

**4th Annual
Black Warrior 50K, 25K, and 50K 3-
Person Relay (6, 11, and 14 mile legs)
February 21, 2009
7:00 a.m.
www.blackwarrior50k.com**

**Black Warrior Wildlife Management
Area of the Bankhead National Forest,
Moulton, Alabama**

**Permanent Showers and
Restrooms will be open again
this year!!!!**

The Course:

Starts and finishes at the Brushy Lake Recreation Area. The first 2.6 miles will be on a gravel road then 26 miles of scenic single-track trail then 2.6 more miles on the same starting gravel road.

The course contains rolling hills the entire way. No major climbs but some moderately challenging sections.

Course maps are available on the web address at www.blackwarrior50k.com.

Aid Stations:

There will be 5 well stocked aid stations, with basic medical supplies, sports drink, Pepsi, peanut butter sandwiches, candy, and chips. A participant can only drop out of the race at an official aid station!

Time Limit:

The course will be open for 9 hours. Aid station cut offs are available on the web site.

Participation Limits:

Limited to the first 175 entrants restricted by parking area.

**Check website for pre-race meal details
Make checks payable to:**

Tennessee River Athletic Club (TRAC)
Mail entry forms and checks to:
Keith Hallmark
3295 CO RD 343
Mount Hope, ALABAMA 35651
For additional information call:
(256) 303-1948

Internet Address and online registration:
www.blackwarrior50k.com

50K Awards:

Awards will be given to the over-all Male and Female, top three 0-39 male and Female, the top 3 Male and Female masters, and the top 3 Male and Female grandmasters finishers

25K Awards:

Top 5 males and top 5 females

Relay Awards:

1st Team and 2nd Team

All runners will receive a technical shirt.

Race Directors:

Keith Hallmark – keith@blackwarrior50k.com
Jay Baxter – (256) 303-1948

**The Race will be administered by the
Tennessee River Athletic Club.**



The most scenic trail race in the Southeast!

Entry Fee and Registration:

50K or 25K - \$40
50K Relay - \$40 per person. All 3 team entry forms have to be mailed together.

Name – Last, First

Address

City, State, Zip

E-Mail

Phone – with area code

Date of Birth	Age	SEX
		M / F

T-Shirt Size
S M L XL

Event Entered:

 50K 25K 50K Relay
Team name

I know that running a race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all the risks associated with running in this event but not limited to fall, contact with other participants, the effects of weather, including high heat and/or humidity, and other conditions, all such risks being known and appreciated by me. Having read this waiver and knowing those facts and in consideration of your accepting my entry, I for myself and anyone else entitled to act on my behalf, waive and release First Place Athletics, the Tennessee River Athletic Club, and all sponsors their representatives and successors from all claims in liabilities of any kind arising out of my participation in the event. I grant permission to all of the foregoing to use any photographs, motion picture recordings or any other record of this event for legitimate purposes.

Signature

Date

Directions

From Huntsville and Decatur:

Take Hwy 24 West to Moulton, AL. Turn South on Hwy 33 to County Road 70. Turn Left on 70 and follow to the Brushy Lake Recreational Area.

From Florence:

Take Hwy 157 East to Moulton, AL. Turn South on Hwy 33 to County Road 70. Turn Left on 70 and follow to the Brushy Lake Recreational Area.

From Birmingham:

Take I-65 North to Exit 308. Turn Left on Hwy 278 to County Road 63. Turn North on 63 until it dead ends into Hwy 33. Turn North on 33 to County Road 70. Turn Right on 70 and follow to the Brushy Lake Recreational Area.



Course Records

2006

DeWayne Satterfield – 3:56:34

Kris Whorton – 4:51:19

2007

DeWayne Satterfield – 3:54:22

Kris Whorton – 4:55:15



TrailRunner
TrailRunner

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Sponsored by
First Place Athletics

