

Nicholas Wilson Memorial Tashka Trail 1/2 Marathon & 5k

RUNNERS INSTRUCTIONS:

(this will also be included in your race packet)

Thank you for entering the Nicholas Wilson Memorial Tashka Trail ½Marathon and 5k. After taking a year off, we are excited to be back with the new format. We welcome your feedback on the change. Whether you are a veteran on the trails or a rookie, we hope your race will be enjoyable, safe and memorable.

Packet Pickup will be held at Wagners Run/Walk Store located at Midtown Village, [1800 McFarland Blvd E, Tuscaloosa, AL 35404](#) from 6-8 p.m. Friday night and from 6-7:30 a.m. Saturday morning at the Pavilion.

Please DON'T forget your \$4.00 park entry fee

ALL runners must check in at the South Trailhead Pavilion before 7:45 a.m. Saturday morning.

1. Announcements and final instructions will begin at 7:45 a.m.
2. The ½ marathon will begin at 8:00 a.m. CST at the park entrance gate house.
3. The 5k will begin at 8:30 a.m. CST at the park entrance gate house.
4. Your race number must be worn on the front and visible at all aid stations.
5. Aid Station volunteers will record your number as you leave each aid station.
6. If you must drop out of the race, you must notify an aid station volunteer. Boat transportation will be provided if necessary.

THE COURSE:

Half Marathon Course Description

1. The START is located near the park entrance gate house and will follow a counter-clockwise direction around the lake. **The first 1.87 miles will be on pavement.**
2. After crossing the traffic bridge turn left and follow the road to the north campground.
3. Turn left into the north campground and follow the road clockwise until you leave the north campground.
4. Continue on the road and turn left to the entrance of the north trailhead and the beginning of **Tashka Trail**.
5. Follow the **Tashka Trail** approximately **1.8 miles** to the **Lightning Loop**.
6. Follow the **Lightning Loop** in a clockwise direction for **.43 miles** back to the **Tashka Trail**.
7. Turn left on **Tashka Trail** and follow it **7.0 miles** to the **Lakeside Trail**.
8. Exit the Tashka Trail up a steep incline to the earth dam.
9. Follow the **Lakeside Trail** 2.0 miles to the finish, located at the south trailhead pavilion.

In summary:

Park roads	1.87
Tashka Trail	1.80
Lightning Loop	0.43
Tashka Tail	7.00
Lakeside Trail	<u>2.00</u>
	13.10

There will be a water only station at the north trailhead.

You will pass two additional Aid Stations along the Tashka Trail located at Boat Rescue Point 3 (approx 4.75 miles from the north trailhead) and Boat Rescue Point 1 (approximately 4 miles before the finish). The Boat Rescue Aid Stations will have water, Gatorade, sweet and salty treats.

MAKESURE YOUR RACE NUMBER IS VISIBLE AT EACH AID STATION

5k Course Description

The 5k will begin at the park entrance and follow the park road to the north campground and will return back through the park to the south trailhead pavilion. This is an out and back on pavement.

MEDICAL AND AID

Medical assistance will be provided by the Mount Olive Volunteer Fire Department.

There will be two aid / check in stations. They are located at Boat Rescue Points 1 and 3. Aid stations will have fluids (Gatorade and water), salty and sweet stuff.

Boat Rescue Points will arrange transportation back to the South Trailhead if necessary.

RACE RESULTS

Race results will be posted at race site and made available on website. Race Timing is provided by the Tuscaloosa Track Club.

Please be sure to thank our wonderful volunteers for spending their time here to cheer you on.

Again, thank you for your support of The Nicholas Wilson Foundation, a 501(c)(3) non-profit organization. We are committed to providing financial support to various children's programs and charities throughout West Alabama. *If you have any organizations you would like us to consider, please contact us.*

Alison and Walt White, Race Directors

Julie and Eric Wilson, Race Supporters

PLEASE send us your feedback and comments to alabama@gmail.com or poston our Facebook Page.