



## Troy's California Trail Runs

Troy Limb, 2850 Douglas Fir Dr, Camino, CA 95709

**Phone:** (530) 409-2989 **Email:** troy@tctruns.com

**Website:** tctruns.com

### Folsom Lake Sweetwater Trail Run

Saturday, January 25, 2020

**Start Time:** 8:00 am – 5K, 10K, 8 Miles, Half Marathon, 18 Miles, 22 Miles, 50K

**Location:** Folsom Lake State Recreation Area, Salmon Falls parking lot, El Dorado Hills, CA

**Course:** 95% single track, 5% dirt road, primarily run on the South Side Trail.

**Aid:** 5 fully stocked aid stations and 2 water stations.

**Directions:** Traveling East on Hwy 50, Exit El Dorado Hills Blvd North/East towards Folsom Lake, Green Valley Road. Stay on El Dorado Hills Blvd crossing over Green Valley Road onto Salmon Falls Road for 5.5 miles, and turn left into the SRA parking lot.

**Drop Bags:** For both long races, you have a drop bag opportunity at the Fitch Way Aid Station.

**Entry Fees:** \$50/5K, \$55/10K, \$60/8.5 Miles, \$70/Half Marathon, \$75/18 Miles, \$85/22 Miles, \$110/50K  
Entry fees are non-refundable unless event is canceled. Pre-registered runners qualify to purchase a T-shirt for an additional \$25 if they register at least 2 weeks (two Mondays) before the Saturday events. Online applications must be received by the Wednesday before the event. Active Military receive a 15% discount with no penalty for race day registration.

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### Folsom Lake Sweetwater Trail Run

Mail this form with entry fee to: TCTRRuns, 2850 Douglas Fir Dr, Camino, CA 95709

**Event:** 5K 10K 8mi Half 18mi 22mi 50K (circle one) **Amount enclosed:** \_\_\_\_\_

**Name:** \_\_\_\_\_ (Make checks out to "TCTRRuns")

**Date of birth:** \_\_\_\_\_ **Gender:** M F

**Address:** \_\_\_\_\_

**City/State/Zip:** \_\_\_\_\_

**Email:** \_\_\_\_\_

**Phone:** \_\_\_\_\_

**T-shirt size:** Men's XS S M L XL XXL / Women's XS S M L XL XXL (add \$25 for T-shirt)

**Waiver:** I understand this entry contains limitations of my legal rights. I understand that I must be in the United States legally in order to participate in this event. In consideration of the acceptance of my entry, I do hereby, for myself and my heirs, executors, and administrators, release and discharge Troy's California Trail Runs, any and all sponsors and their representatives, successors, volunteer groups, advertisers, employees, and individuals, USATF, and Federal, State, and Local government or private parties on whose property this event may be run, responsibility for any and all injuries or even death suffered by the participant due to participation in the event. I am physically fit and sufficiently trained for this event and assume all risks of such participation. I accept all rules, conditions, and regulations and will comply with them. I understand that if the race is cancelled, I may not receive a refund. I grant permission to race management to use any photographs, recordings, or other records of this event for any legitimate purpose. Entry is not transferable.

**Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Guardian's Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_