



Troy's California Trail Runs

Troy Limb 2850 Douglas Fir Dr, Camino, CA 95709 (530) 409-2989

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Folsom Lake South Side Trail Run

Date March 14, 2020

Time: 8:00 am – all distances

Park opens at 6:45 am

Location: Folsom Lake, Folsom Point, Folsom CA

Course: 95% single tract 5% dirt road. The course is primarily run on the South Side Trail. All very appealing single tract, great running, some technical sections. Gentle rolling hills in El Dorado Hills, trail parallels Folsom Lake, oak trees, lush green grass, nice scenery, views of Folsom Lake, surrounding foothills and some views of the Sierras. 10k, 21 miler out and back. 50k at Salmon Falls aid station does a clockwise loop returning to the South Side Trail. 35 milers at Salmon Falls aid station continue East to the Sweetwater Trail & turnaround at the SRA aid station and return to Salmon Falls aid station looping around back to the South Side Trail returning to the finish.

Aid: 4 fully stocked aid stations and a water station

Directions: Traveling East on Hwy 50, Exit Folsom Blvd North (left). Right on E. Natoma St. Left on Folsom Point into park. Traveling West on Hwy 50, exit Bidwell North (right). Right on Blue Ravine Rd. Left on Natoma St. Right into park Folsom Point.

Park phone: 916-988-0205 Ample parking at boat ramp.

Drop Bags: For both long races, you have a drop bag opportunity at mile 15.5, the turn around for 50K Old Salmon Falls parking lot aid station.

Entry Fee: \$135/35mi \$110/50K \$95/Marathon \$85/21mi \$80/18mi \$70/13.1 \$65/9mi \$55/10k \$50/5k

Check or money order to: **TCTRuns**

Mail application and fee to: **TCTRuns, 2850 Douglas Fir Dr, Camino, CA**

95709 Entry fees are non-refundable unless event is canceled. T-shirt cost,

\$25.00 is non-refundable even if the event is canceled but you get the T-shirt.

Information: **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. ***

Applications must be received by the Wednesday before the event.

Active Military receive a 15% discount.



Folsom South Side Trail Run Application

Event Entered: 35mi 50k Marathon 21mi 18mi Half Marathon 9mi 10k 5k (circle one)

T-shirt YES or NO (circle one) * **see above**

Amount Enclosed: _____

Name: _____

Date of Birth _____ Gender: M F

Address: _____

City, State, Zip _____

Phone: _____

Email _____

T-shirt Size Men's XS S M L XL XXL Women's XS S M L XL XXL

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 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 _____