

AWARDS & PRESENTATION

OVERALL AWARDS IN EACH RACE

Top 3 Male & Female Overall
Top Male & Female Master's (40+)
Top Male & Female Grand Master's (50+)
Top Male & Female Senior Grand Master's (60+)

AGE GROUP AWARDS

Age Groups for all 3 races:

19 & under
20-35
36-49
50-65
66+

FINISHER AWARDS

ALL finishers in the 50k will receive
a commemorative hand crafted award.

AWARDS CEREMONY AT NANTAHALA BREWING CO.

61 Depot Street Bryson City, NC 28713
(828) 488-2337

The awards presentation for:

50K - 4 pm Saturday | 8K - 2pm Sunday | 30k - 3pm Sun.

FEES

50k - \$60 until Dec. 12

\$75 until Jan.10th online

(Race day registration available for \$75)

30k - \$40 until Dec. 13

\$50 until Jan.10th online

(Race day registration available for \$50)

8k - \$25 until Dec. 13

\$30 until Jan.10th online

(Race day registration available for \$30)

Make Checks Payable to FootRX (Memo: Race)

Return To:

FootRX

1979-A Hendersonville Rd | Asheville, NC 28803

All Proceeds will benefit Nantahala SORBA

CHILI LUNCH!

All race entries include a Chili Lunch!



RUNNER SWAG!

All race entries include a commemorative
Mountain Hard Wear race shirt!

Microtel Bryson City will be offering a Reduced Race Rate of \$45.99 per night!



PLEASE ENTER ME IN: _____ 50k Race _____ 30k Race _____ 8k Race

Last Name: _____ First Name: _____ Age: _____

Address: _____ Sex: _____

City/State/Zip: _____ Shirt Size: S M L XL XXL

Phone: _____ Email: _____

Liability/Publicity Waiver & Release:

D.O.B. ___ / ___ / ___

Upon acceptance of my entry, I for myself, my heirs, executors and assigns, do hereby release the officials and volunteers of the Tsali Frosty Foot Races and any and all sponsors, their representatives and successors and any individual or group associated with this event from all claims or liabilities of any kind arising out of my participation in this even even though that even may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all the foregoing to use any photographs, motion pictures, recordings, verbal or written statements or any other record of this even for any legitimate purpose without limitation or further compensation. I know that running and participating in this event is potentially hazardous.

I should not enter and run this event unless I am medically able and properly trained. I agree to abide by any decision of an official relative to my ability to safely complete this event. I assume all risks associated with running and training for this event including, but not limited to: falls, contact with other participants, the effects of weather, including conditions of the roads, trails, water, and traffic on the course, all such risks being known and appreciated to me.

I FULLY UNDERSTAND THIS IS A DIFFICULT RACE WHERE I MAY GET MUDDY, I MAY FALL, I WILL LAUGH, HAVE FUN, BE CAREFUL, AND SHOW GOOD SPORTSMANSHIP. I WILL WATCH THE CHILDREN I BRING TO THE RACE VERY CAREFULLY. I fully understand there are NO REFUNDS.

Signature: _____

Signature Parent / Guardian (if under 18) : _____ Date: _____

In case of Emergency, notify: _____ Phone: _____

Race Information and Registration



ONLINE REGISTRATION

AVAILABLE AT

www.imathlete.com

ONLINE REGISTRATION ENDS

THURSDAY, JANUARY 10, 2013

AT 11:59 PM PST

Race Day Registration available
if numbers permit.

PACKET PICK-UP

Microtel Inn & Suites

**82 Songbird Forrest Rd.
Bryson City, NC 28713**

Friday Jan. 11, 2013

4pm-9pm

Saturday Jan. 12, 2013

4pm-9pm

(30k & 8k only)

RACE DAY PICK-UP AVAILABLE

50K (31.1 Miles)

8:30am

The 50k will feature a wide gravel road start after leaving the main paved parking lot down County Line Road (approx 1 mile). The course will then turn right onto the 1st Right Loop Alternate (approx .4 miles). Next the course will turn left onto the Right Loop (approx 4.5 miles). Following the water stop the course will turn right onto the Over Look Loop (approx 1.5 miles). Next, the course will make another right turn onto Left Loop (approx 8 miles). The course will turn right back through the horse parking lot and down near the starting area. Then, the course will head back out to Mouse Branch Loop (approx 4 miles) followed by a right onto the Mouse Branch Loop Overlook Trail (approx 2 miles). They will then turn right back onto Mouse Branch Loop (approx 1.5 miles). Finally, the course will turn right onto Thompson for the remaining 7.5 miles back to the FINISH!!

Water stops at Mile 6, 11, 15.5, & 23.5 (Subject to Change)

30K (18.6 Miles)

8:30am

The 30k will feature a wide gravel road start after leaving the main paved parking lot down County Line Road (approx 1 mile). The course will then turn right onto the 1st Right Loop Alternate (approx .4 miles). Next the course will turn left onto the Right Loop (approx. 4.5 miles). Following the water stop the course will turn right onto the Over Look Loop (approx 1.5 miles). Next, the course will make another right turn onto Left Loop (approx. 8 miles). From there, runners will head to the FINISH!! (approx. 3 miles)

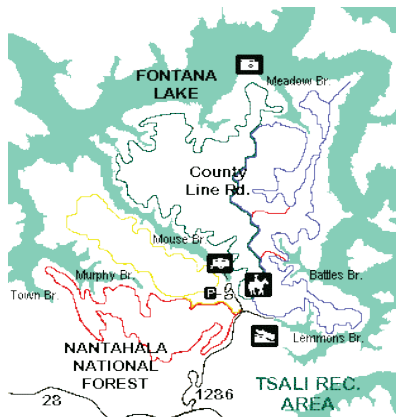
Water stops at Mile 6 & Mile 11 (Subject to Change)

8K (5 Miles)

9:00am

The 8k will begin with a nice wide rolling start from the main paved parking lot – down County Line Road (approx 1 mile). The course will then turn right onto the 1st Right Loop Alternate (approx .4 miles) and then make another right onto the Right Loop (approx 3.5 miles)

There are no water stops on the 8k course.



January 12th & 13th, 2013

Tsali National Forest Recreation Area

*Tsali Recreation area is located on NC Hwy 28;
5 miles off US 19/74*

RAIN OR SHINE!

The 2013 Tsali Frosty Foot features **50k, 30k, and 8k** trail races on the world famous *Tsali Trail System*, featuring scenic trails rolling alongside the scenic Fontana Lake. Tsali offers a variety of exciting and fast, yet technical terrain, sure to entertain participants from beginners to the most seasoned trail runners.

*Race proceeds
to benefit*

