

# Winter Trail Run



**Bartram Forest 50K & 26.2M**  
near Milledgeville, GA  
**Always the 1st Saturday after**  
**Thanksgiving**  
**11-27-2010 at 8:00 AM**



Welcome to our small town trail race. There are no finisher's medals or trophies, prerace national anthem, pasta feed or guest speaker. This is a simple trail race with few frills, except the aid station food: expect an unusually large amount of tasty grub. Each runner gets a screenprinted bag and each marathon and 50K finisher receives a gingerbread man award. Macon Tracks Running Club members will receive a \$5 discount.

## *Summary:*

Course: 5.25 mile loop of wide, easy trails

Registration: Race-day OK, preregister for discount.

Location: The Bartram Forest, use address

below to find us using: [www.mapquest.com](http://www.mapquest.com)

[292-299] Carl Vinson Rd Se  
Milledgeville, GA 31061

Directions: Travel south from Milledgeville along 'US Hwy 441'.

Turn left just before 'Midway Elementary School' onto 'Carl Vinson Rd SE'. After 1.6 miles turn right into Bartram Forest. Note map Page 3 and parking Page 5.

Time Limit: none

Aid Stations: miles 1.5 & 3.5 & 5.25

## Course

- multiloop course of 5.25 miles per loop, a skewed figure-8 course
- flour at every turn and some signs also you won't easily get lost!
- count your own loops enter the finish chute when finished, finish chute is adjacent to the main aid station
- 50k runners: six loops, marathoners: five
- during the race, feel free to switch up to the 50K or down to the 26.2, some folks just come out to run a loop or two (our 'fun run')

## Trail

- a run between several pine forests along trails used only by forester vehicles, a wide course, no singletrack, you won't need trail shoes!
- offroad race, but not a technical trail race, more like a run on someone's lawn
- some minor hills and sand, some gravel, but not many roots or obstacles

## Time Limit

- **none**
- Early start is allowed / encouraged as long as you keep track of your own time and turn it in when you finish (runner's honor)

## Aid Stations

- one manned aid station + restroom facilities, located under a pavilion and passed by once each loop (of 5.25 miles each)
- liquid-gel ibuprofen, bottled water and gator aid, coke and mountain dew, Gel's, [Saltstick capules](#), rice crispy treats, chips 'n salsa, hot grillcheese sandwiches, peanuts, cheese noodles, potato chips, and many other treats await you at our main aid station
- in addition there is a small, selfserve table with water, gator aid, [Saltstick capules](#) and a few tasty snacks, passed by twice each loop

### ***Aid Station Summary for the 5.25 mile loop:***

Mile 1.5 small, unmanned aid station

3.5 small, unmanned aid station (the same)

5.25 large, wellsupplied, manned aid station + restrooms

### **Directions**

Entrance to the 'Bartram Forest' is a short distance from the intersection of Carl Vinson Road and GA Hwy 112. The street address using [www.mapquest.com](http://www.mapquest.com) is:

[292299]

Carl Vinson Rd Se  
Milledgeville, GA 31061



The 'Carl Vinson Rd Se' (not highway 112) also intersects the major US Highway 441 a couple miles away. The red marks the spot. *Please use [MapQuest](http://MapQuest) or [Google Maps](http://Google Maps) to easily find us!*

### **Accommodations :**

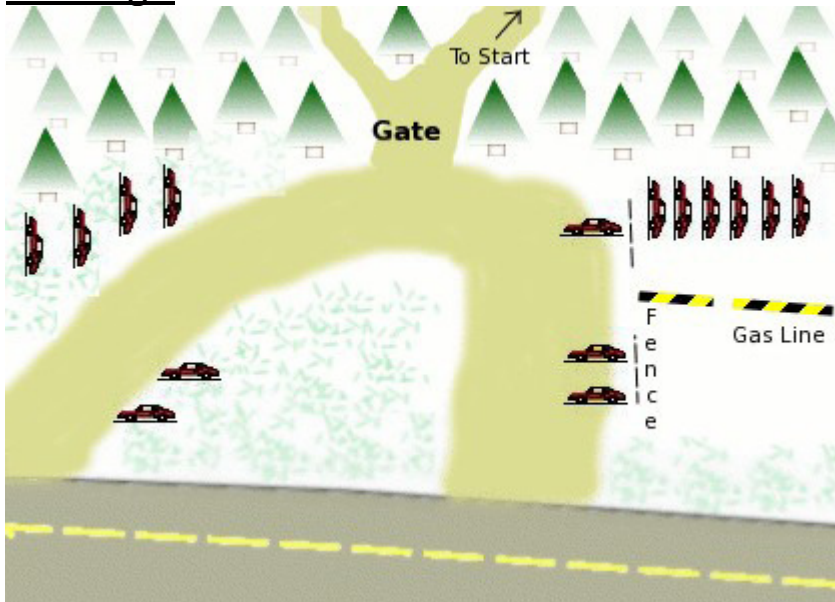
You can find several motels on the Internet; Milledgeville has a number of places to stay.

### **Sponsors :**



Thank you runners for your generous donations!!

## Parking :



· Please follow the above map when deciding where to park. It is very important not to park on top of the natural gas line. Small red cars mark some appropriate parking spots. Most of the parking, *and there's plenty*, is available to the right of the wirecable fence, which is open on raceday and is perpendicular to the gas line. Just pull up close to the forest ***and away from the gas line*** as shown in the map above.

## Race Results :

- The complete results are at: <http://wintertrailrun.net/results.html>
- Results are submitted to *Ultra Runner* magazine as well as posted on this website.

## Awards :

- Other than Gingerbread men and handsome, screenprinted bags, we have no trophies, prizemoney, etc.

## Contacts :

- Please: do not email if you are a vendor, no soliciting.
- Email addresses:  
[bartramMarathon@yahoo.com](mailto:bartramMarathon@yahoo.com)  
[bears232@cox.net](mailto:bears232@cox.net)

Entry Form:

· It is on the last page (page 7).

***Bartram Forest 26.2 mile and 50K***

***Saturday, 11-2-2010 at 8:00AM***

Make check payable to: Macon Tracks Running Club and mail to:

Winter Trail Run  
c/o Tim Cook  
4879 Columbus Road  
Macon, GA 31206

Fun Run: \$20  
Pre-registered 26.2 Mile and 50K: \$25  
Race Day Registration: \$30  
Macon Tracks Running Club: \$5 discount

***Race Day Registration: OK All events on Race Day : \$30.00***

Name: \_\_\_\_\_ Age on race day: \_\_\_\_\_

Sex: M / F Event: Funrun / 26.2 mile / 50K (circle one)

Mailing Address: \_\_\_\_\_

\_\_\_\_\_  
Email  
(optional) \_\_\_\_\_

Emergency Contact: Name \_\_\_\_\_

Phone \_\_\_\_\_

By signing below, I have read and agree to the hefty indemnity waiver located at <http://wintertrailrun.net/waiver.pdf>. In addition and most wholeheartedly, I agree that the GEORGIA FORESTRY COMMISSION IS NOT AFFILIATED WITH THIS RACING EVENT or related activities, that they are not involved in the racing business and receive no compensation from this event, that their duties pertain only to the stewardship of the Bartram Forest.

Signature \_\_\_\_\_

Date \_\_\_\_\_ Phone \_\_\_\_\_