

NTTR Sansom Park Club Run

Saturday, April 25, 2009
8:00 am

Location

Sansom Park, Fort Worth

For directions click on FWMBA logo below, pick Sansom Park, Location.

Course

Two loops of a 7 miles course. This trail is a little challenging. The terrain varies from flat to steep hills. All dirt trails with roots, rocks, hills, dry (maybe) creek crossings.

Aid Stations

An aid station with fluid replacement will be provided at the start area. Hopefully one at the midway point, if I can arrange it. This may not be where you want it so plan on carrying a water bottle

Participation

This is for NTTR members only. You can bring a guest but they will be required to join NTTR before being allowed to join the fun.

Entry is free to members and \$20 for your guests. (\$20 pays for one NTTR membership for the remainder of the year). Applications will be available.

To help plan take a second to email me and let me know how many to expect.

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Tid Bits

1. This is a Fort Worth city park; no alcohol is allowed...zero tolerance.
2. This course is a FWMBA bike trail and a biker could be encountered at any time. Be alert. Yield.
3. Plan for hot, cold, wet/muddy, dusty, windy, and/or humid weather.
4. There will be passing on mostly single-track trails. Please observe trail courtesies. When passing say "ON YOUR LEFT". When you hear "on you left" step to your right to allow passing.
5. As trail runners, we should be stewards of the trails. Please leave absolutely no trash on the trail.
6. This a two (2) loop run. But you can stop after one loop or run as many loop as you are up to. This is not a competition. It's an opportunity to run with and enjoy running with your fellow club members.
7. You are allowed to bring any snacks you wish to share (chips, pretzels, M&Ms, trail mix, brownies, cookies, fruit, etc...). I'm only providing water and Gatorade.



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