



"Saving the world, one runner at a time."



Dear Toughest N' Texas Trail Runner,

Welcome to Waco and Cameron Park and thanks for choosing the 16th annual TNT- Toughest N' Texas Trail Runs. If you have been here before, then you know what I am talking about. Cameron Park is a gem of a trail. I began running these trails in the early 80's when I attended McLennan Community College and Baylor University and absolutely fell in love with them. My Mom now lives nearby, so every time I visit her, I visit this trail running jewel.

It is my intention to provide the best Texas Hospitality. The aid stations may be manned or unmanned (this will be determined if I get any volunteers or not) by veteran trail runners who know how best to serve your needs. They'll give you almost everything you need, including a good kick in the butt to get you back on the trail when you have doubts about continuing, so don't ask for any sympathy!

I am always looking to provide the best race possible, so I want to know what you think. If you have any complaints, I would like to fix them. I also want your compliments, so I can pass along these to the volunteers.

Enjoy the trail, bring your camping/lawn chair, enjoy the food and beverages afterwards, and enjoy the day!

Once again, thanks for coming out,

Tim and Melanie Neckar

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Trail Map: This is not the final draft of the route, but it will be close! I'm going to throw in a couple surprises!
It basically runs in a counterclockwise direction....



PACKET PICK-UP

- Packet Pick-up is at the **Waco Running Company** (700 Franklin Ave, 76701) on Friday, April 14th^h between 4:00 p.m. and 6:00 p.m.
- Race day morning at the **Redwood Shelter in Cameron Park**. **Redwood Shelter** is located 2.1 miles west of Interstate 35. Take the University Parks exit and head west. 2300 Cameron Park Dr., 76707
- **At Packet pick-up and late registration, we will be using a QR code to pick up your packet and registration! Be sure to have your Smart Phone handy!!**

CHECK-IN/CHIP TIMING

Your timing chip is on your bib. Please make sure you wear your bib below your shoulders, so the timing mat can pick it up. Please do not fold the bib or wear it on our hat/visor. Results and awards will be posted as soon as you finish!

RACE TIMES

50 Kilometer – 7:00 a.m. (3 loops) must begin 3rd loop by 1:45 p.m.!!!!

20 Miler – 7:00 a.m. (2 loops)

10 Miler – 7:30 a.m. (1 loop)

10K – 7:30 a.m. (2 loops of the 5K)

5K – 7:30 a.m.

CHECK-OUT

(DNF, DROP, QUIT, LEAVE EARLY, MISSED CUT-OFF) All runners who do not finish their race must tell either the Race Director (me...Tim) or a volunteer at the start/finish or an aid station that they are DNFing. I need to know who is out there and who isn't. If you drop out at an aid station, someone will provide you a ride back to the start/finish.

AID STATIONS

Aid Stations are located at the Start/Finish, mile 4ish and mile 8ish on each loop. Be sure that when you enter an aid station, you give the volunteers your bib number, so they can verify you've made it. They will not record your time. Recording times will only be at the start/finish aid station. We will be serving Gatorade, water, soda, and the usual aid station grub you encounter at other trail races. **THIS IS A CUPLESS RACE!**

- **10 Milers, 20Milers, and 50Kers**, you will be hitting the 1st aid station at around 2.25 miles and back around again at 4.0 miles. 2nd aid station is at around 7.75 miles.
- **10Kers**, you will be hitting 1 aid station at the start/finish line on the first loop of the 5K course. It is 10kish since this is a trail run!!
- **5Kers**, you will not have an aid station along the course. This is also 5Kish distance as well.

COURSE MARKINGS

The course this year will be marked with **ORANGE SURVEYOURS TAPE** and bio-degradable **White spray chalk**. 50Kers, 20 milers, and 10 milers will all run the same loop. **There will be a turn-off for the 5kers/10Kers at .90 miles.** Also, the park is not closed to just the race, so be on the lookout for mountain bikers, hikers, and other non-racers. **I assure you that the course will be well marked.**

TIMING

IF you are running the 10K, 20 miler or 50K, you will be running multiple loops. When finishing one loop and beginning the next one, **please run through the Start/Finish line each loop so we can get your split each loop.**

POST RACE MEAL

Once you are finished running, you are invited to join in on the post-race festivities. My wife, Melanie will be serving up her own hand-made, home-made **Breakfast Tacos** to the early finishers and **Tacos** for lunch. **Free food, sodas, water and beer are provided for the runners only.** Please limit yourself to 2 tacos and 2 drinks per runner. I'm sorry to have to do this, but previous years of abuse of having entire families come eat for free is just not in the budget. If you want more food, you can purchase more at a nominal donation.

Melanie will mark your bib when you come up to the food stand. You will have your choice of any of the two entrees with up to: two sodas, two waters, and two beers.

AWARDS

Everyone who completes their race will be given a TNT finisher's Medals at the finish. 60 awards will be given out with 12 in each race. 3 - Open Male and Female, and 3 - Masters Male and Female. Masters division is 50 years and over in this race.

Thanks, and I hope you have a great experience in Cameron Park!!