

Races start: 8am

Awards Presentation: 12 noon

Awards available for the following groups:

Team Relay (3 members)

Men 15-29 / Men 30-34 / Men 35-39 / Men 40-44 / Men 45-49 / Men 50-99

Women 15-29 / Women 30-34 / Women 35-39 / Women 40-49 / Women 50-99

Pre-entry only no day of registration –

Pre-entry deadline of 6-4-10 10pm Eastern time = \$50 Individual / \$100 Team

On-site registration available Saturday 6-5-10 4pm to 6pm.

Registration & pickup:

Saturday 6-5-10 from 4pm to 6pm at the race site

Registration pickup only:

Sunday 6-6-10 from 7am to 8am at the race site

Directions: from Bryson City : take US 19 South for 9 miles, turn right on NC 28 for 5.5 miles, turn right at the sign for 1.5 miles (gravel road).

Cost: \$2 per user per day Lodging: Mountain Bear Cabins 866-586-8058 Lodging -

Resort: Fontana Village (800) 849-8858 Please call ahead (828) 498-2211 or

(800) 849-2258 Motel: Sleep Inn - Bryson City (9 miles away) (828) 488-0326

Camping: Tumbling Waters Campground (828) 479-3814 or www.tumblingwaters.com /

Primitive camping at trail head (828) 479-6431 - call ahead as space is limited and is on a first come first serve basis. Also more activities and restaurants at Nantahala Outdoor Center

Food and restrooms: No food on site (BYOF) restrooms on site.

Phone: Cheoah District: 828-479-6431 Web:

see MTBR.com REVIEW