



8:30 AM Saturday, November 19th @ Tom Brown Park - Tallahassee, FL

RUN – BIKE - RUN

The race features a 12-15 mile mountain bike ride book-ended by two 5k-ish trail runs. The trail run portions will take you through Magnolia Trail and the mountain bike portion will wind you through the multi-use and single-track of Cadillac Trail. Be ready for some epic riding and running!

Awards and door prizes will be given at Fools Fire Brewing Company located at 415 Saint Francis Street, Tallahassee, FL 32301. Free non-alcoholic beverages, and free home-brewed beer for those at least 21 or older. Food available for purchase from our sponsor, Fools Fire Brewing and Fermentation Lounge.

TMBA members are qualified for a discount. Contact us at doug.bell@mhdfirm.com

You can participate individually (one person both runs and rides) or you can participate on a two-person team (one person runs and another person rides). The registration for these two categories is a little different.

If you are racing individually, buy the Individual Racer ticket for \$40.

If you're racing with a partner, buy one Team Racers ticket. You'll be prompted to create a team name and then you must list the name of each team member. The total cost is \$60 for the entire team.

Awards will be given to the following: Top 3 Individuals; Top 3 Females; Top Male Masters; Top Female Masters; Top 3 Teams.

Swag for all racers is North Florida Honey. Sorry, no T-shirts this year.

TMBA is committed to helping fund new trails in our area and maintaining existing trails. Proceeds from this race will go towards these endeavors.

Registration opens on 8/30 at [Eventbrite.com](https://www.eventbrite.com). Contact Doug Bell with questions: doug.bell@mhdfirm.com

