

# IC King of Trails Foot Race

(Part of the [Treadin' Trodden Trails](#) series.)

- Limited to 100 Runners
- Low hills
  - Awards only given to top 3 overall finishers
  - Only water (and possibly Gatorade/Powerade) provided at the start/finish area, and about the half-way point on the course
- Old fashioned timing, using a wrist-watch and popsicle sticks
- Handicapped by age and gender as follows
  - 5 minute head start for females
  - 2 minute head start for masters (40 years old +)
- Official start times
  - Female masters at 8:00am
  - All other females at 8:02am
  - Male masters at 8:05am
  - All other males at 8:07am
  - Clock officially begins at 8:07am