



2nd annual Red Bud Distance Run
Sunday, April 28, 2013
From Capon Bridge to Yellow Spring, WV
10 miles along the Cacapon River

This year's 10-mile run has been designated the Road Runners Club of America's West Virginia 10-Mile Championship. In addition to regular Potomac Highlands Distance Club event awards, 10-milers will be competing for special RRCA awards. Details below.

This is your official, comprehensive pre-race briefing. Pay attention, and if on race morning you ask a question that's answered on here and you're pre-registered, you might not get friendly answer. So, read on:

Race-day timeline for 10-mile runners/walkers

6 a.m. – 7:10 a.m.

Race-day registration and packet pick-up at Capon Valley Ruritan in Yellow Spring

7:20 a.m.

Transport leaves the Ruritan for the start line in Capon Bridge

No bib numbers will be available for distribution in Capon Bridge (so don't ask)

7:40 a.m.

Runners/walkers arrive in Capon Bridge. Restrooms available in library (keep 'em clean!!!)

8 a.m.

10-mile run/walk begins

10:30 a.m. (approximate)

Awards ceremony – 10-mile, then 5K

Race-day timeline for 5K runners/walkers

Pick up packets and race-day registration begins at

6 a.m. – 7:10 a.m.

Race-day registration and packet pick-up at Capon Valley Ruritan in Yellow Spring

7:20 a.m.

Registration break – volunteers will return

8:30 a.m. – 9:15 a.m.

5K race-day registration / packet pick-up resumes at Ruritan

9:30 a.m.

5K run/walk begins

10:30 a.m. (approximate)

Awards ceremony – 10-mile, then 5K

Race-day entry fees

10-Mile

\$10 for PHDC members, \$15 for everyone else

5K

Free for PHDC members, \$5 for everyone else

Sponsors

Through Thursday evening, Two Rivers Treads (Shepherdstown) and FNB Bank (Hampshire County) have signed on as event sponsors. Please be sure to thank them as best you can, perhaps by visiting the companies' Facebook pages or websites to say "thanks."

Parking

All runners and walkers should park at the Capon Valley Ruritan Club in Yellow Spring. You're on your own if you park in Capon Bridge. There are areas at the Ruritan Club we want you to park, and areas we want you to avoid. Please check in with a volunteer and don't get upset if/when we ask you to move your vehicle.

Spectators / volunteers

If you have loved ones ages 14 and older who are able to assist at a water station or the finish line, please let us know at your earliest convenience, and preferably before 7:20 a.m. on race day. (Hey, the RD wants to race, too).

The 10-Mile course

The 10-mile course is a point-to-point road race along Cacapon River Road, from Capon Bridge to Yellow Spring. During the ride from the parking area to the start line, we will be traveling the exact race route (in reverse direction, of course). So if you leave the road to go into the river, or onto another road, you'll add to your time and we'll mock you at the finish line. Pay attention during the transport. A course map is available on the event webpage at www.PhDispatch.com.

The road is NOT closed. Be sure to stay on the LEFT side of the road AT ALL TIMES (that's right, I'm yelling). That means stay to the left even when a turn in the road seems like it's calling you to the middle, or to cut the tangent. It's not. Roads don't talk. Neither do the cows you'll pass. Stay to the left, run against traffic. Be safe.

Water stations

#1 at 2.57 miles (water only, possibly self-serve with pre-filled cups)

#2 at 5.26 miles

(gel - 1 per runner), water, Gatorade, pretzels, bananas, cookies, granola bars,

#3 at 7.51 miles (water only, possibly self-serve with pre-filled cups)

5K course

The 5K course is an out-and-back road road, beginning and finishing on the gravel road adjacent to the U.S. flag pole at the Ruritan Club.

Race-day hotline

If we're not in cell-service dead zone, the race-day hotline is 304-209-8981. If you get voicemail, please don't leave a message. Call back. If we are in a dead zone, yell loudly.

Bib numbers

All runners and walkers must wear the bib number assigned to the individual. No switching, no matter how funny or cool you think it is. It's not. And you'll be disqualified. So, when being handed your bib, double check with the volunteer that's the correct one. Otherwise, the RD will blame the mistake on you (the RD never blames an event volunteer). For pre-registered runners, there should be a printed list so you can double check the volunteer didn't make a mistake. That's only if we buy a new black ink cartridge before Sunday.

Results and photos

Complete results and as many race-day photos as we can snap will be uploaded to the club website on race day, hopefully by around dinner time (the RD's dinner time, not yours).

5K awards

Plaque to male and female 5K champions. This is as simple as it gets. I'd say there's no sense in saying there's no duplication of awards, but here it is just the same ...

RRCA WV 10-Mile Championship awards

8 altogether. Top male and female overall, then top male and female in the following divisions: 40-and-over, 50-and-over, 60-and-over. No duplication of awards.

So let's take the men's division. Overall winner is 50 years of age, second place is 62, third place is 45 and fourth place is 52. Overall to the 50-year-old. The 62-year-old would get the 40-and-over award, the 45-year-old would be SOL (sorely outta luck) and the 52-year-old would take the 50-and-over award, and so on.

PHDC 10-Mile awards

This works a bit differently than the RRCA awards. Awards to the first male and female overall, then also to the top male and female in the following age groups: 13-19, 20-29, 30-39, 40-49, 50-59 and 60-plus.

So, let's take the women's division. Overall winner is 45 years of age, second place is 43, third place is 58 and fourth place is 40 (and fifth place is 32). The 45-year-old would win top female award, the 43-year-old would win the 40-49 division, the 58-year-old wins the 50-59 division, the 40-year-old is SOL (see above definition) and the 32-year-old wins the 30-39 division, and so on.

Please note - awards will not be mailed. We really would like to get a post-race photo of all overall/division/RRCA winners, so please stick around!

Links

- Potomac Highlands Distance Club website: www.PhDispatch.com
- PHDC Facebook page: <https://www.facebook.com/groups/120585721389595/>
- RRCA designates Red Bud as WV 10-Mile Championship
<http://www.phdispatch.com/red-bud-10-miler-named-rrca-state-championship/>
- Pre-registered runners (both distances)
<http://www.phdispatch.com/red-bud-10-miler-named-rrca-state-championship/>
(yes, it's the same link)

Questions?

Email run@phdispatch.com