

### **Sign-in and Packet Pick-up**

Friday 5:00-9:00pm, and on Saturday 5-7am at the Cameron County Chamber of Commerce office at 34 East Fourth Street Emporium (five doors east of the main intersection on the town's main street (4<sup>th</sup> St). Come and enjoy the table of hors d'oeuvre and browse the artisan center which sells artwork from 60 artists from throughout the area. This is a great social time to meet other trail enthusiasts! Included in your packet: quality sports top, sports gels, course map, brochures, restaurant discount coupons and other random goodies!

### **Saturday 5:30-7:00am**

Enjoy breakfast at one of our restaurants that will serve up home cooked stick to your ribs breakfasts to fuel you on to victory! Coupons for breakfast, lunch and dinner are included in your packets. Participants include Buttonwood Motel and Restaurant, Aroma Café & Restaurant and Cabin Kitchen.

### **Saturday 7:30am**

The start is from Broad and Third Street in Emporium on the Rails to Trails (just around the corner from the Chamber of Commerce office). Race announcements will be given 5 minutes before start at the start/finish line. Start will be a group start signified by cannon fire. First finisher may also be greeted by cannon fire if the cannon survives the start.

### **Finisher Fun:**

With the return of the first runners and until after the awards ceremony!

- \*Live Music
- \*Food and Beverages
- \*Sponsor and merchant displays
- \*Medallions presented to finishers
- \*Trophies awarded at 5:30 pm.

### **Miscellaneous Goodies at Start/Finish:**

Free Parking  
Food and Beverages  
Massage therapist for your aching muscles

### **On Course Support:**

Emergency personnel will be at each aid station to assist you in an emergency. **However, these are very remote locations that are difficult to get aid to in a short amount of time so please read the waiver on the race registration website very carefully. You must run / walk in a manner to protect yourself, and other runners at all times.**

6 aid stations

5 major stops providing water, electrolyte drinks, and various fruit, candies, snacks, baked potatoes and PB&J's at miles 5, 11, 16, 24, and 28 on the long course. On the short course miles 5 and 11.

The aid station at mile 19 on the long course will have beverages only.

Porta-johns at aid station 1 (mile 5), 3 (mile 16) and 6 (mile 28) and on the short course station 1 (mile 5) and 2 (mile 11).

Drop Bags will be at Station 3 (mile 16).

### **Drop Bags**

Print your name clearly on the bag.

Drop bags at the Chamber of Commerce office (sign-in location) on Friday from 5:00pm to 9:00pm and Saturday from 5:00am to 7:00am.

Ziploc Big Bags or similar drop bags are recommended to keep your gear dry if it is a wet day.

No trash bags as they could be mistakenly thrown out.

Drop Bags will be positioned at Aid Station 3 (16 mile mark).

### **Race Rules**

#### **Disqualifications**

**No Shortcuts** - Runners leaving the course must reenter at the same point or face disqualification.

Should a tree or boulder have fallen across the trail, runners may do a short detour around the obstacle.

**Non-Official Aid** - Runners receiving aid from anyone other than race volunteers or emergency personnel will be disqualified.

**Runner Numbers** - Numbers must be displayed at all times. Failure to do so may result in runners not being credited with completion of the course by the timers.

**Litter** - Waste receptacles are provided at every aid station and any litter must be deposited there.

Littering the course may result in disqualification. If you happen to miss the receptacle, don't stop to pick it up, volunteers will police up the area near the receptacles.

**Time** – Runners not completing the course in the ten hour allotted time will not be credited with finishing the race.

#### **Minors**

Any minor must be approved by the race director and by the parent or guardian.

#### **Pacers**

Pacers are not allowed unless also registered as a runner, see non-official aid in disqualifications area.

#### **Pets**

For the safety of runners, keep pets away from course.

#### **Spectators**

Spectators and friends of runners are encouraged to watch race and cheer on participants. However since this is a wilderness, parking is limited, and only allowed along widened road areas. **Do not block roads, gates or the course.** Fire police will be stationed at aid stations to help with parking issues.

#### **Relay Teams**

Aid station 3 is the location for relay teams to trade runners.