

## Cacapon 12 Hour Challenge Trail Run Final Instructions

Race date Saturday July 8, 2017. 7:00 am – 7:00 pm, 5 mile trail loop. Final loops/segments completed after the 12 hour mark (7:00 pm) will not be recorded, so choose wisely late in the day if heading out for more distance.

New for 2017! Turnaround signs will mark the spots on the trail where you can do an out and back to complete a marathon, 50K, or 100K! These segments can ONLY be used on your final loop of the day to complete these specific distances, or to add some extra distance to your total if you don't have time to do a full lap. PLEASE check in at the finish after each lap, and let us know when you are done for the day and confirm what distance you ran, especially if you do one of the out-and-backs to finish with a different distance than the usual 5 mile increments. We have finisher awards for all runners this year and you will want to get that when you tap out for the day.

**RRCA Championship Info:** The Cacapon 12 Hour Challenge has been named the West Virginia state ultra championship event by the Road Runners Club of America. The top male/female open, masters (40+), grand masters (50+) and senior grand masters (60+) will be the WV state ultra champions. However, since this is an ULTRA championship, an ULTRA finish will be required: six loops (30 miles) minimum, preferably a 50K finish, to be eligible. As in the past top three overall male/female runners will receive handmade awards.

Packet Pick-up at Batt Shelter (NOT THE NATURE CENTER AS IN PREVIOUS YEARS!) Friday evening from 6:30 – 7:30 pm. After entering the park, follow the signs to the shelter (you'll generally be bearing to the left). Packet pickup race morning at Batt Picnic Shelter (5:30 - 6:45am). If you are in town Friday, picking up your packet then is recommended to minimize congestion on race morning. No raceday registration.

**PLEASE PICK UP YOUR PACKET FRIDAY NIGHT IF YOU CAN!**

We get this question every year...I am sorry but camping is NOT permitted in Cacapon State Park. The gate to the mountain and race site is locked at dark and the rangers will not allow you to stay up there overnight. You may set up your personal crew/aid area Friday evening if you like, but understand it will be unmonitored and at your risk.

**IMPORTANT: Parking is somewhat limited. We ask that all runners and crew PLEASE carpool and consolidate as much as possible. If you are meeting partners/crew at the park, it would be best to rendezvous and leave extra vehicle(s) at the Nature Center (approximately one mile from the race site) and come up the mountain road to Batt Shelter together in one vehicle. Please take care to maximize available space by parking vehicles close together. There will be a shuttle available through the day for people who need to return to the Nature Center.**

Course is entirely on the Central Trail with a small dirt road out and back section just after the two mile mark. This section leads to the secondary aid station and will be well-marked. The remainder of the trail is very well blazed and maintained by the park, and easy to follow. Stay on the **RED TRAIL!** There are a couple of areas that are a little confusing (intersections with other trails) and they will have additional markings in the form of signs, flags, chalk and extra ribbon. There will be a few supplemental ribbons along the trail as well.

Please be sure that you are checked in at the conclusion of each lap. Each lap time will be recorded. You must pass by the timing table at the aid station and be

visible to the volunteers to have your number recorded. If you could make eye contact and say your number, that would help ensure accurate timing. You can rest as long as you like between loops. Please let the volunteers at the aid station know when you are finished running for the day so that your result can be finalized and we are not sending out search parties.

Headphone use is discouraged but not prohibited. Enjoy the sounds of nature and conversations with your fellow runners! Please obey all course markings and volunteer/RD instructions. Runners must yield to vehicles at road crossings, and all runners, pacers and crew please respect other park and trail users, these are public trails and there may be hikers, bikers, etc. out there. In the event of hazardous weather, we may hold runners at the shelter until conditions improve and send vehicles out to road crossings to retrieve/shelter runners on the course. Cell phone service is spotty throughout the park. If you come upon a fellow runner who is injured or in need of assistance, please render aid if you can and try to note their location so we can send help their way. There have been multiple rattlesnake sightings in the park this year, and we had one on the course in 2015, be alert!

Primary aid station at start/finish area will have traditional ultra fare including but not limited to PB&J, bananas, oranges, pretzels, potato chips, cookies, M&Ms, trail mix, pizza (around noon), Hammer Gel, and ice. Fluids available will include water, Hammer Heed, and soda. There will also be Endurolytes, sunscreen, Vaseline, and bug repellent. The secondary aid station will be stocked with water, Endurolytes, and gels. **PLEASE NOTE the road out to the secondary aid station and back is part of the course, and you must visit this station on EVERY loop, whether you need aid or not. Numbers will be recorded here and anyone found to be cutting the course will be disqualified.** There is ample space near the start/finish area to set up a small spot for crew/personal items, and the parking lot is very close as well if you wish to use your vehicle as a crew/personal aid station area.

Pacers are allowed after the first six hours (1:00 pm). Pacers may NOT act as mules carrying supplies for their runner. Anyone violating this policy will be

ineligible for awards. The best place for spectators to see runners (other than the start/finish area) is to park at the fishing pond and walk up to the trail (see map). Again, please be respectful of fishermen, hikers, and other park and trail users.

Relay teams: Runners must alternate and run an equal number of laps through 40 miles (8 laps), then can juggle the order after that. Only two-person teams are award-eligible.

Photos: Joe's Sports Photography will be out on the course to capture your run for posterity! Be sure to give him a thumbs-up, and remember my cardinal rule when I see the photographer...RUN! Don't let him get a picture of you walking! As a bonus to runners this year, we have hired Joe to provide all photos for download free of charge for you.

Facilities will include porta-pots and hand sanitizer at the start/finish area. Showers will be available at the beach/swimming area near the park entrance free of charge (with your race number), up until 8:00 pm.

Awards: First, second and third overall male and female, and top two-person relay team will receive awards. All solo runners completing 10 loops (50 miles) will receive a pint glass commemorating this achievement and become members of the 50 Mile Club! We have four runners who have done the race all five years, and they will be receiving special awards to commemorate this. As mentioned above, all runners will receive a finisher award this year, so let us know when you are done for the day!

Post-race party will commence at 4:30 pm, even though you will all still be running then, right?! Menu will be from Baltimore Street Grill, including vegan options. It will be delicious!

We believe in responsible enjoyment and active stewardship of the trails, so we ask all runners and spectators to avoid dropping trash on the trail. There will be trash receptacles near the aid stations, and one or two other spots along the course. We ask that if you carry a water bottle or gel, etc. beyond that point, that you pack the empty container in to the next available opportunity to dispose of it properly. If nature calls and you can't make it back to the Porta-Pots, please use

proper trail etiquette and relieve yourself well off the trail and bury your waste. We hope that this will continue as an annual run, and this will depend on all of us being good partners with the park. The trail has always been in amazing shape when we broke it down in previous years, let's keep that up!

We are looking forward to an amazing day on the trails with you! Good luck!