

Cacapon 12 Hour Challenge Trail Run Final Instructions

Race date Saturday July 12, 2014. 7:00 am – 7:00 pm, 5 mile trail loop. Last loop must begin no later than 6:00 pm.

Packet Pick-up at the Nature Center Friday evening from 6:00 – 8:00 pm.

Registration is now closed. Packet pickup race morning at Batt Picnic Shelter (5:30 - 6:45 am). After entering the park, follow the signs to the Nature Center or shelter (you'll generally be bearing to the left). If you are in town Friday, picking up your packet then is recommended to minimize congestion on race morning.

IMPORTANT: Parking could be tight this year with the increased field size. 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 and come up the mountain road to Batt Shelter together in one vehicle. We will have someone directing parking and maximizing 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. 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.

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, brownies, M&Ms, trail mix, pizza (around noon) and a limited supply of Larabars for the gluten-free crowd. Hammer Nutrition has provided Hammer Gel, and 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 and gels.

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.

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), but this area closes at 5:45 pm.

Awards: First, second and third overall male and female, and top 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!

Post-race party will commence at 4:30 pm. Menu will be from EarthDog Café and include pulled pork sandwiches, veggie burgers, potato and pasta salad, cole slaw, and blackberry cobbler!

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. We hope that this will continue as an annual run, and this will depend on all of us being good partners with the park.

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