



Aid Stations?

Bring your own water bottle/Camel Back/water belt. We will provide coolers for you to refill them, but you must provide the container. Here is an idea where to expect the aid stations:

Mid Point will serve as a check point/Aid Station.

Start/Finish Check Point/Aid Station

Registration - Transfers - Deferrals

Registration is online only through Ultrasignup.com except for sponsor slots or manually entered entries by the organizers. Transfers are not allowed. Allowing someone to run with your bib is also not allowed and if caught will result in DQ. Please do not do this. The last thing we want to do is DQ anyone. Deferrals are generally not allowed. However, we will be review individual requests on a case by case basis and will rule on appropriately.

Disqualification(DQ)

Clarkco is a State Park. We are so happy they are hosting this event. Please do not throw GU packs, bottles, food wrappers or anything on the ground at any point in the race. If you are caught littering on the trail, you will be DQ'd. Also, interfering with another runner will result in immediate DQ and removal from race. Profanity on the trail directed at other participants or volunteers will not be tolerated. If there is an issue we need to be aware of, please, make us aware of it ASAP.

Time Limit

The 50K the race will consist of 4 loops. At 2 pm, (7.5 hours into the race) if you have not passed the main checkpoint at the Start/Finish to begin your 4th loop, we will ask you to stop upon completing your 3rd loop.

What can I expect at Check Point or Aid Station?

Water, a snack or two and smiling volunteers. We do not keep any medication over, under or behind the counter. So if you need your meds or some pain relievers, please provide your own.

Music on the Run

Sorry. You're not allowed to in this race. **No headphones.** Trust me, you'll need your full attention on footing and the birds will provide all the tunes you need. For us, it's a safety issue. Sorry about that.

Pacing?

Runners who use a pacer are not eligible for awards. However, you would still receive a finisher medal for your event. If you place in the top 3 males or females or are likely to win masters or grand masters, no pacing is allowed. We won't DQ you, but if we find out, it could be a little awkward.

Parking

Clarko State Park has parking at each pavilion including the main office area. First come first serve. If you are staying in the park over night, chance are you have a head start. Please arrive early to ensure you get your preferred parking spot.

Fuel Belts and Water Bottles

Trail running is a challenge both mentally and physically. Although this is a lap event on a 7.78 mile looped course, you'll want to have **your own water bottle** with you. We will have some coolers to refill at the Mid-Point Check Point, and at the Start/Finish Check Point; but please have something to put the water in. Please stay Hydrated.

Temperature

Annual temps for this day are around 85 - 90 degrees. But as we get closer to race day, we'll be posting weather outlooks.

Will my feet get wet?

There could a few areas that could get your feet wet if it rains a ton ahead of this race; but mostly this is a dry course. But like any trail run, come prepared.

Pets?

Pets are not allowed on the race route for safety reasons. However, spectators may bring people friendly pets as long as they remain on a leash, again for safety reasons. **Please do not bring aggressive dogs that do not do well around other animals.**

