

**PRE-RACE AND RACE-DAY INFORMATION:
MOAB SPRING TRAIL RUN: 8K AND 1/2 MARATHON
PLEASE READ!**

Welcome! It's going to be a super day! This course highlights the scenic and historic Klondike Bluff region, an area unlike any other. The course is challenging, but runnable. There is a variety of scenery and terrain—everything from red and white dirt, slickrock, single and double track, funny rocks, dinosaur tracks, desert blooms, creeks, ups, downs, flats—all in unique and amazing country.

Packet Pickup: will be at Milt's Stop & Eat from 3:30-6:30pm on Friday March 4th. Directions to Milt's are on the website. Bring your photo ID. PLEASE please please only park in the Milt's parking lot and do not park anywhere labeled 'No Parking' or block anyone's driveway. If the Milt's lot is full, park at the High School or come back a bit later. Please spread yourselves out so that everyone doesn't show up right at 3:30 (or earlier...) We're anxious to see you too, but we don't want to upset the City officials/cops or locals. Thanks for being consciences and considerate. You can also pick up your packet at the start area on Saturday before the race, starting at 7am.

Parking: Parking at the race venue is limited. Please carpool if possible! Please only park in the designated lots and along one side of the road **as directed by the parking marshals**. Allow a several extra minutes to walk from your parking spot to the start line.

Start Times: We will have 5 wave starts, three minutes apart to spread you out on the single-track! The first wave will be at 8am. We would like fastest runners to start in the first wave.

Route: Half Marathoners and 8k will follow the same route for the first 4.5 miles. At the first aid station at mile 4.5 the 8k will go straight down to the finish and the 1/2 marathoners will turn left and continue on the Dino Flow trail. Please look over the course map so you are familiar.

Course Marking: orange flagging tape, white flour, and some arrows.

STAY ALERT and watch for the orange flagging! From one orange flag you will always see another. If you run for more than 10 seconds and don't see flagging or white flour on the Slickrock then turn around and backtrack your steps until you see the course markings. You will be following a variety of trails within the Klondike Trails System—these trails are marked with colored paint dots on the rock. You may use this paint as a guide, but also follow the orange flagging to assure you are on the actual race course! One of the biggest mistakes racers make is to follow the person in front of you. Do not follow the person in front of you, follow the flags. On rare occasion we've had a section of flags removed the morning of the race. Please let race staff know asap if you suspect this so we can fix it! Use your best judgment (and the course map...) if you suspect this has happened and keep safely running until flags resume or you see a race marshal/aid station. Almost every turn is staffed.

We will have a **sweep** runner and if you go off trail and the sweeper goes by you it would not be good!

The trails are open to the public, we try to let other users know the race is in progress, but be aware that there may be recreational trail users out there and calmly but firmly let them know you are passing. The entire course is closed to motorized vehicles, so you should not see any.

Pacers or outside assistance are not allowed. No caching or pets on course.

Stay on the trail or slickrock. Do not go to the side of the trail! Just to the side of the trail is a living vegetation called cryptobiotic crust. It is the top soil of the desert sand. It appears as a course black surface matt. One foot print can wipe off decades of crust growth.

Strange But True: the Trail Mix Crew who built the trails are concerned that the runners will ruin the trail surface for the bikers. We know you won't, but please be extra careful to stay on the trail and DO NOT leave tracks alongside the trail so that we may run on these awesome trails in the future. Thank you!

There will be Aid Stations at approx. mile 4.7, 6, 8.5, and 11.2. Know how far it is to the next aid station and carry a container for water and food if you think you will need it! We cannot put aid stations just everywhere because it's impossible to get vehicles with water to the rugged remote sections of the route. Keep this in mind and appreciate/use the aid stations that are there! If you need electrolytes, they are available at the aid stations—they help with cramping. If you feel light-headed or dizzy, stop and eat and drink and wait until you feel good again because if you stumble around out there it could mean injury. Also note that you may need to actually stop and grab the water and food from the tables. Most of our volunteer friends are not used to handing out water/ food to fast runners, so be sure to take a few seconds to stop and get what you need.

Injury: The course is rugged with limited access by vehicle, and the emergency ATV, ambulance, or helicopter will have to come from town-- they are not on-site. If you get injured, stay on the course and another racer will tell someone at the next aid station and we will dispatch our rescue team. We have an EMT at the finish line but Search and Rescue will need to be dispatched from town 20 miles away.

If you **drop out** or **pick up your bib but do not race** please let race staff know so we don't send Search and Rescue for you! (They'll charge you for this service, so please be responsible to let us know if you are not on the course!)

Results/Awards: We will make our best effort to post results promptly at the finish area. They will also be posted on the website shortly after the last finisher crosses the line. We have nice awards for our top finishers, age group and overall (as indicated on website.) You may pick up your awards at the awards table once the results are final.

Race Bib Number: There is a disposable timing chip attached to the back of your bib number. Please wear your number visibly on your front, and don't fold or crunch the chip or you won't receive a finish time.

Photos: Aktiva Photography will be on the course to take photos. They will send you an email after the race where you can view the photos by racer numbers. You may order if you'd like to preserve the memory. Keep smiling out there!

Warm-ups: Look for the "Warm-up's Drop Off" sign and tarp in the start/finish area if you'd like to leave stuff there while you are running. It is recommended that you bag-up and label your stuff, and do not leave any valuables. We are not responsible for lost or stolen stuff. We ask for respect and consideration of other peoples stuff.

Cutoffs: We have the cutoffs for your own safety and for the sanity of our volunteers. The cutoffs are quite generous as this race is designed to accommodate all levels, but if our race official says you miss the cutoff do not argue and attempt to continue, just accept that you missed the cutoff and train hard for next year. Cutoff is 2 hrs at 1st aid station mile 4.7 (10:15am), 2.5 hrs at 2nd aid station mile 6 (10:45) and 5 hrs to be eligible for a finisher medal (1:15).

Nature Lovers Scavenger Hunt: For Fun!: We've added this fun event for the first 50 people interested in taking part. At the start line you'll get a list of 15 'nature-related' items that you'll search for during the race, and take a picture of (bring your smartphone or digital camera) If you find them all you'll receive a really cool prize at the finish! This event is free, although we are suggesting you make a \$15 donation to Trail Mix. You can sign up at packet pickup, or email me and I'll add your name to the list (danelle22@msn.com).

Inclement Weather Course: If we get heavy rain before race day the dirt road to the start becomes muddy and impassible. If this happens we will instead have the race on an alternate course. We will let you know 2 days before the race if we need to use the alternate weather course. The alternate course will be about the same distance. If necessary you will be sent an email with the new info and also given a print-out with directions to the start and the 'new' course route/map at packet pickup.

Moab Spring Run Store: We now have an e-store set up where you may purchase cool things like sweatshirts, hats, mugs, etc with the race logo on it. There is a link to the store on the website, www.trainingrx.com.

Please say "Thank You" to our volunteers. Also, thank you to the BLM for their cooperation and generosity in letting us use this beautiful land for the race and to our local Trail Mix crew for doing an amazing job of creating these fantastic trails!

Now, get ready for a great race! Good luck and have fun! Thanks for participating!