

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 the race start/finish area at North Klondike Trailhead in the morning before the race beginning at 6:30am. Directions to the start/finish area are on the website. Please bring your photo ID. If you happen to be dining at Milts Stop & Eat on Friday March 2nd between 4:30 and 6:30pm we will have packets and t-shirts there also.

Parking: Parking at the race venue is limited. Please 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. Think of it as the “perfect” warm up and cool down! You can leave your warm-up stuff at the ‘warm ups’ tent while you run.

Start Times: The first wave is at 8am. There will be 5 waves each 3 minutes apart to allow you to spread out on the singletrack. Faster runners should start first. Your wave number will be on your bib number and waves will be announced at the start line. Please start with your designated wave number or you will be assessed a 20 minute penalty.

Bib Number: There is a disposable timing chip attached to the back of your bib number. Please wear your number visibly on your front. Don't fold/crunch the chip or cover it with a pack. We need to see it to read it for your finishing time and to assure you indeed started/finished and are not lost out there.

Route: 1/2 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 read the course signs and look over the course map.

Course Marking: orange flagging tape 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 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 you must follow the orange flagging to assure you are on the actual race course, not the paint on the rock! 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.

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 other than our aid station support vehicle.

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.

There will be Aid Stations at mile 4.5, 5.5, 8.3, and 11.5. They will be stocked with water, Gatorade, Clif Shots or GU, and a variety of other snacks. 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! Electrolytes are available at the aid stations—they help reduce cramping. Also note that you may need to actually stop and grab the water and food from the tables. Our volunteers will try to hand-off water and food but if you are too fast or there are several runners at once you will need to stop at the table and get what you need.

Injury: The course is rugged with limited access by vehicle. 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 a First Responder at the finish line who can get to you with her first aid kit, but Search and Rescue will need to be dispatched from town 20 miles away for major emergencies. 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 top overall and age group finishers (as indicated on website.) **Award winners may pick up your award at the awards table once results are final.** Finishers medal (or mug if you prefer) will be handed out right after you cross the line.

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 as we are not responsible for lost or stolen 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 or attempt to continue, just accept that you missed the cutoff and train hard for next year. 1/2 Marathon cutoffs are: 2 hrs or 10:15am at the first aid station (mile 4.8), 2.5 hrs or 10:45 at aid station #2 (mile 6); and 5 hrs to be eligible for a finisher medal (1:15pm). Finisher medal cutoff time (1:15pm) is the same for 8k and 1/2 Marathoners.

Nature Lovers Scavenger Hunt: For Fun! For those signed up, you'll get a list of 15 'nature-related' items that you'll search for during the race, and take a picture of each (bring your smartphone or digital camera) Look for Nana or Willy at the finish near the finishers medals to show your pictures and get your prize!

Post-Race Food: There will be hot soup, cold sodas, and other snacks to enjoy and replenish after you finish. (byob, it's Utah...) We hope you will hang around after the race to share race stories and cheer in our back-of-the-pack finishers!

Photos: Aktiva photography will be on the course and taking your picture. In addition to smiling, please make sure your race number is in the front and visible. Photos will be available to look at and purchase about 3 days after the race. They will send you an email with a link, or you may go to www.aktivaphoto.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!

This is the third edition of this race and we want it to continue to grow into the best race ever, so you're feedback is appreciated. Send feedback to danelle22@msn.com.

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