

**September 25, 2016 TMC Catalina State Park 10.3 & 5.2 Mile Trail Run and 5k Road Run & Walk Course Instructions
Please Read Completely!!!**

**10.3 Trail Race & 5k Road Run/Walk: 6:30 a.m.
5.2 Mile Trail Race: 6:50 a.m.**

Directions to Catalina State Park

From the south: take Oracle Rd six miles north of Ina Rd. and turn right at Catalina State Park. The start line & parking lot are 1.8 miles at the end of the main road.

From the north: take Oracle Rd. south one-half mile south of Tangerine Rd. Turn left into the park. The start line & parking lot are 1.8 miles at the end of the main road.

Parking is limited to 115 cars in designated spots only. Carpooling is suggested and encouraged. No parking on the park roads. Park entry fee is \$7 per car. *Very important:* when you are driving into the park please stay as far left as possible so that our shuttle pass can easily pass on your right when incoming traffic is stopped at the pay booth.

****Park Entry Passes: to move traffic more quickly through the park entry, we will be selling park passes for \$7 cash at Friday & Saturday packet pick-up. Place it on your dash and that will help you to move more quickly into the park. Please note: having a parking pass does not guarantee you a spot in the parking lot, but you will be able to park only on the south shoulder of the road near the start/finish. NO PARKING WILL BE PERMITTED ON THE NORTH SHOULDER!!!**

Shuttle bus information: park entry is free on the bus!

Everyone Runs will provide a quick and easy free shuttle bus from the Oro Valley Market Place shopping center, directly across the street from the Catalina State Park entrance. The bus will pick-up & return to the south end parking area by Red Lobster, which is to your right when you turn in off of Oracle Rd. The bus will leave at 4:50 a.m., 5:10 a.m., 5:30 a.m., 5:50 a.m., 6:10 a.m. and 6:25 a.m. if necessary. **Everyone entered in the 10 miler and 5k should do their best to avoid taking the 6:10 a.m. shuttle. We cannot be responsible for getting you to the race on time. DO NOT take the last shuttle if you are in the 10 or 5k (your race starts at 6:30a.m.) or you plan on race-day packet pick-up or registration. If you miss the last bus, or there is no room for you on that bus, you are on your own to get to the start line on-time. We will start this race promptly at 6:30 (10 & 5k) and 6:50 (5 miler).** The bus will also provide return trips near the finish line as the race concludes.

Changing Events: this is extremely important. Changing distances must be done at packet pick-up on September 23, or by emailing the race director at everyoneruns@comcast.net by 12 noon on Friday the 23rd. Changing events without notifying anyone will cause a huge mess with our ability to provide results and will delay the awards ceremony. If you do switch distances after the start of the race, your time will not count for overall and age group awards. Please remember that the 10.3 miler is only for runners. You are always welcome to walk the 5.2 miler and the 5k road run/walk.

Headsets: If you choose to wear headsets, or other audio devices, you implicitly agree that you are using it your own risk. It is incredibly important for you to hear others approaching and asking to pass, so please keep the volume at a level that will allow others to hear you. Safety is our #1 concern.

Event start: Faster runners please place yourselves towards the front. This will ensure a safe and stress-free start. Walkers are asked to not walk two across, so others can pass when needed. No stroller or dogs in the trail events. Strollers are permitted in the 5k road run.

Trail Race course directions: the start/finish line is in front of the main parking lot, which is at the end of the park's main road. You'll start on a very short portion of the main road straight to the entry to the Birding Trail, which you will run/walk counter-clockwise. Next, after the Birding Trail, you will go straight to the Canyon Loop Trail (counter-clockwise), then a right to the Montrose Pools Trail (counter-clockwise) for a .9 mile out-and-back (monitors will be there for directions). You will then travel right off of the Montrose Trail and back onto the Canyon Loop, still traveling counter-clockwise. At the end of the Canyon Loop Trail you will be on the park's main road, where you will take an immediate right turn onto the Nature Trail, which you will run counter-clockwise. When you finish the Nature Trail, 5 milers will head straight to the finish line. 10 milers will go to the left for a return trip to repeat the entire course. You will not get lost, as long as you pay attention to our mileage markers, course monitors and other signs. NEVER run up or down a wash and you'll be on the course! You will only cross washes, never run up or down. Finally, there will be some areas of traffic on the course. Please do not run or walk 2-3 across and always listen to course monitors for instructions. ***Please be sure to finish to your left (in the left lane) on the park's main road!!!***

5k Road Run & Walk directions: your course is a very fast & flat out and back on the park's main roads. You will start at the exact same time as the 10 mile trail race, but go in the exact opposite direction! Please see course map at www.everyoneruns.net. We will have course monitors at all positions to keep you on-course! ***When on the park's main road, you must always run on the north shoulder!!! Please be sure to finish to your left (in the left lane) on the park's main road!!!***

Water Stations: trail course - there are three water/Fluid performance drink stations: on the start of the Birding Trail (you can catch this one in both directions), at the top of the

Canyon Loop 92 stairs plateau and right before you enter the Nature Trail, which you can also catch twice. **Road run:** there will be one water station at the 1 mile mark, which you will be able to use again on your return (3 mile mark).

Timing: all time will be recorded by chip time. ***Chips will only be available on race morning.*** Overall 1st, 2nd & 3rd place will be based on gun time, so please start up front if you are aiming for a top 3 finish in any of the events. If you do not wear your chip and bib you will not receive a time and you will not be able to win an overall or age group award. Please remember to keep your bib on the front of your body.

Technical Shirts: participant finisher technical shirts will be handed out to you at the finish line. We have a list of the shirt size that you requested. Shirts are male and female cuts! Unfortunately, we cannot change sizes at the finish. This will ensure that everyone gets what they ordered. You are welcome to ask after the race.

Post-race food, drink and massage: when you cross the finish line grab yourself a free bottle of water and enjoy our always Free Mexican Breakfast and iced tea and coffee from brewd. We will never close the course. Food, drink and friendly faces will await you no matter when you finish!

Awards: ***Please do your very best to stay for the awards ceremony.*** It's a real drag to call out award winners and not have them there to accept their award. Besides, we spend a lot of money on them! Our awards will begin as we have final placement results in both events. We do realize that there will still be runners and walkers on the course, and we apologize in advance for starting the awards while you're still out there. This is necessary, as we do not want to keep the earlier finishers from beginning the rest of their day. Awards will be for male & female overall 1st, 2nd & 3rd will be based on gun time as per USATF rules) Five year male and female age group awards will be based on chip times. Exact age groups for both events, specifically for ages 19 and younger and 75+ will be determined based on the number of runners in those age groups and will be decided fairly and at our discretion.

Race results should be posted by 3:00 p.m. or earlier at www.everyoneruns.net.

Have a great time! Be safe! Most of all, "Everyone Runs & Walks" means "Everyone has fun!" Thanks so much for choosing to join us!

Special November discount!!!

Register at the race for the November 13 TMC, Fleet Feet Half Marathon and save \$7, ¼ marathon \$4, 5k \$3. We'll have entry forms at the race (cash or check).

**Thanks so much for choosing to run and walks with
Everyone Runs, Everyone Walks! We appreciate your support.**

