

November 12, 2023 Catalina State Park 10.6 & 5.3 Mile Trail Run and 5k Run/Walk Course Instructions - Please Read Completely!!!

10.6 mile trail race start: 7:15am

5k road run start: 7:15am

5.3 mile trail race start: 7:30am

Bib pick-up will be held as follows.

November 6 - 8, ONLY at Fleet Feet on Tanque Verde, 10am to 6pm. These dates are only available to those that registered prior to 11/5 at noon. Registrations after will have their bibs available at Fleet Feet in Oro Valley (see below). You will be picking up your bib, which has the timing chip on the back. Shirts are only available at the race, before or after the start. If you purchased a parking pass, they will have it for you. If you want to add one to your Run Sign-up registration, simply go back into your account to purchase one.

November 9 - 10, 10am to 6pm, and November 12, 10am to 2pm, ONLY at Fleet Feet on Oracle Rd. Same details as above.

Please be aware that Fleet Feet is there to hand-out bibs, so please be patient. All event/registration questions should be directed by email to s.landau@comcast.net or 520-797-7867 (do not call race night – we go to bed really early)

Friends can pick-up for friends

Race day bib pick-up is from 5:30am to 7am

Directions to Catalina State Park

Please carpool. Parking is limited and you may have to park on the right incoming shoulder and walk in. Do not park on the left shoulder. It is coned for the 5k run.

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.

Park entry passes: all participants will be required to purchase a \$7.00 parking pass at sign-up or at packet pick-up at Fleet Feet (cash or check only). You must have your pass prior to race day as you will need it to enter the park. If you already have a state park pass, there is no need to buy one from us. To move traffic more quickly through the park entry, we ask that you buy the one-day pass from us. Parking will be available in the main lot and on the right incoming road shoulder.

Changing events: this is extremely important. Changing distances must be done by November 10 by emailing the race director at s.landau@comcast.net. Changing events without notifying anyone will cause a huge mess with our ability to provide results. 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 10.6 miler is

only for runners. You are always welcome to walk the 5.3 miler or the 5k.

Trail 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 and then right to the entry to the Birding Trail, which you will run/walk counterclockwise.
- After the Birding Trail, you will go straight to the Canyon Loop Trail (counterclockwise), then a right to the Romero trail for a .9 mile out- and-back (monitors will be there for directions).
- You will then travel right off of the Romero trail and back onto the Canyon Loop, still traveling counterclockwise.
- 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 counterclockwise.
- 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 signs and course monitors. 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.

Water Stations: trail course – all participants should carry their own water. We will have one water stop before the Nature trail and at the finish. We will have bottled water before and after the Birding Trail and at the finish. If you take a bottle, it is your responsibility to carry it throughout the race. No littering please!

5k Road Run and Walk directions: your course is a very fast and 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. We will have course monitors or large signs at all positions to keep you on-course! When on the park's main road, you must always run on the north/coned shoulder!!! Please be sure to finish to your left (in the left lane) on the park's main road!!! There will be one water station on the course that you can catch in both directions.

Timing: all timing will be done with chip timing. Your chip will be attached to the back of your race bib. If you do not wear your bib you will not receive a time and you will not be eligible to win an overall or age group award. Please remember to wear your bib on the front of your body.

Headsets: If you choose to wear headsets 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. Remember, it is snake season. Stay aware!!! Safety is our #1 concern.

Shirts: participant finisher shirts will be handed out to you at the finish line. Unfortunately, we cannot change sizes at the finish. This will ensure that everyone gets what they ordered. You are welcome to ask when the race is complete. For those that did not meet the shirt deadline, we will sell them after the race for \$7 cash if they are available.

Post-race food, drink: when you hit the finish-line grab yourself a free bottle of water and enjoy our free Mexican breakfast and coffee courtesy of Everyone Runs (for paid participants only), along with snacks from Natural Grocers and Skratch Nutrition. We will never close the course. Food, drink and friendly faces will await you no matter when you finish!

Awards: Our awards ceremony will happen as each race nears its completion.

- Overall and age group awards will be for male and female overall 1st, 2nd & 3rd and in five-year male and female age groups.
- Exact age groups for both events, specifically for ages 19 and younger and 80+, will be determined based on the number of runners in those age groups and will be decided fairly and at our discretion.

Race results will be posted no later than 1:00 p.m. at www.everyoneruns.net. For fast viewing of your finish time, simply enable participant tracking on our Run Sign Up page and you will have your result sent immediately to your phone!

Thanks so much for choosing to run/walk with Everyone Runs, Everyone Walks! We appreciate your support.