**September 22, 2024, Catalina State Park 50-Year 9.3 Mile Trail Run and Easy 5k Course Instructions - Please Read Completely!!!**

**9.3 miler start: 6:00 a.m.          5k start: 6:20 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.

**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 or online during registration (cash or check only). You must have your pass before 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 road shoulders.

**Changing Events:**  this is extremely important.  Changing distances must be done by September 20 by emailing the race director at [s.landau@comcast.net](mailto: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 9.3 miler is only for runners.**  You are always welcome to walk the 5k.

**Course directions for 9.3 Miler:**
- The start/finish line is in front of the main parking lot, which is at the end of the park's main road.
- You will start on a very short portion of the main road straight and then left to the entry to the Nature Trail, which you will run/walk counterclockwise.
- After the Nature Trail, you will go right to the Bridal Trail, then directly to the 50-Year Trail for a 2.75 mile out-and-back (a monitor/medic will be at the turnaround point).

- You will then return down the 50-Year Trail, to Bridal, and then right at the end of Bridal, back onto the park road to the finish line (same as start line).
- Please pay attention to the rocks that are blocking you from going the wrong way on the 50-Year Trail. You should never cross the rocks, which will put you on the utility pole road (stay to the right on the way up and to the left on the way down).
- Finally, there will be some areas of traffic on the course, especially the 50-Year Trail, which is narrow. Please do not run 2-3 across and always listen to course monitors for instructions.

**Course directions for the 5k:**

- 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 left to the entry to the Nature Trail, which you will run/walk counterclockwise.
- After the Nature Trail, you will go right to the Bridal Trail for an out and back.
- You will then return on the Bridal Trail, and then right at the end of Bridal, back onto the park road to the finish line (same as start line),

**Water Stations:** there will be two water stations for the 9.3 Miler: one on Bridal and one before entering the 50-Year Trail (that one is self-serve). All participants should carry their own water, especially on the 50-Year Trail, which is 5.5 miles roundtrip (up and back). 5k participants will find a water station at the Bridal Trail turnaround.

**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 finish 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/Music:** we recommend against ear buds, but 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. And remember, you could encounter snakes. 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 insure 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 fruit from Natural Grocers, and enjoy our free Mexican breakfast, and free shaved ice from AZ Sun Ice, courtesy of Everyone Runs (paid participants only). 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 is close to finishing.
- 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 11:00 a.m. at www.everyoneruns.net. For fast viewing of your finish time, simply enable participant tracking on our Run Sign Up when you register, 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.**