

**April 7 Catalina State Park 10.6 & 5.3 Mile Trail Run Course
Instructions - Please Read Completely!!!**

10.6 miler start: 7:30 a.m.

5.3 miler start: 7:40 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.

Pre-Race Park 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 on the side the road near the start/finish.

Shuttle bus information: park entry is free on the bus! In past years, many people wait for the last two buses. This is a huge mistake and could keep you from starting on time. **PLEASE choose one of the earlier bus times.**

Everyone Runs free shuttle bus leaves from the Chase Bank/Red Lobster parking area at the Oro Valley Market Place shopping center, directly across the street from the Catalina State Park entrance. The bus will leave at 5:45 a.m., 6:00 a.m. 6:15 a.m., 6:35 a.m., 6:55 a.m., and 7:15 a.m. and will return you to your car beginning at 9am.

DO NOT take the last shuttle if you plan on race-day packet pick-up or registration, and please don't wait for the last bus. 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 at 7:30 (10.6 miler) and 7:40 (5.3 miler) as planned. The bus will also provide return trips as the race concludes.

Changing Events: this is extremely important. You cannot change the distance that you have chosen on race day. This must be done at packet pick-up on April 5 & 6, or by emailing the race director at everyoneruns@comcast.net by 12 noon on April 6. Changing events without notifying anyone will cause a huge mess with our ability to provide results and will delay the awards ceremony.

Please remember that the 10.6 miler is only for runners. Walkers are always welcome in the 5.3 miler, but must walk single file.

Headsets/Music: 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. Safety is our #1 concern.

Event start: Faster runners please place yourself towards the front. This will ensure a safe and stress-free start. Walkers are asked not to walk two across, so others can pass when needed.

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 Canyon Loop Trail, which you will run/walk clockwise, then left to to the Montrose Pools Trail (clockwise) for a .9 mile out and back (monitors will be there for directions). You will then travel left off of the Montrose Trail and back onto the Canyon Loop, heading west to the Birding Trail loop and then across the wash to the park's main road, where you will take an immediate right turn and head to the Nature Trail for a one-mile clockwise loop.

After the Nature Trail 5.3 milers will turn right and head to the start/finish line.

10.6 milers, after you finish the Nature Trail, you will go left for your second loop of the entire course starting with the Canyon Loop Trail to Montrose to Canyon Loop to Birding trail to Nature Trail and then right to the finish.

You will not get lost, as long as you pay attention to our directional markers 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: There are three water/electrolyte drink stations (Tailwind sport drink): on Canyon Loop at the top of the 92-stair climb, on the start of the Birding Trail and the Nature Trail (you can catch Birding and Nature Trail in both directions).

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

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.

Post-race food, drink: when you hit the finish-line grab yourself a free bottle of water and enjoy our always Free Mexican breakfast and chocolate milk courtesy of Everyone Runs (for 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 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 and in five-year male and female age groups. 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 will be posted no later than 3:00 p.m. 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!

Register at the race for the July 14 “Run with the Roosters” Kinney Rd. 5 Miler and save \$5. We’ll have entry forms at the race and at packet pick-up (cash or check).