

Sutallee Trace Trail Challenge Racer Update

Thank you for signing up for the 2017 Sutallee Trace Trail Challenge, Race #3 of the Mountain Goat Adventures Trail Run Series! We are excited that you are up for the challenge and hope you will enjoy our rugged and beautiful course.

Location of Boling Park: The street address is: 1200 Marietta Highway, Canton, GA 30114

From Atlanta: Take I-75 to I-575. Exit I-575 at exit 16 and keep left to merge onto GA-140 W/GA-20 W toward GA-5 N. At the traffic light (there will be a Williamson Bros BBQ at this intersection), turn right onto GA-140 W. Proceed less than a half mile, crossing over the Etowah River. Immediately after the Etowah River bridge, take your first left into the park driveway. There is a large Boling Park Sign. If you pass Cherokee High School, you went too far. Follow the park road about a half mile, going past the soccer fields and water treatment facilities to a larger parking area near a picnic shelter. Race check-in and start will be at the gravel jogging path adjacent to this parking lot. There is abundant parking near the start/finish, but if you arrive late, you may need to park in one of the smaller gravel lots along the entrance road, or in the lot near Marietta Highway. Please do not park directly in front of the picnic shelter (reserved for another event).

Please note that dogs (even leashed ones) are not allowed at Boling Park per the City of Canton.

Race Number/T-shirt Pickup: (2 Options)

THURSDAY NIGHT, MAY 18th- 4 pm to 7 pm at Big Peach Running Company in Kennesaw

Store address is: 1625 Ridenour Boulevard, Kennesaw, GA 30152, 678-903-0022 – recommended, especially if like to sleep longer in the morning. **You may have someone else check in for you and collect your number/shirt ONLY if you send a signed waiver with them.**

SATURDAY MORNING, MAY 20th – 6:30 am to 8 am at Boling Park(directions and address above) You will need to sign a waiver on-site when you arrive, or bring one with you (link in this email). Shirts/swag bags must be picked up during a race check-in, as they will not be mailed. **You may have someone else check in for you and collect your number/shirt ONLY if you send a signed waiver with them.** You may have another racer pick up your shirt for you if are unable to attend the race.

PARKING UPDATE:

If you check in Saturday morning, please arrive early to ensure you have enough time to check in and get ready to race. There will be a short racer meeting at 8:10 am near the start line. Cherokee High School has expanded their facilities, and there is a bit less “close” parking than in previous years because of this. Carpool if you can, and arrive very early if you’d like to park close. If you prefer to arrive later, plan on walking the ¼ to ½ mile along the sidewalk to access the park. We will have an area for “Drop Bags” for those who’d like to leave a change of clothes, etc at registration so you do not have to walk all the way back to your car. You can also use your swag bag to store your stuff in – we’ll have Sharpies for you to label them with. Leave valuables at home – as any public location is not 100% secure.

NOTE SHORT COURSE START TIME is 8:50 am! The 10 mile race will start at 8:30 am and the 4.5 mile race will start at approximately 8:50 am. The kids race will start at approximately 9:00 am or when all adult runners have cleared the start/finish area.

Race Distance Changes/Transfers:

If you want to switch from the 10 mile to the 4.5 mile or vice versa, please do so by contacting me no later than Wednesday MAY 17th, and we will get you taken care of. The last day for racer transfers is also Wednesday MAY 17th. Please note, per our website, we do not issue refunds for no-shows/conflicts and we do not transfer entries between races or year to year. You MAY transfer to another racer in the same event by May 17th, and it is up to you to find that person. We do not have a waiting list for this event.

Kids Race:

The 1/2 mile kids race will begin at approximately 9 am and will be on a gravel jogging track that is closed to vehicular traffic. Parents are welcome to jog with their kids. This race is free and is not timed or scored, however parents must sign a waiver for their children at registration, as well as pick up a kids race number. All kids race participants will receive a finisher medal. Baby joggers and strollers are welcome in the kids race.

Courses:

Both the 4.5 and 10 mile courses will begin with about a mile of gravel jogging track/open field before heading into singletrack and crossing a bridge. This short bridge is a potential bottleneck, as it is only shoulder-width, making passing impossible while on the

bridge. If you are a faster runner and do not want to be slowed down at the bridge, my recommendation is to start fast and settle into your pace once you are past it.

This is a rugged trail. It is our most challenging course. The trail surface is mostly leaves and pine straw, with some rocks, boulders and roots thrown in. Much of the trail is 12"-18" wide single track, but there are also some wider "jeep road" sections. There is a good bit of elevation gain on both courses with the longest climbs being ½ to ¾ of a mile. I would highly recommend aggressively soled trail running shoes for this course, especially if we have wet conditions. There are some red clay areas that can be extremely slick if it rains, so choose your footwear wisely.

Also be advised there is some healthy poison ivy at various locations along the trail, especially the section along the Etowah River. I would recommend tall socks and Tecnu Poison Ivy Scrub immediately after if you are sensitive.

Aid Stations:

There will be one aid station on the 4.5 mile course at Mile 2.6.

There will be aid stations at Mile 2, Mile 5, and Mile 8.3 on the 10 mile course.

Aid stations will have Hammer Heed, water and Hammer Gels. We will also have Gatorade, water, fruit, PB&J sandwiches, a variety of cookies, fig newtons, granola bars, etc. at the finish line.

Chip Timing and Real Time Results:

This race will be scored using the MyLaps Bibtag system. Your race number has a disposable timing chip adhered to the back of it. Please do not bend or fold this chip. Numbers need to be pinned on your front, preferably on your chest. If you wear a number belt, please ensure the number is on your front when you cross the finish line so your chip reads. Your race time and category placing will be visible almost immediately upon finishing on tablets that will be located near the finish line.

RACE RESULTS ARE AVAILABLE FOR VIEWING IMMEDIATELY WHEN YOU FINISH. THEY ARE ALSO POSTED AND EMAILED TO PARTICIPANTS AS SOON AS WE VERIFY/FORMAT THEM, TYPICALLY WITHIN 36 HOURS OF THE RACE.

Awards:

We will present medals to the top three in each age group in each race, as well as medals and prizes to the top three overall male and female. First place finishers in the 10 mile race will also receive a custom podium T-shirt. Awards for the 4.5 mile race will be at approximately 10:15 am. **Awards for the 10 mile race will be at approximately 11:00 am or when most podium finishers have completed the course.** If you are a fast runner, it is advised that you bring some dry clothes for after the race, as it can sometimes take a little longer for some of the smaller categories to get their top 3 finishers in. You must be present to receive your award, as they will not be mailed. If you are in a small category and are still on the course when we have the awards ceremony, you will receive your award as you finish the race.

FEATURED SPONSORS – THESE FOLKS WILL BE SET UP AT THE RACE SO PLEASE STOP BY AND CHECK THEM OUT

- **BIG PEACH RUNNING COMPANY**
- **LA SPORTIVA**
- **TRIA ENERGY DRINK**
- **GOAT MAID SOAP**
- **DYNAMIC SPINE AND SPORTS THERAPY**

If you have any questions that are not answered here, please contact lisa@mountaingoatadventures.com by Thursday, May 18th and I will be glad to assist you. I typically am not able to respond to emails on the Friday before the race as I am out on the trail most of the day/evening marking the course.

Thanks for signing up for our event and see you all on May 20th!