

Rope Mill Adventure Run Racer Update – Monday June 11, 2012

Thank you for signing up for the 2012 Rope Mill Adventure Run, Race #4 of the Mountain Goat Adventures Trail Run Series presented by Natural Strides! We are excited that you are up for the challenge and hope you will enjoy the added challenge of several natural obstacles in this course.

Featured Sponsors:



Conveniently located in downtown Woodstock, Natural Strides offers a full line of minimalist, zero drop, and barefootwear for men, women and kids. They also have a huge selection of Injinji socks, compression sleeves, and hip running attire. They will be set up at the race with accessories and several modes of Merrell footwear for sale. Natural Strides also offers Gait Analysis and Chi Walking and Running Classes.



Merrell Barefoot will be on-site with Natural Strides with a full line of their Barefoot Wear. Merrell is our featured shoe for this event and is providing some great swag for prizes and post-race raffles. Be sure to stick around for the awards ceremony so you don't miss out on your opportunity to score some great gear!



Located in Acworth, Integra Chiropractic specializes in Active Release Techniques. Integra will be on site providing massage, Active Release Technique and stretching for our racers both before and after the event. They are also raffling off a Camelbak and massage session, so be sure to stop by their tent and check them out.



While not nearly as "green" as our last event, this course does have the occasional patch of poison ivy along the trail. All racers will be receiving Tecnu Poison Ivy Scrub samples to remove any poison ivy oils from their skin. Be sure to use your samples to wash any oils off your skin that you may have come in contact with.



The folks at Swiftwick have provided socks for the first 20 racers who registered in-store at Natural Strides. Swiftwick offers socks in olefin as well as merino wool. Check out their website and also check out our custom Mountain Goat Swiftwick socks at the race!



Directions to Rope Mill Park from Atlanta:

From the south, take I-575 north to exit 8, Towne Lake Parkway. Turn right onto Towne Lake Parkway and then take an immediate left onto Woodstock Parkway. Travel along Woodstock Parkway and go through the intersection with Ridgewalk Parkway. After this intersection the road name changes to Rope Mill Rd. It is a new road that has been reconfigured due to the new interchange construction, so a GPS will likely not be accurate in this area. Continue straight on Rope Mill Road and it will dead end at the park. If you are arriving VERY EARLY, you may be able to find a close parking spot in one of the small lots at the park (there is room for approximately 50 vehicles). If you arrive closer to 7 am, you will need to park at the Kirk Rudy Office, which will be the overflow parking for race participants. Kirk Rudy will be on the right side of the road after you cross Ridgewalk Parkway. There will be signs and volunteers to direct you.

The volunteers will be informed when the lower lots are full, so please follow their directions. It is a ½ mile walk along the sidewalk down to the park from Kirk Rudy, so please plan accordingly.

If you would like to bring down a bag of clothes to change into, recovery drinks, etc., we will be happy to place it in the shade under the pavilion while you are racing. Please do not bring valuables as this will not be a 100% secure location.

Per the City of Woodstock, no vehicle parking on the shoulders of the park entrance road or any sidewalks. We need to maintain access for emergency vehicles and pedestrians.

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

FRIDAY NIGHT, June 15th - 5 to 8 pm at Natural Strides in Woodstock

Store address is: 8636 Main Street, Woodstock, GA 30188.

Because this is a large race with an early start, we STRONGLY ENCOURAGE you to pick up your race packet on Friday night. To entice you to do so, we will be handing out raffle tickets at the store for those who pick up on Friday night, for a pair of Inov-8 footwear of your choice. Winner to be announced at the race on Saturday.

You will need to sign a waiver on-site when you arrive, or bring a signed one with you (link in email). IF YOU ARE PICKING UP A PACKET FOR A FRIEND/SPOUSE, YOU MUST BRING A SIGNED WAIVER FROM THEM. You may also have another racer pick up your shirt/bag for you if you cannot attend the race.

SATURDAY MORNING, June 16th – 6:00 am to 7:30 am at Rope Mill Park

PLEASE NOTE THIS RACE STARTS AT 8:00 AM!

If you check in Saturday morning, please arrive early to ensure you have enough time to walk down to the park, check in and get ready to race. There will be a short racer meeting at 7:40 am near the pavilion. The 10 mile race will start at 8:00 am and the 4 mile race will start 8-10 minutes after. The kid's race will start at approximately 8:20 am.

Race Distance Changes:

If you want to switch from the 10 mile to the 4 mile or vice versa, please do so by contacting me no later than WEDNESDAY, June 13th, and we will get you taken care of. Please note, per our website, we do not transfer entries between races.

Kids Race:

The 1/3 mile kid's 12-and-under race will begin at approximately 8:20 am and will be on the concrete bike path. 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 handmade finisher medal. Baby joggers and strollers are welcome in the kids race, as well as dogs on leashes, but please come prepared to clean up after your pet if you bring them.

Course Updates:

Both the 4 and 10 mile courses will begin with about ¾ of mile of concrete bike path/gravel road before heading into singletrack trail. We have revised the first part of the course slightly as the portion that we originally had planned to use is severely under water due to high lake levels. You will now run a "lollipop", completing the full Explorer Trail and then coming back to the start finish via the same gravel road. This shortens the course by approximately 0.15 miles.

At Mile 3.1, you will cross the Little River (in the water). It is knee deep and the current is not swift. We will have a safety person in the river to assist those who may be nervous with the crossing, but I'm confident you will all have no issues. After the river crossing is a short section of easy rock scrambling to some narrow, technical trail. Finally, you will run about a tenth of a mile in a creek bed. Once you complete the creek bed, you will be on dry land for the remainder of the race.

Total GPS course distance for the 10 mile course will probably be closer to 9.5 miles depending on your GPS device and your speed. The trail has a lot of switchbacks, thus I have never seen the same distance on my Garmin that the trail builders got when they rolled it with a measuring wheel. Expect this course to be faster than Boling Park.

Shoe Drop for 10 Mile Racers:

10 mile racers will have the option of a shoe drop at Mile 3.5. You can send a pair of shoes, socks, and a small hand towel in a sealed bag with our race volunteers to this location if you wish to change into dry shoes. Since our volunteers have to carry all these items out to the shoe drop (no vehicle access), you may not send water bottles, food, or anything else that would make their load heavier. **The shoe drop is only available for 10 mile racers.** 4 mile racers will have less than $\frac{3}{4}$ mile to the finish, so there is no need to change shoes for such a short distance.

Aid Stations:

There will be one staffed aid station on the 4 mile course at Mile 3.1.

There will be staffed aid stations at Mile 3.1, Mile 6.2, and Mile 9 on the 10 mile course. Aid stations will have Gatorade, water and energy gels. There will also be a self-service water only station at Mile 7.8 for those who need the extra fluids. This station will not be manned, but it is available should you need it.

We will also have Gatorade, water, bananas, watermelon, oranges, PB&J sandwiches, a variety of cookies, fig newtons and Smoothie King samples 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 mats so your chip reads. You will hear a beep as you cross the finish mats. Your race time and category placing will be visible almost immediately upon finishing on tablets that will be located near the Registration and Check-in area.

Awards:

We will present medals to the top three in each age group in each race, with prizes to the top three overall male and female. Podium shirts awarded to all first place 10 mile course runners. Awards for the 4 mile race will be at approximately 9:30 am, followed by the Short Course Series Awards. Awards for the 10 mile race will be at approximately 10:45 am or when all podium finishers have completed the course, followed by Long Course Series Awards. You must be present to receive your award, or have a friend pick up, 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 after you finish the race.

We'll have some fun games and raffles in between the 4 and 10 mile awards, so make sure to stick around so you don't miss out on some great gear.

Thanks again for signing up and see you on June 16th!