

Rope Mill Half Marathon and 5K Racer Update – May 27, 2014

Thank you for signing up for the 2014 Rope Mill Half Marathon and 5K, Race #4 of the Mountain Goat Adventures Trail Run Series! We are excited that you will be joining us for our series finale in a couple of weeks.

Directions to Rope Mill Park from Atlanta:

From Atlanta: Take I-575 north to exit 9, Ridgewalk Parkway. Turn right onto Ridgewalk Parkway and then take an immediate left onto Rope Mill Road at next intersection (Park road is opposite the Outlet Mall entrance). Rope Mill Road dead ends at the park. The park is very easy to get to if you follow above directions. If you come from the North on I-575 (Canton/Jasper), you will take a left onto Ridgewalk Pkwy, cross over I-575, then turn left onto Rope Mill Rd.

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 top of the hill in the overflow lot (room for approximately 50 more vehicles) and once that fills, the Kirk Rudy office parking lot. Kirk Rudy will be on the right side of Rope Mill Rd just past Ridgewalk Parkway. There will be signs and volunteers to direct you where to park. 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)

THURSDAY NIGHT, JUNE 12th- 4 pm to 7 pm at Natural Strides in Downtown Woodstock

Store address is: 8636 Main Street, Woodstock, GA 30188, 770-627-5692 – recommended, and you will receive a raffle ticket to win a pair of Tifosi Sunglasses!

SATURDAY MORNING, JUNE 14th – 6:00 am to 7:30 am at Rope Mill Park

You will need to sign a waiver on-site when you arrive, or bring one with you (attached to 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 accident waiver with them. You may have another racer pick up your shirt for you if are unable to attend the race.

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 to check in and get ready to race. There will be a short racer meeting at 7:40 am near the finish line. The 13.1 mile race will start at 8:00 am and the 5K race will start at approximately 8:10 am. The kids race will start at approximately 8:15 or when all adult runners have cleared the start/finish area. The kids race for this event will take place on a concrete jogging path and be 0.5 miles.

Race Distance Changes/Transfers:

If you want to switch from the 13.1 mile to the 5K, please do so by contacting me no later than Monday, June 2nd, and we will get you taken care of. If you are running the half marathon (13.1 distance) and can no longer attend, please contact me via email at lisa@mountaingoatadventures.com by June 2nd if you wish to transfer your entry to another runner. We do currently have a waiting list.

Kids Race:

The 1/2 mile kid's 10-and-under race will begin at approximately 8:15 am and will be an out-and-back 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 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:

HALF MARATHON: The half marathon course will begin near the end of the concrete path to allow runners to space out before entering the singletrack portion of the course. Runners will complete all of the Explorer Trail counter clockwise (3.3 miles). The course returns to the start/ finish via the same gravel road, then heads onto the Avalanche Trail. Runners will proceed counter clockwise on the Avalance Trail Loops 1, 2, and 3 (another ~6 miles) and then head back to the start/finish. Runners will then complete one final loop of the Explorer Trail to complete the 13.1 miles. This year's course is shorter than the course run last year in case you want to compare finish times. The 2013 course was longer than 13.1 miles, and we have checked the distance using a non-GPS measuring device, so the distance is more accurate this year.

5K RACE: The race will begin near the bridge across Little River. There is approximately one quarter of a mile of gravel road before the trail enters singletrack on the Explorer Trail. Runners will complete all of the Explorer Trail counter clockwise. The race returns to the finish via the same gravel road. Rolling hills and very scenic! Total distance is closer to 3.3 miles.

Aid Stations:

5K: There will not be an aid station on the 5K course, however there will be fluids and snacks available at the finish line.

HALF MARATHON: There will be staffed aid stations at Mile 3.7, Mile 5, and Mile 9.8. Aid stations will have Hammer Heed, water and Hammer gels. There will be a self-serve water only station at Mile 7.5.

We will also have Hammer Heed, water, bananas, grapes, PB&J sandwiches, a variety of cookies, granola bars and fig newtons 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 13.1 mile race will also receive a custom podium T-shirt. Awards for the 5K race will be at approximately 9:15 am. **Awards for the 13.1 mile race will be at approximately 11:00 am or when most podium finishers have completed the course.** Series awards will follow after regular race awards. 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

- **NATURAL STRIDES AND MERRELL FOOTWEAR**
- **HERBAL INTENTIONS**
- **FAMILY CHIROPRACTIC AND WELLNESS – DR. KRISTIE**
- **XS ENERGY**
- **CORE POWER ENERGY DRINKS**

If you have any questions that are not answered here, please contact lisa@mountaingoatadventures.com by THURSDAY JUNE 12th 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 marking the course.

Thanks for signing up for our event and see you all on June 14th!