

2018 Rope Mill Half Marathon and 10K Racer Update

Thank you for signing up for the 2018 Rope Mill Half Marathon and 10K, Race #4 of the Mountain Goat Adventures Trail Run Series. We are excited that you will be joining us for our series finale!

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 30 vehicles). If you arrive later, you will need to park at the top of the hill in the overflow lot (room for approximately 70 more vehicles) and once that fills, the Kirk Rudy office parking lot (1/2 mile walk). I would not recommend arriving any later than 7 am so that you have time to walk down from Kirk Rudy. 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 1/2 mile walk along the sidewalk down to the park from Kirk Rudy, so please plan accordingly. CARPOOLING IS HIGHLY RECOMMENDED! THERE IS NO DROP OFF AT ROPE MILL PARK UNLESS YOU ARE HANDICAPPED OR CARRYING A KAYAK ON YOUR BACK – THERE IS NO EASY PLACE TO TURN AROUND AND IT CREATES A LOT OF CONGESTION.

If you would like to bring down a bag of clothes to change into, recovery drinks, cooler, 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 7th- 4 pm to 7 pm at REI in Kennesaw

Store address is: 740 Ernest W Barrett Pkwy NW Ste 450, Kennesaw, GA 30144

Tel: (770) 425-4480 – HIGHLY RECOMMENDED, especially if like to sleep longer in the morning...this race has an 8 am start. 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, JUNE 9th – 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 (link in 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. The waiver needs to be signed by YOU, not by the person picking up your stuff. NO EXCEPTIONS. You may have another racer pick up your shirt/swag for you if you 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 10K race will start at approximately 8:02 am, beginning on a different section of trail. The kids race will start at approximately 8:10 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 10K, please do so by contacting me no later than Wednesday, June 6th, and we will get you taken care of. If you can no longer attend, you are welcome to try to sell/gift your entry to someone, however ALL TRANSFERS NEED TO BE COMPLETED BY WEDNESDAY JUNE 6th. SORRY - NO RACE DAY REGISTRATIONS, TRANSFERS OR RUNNER SWAPS.

Kids Race:

The 1/2 mile kid's 10-and-under race will begin at approximately 8:10 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 Old Mill Ruins along the concrete path to allow runners to space out before entering the singletrack portion of the course. Runners will complete all of the Mill trails on the north side of Little River (5.5 miles), then the Explorer Trail Loops 1 and 2 counter clockwise (2.4 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 Avalanche Trail Loops 1, 2, and 3 (another ~5.6 miles) and then head back to the finish. Total course distance is closer to 13.5 miles. There will be mile marker signs every mile in the 13.1 mile race. Due to the number of switchbacks on this course – YOUR RUNNING GPS WILL COME UP SHORT ON MILEAGE. The first 5 miles of the course are on slightly wider trail that allows for easy passing. Remember to pick up your finisher medal from the volunteer at the finish line once you cross the finish line for the final time.

10K 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 approximately one mile of the Explorer Trail counter clockwise. The race returns to the finish via the same gravel road and then heads onto the new Mill Trails on the north side of Little River. Total course distance is closer to 6.3 miles. The yellow mile marker signs you see correspond to the half marathon race – you will have run 1 mile further than these distances. Due to the number of switchbacks on this course – YOUR RUNNING GPS WILL COME UP WAY SHORT ON MILEAGE. When you get back to the bridge, start sprinting for the finish if there is someone behind you.

Maps are located on the race website. The course will be marked with pink tape, pink arrow signs, people and painted arrows on the ground. Course markings are plentiful and highly visible. Do not run with ear buds so you can listen to volunteer directions and hear runners coming up behind you.

Aid Stations and Porta Potties:

10K: There will be staffed aid stations at Mile 1.2 and Mile 4.9. Aid stations will have Hammer Heed, water and Gels.

HALF MARATHON: There will be staffed aid stations at Mile 4.0, Mile 5.3, Mile 7.5, Mile 9.1 and Mile 12.8. Aid stations will have Hammer Heed, water and Gels. You will pass by the porta-potties at approximately mile 5.3 and mile 7.5 on the half marathon course.

We will also have Gatorade, water, bananas, PB&J sandwiches, M&Ms, pretzels, pringles, a variety of cookies, granola bars and fig newtons at the finish line. Also lots of stuff for sale that we'd love to find homes for as we wrap up this season's trail run series. All past race shirts are 2/\$5 or 4/\$10. We also will have hats, visors, keychains, and logo shirts for sale.

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. PRELIMINARY 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 will also receive a custom podium T-shirt. Awards for the 10K race will be at approximately 10 am. **Awards for the 13.1 mile race will be at approximately 11:30 am or when most podium finishers have completed the course.** Series awards will follow after regular race awards for each race. 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

- **GOAT MAID SOAPS**
- **FLEX SPORTS MASSAGE**
- **CLASSIC SUBARU**

If you have any questions that are not answered here, please contact lisa@mountaingoatadventures.com by THURSDAY JUNE 7TH 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 9TH!