

## 2019 Big Frog Trail Run Racer Update

Thank you for signing up for the Inaugural 2019 Big Frog Trail Runs! We are excited to bring a trail run to this venue and hope you enjoy the opportunity to run on these great trails. This is our first 50k event as well, so I hope you all enjoy running these trails as well as relaxing at the race venue after the event.

### Address of Ocoee Whitewater Center (RACE START):

**4400 US-64**

**Copperhill, TN 37317**

The race begins and ends at the Ocoee Whitewater Center. To enter the venue in the morning, you will need to actually drive past the Whitewater Center on US 64 and enter from the far end of the parking lot. It is \$3 per vehicle to park for the day, which can be paid at the USFS kiosks when you arrive. Please bring exact change for the fee envelopes in the "iron ranger". Once you park, walk across the bridge and make a left towards the picnic shelter, which is where check-in will be. PLEASE NOTE THERE IS NO OVERNIGHT PARKING AT THE OCOEE WHITEWATER CENTER – SEE EVENT WEBSITE FOR CAMPING OPTIONS.

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

#### **SATURDAY NIGHT, APRIL 27<sup>th</sup> - 4 pm to 8 pm at Picnic Shelter near Start/Finish**

This is optional early packet pickup, it is not required. If you are just coming to pick up your packet and leave, you do not need to pay the \$3 parking fee on Saturday. Each vehicle will need to pay the \$3 fee on Sunday, so please have exact change and deposit your envelope at the USFS kiosk in the parking lot.

You may have someone else check in for you and collect your number/shirt ONLY if you send a signed waiver with them. Your spouse may not sign a waiver for you.

#### **SUNDAY MORNING, APRIL 28<sup>th</sup> – 6 am to 7:30 am at Picnic Shelter near Start/Finish**

You will need to sign a waiver on-site when you arrive, or bring one with you (link is in race update 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 and swag for you if are unable to attend the race.

If you check in Saturday morning, please arrive early to ensure you have enough time to check in and get ready to race. Sunday Morning Schedule will be as follows:

7:40 am - Pre-race meeting for the Big Frog 50K near the pavilion

8:00 am - Big Frog 50K Race Start in Whitewater Center Parking Lot

8:10 am - Pre-race meeting for the 13.1 / 7 mile races near the pavilion

8:30 am - Big Frog 13.1 Start near pavilion

8:40 am - Big Frog 7 Mile Start near pavilion

Awards for each race will be presented near the finish line when the top 3 finishers in each category have crossed the finish line.

### Race Distance Changes

If you want to switch your race distance, please do so by contacting me no later than WEDNESDAY APRIL 24<sup>th</sup>, and we will get you taken care of.

### Courses and Aid Stations:

#### **50K Course**

The course will start in the Ocoee Whitewater Center parking lot and head uphill on the shoulder of US 64 to the Brush Creek Trail. This paved section will allow runners to warm up and spread out before entering the singletrack. The 50k course will then be as follows: Brush Creek with Spur ->Boyd Gap ->FS 334 ->Old Copper Rd ->Bear Paw CCW ->Chestnut Mountain ->ThunderRock ->FS 45 ->West Fork ->Chestnut Mountain ->Quartz Loop CW ->1330 Bypass -> River View

Loop with Spur CW ->Chestnut Mtn ->FS 221 ->Chestnut Mountain ->ThunderRock ->Rhododendron Trail to finish. Total mileage is 31.5 miles with 3665' of elevation gain.

Aid stations will be located at Mile 9 (Boyd Gap Overlook), Mile 12.7 (Whitewater Center Bridge), Mile 17.9 (Base of ThunderRock), Mile 20.3 (Chestnut Mountain/FS 221), and Mile 27.6 (Chestnut Mountain/FS 221)

The first two 50k aid stations will have water, Hammer Heed, and Hammer Gels. The last three aid stations will have water, Hammer Heed, and Hammer Gels, as well as a plethora of other snacks, candies, granola bars, Cokes, etc.

**Time Cutoffs: Aid Station #4 (20.3 miles) by 3 pm or you will be asked to head back down Chestnut Mountain and Thunder Rock to the finish. You need to be able to maintain roughly a 3 mph pace to meet the cutoff.**

### **13.1 Mile Course**

The Course will start near the Ocoee Whitewater Center Pavilion and head towards the Bear Paw Trail to start. The 13.1 Mile Course is as follows: Bear Paw CCW ->Chestnut Mountain ->ThunderRock ->West Fork ->Quartz Loop CW -> 1330 Bypass ->Chestnut Mtn -> Bear Paw Trail to Finish. Total distance is 13.1 miles.

There is an Aid Station at Mile 5.5 (Base of ThunderRock) and Mile 8 (Chestnut Mountain/FS 221). Aid stations will have water, Hammer Heed, and Hammer Gels, as well as other snacks, candies, granola bars, Cokes, etc.

### **7 Mile Course**

The Course will start near the Ocoee Whitewater Center Pavilion and head towards the Bear Paw Trail to start. The 7 Mile Course is as follows: Bear Paw CCW ->Chestnut Mountain ->ThunderRock ->Rhododendron Trail to Finish. Total distance is 6.9 miles.

There is an Aid Station at Mile 5.5 (Base of ThunderRock). Aid station will have water, Hammer Heed, and Hammer Gels, as well as other snacks, candies, granola bars, Cokes, etc.

### **Miscellaneous Details:**

- Course will be well marked with pink arrow signs at turns and pink flagging tape. We use A LOT of course markings and have an extremely low incidence of runners making wrong turns at our events.
- 50k runners are welcome to have support crews, however they may only meet and assist runners at aid stations and must not interfere with other runners on course. Crews may need to park a distance away from the aid stations and walk as parking is limited in some areas.
- Crew vehicles cannot block ANY roads and crews may not interfere with other runners on course or at aid stations.
- No pacers or other unregistered runners on course unless running with a minor 13 or under
- 50k runners may send a "drop bag" that is one gallon-ish size to Boyd Gap (Mile 9) and Chestnut Mountain/FS 221 (Mile 20.3 and Mile 27.6). These need to be turned in at registration by 7:45 am and we will transport to the aid stations for you. Write your number BIG on the bag for faster retrieval by our volunteers.
- Poles are allowed if you want to use them
- Dogs are allowed at the Ocoee Whitewater Center but they must be on a 6' leash and you must be prepared to clean up after them
- Post-Race snacks and soda, water, and Gatorade will be available for 7 and 13.1 mile runners.
- A post-race meal and soda, water, and Gatorade will be available for 50k runners as they finish.

### **Chip Timing and Real Time Results:**

This race will be scored using the MyLaps Bibtage 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. 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 finish line. Please check your finish time/category for accuracy

when you finish and report any discrepancies BEFORE you leave, as results will become official (meaning won't be changed) 15 minutes after the last person finishes.

**Awards:**

Top 3 Overall Men in the 50K: \$200/\$150/\$100

Top 3 Overall Women in the 50K: \$200/\$150/\$100

Finisher Hats for all 50K Finishers

Top 3 Overall Men/Women in the 13.1 mile race will receive prizes and medals. Top 3 Men/Women in each age group in the 13.1 mile race will receive medals. Handmade finisher award for all 13.1 mile race finishers.

Top 3 Overall Men/Women in the 7 mile race will receive prizes and medals. Top 3 Men/Women in each age group in the 7 mile race will receive medals.

Thanks again for signing up for our event and we are looking forward to seeing you all on April 28<sup>th</sup>!

If you have any questions not answered here, please contact me before April 25<sup>th</sup>. We are hosting a large bike event at this same venue on Friday/Saturday so I may not be able to respond in a timely manner after the 25<sup>th</sup>.