

## 2019 Assault on Garland Mountain Racer Update

Thank you for signing up for the 2019 Assault on Garland Mountain, Race #4 of the Mountain Goat Adventures Trail Run Series! We are always excited to bring a trail run to this venue and while you will be challenged, we hope you enjoy our course and are able to take in its beauty during the race. We are also partnering with the Friends of Garland Mountain Trails, which is the group that built and maintains the trails at Garland Mountain, and a portion of the race proceeds will be donated back to them for their help out on the course.

### Directions to Garland Mountain (RACE START) from Atlanta:

Take I-75 north to I-575 north. Exit at #16 and take left fork of exit towards GA 20 West/GA 140 West. At light turn right onto GA 140/Marietta Highway. GA 140 turns to the left at Waleska Street (there is a Walgreens on this corner). Take a left and head north on Hwy 140. Continue north through Waleska and go another few miles. Turn right onto Garland Mountain Trail, then turn left on Garland Mountain Way, following the signs to the park.

The address is: 1411 Garland Mountain Way, Waleska, GA 30183

**Parking is somewhat limited at this venue and the surrounding area. Please carpool and help us keep the vehicle congestion to a minimum. It is suggested that you arrive early so you can get a parking spot that is close to registration, as the parking along the roadside can be up to 0.3 miles away. If you arrive later and need to park on the side of the road, please ensure your vehicle is fully off the pavement and that you have enough time to walk to the check-in. Volunteers will help direct you. DO NOT LEAVE PURSES, WALLETS, CASH, GUNS OR ANYTHING ELSE SOMEONE MAY WANT TO STEAL IN YOUR CAR. LOCK YOUR VEHICLE, STASH VALUABLES SOMEWHERE OTHER THAN THE GLOVEBOX, CONSOLE OR UNDER THE SEAT.**

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

#### THURSDAY NIGHT, JUNE 6th- 4 pm to 7 pm at REI in Kennesaw

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

Tel: (770) 425-4480 – recommended, especially if you'd like to sleep a bit longer on Saturday morning.

**SATURDAY MORNING, JUNE 8th – 6:00 am to 7:30 am at Garland Mountain Picnic Shelter (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/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. There will be a short racer meeting at 7:40 am near the start line for all runners. The 13 mile race will start at 8 am and the 10K race will start at approximately 8:30 am. The kids race will start at approximately 8:35 or when all adult runners have started their races and cleared the area.

### Race Distance Changes

If you want to switch from the 13 mile to the 10k or vice versa, please do so by contacting me no later than WEDNESDAY JUNE 5th, and we will get you taken care of.

### Kids Race:

The 0.25 mile kids 10-and-under race will begin at approximately 8:35 am and will be on a short section of trail near the start/finish. 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/strollers are welcome in the kids race, however all-terrain wheels will be helpful since the race is on dirt.

## Courses:

Both the 10K and 13 mile courses will start near the paved road and continue through the parking lot to allow runners to space out before hitting the singletrack. The entire trail is 4 to 6 feet wide, so there is ample room to pass nearly anywhere.

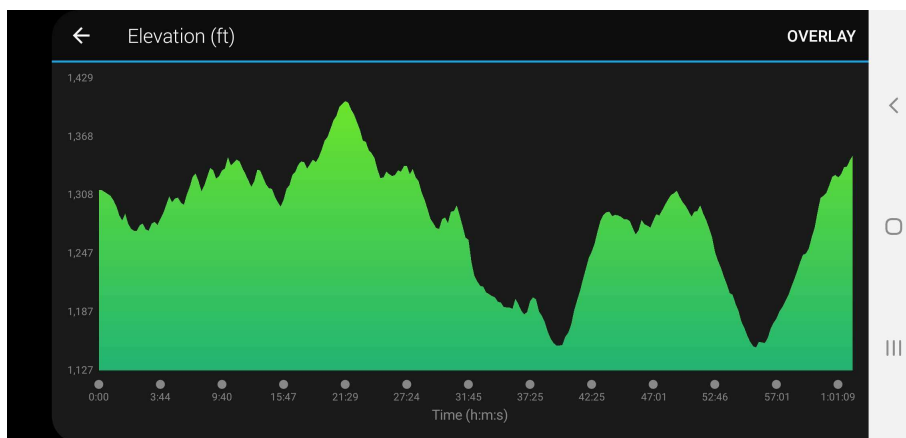
The trail surface is mostly packed dirt, with occasional rocks and roots thrown in. A portion of the trail is on an old logging road which offers fast running. The surface is surprisingly smooth considering horses use these trails and don't worry, horse poop was at a minimum. The steepest uphill grade is on the Sorrel Trail, which is the last 0.6 miles to the finish. Be sure to save some energy for the uphill finish.

There is a short section of logging road (Garland Greenway) that you will run twice on the 13 mile course, both on the way out, and again on the way back in. Please keep to the right on this section. Returning runners will be going downhill pretty quickly. The road is wide here, so there should be plenty of room.

## Detailed Course Descriptions:

**10k Course:** Palomino 1B to 1F, Right on Garland Greenway to Buckskin. Left on Buckskin back to Garland Greenway. Left on Garland Greenway (past aid station at 1H) to Ellen's Way (new trail). Left on Ellen's Way. Right on Dapple and back to Garland Greenway at 2A. Right on Garland Greenway and back to Sorrel 1H (Aid Station). Left at Sorrel 1H then uphill to finish. SEE ELEVATION PROFILE - THERE ARE TWO SIGNIFICANT CLIMBS ON THIS COURSE AT MILE 4 AND MILE 5.5. THERE ARE AID STATIONS RIGHT BEFORE THESE TWO CLIMBS.

Aid station at 1H, which is approximately 4 miles and 5.5 miles into the course. All aid stations will have water, Torq Energy and Torq Gels.



**13.1 Mile Course:** Palomino 1B to 1F, Right on Garland Greenway to Buckskin. Left on Buckskin back to Garland Greenway. Left on Garland Greenway (past aid station at 1H) to Chestnut 2A. Run all of Chestnut and Roan to 2F (Aid Station). Right onto Garland Greenway. Left onto Mountain View Trail back to the Aid Station. Continue on Greenway to Bay and turn Right onto Bay. Follow both sections of Bay Trail back to Greenway. Turn Right onto Dapple at 2M, then Left at 2G to continue on Dapple. Run all of Dapple to 2A. Right on Garland Greenway at 2A and back to Sorrel 1H (Aid Station). Left at Sorrel 1H then uphill to finish. Lots of Rolling Hills, with the longest climbs being after you pass the 1H Aid Station both times.

Aid stations at 1H, which is approximately 4 miles into the course, and 2F at Mile 7.9 and 9.2, then again at 1H at Mile 12.3. All aid stations will have water, Torq Energy and Torq Gels.



**Finish Line:** There will be water, Torq Energy, soda, PB&J sandwiches, cookies, bananas, chips, granola bars, fig bars, Peanut M&Ms, Skittles, etc. available 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. 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.

**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. Awards for the 10k race will be at approximately 10 am, with short course series awards following. Awards for the 13 mile race will be at approximately 11 am or when most podium finishers have completed the course, with long course series awards following. 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.

**Thanks again for signing up for our event and we are looking forward to seeing you all on June 8<sup>th</sup>!**

If you have any questions not answered here, please contact me before June 6th. I will be out on the trail setting the course most of the day on June 7th and may not be able to get you an answer in a timely manner.