

2019 ~~Rope Mill~~ Blankets Creek Spring ~~Thaw~~ Flood Trail Run Racer Update

First and Foremost - This race has been moved to BLANKETS CREEK PARK!

Thank you for signing up for the Race #1 of the Mountain Goat Adventures Trail Run Series presented by the Georgia Army National Guard. We are excited that you will be joining us and glad we could make this event work. Ongoing flooding at Rope Mill Park has required we change venues, so thank you for your understanding!

Directions to Blankets Creek Park from Atlanta:

Blankets Creek Mountain Bike Trails

2261 Sixes Road
Canton, GA 30114

From the south, take I-575 north to exit 11, Sixes Road. Turn left onto Sixes Road and go approximately 1.7 miles to Blankets Creek Trails, which will be on the left. The trails are just past the Cherokee Charter Academy School, on the opposite side of the road.

Parking will be in the Blankets Creek Parking Lot. Overflow parking will be at River Church next door. Volunteers will direct you when you arrive in the morning.

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

THURSDAY NIGHT, MARCH 14th- 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 8:30 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, MARCH 16th – 6:30 am to 8:00 am at Blankets Creek Park

You will need to sign a waiver on-site when you arrive, or bring one with you (link in email). Shirts/swag 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 8:30 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 8:10 am near the start/finish line. The 10 mile race will start at 8:30 am and the 4 mile race will start at approximately 8:40 am. The kids race will start at approximately 8:45 or when all adult runners have cleared the start/finish area. The kids race for this event will take place on Mosquito Flats.

Race Distance Changes/Transfers:

If you want to switch from the 10 mile to the 4 mile, please do so by contacting me no later than Wednesday, March 13th, 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 MARCH 13th. SORRY - NO RACE DAY TRANSFERS OR RUNNER SWAPS.

Kids Race:

The 1/2 mile kid's 10-and-under race will begin at approximately 8:45 am and will be on Mosquito Flats. 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:

Exact courses will depend on water levels on race day so that we can provide you a good running experience. As it stands right now, all courses will be using the Van Michael Trail as it is above the high water mark and also drains very well after rain. We may be adding the Dwelling Trail depending on water levels. This will be a different course than what you will run here in April.

Aid Stations:

There will be one aid station on the 10 mile course at roughly the halfway point. The 4 mile course will not pass the aid station until the very end of their course, so please plan hydration and nutrition accordingly if you are running the shorter course. The aid station will have water, Torq Energy and Torq Gels.

We will also have Torq Energy, 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. 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 in the 10 mile race will also receive a custom podium T-shirt. Awards for the 4 mile race will be at approximately 9:45 am. Awards for the 10 mile race will be at approximately 10:15 am or when most podium finishers have completed the course. 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.

If you have any questions that are not answered here, please contact lisa@mountaingoatadventures.com by THURSDAY MARCH 14th 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 March 16th!