

2019 Sutallee Trace Trail Challenge Racer Update

Thank you for signing up for the 2019 Sutallee Trace Trail Challenge, Race #3 of the Mountain Goat Adventures Trail Run Series! We are excited that you are up for the challenge and hope you will enjoy our rugged and beautiful course.

Location of Boling Park: The street address is: 1200 Marietta Highway, Canton, GA 30114

From Atlanta: Take I-75 to I-575. Exit I-575 at exit 16 and keep left to merge onto GA-140 W/GA-20 W toward GA-5 N. At the traffic light (there will be a Williamson Bros BBQ at this intersection), turn right onto GA-140 W. Proceed less than a half mile, crossing over the Etowah River. Immediately after the Etowah River bridge, take your first left into the park driveway. There is a large Boling Park Sign. If you pass Cherokee High School, you went too far. Follow the park road about a half mile, going past the soccer fields and water treatment facilities to a larger parking area near a picnic shelter. Race check-in and start will be at the gravel jogging path adjacent to this parking lot. There is abundant parking near the start/finish, but if you arrive late, you may need to park in one of the smaller gravel lots along the entrance road, or in the lot near Marietta Highway. Please do not park directly in front of the picnic shelter (reserved for another event).

Please note that dogs (even leashed ones) are not allowed at Boling Park per the City of Canton.

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

THURSDAY NIGHT, MAY 23rd - 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 – recommended, especially if you want to sleep longer on Saturday morning! **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, MAY 25th – 6:30 am to 8 am at Boling Park(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 for you if are unable to attend the race.

Course Update - Long Course Shortened to 7.7 Miles!

This year's 10 mile course has been shortened down to 7.7 miles due to continued logging activity along the orange trail, white trail and several of the old woods roads northwest of Shoal Creek Road. The course will follow the same start as the 4.5 mile, however will continue onto the Green Trail, pass an aid station at approx mile 4, then runners will follow the White Trail back to the Purple Trail and make their way uphill towards another aid station at Mile 6. Finally, runners will take the Yellow Trail back to White Trail, and follow the singletrack all the way back to the finish at Boling Park for a total of 7.7 miles. If there are any further changes, we will communicate these to you as quickly as possible. The 4.5 mile course has not yet been affected, so will remain the same as originally posted.

Both the 4.5 and 10 mile courses will begin with about a mile of gravel jogging track/open field before heading into singletrack and crossing a bridge. This short bridge is a potential bottleneck, as it is only shoulder-width, making passing impossible while on the bridge. If you are a faster runner and do not want to be slowed down at the bridge, my recommendation is to start fast and settle into your pace once you are past it.

This is a rugged trail. It is our most challenging course. The trail surface is mostly leaves and pine straw, with some rocks, boulders and roots thrown in. Much of the trail is 12"-18" wide singletrack, but there are also some wider "jeep road" sections. There is a good bit of elevation gain on both courses with the longest climbs being ½ to ¾ of a mile. I would highly recommend aggressively soled trail running shoes for this course, especially if we have wet conditions. There are some red clay areas that can be extremely slick if it rains, so choose your footwear wisely.

Also be advised there is some healthy poison ivy at various locations along the trail, especially the section along the Etowah River. I would recommend tall socks and Tecnu Poison Ivy Scrub immediately after if you are sensitive.

Aid Stations:

There will be one aid station on the 4.5 mile course at Mile 2.6.

There will be aid stations at Mile 4 and Mile 6 on the 7.7 mile course.

Aid stations will have Torq Energy, water and Torq Gels. We will also have Torq Energy, water, fruit, PB&J sandwiches, a variety of cookies, fig newtons, granola bars, etc. at the finish line.

Parking:

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 for BOTH races at 8:10 am near the finish. If it remains dry, we will be able to use the grass field next to the playground for additional parking so this will help keep everyone close.

NOTE SHORT COURSE START TIME is 8:30 am! LONG COURSE will start at 8:45 am. The kids race will start at approximately 9 am or when all adult runners have cleared the start/finish area.

Race Distance Changes/Transfers:

If you want to switch from the 7.7 mile to the 4.5 mile or vice versa, please do so by contacting me no later than Wednesday MAY 22nd, and we will get you taken care of. The last day for racer transfers is also Wednesday MAY 22nd. Please note, per our website, we do not issue refunds for no-shows/conflicts and we do not transfer entries between races or year to year. You MAY transfer to another racer in the same event by May 22nd, but it is up to you to find that person. We do not have a waiting list for this event.

Kids Race:

The 1/2 mile kids race will begin at approximately 9 am and will be on a gravel jogging track that is closed to vehicular traffic. 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.

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 TO THE EVENT WEBSITE (where you went to register) 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 7.7 mile race will also receive a custom podium T-shirt. Awards for the 4.5 mile race will be at approximately 10:15 am. **Awards for the 7.7 mile race will be at approximately 10:45 am or when most podium finishers have completed the course.** 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.

If you have any questions that are not answered here, please contact lisa@mountaingoatadventures.com by Thursday, May 23rd 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/evening marking the course.

Thanks for signing up for our event and see you all on May 25th!