

2013 Assault on Pine Mountain Racer Update

Thank you for signing up for the 2013 Assault on Pine Mountain, Race #1 of the Mountain Goat Adventures Trail Run Series presented by Totally Running! We are 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.

Directions to Cooper Furnace (RACE START) from Atlanta:

I-75N to exit 288. Go South (Left) on Ga. 113 to US 41. Turn left and head south on US41. Take US41 to Old River Road - veer right onto ramp. At end of ramp turn left onto Old River Road. Follow Old River Road along Etowah River until it dead ends at Cooper Furnace Day Use Area.

The address is: 1052 Old River Road, SE, Cartersville, GA 30121

IF YOU USE A GPS TO GET TO THE VENUE, BEWARE OF LETTING IT SEND YOU DOWN TO THE TERMINUS OF SPUR 20. YOU CANNOT ACCESS THE VENUE FROM THE TERMINUS OF SPUR 20 VIA VEHICLE, THE ROAD HAS BEEN GATED.

Parking is very 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 overflow parking along the roadside can be up to 0.75 miles away. If you arrive late and need to park on the side of the road entering the day use area, DO NOT park near or between any of the many "No Parking" Signs. The Corps of Engineers recently installed these to prevent erosion and we do not want to jeopardize the ability to have events at this beautiful venue.

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

FRIDAY NIGHT, MARCH 8th- 4 pm to 8 pm at Totally Running in Woodstock (note earlier start than last year)

Store address is: 2265 Townelake Parkway #102, Woodstock, GA 30189, (678) 275-2282 – recommended, especially if you are signed up for the series and need to pick out your bonus swag. Totally Running is in the Kroger shopping center, next to Panera Bread.

SATURDAY MORNING, MARCH 9th – 6:30 am to 8 am at Cooper Furnace (directions and address above)

You will need to sign a waiver on-site when you arrive, or bring one with you (attached to 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. If you signed up for the entire series you will choose your bonus swag at check-in (either Friday or race day).

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 8:15 am near the start line. The 9 mile race will start at 8:30 am and the 5k race will start at approximately 8:40 am. The kids race will start at approximately 8:50 or when all adult runners have cleared the Cooper Furnace trails.

Race Distance Changes/Transfers:

If you want to switch from the 9 mile to the 5k or vice versa, please do so by contacting me no later than MONDAY MARCH 4th, and we will get you taken care of. If you cannot attend the race, you may transfer your entry no later than MONDAY MARCH 4th. This is a sold out event and we have a few folks on a waiting list, so please let me know if you need to sell your entry. Entries do not transfer between events or year to year.

Kids Race:

The 0.4 mile kids 12-and-under race will begin at approximately 8:50 am and will be an out and back on a wide gravel road 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.

Courses:

Both the 5k and 9 mile courses will begin with about a 0.75 mile of grass and paved road to allow runners to spread out before making a hard right onto singletrack. The remainder of the course until the last half mile is singletrack ranging in width from 12" to 36".

The trail surface is mostly hard packed dirt, with some rocks, boulders and roots thrown in. The most technical section of the trail is near the end of both courses, along the Laurel Ridge Trail. There are some short rock sections where you may feel a bit like a mountain goat, but it is all easily hikeable. In general all trails are well manicured (though rugged at times) and there is little to no vegetation encroaching on any of the trails we will be using, especially this time of year.

There are some short sections along the 9 mile course that you will run twice, once on the way out, and once on the way back in. Please be aware that there may be oncoming traffic and do not think you are going the wrong way. The course will be well marked with signs, ribbons and volunteers. There is also a course map attached to this email. Please take a look at it so you have a basic understanding of the course layout. The 5k course is a loop that does not have any repeated sections except a short section of gravel road at the end.

9 milers will run the short 0.15 mile summit trail ONCE as an out and back. This trail is about 24" wide with rocks lining either side. There will be two-way traffic on this short section, but the view from the top is worth the extra effort and the slight inconvenience of having two way traffic on a narrow trail. Please be careful and courteous to your fellow racers on this section. Please yield to uphill runners.

Aid Stations:

5K Course: There will be one aid station at approximately Mile 2. This aid station will have bananas, water, Hammer Heed, and Hammer Gel.

9 Mile Course: There will be aid stations available at approximately Mile 2, Mile 4, Mile 5.5, and Mile 7.5.

The aid station at Mile 2 and 7.5 will have bananas, water, Hammer Heed, and Hammer Gel.

The aid station at Mile 4 and 5.5 (top of the mountain) will have water, Hammer Heed, and Hammer Gel.

Finish Line: There will be water, Hammer Heed, PB&J sandwiches, cookies, granola bars, bananas, 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. First place finishers in the 9 mile race will also receive a custom podium T-shirt. Awards for the 5k race will be at approximately 9:45 am. **Awards for the 9 mile race will be at approximately 11:00 am or when most podium finishers have completed the course.** If you are a fast runner, it is advised that you bring some warm, 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 March 9th!