

## Rope Mill Half Marathon and 5K Racer Update – June 4, 2013

Thank you for signing up for the 2013 Rope Mill Half Marathon and 5K, Race #4 of the Mountain Goat Adventures Trail Run Series presented by Totally Running! We are excited that you will be joining us for our series finale in a couple of weeks.

### Directions to Rope Mill Park from Atlanta:

From Atlanta: Take I-575 north to exit 9, Ridgewalk Parkway. Turn right onto Ridgewalk Parkway and then take an immediate left onto Rope Mill Road at next "T" intersection (no light). Rope Mill Road dead ends at the park. This area has been recently reconfigured due to the new interchange/outlet mall construction, **so please do not rely on your GPS in this area - it is unlikely to be accurate/updated. Google Maps is also not updated with the new road configuration.** The park is very easy to get to if you follow above directions. If you come from the North on I-575 (Canton/Jasper), you will take a left onto Ridgewalk Pkwy, cross over I-575, then turn left onto Rope Mill Rd. From Ridgewalk Parkway (Woodstock), drive west, past the new light at Woodstock Pkwy and turn right onto Rope Mill Road.

If you are arriving VERY EARLY, you may be able to find a close parking spot in one of the small lots at the park (there is room for approximately 50 vehicles). If you arrive closer to 7 am, you will need to park at the Kirk Rudy Office or a slightly closer overflow lot (if it is completed by race day). Kirk Rudy will be on the right side of the Rope Mill Rd just past Ridgewalk Parkway. There will be signs and volunteers to direct you. The volunteers will be informed when the lower lots are full, so please follow their directions. It is a ½ mile walk along the sidewalk down to the park from Kirk Rudy, so please plan accordingly.

If you would like to bring down a bag of clothes to change into, recovery drinks, etc., we will be happy to place it in the shade under the pavilion while you are racing. Please do not bring valuables as this will not be a 100% secure location.

Per the City of Woodstock, no vehicle parking on the shoulders of the park entrance road or any sidewalks. We need to maintain access for emergency vehicles and pedestrians.

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

#### FRIDAY NIGHT, JUNE 14th- 4 pm to 8 pm at Totally Running in Woodstock

Store address is: 2265 Towne Lake Parkway #102, Woodstock, GA 30189, (678) 275-2282 – Recommended so you can sleep a little longer. Totally Running is in the Kroger shopping center, next to Panera Bread.

#### SATURDAY MORNING, JUNE 15th – 6:00 am to 7:30 am at Rope Mill Park

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.

### PLEASE NOTE THIS RACE STARTS AT 8:00 AM!

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 finish line. The 13.1 mile race will start at 8:00 am and the 5K race will start at approximately 8:10 am. The kids race will start at approximately 8:15 or when all adult runners have cleared the start/finish area. The kids race for this event will take place on a concrete jogging path and be 0.5 miles.

### Race Distance Changes:

If you want to switch from the 13.1 mile to the 5K or vice versa, please do so by contacting me no later than Monday, June 10th, and we will get you taken care of. The last day for racer transfers is also MONDAY JUNE 10th. 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 June 10th, and it is up to you to find that person. Feel

free to email [lisa@mountaingoatadventures.com](mailto:lisa@mountaingoatadventures.com) if you'd like me to forward your contact info to those looking to register after the race fills up.

### **Kids Race:**

The 1/2 mile kid's 10-and-under race will begin at approximately 8:15 am and will be an out-and-back on the concrete bike path. 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 handmade 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:**

**HALF MARATHON:** The half marathon course will begin near the end of the concrete path to allow runners to space out before entering the singletrack portion of the course. Runners will complete all of the Explorer Trail counter clockwise (3.3 miles), including the new one mile loop across the paved pump station road. The course returns to the start/ finish via the same gravel road, then heads onto the Avalanche Trail. Runners will proceed counter clockwise on the Avalanche Trail Loops 1, 2, and 3 (another 5.5 miles) and then head back to the start/finish. Runners will then complete one more loop of the Explorer Trail and Loop 1 of the Avalanche Trail to complete the 13.1 miles. No river crossing this year. An archaeological site has delayed new trail construction on the north side of the river, so those trails are not completed, and what currently exists on that side is not of the quality we want to provide for you. For this reason we have added a second lap of the rolling Explorer Trail Loop and hope to be able to present some new trails to you our fall duathlon event at this park.

**5K RACE:** The race will begin near the bridge across Little River. There is approximately one quarter of a mile of gravel road before the trail enters singletrack on the Explorer Trail. Runners will complete all of the Explorer Trail counter clockwise, including the new one mile loop across the paved pump station road. The race returns to the finish via the same gravel road. Rolling hills and very scenic! Total distance is closer to 3.3 miles.

### **Aid Stations:**

**5K:** There will not be an aid station on the 5K course, however there will be fluids and snacks available at the finish line.

**HALF MARATHON:** There will be staffed aid stations at Mile 3.6, Mile 4.8, Mile 8.5, and Mile 11.6. Aid stations will have Hammer Heed, water and energy gels.

We will also have Hammer Heed, water, bananas, grapes, PB&J sandwiches, a variety of cookies, and fig newtons 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. 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 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 13.1 mile race will also receive a custom podium T-shirt. Awards for the 5K race will be at approximately 9:15 am. **Awards for the 13.1 mile race will be at approximately 11:00 am or when most podium finishers have completed the course.** Series awards will follow after regular race awards. 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.

## **FEATURED SPONSORS – THESE FOLKS WILL BE SET UP AT THE RACE SO PLEASE STOP BY AND CHECK THEM OUT**

### **TOTALLY RUNNING**

Our awesome presenting sponsor will again be bringing their clearance \$40 and \$50 shoe table, so be sure to check it out for some great deals! They have also provided many of the podium and raffle items that many of you will receive.

### **HERBAL INTENTIONS**

Located nearby in Acworth, Herbal Intentions offers the highest quality supplements, vitamins and natural products in an open and friendly environment. They will be on-site with Honey Stinger Samples and will be hosting a raffle, so be sure to stop by their booth.

### **BRADFORD FAMILY CHIROPRACTIVE– Dr. T.J. Wuerth**

Located in East Cobb on Johnson Ferry Road. Dr. Wuerth will be onsite providing adjustments and stretching for our racers both before and after the event.

### **THE SANCTUARY YOGA AND MASSAGE – Nicholas Clark, LMT**

Located on Main Street in Downtown Woodstock, Nick Clark will be at the race offering pre and post-race massage and stretching.

### **TOUGH OLD MEN**

A new company promoting an active lifestyle for men 50 and over – check out what they have to offer!

### **XS ENERGY**

XS Energy will be on site giving out samples of their sugar free energy drinks, shots, chews, and trail mix.

If you have any questions that are not answered here, please contact [lisa@mountaingoatadventures.com](mailto:lisa@mountaingoatadventures.com) by Thursday, June 13<sup>th</sup> 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 June 15<sup>th</sup>!