

**April 3 Catalina State Park 10.6 & 5.3 Mile Trail Run Course  
Instructions - Please Read Completely!!!**

**10.6 miler start: 7:00 a.m.**

**5.3 miler start: 7:20 a.m.**

**Directions to Catalina State Park**

**From the south:** take Oracle Rd six miles north of Ina Rd. and turn right at Catalina State Park. The start line & parking lot are 1.8 miles at the end of the main road.

**From the north:** take Oracle Rd. south one-half mile south of Tangerine Rd. Turn left into the park. The start line & parking lot are 1.8 miles at the end of the main road.

**Park Entry Passes:** all participants will be required to purchase a \$7.00 parking pass at sign-up or at packet pick-up at Fleet Feet (cash or check only). If you already have a state park pass, there is no need to buy one from us. To move traffic more quickly through the park entry, we ask that you buy the one-day pass from us. Parking will be available in the main lot and on the road shoulders.

**Changing Events:** this is extremely important. Changing distances must be done by April 1 by emailing the race director at [everyoneruns@comcast.net](mailto:everyoneruns@comcast.net). Changing events without notifying anyone will cause a huge mess with our ability to provide results. If you do switch distances after the start of the race, your time will not count for overall and age group awards. **Please remember that the 10.6 miler is only for runners.** You are always welcome to walk the 5.3 miler.

**Event wave starts to alleviate back-ups:**

- Both events will have wave starts of 30 runners leaving every minute. The 5-miler will start at 7:20 a.m.
- Waves will be determined at our discretion and will be emailed to all runners by April 1.

**Course directions:**

- The start/finish line is in front of the main parking lot, which is at the end of the park's main road. You'll start on a very short portion of the

- main road straight to the entry to the Nature Trail (yes, big hill first!), which you will run/walk clockwise.
- After descending the Nature trail, you will go left onto Canyon Loop, then left to the Romero Pools Trail (clockwise) for a .9 mile out and back (monitors will be there for directions).
  - You will next travel left off the Romero Pools Trail and back onto the Canyon Loop, heading west to the Birding Trail loop.
  - On the Birding Loop you will travel clockwise for a one-mile loop and then across the wash to the park's main road.
  - 5.3 milers will then turn left to the finish.
  - 10.6 milers will go right for your second loop of the entire course starting with the Nature Trail, to Canyon Loop, Romero out and back, then back to Canyon Loop left to Birding Trail, across wash, left to finish.
  - You will not get lost, as long as you pay attention to our directional markers and course monitors.
  - NEVER run up or down a wash and you'll be on the course! You will only cross washes, never run up or down.
  - Please do not run or walk 2-3 across and always listen to course monitors for instructions.

**Water Stations: trail course** – all participants should carry their own water. We will have bottled water before the Nature and Birding Trails. If you take a bottle, it is your responsibility to carry it throughout the race. No littering please!

**Timing:** all timing will be done with chip timing. Your chip will be attached to the back of your race bib. If you do not wear your bib you will not receive a time and you will not be eligible to win an overall or age group award. Please remember to wear your bib on the front of your body.

**Headsets/Music:** If you choose to wear headsets you implicitly agree that you are using it your own risk. It is incredibly important for you to hear others approaching and asking to pass, so please keep the volume at a level that will allow others to hear you. Safety is our #1 concern.

**Shirts:** participant finisher shirts will be handed out to you before and after the race. Unfortunately, we cannot change sizes until the race is completed. This will ensure that everyone gets what they ordered.

**Post-race food, drink:** when you hit the finish-line grab yourself a free bottle of water and enjoy our always free Mexican breakfast\_courtesy of Everyone Runs (for paid participants only). We will never close the course. Food, drink, and friendly faces will await you no matter when you finish!

**Awards:** Our awards ceremony will begin with the 5-miler and then the 10.

- Overall and age group awards will be for male and female overall 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> and in five-year male and female age groups.
- Exact age groups for both events, specifically for ages 19 and younger and 80+, will be determined based on the number of runners in those age groups and will be decided fairly and at our discretion.

**Race results** will be posted no later than 1:00 p.m. at [www.everyoneruns.net](http://www.everyoneruns.net). For fast viewing of your finish time, simply enable participant tracking on your Run Sign Up page and you will have your result sent immediately to your phone!

**Thanks so much for choosing to run/walk with  
Everyone Runs, Everyone Walks! We appreciate your support.**