

**September 26, 2021 Catalina State Park 10.6 & 5.3 Mile Trail Run
Course Instructions - Please Read Completely!!!**

10.6 miler start: 6:15 a.m.

5.3 miler start: 6:30 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.

Shuttle bus information: we will no longer be providing buses as the cost has risen significantly.

Changing Events: this is extremely important. Changing distances must be done by September 24 by emailing the race director at 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:

- Both events will have wave starts of 18 runners leaving every minute. The 5-miler will start 15 minutes after the last 10 miler wave at approximately 6:30am.
- Waves will be determined at our discretion and will be emailed to all runners by September 23. Late entries will be placed in the last waves.

- If you are unvaccinated, we strongly and respectfully ask that you wear a mask at all times, except when running. Please put your mask on again as you near the finish as you will be breathing heavy near our staff. If this is an issue for you, please consider not participating.

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 and then right to the entry to the Birding Trail, which you will run/walk counterclockwise.
- After the Birding Trail, you will go straight to the Canyon Loop Trail (counter-clockwise), then a right to the Romero trail for a .9 mile out-and-back (monitors will be there for directions).
- You will then travel right off of the Romero trail and back onto the Canyon Loop, still traveling counterclockwise.
- At the end of the Canyon Loop Trail, you will be on the park's main road, where you will take an immediate right turn onto the Nature Trail, which you will run counterclockwise.
- When you finish the Nature Trail, 5 milers will head straight to the finish line. 10 milers will go to the left for a return trip to repeat the entire course.
- You will not get lost, as long as you pay attention to our signs 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.
- Finally, there will be some areas of traffic on the course. Please do not run or walk 2-3 across and always listen to course monitors for instructions.

Water Stations: trail course – due to Covid concerns of cross-contamination, we will not have water stations at this race. All participants should carry their own water. We will have bottled water before the Nature and Birding trails and at the finish. 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 at the finish line. Unfortunately, we cannot change sizes at the finish. This will ensure that everyone gets what they ordered. You are welcome to ask when the race is complete. For those that did not meet the shirt deadline, we will sell them after the race for \$4 cash if they are available.

Post-race food, drink: when you hit the finish-line grab yourself a free bottle of water and enjoy our 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 be live in-person as each race finishes.

- Overall and age group awards will be for male and female overall 1st, 2nd & 3rd 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. For fast viewing of your finish time, simply enable participant tracking on our 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.**