

We need your attention please!!

Thank you for participating in our special event. We want to take this opportunity to share some thoughts with you on this year's Arizona Trail Race at Colossal Cave Mountain Park (CCMP). We are all very grateful to CCMP and the Arizona Trail Society (AZT) for creating and allowing us to use this wonderful resource.

While many of us have competed in street races throughout our running careers, few have competed on remote desert trails. Although beautiful and appealing, desert trails pose obstacles quite different from street racing. On the street there is ample room for large crowds of runners. On the AZT the room expands and contracts at will. This variation in the course requires special attention by "**ALL**" **Runners**.

Trail racing is a sport of variable speeds usually caused by the grade of the trail and often the width of the trail. Add the various skill levels of hundreds of runners and you get even more variability. This requires all runners to be alert to such changes in the trail. It is important that all of us practice good sportsmanship at the event. Here are some things to keep in mind:

- Always run to the right side of the trail.
- Always allow faster runners to pass on the left.
- Absolutely no headsets. We need you to be aware of and able to hear other competitors.
- Always be aware of changes in the trail's surface
 - Rocks, Roots and Critters are ever present
 - Do not short cut (you will be disqualified)
 - Use the "Porta Johns" provided

We all want this to be an enjoyable and safe trail race. Please help us achieve that goal.

Thank you!

Fleet Feet & Everyone Runs