

2016

## The Battle at Bristol Mountain

### Athlete Guide

What: Inaugural Epic Trail Running Festival

Where: Bristol Mountain Ski Resort

When: July 29 – 31

Who: produced by YellowJacket Racing

Why: Why Not

#### Day 1

Friday July 29<sup>th</sup>

##### Vertical Kilometer 7:00 pm - Bib Color **Red**

- We are doing the VK in our own unique way. You'll be running 1000 meters straight up a ski slope, consider this the sprint event of the weekend. Elevation gain is around 1000 feet. This should feel real good
- All athletes will start together at the base and run straight up to the finish line at the summit.
- Post-race food and drink will take place at the summit
- You can leave a bag to be transported to the summit at the start line. Look for the YellowJacket Racing wind flags that say Drop Bags. We'll get your stuff up top
- We will also transport you back down to the bottom of the mountain after the post-race party.
- If you have friends or family coming to support you they can drive to the top of the mountain via regular street roads. It takes 15-20 minutes so they should plan accordingly
  - To get to the summit take rt64 north, left on rt32 (Bristol Rd), left on South Hill Road drive until the road ends at the parking lot at the summit.

#### Day 2

Saturday July 30<sup>th</sup>

**All races will start and finish in the same place at the base of the mountain**

##### 50 kilometer 8:00 am - Bib Color **Royal**

- 50k will complete 3 full loops of the main 10 mile-ish loop.
- Loop 1 must be completed within 4 hours
- Loop 2 must be completed within 8 hours
- Loop 3 must be completed within 12 hours
- 50k Aid stations: Each loop will have 2 main full service aid stations. 1 at the summit (which you run past twice per loop) and 1 at the start/finish area at the base. These aid stations will serve water, electrolyte drink, Huma gel, flat cola, potato chips, pretzels, Red Bull, ice, Watermelon and other ultra-type snacks. Check website for mileage of aid stations
- Each loop will also feature 2 self-serve water refill stations. 1 located at the Morningstar café and 1 located at the base of North Star. Check website for mileage locations of aid stations.
- Post-race food and drink will take place at the athlete's village at the base of the mountain next to the start/finish area. Hang out, relax and enjoy some food and beverage. There will be tents and chairs, Addaday massage products to use, vendors to talk to and plenty of runners to cheer on

It is highly advised to carry, at minimum, a handheld hydration bottle as chances are high that it will be hot.

### **13.1 mile 10:00 am - Bib color Green**

- 13.1 mile will complete 1 full loop of the main 10 mile-ish loop plus 1 full loop of the 5k-ish course.
- At the completion of the main 10 mile-ish loop, 13.1 runners will cross the start/finish line and then complete the 5k route. Only on this second loop will you follow the 5k signs on course.
- 13.1 mile Aid stations: the main 10 mile-ish loop will have 2 main full service aid stations. 1 at the summit (which you run past twice) and 1 at the start/finish area at the base. These aid stations will serve water, electrolyte drink, Huma gel, flat cola, potato chips, pretzels, Red Bull, ice, Watermelon and other ultra-type snacks. Check website for mileage locations of aid stations
- Each loop will also feature 2 self-serve water refill stations. 1 located at the Morningstar café and 1 located at the base of North Star. Check website for mileage of aid stations.
- During the 5k loop runners will also have access to the Morningstar café self-serve refill station
- So it's real simple, 13.1 mile athletes will complete 1 full 10 mile-ish loop and then complete the 5k-ish loop to make 1 happy fun 13.1ish kilometer race
- Post-race food and drink will take place at the athlete's village at the base of the mountain next to the start/finish area. Hang out, relax and enjoy some food and beverage. There will be tents and chairs, Addaday massage products to use, vendors to talk to and plenty of runners to cheer on

It is highly advised to carry, at minimum, a handheld hydration bottle as chances are high that it will be hot.

### **10 kilometer 11:00 am – Bib color Orange**

- 10 kilometer athletes will complete the majority of the main 10 mile-ish course deviating from the main loop at about 5.5 miles (top of Asteroid) and following the 10k signage from this point to the finish line
- 10k Aid stations: the 10k loop will have 1 main full service aid stations at the summit. This aid station will serve water, electrolyte drink, Huma gel, flat cola, potato chips, pretzels, Red Bull, ice, Watermelon and other ultra-type snacks. Check website for mileage locations of aid stations
- The 10k loop will also feature 1 self-serve water refill station located at the Morningstar café. Check website for mileage of aid stations.
- So it's real simple, follow the main 10 mile-ish loop until you see a sign saying 10k with an arrow, from there follow 10k signage to the finish
- Post-race food and drink will take place at the athlete's village at the base of the mountain next to the start/finish area. Hang out, relax and enjoy some food and beverage. There will be tents and chairs, Addaday massage products to use, vendors to talk to and plenty of runners to cheer on

It is highly advised to carry, at minimum, a handheld hydration bottle as chances are high that it will be hot.

## Day 3

Sunday July 31<sup>st</sup>

**All races will start and finish in the same place at the base of the mountain**

### 20 Mile 9:00 am - Bib Color Navy

- 20 mile will complete 2 full loops of the main 10 mile-ish loop.
- Loop 1 must be completed within 4 hours
- Loop 2 must be completed within 8 hours
- 20 mile Aid stations: Each loop will have 2 main full service aid stations. 1 at the summit (which you run past twice) and 1 at the start/finish area at the base. These aid stations will serve water, electrolyte drink, Huma gel, flat cola, potato chips, pretzels, Red Bull, ice, Watermelon and other ultra-type snacks. Check website for mileage of aid stations
- Each loop will also feature 2 self-serve water refill stations. 1 located at the Morningstar café and 1 located at the base of North Star. Check website for mileage locations of aid stations.
- Post-race food and drink will take place at the athlete's village at the base of the mountain next to the start/finish area. Hang out, relax and enjoy some food and beverage. There will be tents and chairs, Addaday massage products to use, vendors to talk to and plenty of runners to cheer on

It is highly advised to carry, at minimum, a handheld hydration bottle as chances are high that it will be hot.

### 10 mile 10:00 am - Bib color Purple

- 10 mile will complete 1 full loop of the main 10 mile-ish loop.
- 10 mile Aid stations: the main 10 mile-ish loop will have 1 main full service aid stations at the summit (which you will run past twice). This aid station will serve water, electrolyte drink, Huma gel, flat cola, potato chips, pretzels, Red Bull, ice, Watermelon and other ultra-type snacks. Check website for mileage locations of aid stations
- The loop will also feature 2 self-serve water refill stations. 1 located at the Morningstar café and 1 located at the base of North Star. Check website for mileage of aid stations.
- Post-race food and drink will take place at the athlete's village at the base of the mountain next to the start/finish area. Hang out, relax and enjoy some food and beverage. There will be tents and chairs, Addaday massage products to use, vendors to talk to and plenty of runners to cheer on

It is highly advised to carry, at minimum, a handheld hydration bottle as chances are high that it will be hot.

### 5 kilometer 11:00 am – Bib color Pink

- 5 kilometer athletes will complete the first major climb and descent of the main loop. At the Morningstar café, 5k athletes will divert from the main loop by following the 5k signage. They will then rejoin the main loop to descend Southern Cross before diverting again from the main loop by following the 5k signage that will take athletes to the finish line
- The 5k loop will feature 1 self-serve water refill station located at the Morningstar café. Check website for mileage of aid station.

- Post-race food and drink will take place at the athlete's village at the base of the mountain next to the start/finish area. Hang out, relax and enjoy some food and beverage. There will be tents and chairs, Addaday massage products to use, vendors to talk to and plenty of runners to cheer on

It is highly advised to carry, at minimum, a handheld hydration bottle as chances are high that it will be hot.

### **Other highly sought after information**

- Read the website, lots of good information including course maps and elevation profiles
- Attend pre-race packet pick up if you can as it makes your race day go easier
  - Thursday July 28<sup>th</sup> 11:00 am – 7:00 pm
  - Fleet Feet Sports 155 Culver Road Rochester, NY 14620
  - There will be some amazing in store specials from Altra, Buff, Huma and Darn Tough Vermont
- Can't get your stuff until race day, that's OK. Look for the Registration tent and windflags at the Athletes Village at the base of the mountain right next to the start/finish line. Be sure to check the website for times.
- Wear your bib number securely on the front of you, preferable on your torso
  - Each race has a specific color, if you are running multiple events over the weekend make sure you wear the correct color bib in the correct race
  - Make sure your bib is visible at all times
  - The bib also contains your timing chip so super important that you are wearing it
- Cool stuff
  - Everyone will get a really sweet shirt (1 per participant as you don't need 2 or 3 of the same shirt)
  - All finishers will get a cool wood/metal finishers medal. 1 for each race you finish so maximum of 3 for the weekend
  - All 50k athletes will receive a pair of Darn Tough Vermont Merino socks. Super sweet
  - Winners of each race, male and female, will receive an authentic BUFF, because BUFFs are sweet.
  - 4 people have already won a free pair of Altra Lone Peak Trail shoes and we just might give a few more pairs away race weekend along with more DTV socks and Buffs
- Timing – YellowJacket Racing will be timing the event using the Mylaps BibChip RFID system
  - A disposable timing chip will be attached to the back of each bib number
  - A timing system will be set up at the start/finish line (finish line only for the VK) which will also act as a split point for races doing multiple laps
  - A system will be set up at the Summit Aid Station as well
  - Missing any timing point is grounds for disqualification
- The surface you're running on
  - This is a ski mountain, it's hilly. Really, really hilly
    - Check out the course profiles on the website. 50k could have upwards of 12,000 feet of climbing, that's awesome
    - Its steep both going up and going down. According to mapmyrun.com some sections approach 40%. That might hurt

- While there is no single track some sections are a lot rougher than you would have thought. Who knew that Ski Mountains groom snow not dirt? Watch your footing especially while descending.
- The grass is tall. You see, Ski Mountains don't cut the grass like Fenway Park as there is no need to. Sections have been getting cut this summer but even those only get cut down to 8 inches. Other sections have been a bit taller than that but it is a work in progress
- If you have sensitive skin some of these tall grasses might irritate you.
  - Compression calf sleeves help a ton
  - If you are super sensitive and you know it maybe have Benadryl on hand
- If you have asthma or are allergic to bee's be smart and carry your inhaler or epi pen. You always should anyhow so why wouldn't you on race day.
- Time Cuts
  - Both the 50k and the 20 mile have time cuts. If you don't make a cut off location within the time limit you will be removed from the course, don't argue it.
- Drop bags
  - For the VK info was already stated above
  - For all other events you are welcome to leave a bag next to the base camp Aid Station just after the start/finish line area, just look for the windflags that say drop bags. YellowJacket Racing is not responsible for anything left as this will be an unattended drop bag location.
- Bathrooms
  - There are bathrooms located at the base and the summit of the mountain. Please be courteous as this event is hosted on private property, so use the facilities not a chair lift tower.
- Course markings
  - Main loop will be marked off with ground stakes and survey tape as well as a few arrows that say Main Loop
  - Any course that deviates from the main loop (5k and 10K) will have specific signage to follow at those points of deviation
  - At some points there may also be pink flags to follow, if you see some, follow them
  - If at any time you're not sure where to go, going uphill is a pretty safe bet
- Vehicles on course – what how is this possible this is a trail race? You are correct but Bristol also hosts a sweet ropes course and they do shuttle people from the summit to the base via a stone access road (you will learn to love those stones) that runners will also be using. No big deal just don't be surprised if a big former military truck comes rumbling by (no they will not pick you up and take you to the top).
  - Also if 2 idiots come by in a tricked out 4 wheeler and they start taunting you, I mean cheering you on, don't worry, they're the race directors and mean you no harm.
- If you need to drop out during your race please report in to a timing point so we are aware that you are removing yourself from the race.
- Medical
  - There will be professional medical support on site each day
  - If you need assistance use those services

- If you see a runner in distress
  - First help them out and see what they need, if you have what they need assist them.
  - If they need immediate help report to a volunteer or staff member and please know the athletes bib number, location and what is wrong with them and we'll go get them.
- The race director, event staff and medical team reserve the right to remove an athlete from the course at any time if in the best interest of the athlete's wellbeing. Don't argue with them, they are just looking out for you
- Post-race food
  - Food and drink is intended for those competing in a race. Family and friends are more than welcome to bring a picnic for themselves and enjoy the day cheering on the runners
  - We will have both vegetarian and meatatarian options
  - If you have a favorite you crave post-race bring it, heck throw it on the grill if you want, the YJR Grillzilla is huge. If you'd like to bring the race directors a steak, that's cool too.
- Spectators are welcome to hike the mountain during the event
  - Please be courteous of those around you and don't get in the way of athletes competing in races. Cheer them all on.
  - Spectators make sure you are self-sufficient, it can get hot and did I mention its hilly, carry fluids with you and wear proper footwear and apparel
  - Pacers are not allowed so no running along with someone, this is man/women versus the mountain type event, encourage them but don't pace them
- Wildlife – yup there is some. I've nearly been hit by a deer and a wild turkey while running the course and it's a safe bet that a snake might be hanging out in the sun but nothing to be worried about. Oh yeh, a big mofo bear lives up top, but they say bears are more afraid of humans.
- Trekking poles - poles may be used in all events with the following restrictions
  - Vertical kilometer: poles should not be used for the first 50 meters after the start. Carry both poles in one hand until reaching this point.
  - All other events: poles should not be used for the first 200 meters after the start. Carry both poles in one hand until reaching this point.
- The Gravel Grind Road
  - while running this section of the course athletes may choose to run along the edge of the gravel on the grass but must stay within 5 feet of the gravel road at all times. Failing to do so could result in disqualification from the event.
- Like all YellowJacket Racing trail events, this is a CUP FREE event! There will be plenty of hydration on course, but you MUST carry your own water bottle/pack as there will be no cups available.

So that's it. This is going to be an epic event that should become a classic in no time. Finishing any of the events will be a major accomplishment. Cherish the challenge and embrace the effort.

Thanks for joining us. – Boots, Race Director