



Sehguhunda Trail Marathon & Relay

Vale of Three Falls

May 22 – 23, 2021

Some rules and other info you'll want to know

READ COMPLETELY AND CAREFULLY AS THERE HAVE BEEN A LOT OF CHANGES AND UPDATES FROM PREVIOUS YEARS DUE TO COVID-19 PROTOCOLS

Overall Weekend COVID-19 Protocols

Required in here as per our permit

More specifics are noted in the specific events

These protocols include but not limited to:

- Masks must be worn at all times except during your run. This means leading up to your start and immediately following your finish.
- Grab n Go Food/Drink Bags post-race
- No Congregating anywhere (finish, start, or checkpoints)
- No Spectators
- No Awards Ceremony - these will be mailed or emailed
- Athletes must leave the area immediately upon completion of the event or their relay leg

Day 1: 26.3 mile solo and relay

1. Please visit www.yellowjacketracing.com and read over everything carefully
2. Start time is
 - a. 7:30 am for all runners assigned to Wave 1
 - b. 7:45 am for all runners assigned to Wave 2
 - c. 7:55 am for all runners assigned to Wave 3
 - d. 8:00 am for all runners assigned to Wave 4
 - e. Start location is the Mount Morris Dam Visitor Center
 - f. Waves will be mixed, male/female and Solo and Relay Teams based on projected finish times provided during registration to reduce passing on the trails
 - g. If you miss your start wave the clock is ticking
 - h. If you start in a wave EARLIER than you were assigned you will be disqualified
 - i. If you start in a wave LATER than you were assigned your time will not be adjusted
 - j. Wave Assignments will be sent shortly

YELLOWJACKET
Racing



3. Packet Pickup Info

- a. You can also pick up your race packet early (**highly advised**)
 - i. **Thursday, May 20 from 10 – 7 and Friday, May 21 from 10 – 2 @ Fleet Feet @ The Armory**
 1. 155 Culver Road, Rochester, NY 14620
 - ii. Stock up on last minute gear and nutrition.
 - iii. Others can pick up your packet for you
 - iv. Race day packet pick up is at Mount Morris Dam/Dam Visitor Center from 7am – 7:30am – **IT IS NOT ADVISED TO WAIT UNTIL RACE DAY**

4. Covid-19 Specific Stuff for 2021

- a. Per our permit with New York State, Masks must be worn
 - i. Before the race when around other people up until we say go for your Wave and you have passed the start line
 - ii. Inside the Mt Morris Dam Visitors Center
 - iii. On the Bus traveling to the start
 - iv. After crossing the finish and when around other people inside a NY State Park
 - v. Any time you are close to the start or finish areas
 - vi. Any time you are in a Check Point/aid station area
 1. Just pull your mask up/put it on when you enter, pull it back down/take it off when you exit
 - vii. Any time you are inside a YJR staff or event volunteer vehicle
 - viii. Failure to abide by required masking rules will result in a disqualification
 1. We don't want to have to do this to anyone but we do want to be able to host races so we have to follow rules set upon us by NYS
- b. You do not need to wear a mask while on the trail running
 - i. Be courteous of others when passing
- c. Hand Sanitizer will be available at start line area, finish line area and check points, use it
- d. Volunteers and Event Staff will wear masks at all times they are around other people
- e. Maintain social distance when you can
 - i. No need to be in close bunches at the start and finish line area, just spread out
- f. We can't have communal food so Check Points and Finish line will be a bit different, see below

5. Timing

- a. For 2021 the event will be timed using Webscorer software, there will not be a timing chip on the back of your bib.
 - i. Participants will be assigned specific waves to start in based on projected finish times. Starting in any other wave than your assigned wave will result in incorrect results and a possible disqualification from the event.
- b. It is very important that your bib number is **VISIBLE** at all Check Points upon entering and exiting and also as you approach the finish line
- c. **Relay runners**, each member of a team will be assigned an identical bib number to wear. There will not be a timing chip bib on a relay belt that needs to be exchanged
 - i. When you see your team member enter the relay exchange/check point give them a virtual/air high five and go

YELLOWJACKET
Racing



- 6. Bib Numbers must be worn on the **front** of the body at all times. **They can not be folded, cut or modified in any way and must be visible at all times.**
 - a. If officials cannot see your bib number they may not record your times accurately
- 7. There will be five busses available to transport solo runners and relay leg one runners **THAT PURCHASED A BUS PASS** to the start line from the parade grounds.
 - a. No pre-purchased bus pass, no ride to the start line. Think of the busses like a hot nightclub, if you're not on the list you can't get on
 - b. Only ONE person per seat per NY State requirements
 - c. All other members of relay teams are responsible for transporting themselves to the designated relay exchange spots. **1 vehicle per team is highly suggested.** It makes it more fun and less cars on the road is better
 - i. There will be signs located on River Road stating where each check point/relay exchange is located
 - ii. Do not speed on River Road. We are guests in the host communities, act like it. Police will not tolerate speeding cars on such a narrow country road.
 - d. Busses will not transport anyone back to the finish line or to relay exchange points.
 - e. Please do not leave a vehicle at the Dam all day as they are open for business and they need the parking
- 8. Check Points/aid stations
 - a. There are 8 check points/aid stations along the route.

To:	Miles	Cumulative	Cut off time of day
Start to CP 1	6.1	6.1	None
CP 1 to CP 2	2.5	8.6	None
CP 2 to CP 3	6.8	15.4	12:30 pm
CP 3 to CP 4	2.3	17.7	1:13 pm
CP 4 to CP 5	1.7	19.4	1:46 pm
CP 5 to CP 6	2.5	21.9	2:34 pm
CP 6 to CP 7	1.3	23.2	3:00 pm
CP 7 to CP 8	1.0	24.2	3:20 pm
CP 8 to Finish	2.1	26.3	4:00 pm

- b. There will be signs entering and exiting each check point telling you how far you have run and how far to the next check point.
 - i. The OFFICIAL turnaround point at each checkpoint is the CP# welcome sign near the check point tent/tables. Run up to it or run around it and head back out on course





- c. **ALL runners must check OUT at each check point** area by calling out their bib number to an official as you are headed back out on course. Failure to check OUT will result in a disqualification
 - d. Water, Gatorade Hydration, ice, PowerBar Gels, chips, peanuts will be available at all check points/aid stations.
 - i. Mini cans of Coke (unopened) will be located at CP#3 and CP#6
 - ii. Red Bull (unopened) will be located at CP# 4 and CP#7
 - e. Be sure to thank the volunteers at each check point, they are what makes this event possible and assist you in getting to the finish line. They are pretty awesome for hanging out all day, in any weather supporting a bunch of stinky, sweaty trail runners.
 - f. Relay runners – while you are running your leg use whatever food and drink from the check points you need to complete your section. Before or after your legs be prepared with what you might need so that we have plenty of nutrition and hydration for everyone while they are still running the course
9. First Aid
- a. Basic first aid kits will be available at each check point with band aids, aquaphor/lubricant, ice packs etc.
 - b. Ambulance crews will be on site throughout the day
 - c. Advanced rescue/search crews will be on call all day
 - d. If you have any allergies (bee stings for example) please carry whatever you need to treat yourself on the trail. That's just smart
 - e. Race officials will be on course throughout the event looking for runners in distress.
10. Time cut offs are listed above, they are listed as time of day, and are the same for everyone. If a runner/team does not reach a designated check point within the allotted time they **will not be allowed** to continue on the course and will be transported to the finish line by a race official. Please do not argue or fight with any volunteer or official, these are the rules and we all live by them
- a. The event race director, check point captains or any hired medical professional reserves the right to remove an athlete from the course at any time for their own well being.
 - b. If you are removed from the course for any reason or choose to drop out
 - i. Report to an official at that check point so you can be accounted for
 - ii. If you need a ride back to the finish line area please wait at the check point until a race official can drive you back
11. **Solo runners are required to carry at least 16 ounces of liquid for the duration of the race.** Please have a volunteer refill your carrier at aid stations as needed
- a. This is for your own good as some sections are long between check points and all sections are hard
 - b. This also helps us reduce the number of paper cups that get used during the event and that is a good thing
 - c. It is recommended that relay team members carry their own hydration while on course, some legs are long and all sections get tough, be prepared like a scout
12. Littering on the course will not be tolerated. Any athlete seen by a race official littering on the course will be disqualified from the event. There is no reason to drop your gel packs or anything else out on the course. Garbage boxes/bags will be located at all check points/aid stations. If you pack it in pack it out.
13. All check points/aid stations and relay exchange points are located along River Road. Normally this is where all the rabid fans are but for 2021 we ask **No Spectators Please** per the permit issued by New York State.
- a. Masks are required while in a check point unless eating and drinking
 - b. Try to keep some distance while in the check points



- c. At all check points participants need to remember that the road is open to traffic, don't blindly stand in the road making it difficult for the locals to drive by. This is especially true for relay team members waiting for their runner
 - d. There is no VEHICLE access to CP#7 or CP#8 (OTHER THAN OFFICIALS AND VOLUNTEERS) as River Road is part of the race course at this point. **For 2021 there will also be no vehicle access to CP#5 other than officials and volunteers working CP#5 due to the narrowness of the road and the wetness of the checkpoint.** After CP#6 Relay teams can make their way to the parade grounds to watch the finish from a distance.
 - i. Team members are allowed to finish together across the finish line by running the last few hundred yards as a team but please remember to wear a mask after finishing and then exit the immediate area after getting your grab and go food bag with medal inside. Please keep your bib on so we know you are officially part of the event.
 - e. CP#3 has specific parking rules
 - i. Cars **cannot park** along River Road at CP#3. Instead they should turn left just before CP#3 on Picket Line Road and either park on Picket Line Road or make a right onto Crossover Road and park there. It is just a short walk then to CP#3
 - 1. **Please do not** cut across any Farmer's Fields, those fields are the lifeblood of the region you are running in
14. On any trails where there is two way traffic (ex. trails leading to most check points) runners should stay to the left of the trail. Descending runners have the right of way
- a. Be courteous about passing too close to others as they may have different levels of comfort being close to people they don't know
15. Bathroom facilities are available at the following locations
- a. Start line
 - b. Finish Line
 - c. Relay Exchange points (CP# 1, CP# 3, CP# 6)
16. Volunteers are always appreciated. If you have a friend or family member that would be willing to help out at a check point/aid station for a little bit. Contact ellen@fleetfeetrochester.com
17. For 2021 due to gathering limits, Solo runners are **NOT** allowed to have their own crew to offer additional supplies at check points.
- a. AKA No Sherpa's this year
18. **Pacers are not permitted** at any point of the race. Only registered runners may join you out on the course.
19. Drop bag service will be provided for solo runners.
- a. Each solo 26.3 entrant will be provided a reusable drawstring bag at packet pick up inside your SWAG Bag. Simply write your name and bib number on the bag CLEARLY with a marker (there is a spot on the bag to do so)
 - b. We will pick up your drop bag at the start line and deliver it to check point #3
 - i. Look for the Drop Bag Flag
 - c. After you exit check point # 3 we will deliver your drop bag to the finish as soon as possible but cannot guarantee it will get there before you finish (i.e. don't put your car keys in your drop bag)
 - d. Your gear must fit inside the provided bag. It will easily hold a spare pair of shoes, some clothes and extra nutrition.
 - e. Race officials are not responsible for any lost or missing gear

YELLOWJACKET
Racing



- f. All bags not picked up at the finish line will be available at Fleet Feet @ The Armory for one week after the event. After one week all remaining bags will be donated to charity or thrown out if they stink
- 20. Be prepared for any type of weather. This is western New York and the weather can range from chilly to very hot this time of year. Be prepared for really dry trails or “slightly” moist, aka time to get on the arc
 - a. Current forecast is for low of 54 and high of 65 with partly sunny skies.
 - b. I’d expect that forecast to change at least a dozen times before race day
- 21. If you have the type of ankle that likes to roll, taping them up before the start is a great idea as there are a lot of rocks and roots on the course. We are racing in a New York State Park; please follow all rules and regulations at all times.
- 22. Post race
 - a. Food and drink will be available at the finish line for runners ONLY.
 - i. After you finish you will be handed a Grab and Go Bag and some drinks
 - 1. Inside you will find snacks to eat, your finisher medal and solo runners your 26.3 decal
 - b. Feel free to bring your favorite recovery beverage or additional food to eat
 - c. Since we are not allowed crowds in the immediate area of the finish line all we ask is that you move away from the finish area/shelter. Parade Grounds is a big area, hang out at your car, set up a picnic in the field or head over to the road to cheer in the other finishers on everyone’s favorite uphill
 - i. If everyone spreads out the State Officials will be happy, happy officials makes it easier for future races taking place in State Parks
- 23. The course
 - a. Concept began in 2007, Became a reality in 2010
 - b. 90% single track, 100% awesome
 - c. Over 100 gullies to descend and climb
 - d. Lots of
 - i. Rocks
 - ii. Roots
 - iii. Ruts
 - iv. Leaves
 - v. Gullies
 - vi. Beautiful nature
 - e. Use caution on the gully crossings. Since they may be wet, the rocks and shale will be slippery
 - f. Some short climbs, some long climbs. Not many flat spots
 - i. There is 3000 - 4000 feet of climbing on this course
 - g. The main trail that you will be running (The FLT) is marked with yellow blazes on trees
 - i. In 2020 the majority of the trail was remarked with A LOT of new yellow blazes, like a crazy amount so just look up and you’ll see them
 - 1. In one area the trail will be marked in red and yellow, don’t panic, yellow is still good to go, the red is just to show it is a shared section with a spur trail
 - h. Most trails heading out to the check points are marked with blue blazes though some have been updated with red or orange, Don’t worry you’ll know when you need to turn up an access trail to go to a check point. We make it very obvious.
 - i. Access trails tend to be wet as water flows downhill



- i. All turns from the main trail onto the check point trails and from the check point trails back onto the main trail will be marked with arrows on h-stake signs and survey tape
 - i. **All participants, both solo and relay, must go up to and check in at all Check Points. Failure to do so will result in a DQ.**
 - j. Once you reach the Dirt Road section of the course just before CP#7 the course is marked with 3' tall A-Frames with arrows on them. You can't miss them
 - i. At CP#8 there will be a 3' tall A-Frame directing you right onto the Greenway
 - ii. At the far end of the greenway there will be a 3' tall A-Frame pointing you left to head to the finish line with additional A-Frames guiding you in to the finish
 - k. We do our best to clear the trail as much as possible but there could be a spot or two that you climb over or under a fallen tree, just adds to the fun and adventure
 - l. If at any time you are not sure where the next blaze is just slow down for a second, look up, and look for a blaze on a tree or the matted trail underfoot
 - i. We have yet to lose a runner on the course since we mark it pretty well. Oddly enough, we have lost a spectator, but only for a little bit.
 - m. Please stay on the trails at all times and do not wander off trail (see next line for reason why)
 - n. There is wildlife in the park. Deer, squirrels, birds, bears, rattlesnakes. Yup there have been bear sightings during the race. They don't appear to be bothered by runners being in their park. If you see one, slow down and make some noise. Worst case, make sure you can outrun the runners around you because you can't outrun a bear. If you see a vulture circling overhead, they are sizing you up for dinner, time to pick up the pace.
24. If at any time you come across a fellow runner that is hurt or needs assistance
- a. Stop to see if they are all right
 - b. If they need something such as a gel or water and you have it, offer some up. You can restock at the next CP and Lady Sehghunda will smile down on you
 - c. If they need extra care, alert a worker at the next check point
 - i. Please provide good info such as Bib 10042 is about 1 mile back with a bone sticking out of their leg.
25. After the pain wears off, join us at our other upcoming events
- a. The Mendon Mauler on June 4th, yes, it's a Friday night! There are 4 and 8 mile options.
 - b. If you like roads as well we have plenty of LIVE events coming up
 - i. www.yellowjacketracing.com

Day 2: Vale of Three Falls 5k, 10k & 15k

1. Please visit www.yellowjacketracing.com and read over everything carefully
2. Start time is
 - a. 8:00 am for 5k
 - b. 9:05 am for 10k
 - c. 10:35 am for 15k
 - d. Start/finish location is the Parade Grounds in Letchworth State Park, Portageville
 - e. Each race will start on time

YELLOWJACKET
Racing



- f. If you are running multiple events and miss the start of the next race you WILL NOT be allowed to start the next race.
 - i. 15k course closes at 1:00 pm
 - g. Please stay socially distant at the start line. There will be marks on the pavement indicating 6 feet
 - h. Masks remains on until crossing the start line
3. Packet Pickup Info
- a. You can also pick up your race packet early (**highly advised**)
 - i. **Thursday, May 20 from 10 – 7 and Friday, May 21 from 10 – 2 @ Fleet Feet @ The Armory**
 - 1. 155 Culver Road, Rochester, NY 14620
 - ii. Stock up on last minute gear and nutrition.
 - iii. Others can pick up your packet for you
 - iv. Race day packet pick up is at is at the finish area at The Parade Grounds in Letchworth State Park, Portageville, NY starting at 7:30 am – **IT IS NOT ADVISED TO WAIT UNTIL RACE DAY**
4. Each race will be timed using Webscorer software so there will not be a timing chip on the back of your bib
- a. Official times will be “GUN” time aka from when we say go to when you cross the finish line
5. Bib Numbers must be worn on the **front** of the body at all times. **They cannot be folded, cut or modified in any way and must be visible at all times.**
- a. If officials cannot see your bib number your time may not be recorded accurately
 - b. Each distances has its own unique bib so if you are running more than one distance you will need to switch out your bib before each event
 - i. Tip: pin each bib to a unique top and simply change your top between events, super easy and you get to wear a dry top for each race which is nice
 - c. Please wear the correct bib for each race to ensure accurate results. Therefore please do not wear all three at the same time.
6. The courses
- a. Each course is an out and back located inside the park on a seasonal dirt/stone/”paved” road.
 - b. Each race will start at the large Fleet Feet arch on the park road and will finish at the traditional Sehguhunda finish line
 - c. 5k – about 1.5 miles out and 1.6 miles back
 - i. Only 2 hills on this course, you run down one and then back up it, I guess that’s really just 1 hill
 - ii. Turnaround will be marked with an a-frame sign saying 5k turnaround
 - d. 10k – about 3.05 miles out and 3.15 miles back
 - i. 4 hills on this course, 1 down, 1 up and then 1 down and 1 up
 - ii. Turnaround will be marked with an a-frame sign saying 10k turnaround
 - e. 15k – about 4.6 miles out and 4.7 miles back
 - i. 4 hills for this one, 1 down, 1 long up, 1 long down and 1 up
 - ii. There isn’t really a turnaround for this one more of a loop at the end of the out
 - 1. At the Y to start the end loop there will be an a-frame sign with an arrow pointing to the right, follow that.
 - 2. You’ll know you are about half way when you see the nice scenic overlook of Big Bend. There will also be an aid station located here
7. Aid Stations
- a. 5k will have 1 aid station located at the approximate half way point/turnaround

YELLOWJACKET
Racing



- b. 10k will have 3 aid stations located at approximately 1.5 miles, 3.05 miles (10k turnaround) and 4.6 miles
 - c. 15k will have 5 aid stations located approximately at 1.5 miles, 3.05 miles, 4.6 miles (Big Bend overlook), 6.15 miles and 7.7 miles
 - d. Each aid station will be stocked with water, Gatorade Hydration and PowerBar Energy Gel
 - i. It is highly suggested to carry your own hydration and nutrition needs
 - ii. Remember these are very difficult courses and they will take you much longer than your typical road race. Plan for the additional time that you will be on course
 - 1. The 5k has been known to take between 20 minutes and 80 minutes to finish while the 15k has seen finishers from 1 hour to nearly 3 hours.
8. First Aid
- a. Basic first aid kits will be available at each aid station with band aids, body glide, ice packs etc.
 - b. An ambulance crew will be on call throughout the day
 - c. If you have any allergies (bee stings for example) please carry whatever you need to treat yourself on the trail. That's just smart
 - d. Race officials will be on course throughout the event looking for runners in distress.
9. Littering on the course will not be tolerated. Any athlete seen by a race official littering on the course will be disqualified from the event. There is no reason to drop your gel packs or anything else out on the course. Garbage boxes/bags will be located at all aid stations. If you pack it in pack it out.
10. Vehicles on course
- a. Vehicles are not allowed to drive out onto the course at any time. As the route is an out and back on a narrow "road" there will be no spectator vehicles allowed. Only official vehicles from the event and from the park will be allowed on course, this is for the safety of the runners
11. Bathroom facilities are available at the following locations
- a. Start line
 - b. Finish Line
 - c. Tree
12. Volunteers are always appreciated. If you have a friend or family member coming to watch you run, ask if they would be willing to help out at an aid station for a little bit. Contact ellen@fleetfeetrochester.com if someone can help out
13. **Pacers are not permitted** at any point of the race. Only registered runners may join you out on the course.
14. Be prepared for any type of weather. This is western New York and the weather can range from chilly to very hot this time of year.
- a. I'd expect that forecast to change at least a dozen times before race day so don't worry about it, yet.
15. We are racing in a New York State Park; please follow all rules and regulations at all times.
16. Post-race
- a. Food and drink will be available at the finish line for runners ONLY.
 - i. After you finish you will be handed a Grab and Go Bag and some drinks
 - 1. Inside you will find snacks to eat.
 - b. Feel free to bring your favorite recovery beverage or additional food to eat
 - c. Since we are not allowed crowds in the immediate area of the finish line all we ask is that you move away from the finish area/shelter. Parade Grounds is a big area, hang out at your car, set up a picnic in the field or head over to the road to cheer in other finishers on everyone's favorite uphill



- i. If everyone spreads out the State Officials will be happy, happy officials makes it easier for future races taking place in State Parks
- 17. If at any time you come across a fellow runner that is hurt or needs assistance
 - a. Stop to see if they are all right
 - b. If they need something such as a gel or water and you have it, offer some up. You can restock at the next aid station If they need extra care, alert a worker at the next check point
 - i. Please provide good info such as a hurt runner is about 1 mile back talking to a tree.
- 18. After the pain wears off, join us at our other upcoming trail events
 - a. The Mendon Mauler on June 4th, yes, it's a Friday night! There are 4 and 8 mile options.
 - b. If you like road races we have plenty of LIVE events coming up
 - i. www.yellowjacketracing.com

Thanks for joining us, have fun, be safe and enjoy the adventure

YELLOWJACKET
Racing