

2018

The Battle at Bristol Mountain

Athlete Guide

What: An Epic Trail Running Festival

Where: Bristol Mountain Ski Resort

When: July 27-29

Who: produced by YellowJacket Racing

Why: Why Not?

Day 1

Friday July 27th

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 of the mountain 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 need it. This will be by our own personal vehicles, so we will only be able to take a few people at a time. The fastest way back down from the finish would be to have friends/family meet you at the top or run back down the mountain!
- 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 28th

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

24 Hour Relay please see information at end of document

50 kilometer 8:00 am - Bib Color **Blue**

- 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, GU electrolyte drink, GU 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, 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, GU electrolyte drink, GU 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 simply, 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 mile 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, 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

USATF Niagara Association Championship Event

- 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, GU electrolyte drink, GU 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, 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 29th

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

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, GU electrolyte drink, GU 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, 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, 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 26th 10:00 am – 7:00 pm
 - Fleet Feet @ The Armory, 155 Culver Road Rochester, NY 14620
 - There will be some amazing in store specials on trail running product including Altra Footwear
- Can't get your stuff until race day, that's OK. Look for the Registration tent and windflags at the Athletes Village at base camp 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 your body, preferably 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, it's 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 super cool finishers medal. 1 for each race you finish so maximum of 4 for the weekend
 - Winners of each race, male and female, will receive an award
- 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
 - Relay teams will have a timing chip on the team bib that is attached to a race belt
 - A timing system will be set up at the start/finish line which will also act as a split point for races doing multiple laps
 - All multiple lap events including 24 hour relay should cross the start/finish at the end of each lap before beginning their next lap or handing off to a team mate
 - Timing systems will also be set up at Morningstar Café, Summit Aid Station and at the base of the North Star
 - 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, especially going down
 - While there is no traditional 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. Downhills here can be steep and really epic if it rains (almost guaranteed if Ron Heerkens is on site) use caution on these
 - 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 bees, be smart and carry your inhaler or epi pen. You always should anyhow so why wouldn't you on race day.
- Trekking poles
 - The use of poles is allowed but we ask that you not use them in the first 200 meters or so of each event until the field of athletes thins out. Please use common trail etiquette while using poles
- Wildlife
 - Bears, black snakes (nonpoisonous but upwards of 9 feet long), coyote, deer and wild turkey hang out in the area and have been spotted but typically are not an issue. If the vultures start circling overhead they are looking at you as there are no small vermin for them to eat (see 9 foot snake for reason why)
- Time Cuts
 - The 50k course closes at 8pm. If you don't make a cut off location within the time limit you will be removed from the course, please don't argue it.
- Drop bags
 - For the VK info was 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).
- 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 call all weekend
- If you need assistance please notify any staff member, volunteer or fellow runner
- 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 athlete's 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 meatetarian options. If you have further dietary restrictions, please bring provisions.
 - 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 director a steak, that's cool too, he prefers Wagyu.
- 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 it's 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 (and the snakes and maybe a bear) type event, encourage them but don't pace them

24 Hour Team Relay – Saturday July 28th – Sunday July 29th

12 noon to 12 noon – Bib Color Grey

- 24 Hour Relay Teams can be made up of 4 or 8 people
- Teams will compete on the 5kish loop, (it's a long 5k) repeating the loop for the entire 24 hours
 - 5 kilometer course will complete the first major climb and descent of the main loop. At the Morningstar café, Relay athletes will divert from the main loop by following the 5k signage. They will than 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
- You can run in any order you wish and do not need to remain in the same order the entire time
- The team that runs the most laps wins
- Only full laps **COMPLETED** by 12:00 noon on Sunday will count.
 - If a relay member is out running a lap and they do not complete it by 12:00 noon on Sunday it will not count!

- The 5k loop will feature 1 self-serve water refill station on course located at the Morningstar café. Check website for mileage of aid station.
- Each team member will have their own bib to wear for the duration of the time they are running
- Each team will also receive a Relay bib on a race number belt that is to be handed off from runner to runner
 - This relay bib will contain the teams timing chip
 - During the overnight a bear bell will be added to this belt, don't remove it
- During the overnight relay runners on course are required to wear a headlamp or carry a handheld lamp and to have the bear bell on the race number belt
- Joker Lap???
- What the heck is this you ask, good question
 - At 11:45 pm a team representative from each team must meet for a mandatory meeting at the finish line timing tent to find out what comes next
 - When the clock strikes midnight each team will be required to complete the Joker Lap before starting their next 5k lap. You do not begin your Joker lap until a team member comes in from finishing a lap after 12:00 midnight
 - Strategy comes into play here
- Why does the Joker Lap exist
 - Pretty simple, why not. Oh and I like to amuse myself by making athletes do stuff
- Being that the relay lasts for 24 hours weather could be everything from hot, to cold and dry to wet. It has dipped below 50 degrees at night at previous years of the event and gotten into the 80s during the day.
- Each team will have an area near the basecamp area to set up their team area. Please be neat and don't take up too much space, no one is an only child here ,you got to share
 - All tents must be staked or weighted at all 4 corners
 - No open fires
 - Keep music/noise to a reasonable level during the overnight as basecamp is near a residential area
 - No vehicles beyond the parking lot so anything you bring will need to be carried in, it's not that far
- Saturday Dinner to be served to relay team members at basecamp from 7:00 pm – 8:00 pm
 - Pasta with red sauce, salad etc. to be served
 - If you're on course for the duration of the meal don't panic, I'm confident we'll take care of you
- Sunday Breakfast to be served to relay team members at basecamp from 8:00 am – 9:00 am
 - Pancakes, bagels, fruit, coffee etc. to be served
 - If you're on course for the duration of the meal don't panic, I'm confident we'll take care of you
- Post-race food and drink will take place at the athlete's village/basecamp at the base of the mountain next to the start/finish area. Hang out, relax and enjoy some food and beverage as you watch solo distance athletes complete their events. There will be tents and chairs, Addaday massage products to use, and plenty of runners to cheer on

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