

2020

The Battle at Bristol Mountain

Athlete Guide

What: An Epic Trail Running Festival

Where: Bristol Mountain Ski Resort

When: July 24-25

Please be sure to read all COVID guidelines in participant email and EVERYONE must sign the new waiver that is linked in that participant email. This guide is more of a broader course detail guide.

Day 1

Friday July 24

Vertical Kilometer 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 at the base of the mountain and run straight up to the finish line at the summit.
- Prepackaged Post-race food and drink will take place at the summit
- To leave a car at summit - 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 25

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

13.1 mile

- 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 prepackaged items so it is advised to bring provisions. Check website for mileage locations of aid stations
- All athletes are required to bring hydration.
- 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 mile race
- You must reach the second loop by 4 hours of your start.

10 mile

- 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 station at the summit (which you will run past twice). This aid station will serve prepackaged items. It is advised to bring provisions. Check website for mileage locations of aid stations
- All athletes are required to bring hydration.
- You must reach Northstar by 11AM in order to be able to continue.

10 kilometer

- 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 have prepackaged items. It is advised to bring provisions. Check website for mileage locations of aid stations
- All athletes are required to bring hydration.
- So it's real simply, 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

5 kilometer

- 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
- There is no water stop
- All athletes are required to bring hydration.

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
- 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
- Timing – YellowJacket Racing will be timing the event using a 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 which will also act as a split point for races doing multiple laps
- 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.

- 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 use caution on these
 - The grass can be 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)
- 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
 - 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 an aid station 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

So that's it. Finishing any of the events will be a major accomplishment. Cherish the challenge and embrace the effort.

Thanks for joining us. – Boots, Race Director