

Presented by:



*And into the woods I go  
to lose my mind and find my soul.*

FELLOWS  
FROLIC  
3-HOUR RACE

# ATHLETE RACE DAY GUIDE

Morgan Hill State Park

# TABLE OF CONTENTS



- Race Parking/Bathrooms
- Race Info
  - Packet Pick Up
  - Start/FINISH
  - AID STATION
- Race Description
  - Course Map/Course Information
  - Elevation
- Awards
- Photos

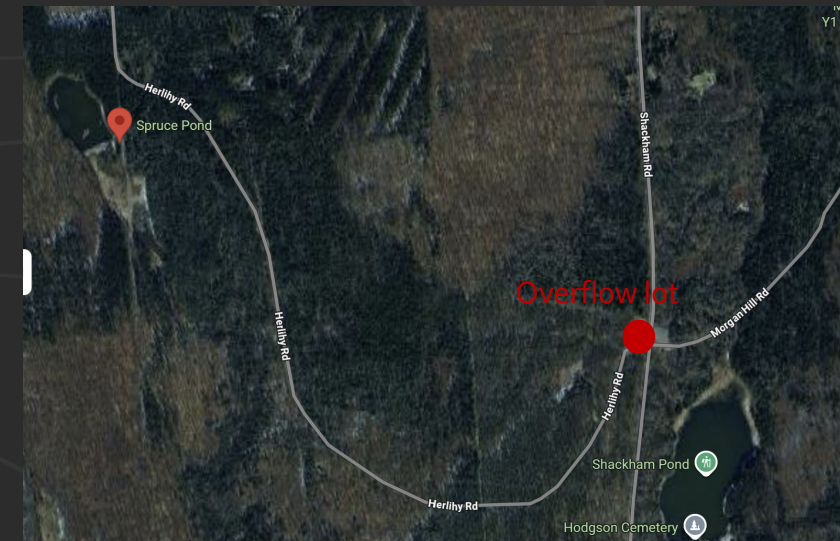
# RACE PARKING



# BATHROOMS



- Race parking will be at the Spruce Pond lot which is the START/FINISH and overflow parking will be at the Morgan Hill Rd Parking lot ~1 mile from Spruce Pond
- There will be ONE port-a-potty at Spruce Pond (*use at your own risk, HAHAAH*)
- Coordinates for Spruce Pond / START/ FINISH (Off Herlihy Rd)
  - Once the small lot is used, we will try to line cars up along side of the road as long as it is safe. Once, it is too packed, please use the overflow lot.
  - 42.79929417943047, -76.02556856931389
  - If you type in Spruce Pond (Herlihy Rd) into Google Maps, it will bring you to the right spot
- Coordinates for overflow Morgan Hill Parking Lot (Off Shackham Rd) (this is a mile walk)
  - 42.794878, -76.009872



# RACE INFO

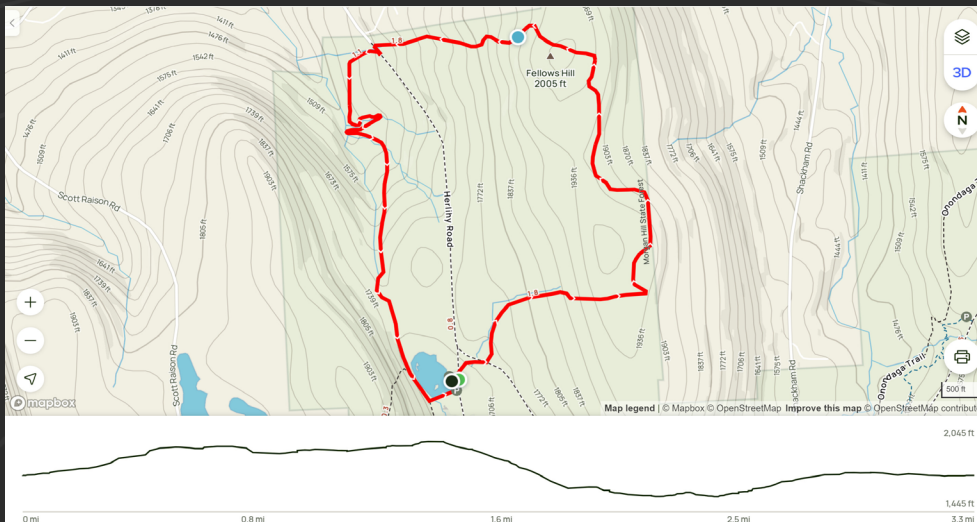


- Packet Pick up will be **RACE DAY ONLY** from 7:30 – 8:15am at Spruce Pond.
  - Get your bib and your race swag – mug!
  - Look for the MILES & MACROS tent
- START/FINISH and AID STATION will be at the same location as Packet Pick up
- AID STATION will be stocked with water, ice, an electrolyte drink, Gu chews, and some other snacks
- If you have a drop bag you can leave it at the TENT
- Poles are allowed (be aware of other racers the race is on single track)
- Headphones are not allowed as there will be runners going in both directions. Awareness of the trail as well as the other competitors needs to be a priority
- Race etiquette:
  - Please politely announce your presence if you are coming upon other runners.
  - Pass on your left.
  - LEAVE NO TRACE – Carry in, carry out

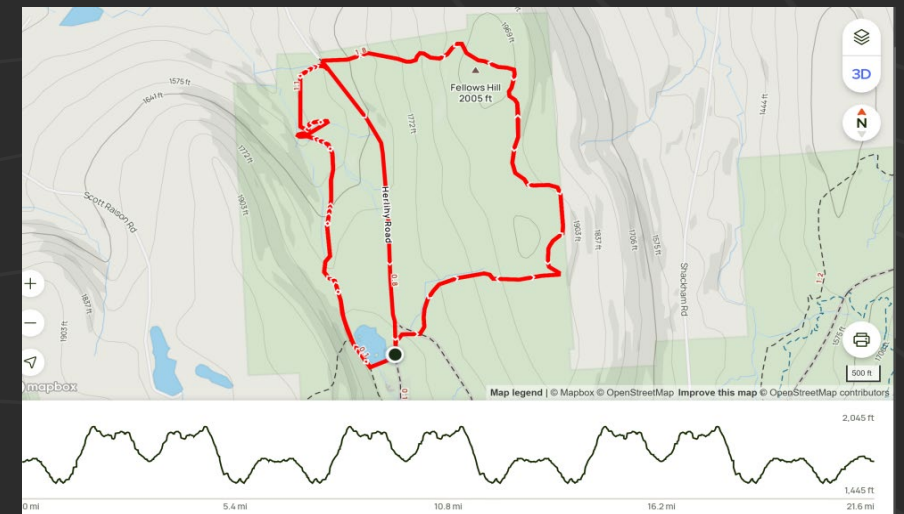
# RACE DESCRIPTION



- Which way you start your loop will depend on your bib number and a coin toss. Once you complete the 3.3 mile loop and are back at the aid station, you will go out the way you just came in and complete your next loop the opposite way.
- After 6 loops, you will go out clockwise on the course and complete roughly 1.4 miles and take a right off the trail onto Herilhy Road - following it to the aid station finish line.
- Follow the **ORANGE** blazes. We will have signs out / and or **PINK** flags at intersections
- 1 Lap = ~3.3 miles w/ 600ft of gain  
6 loops (alternating direction every lap)



1/2 Lap (in purple) clock wise direction only



# AWARDS | PHOTOS



- Award ceremony done at 11:45am
- 1<sup>st</sup> and 2<sup>nd</sup> overall men/women receive their “hammer it” award. 3<sup>rd</sup> place gets a ribbon award.
- We will be taking photos on the course during the event.
  - The photos will be posted a few weeks after the race and free for everyone to enjoy and download