

Dear Running with the Devil Athletes,

Race day is quickly approaching! I hope all of your training and heat acclimatization has been going well and that you're ready to have a great time at the event! Below are some details for the event weekend which should answer any questions you may have. If after reading this in its entirety you still have questions you can feel free to email me, understanding that I will be extremely busy preparing for the race.

*****SWITCHING DISTANCES***** Calico Racing permits the switching of distance without an administrative fee (upgrade in distance fees apply) but YOU MUST TELL US! If you would like to switch distance from what you are registered for, please email me **NO LATER THAN Wednesday of race week at 11:59pm.** calicoracing@hotmail.com. Failure to comply will mess up the results and awards- so your cooperation is expected.

Bib Numbers: Bibs should be worn on your front. 4 pins will be included with your race packet.

Timing Chips: *Chips must be worn on your shoe, only.* Two beaded zip ties will be in your race packet to secure your timing chip to your shoe through your laces. Your loaner timing chip needs to be returned at the finish line. A volunteer will be on site to assist. Failure to return your timing chip immediately following the race will be subject to a \$10 fee. * Note that the 50M and 100K; as well as all evening races will be manually timed and will not be issued a timing chip*.

Start Times: All runners must start with their respective gun time and be **across the timing mats within 5 minutes of the official start.** Those starting later than 5 minutes after the official gun start will be reported with gun time only.

Runner packet pick up will begin at 6am on race day, Saturday, June 22, 2019 and at 6:30PM for evening races, and closes 15 minutes prior to your race start. Packet pick up will be located at the start/ finish line. You MUST wear your loaner TIMING CHIP on YOUR SHOE in order to be timed! * Note that the 50M and 100K; as well as all evening races will be manually timed and will not be issued a timing chip*.

Parking: Please pull into Lovell Canyon Rd and we will direct you where to park NO EARLIER than 6am please; overflow parking will be as directed by volunteers. *Note* we will not be shuttling from Sandy Valley Road this year.

Race Day Entries: Race day entry is still available. Please come with exact cash. RACE DAY SIGN UPS CLOSE 30 minutes prior to each start time.

Camping: Anyone camping at Lovell Canyon is encouraged to do so at the "Midpoint" aid station (mile 5.8); or in one of the natural campsites scattered along the course. Camping is free, first come first served, with no facilities. ****Do NOT camp at the start/ finish line or within the 1st mile of the course- this area is needed for staging the race only.** Thank you!

Medic: Will be available dispatched out of the start/ finish area. If you are in need of assistance alert another runner and/ or volunteer. Please keep medical watchful eyes on your fellow runners and work together to keep everyone safe. ****Cell service is spotty at best****

Weather: Lovell Canyon is at a higher elevation than the Las Vegas Valley, so you can expect temperatures approximately 5-10 degrees cooler than town- though still a heat race! Based on the extended forecast I am anticipating a daytime high (~4pm) of ~100 degrees and overnight low of ~75 degrees.

Clothing bags: Each runner may have a clothing bag left at the start / finish line. Please use your own bag and label it with your name. PLEASE ensure that you collect your bag after the race as NO bags will be mailed. A tarp will be laid out for these bags, so just place it there. It is not a formal collection and no one will be in charge of "supervising" the area, so no valuables please.

Evening start times: ****Anyone on course between the hours of 7:45pm and 12am (midnight cut off) MUST be reflective from front and back AND where a headlamp or carry a hand held flashlight.**

Drop bags: 50K, 50 Mile, and 100K runners may have a drop bag for any provisions they would like available to them on course. Please use your own bag and label them with your name and location you'd like the bag on course, i.e. "Homebase", "Midpoint", and "Tip of M" It is the same locations, accessed multiple times. **Please note** that these bags will not be returned to the finish line until the aid station closes and/ or there is a shift change and will not be mailed at my expense, so please plan accordingly. When you are done with your bag the final time you can ask the volunteer to bring it with them to the finish line at their shift change; we will do our best to get them back when an opportunity arises. If you don't give it to the volunteer- it will not be moved until after the race. Anyone using a drop bag should bring it to the start line on race morning by 6:45am Saturday and it will be transported for you. ****Anyone on course between the hours of 7:45pm and 12am (midnight cut off) MUST be reflective from front and back AND where a headlamp or carry a hand held flashlight. I suggest having these items in EACH drop bag location.**

Aid Stations:

REMEMBER: Marathon, 50K, 50 Mile, and 100 Mile Runners must carry at least 20 ounces of fluid. Aid stations are REFILL only. Cups will be available for HEED and Cola.

Only 1/2 Marathon, 10K and 5K runners have cupped water available on their course. To carry your water I recommend a 24 ounce insulated Polar Bottle, as these help keep water much cooler than traditional bottles. Otherwise, you may use a Camelbak or Fuelbelt- though I find the smaller sized bottles on a Fuel Belt time consuming to refill and inadequate to fill with ice.

Please check the website for the aid station locations specific to your race distance.

*Due to the heat, note that ultra aid station food may be in the ice chests. If you do not see something you need, ask the volunteer.

**Ultra aid stations will have extra food and provisions. Sweet and/ or salty snacks, sandwiches, fruit, etc. If you have specific food constraints or requirements, I suggest you bring it in your drop bags. A *small* ice chest can be your drop bag.

NSAIDS: There will be NO NSAIDS on course and you are highly discouraged from their use as they may cause additional strain on systems already stressed due to the heat.

Iced washcloths will be available at ultra aid stations. Please be sure to return them to an aid station or at the finish line. These are more sanitary than sponges and will be sanitized, laundered, and reused next year.

An *ice water dunk* will also be provided for your clothing at some aid stations. ***I highly suggest bringing a bandana** to help cool you off.* Race staff will be happy to show you how to make it into an "ice bandana" on race morning.

Yard sprayers will be at some aid stations to spray you down.

Ice: Will be available in the coolers for use in ice bandanas, under hats, etc. Please let the volunteers assist you as we only want one cooler in use at a time to preserve the lifespan of an ice cube! You will want to fill your water bottles with ice before adding water, as the water from the pitchers or jugs will likely be warm. **NO RUNNER HANDS IN THE ICE- a volunteer will assist you.**

Unattended stations: Some aid stations will shut down based on the pace for the shorter distance races. For those of you in the longer distances, some will remain set up as "self service" after hours. Please use courteous sanitary behavior. If they need attention, please alert the volunteers at your next aid station.

Course is open: Your safety is the utmost concern of Calico Racing. The road is sparsely traveled, however IS open to vehicular traffic. On the way out you will run on the LEFT side of the road, running against traffic. After your turn around you will cross over the road and continue running against traffic.

Spectators: While Lovell Canyon Road is not closed to vehicular traffic, we ask that spectators remain at the start/ finish line for everyone's safety. It is a sparsely traveled road, and I would like to keep it that way on race day. Spectators should note that there is no shelter and no concessions at the race, and race provided food is for registered athletes only. Spectators should come self sufficient with their own food, water, and shade if desired. *For those in the longer distances, we will allow your support team on course after 12pm Saturday, as the course will be more sparse. We ask that they check in with me at the start line to see if we could use their help to shuttle supplies onto course (generally ice) as we all pitch in together to keep you cool and safe out there!

Pacers: Please note that ONLY registered 100K Runners may have a pacer, after mile 44. Please familiarize yourselves with the 100 Miler Pacer/ Crew Rules posted on the Calico Racing website.

Awards: Will be handed out at the finish line as runners are finishing. If you think you may have won an award, please check with me prior to leaving the venue.

Environmental safety: No runner, spectator, volunteer or others may cross undisturbed US Forest lands. Stay on the roadway and course at all times and do not step onto the vegetation. Leave any wildlife alone.

Volunteers: As with every race, volunteers are a vital part of the event. Finding volunteers is always a challenge. While all of these positions are attended to, I would love to have a few more volunteers to alleviate the burden on these kind souls. If anyone has friends or family coming to watch that are willing to commit to a few hours on an assigned post- please email me. It'd be much appreciated by all! Please be kind and THANK your volunteers. We also have a handful of afternoon positions available, so if you are running in the morning and want to lend a hand for the ultra runners after your race, let me know!

Finish line: If issued, please attached your chip to your shoe with the fasteners provided in your envelope. (Note that 50K, 50M and 100M runners *and all evening races* will *not* have a timing chip). YOU MUST RETURN YOUR CHIP! Volunteers will be at the finish line to help remove it. Be sure to clearly display your bib number for manual back up timing. Food and drink will be available at the finish line for registered athletes only. *Wet and dry hand towels* will also be available at the finish area so you can towel off after the race. Please return all used towels in the clearly marked bin provided.

Photography: I am proud to have *M Bradford Photography* on course photographing the event. Photos will be available on the Calico Racing website a few days after the event. He will email everyone once they are ready to view and purchase.

Heat Stroke/ Heat Exhaustion:

Signs & Symptoms: For a Heat Stroke

These signs and symptoms can occur suddenly with little warning:

- Very high temperature (104°F or higher).
- Hot, dry, red skin. No sweating.
- Deep breathing and fast pulse. Then shallow breathing and weak pulse.
- Confusion. Hallucinations.
- Convulsions.
- Loss of consciousness.

For Heat Exhaustion- note that heat exhaustion can QUICKLY turn into heat stroke if not immediately addressed!

- Normal, low, or only slightly elevated body temperature.
- Cool, clammy, pale skin. Sweating.
- Dry mouth. Thirst.
- Fatigue. Weakness. Feeling dizzy.
- Headache.
- Nausea. Vomiting can occur.
- Muscle cramps.
- Weak or rapid pulse.

**** Do Note**** That volunteers have been advised of these conditions and they have the authority to require you to be checked out by EMS before proceeding if you exhibit severe or worsening signs of heat exhaustion. Speak clearly with the volunteers, as signs of the above will alert them to take action.

Start smart:

A successful race starts Sunday of race week! Be sure to rehydrate and refuel adequately after all of your race week training runs. Things like medication, sleep deprivation, alcohol consumption, among other things leave you pre-disposed to dehydration. You can't do anything race week to improve your fitness, but you can absolutely do things to ruin your race. Race day: fuel and hydrate early and often. What you do at mile 1 will determine if you even make it to your final mile. *Race smart!*

Lastly:

I want to take a moment to express my sincere thanks to each and every one of you for attending the Running with the Devil event. Welcome back to the many returning runners- Your continued support is SO important and appreciated. To those of you that are new to Calico Racing- welcome to the family! We are a smaller event than many of you may be used to- but that is what can make it so great. A personal race with first rate amenities. With your help, I hope to position this and other Calico Racing events for future growth and a lifelong achievement of passion, environmental responsibility, fun, and of course... running.

See you all soon!

Joyce