

Registered Athlete Letter

Welcome Rally in the Valley of Fire Trail Runners!

I hope you are all excited for an adventure at Valley of Fire! Below are a few details that will help make your race experience run as smoothly as possible.

NEW!! PACKET PICK UP: Packet pick up is on race morning(s) only at the Start Line at Camp Calico. This is steps away from your parking area. (Please note that we are no longer doing packet pick up on Thursday, so packets will NOT be available other than each race morning. If you have any questions, please email them to me now.) Packet pick up at the start line on Friday is from 7:30am- 8am; Saturday 6:30am- 7:15am; Sunday 6:30am- 7:45am.

Start Times: Friday: 9am start time (but bus leaves to the start line at 8:15am from Camp Calico); Saturday 7:30am start time; Sunday 7:30am start of the ½ Marathon and 8.25 miler & 8am for the 5K.

Parking: SINGLE DAY PARTICIPANTS' PARKING

Participants in the single day events are responsible for getting to the race on their own (i.e. there is no contracted bus service for single day events). Single Day participants please note that your toll entry into Valley of Fire State Park is not included with race entry. You will be responsible for paying the prevailing park entry toll currently **\$10/vehicle**. Exact change will be appreciated by park staff.

Parking is at “**Bee Hives**” or across the road from “Bee Hives” as directed on race morning by race volunteers. All single day parking will be within easy walking distance to the start/ finish line, which is at group campsite #1 (you’ll see the start/ finish line structure and Ryder truck)

Directions: From the Las Vegas Strip: Take the I-15 North approximately 35-40 miles. Take **Exit 75** and head East toward Valley of Fire/Lake Mead. Drive approximately 17 miles on Valley of Fire Highway to the West Entrance Station. Continue straight 1.2 miles to the Group Campsites, which are located behind "Bee Hives". Please follow the parking attendants' instructions. **For reference: From my house in Green Valley/ Henderson it takes me 1 hour 20 minutes- please plan accordingly and leave enough time to get to the race, park and check in.**

Race Day Entries: Race day entry is still available for an additional late fee. Please come with exact **cash**. RACE DAY SIGN UPS CLOSE 15 minutes prior to your respective start time.

Bibs: We will be manually timing the event. Please be sure to **clearly display your bib number on your front**, and communicate it with the aid station volunteers to ensure we know your whereabouts on course for your safety. Also included with your packet will be a timing chip to wear on your shoe (for our testing purposes). This is a loaner and must be returned at the finish line. A volunteer will be present to assist.

Friday Start Line: Friday's race is point to point. You must be ON THE BUS at Camp Calico by 8:15am, and bring only your race needed items. Race morning packet pick up on Friday will be available starting at 7:30am and closes at 8am at Camp Calico. Be sure to fill your water bottles at Camp Calico, as water will not be available at the start line. Use the toilet at Camp Calico and on the bus en route, as we will only be at the start line ~10-20 minutes before GO.

Weather: At present, the forecast looks great for running! Current forecast is sunny to partly cloudy with daytime highs in the high 50s and overnight lows in the low 40s. To track the weather use zip code 89040.

Course Markings: The course will be marked with **orange/ yellow** flagging tape, caution tape, signs on ground stakes, and/ or occasional coroplast signs on a poll standing inside an orange traffic cone. Calico Racing respects our permit and does NOT spray paint the trail, so please only follow my signs. I will give a detailed description on race morning with further information during our pre-race talks to each respective distance.

Course Safety: During trail sections marked with orange/yellow flagging- it is critical to follow the course **FROM FLAG TO FLAG**. If not, you may miss a critical turn, particularly in wide desert washes, so follow the course **FROM FLAG TO FLAG**. We are taking you on an adventure- through areas of the park seen by fractions of a percent of visitors, and are not necessarily on "proper" trails. Some sections are open desert overland and not marked other than our course markings, so follow the course **FROM FLAG TO FLAG**. **During sections with orange/yellow flagging, flags are densely placed, roughly 50- 100' apart. If you go more than 1/3 mile without seeing an orange/yellow flag (in flagged, not road sections) turn around, retrace your steps and return to the last seen flag and proceed to the course route.**

***If you leave the trail for any reason (bathroom/ photos, etc) be sure to leave your water bottle or something on the trail at a course marker to alert the course sweeper that you are still on course in the area. Failure to do so may result in the course sweeper passing you and removing the flags prior to your passage. ***

****The course is an adventure**, some sections more adventurous than others! The course is expected to be slow, timewise, so the sooner you let go of time goals, the happier and safer you will be. You are all competing on the same course on the same day- so be smart, and forget about your road or groomed trail race times- not all miles are created equally. Some sections may require a small scramble with hands, and some

uneven footing in sections. PLEASE take these sections with extreme care, as evacuation is slow going and on foot!

Road Miles: On **Friday**, 4 miles worth of your course are road miles. The road IS open. You will be running against vehicular traffic, **SINGLE FILE ONLY**, and whenever possible on the dirt shoulder of the road. These road miles will mostly be marked with signs on ground stakes, and will be more sparsely placed, sometimes up to a mile apart. Stay on the road until you see a sign indicating otherwise.

Mile Markers: As is customary with trail racing, we will NOT have mile markers at every mile as we do for our road races. Mileages will be known from your arrival at aid stations and turn arounds.

Toilets: Will be available at the start/ finish line; and on course as noted under “Aid Stations” on the website. No toilets are available on the Sunday 5K course.

Aid stations: Please use the trash bins provided. NO LITTER WILL BE TOLERATED. For the exact location of aid stations for your specific distance, please check it out here: <http://calicoracing.com/events/valleyoffire/#aid-stations>. Aid stations will have water and Hammer HEED energy drink (various flavors); Hammer Gel (various flavors), Hammer Endurolytes (electrolyte tabs), snacks, basic first aid, and toilet access. *Please be sure to communicate your bib number to the aid station volunteer to account for your on course whereabouts.*

WATER BOTTLES: As is customary with trail racing, you will need to bring a water bottle with you. Aid stations are spaced further apart in trail racing than in road races. Aid stations will be prepared for your water bottle refill. Limited cups will be available. **PLEASE BRING YOUR OWN WATER BOTTLE/ HYDRATION SYSTEM. A MINIMUM CAPACITY OF 24 OUNCES IS REQUIRED, 48+ OUNCES IS RECOMMENDED. Refill/ top off your bottles to the top at every opportunity! (5K on Sunday will have cupped water available, so no bottle is required for 5K runners only).**

GEAR BAGS: For single day participants, it is recommended to leave your gear bags in your locked vehicle. Race management is not responsible for your belongings, so no valuables please.

Medical: An ambulance will be on site the entire duration of the event and will leap frog on the course between aid stations and the start/ finish area. Should you need medical attention please inform a volunteer or fellow runner. TEXT to Joyce, the Race Director in extreme cases 702-812-2609. Include your name, bib number, best known location, and type of emergency.

Cell Phones: Coverage is dependent on your carrier. I have Verizon and it is spotty throughout the park. It is most reliable out of the canyons, and in clearings/ higher

ground. If you have an emergency and do not have coverage, if possible, continue *along the route* until you have a signal.

Socks and Gaiters: If you have gaiters, I recommend wearing them, ones intended for soft sand preferred. You'll be fine without, but probably less comfortable. There are some very soft sand areas, and it is nearly impossible to get it out! The worst sections of soft sand are Friday, miles 6- 8; and Saturday miles 6- 7. Personally, I find Injinji Toe Socks more comfortable than "mitten style" socks in soft sand.

Course is open: Please note that the course is open and there may be vehicles on the course- be it our volunteers or casual users. Please be aware of your surroundings.

Finishers Medals: will be handed out at the finishing area. All finishers receive a medal.

Finish line food and refreshments will be available and awards will be handed out.

Volunteers: Please be sure to THANK our wonderful volunteers!

Looking forward to seeing you all soon!

Joyce