

**Dear Labor of Love Runners,**

Race day, March 23, 2019 is quickly approaching! I hope all of your training has been going well and that you're ready to have a great time! Below are some details for the event weekend which should answer any questions you may have. *After reading it in its entirety*, any questions left unanswered, feel free to email me.

**\*\*\*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](mailto: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.

**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.

**PACKET PICK UP: SATURDAY, March 23:** Packet pick up is race morning at the start line only. Please leave enough time to get checked in before your race start and plan on ABSOLUTELY no later than 30 minutes prior to your race start time. You MUST wear your loaner TIMING CHIP on YOUR SHOE in order to be timed! \*Please: If you do NOT plan on racing, do NOT take your 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 along Highway 160, clearly off the shoulder of the road. **\*Note\*** we will not be shuttling from Sandy Valley Road this year.

**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 warmth.

**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.

**DROP BAGS:** 50K & 50 Miler 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 "Far End" 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 and it will be transported for you.

**HEADLAMPS:** Anyone on course after 7pm is required to be reflective from front and back AND wear a headlamp or carry a handheld flashlight. The course is NOT lit.

**MILE MARKERS:** Mile markers will be placed every mile for the 5K, 10K, ½ Marathon, and Marathon. For the 50K/ 50 Miler mile markers will be every 1 mile thru mile 26, then marking your turn arounds only. Signs will be inside of traffic cones and are color coded as follows: ALL outbound miles will be in BLUE. After your turn around the Marathon will continue in BLUE, ½ Marathon in GREEN, 10K in SILVER, and 5K in Purple. Your turn around points will have signs, an orange traffic cone, and possibly a volunteer. Please display and communicate your bib number to the clipboard volunteer. The course is very easy to follow.

**AID STATIONS:** All aid stations will have water and Hammer HEED electrolyte drink. Aid Stations designated as \*Ultra\* will be additionally provisioned with Hammer Gel, salty and sweet snacks, Hammer Electrolyte tablets, basic first aid, etc. Please check the website for complete aid station location details for your distance.

**50 Miler/ 50K Aid Stations:** You will have access to all “marathon” aid stations thru a 7 hour marathon pace. Thereafter, aid stations will be reduced to every ~5.5 miles at “Homebase”, “Midpoint”, and “Far End”. If you do not plan to carry water the entire race, I suggest placing your hydration system in your drop bags for once the marathon stations close on a 7 hour marathon pace.

**PORTABLE TOILETS:** Portable toilets will be available at the start/ finish line and 3 will be on course. Please see the “aid stations’ descriptions on the website for their exact locations for your distance race.

**SAFETY:** Your safety is the utmost concern of Calico Racing. The road is very 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. The road is not coned off from traffic. **An EMT will be on site the entire event dispatched out of the start/ finish line.** Please alert an aid station volunteer, ranger, or another runner should you need help! **\*\*Cell service is spotty at best\*\***

**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.

**FINISH LINE:** This is a chip timed event. Please attached your chip to your shoe with the fasteners provided in your envelope. **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.

**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.

**WEATHER:** Due to the elevation and being under the US Forest you can expect **temperatures around 10 degrees cooler than the Las Vegas Valley.** For the race venue: The extended forecast as of March 10<sup>th</sup>, we should expect race start temps in the mid 40s; warming to mid 60s at the peak of the day (late afternoon, which only the ultra runners will still be out).

**POST RACE:** 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.

**AWARDS:** Awards will be handed out at the finish line. We should start them shortly after the bulk of runners have come in after each race. **If you think you may have qualified for an award, please see me before leaving to avoid your paying a shipping fee.**

**CALICO SLAM:** If anyone is completing their Calico Slam at Lovell Canyon, please be sure to email me now if you have not already done so.

**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!

**Lastly:**

I want to take a moment to express my sincere thanks to each and every one of you for attending the Labor of Love @ Lovell Canyon 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