



## Itinerary of Events

Saturday, November 18<sup>th</sup>, 2023

- 10:30a Packet pick up opens
- 12:00p 2 lap mountain bike race starts
- 2:00p(ish) bike race awards
- 3:00p 5k & 10k runs start
- 3:15p kids run (10 & under, free, 1/2 mi)
- 4p Live music
- 4:30(ish) 5k & 10k awards
- 5p Yoga in the woods (bring mat)

## What to know, what to bring and what to leave at home

### General Information

- Please follow the signs for parking and the parking map on the website. The trailhead parking lot will be reserved for sponsors & volunteers, everyone else parks outside the fence line. **Please carpool!!** Parking here is limited.
- Once you park, you will have a bit of a walk to the start/finish area. Bring everything you need for before, during and after so you don't have to make trips to your car.
- What happens if it rains? The running & biking events are rain or shine. If it is lightning we will delay until 30 minutes with no lightning. In the unfortunate situation where the weather is too bad to hold the events we will provide a discount to ticket holders for next year. It is not possible to issue refunds due to inclement weather.
- There will be mosquitos as the sun is going down but they are gone at dark. Bring bug spray.
- Packet pick up will be on race day, starting at 10:30a.
- If you registered before 11/4 we guarantee to have your shirt size available. Any registrations after 11/4 risk not having their size or having shirts available.
- The 5k course will be go out on the mountain bike trail to about mile 2.4 and then come back on the hiking trail, which is about 1 mile. Yes the run is longer than 3.1, that's how it goes with trail races! There will be one water station on the course around mile 2.4.
- The 10k course will be 1 full loop on the mountain bike trail.

- The 10k run will have the same water station as the 5k course around mile 2.4. Carry water with you if you need more water. You're welcome to have friends or family hand you water along the trail also.
- The kids run starts at ends in the festival area. It will be about ½ mile long on the mountain bike trail.
- If you use any type of fuel during the race (i.e. gel packs) do not throw the trash on the ground, take it with you.
- The mountain bike race will be 2 loops on the mountain bike trail, approximately 14 miles.
- The Gator Challenge consists of completion of the 2 lap mountain bike race AND the 10k run. There are no awards for how fast you complete the Gator Challenge, everyone who completes the challenge will take home an amazing Gator head plaque.
- Everyone in the bike and running events will receive a handmade finisher's plaque!
- At the finish line of each event we will have water (no bottles, bring your own), Gatorade & baked goods. We will also have beer & wine available for a donation to the Graham Swamp Trail Crew.

### **What to bring & what to leave at home**

- NOT ALLOWED
  - Glass
  - Open flames, including cigarettes/cigars
  - Weapons
- FEEL FREE TO BRING
  - Water. Please avoid bringing plastic throw-away bottles. We will have a water refill station. Bring a reusable bottle.
  - Chairs. We will have some seating available but it will be limited.
  - Bug spray
  - Yoga mat for yoga class
  - Cash for food and drinks
  - Flashlight

Parking layout and Festival entrance



Presenting bike shop partner

**TRAIL FEST**



AT GRAHAM SWAMP



**FIDLOCK**



**VESSEL**

*Sandwich Co.*



**Shamrock Tattoo**



386-677-7670

