

24-HR ADVENTURE TRAIL RUN RUNNER'S BOOK



RACE DIRECTORS

Alexander Papadopoulos

Tel. 703-403-0138

AlexP@athletic-equation.com

Scott Crabb

Tel. 703-906-6709

ScottC@athletic-equation.com

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WELCOME TO THE 24-HR ADVENTURE TRAIL RUN! Mountain bikers have been doing it for years. Now, it is our turn!!! Join us for the inaugural 24-hour Adventure Trail Run. Continue all day and through the night in the historic Prince William Forest Park, a quite, environmental gem just a short driving distance from Washington D.C. This is an opportunity for the toughest individuals and Teams to test their sense of adventure, perseverance, commitment and dedication to achieve and conquer!

Unlike many races that runners have done, the focus is time over a fixed distance. Co Race Directors Scott Crabb and Alex Papadopoulos have decided to change things up a bit. In the 24-Hour Adventure Trail Run, runners will log as many miles as possible over a 24-hour period. How's that for a change? Throw time out the window and see how many miles you can conquer in 24 hours. Runners can compete in Solo or Team categories. Categories will range so very runner and team will enjoy the achievement of running for 24-hours while being invigorated by competition. You will have the opportunity to compete in something that very few people even dare to think about or even consider. So join us for the experience of a lifetime, while discovering one of Washington DC's hidden National treasures. Additional information on Prince William Forest Park can be found at www.nps.gov/prwi

PHILANTHROPY: Having strong ties to the Armed Forces, we donate 100% of our NET proceeds from the 24-HR to the Injured Marine SemperFi Fund and the Navy Seal Foundation. In addition, we also donate our NET proceeds back into our local community resources such as the Dumfries-Triangle Rescue Squad and Woodbridge Wireless HAM operators. Both of these organizations support the event and ensure runner safety!

Race Series

Athletic Equation's Ultra Trail Series in 2012 will be comprised of the "ICY-8" HR, the 12-HR ATR, 24-HR ATR, and two new events: THE TAMMANY 10! and the OSS/CIA 50M Night Run. The "ICY-8" will be held at Lake Anna State Park, while our 12-HR and 24-HR will be held at different locations within Prince William Forest Park, VA. **Solo Runners** must complete 4 of 5 events to qualify for the Trail Series.

Event History

Our idea for the 24-Hour ATR came from the trail on which it is held. Our goal is to promote the growth of trail running and endurance trail running, in a competitive and family oriented environment. We also work to contribute and give back to the National Parks of America and donate race proceeds to cancer research. The inaugural 2006 24-Hour ATR saw 27 solo runners and 14 Teams participate. Since we have grown and now averages over 100 runners per event. Keith Straw completed 104 miles in the 24 hour period, while Liz Walker completed 96 miles, in the solo categories. 2007 saw Jason Lantz complete 108 miles. In 2009, newcomer Patrick McGlade also smashed out 108 miles, equaling Lantz record. Liz Walker is the four (4)-time defending women's champ! Keith Straw has taken two (2) of the 4 Men's events.

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Course Description

The 24-hour Adventure Trail Run is held within the Prince William Forest Park, located just outside historic Triangle, VA and Marine Corps Base, Quantico. Found 35 miles south of Washington D.C., this run offers a great opportunity to visit the Nations' Capital and explore 15000+ acres of Virginia's National Park wilderness. The course is in a National Park of rolling hills, 6.25 miles per loop with approximately 800+ feet gain/loss per lap. Each loop will start and finish at the Start/Finish location Camp 5, Happyland Camp, for the Event. **Every other year the course will be run in the reverse direction.** There will be a satellite aid station at the 3.25 mile of the course. Every other year, we will be reversing the direction of the course varying the course profile. There will be plenty of roots and rocks on the trail, but generally this is a fun, yet aggressive, single track adventure trail run with approximately 0.25 miles on a hard packed dirt road.

Course Design

The Course has been designed and race formulated by Scott and Alex in such a fashion to allow most experienced of trail runners and the newest trail runners to run side by side. There will be uphill sections; there will be down hill sections; there will be flat sections; there may even be some mud, if the April showers show. Fun, challenging, dynamic, and adventurous. A course map is available on the web-site.

Race Registration

Sign-Up for the 9th Running of the 24-Hour Adventure Trail Run will be available thru on-line registration. On-line registration is directly available through the following link @ the top of the page.

Race Location

The Start/Finish line will be at Camp 5 (Happyland Camp) in Prince William Forest Park, National Park Service. The race course will entirely within the Prince William Forest Park. Camp 5 is a Cabin Camp that will accommodate 110 campers in cabin bunk style lodging. As a service to all runners, the 24-hour ATR will provide lodging at Camp 5. These will be first come first serve for runners, in a bunk style housing arrangement. Amenities include bathrooms, heat, hot showers, dining area, and electrical outlets. Please do **bring** your own linens, and/or sleeping bags and wash towels. Hot showers and bathrooms are newly renovated and located in centralized areas.

Race Start Time

The 24-Hour ATR will PROMPTLY START at 700a.m.
The 24-Hour ATR will PROMPTLY CONCLUDE at 700a.m, the following morning.

Race Site Driving Directions and Local Hotel Accommodations

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The Start/Finish line is located approximately six (6) miles from I-95 in Prince William Forest Park. Page 7 within the Race Packet contains the driving directions from points north and points south. The local area offers a number of lodging location 10-minutes and 20-minutes from the Race Site. Page 8 within this Race Packet contains a number of local lodging accommodations ranging from \$42.00 plus tax and up.

Race Packet Pick-Up and Race Shirt Pick-Up

Solo and Team Packet Pick-Up will held just prior and during the Pre-Race Meeting. Each runner will have their own race packet with number included. Race shirts will be distributed at the Pre-Race Meeting with each Packet. Teams will have ONE combined race packet with all the team member bib numbers, technical shirts, and other important Stuff, like "schwag".

Categories/Mileage Records

Solo – Male / Jason Lantz: 108miles, 2007; Patrick McGlade 108miles, 2009

Solo – Female/ Eva Pastalova: 106.25miles, 2013

Team – Male / Bryon Powell, Gary Knipling, Mike Mason, Steve Burton: 160miles, 2006

Team – Female / Susan Baerhe, Linda Gaudette, Beverly Bennett: 112miles, 2006

Team - Co Ed / Liza Dunham, Jody Bennett, Kidd, Nicole: 128miles, 2006

Extreme Team: Mike Huff and Bill Rysanek (2-Person) 128miles

Solo - \$125

Team: 3 Person Team - \$375/TEAM

Team: 4 Person - \$500/TEAM

Race Costs Increases (add \$15 per person or \$25 per team after MARCH 30):

Refund Policy

There will be a 50% refund if a request is made prior to MARCH 30. After this date, NO REFUNDS will be provided. Teams losing members prior to the event can pair up with other smaller teams or consult with the race directors on how they might be accommodated. Teams wanting to drop a runner and add a new runner to a Team, after the deadline, may do so. Please consult the race directors for additional information.

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GENERAL RULES AND INFORMATION

Packet Pick-Up

Packet Pick-up will coincide with the Pre-Race Meeting. Solo participants will have individual bags. Participants being part of a Team will have ONE packet, which will include all the Team members technical shirt, race numbers, and any other “schwag” and important information.

Pre-Race Meeting

Race check-in will be at the Pre-Race Meeting. Final race instructions will be given at this time covering all aspects of the event. This meeting is **MANDATORY** for all Solo Runners and Team Captains. We would like all participants to be available for the Pre-Race Meeting, if not please advise Race Management and ensure that at least one representative is available for the Meeting. Race shirts will be distributed at this time.

Random prizes will be given away in a raffle based on bib numbers immediately following the pre-race meeting.

Bib Number

Bib numbers will be within the Race Packets. The assigned bib number must be visible at all times during the run. If a runner chooses to not wear a bib number, proper body marking identifying race number must be present. Body race markings such as those utilized in triathlons will suffice for body markings.

Starting Procedures

The 24-Hour ATR will start promptly at 7:00 a.m. Solo runners and the 1st Team runners will be starting together at the start line. Each starting racer must log-in at the Start/Finish no later than 30 minutes before the start of the race. Check-in will start at 6:15 a.m. **ALL** runners must check in with race management before the start of the 24-Hour ATR. Race management will track solo runner and Team lap completion. Additional clarifications will be given at the Pre-Race Meeting.

Trail and Runner Safety

Trail Safety: Course marshals shall be on the course through out the event. Emergency Medical Service (EMS) will be on-site at the Start/Finish line.

Trail Intersections: All trail intersections will be clearly marked, identifying the proper direction on the trail.

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Trail Etiquette: It is the responsibility of the faster racer to pass safely. Please announce yourself. Impeding another racer's progress is considered unsportsmanlike behavior and will not be tolerated. This is not kool!!! The Leave No Trace policy will be in effect for all runners. Runners are asked to carry all garbage to the Aid Stations for proper disposal.

Hydration: Drink up lads and lasses. Dehydration can be problematic in any endurance event. Although runners will have aid at the Start/Finish location and at the Satellite aid station, approximately 3.25 miles apart, it is **mandatory** that all runners utilize some type of hydration system while on the trail (i.e. hand held bottles, waist belt, back-pack style hydration system, etc). **No exceptions. This will be enforced!**

Night Running: All runners running at night **MUST** have a light source. **No exceptions.** Racers entering the course two hours before sunset on Saturday and up to one-half hour before sunrise on Sunday must have a light source on and in good working order. Racing with lights out to save batteries is not acceptable and probably not that safe.

Course Markings: Yo, Adrian!!! Pay attention!!! Orange streamers will mark the trail in the daytime. Any RED Tape or YELLOW CAUTION Tape means do not cross---**wrong way**. In the night time, yellow glow stick will mark the run course and you will have to look very closely for the red taping. Two yellow glow sticks will mark a turn on the trail at night.

Sportsmanship

Be smart and be kool to your fellow runners. Nuff Said!!! If a faster runner wants to pass you, then let them. You just might probably pass them later....24-hours is a long time to be awake, let alone running on trails.

Taking a Shorter Route

Don't do it!!! It takes the fun out of it. You might get lost and it would be annoying and embarrassing for Race Management to find you.

Team (only) Captains

Each team will have a runner identified as a Team Captain. Team captains will represent the team in all official correspondence and communications before, during and after the event. Only team captains may file protests, but we all know that will not be needed!

Issues

Any protests will be made through Team Captains. Protests will be made in writing and delivered to the race directors any time during.

Final Rulings

The race directors have the final say in any ruling.

Pacers

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Pacers will be allowed for solo runners from dusk until dawn. No pacers will be allowed for Team runners. Team runners with pacers will be allowed to complete the run, but will not count in the final standing and not be awarded finisher prizes.

Lap Completion (VERY IMPORTANT)

Coming through the Start/Finish of each lap, all runners coming through the official race table(s) will be identified by their race number. It is the responsibility of the Team runner to check in at the official race table once every lap is completed and the responsibility of the next Team Runner to check out at the table once when starting the next Team lap.

Solo runners need only to check-in at the completion of every lap. Failure to adhere to the above check-in procedures will result in the forfeit of that lap, but will still remain competitive in the Solo or Team Final Standings. But the lap will be lost and not documented. Thus, it is important that you check in at the aid station or your lap will not count. Race management will track all lap completion to maximize runner safety!!!

Teams Only (Important): A runner from a Team may drop from the event. If such is the case, the remaining runners must continue with non-repetitive laps for all laps to count. The runner dropping from the race will still be eligible for prizes in the final standings! If the runner drops before the completion of the lap, the new runner can start from the Start/Finish as soon as the dropped runner is recorded by race management. Credit will not be given for the dropping runner's lap.

THE FINAL (HALF) LAP and SCORING:

Final Half Lap: Solo runners and Teams will be given credit for mileage (3.25 miles) from the start/finish to the aid station. Participants need to arrive at the aid station before the 24-hour mark (7:00a.m. Sunday). If two or more Solo or Team runners finish the race with the same amount of laps or mileage during the 24- hours, the least aggregate time for final half lap will differentiate the winner and/or overall placing.

Final Lap: The final or last lap **MUST** be completed before the 24-hour mark, which will mark the end of the Race. If two or more Solo or Team runners finish the race with the same amount of laps or mileage during the 24- hours, the least aggregate time for last completed lap will differentiate the winner and/or overall placing.

Consecutive Laps

Only Solo runner can run consecutive laps. Teams will not be able to complete consecutive laps, unless only one runner is left from a Team.

Aid Stations

Start/Finish

The start/finish line will function as the main aid station during the 24-Hour ATR. The following actions will be occurring through out the race at this aid station:

- Racers must log-in and log-out on each lap.

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- Runner drop out location.
- Water and Hot food for Runners and Pacers.
- Medical Attention.
- Update to Solo and Team Placings without the 24-hour event.
- A place to sleep between Team Laps
- A place to enjoy the trail running camaraderie of Yoo-Hoo.

Satellite Aid

Water and minimal food may be supplied at the satellite aid station. This will be approximately at the halfway point of the 6.25 Mile Loop. This aid station will also function as an interim check-point. Lap completion will be verified with a corresponding Satellite Aid Station verification. The satellite aid station will also function as a runner drop out location. Transport will be available back to the Start/Finish location, the Cabin Camp.

Local Laws

The 24-hour ATR will be held on a National Park grounds. All Federal, state and county laws and ordinances must be adhered to all times. Further information regarding the local NPS laws can be found at www.nps.gov As it is a National Park, we ask that all Runner work towards the **Leave No Trace** policy.

Park Quiet Hours

Quiet hours at night, will be imposed from 9:00 p.m. Saturday until 6:00 a.m. Sunday. During this time, noise must be kept to a minimum but the fun will continue.

Unforeseeable circumstances

In the case of unforeseeable circumstances due to weather or other extenuating circumstances that prevents the ongoing scoring of the event or creates a racing environment that is deemed too dangerous for the participants, the race director may call the race as of a certain time. Final results will be calculated based on each team's placement at the call time as determined by that team's last completed lap. This rule is intended to be a last resort, in the direst situations, when no other means is available to continue scoring the event or when the potential for serious harm or loss of life becomes imminent.

Useful EVENT Web-sites

<http://www.athletic-equation.com>

www.rei.com

www.essgoggles.com

www.therunningstoreteam.com

<http://www.nps.gov/prwi>

<http://www.weather.com>

<http://www.nps.gov>

www.vhtrc.org

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Convenient Hotel Accommodations

10 minute drive from 24-Hour ATR Start/Finish

Best Value Inn
4202 Inn St
Triangle, VA 22172
Rate: From \$42.00-\$59.00/night

Sleep Inn
17470 Jefferson Davis Hwy
Dumfries, VA 22026
Rate: From \$59.00/night



20 minute drive from 24-Hour ATR Start/Finish

Courtyard by Marriott
14300 Crossing Place
Woodbridge, VA 22192
Tel# 703-491-4525
Rate: From \$135.99/night

Fairfield Inn
2610 Prince William Parkway
Woodbridge, VA 22192
Tel# 703-497-4000
Rate: From \$99.00/night

Residence Inn Potomac Mills
14301 Crossing Place
Woodbridge, VA 22192
Tel# 703-490-4020
Rate: From \$129.99/night

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Driving Directions to Cabin Camp Five (Happyland Camp)

From Washington DC and Points North:

Take I-95 South

Take exit 150B. This will put you on Rte. 619 West.

DO NOT GO INTO THE MAIN ENTRANCE OF PRINCE WILLIAM FOREST PARK

Drive Approximately four (4) miles West, once you get off the off ramp.

Make a **Right** at Sign for Camps 2 and 5. Road turn into a hard pack dirt road.

Make a **Right** at fork towards Camp 5.

Drive approximately 1/2 mile and look for signs for parking.

From Richmond and Points South:

Take I-95 North

Take exit 150. Follow signs for Rte 619 West.

Make a **Left** onto 619 West.

DO NOT GO INTO THE MAIN ENTRANCE OF PRINCE WILLIAM FOREST PARK

Drive approximately four (4) miles West.

Make a **Right** at Sign for Camps 2 and 5. Road turn into a hard pack dirt road.

Make a **Right** at fork towards Camp 5.

Drive approximately 1/2 mile and look for signs for parking.

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SCHEDULE OF EVENTS

FRIDAY

10:00am: Race Management Arrive to Camp 5 for Start/Finish Set-Up
2:30pm – 3:00pm: Go over Volunteer Assignments
3:00pm – 6:00pm: Race Check In and Lodging Assignments
6:00pm - 7:30pm: Pre-Race Meeting and Pasta Party
6:30pm: Start Pre-Race Meeting
8:00pm: Rest for Event

SATURDAY:

6:00am: Volunteers Arrive for Set-Up
6:30am: Final Pre-Race Check-In for Participants
6:50am: Participants Muster at Start/Finish for Pre-Race Ritual
7:00am: Race Begins
7:00pm: Course Marshall activates night lighting system (glow sticks)

SUNDAY:

6:45am: Start Breakdown Satellite Aid Station
7:00am: Last lap must be completed or Runners at Satellite Aid Station
7:30am - 9:00am: Post Race Party (If you are not too tired!!!)
7:30am: Awards Ceremony and BREAKFAST
10:00am: Runners must be out of Cabin to start clean up.