



# Race Instructions

## High Mountain Half Marathon & 5k

### Saturday August 5, 2017

#### **RACE SCHEDULE**

- 6:00 a.m. - Walker half marathon start
- 6:30 a.m. - Runner half marathon start (and 1st leg of relay start).
- 7:00 a.m. - 5K start
- 10:00 a.m. - Course open to vehicles (barricades removed)
- 11:00 a.m. - Kids Fun Run
- 11:30 a.m. - Award ceremony (inside the BRHS gym)

The finish and 5k start line are located behind the Blue Ridge High School gyms near the soccer fields. We had to relocate the start/finish line due to the track being reconstructed. Only the last 200m of the course will be different than last year. Please refer to the map at the end of the packet for more details. Please line up according to your projected finish time with faster runners near the front.

#### **PACKET PICKUP:**

- Optional pick-up for valley residents: Thursday, 4 p.m. - 7 p.m. at Road Runner Sports, 43 S McClintock Dr., Tempe.
- Friday, 4 p.m. - 10 p.m., race site packet pickup & registration at Blue Ridge High School Board Room, 1200 W White Mountain Blvd, Lakeside. There will be signs posted to direct you to the correct location.
- Paper Registration will be available for the Half Marathon and 5k at packet pickup at both locations.
- Registration for the Free Kids dash will be available only at packet pickup on Friday or at the race location Saturday.
- 5k registration will also be available on race day from 5:00 am to 6:30 am at Blue Ridge High School near the start/finish line.

#### **ELECTRONIC TIMING**

- Both the 5k and half marathon will be using timing chips. Timing provided by Roadrunner Timing ([roadrunnerracetiming.com](http://roadrunnerracetiming.com)).
- Live race results will be accessible from the results page at [highmountainhalf.com](http://highmountainhalf.com) or by visiting Roadrunner Timing. Live results are updated about every 5 minutes.

#### **BIBS SPECIFICATION**

- 5k bibs will have a green dot
- Relay runners will have an orange dot
- Half Marathon bibs will have no specific markings

## **BEFORE HEADING TO THE RACE**

Make sure you have with you the following:

- Bib number and safety pins (timing chip is attached at the back side of the bib number)
- PIN YOUR BIB TO THE FRONT OF YOUR SHIRT OR SHORTS, NOT YOUR BACK.
- Running shoes.....yep, some of us have forgot them.
- Warmer clothing for morning if cool (around 65 degrees at race start).

## **SATURDAY MORNING TRANSPORTATION OF HALF MARATHON RUNNERS AND WALKERS TO THE START**

- **All athletes must ride the bus to the start. There is absolutely no parking available at the starting line. All vehicles in the area will be told to move immediately.**
- Buses will drive directly to the starting line and allow athletes to preview the course.
- Loading schedule (buses will depart when full):
  - 4:45 a.m. - Bus loading begins
  - 5:00 a.m. - First bus departs with **half marathon walkers**. Buses will depart when full (approximately every 10 minutes).
  - 5:10 a.m. - Last shuttle bus for half marathon walkers
  - 5:40 a.m. - Last shuttle bus departs. **The last bus is reserved for relays and will not be traveling to the start line.** We will have a sign posted as a reminder.
- Half Marathon relay runners must board the busses with all other runners. Runners for the 2<sup>nd</sup> half will be dropped off at the relay exchange point. Runners for the first half will continue on the bus to the starting line.

## **CLOTHING MANAGEMENT - GEAR CHECK-IN & PICK-UP**

- Athlete gear drop-off bags will be provided at the half marathon start line. Drop bags will be collected and placed in a trailer at the starting line of the race. Bags will be delivered near the finish line for pick up. Gear bags must be dropped off before the start. You may use the bags provided or bring your own small bag, but please have your race number and name on the bag. Tags will be available for you. Please do not store any valuables in your bags. Race staff will not be held responsible for lost, damaged or stolen items in the drop bags. Please have your race number on hand when picking it up.

## **PORTA JOHNS**

Porta Johns will be at the starting line, at every aid station and at the finish of the race.

## MEDICAL SERVICES

First aid kits will be at every aid station. We will have medical personnel along the course on bikes, a medical vehicle following the last runner, and a medical tent at the finish line.

## AID STATIONS

Mileage From Start	Fluids		Food		Misc			
1.98	water	gatorade					First Aid Kit	Porta Potty
3.94	water	gatorade	bananas	oranges	squirrel nut butter		First Aid Kit	Porta Potty
6	water	gatorade					First Aid Kit	Porta Potty
8	water	gatorade	bananas	oranges	squirrel nut butter		First Aid Kit	Porta Potty
10	water	gatorade			squirrel nut butter	Icy wash cloths	First Aid Kit	Porta Potty
11						Water misters		
12 Double aid station. On 5k route	water	gatorade	bananas	oranges	squirrel nut butter		First Aid Kit	Porta Potty

Please do not litter on the race course. All aid stations are equipped with trash cans. You may discard your cups and wrappers on the course near the trash cans, but please refrain from dropping trash along the course.

## **TIME LIMIT**

A 4 hour time limit (at 10 a.m.) has been set for the Half Marathon and power walking participants to reach the finish line. In case a participant has not reached the finish line by that time (see Time Checkpoints section below), he/she can be transported to the finish by a race personnel vehicle (or “sag wagon”). In case he/she decides to go on at his/her own responsibility, he/she needs to move to the side of roadway. This measure is taken in order to ensure the safety of all participants. When the time limit (see below) expires, police will allow vehicle traffic to resume.

## **TIME CHECKPOINTS**

In order to complete the course before opening to traffic at 10 a.m. you need to reach the following checkpoints on or before times listed below (18:19 pace for walkers and 16:02 pace for runners):

Aid Station Mileage (miles)	Checkpoint time for 6 a.m. walker start (a.m.)	Checkpoint time for 6:30 runner start (a.m.)	Aid station closing time (a.m.)
2	6:36	7:02	7:10
4	7:13	7:34	7:40
6	7:49	8:06	8:15
8	8:26	8:38	8:45
10.2	9:06	9:13	9:20
12	9:39	9:42	9:50

## **RUNNERS WHO DROP OUT**

The last group of runners is followed by a vehicle (sag wagon) which picks up all the participants who cannot or do not wish to finish the race. If, for any reason, a runner chooses to drop out, he/she should walk to the closest aid station or get in contact with a staff member or volunteer at any point on the course to request transportation to the finish line.

## **RULES AND RACE ETIQUETTE**

- Please practice proper race etiquette
- Notify when passing another runner and pass on the left
- Do not walk more than 2 deep or block the course for other runners
- If needing a restroom please use a porta john located at every aid station
- Do not cut the course
- Ear buds are permitted on the course. Please keep your music at a low level so you can hear other runners. It is recommended to use only one ear bud.
- Run inside the cones and barricades

## **ACCESS TO THE RACE ROUTE AND SPECTATORS**

**All half marathon participants (including relays) must ride the bus to the start line or exchange zone for relays. There is NO PARKING at the start.**

Please keep to the side of the road while on Porter Mountain. Two-way traffic will be allowed on Porter Mountain Road, but we expect very few vehicles during the race. We will have a lead and middle of the pack law enforcement pilot car. The last 3 miles of the course will be barricaded and vehicles will not be permitted in the same lane as the runners.

The best portion for spectating is the last 1.5 miles of the race after the turn onto White Mountain Blvd. (or Hwy. 260). Be advised that Porter Mountain Road will be closed to northbound traffic between 7 and 10 a.m. We recommend either walking to a spectating point from the finish or parking on a side road south of White Mountain Blvd. (Hwy 260). Please use caution when crossing streets. We apologize for the course not being spectator friendly, but our focus was on making it scenic, safe, and enjoyable for the participants.

## **RELAY RUNNERS**

Relay runners for the second half of the race will wait at the Panorama trail head parking lot. A bus will be parked at the exchange area if you wish to sit inside to stay warm while waiting. As the team members running the first half of the event near the exchange area, volunteers will be notified and the 2<sup>nd</sup> relay team member will be instructed to make themselves ready across the road at the exchange point.

## **FINISHING THE RACE**

Please follow the marked course into the finisher circle where half marathon runners and relays will get their finishers cup.

## **FINISHER CIRCLE**

Only participants with bib numbers are allowed in the finisher circle. A variety of food and drinks will be provided, including fruit, bagels, sandwiches, pizza, water, gatorade, and chocolate milk. Recovery food and drink is provided ONLY for race participants.

## **POST RACE**

A medical tent will be located near the finish along with free massages for athletes (tips are greatly encouraged).

## **AWARDS**

Plaques or medals will be given to the top 3 overall and top 3 age group finishers in the Half Marathon and 5k. Age groups are as follows: 12 and under, 13-17, 18-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75 and up.

## **RESULTS & PARTICIPATION PRODUCTS**

Race results will be placed on our timers website at [roadrunnerracetiming.com](http://roadrunnerracetiming.com). We will also post a link to the results on the race website at [highmountainhalf.com](http://highmountainhalf.com) and will have printed results near the finisher circle. All Half Marathon Finishers will receive a stainless steel cup with our race logo after they cross the finish line.

**FREE KIDS FUN RUN:** The free kids fun run will start at 11am. Register at packet pickup on Friday or Saturday morning near the finisher circle. Shirts will be available to the first 78 who sign up. Medals will be given to the first 100 finishers. This event is limited to children. You may run with your child, but please do not take a shirt or medal.

## **PHOTO SERVICES**

Our official race photographer is Paxman Photography. Photographs will be available for free on our facebook page at [facebook.com/highmountainhalf](https://facebook.com/highmountainhalf).

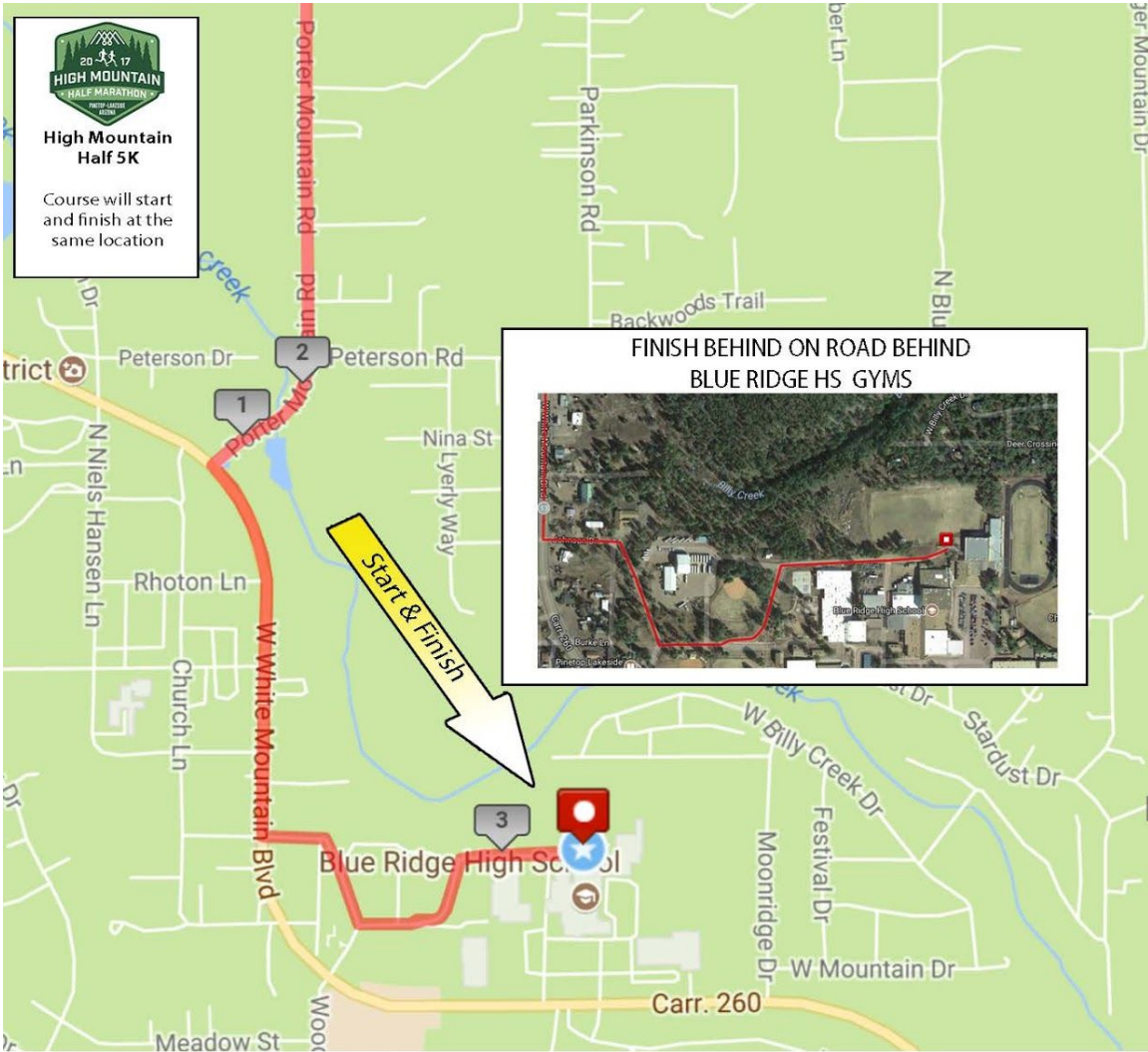
**If you have any questions please do not hesitate to contact us:**

High Mountain Half Facebook page - [facebook.com/highmountainhalf](https://facebook.com/highmountainhalf)

Email: Eric Fogle (Race Director) - [eric@highmountainhalf.com](mailto:eric@highmountainhalf.com)  
Rhonda Rydberg (Asst. Race Director) - [rhonda@highmountainhalf.com](mailto:rhonda@highmountainhalf.com)

Have a fantastic race and a great weekend! We are looking forward to seeing you on the mountain!





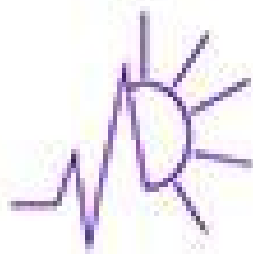


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