



durtyfeets Trail Run Series (Wallum Lake) Athlete Race Packet – April 27th, 2019

Overview

Here is all the info you need for the **durtyfeets Trail Run Series – Wallum Lake** on Saturday April 27th! MRA Multisport is proud to bring this challenging and popular trail running series to Central Massachusetts again this season.

The Wallum Lake course at Douglas State Park in Douglas, MA is approximately 10km, and we double it up for a Half Marathon distance. It covers a variety of terrain – fire roads, single track, wooden bridges, and a few rock gardens for good measure.

Please take the time to review this packet to familiarize yourself with the contents. Specifically, pay special attention to:

- Timeline on Saturday
- Registration location for Check-in/Bib pick-up
- Parking

Want more trail races or find out where you are in the Series Standings? Check out the **durtyfeets Trail Series** at www.mramultisport.com/trailseries

Alex Rogozenski
USAT Certified Race Director
MRA Multisport
Alex@MRAMultisport.com





durtyfeets Trail Run Series (Wallum Lake) Athlete Race Packet – April 27th, 2019

Directions & Parking

The main race venue is Douglas State Park at **107 Wallum Lake Rd, in Douglas, MA**. As the race is in the early season for the park, there are no fees to enter the park. When entering the park, stay right at the small gate/ranger station (gate will be open) and make your way to the upper parking lots. Follow signs down to the beach area once you park. Look for Event Parking signs on traffic cones as you enter the Park.

****The boat ramp is very popular this time of year. Please follow the designated signs for Event Parking and do NOT park in the boat ramp area. This is a very sensitive topic with DCR; please don't jeopardize our relationship with them or the park.***

Timeline

7:30-8:45am (Open field near beach area, Douglas State Park, Douglas, MA)

1. Check-in/Bib pick-up for pre-registered athletes – BOTH DISTANCES
2. **NO race day registrations accepted** (so tell your friends to sign up by Friday)

8:55am (Start line area)

1. Pre-race announcements, National Anthem

9:00am

1. Half Marathon Starts
2. **10k starts at 9:15am**

Approx. 10:30ish for 10k, 11:30ish for Half

1. Awards for top 3 male/female in following age group divisions, each distance
 - a. Junior (Under 20), Open 20-39, Master 40-54, Senior 55+





durtyfeets Trail Run Series (Wallum Lake) Athlete Race Packet – April 27th, 2019

Race Numbers

Each racer will receive a numbered bib; two colors will differentiate the two different distances/races offered. The bib **MUST BE WORN** for the entire race, and if you want an accurate time make sure it's on the front (if its on the back, we can't record your time until **AFTER** you have crossed the finish line, not **AS** you cross it). And without it, a time will not be recorded for you. Timing will be manual, and will be made available online after the event and printed at the event as well. Safety pins will be provided, or you can use your own race belt.

Starting Line and Waves

Each distance will start in their own wave; **Half at 9am, 10k at 9:15am.** Please line up according to pace (faster in front, slower in back) out of courtesy for all participants.

Aid Stations sponsored by Gatorade

At each of the durtyfeets Trail Run Series races, participants will be able to choose from water or sports drink from Gatorade at the aid station as well as the finish line. For Wallum Lake, the on-course aid station will be at about the 3.5 miles marker, and then at the venue (turn-around for half runners). Half runners will then head out on the second loop and hit the same stations. Gatorade products are specially formulated to rehydrate you and replenish those lost electrolytes, sodium and other nutrients on the course.





durtyfeets Trail Run Series (Wallum Lake) Athlete Race Packet – April 27th, 2019

Rules

The following rules are put in place for your safety on race day. Variable time penalties will be assessed for certain violations.

- Bib must be worn on the front and outside of your clothing during the race, from start to finish line.
 - You cannot discard any gear or equipment on the course; you can leave clothing/gear at the Aid Station, but they are NOT responsible for it. They will return all gear to the Start/Finish Line Area at the conclusion of the race; all unclaimed clothing will be donated to charity.
 - Headphones are not allowed on the course during the race for the safety of all racers and for insurance purposes.
 - Strollers, joggers, and pets are not allowed on the course during the race for the safety of all racers and for insurance purposes. Should be obvious based on terrain but need to state it all the same.
 - Unsportsmanlike Conduct will not be tolerated. No further clarification necessary.
 - You must stay on the designated trail/course.
 - You must have fun and take pride in the fact that you're able to compete in endurance events, like the durtyfeets Trail Run Series.
-

Trail Run Course

The course starts out with runners going up the fire road from the venue. Runners will take a right at the top and continue into the left side of the parking lot, then diving down to the left onto **Coffeehouse Loop**. Orange arrows and "W's" on the trees will be the key markers on this course. Runners stay on this first singletrack, and then take a left at the bottom onto **The Spur**. At the end, runners take a left onto **SNETT** rail bed, and a quick right onto wide fire road (Aldrich Pond Rd). About a 100 yds up, runners then take left onto singletrack section called **Stud Finder**. At the top when you pop out into a major 5 way intersection (aid station, marker #3 on map), take a wicked sharp left back onto **Grand Trunk** rail bed. Next turn less than 100 yds away will be a left down onto **Pain in Pullman**. This name is very appropriate. At the end, take left down **Saddle Trail**. This is a great section! After crossing a brand new bridge at the bottom, take a left (change from 2018) back onto the **SNETT** rail bed. Take a right at the next major intersection onto **Coffeehouse Loop** (new for 2019). At the end of this, take a left to stay on **Coffeehouse Loop** follow this back towards the venue. **ALL RUNNERS CONTINUE RIGHT DOWN TO THE VENUE. HALF RUNNERS MAKE A U-TURN AT THE VENUE AND HEAD BACK UP THE HILL FOR SECOND LAP.** Follow the race signs and please say "Thanks!" to the volunteers when you pass by.

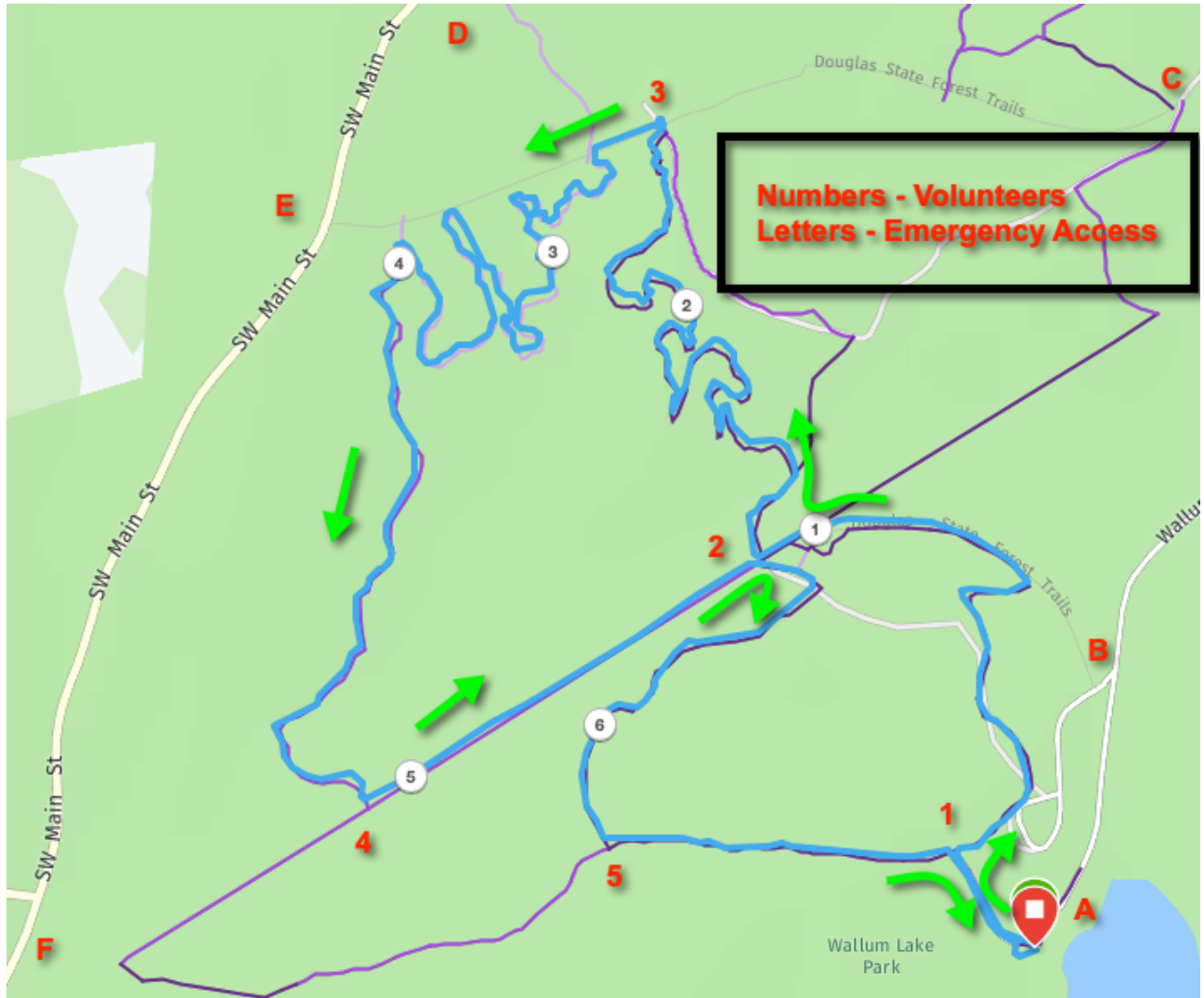
Produced by

4 | Page





durtyfeets Trail Run Series (Wallum Lake) Athlete Race Packet – April 27th, 2019



Produced by

5 | Page





durtyfeets Trail Run Series (Wallum Lake) Athlete Race Packet – April 27th, 2019

Policy Reminder

It is truly our intent to put on a great, fun race for you, the athlete. Mother Nature has no bias, however. As stated in the cancellation policy, in the case of serious and dangerous conditions, we reserve the right to delay the race a few hours, adjust segments, or as a last resort cancel the event. In the unfortunate situation that the race is canceled, there is a no-refund policy in place, as the costs have already been incurred to host the event and we do not want to take away any contributions to our charities. We expect you to be disappointed if the **durtyfeets Trail Run Series** is canceled, as we will be, but we also hope you understand why a no-refund policy is in place.

Sponsors - Volunteers - Beneficiaries

The sponsors and volunteers help with the race in so many different ways and really make it all possible. Say "Thank you!" to every volunteer you see. Please support the sponsors and beneficiaries however you can to show your appreciation.

Gatorade – Official Sports Drink

Wicked Good Cookies – Official Cookie

Purgatory Beer Company – Official Beer

Miles to go Sports – Podium Sponsor

Massachusetts Department of Conservation and Recreation (DCR)

