



FRENCH RIVER TRAIL RUN

*part of the dirtyfeets Trail Run Series
Athlete Race Packet*

Overview

Here is all the info you need for the **XTERRA French River Trail Run** at Hodges, part of the dirtyfeets Trail Run Series – on Sunday July 14, 2019 at 8am!

The **XTERRA** course through the trails of Hodges Village Dam in Oxford, MA is approximately 21km (13.1 miles) and 10k (6.2 miles) and 5k through a variety of terrain – access roads, single track, wooden bridges, muddy crossings (with a nice new bridge in 2016!) and through the French River itself (ALL runners get the river feature!). And don't forget the rocks and roots too!

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

- Timeline on July 14
- Check-in/Bib pick-up location – **NO DAY OF REGISTRATION OFFERED**
- Parking

Alex Rogozenski
USAT Certified Race Director
MRA Multisport





Directions & Parking

The main race venue is **Oxford High School at 495 Main St, Oxford, MA**. There is plenty of parking at the High School. Please follow the parking signs, and do NOT park in the Carbuncle Pond lot.

Timeline

July 14

6:30-7:45am

1. Check-in/Bib pick-up for pre-registered athletes (both distances)
2. **NO race day registrations**

7:50am (Start line area)

1. Pre-race announcements, all runners

8:00am

1. Half Marathon start
 - a. **10k race starts at 8:15am**
 - b. **5k starts at 8:30am**

Approx. 10am (for 10k and 5k) & 11am (for Half)

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





Race Numbers

Each racer will receive a numbered bib; colors and designs will differentiate the 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. Safety pins will be provided, or you can use your own race belt. **We will also be providing complimentary sets of [BibBoards](#) as well, so you don't have to put pin holes in your shirt!**

Starting Line and Waves

It will be a mass start for EACH trail race distance; one wave for 21k at 8am, one wave for 10k at 8:15am, one wave for 5k at 8:30am. Please line up according to pace (faster in front, slower in back) out of courtesy for all participants.

Aid Stations sponsored by Gatorade

Runners will be able to choose from water or sports drink from Gatorade at the aid station as well as the finish line. For the shorter 10k and 5k courses, there are two aid stations. For the 21k course, there will be 4 aid stations. Gatorade Endurance is specially formulated to rehydrate you and replenish those lost electrolytes, sodium and other nutrients on the course. There will also be water and Gatorade to refill your own water bottles.

**The only porta-potties on the course will be located at the main venue (start/finish line area); there will not be any out on the course.*





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Awards

Awards will be announced at the conclusion of each event (about 10am for 10k and 5k and 11am for Half)

- Top 3 Male and Female Finisher in each Age Group (both distances)
 - Junior (Under 20), Open (20-39), Master (40-54), Senior (55+)



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 line 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 dirtyfeets Trail Run Series.

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Trail Run Course

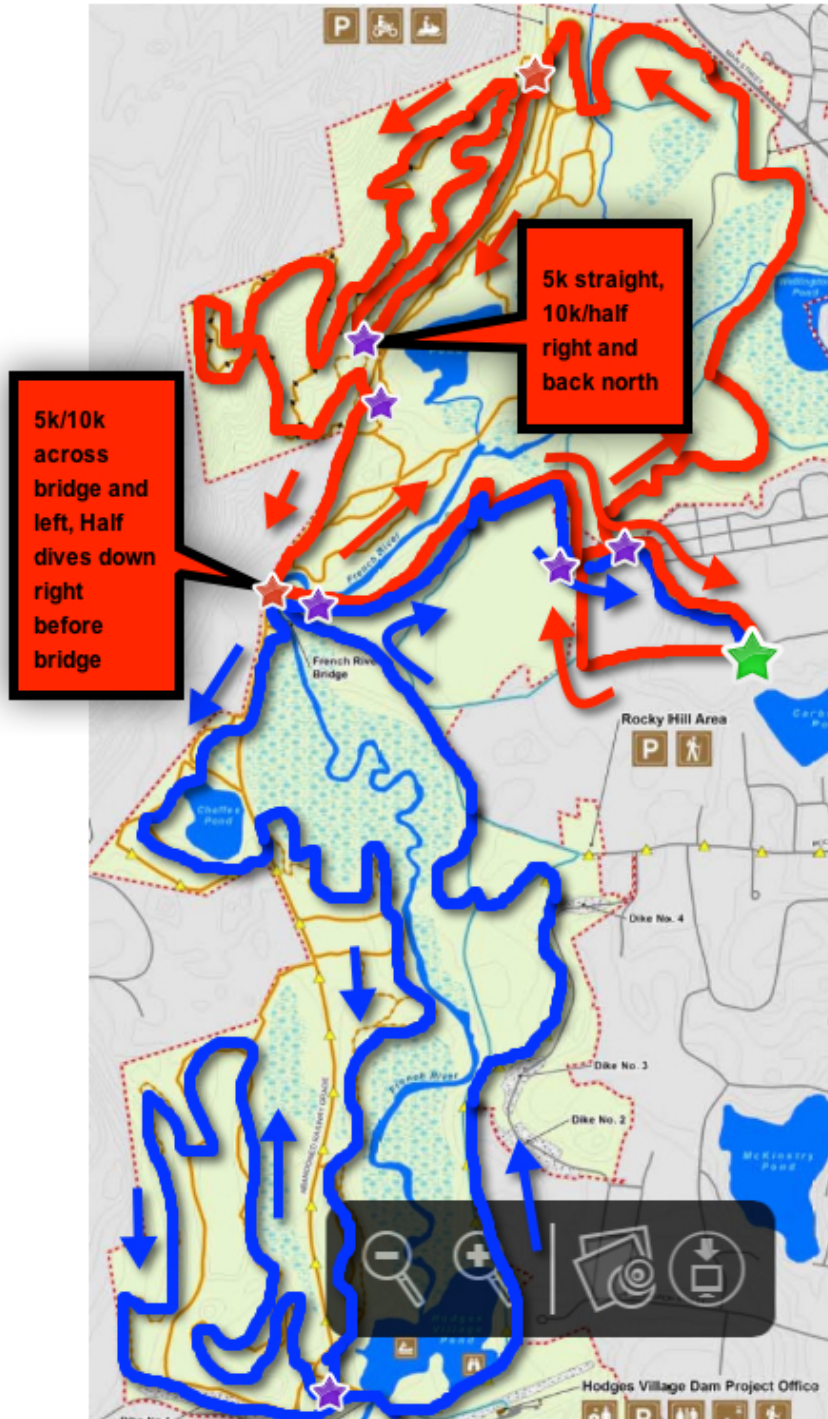
The long course features every possible type of terrain imaginary. Tight twisty singletrack, loop da loops, rocks, roots, bridge crossings, river crossings, double wide trails, grassy fields, hills (up and down, and then up again) - you name it! 10k is the same, just less. The 5k course is designed to be very beginner friendly. BLUE and RED arrows on trees and traffic cones with signs will mark all courses, and there is only one point where the courses split based on the distance, and one spot where they merge back together again. The 5k course runners miss out on the really technical terrain and elevation changes, but all the runners get to enjoy the river crossing!





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Weather 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 Sponsor

Miles to go Sports – Podium Sponsor

Wicked Good Cookies – Official Cookie

Purgatory Beer Company – Official beer

