



Participant Guide

Saturday October 26th, 2019

Miller School of Albemarle

| Dick Woods Rd, Charlottesville, Virginia 22903 |

******USE ENTRANCE AT DICK WOODS RD – THE MEADOWS******

Google Maps Link: <https://goo.gl/maps/91HZ4J5godvjNVEq5>

Also see map in this guide

START TIMES:

ALL EVENTS START at 8:00AM

Schedule and Number Pickups

Number/Bib Pickup:

Friday, Oct. 25th - 10:00am - 6:00pm – Crozet Running Store.
1159 Crozet Ave, Crozet, Virginia 22932

RACEDAY TIMELINE

6:30-7:45am - Race day number pickup and late registration

7:45am – Pre Race comments and brief by Andy Guptill and Race Director.

7:55am - Line up ALL races at Start.

8:00am – All Runs START at The Meadows

Hello CATS TrailFest Runners!

Thanks for registering for one of the CATs TrailFest races, to be held this Saturday, October 26th starting at 8 am! Fall has arrived on the beautiful grounds of the Miller School of Albemarle, and Endurance Coach Andy Guptill and his team are busy marking the trails for our race. The weather right now looks like it will be overcast with a 50% chance of showers and temps in the 50s and 60s.

IT IS OF UTMOST IMPORTANCE THAT YOU READ BELOW, AS SOME IMPORTANT THINGS HAVE CHANGED WITH THE RACES SINCE LAST YEAR AND MAYBE EVEN SINCE YOU REGISTERED!!

- **ALL RACES WILL START IN A MASS START AT 8:00 AM.** WHETHER YOU ARE RUNNING THE 10K, CATHALF, OR POUNDING CREEK MARATHON, YOU WILL NEED TO BE AT THE RACE PRIOR TO 8 AM TO CHECK IN AND PREPARED TO START PROMPTLY AT 8 AM.
- **WHILE THE RACE COURSE IS THE SAME AS LAST YEAR'S, THE START IS FROM A ENTIRELY NEW LOCATION OFF OF THE MILLER SCHOOL MAIN CAMPUS. THE RACE WILL START FROM THE "MEADOWS" ADJACENT TO DICK WOODS RD (SEE MAP BELOW). PARKING FOR THE RACE IS REACHABLE *ONLY* FROM DICK WOODS RD. YOU CANNOT GET TO THE RACE START BY PARKING ON MILLER SCHOOL'S CAMPUS.** THE ENTRANCE AND PARKING FOR THIS YEAR'S RACE IS IN THE MEADOWS, APPROXIMATELY ½ MILE EAST ON DICK WOODS RD FROM THE INTERSECTION WITH MILLER SCHOOL RD AND ABOUT 2.5 MILES WEST FROM THE IVY EXIT OFF OF I-64. SEE MAP BELOW. GOOGLE MAPS LINK HERE:
<https://goo.gl/maps/91HZ4J5godvjNVFq5>
- If you cannot make the race, please let me know ASAP!

- Packet pickup will be Friday 10/25 at the Crozet Running store from 10am-6pm, and then Saturday 10/26 at the Start/Finish in the Meadows from 6:30-7:45am. Crozet Running is located in downtown Crozet at 1159-B Crozet Avenue, Crozet, VA 22932.
- There is plenty of parking right next to the start/finish area of the race. You will be parking in the Meadows. We will have volunteers there to help guide you in the entrance to park.
- We will have plenty of PortaJohns in the parking field. There are no showers.
- As I mentioned above, the weather forecast calls for rain. **We will run the race, rain or shine.** You will need to dress appropriately for the weather, which could include rain, wind, and temps in the 50s and 60s.
- Consider keeping a dry change of clothes in your car, with additional warm layers. Since the parking area is very close to the start/finish, you can retrieve your dry clothes at the finish line and change before enjoying the finish line goods. This will assure you stay warm.
- All races will start at 8:00am Saturday morning.
- The course is awesome – but tough! The 10K course will be marked with separate signs from the CATHalf/PC Marathon. Pay attention to the signs and course markings. CATHalf runners will run the same course as last year, just starting at a new place on the course! Pounding Creek Marathoners will run the CATHalf course twice in the same direction on both loops. You can expect mostly rolling single track with short periods of fields or gravel roads. While there are no HUGE climbs (like a mile long or 1000 ft gain, etc..) there is a lot of climbing and descending in small bites throughout the race with a total amount of climbing at around 2500 feet for the CATHalf course. Pace yourselves, this course will wear you down and beat you up if you run the first half too fast!
- AID STATIONS AND CUTOFFS: Please refer to the below chart for aid stations for each of the races and cutoffs for the Pounding Creek Marathon. Please note that there are 3-4 miles between a few of the aid stations! Be prepared to carry food/water if you should need it between these stops. A marathon runner who is close to the 7 hour cutoff pace will take approximately 1 hour to cover the 4 miles from Puke Hill/Burkes Run aid station to the Upper Meadows Aid Station.

Location:	10k Mileage	Half Marathon Mileage	Marathon Mileage	Marathon Cutoff Time
Start	0	0	13.1	11:30am
Puke/Burke 1	1.6	1.6	14.7	
Road Crossing	n/a	3.2	16.3	12:20pm

Puke/Burke 2	n/a	6	19.1	
Upper Meadows 1	5.5	10	23.1	2:10pm
Upper Meadows 2	n/a	11.8	24.9	
Finish	6.5	13.1	26.2	

- We have aid station “sponsors this year” that will captain their own aid station: [DNA Movement](#) and [Formula Complete Fitness](#)!
- Aid stations will have water, sports drink, and a few trail race classics such as soda, M&Ms, Gummy Bears, and chips. Please be sure to bring your own gels if you prefer to fuel with gels.
- We suggest carrying handheld water bottles or a hydration pack in order to limit your cup usage on the course as well as to make hydrating easier between aid stations.
- We have other great sponsors at the Start/Finish including the [Miller School of Albemarle](#), [Salomon Running](#), [Crozet Running](#), and [Charlottesville Multisports \(CMS\)](#)!
- And of course, this race is hosted and put on by the [Charlottesville Area Trail Runners](#). If you’re not connected or a member, check us out!
- Finish line party! We will have Krispy Kreme donuts, Bodo's Bagels, coffee, grilled cheese, soup, and other foods at the finish line! Stay for the party!
- There will be prizes for top finishers, age group winners, but we also have prizes that we will be randomly giving away!
- All finishers will receive an awesome Patagonia technical running shirt at the finish line. Sweet!
- If you have any questions, you can contact me at emily@charlottesvillemultisports.com.
- See you Saturday!!

Sincerely,
Emily Hatch
Race Director, CATs TrailFest

MAP WITH RACE ENTRANCE

Google Maps link to start/finish area: <https://goo.gl/maps/91HZ4J5godvjNVEq5>

