

# North Umpqua Deer Leap Half Marathon

## Glide, Oregon

### Event Schedule

7:30 a.m. - 8:30 a.m.	Packet pick-up at Illahee Flats
8:45 a.m.	Shuttle buses leave Illahee Flat to transport participants to Toketee Lake start area
9:30 a.m.	Race start
11:15 a.m. (estimated)	First runner finishes at Illahee Flats
2:30 p.m.	Course closes
2:30 p.m. (or sooner)	Awards at Illahee Flats. We'll start presenting awards as results compile throughout the race.

### Awards

Granite awards will be presented to the top three overall male and female marathon finishers. The top overall finishers are removed from the age group awards. Age group award medals will be presented to the top three finishers in each of the following age groups: 13-15, 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 and over. All finishers will receive a North Umpqua Deer Leap finisher medal and T-shirt. Awards will be presented at Illahee Flats. ***You must be present to receive your award.***

### Race Start

The race will start promptly at 9:30 a.m. Racers will line up behind the start gate roughly in the order of their projected finish time. Those with the fastest projected times will start first. One runner will leave the start gate at time and be followed momentarily by another runner until all are out on the course. Each runner's wait time will be subtracted from their finish time prior to final results posting.

### Parking and Transportation

This is a point-to-point race so a shuttle is required. Event parking is located along ONE SIDE of Illahee Rd. 4760. A volunteer will direct you. Buses will depart at 8:45 a.m. sharp and transport participants to the start at Toketee Lake. There is no cost to racers. You may provide your own shuttle but keep in mind that you must obtain and display a Northwest Forest Pass in your vehicle. You do not need a pass to park along Illahee Rd. 4760. Do not park in Toketee Lake Campground unless you are a registered guest

### Clothing Check

Clothing check bags and labels will be available in the start area. The event will transport all bags to the finish area.

### Aid Stations

There is one aid station on the course located at Medicine Creek. The aid station will have water and regular Gatorade.

**PARTICIPANTS ARE REQUIRED TO PROVIDE AND CARRY THEIR OWN BEVERAGE CONTAINERS.** The aid station is provided as a means to refill your containers. Notify any course official or volunteer if you are in need of medical attention.

### Course Hazards

Normal trail hazards exist on this course including, but not limited to, loose or slippery trail surfaces, rock, tree roots, creek crossings, bees and hornets, ticks, poison oak and poison ivy. Although rarely spotted, there is also evidence of black bear in the area. Persons allergic to bee stings are advised to carry their medication with them. Poison oak is infrequent until below Medicine Creek where it becomes more noticeable. We have removed much of it but some remains. Running with pants and staying in the middle of the trail will minimize the possibility of contact. Check yourself frequently for ticks particularly if you've brushed against plants or branches. Wearing light colored clothing will make them easier to spot.

### Course Rules

- This is an open course. There are two very low traffic volume paved road crossings. **TRAFFIC DOES NOT STOP AT ROAD CROSSINGS.** Racers are responsible for coming to a complete stop and looking both ways to insure safe crossing of all roads.
- Although unlikely, runners may encounter horses on the trail. Slow to a walk and approach in a calm manner. Allow the equestrian to pass or pull off the trail before proceeding. Be courteous.
- Discarding trash anywhere on the course will result in **disqualification.**
- No blocking of other runners is permitted. Run to one side of the trail to allow passing.
- You may walk at any time. Please walk to one side of the trail to permit others to pass.
- Race numbers must be visible from the front at all times. You may not receive a time if we can't see your race number.
- Unregistered pace runners are not permitted on the course.
- No alcohol is permitted.
- The course is open for 5 hours.

**NOTIFY A COURSE OFFICIAL IF YOU DROP OUT OF THE RACE FOR ANY REASON SO WE DON'T COME LOOKING FOR YOU!**