

Granite Man Mountain Run, 5K Trail Run, 30K Trail Run and 60K Ultra Jacksonville, Oregon

Event Schedule

Saturday	
7:00 a.m - 8:45 a.m.	Packet pick-up at Hart-Tish Park
8:30 a.m.	60K Ultra Run start at Hart-Tish Park
8:30 a.m.	30K Trail Run start at Hart-Tish Park
9:00 a.m.	Mountain Run start at Hart-Tish Park
9:30 a.m.	Grouse Gap 5K Run start at Hart-Tish Park
	Awards will be presented to top finishers approximately 30 minutes after crossing finish line.

Awards

Awards will be presented to the top overall male and female finishers. All finishers will receive a Granite Man finisher medal and T-shirt. *We **WILL NOT** be mailing awards. You must be present to receive your award.*

Race Start

All events start and finish in Hart-Tish Park in the day-use lawn area. Runners will start in time trial fashion with delays between each athlete to reduce trail congestion. Your start delay time will be subtracted from your overall finish time prior to results posting.

Parking and Entry Fee

Parking is allowed in the upper two lots at Hart-Tish Park. There is a \$5 per vehicle day-use fee required.

Timing Chips

Each participant will receive a timing chip on race morning. You **MUST** tie this chip under your shoelace or use the yellow plastic bead ties provided in the packet pick-up area. In either case, the timing chip must be securely fastened to the TOP of either shoe. You will not receive a time without it. Timing chips are to be returned at the finish area or you will be responsible for a \$30 replacement charge. We would much rather have the chip back.

Aid Stations

There are several aid stations on the course spread as equally as the course will allow. **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, and poison oak. Persons allergic to bee stings are advised to carry their medication with them. Poison oak is frequent along the course. 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. The course intersects roads at multiple locations. **All roads are open to normal traffic.** Use extreme caution and don't assume that someone will see you or stop for you.

Race Number Placement

You have one race number and it goes on the front of your shirt or shorts. It must be clearly visible at all times. Safety pins are provided for race number attachment.

General Rules

- Discarding trash anywhere on the course will result in **disqualification**.
- No alcohol is permitted.
- Notify a course official if you drop out for any reason so we don't come looking for you.

Run Course Rules

- There will be normal vehicular traffic around the lake so be cautious anytime the course intersects the road. Be alert at all times and prepared to stop.
- 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 and the photographer won't be able to identify you.
- Unregistered pace runners are not permitted on the course.