

Race-Day Information: Moab Trail Marathon, ½ Marathon, and 10K Adventure Run. Please Read!

Welcome! You've signed up for an incredible journey! This course highlights the spectacular scenic Moab area, an area unlike any other. The course is challenging, but mostly runnable. There is a variety of scenery and terrain—everything from canyon rims, canyon bottoms, slickrock, road, single and double track, no-track, ropes, creeks, ups, downs, flats—all in very scenic country.

Course Marking: orange flagging tape and white chalk/flour

STAY ALERT: You must use your brain and stay alert and on course. From one marking, you will almost always see another marking. If you run for more than 10 seconds and don't see flagging or white chalk then turn around and backtrack your steps until you see the course markings. One of the biggest mistakes racers make is to follow the person in front of you. Do not follow the person in front of you, follow the flags and white chalk. One year we had one short section of flags removed the morning of the race-- let race staff know asap if you suspect this so we can fix it! This should be a rare occurrence, but use your best judgment if you suspect this has happened and keep safely running until flags resume.

Hazard Sections: use your head to determine how safe it is for you. If you feel it's best to walk, walk! Even scoot on your butt if you feel more comfortable. There are some sections with a lot of exposure and a slip and fall could mean death. Use your best judgment and be cautious and conservative—do not do anything risky!

The road is open to traffic, and traffic has the right of way. That means that you will have to look both ways when crossing the road. Marathoners and Half Marathoners run along far to the left side of the road to allow vehicles to pass. It is only a short section of dirt road, but please be alert. There is only one road crossing in the Half (at mile #9.7) and Full Marathon (at mile #14). The first ¾ mile of the 10K is on a dirt road and you will stay to the right and we will stop traffic, but please still beware as there are some crazy drivers out there...

Stay on the trail or road or slickrock. Just to the side of the trail is a living vegetation called cryptobiotic crust. It is the top soil of the desert sand and prevents erosion. It appears as a course black surface matt. One foot print can wipe off decades of crust growth.

Also be cautious of **cactus** with very fine needles—watch where you step, there is some cactus out there.

If wet, slow down on the slickrock—it's not called slick-rock for nothing.

*So, to reiterate: watch for **cliffs**, watch for **traffic**, watch for **crypto and cactus**.*

We will have a **sweep** runner and if you go off trail and the sweeper goes by you it would not be good!

There are aid stations every 2 to 5.5 miles. Know how far it is to the next aid station and carry a pack or bottle for water and food if you think you will need it! Please eat and drink enough to **stay coherent and aware**. If you need electrolytes, they are available at the aid stations—they help with cramping and can save you out there. If you feel light-headed or dizzy, stop and eat and drink and wait until you feel good again because if you stumble around out there it could mean death or injury. Take time to stop and get what you need at the aid stations.

Injury: The course is rugged with limited access by vehicle. If you get injured, stay on the course and another racer will tell someone at the next aid station and we will dispatch our rescue team. We have First Responders at the finish line and two on course.

Cutoffs: We have to be strict with the cutoffs for your own safety and for the sanity of our volunteers. If you miss the cutoff, do not argue and attempt to continue, just accept that you missed the cutoff and train hard for next year. Cutoff times are listed on the website.

Shuttles: There is NO parking at the start/finish area. All runners must take the shuttle to/from HMK Elementary School. Please catch the shuttle at your assigned pick-up time for your start wave. Runners can be dropped off at the start, but drivers must remain in the car during the drop-off.

Results: Results will be posted at www.moabtrailmarathon.com. They will be posted on the homepage, top right 'button' labelled 'results'. We will have awards and swag for top finishers (as indicated on website) and there will be an awards table set up where you can claim your prize and have your picture taken. The awards ceremony for USATF Trail Half Marathon National Champions will be at 1:30pm. Awards will not be mailed, so please remember to pick up!

Specific course notes:

*Marathoners and ½ marathoners will follow the same route for the first 9.7 miles.

*Make sure to start with your correct, designated 'wave' and catch the shuttle at your designated pick-up time.

*½ marathoners may get wet in Kane Canyon, this section is about 1 mile (in and out of the creek) from mile 11.1 to mile 12.1.

*Marathoners: there are 2 places where **you** will need to use the hole-punch to 'punch' your bib number when you get to the orange & white kite, you won't miss the kite. One is at the out and back in Hunter Canyon at about mile 11.5. The second punch is at the 'U' just after mile 23. We don't want participants to short-cut, therefore the hole-punch.

*Warm-Up's: If you'd like to wear a jacket/warm-ups on race morning but don't want to wear them in the race, you may leave your warm-ups at the 'warm up' tarp/tent near the start area and pick it up after you finish (pickup at same spot). This is *not* a secured area, it's just a place to leave stuff. Please label your items! **DO NOT LEAVE VALUABLES!** Note that we are not liable for lost or stolen items.

*Item's left behind at aid stations are difficult to get back to you. We will attempt to have them at the 'lost and found' area on Sunday @ Kane Creek Parking Lot.

*Pacers or outside assistance are not allowed. No caching or pets on course.

Please say Thank You to our volunteers. Some of them had to leave the night before in 4-wheel drive vehicles and camp out to be there for you!

Also, thank you to the BLM and SITLA for their cooperation and generosity in letting us use this beautiful land for the race!

Now, get ready for a great race!

Good luck and have fun! Thanks for participating!