

# GUERRILLA★RUNNING

## MOUNTAIN MARATHON AND HILLBILLY HALF RUNNER INFORMATION

*A few things that will be helpful to know before race day....*

### **Discover Pass**

All participants must have Discover Passes to park in the state forest. Pick yours up today! They are now transferrable to all of the vehicles you drive. <http://discoverpass.wa.gov/>

### **Packet Pick-Up**

RACE DAY. You can pick up your packets on race day starting at 6AM (ending at 7:20AM for the Marathon and 8:15AM for the half marathon and 5K). Rock Candy Mountain Parking Lot. *To get your bib # (and any swag you might have ordered), you MUST bring a Department of Natural Resources (DNR) waiver and personal ID with you.* You can download the DNR Waiver from the race website.

### **Directions to Rock Candy Parking Lot**

Coming from North or South Via I-5. Exit 104 at Olympia to Hwy 101 (Ocean / Port Angeles). At interchange of 101 and Hwy 8 (Approx. 6 miles) continue forward on Hwy 8 (Towards Ocean / Aberdeen). Travel west on highway 8 for 4 miles. Exit will be in left lane. Turn left onto Rock Candy Mountain Road SW. Parking lot 100 meters from Hwy.

From Grays Harbor travel east on Hwy 12 to Elma. Continue east on Hwy 8. Rock Candy Mountain Road SW exit is approximately 6 miles past McCleary. Turn right onto Rock Candy Mtn Rd SW

### **Parking at Rock Candy**

There is a fair amount of parking at the Rock Candy Parking Lot. That said, we ***encourage you to carpool.*** In addition to leaving open parking spaces and being kind to our environment, it's a great excuse to hang out with your running buddies!

### **Marathon Cut-Off**

There is an 8-hour cut-off for the marathon. You need to get to the marathon turn-around under 4-hours. If you're not able to make it to the turn-around in that time, you can get a ride back to the start/finish area with the aid station volunteers.

### **Aid Stations**

There will be 3 aid stations in the half (two that you will hit twice for a total of 5 aid station visits). There will be 5 aid stations in the full (four that you will hit twice for a total of 9 aid station visits). Aid stations will be fully stocked with water and traditional race foods. That said, this is a HARD course on single track trails (see course description). *You will want to carry extra water and food to be on the safe side.* MARATHONERS: Please note that you will have a two 5-mile stretches with no aid, please plan accordingly.

### **Mid-Course Check-Ins**

You will be asked to provide your bib # at both the half and the full marathon turn-around's. Please help our volunteers by making sure they have taken down your number and that your number is clearly visible from the front of your body.

### **Course Description**

Short answer: hard as hell. Long answer: This course was designed to give you a run for your money. As one runner in the training group said, "Don't even think about a PR here." Truer words have not been spoken.

The course starts on approx. 1 mile of gravel service road. From there, it's mostly *technical* single track trails for an out and back course in both events. Both races will climb 4 miles out of the start. The half will continue for approx. another 2.5 of rolling hills and turn around to come screaming down the mountain. The full, having been with the half up until this point, will continue with another 1+ mile climb, followed by a technical downhill and back up for a ways... only to have to turn right around to do it all again (only in reverse). This is what fun looks like, right?

The trail in March will likely be VERY muddy. There will likely be standing water in some places – up to a foot deep (*might not be a bad idea to pack an extra pair of socks to change into at the turn-around*). The trails are some of the most technical (roots, rocks, cinder blocks, etc.) Capitol Forest has to offer.

Please be SAFE! There are a number of steep sections of both courses on highly technical trails. We can't emphasize enough that the trails are not like a 'run in the park.' This is a technical, challenging, and, of course, REWARDING course. We want you to finish happy and strong!

### **Prizes**

The top male and female finishers in all races will receive awards. We will award the top 3 **overall** finishers in each race.

### **Day of Race Registration**

*Go for it! It's available starting at 6AM.* Save yourself some money, though, and register early!

### **Keeping it GREEN**

There will be NO disposable race cups on the course. You must bring your own hydration container (hydration pack, hand-held, etc.).

We will not be giving you a lot of paper in your race packets. We try to keep our races as clean and green as possible. This means where we can eliminate unnecessary paper, we do.

NO littering on the trail. We ask that you PLEASE be respectful of the forest in which you are running. Pack it in, pack it out! NO littering... *you will be disqualified if seen littering in our forest*. We take it that seriously. There are plenty of aid stations where you can dump your junk.

**Coming From Out of Town?**

There are plenty of hotels in Olympia. Staying in Olympia will be your most convenient place to stay to access the race on Saturday morning. Please allow AT LEAST ½ hour for travel time from Olympia to the start.

**Who does the race support?**

**Friends of Capitol Forest and South Sound Search and Rescue!** Thanks to them, our forest is inviting to trail runners like us! They will be at the race, too. Please stop by and say 'Hello and Thank You' to them!

**Other questions? Let us know! [guerillarunning@hotmail.com](mailto:guerillarunning@hotmail.com)**