

GUERRILLA★RUNNING

MOUNTAIN MARATHON AND HILLBILLY HALF RUNNER INFORMATION

Yeehaw! You've made it this far which means you are either crazy as a loony tune or ready for a challenge! We hope you're looking forward to a wild time in the woods! Both the marathon and the half marathon are TOUGH! We think they might be the toughest full and half marathon in the state and among the toughest in the region. Kudos to you for saddling up and taking on the mountain!

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

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 lot parking at the Rock Candy Parking Lot. That said, we love our environment and want to 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 other crazy runners!

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 at least 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, NUUN, gels, chips, cookies, Luna Bars, Clif Shots, pretzels and other race food goodness. 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.

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 ½ 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!

Race Booty

If you register before February 15, you will receive a technical t-shirt, a trucker hat, and a water bottle. All runners will receive finishing medals. Trust us, you'll earn all the booty you get.... If you didn't register before February 15, you may be able to purchase some booty at a highly reduced price at race day. No guarantees....

Prizes

The top male and female in both races will win a signed art print painted by a local artist just for this event and a free pair of running shoes from South Sound Running. Top three overall in both races will win Nathan gear and other cool stuff. We'll also be awarding 3-deep in five-year age groups.

Packet Pick-Up

You can pick-up your packets (bib #'s and for those registered before Feb. 15 – shirt, hat, and water bottle) at South Sound Running in Olympia, WA at the following times:

Sunday, February 27: 2-4:30PM

Thursday, March 3: 3-6:30

Friday, March 4: 4-6:30

You'll also be able to pick-up your packets on race day morning. Packet pick-up on race day morning will start at 6:30AM at the Rock Candy Parking lot.

Day of Race Registration

You can do it and prices will not be higher for race day registration! We will have a few extra t-shirts (\$15), hats (\$10), bottles (\$5) that you can purchased on race day. These will be available on a first come, first served basis.

Keeping it GREEN

We will not be giving you a lot of paper in your race packets. Sorry.... We try to keep our races as clean and green as possible (did you know our tech t's are make from recycled fabrics?!). 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 caught littering in our precious 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.

While you're in Olympia, we highly recommend that you check out **Cascadia Pub** for your pre-race dinner! They have been extremely supportive of local running endeavors and deserve the business of all y'all! When you go in, let them know you're running the Hillbilly or the Mountain Marathon and give 'em a big 'THANK YOU!' for their sponsorship and support of running!

Other Cool Stuff About This Race

US Troops in Afghanistan Running Partners

You will be given a red/white/blue ribbon to pin to your bib #. What is this for? To show solidarity for a troop of US soldiers stationed in Afghanistan that will be running the Hillbilly Half with us 'remotely.' They will be running 13.1 miles with us on race on a .4 mile course on their base. We want to show them that we support them and are thinking of them running their race while we run ours! So you know, Guerilla Running will be sending these soldiers all of the race booty (shirts, hats, finishing medals) to congratulate them on their victories!

Breast Cancer Research and the Mountain Marathon

You'll notice that one of the aid stations will be 'womaned' by ladies in pink serving you (in addition to tradition aid station grub) cupcakes! These gals are with the "Hello Cupcake" team in Olympia raising money and awareness for breast cancer research. They will also have a table at the start/finish where you can donate to their cause and register for the BACKWARDS MILE that Guerilla Running will be hosting on their behalf in April. 100% of profits from the BACKWARDS MILE will go to the "Hello Cupcake" team's donation to the Susan G. Komen's breast cancer research effort. Stop by and say 'Hello!'

Who does the race benefit?

A portion of any profits made will be donated to **Friends of Capitol Forest** to support their efforts to keep the forest clean, green, and inviting to trail runners like us! They will likely be at the race, too. Please stop by and say 'Hello and Thank You' to them!

A portion of any profits made will be donated to **Run Like a Grrrl's** scholarship program for high school girls that need financial assistance with 'pay to play.' This program is a 'no questions asked' opportunity for young girls that want to run in high school but that can't necessarily afford it, to receive financial assistance.

Other questions? Let us know!