

TRANSCENDENCE 12-HOUR ULTRA ENDURANCE CHALLENGE RACE INFORMATION

Packet Pick-up: Saturday. 4-7PM at Cascadia Grill (stay for dinner with us!)
200 4th Avenue West
Sunday. 5:15-5:45AM at Marathon Park.
If you can pick up your packet on Saturday, we would appreciate it

Pre-Race Briefing: 5:55 AM.

What: 12-Hour Ultra-Endurance Run. Certified Course around capital lake in downtown Olympia, Washington. Start/finish at Marathon park. Course distance: 1.5239 mile course. USATF Sanctioned event. You must stay on the foot path and/or the sidewalk at all times. Running on the road is prohibited and will result in disqualification. Race course will be clearly marked by orange flags.

Rules of the Game:

- Race numbers must be visible at all times and worn on the front of the your clothing.
- Race will begin promptly at 6 AM. All racers must be wearing their numbers and be at the starting line by 5:55 for pre-race announcements.
- A race official must be notified of your intention to exit the race early, should you not wish to compete the entire 12 hours.
- Runners need to be aware that only full laps will count at the end. You are encouraged to try and sneak one final lap in if your legs will let you, but if you cross the finish line at 6:00:01, that lap will not count.
- The safety of each participant is of utmost importance. The race director and/or medical director reserve the right to discontinue any competitor's race at any time for any reason.
- Pacers/crew/friends will be allowed unless otherwise indicated (causing course congestions, etc.) by the race director. It will be your (and your pacers) responsibility to ensure that you are not impacting the race of other runners.
- Participants do not have the right of way. The race course will be open to pedestrians and other recreational runners. Please give a courteous and audible signal of your intention to pass park patrons.
- Please, no littering. Multiple trash cans are available around the lake. This is a carry in/ carry out park and

- race staff will be responsible for final clean-up.
- Race staff and volunteers are not responsible for lost / stolen belongings.
- Participants in this race are required to be age 18 or older and participants need to agree to the race waiver on or after their 18th birthday
- Once registered, refunds will not be given if a participant is unable to race.

Aid Stations:

Yes. This is also known as PARTY CENTRAL! There will be aid at the Start/Finish area. We will have food, beverages, ice baths, etc. Our aid station will be bountiful, however, you should not rely solely on the aid stations for your day's nutrition/hydration needs.

The aid area will have the following amenities for you:

- Vaseline, sunscreen, band-aids, and ice baths for your feet. We will have a few chairs, too. You may want to bring your own to be sure you have one....
- Food and hydration options. This will include: cookies, pb&J sandwiches, bananas, oranges, potato chips, pretzels, potatoes, soup, sports gels, water, sports drinks.

Drop bags:

There will be a designated area for your drop bag in the start/finish area. This is where you can store extra clothing, food, hydration, etc. you will be disqualified if you leave the course at any time during the event. Please be sure your bags are clearly marked with your last name and your bib number.

Driving:

From I-5 North - Exit 105 to State Capitol / City Center. Ramp will continue as 14th. Continue through light & tunnel (Capitol Bldg straight ahead). Right on Capitol Way S. to Downtown. Left on 5th Ave SW (Ok to turn left on Sundays. Continue on 5th. Capitol Lake is on your left. Turn left onto Deschutes Parkway at fork. Marathon Park will be 1 mile further on Deschutes on your left. Parking available in the lot and along Deschutes Parkway.

From I-5 South - Exit 103 (Deschutes Way). At stop sign go straight. Straight at next stop sign. Continue on Deschutes Way underneath I-5. Deschutes way becomes Deschutes Parkway. Marathon Park will be 1 mile further on Deschutes on your right.

From 101 S - Exit State Capitol / City Center. At exit fork stay left. Ramp will continue as 14th. Continue through light & tunnel (Capitol Bldg straight ahead). Right on Capitol Way S. to Downtown. Left on 5th Ave SW (Ok to turn left on

Sundays. Continue on 5th. Capitol Lake is on your left. Turn left onto Deschutes Parkway at fork. Marathon Park will be 1 mile further on Deschutes on your left. Parking available in the lot and along Deschutes Parkway.

Parking: Yes. There is sufficient parking at and near the Start/Finish. Parking lots are located at marathon park, across from the park, and along the street that parallels the race course.

Restroom: Yes. There is a restroom at the Start/Finish and mid-way through the race-course.

Map: Yes. Available on the event website. The route is the ‘small lake loop’ around Olympia’s Capital Lake. There is gravel trail to run on for the entire loop. You can also run on sidewalks.

Awards: Hell yeah! First/Second/Third Male/Female Open. All runners will receive a race memento.

Lodging:

Red Lion Hotel Olympia -(360) 943-4000 <http://redlion.rdln.com/>

Phoenix Inn & Suites - (360) 570-0555 www.phoenixinn.com

Capitol Plaza Hotel - (800) 367-7771 capitolplazaolympia.com

Quality Inn -(360) 943-4710 <http://www.qualityinn.com/hotel-olympia-washington-WA130?promo=gglocal>

Govenor Hotel - (360) 352-7700 www.olywagov.com

Camping: No. There is no camping at or near the Start/Finish. There are camping options available outside of Olympia at Millersylvania State Park (approx. 30 min. drive) and in Capital Forest (approx. 30 min. drive).

Runner Safety: 12-Hours is a long time to run. Your safety is our first priority. We have alerted Olympia’s Fire Department/paramedics. All of their stations are within minutes of the start/finish. We will provide abundant food/drinks at the aid station. We will have multiple ice-bath stations and tents for shade at the start/finish. That said... you are ultimately responsible for knowing your body, knowing your limits and making the right decisions at the

right time. You need to ensure that you have sufficient nutrition/liquids on the course. Do not rely solely on the aid stations. Running is funning when everyone wears their grown-up shorts and takes personal responsibility for their health and safety. We will do absolutely everything we can to help.