

# ***RUN FOR THE HEROES - RUN ACROSS GEORGIA***

## **Individual Runner – Participant Guide**

### ***Fully-Supported***

#### **Course Overview**

A serious, hardy test for ultra runners of any level, the ***RUN FOR THE HEROES - RUN ACROSS GEORGIA*** starts in Columbus at the end of the rolling hills of the Appalachians and then transitions into the coastal plains of middle Georgia with gently sloping, downhill and tailwind-aided roads into Savannah. Make no mistake: this will be a tough test for any endurance athlete.

#### **Course Ratings**

Elevation Change: ★★★★★

Technical Terrain: ★★★★★

Overall Difficulty: ★★★★★

Pavement: ★★★★★

Scenery: ★★★★★??

#### **Packet Pick-up/Gear Drop**

Tuesday, May 24, 2011 - 10:00 a.m. – 6:00 p.m. during store hours

Big Dog Running Company  
1104 Broadway  
Columbus, GA 31901

#### **Pre-Race Meeting**

Wednesday, May 25, 2011 – 3:30 a.m. – 30 minutes before Race Start.

***All racers must attend Pre-Race Meeting. Those racers who do not complete the scheduled check-in and attend the meeting will not be allowed to participate. No exceptions.***

#### **Race Start Date**

Wednesday, May 25, 2011

#### **Race Start Time**

4:00 a.m.

#### **Finish Cutoff Times**

10:00 p.m. – Sunday, May 29, 2011

#### **On-Course Cutoff Times**

No Cutoff will be enforced from Day 1 to Day 4. However, Day 5 cutoff time will be enforced since the Race ends on Sunday at 10:00 p.m. Continuation on the course after Day 5 Cutoff Time will be unofficial. All runners must start each day with the other runners at the designated start time and start location. Failure to make a daily start will disqualify a runner from the race support. Runner can continue the Race but aid will not be guaranteed. We will do the best we can.

## **Aid Stations**

RFTH-RAG will provide aid to runners who have registered for the fully-supported division at regular intervals of 4 to 7 miles. The Race will provide breakfast and lunch every day on the course at a specific location and a specific time.

## **Drop Bags**

Drop Bags that you provide will be available at Breakfast and Lunch stops each day. The Support Wagon/Aid Stops will keep drop bags as well, but there is not guarantee the drop bags will be at each stop.

## **Gear Bags**

Gear Bags that you provide are items you need at the end of each day. Gear Bags will be at every hotel/motel each evening before you arrive.

## **Accommodations**

We will provide all evening food and accommodations for each runner as follows:

Tuesday	Holiday Inn Express, Victory Dr. (dinner on your own)	Columbus
Wednesday	Days Inn, 520 Spaulding Road	Montezuma
Thursday	Best Western, 100 Buckan Drive	Hawkinsville
Friday	Mt. Vernon Inns & Suites, 205 S. Johnson St.	Mt. Vernon
Saturday	Downtowner Inn/Carriage Inn, 6 North Duvall St.	Claxton
Sunday	Hampton Inn, 201 MLK Jr. Blvd.	Savannah

## **Tracking**

Runners will be tracked via GPS method. Details will be provided at a later date.

## **Crew/Bikes/Pacers/Partners/Groups**

Runners can run together, have pacers anytime, have bike escorts, run in groups or have others carry food, fuel or drink. The only mandatory rule is that the participant must complete the entire course under his/her own power. Walk, run, crawl, jump, skip, hop or roll to the finish line, but all must be done under your own power. No assistance in any form will be allowed to complete the 260 mile Run. This includes riding in cars, riding on bikes, or physical support by other runners or crew.

Racers, crew, and staff must not litter, mar, or pollute the landscape or environment.

## **Safety**

All racers and all crew members/pacers must wear reflective material, as well as blinking red lights facing front and rear. Racers and crew members are encouraged to wear reflective material during the day as well.

All runners are required to run opposing traffic and must obey all laws. There will be many traffic circumstances we cannot identify and address. All runners must use common sense and respect the road. Cars and trucks are much bigger and stronger than we are and drivers are often times distracted. Runners must yield to all cars and trucks.

Always look and listen both ways before crossing the highways. Remember that drivers will not expect to encounter a racer or parked vehicle out on the course. Remember we are on public roads. Racers should not cross over the highway more than necessary; crews should cross the highway carefully to being assistance to their racer.

## **Police**

County Sheriff Departments and Police Departments along the route have been notified about this event. They are aware of the extra foot traffic and will be available for assistance.

## **Moisture Management**

Georgia is hot and humid in May. Moisture management is crucial for event success. Do not under estimate the effects of moisture. In addition to the heat and humidity, it is very common for rainy periods for days on end. Watch out for rubbing, chafing and blisters.

## **Wind**

As runner proceeds to the coast, wind can be an issue. The average prevailing wind is NW at 7 mph, but be prepared mentally for days of running with a 10-20 mph headwind.

## **Leaving Course or Withdrawing**

When leaving the course runners must start back at the exact location they stopped running. When a runner leaves the course, he must mark this exact location with his/her numbered stake in the ground. This numbered stake must be visible from the road in both directions. The racer must then resume the race from the same place that he/she left it. The numbered stakes will be provided to all runners at the Pre-Race meeting.

The only exception to the above is the first 14 miles on Ft. Benning. All runners must run/walk continuously from the start to the border of Ft. Benning. Runner will have 4 hours to cross Ft. Benning without leaving the route. After that, there are no cut offs until the end.

If a racer withdraws, he/she or his/her crew must contact Race Central immediately. Name, reason for withdrawal, time of withdrawal, and miles completed must be stated. All racers and crew who drop are encouraged—and expected—to come to the finish line and the post race event to greet and celebrate with their fellow racers and crews.

All Emergency Evacuation costs for participants or crews will be borne by that person or their heirs. The race organizers are in no way liable or responsible for emergency evacuation.

## **Fort Benning**

The race will begin at the National Infantry Museum and proceed onto the Army military post of Ft. Benning, GA. Ft. Benning officials have been gracious to allow us to run the first 14 miles of the RFH-RAG on Ft. Benning. This will allow us to run roads with plenty of room and very low traffic. Support will be limited during this section of the Race. You must have a picture I.D. with you and there can be no stopping.

Any support vehicle must acquire a pass at the main gate entrance to Ft. Benning **before** race day. All adult passengers (16 and older) in every vehicle must show picture I.D. to be able to enter Ft. Benning. Runners and crews must be prepared for this in advance as this cannot be accomplished the morning when the race begins.

## **Finish Line Celebration**

The Finish Line is in Emmett Park on Bay Street in Savannah. RFTH-RAG Celebration will be in Emmett Park on Sunday evening from 7:00-10:00. Food will be provided. Awards Ceremony will start at 8:00 p.m.