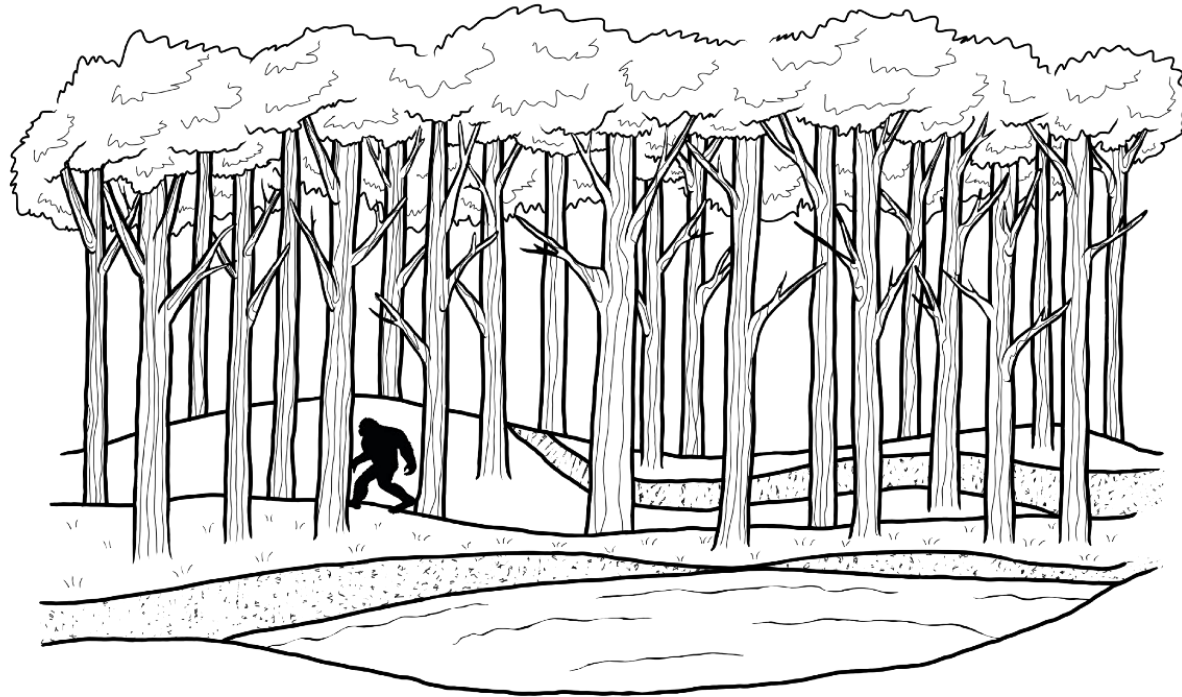


# NORTHERN TRAILS

MARATHON AND 10 MILER



Athlete Guide

# Event Schedule

- 7:00am – 8:45am –Packet
- 7:30am – Marathon Ruck Start
  - Early Marathon Start (participants must be registered for the early start, they are not eligible for overall or age group awards).
- 8:30 am – Marathon Race Start
- 8:50 am – 10 Mile Race Start
- 11:35am – Marathon cut off at Church St exit of Laurel Bluff Trail
- 1:45pm – Marathon cut off at Church St exit of Blue Heron Trail
- 3:30pm – Course Closes

# Event Location: Northern Guilford High School, [7101 Spencer Dixon Rd., Greensboro](#)



# Parking

NO PARKING



# Course Markings

- This course is marked with surveyor flags, signs, tape, and volunteers where needed.
- On the shared 10 mile/marathon course athletes will see **ORANGE** surveyor flags on the **RIGHT** side of the course.
- When the two courses split **Marathoners** will follow **BLUE** surveyor flags on the right and **TEN MILERS** will continue to follow **ORANGE** on the right.

\*Course marking colors may change. Athletes will be notified on race morning of any changes.



# Course Markings



Since the *shared* course is two directional traffic you may see **ORANGE** surveyor flags on both sides of the trail showing two directional traffic.

# Course Markings

Surveyor flags or tape will be very close together where there is a turn or the possibility of going in the wrong direction. They will be much further apart (.1 to .15 miles) when there is a low possibility of going in the wrong direction.

(This is a very simple course to follow. Don't make unprompted turns.)



Example of a "low possibility area"; course markings spread further out.



# Course Markings

We also use signs at every turn. Where the two races go in different directions, the trails will have marathon and ten mile signs





# Course Markings

We will also be using tape to block off some trails. This will not be done at all trail intersections as these trails are still in use by the general public.



# Early Start Participants Things to Know

The Early Start option is for participants that are registered for the Marathon Early Start. This option is for participants that do not feel they can complete the course before the cutoffs.

As an early start participant you are not eligible for Overall or Age Group awards.

Please familiarize yourself with the course before the race. The course will be carefully marked with trail tape, surveyor flags, and signs (see previous slides). [Strava Map Link](#)

Be aware volunteers, police, and aid stations may not be fully in place for early starters, so you may consider carrying some of your own water and snacks.

# A Note on Course Distance

- In 2016 and 2017 we measured this course using both a wheel and GPS. With cloud cover, windy trails, trees and many other factors, trail races often lose distance on GPS over the course of the race. Especially on the marathon, if we were to measure strictly based on GPS athletes would end up running not 26.2 (as their watches would show) but closer to 30 miles.
- We have found over the years that we get .92 – .95 miles on GPS for every true mile on course.
- The course has every 5 miles marked with trail signs to keep athletes updated on their progress.



# Stay to the Left

Since part of the trail has the possibility of 2 directional traffic at the same time, runners should always stay on the left side of the trail while running.

This insures athletes can easily pass each other and you don't have to ask the question who goes first when you unexpectedly meet someone heading in the opposite direction.

## **26.2 Mile Marker**

## **Available Aid**

4.25	Water/Tailwind Nutrition, Salt Tablets
8.2	Water, huma gels
13.1	Water/Tailwind Nutrition, Potato Chips, Fruit Snacks, Bananas
16	Water, huma Gel, Coke
21.85	Water/Tailwind Nutrition, Salt Tablets, Coke

# Marathon Course Guide



The Marathon will start promptly at 8:30 am. Marathoners will run .3 miles to the back of the school where they will join up with the cross country trail. Athletes will follow **Orange** flags for the first 5 miles of the *shared* 10 mile and marathon course. At .8 miles athletes will come out behind the middle school where they will run on the road for .3 more miles before entering Bill Craft Trail.

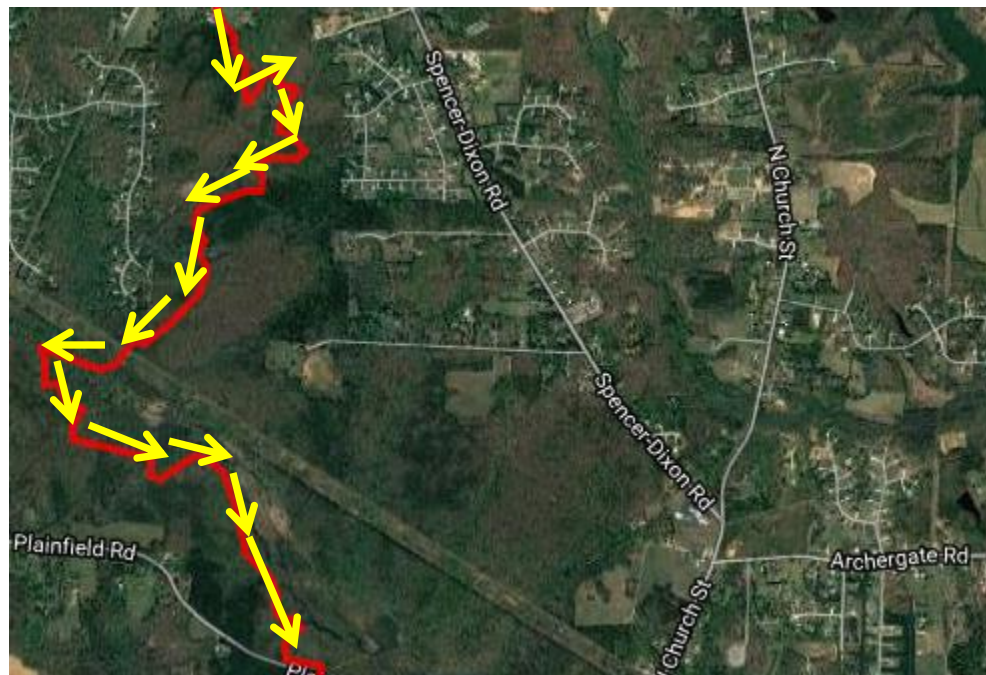


# Mile 0 – 1.2



# Miles 1.2 – 4.25

This is the Bill Craft section of the course. This is the most well groomed, scenic and widest portion of the marathon course. These trails tend to drain well, but be careful on any clay sections. This section pops out at Plainfield Road and the first aid station. This is also the first timing point on the course. You can expect a porta john, water, Tailwind Nutrition and salt tablets at mile 4.25.



## Mile 4.25 – 5.25

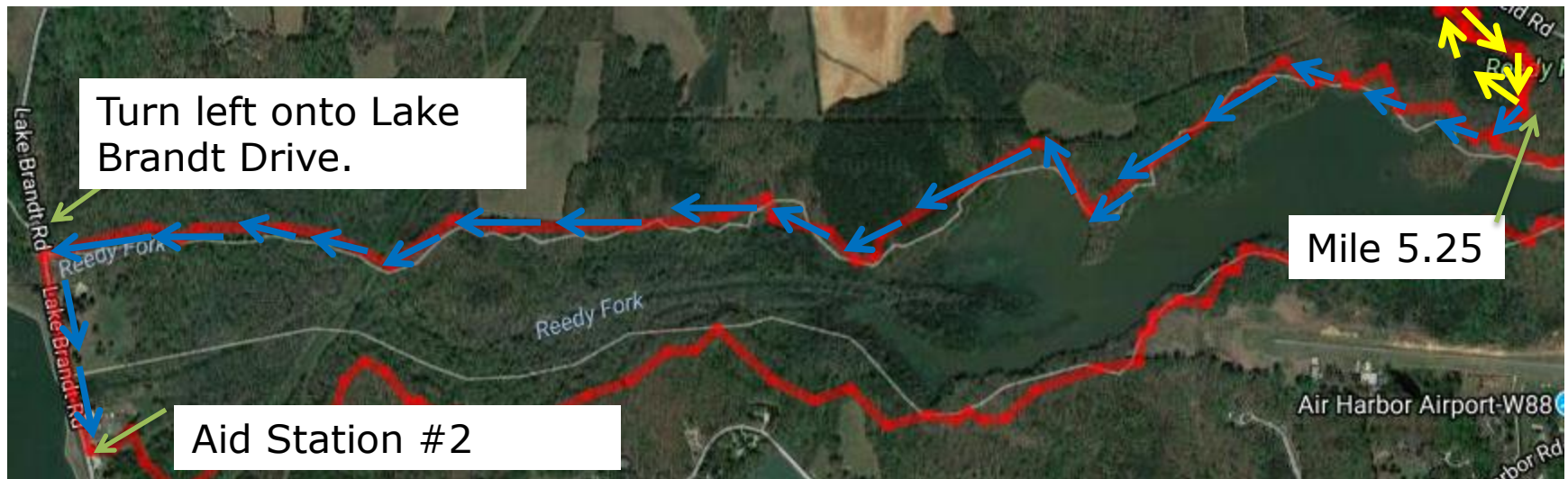
- On this section of the course Marathoners need to pay close attention. At approx. 4.6 (differs with GPS 4.3) Marathoners AND Ten milers will follow signs to turn LEFT. At 5.2 Marathoners will start to follow **BLUE** flags and turn left, while ten milers turn right. We plan on having volunteers here, but keep your eyes open for the turn signs!





# Miles 5.25 – 7.8

- For the next 2.35 you will be on the Reedy Fork mountain bike trail. This is one of the flattest and cleanest (hardly any roots) sections of the trail. Markings are sparse as the trail is well worn and there are no places to go wrong. Athletes will pop out at Lake Brandt Drive and follow signage to run south on Lake Brandt, over the dam, and to the next waterstop. Be careful on Lake Brandt Rd.



# Miles 7.8 – 11.5

Athletes will continue on Lake Brandt for .3 miles over the Lake Brandt Dam. Athletes will turn left into Laurel Bluff parking lot for aid station #2 (mile 8.2). **There will be Water and Huma gels.** Laurel Bluff is the hilliest and most root-filled trail on the course. Continue following signs until you reach the exit at N Church St.

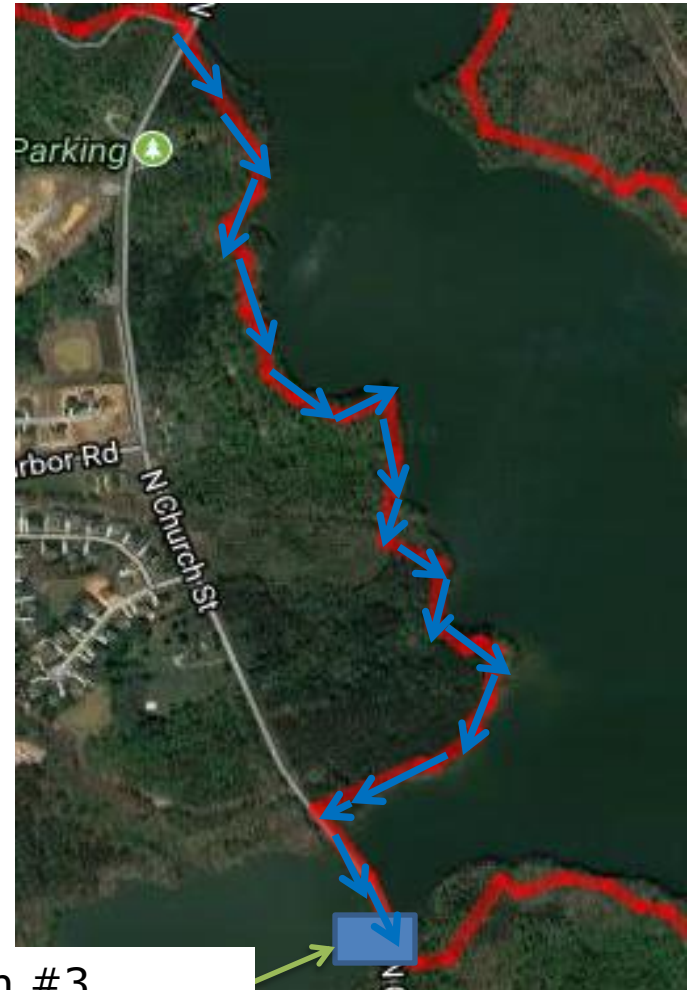
**CUTOFF LOCATION #1:** At Church St. athletes may be pulled from the course if they have fallen significantly behind the cutoff pace. If you hit Church St. by 11:25 am you are still at 16 minute mile pace and should finish before the cutoff. At 11:35 am we will begin cutting people from finishing



Aid Station #2

# Miles 11.5 – 13

For this section, you will be running Crockett Trail. Crockett trail is 1.3 miles long and prone to flood. At 12.8 you will jump out at Church St. and make a left to go over Lake Townsend. Follow signs and surveyor flags for .2 miles to aid station #3 and the entrance to Osprey Trail. Aid Station #3:  
**Water/Tailwind Nutrition, Granola Bars, Pretzels, Fruit Cups.**

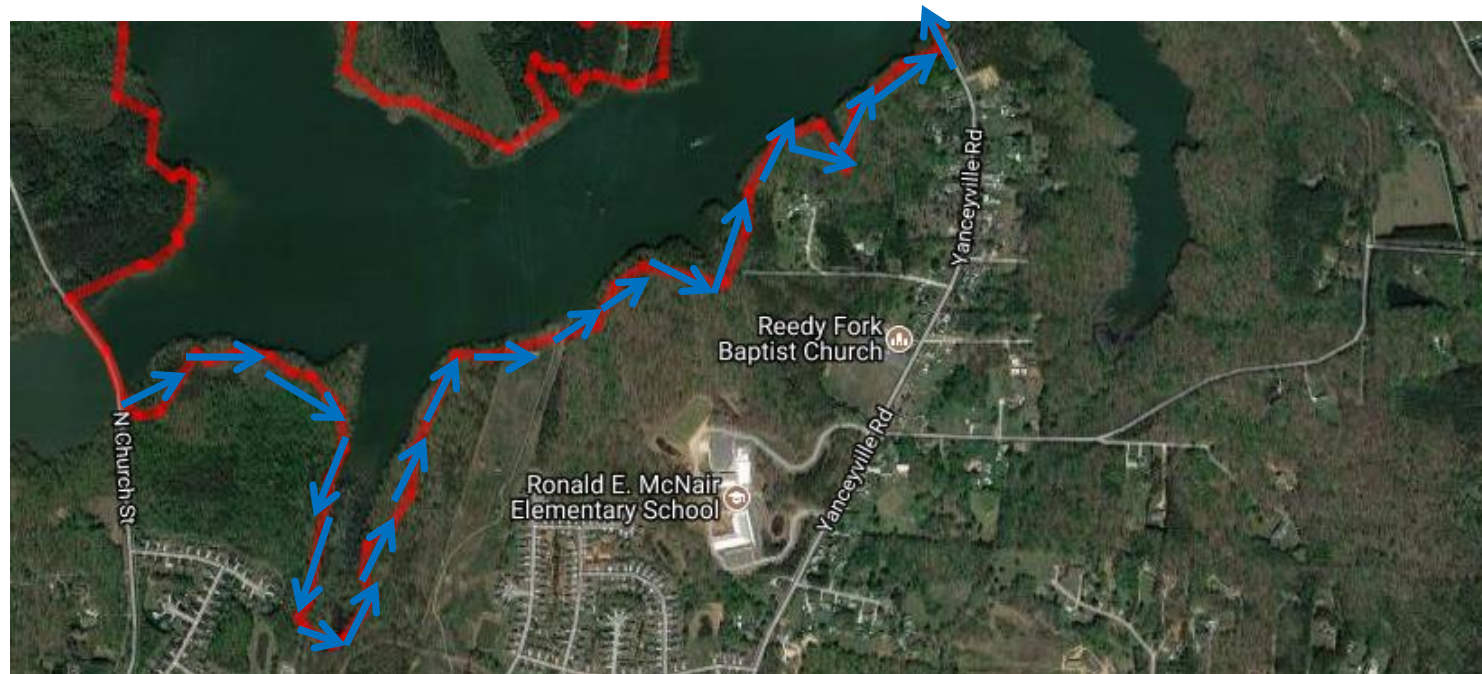


Aid Station #3



# Miles 13 – 15.7

From Mile 13 to 15.45 you will be on Osprey Trail. This is a gorgeous trail and has recently had some renovations to remove flooded sections of the trail. There are a few climbs, but overall, it is a very tame section of the course. At 15.25 you will turn left to go away from the parking lot of Osprey and head towards Yanceyville Rd. Once at Yanceyville, athletes will turn left (north) on Yanceyville (follow flags and signs) and run a quarter mile to the entrance to Blue Heron and aid station #4. **Aid Station #4:** Water, Huma Gels, Coke, and a Port o John





# Miles 15.7 – 19.6

For the next 3.6 miles you will be on Blue Heron Trail. This is a mountain bike course so the trail will be less rooty, but will also have some quick ups and downs. Be mindful to follow signs and surveyor flags on this section. There are some offshoot trails we use to extend the distance of the course so we can get to a marathon. If you go the wrong way, the signage will no longer make sense. The Church Street exit of Blue Heron will be cutoff #2.

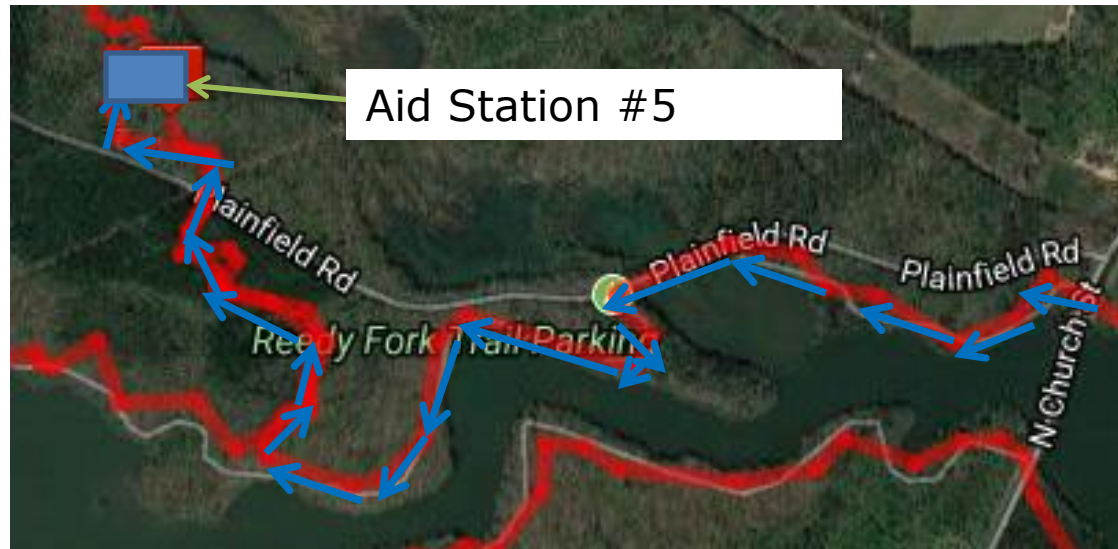
**Cut off #2:** If you are still holding 7-hour marathon pace you will reach this point at 1:45pm. We will begin cutting people off at 1:55pm.



Aid Station #4

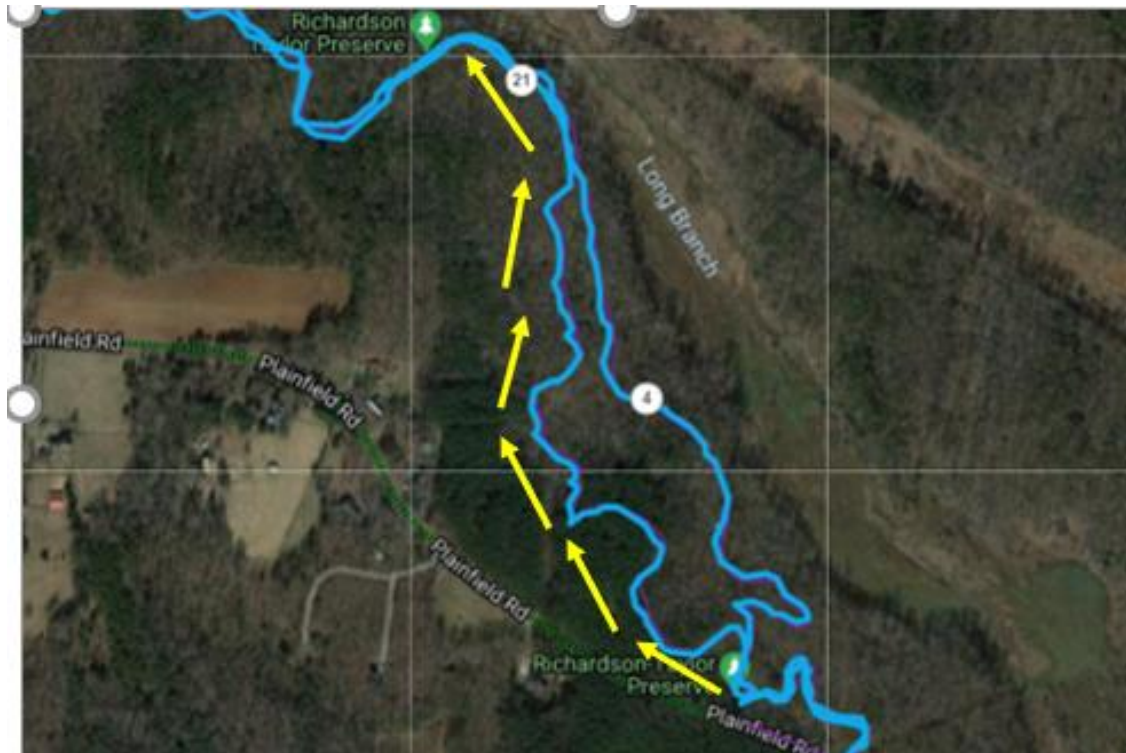
# Miles 19.6 – 21.95

You will now finish the other portion of Reedy Fork. This section is again very flat and easy to follow. Be on the lookout for your right hand turn sign that will take you back to the last 5.25 miles that you started the race with. This will be approx. 20.75 miles into the course. Please follow closely the signage and tape as you make your way North using the connector trail from Reedy Fork to Bill Craft trail. Also be cautious when crossing Plainfield Rd. There will not be a police officer there unless a major issue has occurred. This section ends at Bill Craft Trail parking lot and your last **aid station #5: porta-john, water, Tailwind Nutrition and salt tablets.**



# Miles 21.95 – 26.2

Once you leave aid station #5 you will use the Highland trail on your return to NGHS.



# 10 Mile Aid Stations

## 10 Mile Marker

## Available Aid

4.25/5.75

Water/Tailwind Nutrition, Salt Tablets



# Ten Miler Course Guide

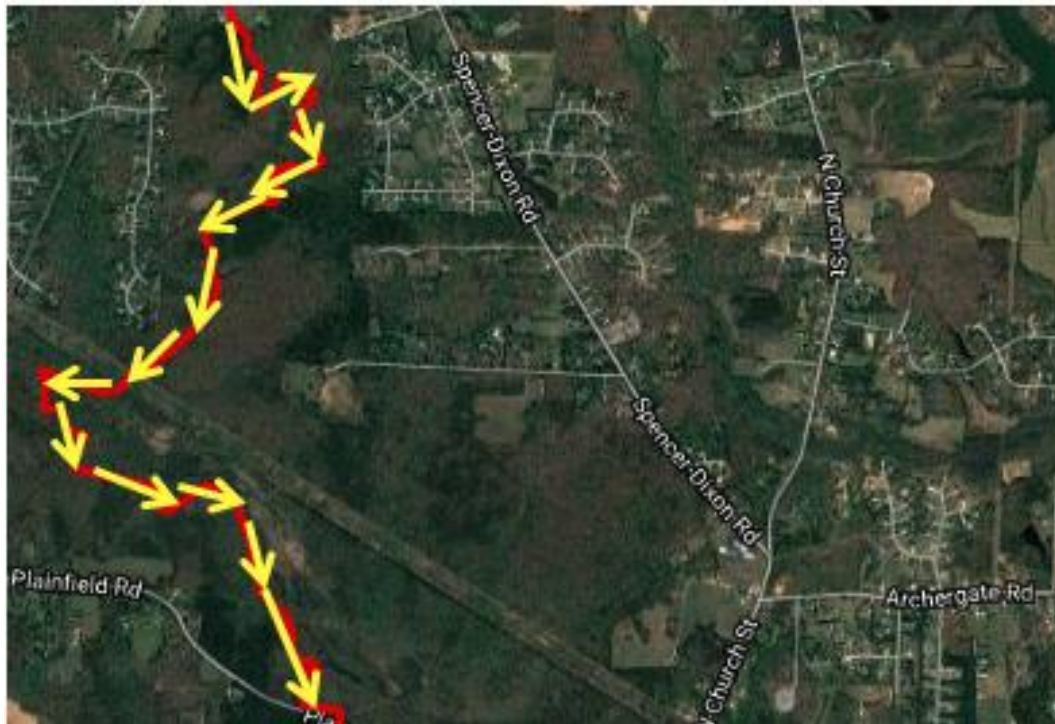


# Mile 0 – 1.2



# Miles 1.2 – 4.25

- This is the Bill Craft section of the course. This is the most well groomed, scenic and widest portion of the course. These trails tend to drain well, but be careful on any clay sections. This section pops out at Plainfield Road and the first aid station. This is also the first timing point on the course. You can expect a porta-john, water, Tailwind Nutrition and salt tablets at mile 4.25.



# Mile 4.25 – Mile 5.75

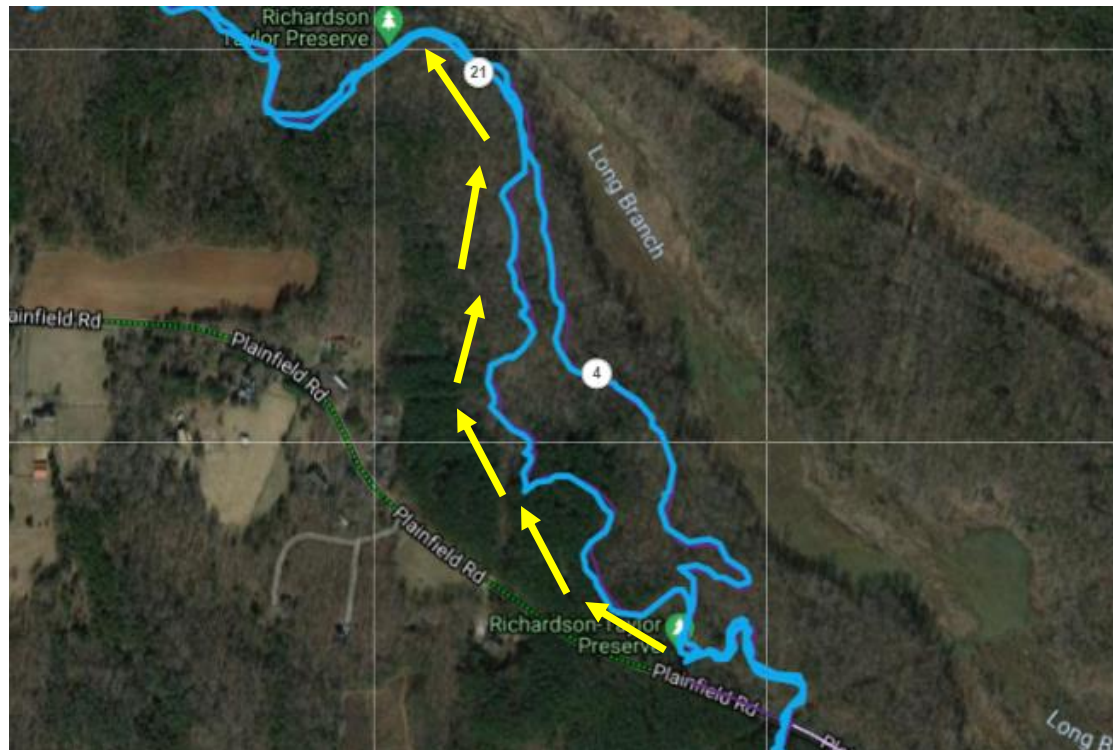
- On this section athletes will cross Plainfield Rd, do a small loop and return to the same aid station they came to at 4.25. Be careful to follow the signs that say **"10 mile"** on them or you may end up "Danny McCormicking" this one and have a much longer day than you initially set out for! Follow the **Orange**!





# Miles 5.75 - 10

“Return from wence you came” - Once you leave aid station #2 you will return to Northern Guilford High. We will use the highland section for the first .6 miles to reduce two way traffic.



# Ruck Category

- Ruckers will be pre-weighed prior to the race.
  - Ruckers Under 150 lbs must have a backpack with 20 lbs
  - Ruckers Over 150 Lbs must have a backpack with 30 lbs
- Ruck weigh in of packs will be 20 minutes before the start of the race at the starting line. Ruckers must bring their own packs and weight.
- Measured weight must be nonconsumable. Any items being removed from pack during race such as water, food, jackets can not be used as weight.

# RaceJoy



Make sure to download the [RaceJoy app](#) by RunSignUp (available on Apple and Android) so that you can get progress alerts during your race and see a map of aid stations and bathrooms! If your friends, families, and teammates want to track you during the race, they can download this app as well. All they have to do is enter your bib number to watch your progress and send you cheers throughout the race!

# SWAG



Front

Back



# Post Race Food

Post race runners will have a selection of snack foods (bananas, granola bars, chips, and candy) along with a selection of hot food. You can decide on cup o'noodles, oatmeal, or grits!