

Triple Lakes Trail Race Athlete Guide



TRAIL RACE

RACE DAY SCHEDULE

- **Packet Pickup**
 - 6:30 am – 7:45 am
- **Half Marathon Start**
 - 8:00 am
- **40 Mile and Marathon Start**
 - 8:05 am
- **Half Marathon Awards (approx.)**
 - 10:30 am
- **Course Closes**
 - 8:05 pm

HEADLAMPS WILL BE MANDATORY
for anyone on the course after 5:45pm. If you are unsure if you will still be on the course, carry a headlamp...or put one in your Drop Bag. Runners will not be allowed to continue without a headlamp!



PARKING



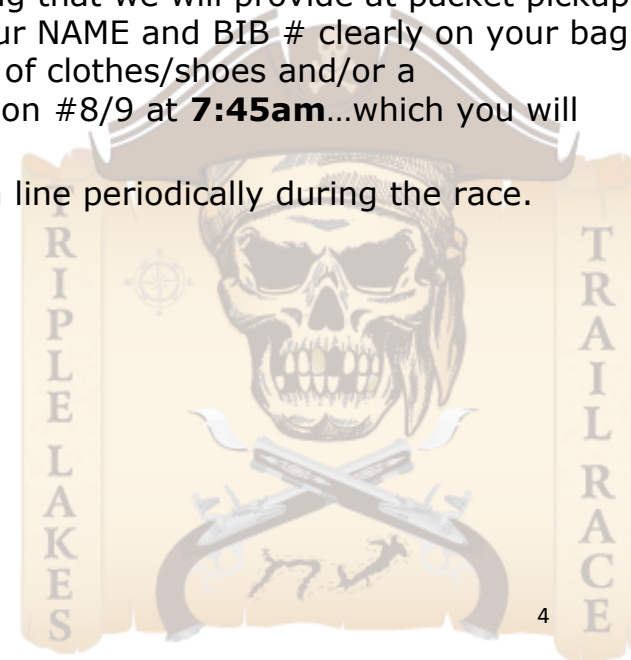
Course Time Limits and Cut-offs

The course cut-offs are based on athletes keeping a steady time throughout the event.

- Marathon: *12 hour time limit* (29:00 minute per mile pace)
- 40M: *12 hour time limit* (18:00 minute per mile pace)
 - 40M Time Check Points:
 - Townsend Trailhead at Yanceyville – mile 18.4 – must reach by 1:35 pm
 - Townsend Trailhead at Yanceyville (2) – mile 24.8 – must reach by 3:30 pm
 - Laurel Bluff Trailhead (Church St) – mile 27.5 – must reach by 4:15 pm
 - Nat Greene Trailhead on Old Battleground – mile 35.7 – must reach by 6:47 pm

Drop Bags Info for 40 Mile participants (excluding Relay Teams):

- 40 Mile Runners will have the option to pack 1 Drop Bag that we will provide at packet pickup. You may drop off your Drop Bag on race day. Mark your NAME and BIB # clearly on your bag. You can pack any special food you will need, a change of clothes/shoes and/or a headlamp. The drop bag will then be taken to Aid Station #8/9 at **7:45am**...which you will pass twice – once at mile 18.4 and again at mile 24.8.
- Please note, we will bring these bags back to the finish line periodically during the race.
- Relay Teams will not be provided with Drop Bags.



Course Markings

Athletes may see flags / tape on BOTH sides of parts of their courses since they will contain an "out-and-back" section.

* Surveyor flags 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.



* We also use signs at every turn. Where the races go in different directions, the trails will have *40M, Marathon, and half marathon signs.*

RELAY TEAM RULES

- Team Size: 2 or more people.
- All aid stations (excluding Aid Station 1) will be “Relay exchanges zones”.
- Both runners must check in at the aid station in which an exchange is made.
- Each runner on the team will have their own bib number. (*All team members not currently running must take OFF their bib number before coming to the finish line*)
- Relay “leg” distance is up to the team, but exchanges **MUST** be done at an exchange zone only.
- Runners do not have to run an equal number of legs or distances; however, every team member must run at least one leg.
- All general athlete rules and gear requirements apply to relay team participants.

PACERS

- Pacers are only allowed for the 40 Mile distance
- Pacers are allowed to assist athletes anywhere on the course
- Pacers must check in at packet pick up race morning to sign a waiver and receive a pacers bib

Aid Station	40M	26.2	13.1	What's at Station	Potty	Parking
#1 – Entrance to Far End of Owl's Roost Trail	1.3	1.3	1.3	Water/Tailwind/Fruit Cups/Bananas/Ritz PB & Cheese Crackers/Gels/Mustard/Coke/Pickles		Park on Owls Roost Rd and walk on Greenway until you get to aid station.
#2 – Entrance to Far End of Owl's Roost Trail. (Same as 1)	6.7	6.7	6.7/9.5	Water/Tailwind/Fruit Cups/Bananas/Ritz PB & Cheese Crackers/Gels/Mustard/Coke/Pickles		Park on Owls Roost Rd and walk on Greenway until you get to aid station.
#3 – Old Battleground Nat Greene Entrance	8.4	8.4	8.4	Water/Tailwind/PB&J/Pretzels/Candy/Mustard/Gels	yes	Park at Trailhead
#4 – Nat Greene Ext Trailhead on Lake Brandt	11.9	11.9		Water/Tailwind/Potatoes/Cuties/Cookies/Coke	yes	Park at Laurel Bluff Trailhead and cross the road or at Lake Brandt Marina lot
#5 – Laurel Bluff Trailhead (Church)	15	15		Water/Tailwind/Pickles/Bacon/Grapes/Gels		Park at watershed trailhead parking lot on Church. You can walk down Church St to the aid station, or there is a trail from the parking lot to Laurel Bluff Trail.
#6 – Nat Greene Ext Trailhead on Lake Brandt (Same as 4)		18.7		Water/Tailwind/Potatoes/Cuties/Cookies/Coke	yes	Park at Laurel Bluff Trailhead and cross the road or at Lake Brandt Marina lot
#7 – Entrance to Far End of Owl's Roost Trail (Same as 1/2)		22.1		Water/Tailwind/Fruit Cups/Bananas/Ritz PB & Cheese Crackers/Gels/Mustard/Coke/Pickles		Park on Owls Roost Rd and walk on Greenway until you get to aid station.

Aid Station	40M	What's at Aid	Drop Bag	Potty	Cutoff	Parking
<u>#8 - Townsend Trailhead (Yanceyville)</u>	18.4	Water/Tailwind/Fruit Cups/Corned Beef Hash/Mustard/Coke	yes		1:35pm	<u>Park at Trailhead or Osprey Trail Parking Lot and walk to trailhead</u>
<u>#9 -Townsend Trailhead (Yanceyville Same as 8)</u>	24.8	Water/Tailwind/Fruit Cups/Bacon/Mustard/Coke	yes		3:30pm	<u>Park at Trailhead or Osprey Trail Parking Lot and walk to trailhead</u>
<u>#10 - Laurel Bluff Trailhead (Church St) (Same as 5)</u>	27.5	Water/Tailwind/Pickles/Bacon/Grapes/ Gels			4:15pm	<u>Park at watershed trailhead parking lot on Church. You can walk down Church St to the aid station, or there is a trail from the parking lot to Laurel Bluff Trail.</u>
<u>#11 – Nat Greene Ext Trailhead on Lake Brandt (Same as 4/6)</u>	31.2	Water/Tailwind/Potatoes/Cuties/Cookies/Coke		yes		<u>Park at Laurel Bluff Trailhead and cross the road</u> or at Lake Brandt Marina lot
<u>#12 – Old Battleground Nat Greene Entrance</u>	35.7	Water/Tailwind/PB&J/Pretzels/Candy/ Mustard/Gels		yes	6:47pm	<u>Park at Trailhead</u>
<u>#13 – Entrance to Far End of Owl's Roost Trail (Same as 1/2/7)</u>	36.4	Water/Tailwind/Fruit Cups/Bananas/Ritz PB & Cheese Crackers/Gels/Mustard/ Coke/Pickles				<u>Park on Owls Roost Rd and walk on Greenway until you get to aid station.</u>

40M Course Description

Start: On greenway just North of Pavilion

Head South on A and Y Greenway

- 1.32 Turn Left onto Owls Roost Trail Entrance (southernmost entrance)
- 1.53 Turn Right at split to take short route to Owls Roost/Shadyside Split
- 1.65 Turn Left to begin Shadyside
- 3.5 Turn Right to Start Owls Roost
- 6.35 Turn Left to continue to exit of Owls Roost
- 6.47 Continue Straight to exit Owls Roost
- 6.58 Turn left to stay on Owls Roost
- 6.79 Straight Across to enter Palmetto Trail
- 8.18 Turn Left at Exit of Palmetto Trail onto Owl Battleground
- 8.38 Turn Left to Enter Nat Greene Trail
- 9.13 Continue Straight over Greenway to continue on Nat Greene Trail
- 11.65 Turn Left to continue over Marina drive
- 11.74 Exit Nat Greene extension onto Lake Brandt/Crossover Lake Brandt
- 11.79 Enter Laurel Bluff Trail
- 15 Continue Straight across Church St. to Crockett Trail
- 16.25 Turn Left onto Church St. South
- 16.35 Turn Left onto Osprey Trail
- 24.05 Continue Straight over Yanceyville from Osprey Trail to Townsend Trail
- 21.3 U-Turn
- 24 Continue Straight over Yanceyville from Townsend Trail to Osprey Trail
- 26.2 Turn right to go North on Church St.
- 26.3 Turn Left onto Crockett Trail
- 27.55 Turn right onto Church St.
- 27.65 Turn Left onto Reedy Fork
- 30.86 Turn Left onto Yanceyville Rd. Heading South
- 31.08 18.82 Enter Nat Greene Extension
- 31.17 Crossover Marina Parking lot and continue on Nat Greene Trail
- 33.86 Continue Straight over Greenway to continue on Nat Greene Trail
- 34.7 Turn Right to Run on Old Battleground
- 34.9 Turn Right to enter Palmetto Trail
- 36.44 Continue Straight to enter southernmost entrance to Owls Roost Trail
- 36.65 Turn right at split to take short route to Owls Roost/Shadyside Split
- 36.77 Turn Right to begin Owls Roost (reverse direction from beginning)
- 39.9 Turn Right to exit Owls Roost Trail onto Greenway
- 39.99 Turn left onto field entrance near finish pavilion



Marathon Course Description

Start: On greenway just North of Pavilion

Head South on A and Y Greenway

1.32 Turn Left onto Owls Roost Trail Entrance (southernmost entrance)

1.53 Turn Right at split to take short route to Owls Roost/Shadyside Split

1.65 Turn Left to begin Shadyside

3.5 Turn Right to Start Owls Roost

6.35 Turn Left to continue to exit of Owls Roost

6.47 Continue Straight to exit Owls Roost

6.58 Turn left to stay on Owls Roost

6.79 Straight Across to enter Palmetto Trail

8.18 Turn Left at Exit of Palmetto Trail onto Owl Battleground

8.38 Turn Left to Enter Nat Greene Trail

9.13 Continue Straight over Greenway to continue on Nat Greene Trail

11.65 Turn Left to continue over Marina drive

11.74 Exit Nat Greene extension onto Lake Brandt/Crossover Lake Brandt

11.79 Enter Laurel Bluff Trail

15 Turn Left onto Church St.

15.2 Turn Left onto Reedy Fork Trail

18.6 Turn Left onto Lake Brandt Rd.

18.82 Enter Nat Greene Extension

18.91 Crossover Marina Parking lot and continue on Nat Greene Trail

21.6 Turn Right to exit Nat Greene Trail onto Greenway

22 Turn Right to Enter southernmost entrance of Owls Roost Trail

22.2 Turn Right at split to take short route to Owls Roost/Shadyside Split

22.3 Turn Right to begin Owls Roost (reverse direction from beginning)

26.11 Turn Right to exit Owls Roost Trail onto greenway)

26.2 Turn Left onto field entrance near finish pavilion



Half Marathon Course Description

Start: On greenway just North of Pavilion

Head South on A and Y Greenway

1.32 Turn Left onto Owls Roost Trail Entrance (southernmost entrance)

1.53 Turn Right at split to take short route to Owls Roost/Shadyside Split

1.65 Turn Left to begin Shadyside

3.5 Turn Right to Start Owls Roost

6.35 Turn Left to continue to exit of Owls Roost

6.47 Continue Straight to exit Owls Roost

6.58 Turn left to stay on Owls Roost

6.79 Straight Across to enter Palmetto Trail

8.18 Turn Left at Exit of Palmetto Trail onto Owl Battleground

8.38 Turn Left to Enter Nat Greene Trail

9.13 Turn Left to exit Nat Greene Trail onto Greenway

9.55 Turn Right to Enter southernmost entrance of Owls Roost Trail

9.66 Turn Right at split to take short route to Owls Roost/Shadyside Split

9.79 Turn Right to begin Owls Roost (reverse direction from beginning)

13.01 Turn Right to exit Owls Roost Trail onto greenway)

13.08 Turn Left onto field entrance near finish pavilion



Strava Course Maps

- **40 Mile Course Map:**

<https://www.strava.com/routes/3151915260923379650>

- **Marathon Course Map:**

<https://www.strava.com/routes/3151642658325359884>

- **Half Marathon Course Map:**

<https://www.strava.com/routes/3151641224704621358>

In the Spirit of victory!



2018
Half Marathon (M) - Nathan Toben 1:34:44
Half Marathon (F) - Cassidy Wall 1:44:35
40k (M) - Neal Caren - 3:59:05
40k (F) - Erin Rodriguez - 4:03:58
40M (M) - Cory Windsor / Ronnie Russell - 6:33:50
40M (F) - Kimberly Hollifield-Smith - 8:37:28

All of the winners of the *Triple Lakes Trail Races* are given a wooden mug that entitles them to the rum for the entirety of their lives. And their names are emblazoned onto the cask for eternity!



Shiver me timbers! Ye'll get no cackle fruit or hardtack in this galley, matey!

