

Washington
CROSSING 15K
2017 RUNNERS GUIDE

The Washington Crossing 15K will be held on Saturday, August 12th, 2017. The race will begin promptly at 5:00pm.

Packet pick-up will be held on race day, Saturday, August 12th opening at 4:00pm at the Start/ Finish Area of General Green Pavilion in Washington Crossing Historic Park, Pennsylvania.

Runner field limit is 500 runners. Ware nowhere near 500 runners. We will be accepting day of race registration; the cost of race day registration will be \$65.00. We do except cash, check (please make checks payable to runBucks, LLC) and all major credit cards (processed via PayPal Here).

GPS does not work to find your way in the park. If you plan to use a GPS to get to the park, enter the Washington Crossing Inn address and follow the signs to the park entrance on River Road (the park entrance is across the street from the Visitor Center).

Please take the time to verify your driving instructions prior to race day (there is a Washington Crossing Park in New Jersey and you do not want to end up in the wrong place!)



Parking:

Please see map on previous page for available free parking. Volunteers will be assisting with parking instruction.

PLEASE ONLY PARK IN THE TWO PAVED LOTS INSIDE THE ENTRANCE TO THE PARK

DO NOT PARK ON THE GRASS.

Failure to abide by this regulation could revoke park permit and may be grounds for disqualification

Diving Directions:

<i>From Interstate 95</i>	Take the New Hope exit 51 off I-95. (This exit is between the Newtown/Yardley exit and the Trenton exit.) When exiting the ramp, turn onto Taylorsville Road toward New Hope. (From the south this will be a left turn and from the north a right turn.) Follow Taylorsville Road to Route 532. There will be a traffic light at this intersection. Turn right onto Route 532. Travel on Route 532 for less than a mile to Route 32 at a four-way stop. Turn left onto Route 32. The park entrance will be on your left just past the visitor center.
<i>From Pennsylvania Turnpike/ Route 1</i>	Exit the turn pike at the Philadelphia exit 351 (old exit 28). From the off ramp, take Rt. 1 north, Morrisville. Continue on Rt. 1 until you see exits for I-95, exit Rt. 1 at the I-95 north exit. Take the New Hope exit 51 off I-95. (This exit is between the Newtown/Yardley exit and the Trenton exit.) When exiting the ramp, turn onto Taylorsville Road toward New Hope. (From the south this will be a left turn and from the north a right turn.) Follow Taylorsville Road to Rt. 532. There will be a traffic light at this intersection. Turn right onto Route 532. Travel on Route 532 for less than a mile to Route 32 at a four-way stop. Turn left onto Route 32. The park entrance will be on your left just past the visitor center.
<i>From Route 202</i>	Follow Rt. 202 to New Hope. Exit at Rt. 32/River Road. Continue on Rt. 32. The park entrance will be approximately 4 miles from Lurgan Road on your right.
<i>From New Jersey</i>	The Taylorsville/Titusville Bridge, accessible from Route 29, crosses the Delaware River between the Washington Crossing State Park, NJ and Washington Crossing Historic Park, PA. After crossing the bridge, turn right onto River Road/Route 32. The park entrance will be on your left just past the visitor center. If crossing the bridge at Lambertville, NJ, turn left onto Route 32. Continue on Route 32. The park entrance will be approximately 4 miles from Lurgan Road on your right. If crossing the bridge at Trenton/Morristown, turn right onto Route 32. Continue onto Route 32 through Yardley and cross Route 532. The park entrance will be on your left just past the visitor center.

Baggage Check:

If you have a vehicle parked on site, we strongly recommend you keep all of your personal belongings locked in your vehicle for safe keeping. Baggage check will be available at the Start/ Finish area. If you need to check your gear, please place all items in the bag provided at registration as space is limited. We are not responsible for lost or stolen items.

Volunteers:

We are always in need of volunteers on the course. If you have any family or friends that would be interested in volunteering, please have them e-mail the race director at: pat@runBUCKS.com There are several positions and time slots available. Thank you in advance!

Timing:

The Bucks County Marathon Series is using ChronoTrack B tags, located on your bib. Your race number goes on the front of your body. Do not fold it, as the timing chip is located on the back of the bib. Please keep it visible as it helps to identify who is in the race and who is a casual user of the Delaware Canal State Park towpath.

**Race Start:**

Since the size of the field for the 2016 Washington Crossing 15K is manageable we will employ one mass start. There will be no wave starts this year.

Weather:

This event will be held in rain or shine- please be advised that wet weather may cause the towpath to be muddy. If there is a chance of electrical storm, you will be advised of alternative and evacuation plans prior to the race start. We may delay the start if hazardous weather is upon us

IN THE EVENT OF DANGEROUS LIGHTNING, please shelter in place.

Exit points from the towpath coincide with hydration stations.

Course Information:

The course is out-and back along the historic Delaware Canal State Park towpath trail from Washington Crossing Historic Park north to near the Thompson Neely House returning to Washington Crossing Historic Park. The first and last .5 miles are on paved surface. There will be signs at each mile mark.

Headphones:

There are a few areas of the course where it will be critical for your safety, and the safety of those around you, to be able to hear instructions given by race marshals. We have designated areas where you will be asked to temporarily remove your headphones – please remove your earphones at those times.

We specifically ask that you wait until you reach the towpath before using your headphones.

Runner's Etiquette:

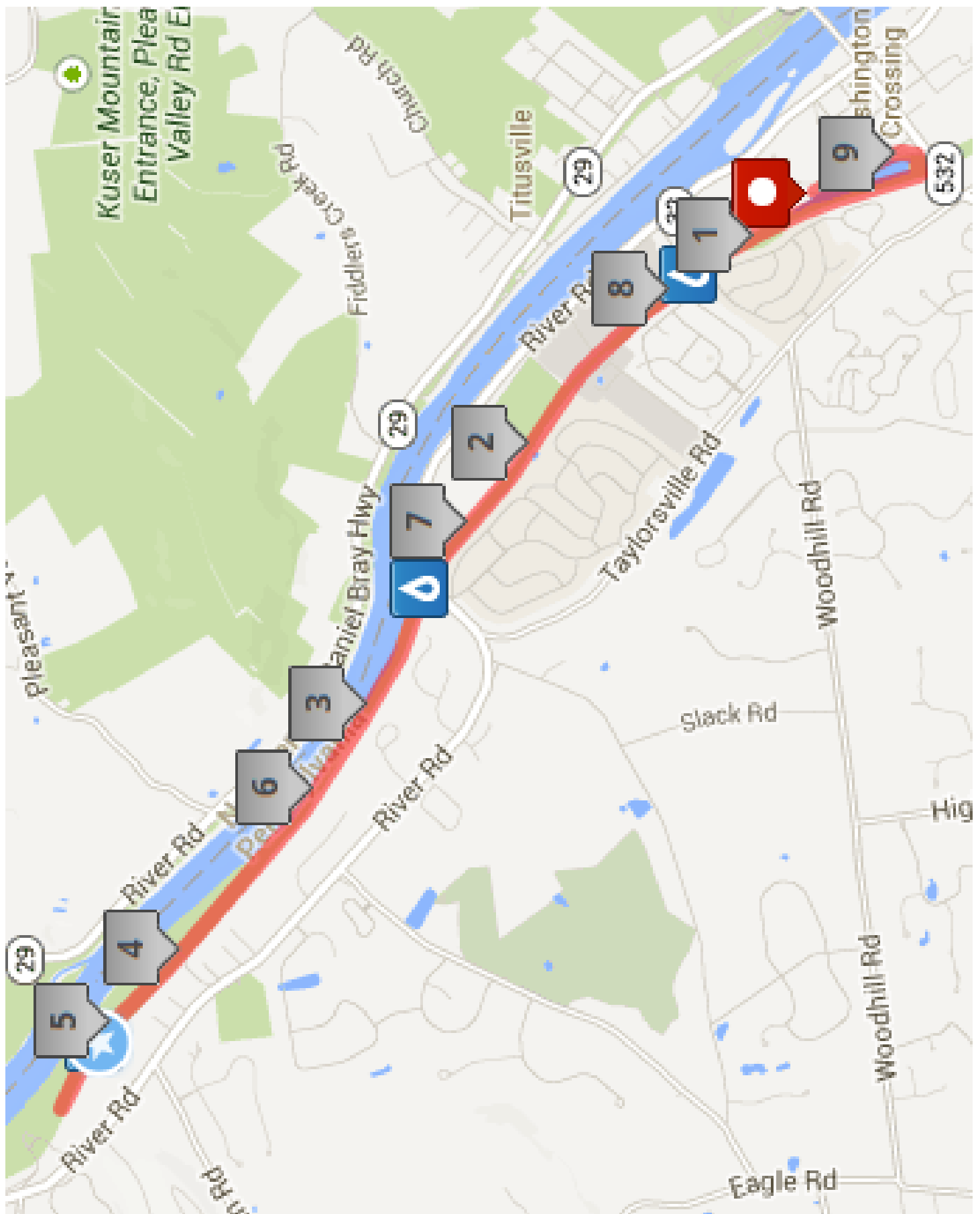
Sections of the towpath are narrow.

Please stay to the right and run in single file except for passing.

There will be two-way traffic on the course.

Please give right-of-way to the faster participant coming south.

The park will be opened to the public throughout the event



The full course can be viewed online at: <http://www.mapmyrun.com/us/lambertville-nj/washington-crossing-15k-on-the-delaware-route-67042308>

Narrow Sections:

Built in 1832, the tow path is narrow in some sections, requiring single file travel; please yield to the faster runners at these points.

Underpasses:

The towpath has several camelback bridge underpasses with low clearance. There are 3 bridge underpasses along the course, for a total of 6 under-passings. Taller people may feel the need to duck under a few of them.

Turn Around:

The course is set up as an out and back run. The turnaround will be just south of the Thompson Neely House at Aquetong Road at the soldiers graves. There is free parking available at the Thompson Neely House for spectators- keep in mind that this parking area is open to the public, please use caution when entering and exiting the parking area.

Time limitations:

We will impose a two hour 20 minute time limit on the course. Hydration stations will be closed at a 14:52 mile pace plus the time the last starter crosses the starting line. The turnaround will be disassembled at 6:15pm.

Hydration Stations:

Hydration stations will distribute water and either orange or fruit punch flavored Gatorade.

Station Number	Mile Marks	Location
1	1.25 and 8.1	Overlook
2	2.6 and 6.4	Stony Run
3	4.4 and 5	DCNR Shed south of cemetery

Medical Information:

If you have any medical information which may be important to your care in the event of an emergency, please write that information on the back of your race bib.

We encourage all runners to run with cell phones. Should you come upon an emergency, we ask that you call this phone number:

(215) 530-1311

PLEASE save this number in your phone in advance of the event. A member of our emergency action team will answer the call. Please give the operator a description of the emergency including:

- ☐ The nearest mile mark
- ☐ The nature of the emergency
- ☐ The number of individuals involved and a description of their clothing

This will ensure adequate care is on the way. *Please note: this number is for emergency on the course purposes only. Basic first aid supplies such as gloves, razor blades, antiseptic, Band-Aids, and Vaseline will be available at all of the aid stations. Please do not hesitate to ask a volunteer for these supplies.

**THIS IS ONLY A NUMBER FOR MEDICAL EMERGENCIES,
PLEASE DON'T CALL ASKING ABOUT WEATHER
OR THAT YOU NEED DRIVING DIRECTIONS**

DNF:

If you decide that you would like to not complete the course, we ask that you make your way to the nearest aid station and let the Aid Station Leader know that you are done for the day. The Aid Station Leader will do their best to keep you comfortable and arrange a ride back to the start/ finish area.

Series Swag:

If you registered for the entire Bucks County Marathon Series please pick up your Series hoodie at packet pick-up

Results and Photos:

Links to official race results and photos will be posted online at: www.runBUCKS.com

Awards:

Overall awards to top three men and women and top three in these age groups* by gender:

Under 20, MEN 20-29, WOMEN 20-24, WOMEN 25-29, 30-34, 35-39,
40-44, 45-49, 50-54, 55-59, Men 60-64, Men 65 & Older Women 60 & Older

Spectators:

PLEASE REMIND YOUR SPECTATORS THAT THE SOD FARM at DAVID LIBRARY of the AMERICAN REVOLUTION is private property and they SHOULD NOT pull in there. Anyone trespassing here endangers the future of these events.

Heading north on River Road, the road crosses over the Canal Towpath. The street that is first left turn after the towpath is marked No Parking. Park at your own risk, obey traffic rules and remember River Road is a heavily traveled roadway.

Thompson Neely House at Aquetong Road is north of the turn around. Turn right and park in the first parking lot and follow the towpath to your right. The turn around is 1/3 mile south. You can not drive on to the towpath here.

Feedback:

Please share your experience with us! We do hope you provide your feedback on what you liked, and what we can improve on. Please e-mail: pat@runbucks.com!

A Note from the Race Director:

We've done a lot of planning.

We expect things to go smoothly.

We do know that sometimes "things" happen.

We do appreciate your understanding in the event "things" happen.

Be safe out there. Take care of each other. Enjoy this!



Today's 96.5



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