

2023 HOUGHTON'S POND TRAIL RACES

Sunday, October 1 - 9:00 AM

PRE-RACE INFORMATION

(1) If you have friends who have not yet registered...they can still register at <https://runsignup.com/houghtonspondtrailrace> . Registration closes on Friday (September 29) at 5 PM. **There is NO race-day registration.**

(2) DIRECTIONS: Address for GPS is **840 Hillside Street, Milton**. From Route 93 (Rt. 128), take Exit 2 to Rt. 138 North (Milton). Turn right at the first full set of traffic lights (Mobil station is on left corner). Drive one mile to stop sign, and continue straight ahead. The Houghton's Pond main parking lot ("Lot A") is on the right, 0.2 mi. after the stop sign.

(3) PLEASE CARPOOL with friends and family members, if possible. This will help to ensure that the main parking lot at Houghton's Pond accommodates everyone, including other park users. That is important for our getting permits for future races.

If the main lot fills up, there is an additional parking lot ("Lot B") on Blue Hill River Road, on the west side of Houghton's Pond. If you park in that lot, walk from the lot towards the pond, and follow the footpath to the left around the pond—it's just 0.25 miles to the registration area.

(4) RACE CHECK-IN: Bib number pick-up is from 7:30 to 8:45 AM, in front of the Houghton's Pond Visitors Center (the "thatched-roof" building near the main parking lot).

(5) IF YOU WANT TO SWITCH THE RACE DISTANCE that you are registered for: let us know ASAP (before Friday, if possible!) by emailing trailrunning@colonialrunners.org. At the latest, notify us when you check in, to avoid problems with the race results.

(6) BOTH RACES START at 9:00 AM adjacent to the Visitor's Center and the check-in area. Please assemble by 8:50 AM, for final instructions and course information.

(7) RESTROOMS: Restrooms will be available in the Visitors Center and also in the Houghton's Pond bathhouse, about 200 yards from the registration area/starting line.

(8) New this year: CHIP TIMING! We are using "chip timing" at both the start and finish of the event, so you will need to cross the timing mat at both the start and finish. We will use net (chip) times for results. Even though we are using chip timing, **PLEASE WEAR YOUR BIB NUMBER OF THE FRONT OF YOUR SHIRT!** This will help us record numbers manually as a back-up system, and will also help in sending out finish-line photos!

(9) SELF-SEEDING: The course begins on a wide path, but narrows after 0.3 miles and becomes single-track for a short distance at 0.5 miles. Please seed yourself accordingly at the start, to minimize passing and avoid a jam-up at the single-track section.

(10) WATER STOPS: There are three water stops on the 7-mile route, at 2, 4.25, and 5.9 miles. The water stops on the 3.7-mile route are at 2 and 2.5 miles.

(11) COURSE DETAILS:

Both races follow a “lollipop” route, with the last mile going in the reverse direction of the first mile. **The two races follow the same route until the courses “split” at 2.3 miles**, at the top of the uphill after the first water stop. **The 7-mile runners will bear to the left, and the 3.7-mile runners will bear to the right.** (We WILL have volunteers at that intersection to direct you, but please be prepared!)

Course Markings: The courses will be marked with white limestone arrows on the ground at all turns, and with pink flagging tape along the route. (Miles will be marked on the ground in white.) A white line on the ground across the entrance to a trail means “do NOT use this trail”! There will also be volunteers at several key intersections.

Due to the unusually rainy summer, there are some small muddy areas on the course, and there may be a few puddles (a couple of inches deep, at most). The entire course is on dirt, except for 0.15-mile sections of pavement in the first and last miles on an abandoned road (formerly Route 128!).

There is a **downed tree** across the entire trail at about 1.7 miles, about thigh-high. There’s a path to the right to get around the trunk...or climb over the tree, your choice! Other than that: we have cleared the course of nearly all loose twigs and branches, but there are still plenty of roots and rocks for you to encounter along the way!

Faster runners in the 7-mile race might overtake slower runners in the 3.7-mile race, in the last mile of the course where there are narrow sections. Please follow “trailrunning etiquette”: faster runners are expected to give a verbal warning (“coming on your right/left”) when approaching and overtaking slower runners and walkers from behind...and slower runners are expected to run single-file and make room for the passing runners, when it is safe to do so.

(12) “WHERE ARE THE HILLS?” Runners in both races will encounter a gradual uphill from 0.7 to 1.1 miles, and just before the “split” at 2.3 miles. For the 3.7-mile runners, the course is mostly flat or gradually downhill from the split to the finish. For the 7-mile runners, there is a rocky uphill section from about 2.3 to 2.5 miles, a more significant climb from 3.25 to 3.7 miles along the Buck Hill Path, and a gradual uphill from 5.2 to 5.6 miles. Total elevation gain is about 300 feet for the 3.7-mile route, and 700 feet for the 7-mile route.

(13) “SHARE THE TRAILS”: Please remember that our race does not have exclusive use of the race course. During your run, you may encounter hikers, people walking their dogs, other runners, and mountain bikers. Be courteous to other users, run single-file where needed, and give a verbal warning when approaching another person from the rear. And say “Hello”!

(14) FOR SAFETY’S SAKE:

- Please do not wear headphones, so that you can hear other runners and our volunteers.
- Due to the narrow trails, no dogs are allowed in this event.

(15) REFRESHMENTS: There will be bagels, bananas, other snacks, plus water and Gatorade available after the race. **Thank you to the Dunkin' shop nearby on Rt. 138, for the donation of bagels!!**

(16) AWARDS: Trophies and **Marathon Sports** gift certificates are awarded to the overall winners in each race, and medals to the top three finishers in each age group (19 & Under, 20-29, 30-39, 40-49, 50-59, 60-69, and 70 & Over). We will hand out the awards for the 3.7-mile race as soon as the results are available, without waiting for the 7-mile race to finish.

(17) RACE SHIRTS: Our registration deadline for getting a shirt was September 11. If you registered after that date, check with us after the race to see if there are any unclaimed shirts, and if so—you can have one!

See you on Sunday!

John Goldrosen, Race Director

trailrunning@colonialrunners.org