



## Perpetual Motion 2022 Race Document, page 1

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### RACE WEEKEND SCHEDULE:

FRIDAY	4 PM-6 PM	Packet Pick up
	4 PM	Setup of personal tents/shelters can begin
SATURDAY	6:30 AM-10 AM	Packet Pickup & Check In/Chip Pickup
	9 AM	12-hour and 24-hour races start
	10 AM	6-hour race starts
	4 PM	6-hour race ends
	~4:30 PM	6-hour Awards
	9 PM	12-hour race ends
	~9:30 PM	12-hour race Awards
	9 AM	24-hour race ends
SUNDAY	~9:45 AM	24-hour race Awards
	3 PM	All personal tents/shelters should be removed

There is a lot of information to cover, so it is alphabetized for easier reference. The COVID-related policies are indicated by asterisks.

### ADDRESS & DIRECTIONS:

- 2500 Fairway Drive, Grapevine TX 76051 (OR 1 Sunfish Drive, Grapevine TX 76051)
- Off Fairway drive, immediately turn RIGHT onto Sunfish Drive, and proceed into Mariner Point Park. (If you go straight, you'll head into Silver Lake Marina)
- GPS: 32.959029, -97.056201
- Traffic on Sunfish Drive is 1-way.

### \*\* AID STATION GRAB-N-GO FOOD:

- For quick refueling, the Grab-n-Go table will be kept stocked with a selection of individually packaged chips, cookies, candy, gels, etc.
- It will be accessible without going into the Cantina tent.
- Aid Station food is for registered participants only.





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### **\*\* AID STATION HOT BEVERAGES:**

- Hot water is always available
- Hot beverage station at the Grab-N-Go table will have hot Broth, Long Run Coffee and Ginger Tea after dark.
- It will be accessible without going into the Cantina tent
- Aid Station food is for registered participants only.

### **\*\* AID STATION HOT FOOD: CANTINA/COUNTER/SELF SERVICE**

- There are three ways to get hot foods: Cantina Service, Grab-N-Go Service & Self Service
  - The Cantina has tables. Volunteers will serve up your food; you can eat it in the cantina while warming up and socializing. (Limit 10 people, including volunteers, in the Cantina at one time)
  - Grab-N-Go Service: Request hot Cantina foods at the Grab-N-Go table
  - Self Service: you (or your crew) may make your own meals from a selection of 'heat-n-eat' and 'just add water' products, including Mac N Cheese, Oatmeal, & Chef Boyardee products
- Cantina Menu:
  - Available all race: vegan G/F Potato soup
  - Saturday Lunch: vegan Cajun Rice/Beans
  - Saturday Dinner: pizza, vegan Thai/Vegetable Noodle Soup
  - Midnight Meal: Stouffers Mac-N-Cheese; Italian Vegetable Soup; Cheese Quesadillas
  - Sunday Breakfast: French Toast sticks
- Aid Station food is for registered participants only.

### **\*\* AID STATION: BEVERAGE STATIONS**

- The beverage table near the timing mat will have 2 sides:
  - Caffeinated (Cherry Bomb Heed) + ice, water, Hammer gels & 2-liter sodas
  - Non-caffeinated (Lemon-Lime Heed) + ice, water, Hammer gels & 2-liter sodas
  - Your sports bottle can be left on the table so you have easy access to it every lap
- The beverage table near the Cantina tent will have single-serving options:
  - Single-serving-sized packets of Hammer Fizz, Mandarin Orange Heed & Cherry Bomb Heed
  - Bottles of water and mini sodas.
  - Assorted caffeinated and non-caffeinated Hammer gels
- If you do not feel comfortable using the same jug/bottle as other runners, choose the single-serving options.
- This is a "low cup" race, (i.e. we will not provide disposable cups for beverages.) Grab a speed cup at packet pickup if you need one, courtesy of Hammer Nutrition.
- Aid Station beverages are for registered participants only.





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### AWARDS:

- Each participant who completes at least 1 lap receives an Artisan-made wood medal! If you leave early, make sure you stop by the Aid Station to get your medal.
- Each participant who runs 50+ miles receives a mileage coin.
- Each participant who runs 100+ miles receives a buckle.
- 1st, 2nd, 3rd place receive a crystal award. (Engraved label with placement and mileage will be sent approximately 3-5 weeks after the race.)

### CAMPING / PERSONAL SHELTERS / RVs:

- You may set up your tents or personal shelters anywhere on Sunfish Drive, starting at 4:00 PM on Friday, December 2. All shelters should be removed by 3:00 PM on Sunday, December 4.
- Because of lake-effect winds, we recommend staking and sandbagging all shelters and/or tents
- The gate to Sunfish Drive will be locked overnight. If you are camping, and anticipate needing to leave/re-enter, or plan to arrive late, please get the gate code from staff or a volunteer.
- If you are camping and anticipate arriving late, please be quiet for sleeping runners.
- There will be an RD present overnight Friday/Saturday.
- No fires or open flames, please!
- RVs: RV parking on the north (Dam-side) part of the course only, including the back lot (behind the brownstone building.) There are no electrical hookups.

### CHECK-IN / TIMING CHIP:

- All runners must check in on Race morning to get your timing chip. Chip pickup will only be available on race morning.
- Please pick up your bib first. You will need to know your bib number in order to pick up your chip.

### COURSE:

- We will switch directions every 4 hours: 1:00 PM; 5:00 PM; 9:00 PM, 1:00 AM, and 5:00 AM.
- If you leave the course at any time, please complete the lap you are on in the same direction before switching.
- There are 4+ trashcans on the course; please use them :)

### \*\* COVID, FLU and RSV GUIDANCE:

- PLEASE do not attend if you are not feeling well! We allow runners to switch to the Virtual event, with the same swag, up to the moment their race starts; you'll have until December 11 to get it done.
- Per USATF masks and social distancing are no longer required.
- Volunteers and staff who prepare food will wear masks and gloves.





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### DEFERRALS / CHANGES:

- The deferral window for runners living within 350 miles of the race is now closed. If you live more than 350 miles from the race, and wish to defer, please send an email.
- The event change window (i.e. from 12-Hour to 6-Hour) is open until November 30th
- Race changes to the Perpetual Virtual can be done at any time, up to the start of your race (just let the RD or Timer know.)

### FRIENDS & FAMILY:

- Your friends and family may run/walk up to one lap with you. Any more than that requires a pacer waiver.
- Friends and family may be driving on the same road as we are running on. Please ensure they drive courteously.
- Aid Station food and drinks are for registered participants and registered volunteers only.

### LIGHTING:

- Sunset 5:21 PM; Sunrise 7:15 AM
- The Full Moon is only a few days off, so if the weather is clear, the moon will shed some light until it sets at 2:49 AM. Lights on the course are primarily along Fairway Drive, and the tent village will shed some light, but large sections of the course will be DARK!
- Headlamps or other lights are recommended; 12-hour and 24-hour runners will receive a flashlight in their goody bag.

### MEDICAL:

- If we do not have a medical and/or massage volunteer this year, the Medical/Warming tent will be set up to facilitate 'self-service.' It will be stocked with:
  - Massage table with head cradle
  - Normatec-type recovery boots
  - Rollers
  - Yoga mats
  - Electric massager (not percussion gun.)
  - Basic First Aid kit
- Please do not remove these items from the tent
- Please spray items with Microban after you have used them.
- As always, for any injury that requires more than a Band-Aid, there is an urgent care just 5 miles away.





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### PACERS:

- Per USATF rules, runners who are in contention for a record or podium placement may not have pacers.
- Runners not in record or podium contention, may have one (1) pacer at a time.
- **All pacers need to sign a Pacer Waiver (available at the main Aid Station) and pick up a Pacer bib**
- Your friends and family may run/walk up to one lap with you. Any more than that, and they should sign a pacer waiver.
- Pacers should bring their own aid. The aid stations are for registered runners only.
- Please yield the inside lane to faster runners, this may result in pacing in front of or behind the runner.

### PACKET PICKUP:

- At race location Friday, Dec 2 4:00 PM to 6:00 PM
- At race location Saturday, Dec 3 starting at 6:30 AM
- Limit 10 total people, including volunteers, in the packet pickup tent at one time.
- See also: Check-In / Chip Pickup

### PARKING:

- Please park nose-in against the fence on the outside of the loop on the lake side. There is additional on-course parking in front of the brown-stone building
- There is NO infield parking!
- Also, no parking in front of the restrooms/ next to the Cantina tent; no parking on the Fairway Drive side of the course, and no parking on the paved Infield loop.

### PETS:

- Please walk any dogs on the outside of the course, to leave the inside lanes available for runners
- Leashes are required per race rules, park rules and City regulations
- No pets of any kind inside the Cantina

### PRERACE / POSTRACE:

- There is no organized pre-race dinner. Feel free to organize something informal within the Facebook group!
- We will rig up a tent for unheated showers, in front of the concrete block bathrooms (one runner at a time) Aid Station can provide some hot water upon request.
- We like to recognize each runner at the Awards ceremony, so please stick around!





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### RESTROOMS:

- There are REAL restrooms on the course! There will also be 1 portolet
- Restrooms will be sanitized on a regular basis.

### SPONSORS:

- **Hammer Nutrition** is providing products for the race and for the goody bags: Hammer Heed, Hammer Gels, Hammer Fizz, and speed cups!
- Long Run Coffee** is providing coffee for the aid station. We'll also be sampling it at Morning packet pickup!
- **SportRags, Etc** is providing RunRags for the goody bags!
- **Trail Toes** is providing samples for the goody bags!

### TIMING & RECORDS:

- The race will be chip-timed two ways for accuracy: timing chip on the race bib, and timing chip on an ankle strap. Both must be worn at all times. The race bib timing chips are keyed to the online live results, while the ankle chip is the backup system.
- Please pick up your ankle chip the morning of the race.
- Please be sure to turn in your ankle chip before you leave the park! No chip, no time.
- *If you are seeking to set a record or meet a qualifying mark, please let the RDs or Mike Melton (Timer) know so we can make sure all the I's are dotted and T's are crossed.*
- We will count partial laps. About 10 minutes before your race ends, you will be given a flag with your number on it. Plant it where you are at the time the race ends (as signified by a blast of the air horn.)
- Please yield the inside lane to faster participants.
- Links to live results and race live stream will be posted in the Facebook group as soon as available.

### VOLUNTEERS:

- We need more volunteers! If your friends or family come to spectate, let us put them to work!
- \*\* Volunteers and Staff should wear masks and gloves whenever they are working with food. (We provide the masks and gloves, of course!)

### WEATHER:

- Per the long-range forecast, 60\* at the start, high of 65\*, 59\* low overnight. Wind 8-10 mph with gusts up to 15 mph.
- There is a significant chance of rain overnight.
- Proximity to the lake means it will feel MUCH chillier overnight; dress accordingly.
- The course does not have many natural wind breaks.

