



8/22/2020

2020

Escape Piedmont



The Swag

Timeline Of Events

Friday August 21st, 2020 -

- 4:00 - 7:00 pm - Early Packet Pickup - 5310 Weeping Cherry Drive, Browns Summit, NC 27214. (packets CAN be picked up at the starting line as well)
- 7:30 - 8:15 pm - Mandatory pre-race meeting. This meeting will be 100% online. We will send a Zoom meeting link in an email by Wednesday. At this meeting we will give you an idea of where the start line will be within about 25 miles so athletes can prepare to be on time for the start. Libby Swor is inviting you to a scheduled Zoom meeting.

Join Zoom Meeting

<https://us02web.zoom.us/j/81473597350?pwd=NmlzWHF6czBIQUQrQzNJZ05nMzY3UT09>

Meeting ID: 814 7359 7350

Passcode: u2vM84

Timeline Of Events

Saturday August 22nd, 2020 -

- 5:00 pm - Email goes out with GPS coordinates of Event Start Location
- 5:45 pm - 6:20 pm - Packet pickup on site for those that did not pick up on Friday
- 6:30 pm - All races start
- 12:30 am (8/23) - 6 hour events end
- 6:30 am (8/23) - 12 hour events end

Post Race Tracker Drop Off

Remember that within 36 hours of the end of the event we must have your tracker back. There will be three options for drop off. If these absolutely do not work for you, contact us PRIOR to the event and we will try to simplify things for you.

- Athletes can drop off their GPS tracker at the race start location through 8am on the 23rd. At that time, medals will also be available.
- Alternate drop off locations – these will be available until 6:30pm on Tuesday, 8/25:
 - 5310 Weeping Cherry Drive, Browns Summit NC 27214
 - 137 Breckindale Circle, Winston Salem, NC US 27104

Equipment

- All athletes must always have a front-facing light on during the race.
- All athletes must always have a rear-facing safety light and reflective gear.
- Carry a mask for pre-race gathering and in case you need to go indoors during the event.
- All aid/gear needed during the event (ie. Water, fuel, compass, batteries, butt butter, etc.)
- Carry a photo ID, and a card with any relevant medical information

Tracking Application

- We will send a link to the tracking app on Saturday when we send out the map link. We highly encourage you to share this with your friends and family so they can keep tabs on you while you're running. This is also how we will be tracking you throughout the event.
- If you are doing the aided version of this race, you will also be able to use this app to see your progress and view a map of your current location.
- You can also download and install the Open Tracking app. This will let you download and cache the maps to your iPhone or Android device, so you do not need cell phone service to use it. Search for Live Event Tracking in the app or Google Play store, and download and install the OpenTracking Live Event Tracking app. (This challenge will not be listed as an event until 2 hours before the race. This is so athletes can't cheat and figure out the location early!) Once you open the event, click on the three bars in the top right corner and select the option to download maps.

Weather Plan

- Please plan ahead. It will be high 60s to low 70s for the race and humid. There is a slight chance of storms on Saturday, but at this point it looks like they will be over by race time. If it storms during the event, seek shelter. If you decide to throw in the towel, you can press the SOS button on your GPS tracker, and we will get you, but the event will not end due to storms.

FAQ's

For unaided, can we bring maps or write down directions?

No maps, but we are allowing compasses (not compass phone apps). The whole point is to think in the moment, not plan ahead!

Where can we get our packets?

Packets will be available August 21st at 5310 Weeping Cherry Dr, Browns Summit, NC from 4:00 -7:00 pm and on race day from 5:45 pm- 6:20pm at the start line. Your packet will include your shirt and GPS tracker.

What are the rules for aided athletes?

Aided athletes can have pacers, a sag vehicle and are allowed to use GPS and mapping software. This is for athletes who are interested in getting as far away as possible, but either are not comfortable being alone, or do not want to deal with the added stress of finding your way.

Can you send us some details on how to use our GPS tracker?

Please check out the Youtube link to view instructions on the GPS tracker.
<https://www.youtube.com/watch?v=y79trCwyC50&feature=youtu.be>

Who earns a medal?

6 Hour athletes that make it more than 25 miles and 12 hour athletes who make it more than 40 miles will earn their Escape medals!

FAQ's

My watch has maps on it and can be used with mapping software. Can I use it?

We understand that watches have become an essential part of racing. If you are racing in the unaided category, we ask that you remove the map widget from your screens during this race so you are not tempted to cheat. If you want to use maps and GPS, please just switch to the Aided option of racing. That is why this option exists.

How do we get home after the event is over?

Since athletes will be spread out to the ends of the earth, we cannot quickly pick everyone up. Athletes should plan for their own ride home following the run. Aided athletes can call to inform their ride of their location at any time.

Unaided athletes will be allowed to turn on their phones in the last 90 minutes of the event and contact someone. If there is an emergency and a ride cannot make it, we will pick people up. Remember that friends and family can monitor your location at any time during the event using the GPS tracker.

When unaided participants are allowed to use their phones in the last 90 minutes to call a ride, do the rules change?

Yes, this becomes a free-for-all. You can turn on mapping at this point and start to make your last-ditch efforts to get as far away as possible in your remaining time.

What do we do with the trackers when the event is over?

All trackers must be returned within 36 hours. One location will be at the start line, so those picking up a vehicle can drop theirs off then. Trackers returned later than 6:30pm on 8/25 will incur a fee of \$40 and lost trackers will be charged a \$200 fee. (We do not own these and they are VERY expensive, PLEASE DO NOT LOSE THEM!!)

FAQ's

What is considered outside aid?

Having someone (a friend, family member or fellow athletes who is not on your team) providing you aid on the course. You are more than welcome to stop in at Taco Bell at 2:00 am if you come upon one, you just can't have Jimmy from Taco Bell meet you at the corner of 8th and State St. at 3:45 am. All stores are available to unaided athletes and if you have water purifiers you can use running water. We caution everyone to carry what you need, as you may end up in some very isolated locations at very odd hours of the night. If you call for emergency help because you NEED supplies (water/food) we will not penalize you, but please save this for emergencies. When someone is helping you they cannot help someone else.

Can you explain as the crow flies?

Athletes may travel 60 miles over 12 hours, but it is distance from the starting line (using the shortest possible straight line) that will determine how far they traveled in the event.

How can I get access to the tracking so my family and friends can watch me run in circles?

A direct link to the event will be sent 2 hours before the race, but they can download the Open Tracking Live Event Tracking app on their phone now.

Can athletes use a compass during the race?

Absolutely!

FAQ's

Can two registered athletes run together?

Yes, but they are not allowed to share supplies.

Will there be port o potties on the course?

Possibly? I mean I usually find a port o john or two on my long runs, and your run is going to be extra long! We cannot place port o potties along the way because we do not know what "along the way" will be!

Can we use bikes, trikes, cars, vans, buses, planes, trains, mopeds, unicycles, or any other mode of transportation besides our two feet?

No, not for any reason.

What happens if we drop early or have an emergency?

Simply press the SOS button on your tracker, and call us (336-972-6954). We will put a mark on the course showing your location, and that will be your finish distance. You can meet up with one of our workers to drop off your tracker, or bring it by at one of our next day drop offs.

Am I allowed to have pacers?

If you are running in the *unaided* category, you may not have any pacers. If you are running in the *aided* category, you will be allowed to have pacers if needed.