### Backroads Half & 10k Sunday, October 8 Runners Manual

#### **Schedule of Events**

8-9:30AM -Packet Pick Up at Red Lodge Ales
8:30-9:45AM -Shuttles from Finish to Start
9:55AM -Pre Race Meeting
10:00AM -Races Start
11:30AM 10k Awards
1:00PM Half Awards
2:00PM Course Closed

### **Getting to the Start**

Please note the 10k and Half do NOT start in the same location and there will NOT be packet pick up at the starting lines (packet pick up is at Red Lodge Ales from 8-9:30AM).

This is a point-to-point race and you have a few options of how to get to the starting line:

- Take our shuttle! Park at the brewery and hop on a shuttle in the morning. Please carpool. We heard carpools of 3 or more runners get an extra beer ticket!
- Get dropped off. Have someone who wants to watch you start and meet you at the finish? Perfect, they can drop you off. \*This is an awesome option for locals.\*
- Carpool with a friend. Leave a vehicle at the finish and drive another to the start and retrieve the start vehicle after the race.

Post race shuttles to the start lines will not be provided. For this reason, we do not advise you to park at the starting lines unless you have arranged a plan to get back to your car.

#### Parking

Parking will be at the finish line at Red Lodge Ales. Please only park in designated spaces and respect all posted signage. Overflow parking will be south at the Flower Garage. Do not park in the gravel lot to the south. This is private property and we do not have permission to park there.

### Parking



Parking in the mornnig will be at Red Lodge Ales which is also the finish. There is an additional parking lot to the north that has not been updated on Google. Please only park in desigated parking spaces. Overflow parking will be just south at the Flower Garage. DO NOT park where where the X's are on the map. This is private property and we do not have permission to park here.

### Shuttles

Shuttles are FREE!!!! You must sign up for a shuttle through RunSignUp. Multiple shuttle times will run starting at 8:30 and running until 9:45.

To sign up for a shuttle, you'll edit your race add ons through your RunSignUp Profile. <u>Click here for a</u> video on how to do that.

Spectators are not allowed on the shuttle.

Start Maps <u>10k Start Location</u> <u>Half Start Location</u>

Please read the starting instructions for your specific race. There will be shuttles and lots of people and safety is our biggest concern!

# **10K START**



Race start is at 162 2 Mile Bridge Road. This is an undeveloped piece of land on the east side of the road with some construction equipment on it. It will be marked and have 2 portable toilets on site. Parking is available but please note the lot is not mowed and remember, we are not providing shuttles after the race so if you park by the start, you need to plan a way to get back to your car from the finish line. Runners can drop any items they don't wish to run with (like extra layers) and we'll shuttle them back to the finish. Runners and spectators should not park along the side of the road and please note the Fishing Access Site does require a fee to use it and is not part of our event.

## **HALF START**



The race starts just after the cattle guard on Dry Creek Rd. Shuttles will drop runners off in the pull out across the road. If you are being dropped off or parking at the start, use the large pull out, do not enter Dry Creek Rd for the safety of other runners. For those parking vehicles, get as close to the fence as possible so save room for others. Remember: the road is open to traffic and they are driving fast, so cross the road cautiously. Runners can drop any items they don't wish to run with (like extra layers) and we'll shuttle them back to the finish. Remember, we are not providing shuttles after the race so if you park by the start, you need to plan a way to get back to your car from the finish line.

### Race rules

- Always run opposite traffic and as far to the shoulder as possible.
- No roads will be closed and traffic is NOT stopped for the race. <u>As you cross HWY 212, you will be stopped by a volunteer who will let you know a safe time to cross -this means you might have to jog in place for a few moments.</u>
- Please be respectful and listen to our volunteers, they are there for your safety. Volunteers love high fives and thank you's!
- Please be respectful of all private landowners and livestock. Do not go on private property or approach livestock.
- Do not litter.
- Run within your ability and listen to your body. We have a course sweep and medical as well as access to Red Lodge EMS. If you need assistance, please let a volunteer know or call (406) 425-0964 and we can assist you.
- Be nice to fellow participants.
- No dogs please.
- Strollers are welcome but please be aware the roads are not closed to traffic and some spots might be challenging to push the stroller (but we know the strength of parents and caregivers knows no limits!). Children in strollers are free but they must be registered.
- Bibs must be worn clearly on the front of your body. We are hand timing this race, so in order to get a time, your number must be clearly visible.
- Please do not have spectators follow you on the course. It is a safety hazard and creates a lot of dust for other runners.

### 10k Course

The 10k course has one hill right at the beginning. You can curse us for it, but you get great views to the north and you get it out of the tough part out of the way early so you have the rest of the race to relax. You will run by the Sentinel Alpaca Ranch which is adorable. Feel free to take pictures but do not approach the animals. This ranch does have working Livestock Guardian Dogs who will leave you alone once they determine you are not coming for the animals. Do not yell or throw anything at these working dogs.Shortly after the ranch there will be a fully stocked aid station with lots of cowbell around mile 2.5. All intersections will be marked with arrows and pin flagging on the ground. At about mile 4.5 you'll hit pavement. Be prepared to stop at the crossing of US 212 where a volunteer will escort you across when it's safe to do so. You'll run along the paved path of the Beartooth Billings Clinic and then onto the Golf Course. The finish is a bit tricky but we'll have volunteers and signs sending you in the right direction.

### Half Course

The course might be net-downhill, but it starts on an uphill! You'll start with a nice downhill and then flow into rolling hills. There will be a water only aid station at mile 5. Please note miles 2-6 can be muddy. At mile 9 you'll come to an intersection of Dry Creek Rd and East Bench Rd where you'll take a left. There is an alpaca ranch with working Livestock Guardian Dogs who will leave you alone once they determine you are not coming for the animals. Do not yell or throw anything at these working dogs. There will be a full aid station at mile 9.5. All intersections will be marked with arrows and pin flagging on the ground. At about mile 11.5 you'll hit pavement. Be prepared to stop at the crossing of US 212 where a volunteer will escort you across when it's safe to do so. You'll run along the paved

path of the Beartooth Billings Clinic and then onto the Golf Course. The finish is a bit tricky but we'll have volunteers and signs sending you in the right direction.

### **Cut Off Times**

Cut off times will be strictly enforced for everyone's safety. The Half Marathon has a 4 Hour cut off time which is just shy of 19 minute miles. The 10k has a 2 hour cut off time which is just over 19 minute miles.

We love walkers! If you plan on solely walking the course, we invite you to join the 10k!

### Awards & Post Race

Awards will be hosted on a rolling basis after the race (this means some runners may still be on course). We do overall prizes for Male, Female and Non-Binary participants. We will also have some other fun prizes for runners. We do not do age group awards.

Each participant will get post race snacks and a beer on us (don't forget to bring you ID)!! Feel free to enjoy a meal and more beer at the Taproom.

### Benefit

While Red Lodge Events is a for-profit company, we strive to always support the local community that supports us. The Backroads Half and 10k will benefit the Red Lodge Special Olympians! Our goal is to raise at least \$500 for them to buy equipment and travel to events.