



Sehghunda Trail Marathon & Relay

Vale of Three Falls

May 18 – 19, 2019

Some rules and other info you'll want to know

Day 1: 26.3 mile solo and relay

1. Please visit www.yellowjacketracing.com and read over everything carefully
2. Start time is
 - a. 7:45 for all solo female runners
 - b. 8:00 am for all solo male runners
 - c. 8:30 am for all relay runners
 - d. Start location is the Mount Morris Dam Visitor Center
 - e. If you miss your start time the clock is ticking
3. Race day packet pick up is at the Mount Morris Dam/Dam Visitor Center from 6:30 am – 7:30 am
 - a. You can also pick up your race packet early (**highly advised**)
 - i. **Thursday, May 16 from 10 – 7 and Friday, May 17 from 10 – 2 @ Fleet Feet @ The Armory**
 1. 155 Culver Road, Rochester, NY 14620
 - ii. Stock up on last minute gear and nutrition.
4. Timing and Timing Chips
 - a. MyLaps Bib Chip RFID Timing chips will be attached to the back of each solo runners bib. (relay runners read below)
 - b. Do not remove or break this chip
 - c. Timing mats will be placed at the start line, all check points and the finish line
 - i. Net time will be provided in the official results as a courtesy to runners. GUN time will be used for finish order and all awards
 - ii. Split times will also be provided in final results showing a runners split between timing points. These check points are also the relay exchange points hence relay runners will receive split information as well
 - iii. A runner will cross a timing mat as they enter each timing split point designated check point as well as when they exit it.
 1. This will also allow you to see in the results how long you hung out chilling in the CP area. Remember official time is Gun time
 - d. **Relay runners** you will each be assigned a bib number to wear and also 1 Timing Chip bib on a race number belt. This bib will contain the team timing chip and the belt **MUST** be worn by each runner while racing and simply passed on to the next runner on your team to wear during their leg. Please return the belt and chipped bib after crossing the finish line
5. Bib Numbers must be worn on the **front** of the body at all times. **They can not be folded, cut or modified in any way and must be visible at all times.** They are pretty so why would you want to fold it up anyhow?
 - a. Relays will be issued matching bib numbers for each team member plus a single timing chip bib on a race number belt.
 - b. Solo runners will wear bib numbers (#2 – #400)

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- c. Relay runners will wear bib numbers (#501+)
- 6. There will be four busses available to transport solo runners and relay leg one runners to the start line from the parade grounds. Check the website for departure times. This is first come first serve, so highly advised to get there for the first bus. Busses can only hold 45 people. You must have a bib or proof of registration to get on the bus.
 - a. All other members of relay teams are responsible for transporting themselves to the designated relay exchange spots. **1 vehicle per team is highly suggested.** It makes it more fun and less cars on the road is better
 - i. There will be signs located on River Road stating where each check point/relay exchange is located
 - ii. Do not speed on River Road. We are guests in the host communities, act like it. Police will not tolerate speeding cars on such a narrow country road.
 - iii. Be sure to read the 2019 Vehicle Pass program guidelines
 - b. Busses will not transport anyone back to the finish line or to relay exchange points.
 - c. Please do not leave a vehicle at the Dam all day as they are open for business and they need the parking
- 7. Check Points/aid stations
 - a. There are 8 check points/aid stations along the route.

To:	Miles	Cumulative	Cut off time of day
Start to CP 1	6.1	6.1	None
CP 1 to CP 2	2.5	8.6	None
CP 2 to CP 3	6.8	15.4	12:30 pm
CP 3 to CP 4	2.3	17.7	1:13 pm
CP 4 to CP 5	1.7	19.4	1:46 pm
CP 5 to CP 6	2.5	21.9	2:34 pm
CP 6 to CP 7	1.3	23.2	3:00 pm
CP 7 to CP 8	1.0	24.2	3:20 pm
CP 8 to Finish	2.1	26.3	4:00 pm

- b.
 - i. There will be signs entering and exiting each check point telling you how far you have run and how far to the next check point
- c. **ALL runners must check in at each check point** area by calling out their bib number to an official. Failure to check in will result in a disqualification



- d. Water, Gu Hydration, ice, Gu Energy Gels, water melon, oranges, chips, pretzels, flat cola, and PB&J will be available at all check points/aid stations.
 - i. Honey Stinger Energy Chews will be located at CP# 3 and CP# 6
 - ii. Honey Stinger Gluten Free Waffles will be located at CP# 2, CP# 4 and CP# 6
 - iii. Red Bull will be located at CP# 3, CP# 6, CP# 7 and CP# 8
 - e. Be sure to thank the volunteers at each check point, they are what makes this event possible and assist you in getting to the finish line. They are pretty awesome for hanging out all day, in any weather supporting a bunch of stinky, sweaty trail runners.
 - f. Relay runners – while you are running your leg use whatever food and drink from the check points you need to complete your section. Before or after your legs be prepared with what you might need so that we have plenty of nutrition and hydration for everyone while they are still running the course
8. First Aid
- a. Basic first aid kits will be available at each check point with band aids, aquaphor/lubricant, ice packs etc
 - b. 2 ambulance crews will be on site throughout the day
 - c. Advanced rescue/search crews will be on call all day
 - d. If you have any allergies (bee stings for example) please carry whatever you need to treat yourself on the trail. That's just smart
 - e. Race officials will be on course throughout the event looking for runners in distress.
9. Time cut offs are listed above, they are listed as time of day, and are the same for everyone. If a runner/team does not reach a designated check point within the allotted time they **will not be allowed** to continue on the course and will be transported to the finish line by a race official. Please do not argue or fight with any volunteer or official, these are the rules and we all live by them
- a. The event race director, check point captains or any hired medical professional reserves the right to remove an athlete from the course at any time for their own well being.
 - b. If you are removed from the course for any reason or choose to drop out
 - i. Report to an official at that check point so you can be accounted for
 - ii. If you need a ride back to the finish line area please wait at the check point until a race official can drive you back
10. **Solo runners are required to carry at least 16 ounces of liquid for the duration of the race.** Please have a volunteer refill your carrier at aid stations as needed
- a. This is for your own good as some sections are long between check points and all sections are hard
 - b. This also helps us reduce the number of paper cups that get used during the event and that is a good thing
11. Littering on the course will not be tolerated. Any athlete seen by a race official littering on the course will be disqualified from the event. There is no reason to drop your gel packs or anything else out on the course. Garbage boxes/bags will be located at all check points/aid stations. If you pack it in pack it out.
12. All check points/aid stations and relay exchange points are located along River Road. This is a great spot for family and relay teammates to see fellow runners.
- a. Be sure to read the 2019 Vehicle Pass Guidelines for parking and vehicle information. Print out a copy and give it to your friends and family that are coming to watch you run.
 - b. At all check points spectators need to remember that the road is open to traffic, don't blindly stand in the road making it difficult for the locals to drive by



- c. There is no spectator access to CP#7 or CP#8 as River Road is part of the race course at this point. **For 2019 there will also be no spectator/crew access to CP#5 due to the narrowness of the road and the wetness of the checkpoint.** After CP#6 spectators can make their way to the parade grounds to watch you finish
- d. CP#3 has specific parking rules
 - i. Cars **cannot park** along River Road at CP#3. Instead they should turn left just before CP#3 on Picket Line Road and either park on Picket Line Road or make a right onto Crossover Road and park there. It is just a short walk then to CP#3
 1. **Please do not** cut across any Farmer's Fields, those fields are the lifeblood of the region you are running in
13. On any trails where there is two way traffic (ex. trails leading to most check points) runners should stay to the left of the trail. Descending runners have the right of way
14. Bathroom facilities are available at the following locations
 - a. Start line
 - b. Finish Line
 - c. Relay Exchange points (CP# 1, CP# 3, CP# 6)
15. Volunteers are always appreciated. If you have a friend or family member coming to watch you run, ask if they would be willing to help out at a check point/aid station for a little bit. Contact ellen@fleetfeetrochester.com if someone can help out
16. Solo runners are allowed to have their own crew to offer additional supplies at all check points.
 - a. Crew members must stay behind the barrier tape
 - b. Crew members should be courteous to all participants and not get in the way of others
 - c. If a crew member gets in the way or is rude to anyone at any time they will be asked to leave the course/check point. If they refuse Police will escort them away
17. **Pacers are not permitted** at any point of the race. Only registered runners may join you out on the course.
18. Drop bag service will be provided for solo runners.
 - a. Each solo entrant will be provided a reusable drawstring bag at packet pick up. Simply write your name and bib number on the bag CLEARLY with a marker (there is a spot on the bag to do so)
 - b. We will pick up your drop bag at the start line and deliver it to check point #3
 - c. After you exit check point # 3 we will deliver your drop bag to the finish as soon as possible
 - d. Your gear must fit inside the provided bag. It will easily hold a spare pair of shoes, some clothes and extra nutrition.
 - e. Race officials are not responsible for any lost or missing gear
 - f. All bags not picked up at the finish line will be available at Fleet Feet @ The Armory for one week after the event. After one week all remaining bags will be donated to charity or thrown out if they stink
19. Be prepared for any type of weather. This is western New York and the weather can range from chilly to very hot this time of year. Be prepared for really dry trails or "slightly" moist, aka time to get on the arc
 - a. Current forecast is for low of 48 and high of 62 with partly sunny skies.
 - b. I'd expect that forecast to change at least a dozen times before race day
20. If you have the type of ankle that likes to roll, taping them up before the start is a great idea as there are a lot of rocks and roots on the course. Sehghunda has been very ornery this spring and she has been claiming ankle's and knee's like crazy
21. We are racing in a New York State Park; please follow all rules and regulations at all times.

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22. Post race

- a. Food and drink will be available at the finish line for runners and volunteers ONLY. This year's post-race feast is being catered by Vasiles catering from Portageville. You will be allowed through once. Hang out, enjoy some food, listen to some music and cheer on your fellow survivors as they come across the finish line. Feel free to bring your favorite recovery beverage
- b. The parade grounds are a great place for the family as well. Let's be honest watching a trail marathon may not be that exciting for the family. Luckily the parade grounds area of Letchworth State Park has a play ground, a big field (bring a ball or disc to toss) and plenty of trails to explore

23. The course

- a. Concept began in 2007, Became a reality in 2010
- b. 90% single track, 100% awesome
- c. Over 100 gullies to descend and climb
- d. Lots of
 - i. Rocks
 - ii. Roots
 - iii. Ruts
 - iv. Leaves
 - v. Gullies
 - vi. Beautiful nature
- e. Use caution on the gully crossings. Since they may be wet, the rocks and shale will be slippery
- f. Some short climbs, some long climbs. Not many flat spots
 - i. There is 3000 - 4000 feet of climbing on this course
- g. The main trail that you will be running (The FLT) is marked with yellow blazes
- h. Most trails heading out to the check points are marked with blue blazes
- i. All turns from the main trail onto the check point trails and from the check point trails back onto the main trail will be marked with arrows, survey tape and small flags.
 - i. All participants, both solo and relay, must go up to and check in at all Check Points. Failure to do so will result in a DQ
- j. We do our best to clear the trail as much as possible but there could be a spot or two that you climb over or under a fallen tree, just adds to the fun and adventure
- k. If at any time you are not sure where the next blaze is just slow down for a second, look up, and look for a blaze on a tree, pink flags on the ground or the matted trail
 - i. We have yet to lose a runner on the course since we mark it pretty well. Oddly enough, we have lost a spectator, but only for a little bit.
- l. Please stay on the trails at all times and do not wander off trail (see next line for reason why)
- m. There is wildlife in the park. Deer, squirrels, birds, bears, rattlesnakes. Yup there have been bear sightings during the race. They don't appear to be bothered by runners being in their park. If you see one, slow down and make some noise. Worst case, offer them some Honey Stinger Waffles, bears like Honey right. If you see a vulture circling overhead, they are sizing you up for dinner, time to pick up the pace.

24. If at any time you come across a fellow runner that is hurt or needs assistance

- a. Stop to see if they are all right



- b. If they need something such as a gel or water and you have it, offer some up. You can restock at the next CP and Lady Sehghunda will smile down on you
 - c. If they need extra care, alert a worker at the next check point
 - i. Please provide good info such as Bib 42 is about 1 mile back with a bone sticking out of their leg.
25. After the pain wears off, join us at our other upcoming trail events
- a. The Mendon Mauler on June 7th, yes, it's a Friday night! There are 4, 8, and 12 mile options.
 - b. The Battle at Bristol Mountain on July 26th, 27th, 28th. Distances include 1k, 5k, 10k, 10 mile, half marathon, 50k

Day 2: Vale of Three Falls 5k, 10k & 15k

1. Please visit www.yellowjacketracing.com and read over everything carefully
2. Start time is
 - a. 8:00 am for 5k
 - b. 9:05 am for 10k
 - c. 10:35 am for 15k
 - d. Start/finish location is the Parade Grounds in Letchworth State Park, Portageville
 - e. Each race will start on time
 - f. If you register for multiple distances, and are not finished with one before the next starts, you will not be permitted to proceed on to the next race. Hustle Hustle
3. Race day packet pick up is at the start/finish area at The Parade Grounds in Letchworth State Park, Portageville, NY starting at 7:00 am
 - a. You can also pick up your race packet early (**highly advised**)
 - i. **Thursday, May 16 from 10 – 7 and Friday, May 17 from 10 – 2 @ Fleet Feet @ The Armory**
 1. 155 Culver Road, Rochester, NY 14620
 - ii. Stock up on last minute gear and nutrition.
4. Timing and Timing Chips
 - a. MyLaps Bib Chip RFID Timing chips will be attached to the back of each runners bib.
 - b. Do not remove or break this chip
 - c. Timing mats will be placed at the start line, each turnaround point and the finish line
 - i. Net time will be provided in the official results as a courtesy to runners. GUN time will be used for finish order and all awards
5. Bib Numbers must be worn on the **front** of the body at all times. **They cannot be folded, cut or modified in any way and must be visible at all times.** They are pretty so why would you want to fold it up anyhow?
 - a. Each distances has its own unique bib so if you are running more than one distance you will need to switch out your bib before each event
 - i. Tip: pin each bib to a unique top and simply change your top between events, super easy and you get to wear a dry top for each race which is nice
 - b. Please wear the correct bib for each race to ensure accurate results. Therefore please do not wear all three at the same time.
6. The courses
 - a. Each course is an out and back located inside the park on a seasonal dirt/stone/"paved" road.

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- b. Each race will start at the large Fleet Feet arch on the park road and will finish at the traditional Sehghahunda finish line
- c. 5k – about 1.5 miles out and 1.6 miles back
 - i. Only 2 hills on this course, you run down one and then back up it, I guess that's really just 1 hill
 - ii. Turnaround will be marked with a timing system and an a-frame sign saying 5k turnaround
- d. 10k – about 3.05 miles out and 3.15 miles back
 - i. 4 hills on this course, 1 down, 1 up and then 1 down and 1 up
 - ii. Turnaround will be marked with a timing system and an a-frame sign saying 10k turnaround
- e. 15k – about 4.6 miles out and 4.7 miles back
 - i. 4 hills for this one, 1 down, 1 long up, 1 long down and 1 up
 - ii. There isn't really a turnaround for this one more of a loop at the end of the out
 - 1. At the Y to start the end loop there will be an a-frame sign with an arrow pointing to the right, follow that.
 - 2. You'll know you are about half way when you cross a timing point at a nice scenic overlook of Big Bend. There will also be an aid station located here

7. Aid Stations

- a. 5k will have 1 aid station located at the approximate half way point/turnaround
- b. 10k will have 3 aid stations located at approximately 1.5 miles, 3.05 miles (10k turnaround) and 4.6 miles
- c. 15k will have 5 aid stations located approximately at 1.5 miles, 3.05 miles, 4.6 miles (Big Bend overlook), 6.15 miles and 7.7 miles
- d. Each aid station will be stocked with water, Gu Hydration and Gu Energy Gel. The 15k 4.6 mile Big Bend aid station will also have pretzels, chips, Honey Stinger Energy Chews, Honey Stinger Gluten Free Waffles and possibly watermelon and oranges

8. First Aid

- a. Basic first aid kits will be available at each check point with band aids, body glide, ice packs etc.
- b. An ambulance crew will be on site throughout the day
- c. If you have any allergies (bee stings for example) please carry whatever you need to treat yourself on the trail. That's just smart
- d. Race officials will be on course throughout the event looking for runners in distress.

- 9. Littering on the course will not be tolerated. Any athlete seen by a race official littering on the course will be disqualified from the event. There is no reason to drop your gel packs or anything else out on the course. Garbage boxes/bags will be located at all check points/aid stations. If you pack it in pack it out.

10. Vehicles on course

- a. Spectators are not allowed to drive out onto the course at any time. As the route is an out and back on a narrow "road" there will be no spectator vehicles allowed. Only official vehicles from the event and from the park will be allowed on course, this is for the safety of the runners. All spectators should hang out at The Parade Grounds and enjoy the day.
- b. If someone really wants to get out on course to cheer on the runners, bring a bike and ride but please be courteous of the runners.

11. Bathroom facilities are available at the following locations

- a. Start line
- b. Finish Line



- c. On the 10k and 15k course a bathroom will be located near the E cabins which is about 2.5 miles from the start line.
12. Volunteers are always appreciated. If you have a friend or family member coming to watch you run, ask if they would be willing to help out at an aid station for a little bit. Contact ellen@fleetfeetrochester.com if someone can help out
13. **Pacers are not permitted** at any point of the race. Only registered runners may join you out on the course.
14. Be prepared for any type of weather. This is western New York and the weather can range from chilly to very hot this time of year.
 - a. I'd expect that forecast to change at least a dozen times before race day so don't worry about it, yet.
15. We are racing in a New York State Park; please follow all rules and regulations at all times.
16. Post-race
 - a. Plenty of food and drink will be available at the finish line for runners and volunteers. Hang out, enjoy some food, listen to some music and cheer on your fellow survivors as they come across the finish line. Feel free to bring your favorite recovery beverage
 - b. The parade grounds are a great place for the family as well. The parade grounds area of Letchworth State Park has a playground, a big field (bring a ball or disc to toss) and plenty of trails nearby to explore
17. If at any time you come across a fellow runner that is hurt or needs assistance
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 - i. Please provide good info such as a hurt runner is about 1 mile back talking to a tree.
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Thanks for joining us, have fun, be safe and enjoy the adventure

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