

Welcome Runners to the second Dirt Inspires Trail Run at the Fort Ort National Monument.

This is such a beautiful place for a run and we are really pleased to have one of the few days in a year where organized events can take place at the Fort Ord National Monument. Please take a minute to review the course maps online. The graphics are too big to send in an email and will overwhelm your mail servers! For those of you who raced last year you will be pleased to find that the course is just the reverse of last year. So instead of a long gradual hill climb at the end you will have a gradual downhill until the trails start going uphill again.

We were out last week taking a final look at the trails and photographing the course. The temperatures were warm down in the valleys, but not too hot, and the ridge tops were breezy and cool. Early in the morning will be a perfect time to run.

IMPORTANT EVENT INFO:

This is an off road run – treat it like you would a training run. **Bring your own hydration pack, bottle or bottle carrier.** This is mandatory for the half marathon distance and highly recommended for the 5 mile run. We'll have water to refill your bottles at each of the water stops. There will be two locations on the Half Marathon course where you will be able to get gels, one located at mile three by the camp shelters and one at the intersection of Guidotti Road and Skyline. There are three additional self-service water stops where you can top off your water bottle. The 5 mile run will have the aid station at Guidotti Road and Skyline and a self service water station located near the campground access at approximately mile 3.5

Packet Pick Up:

There are two packet pickup locations in addition to race morning pickup.

Friday, August 22 from 1:00 to 5:00 pm at Fleet Feet in Aptos, 26 Rancho Del Mar, Aptos, CA 95003

Saturday, August 23 from 1:00 to 5:00 pm at Fleet Feet in Monterey, 912 Del Monte Center #68, Monterey, CA 93940

Race Morning pickup at Laguna Seca will open at 7:00 am. However, we do ask that you arrive in plenty of time to park and get your packet so that we don't have to hold up the race start times.

Race Bibs and Timing Chips:

Your race bib contains your timing chip. Don't forget it on race morning! Make sure it is pinned to your shirt. Pin it directly on the front of your shirt. Don't wear it sideways, fold it, crumple it up in your pocket, on your back or cut it down in anyway. The antennas attached to the back of the bib are critical to giving you an accurate time. Just think "Front and Center" and put it on your shirt!

Parking:

When you enter the park you will need to stop at the Kiosk and pay your park entry fee of \$8. If you can, carpooling will help save on the entry fee.

All event parking will be at the parking area on a hill overlooking the race track at the very far side

of the track from where you are entering. Turn left on Perimeter Road, Turn right on Directors Road to pass the Red Bull Energy Center, and then right on Barloy Canyon. Take the first right up the hill to the parking area. There is a parking map published on the website at:

<http://www.finishlineproduction.com/events/running/DirtInspires/DIParking.html>

If you need to ask for directions tell them you are headed to the camping area associated with Turns 9,10,11. Everyone at Laguna Seca knows those names and the names of the parking/camping locations change with each event.

Pre-Race Briefing: We'll be making some last minute race announcements about 10 minutes before race start at the start/finish area. Please schedule your pre-race preparations so that you can be available for that briefing.

Post Race Showers and Lunch: Don't forget to bring clean clothes and a towel, etc if you want to shower up after your race. We'll also have sandwiches and snacks and cold beer available at the finish while we get ready for awards.

Once again...and we can't say this enough ..bring your own hydration pack, bottle or bottle carrier. This is mandatory for the half marathon distance and the 5 mile run. We'll have water to refill your bottles at each of the water stops. There will be two locations on the Half Marathon course where you will be able to get gels, one located at mile three by the camp shelters and one at the intersection of Guidotti Road and Skyline. There are three additional self-service water stops where you can top off your water bottle.

There will be limited cups on the course and we hope we won't need to use any of them if people bring their own bottles. **PACK OUT ALL TRASH.** Make sure you have a pocket in which to put any trash you acquire on the course. This is a **LEAVE NO TRACE** event.

Course markings: The course will be marked with signs and arrows.

Race Number Placement: The trails/fire roads are NOT closed to other runners or cars on race day and you may encounter others out running and walking. Please wear your number on the front of your running shirt. This will help aid station personnel know that you are a participant in the race.

Single track Etiquette: If you come upon another runner whom you'd like to pass, do one of the following: 1) if the trail looks wide enough to pass, say, "On your left," (or right) and pause to give that person time to move over a bit before you pass. 2) if the trail looks too narrow wait until you're on a section that is wide enough to pass, then say, "On your left," (or right) and pause to give that person time to move over a bit before you pass. DON'T just blow by someone and expect that they know you are passing.

ADDITIONAL TRIAL RACING TIPS:

Training/Racing Tips: Climbing and Descending

Single track trails are generally narrow. Usually wide enough to allow one runner at a time. You will be going up and down a fair amount in this race. Some of the downhill is steep. Please use prudent judgment on how fast you are able to safely descend narrow windy trails and roads.

Are you super fit and ready to rock the distance and all the climbing in this event?! Then charge the each hill, using your arm swing to gain more power. There are a couple of challenging hills on this course so pace yourself accordingly. Most are short, but the climb back up Skyline has some flat spots and rolling hills all the way up to Guidotti Road. Then it's downhill before the last climb back up to Skyline and the finish line. Take your time and pace yourself on that last hill. There will be self-service water halfway up the hill.

Is this your first trail race, or, are you training to complete the distance and enjoy the trails? They you may decide on a more conservative approach to climbing steep trails. One method of trail racing employed by many trail ultra runners, is to walk all hills, right from the start, and run the flat and downhill sections. This is an excellent approach to ensuring you have what it takes to get to the finish line. Another option is to use a run/walk strategy in addition to walking all hills. This may look like this: run 10 min/walk 1 min for the duration of the race in addition to walking all of the hills. This method is prudent if you are concerned about making the distance and/or have never raced a challenging trail race before.

When descending trails, focus your eyes 10-20 feet or further ahead of your feet to anticipate upcoming obstacles. To keep control of your legs and feet engage your lower abs while tucking your tail bone under. This will pull your legs underneath you and give you a much greater sense of control. Keep your feet light and quick as you move over roots and rocks. Always maintain an essence of control of your speed. If your legs are particularly tired or wobbly, you may opt to slow to a walk on steeper sections of single track.

Gear/Racing Tip: Wear your sunglasses and a hat! It is bright out on the trails and some ridge tops are very exposed to wind. Make sure your eyes are protected.

Fueling for Training and Racing

Research indicates that endurance athletes need 150 to 300 calories per hour during activity. Consider factors such as exercise intensity and duration, fitness, and body size when determining how many calories you need to consume on a given day. Through practice in training you'll be able to come up with an exact number that works for you for this race, and then you can adapt during the event as needed.

Eat or drink your calories just like your car uses gas—steadily not in one big gulp. Take in 50-100 calories along with some plain water every 20-25 minutes during the race or training. Do this consistently. Some people need to set their watch alarm to remind them to eat at regular intervals.

During exercise or an event, drink 6 to 12 ounces (150 to 350 ml) of fluid every 20 minutes. Personalize this quantity—the recommended amount may be too much or too little for you. Experiment with types and quantity based on stomach comfort, body size, and absorption, and make sure you are taking in plain water in addition to your chosen calories for optimal assimilation of calories from the stomach.

Hydration Systems

We require you to carry a water bottle and top off your bottle as needed at aid stations. We recommend you get a hand-held water bottle or a hydration belt to carry fluids for this event. There are lots of models and styles to choose from, and you can ask the folks at Fleet Feet for their recommendations if you don't have a hydration system already.

Train well...we'll see you at the race!