

2018 Run the Ridge 5K FAQ (email sent to all registrants on 2/15/2018)

Happy Valentine's Day nature lovers!

Congratulations on making it into the sold-out Run the Ridge 5K trail race and thank you for supporting the Southern Conservation Trust. Here's some information to help make your race day experience more enjoyable.

Race information page - <https://sctlandtrust.org/run-the-ridge-5k/>

Race Location:

The Ridge Nature Area

[390 Burch Rd, Fayetteville, GA 30215](https://www.google.com/maps/place/390+Burch+Rd,+Fayetteville,+GA+30215)

Google map - <https://goo.gl/maps/btDMzi5KNqs>

RACE DAY - SATURDAY, FEB. 17th, 2018

6:30am – Parking opens

6:30am – Packet pickup begins

7:45am – Packet pickup ends

8:00am – Race begins

9:15am – Awards Ceremony (time approximate) / Trees for Bees Arbor Day Special

1. Parking - we have just enough space to park all of you inside the park. We'll start parking cars around 6:30am. Drive to the end of Burch Road and slowly enter the park, where our volunteers will park you. Please pay attention to the directions they give you.

2. Runner check-in - runner check-in begins at 6:30 am at the picnic area on the west side of the parking area (near "The Porch"). We will have a list of all pre-registered runners and you'll receive your race number and embroidered hoodie. There won't be goodie bags - we decided most folks throw that stuff away and we want to be ecologically minded. There will be porta-johns near the check-in area.

3. Race numbers - we need you to wear your race number so we can see it, on the outermost layer of your top. The race will be timed, but we need to see your number to do it.

4. Course - the 5K course is in great shape, but will be muddy in spots. We've had a lot of rain lately, but it looks like things will be drying out between now and race day. The course will be marked with tape and volunteers. It follows existing trails in The Ridge.

5. Aid Stations - in order to minimize trash, we have decided to NOT have aid stations on the course. Most 5K runners will not need to stop. Walkers, you may wish to grab a water bottle and carry it with you. Please do NOT litter. There is a bathroom near mile 2.5 (at the boy scout camp) if you really need to go while out on the course.

6. Shoes - this is a non-technical trail run/walk. You do NOT need trail shoes, although you're welcome to wear them. You probably want to use a pair of shoes that you don't mind getting muddy. We recommend you bring two pairs of shoes - one to run/walk in and another to change into for after the race.

7. Start - the race will promptly begin at 8am and we anticipate folks will be done close to 9am. The race starts at the far end of the main parking area (see map <https://sctlandtrust.org/run-the-ridge-5k/>)

8. Finish - the race finishes right at the picnic area where you checked in. Be sure to smile as you come up the hill. We need to see your race number and take your picture!

9. Awards - as per the website, the awards will be three deep (1, 2, 3) in the following categories - overall (male & female), masters (male & female), age group (in ten-year increments): 10 & Under, 11-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80 & over

10. Special Trees for Bees Arbor Day - After the race, we have a special treat for you! We've partnered with the Fayette County Extension Office, the Fayette County Master Gardeners, and the City of Fayetteville in Trees for Bees for Georgia Arbor Day! Every family gets a free tree! Planting demonstrations will be available after the race. Limited Quantities.

11. Dogs - yes! but on a leash please.

12. Baby strollers - no (sorry)! The course is too rough for a baby jogger, stroller.

If there are any last minute changes, we will post those on the Southern Conservation Trust Facebook page AND send an email blast to all registered runners.

Questions? You can contact the Southern Conservation Trust directly (<https://sctlandtrust.org>) or me personally.

Thanks,

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