

The Pinnacle Ultra Challenge and Relay
October 6, 2013
50K * Half Marathon * Relay

50K Ultra- Trail Description- The 50K run begins in Newport NH at the Historic Corbin Covered Bridge (shuttle to start), and follows beautiful Oak street on the road before heading off on the rail trail for and out and back. The 10 Miles of Rail trail follows the Sugar River, revealing secret fly fishing spots, and traversing 2 of the remaining 7 Rail Trail covered bridges left in the United States (built in 1906 and 1907). The Half Marathon ends at Newport High School where you will pick up 9 miles of fantastic trails in the Newport Town Forest, where you will be climbing The Pinnacle (1362') and Coit Mountain (1590'). These small mountains have excellent views but are more known for their fantastic snaking descents on pristine singletrack. You will traverse the Town Forest trails twice for a total of 18 Trail miles and 13.1 railtrail miles...

Course Breakdown: Rail Trail- 32%
Paved Roads- 10%
Woods Doubletrack- 18%
Singletrack- 40%
Vertical Gain- Rail Trail section 13.1 Miles- Gain 476 feet
9 Mile Town Forest Pinnacle Trails- 1400 feet

50K Ultra Relay- Teams of 2 or 3 are allowed to participate in the 50k Ultra... The transition area for this will be at the Finish Line.. Only one member needs to be at the start line. Each member will receive split times for their run: For a 2 man leg, one member must run 2 legs.

LEG 1- 13.1 Miles- Rail Trail
LEG 2- 9 Miles- Town Forest Pinnacle Trails
LEG 3- 9 Miles- Town Forest Pinnacle Trails

Half Marathon- The Half Marathon option starts at the Corbin Covered bridge (shuttle to start) and does an out and back on the Sugar River Trail to Newport High School. You will pass through historic covered bridges while following the meandering Sugar River on a flat and soft course. A few sandy sections will keep you on your toes, and 3 aid stations will get you to the finish line at Newport High School.

Half Marathon Relay Option- This option is built for families or folks who want to have an adventure, If you choose this option, you may have up to 5 athletes on your team, where you are responsible for your own transitions and various legs. One person starts and may transition to teammates anywhere on the course as long as they don't impede traffic, private residences or any participants. Full Relay rules may be found in the rules section.

Transition Area/Parking- You will park at Newport High School and get shuttle to the start at the Corbin Covered bridge (1.5 miles from high school) Ultrafolks will be allowed to park on the Ultra (50K) course so they can access their car, which houses their gear, food and whatever fuel they will need. Ultra's will pass their car twice during the course of the race.

AID STATIONS- Water, Electrolyte replacement and a few food choices will be available at the Aid Stations, which are more of a party than anything. These are located at the following Miles:

Mile 3.5- Kellyville

Mile 5.7- Turn around

Mile 7.9- Kellyville

Mile 10.1- Greenwood road

Mile 13.1 – Finish/Transition area

Mile 18.1- woods stop

Mile 22.1- Finish/Transition area

Mile 27.1- Woods stop

START TIMES:

7:00 AM- ULTRA SOLO- Wave 1- For those taking longer than 5 hours to complete the course

9:00 AM- Ultra Solo- Wave 2- For all other Ultra runners (cutoff times enforced) see rules.

9:00 AM- All Ultra Relay Teams

9:00 AM- All Half Marathoners

9:00 AM- All Half Marathon Relay teams

PRICING- All fees include a Tech Tshirt or Beanie Hat, Aid Stations, Split times, BBQ lunch after the race, finishers Metal, prizes, and one awesome course.

ULTRA SOLO by Jan 31st- \$50, after \$60

ULTRA RELAY by Jan 31st- \$70, after \$80

HALF MARATHON by Jan 31st- \$30, after \$40

HALF MARATHON RELAY by Jan 31st \$50, after \$60 *3 meal tickets provided

You may register online at www.ultrasignup.com

PLEASE NOTE- There is no race day registration- Please Sign up online by 10/4/2012 by 5PM

Race Limit- 250 Athletes...

The Pinnacle Challenge Ultra Run, ½ Marathon and Relay- RULES

Cutoff times: For your safety and for consideration of our volunteers there are various cutoff times throughout the race. Runners must leave the aid station before the cutoff time. Also note, there is a strict 9:00 hour finishing cutoff...These cutoff times are for the ULTRA RUNNERS...

13.1 Mile section should be completed by 11:00 AM

First trail section (9 Miles) should be completed by 1:00 PM

Finish the course by 3PM (if you can't make these cutoffs, choose the early start option)

Early Start Option- For those expecting to take longer than 5 hours to complete the Ultra 50K option.. There is a 7AM starting wave.. All other Ultra's will begin at 9:00 AM including team Ultra's. Team Ultra's may start in the 7AM wave with Director approval. There is no penalty for starting in the early wave.

The ½ Marathon will begin at 9AM.

Music- We will allow music and MP3 players with one earbud in.. The single track for passing and any road section will require you to have your hearing.

Muling- No Muling of gear, assistance is provided at aid stations, if you want certain gear, carry it.

Pacer- A pacer is allowed on the second lap of the Ultra course for safety, Pacer, not Muler.

Course Markings: The course will be marked with orange arrows.. they will be spaced apart every 2-3 minutes running time and at all intersections. Sharp corners will be marked with double arrows... In the woods keep your eyes peeled for them.

Aid Station- Ultra runners and team Ultra runners show your bib number at aid stations, so they can mark you on the clipboard.

DNF- If you decide not to continue the race, tell and aid station captain and give them your Bib number. Properly dropping out saves us from sending a search and rescue effort out to retrieve you.

Littering- Is grounds for disqualification, Trash receptacles will be located at the Aid Stations, if you see something pick it up and drop it off at the aid stations..

#2 on the trail- There will be porta-potties at various aid stations... hold it if you can, if you can't get way off the trail away from the river, and bury your business.

Road Crossings- There are a couple road crossings. It is YOUR responsibility to safely cross the road. We will have marshals at both crossings and throughout the duration of the race. The Marshals will not stop traffic, you can think of them as an extra set of eyes to look out for you.

Water- There will be water and Electrolyte drink at the aid stations, and food. It is recommended that the Ultra runners carry adequate water and food of some kind with them throughout the race.

HALF MARATHON SECTION (13.1 Miles)

1. We are running on the Sugar River Trail. It is open to the public and 4 wheelers and other uses may and likely will happen during your run along the rail trail. Please use caution and be aware of this. It is also an out and back course, stay to the right and High Five when appropriate.
2. There are 2 sections of road where you will be running on, and it is NOT closed to vehicle traffic. Please run with caution and follow the arrows.
3. There will be road crossings where you will cross the road... Marshals will be present, please use caution when crossing.
4. Make sure numbers are visible on the front of your body, so we can clearly see and record your number.
5. There is a 1 hour 30 minute hour cutoff time for the first Aid Station, you must be through mile 5.7 (the turn around) by 10:30...

Newport Town Forest Section (9 miles- 2 Laps)

6. You will traverse on the town forest for 2 laps of the 9 mile route, following orange arrows...follow course as marked
7. There will be an aid station approximately $\frac{1}{2}$ way during your run, where you can fill up your water bottles and recharge with some snack foods. It will be stocked with various food items.
8. If you cannot complete the course, please report a DNF to the finish line tent and report your number so we are not out looking for you..

ULTRA RELAY

9. Ultra Relay participants will exchange batons (or the like) in the transition zone, near the finish line..

HALF MARATHON RELAY

10. You may have up to 5 people on your $\frac{1}{2}$ Marathon Relay team. Each member can run any desired distance as long as the following conditions are met.
 - a. You provide your own transportation to area of transition
 - b. You do not park your car in a place that can impeded traffic, or any runners, or any private residence
 - c. You do not drive along side your running during the road sections.
 - d. You only park where it is safe, even if it means to walk to your transition.
11. You may drop off a runner anywhere where they can wait for a transition
12. You will be transitioning an anklet that has a chip in it, please pass all the way to the finish.
13. Your final runner will have a number that will need to be visible in the front for recording purposes.