

## 5:00 A.M. STARTERS....RACE INSTRUCTIONS

1. The 5:00 a.m. start is for those individuals who anticipate taking 12-14 hours to complete the course. **If you anticipate finishing significantly faster than 12 hours (11:30 or faster) it is not advisable to use the 5:00 a.m. start. Due to permit parameters, ABSOLUTELY NO PARTICIPANTS WILL BE ALLOWED ACCESS TO THE C&O CANAL TOWPATH PRIOR TO 8:30 a.m. (3hours and 30 minutes).** If you anticipate covering the first 15.5 mile portion of the course faster than 3 hours and 30 minutes, it is highly advisable to switch to the 7:00 a.m. start. **If you decide to switch start times, make sure to notify the race director ([mspinner@cvac-md.us](mailto:mspinner@cvac-md.us)) to be re-issued a 7:00 a.m. start number.**
2. Assemble in the Boonsboro H.S. Gymnasium at 4:20 a.m. for final instructions.
3. Pin your issued numbers on the front and back of your torso. The number with your information tag should be pinned on front.
4. Veteran JFK 50 Mile Finishers (with varying goal paces) will be identified at the 4:20 a.m. meeting, if you'd like to follow them as guide/pacers.
5. An escort vehicle will lead you from in front of the Boonsboro H.S. Gymnasium to the starting area in downtown Boonsboro (a distance of 1,000 meters) at 4:35 a.m.
6. The event will begin at 5:00 a.m. **STAY AS FAR TO THE RIGHT OF THE ROAD AS POSSIBLE** heading up Alternate Rt. 40 to the Appalachian Trail.
7. We really would like the participants to do their very best to **avoid “answering nature’s call” along the Appalachian Trail.** Portable toilets will be **available** right before you enter the trail in the parking lot at the Old South Mountain Inn at the 2.7 mile point (top of the mountain). Portable toilets will also be available at the 9.3 mile aid station in Gathland State Park.
8. **At 8:15 a.m. (3 hours and 15 minutes), if you have not already done so, please move into a SINGLE FILE FORMATION and try to stay as far to the RIGHT of the trail (or towpath) as you are comfortable. The leaders from the 7:00 a.m. start group should be coming by you shortly and they have been instructed to stay to the left to pass. Please use extreme caution on the “switchbacks”, at approximately 14.5 miles, as the passing of the 7:00 a.m. leaders can be extremely dangerous over this section of the course.**

**5:00 A.M. RACE INSTRUCTIONS CONTINUED ON BACK**

9. **Due to insurance regulations , no participant can wear/use a personal listening device (i.e. walkmans, ipods, etc...). Cell phones are allowed, but should only be used in emergency situations. It will bring the organizers no joy, but anyone not abiding by the “NO PERSONAL LISTENING DEVICES” request/rule, will be disqualified and their names and results deleted from the race results.**
  
10. Please use caution, patience and courtesy, when passing other participants. Please be aware that participants from the 7:00 a.m. start have been instructed to pass on your left.
  
11. Along the towpath section of the course, **please stay to the right of the towpath unless making a pass.** There will be many participants from the 7:00 a.m. start passing you along the towpath section, please be courteous and allow them a clear path to pass on the left side of the towpath.
  
12. **Please abide by the time cut-offs** (8:30 a.m. at 9.3 miles, 10:30 a.m. at 15.5 miles, 1:00 p.m. at 27.1 miles, 2:45 p.m. at 34.4 miles, 4:00 p.m. at 38.4 miles, 5:00 p.m. at 41.8 miles and 6:00 p.m. at 46.0 miles).
  
13. Absolutely **no bicycles** can be used by “Handlers” **on the any portion of the course..**
  
14. **On the final 8.4 mile road section of the course please stay as far as possible to the LEFT side of the road.** If you are issued a safety vest by a race organizer or volunteer, you are required to wear it.
  
15. If you have a personal “handler”, make sure to instruct them to only meet you at the “race designated” locations. If your handlers meet you at locations not designated by the race organizers, you may be disqualified. **Please encourage “handlers” and/or friends and family to not bring along pets.**
  
16. If using shower facilities at the Springfield Middle School Finish Line location, please keep the showers brief out of consideration for those who finish behind you.

**THANKS AND GOOD LUCK TO ALL!!!**