

## **7:00 A.M. STARTERS.....RACE INSTRUCTIONS**

**There is a 12 hour time-limit for all those using the 7:00 a.m. start.**

1. A race day **pre-race briefing meeting will be held at 6:20 a.m.** in the Boonsboro H.S. Gym. You are highly encouraged to attend this helpful and informative meeting.
2. Veteran JFK 50 Mile Finishers (with varying goal paces) will be identified at the 6:20 a.m. meeting, if you'd like to follow them as guide/pacers.
3. At 6:40 a.m. assemble at the "old" start (athletic field adjacent to the football field). At 6:45 a.m. an escort vehicle will lead the participants the approximate 900 yards to the current starting line in downtown Boonsboro. **The race will start at 7:00 a.m. sharp.**
4. **Due to insurance regulations, no participants 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 have their names and results deleted from the Official Results.**
5. 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.
6. Please don't leave any litter on the course. Aid Station crews will police their immediate areas. Please leave your cups, gel-pack containers, etc... at the aid station sites.
7. **Pass the "Early Bird" 5:00 a.m. starters on the left** when you approach them. Please use caution, patience and courtesy when passing, especially on the very dangerous "Switchbacks" at approximately 14.5 miles. **Participants in the 5:00 a.m. start are identifiable by numbers on their backs**, so you'll know if you're passing someone from the 7:00 a.m. start or the 5:00 a.m. start.
8. 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.

**7:00 A.M. RACE INSTRUCTIONS CONTINUED ON BACK**

9. **Please abide by the time cut-offs** (9:30 a.m. at 9.3 miles, 11:30 a.m. at 15.5 miles, 1:45 p.m. at 27.1 miles, 3:00 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).
10. Absolutely **no bicycles** can be used by “Handlers” **on any portion of the course.**
11. Unregistered Pacer/Companions are greatly discouraged. **Any male or female runner hoping for a top-ten placing in their respective gender must compete unaccompanied (by an unregistered pacer/companion on foot or by bicycle) at all times.** Those “contenders” failing to abide by this request could be subject to disqualification and/or exclusion from overall awards and/or prize moneys.
12. **Race numbers** should be **displayed** in plain view **on the front of the torso** at all times.
13. If a “pit stop” is absolutely necessary while on the Appalachian Trail or Towpath (where no portable toilets are available), please “go” **at least 30 feet off the trail** and cover what you leave behind with leaves or bark, etc...
14. If you have a personal handler, make sure to instruct them to only meet you at the “race designated” locations. If your handler meets you at locations not designated by race instructions/directions you may be disqualified. **Please encourage “handlers” and/or friends and family to not bring along pets.**
15. If using the 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!!!**