

24-Hour Adventure Trail Run
29 APRIL 2006 - 30 APRIL 2006
Prince William Forest Park www.nps.gov/prwi
Prince William County, Virginia

24-Hour Adventure Trail Run



*April 29-30, 2006
Prince William Forest Park
Triangle, VA*

RACE DIRECTORS

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Mountain bikers have been doing it for years. Now, it is our turn!!! Join us for the inaugural 24-hour Adventure Trail Run. Continue all day and through the night in the historic Prince William Forest Park, a quite, environmental gem just a short driving distance from Washington D.C. This is an opportunity for the toughest individuals and Teams to test their sense of adventure, perseverance, commitment and dedication to achieve and conquer!

Unlike many races that runners have done, the focus is time over a fixed distance. Co Race Directors Scott Crabb and Alex Papadopoulos have decided to change things up a bit. In the 24-Hour Adventure Trail Run, runners will log as many miles as possible over a 24-hour period. How's that for a change? Throw time out the window and see how many miles you can conquer in 24 hours. Runners can compete in Solo or Team categories. Categories will range so very runner and team will enjoy the achievement of running for 24-hours while being invigorated by competition. You will have the opportunity to compete in something that very few people even dare to think about or even consider. So join us for the experience of a lifetime, while discovering one of Washington DC's hidden National treasures. Additional information on Prince William Forest Park can be found at www.nps.gov/prwi

Course Description

The 24-hour Adventure Trail Run will be held within the Prince William Forest Park, located just outside historic Triangle, VA and Marine Corps Base, Quantico. Found 35 miles south of Washington D.C., this run offers a great opportunity to visit the Nations' Capital and explore 15000+ acres of Virginia's National Park wilderness. The course is in a National Park of rolling hills, 7.0 miles per loop with approximately 300+ feet gain/loss per lap. Each loop will start and finish at the Start/Finish location for the Trail Run. There will be a satellite aid station at the 4.0 mile of the course. There will be plenty of roots and rocks on the trail, but generally this is a single track adventure trail run with approximately 0.75 miles on a dirt road.

Course Design

The Course has been designed and race formulated by Scott and Alex in such a fashion to allow most experienced of trail runners and the newest trail runners to run side by side. There will be uphill sections; there will be down hill sections; there will be flat sections; there may even be some mud, if the April showers show. Fun, challenging, dynamic, and adventurous. A course profile and course map will be available as a download on 01 FEB 2006 from our web-site <http://www.athletic-equation.com/EnduranceEvents.htm>

Race Location

The Start/Finish line will be at Camp 2 (Mawavi) in Prince William Forest Park, National Park Service. The race course will entirely within the Prince William Forest Park. Camp 2 is a Cabin Camp that will accommodate 170 campers in cabin bunk style lodging. As a service to all runners, the 24-hour ATR will provide lodging at Camp 2. There are 170

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beds available. These will be first come first serve for runners. Cabin accommodations sleep from two (2) to six (6) people. Amenities include bathrooms, heat, hot showers, dining area, and electrical outlets. Please do bring your own linens, and/or sleeping bags and wash towels. Hot showers and bathrooms are newly renovated and located in centralized areas.

Race Start Time

The 24-Hour ATR will start on 29 APR 2006 at 700am and finish on 30 APR 2006 at 700am.

Race Site Driving Directions and Local Hotel Accommodations

The Start/Finish line is located approximately six (6) miles from I-95 in Prince William Forest Park. Page 7 within the Race Packet contains the driving directions from points north and points south. The local area offers a number of lodging location 10-minutes and 20-minutes from the Race Site. Page 8 within this Race Packet contains a number of local lodging accommodations ranging from \$42.00 plus tax and up.

Race Packet Pick-Up and Race Shirt Pick-Up

Solo and Team Packet Pick-Up will held just prior and during the Pre-Race Meeting. Participants will also have the opportunity to Pick Up their Race Packet at **VA Runner** on Wednesday 27 APRIL 2006 and Thursday 28 APRIL 2006 from 500pm to 700pm. Each runner will have their own race packet with number included. Race shirts will be distributed at the Pre-Race Meeting. Those unable to make the Pre-Race Meeting will be able to receive their Race Shirts during the Awards Ceremony and Post Race Party

Categories

Solo - Male
Solo - Female
Team - Male
Team - Female
Team - Co Ed (at least one member of the opposite sex)
Corporate/Charity Extreme Team
Military Competition

Race Costs (add \$10 per person or \$20 per team after 04/01/2006):

Solo - \$75
Team (3 Runners) - \$70/person
Team (4 Runners) - \$65/person

Refund Policy

There will be a 50% refund if a request is made prior to 01 APRIL 2006. After April 1st, NO REFUNDS will be provided. Teams losing members prior to the event can pair up

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with other smaller teams or consult with the race directors on how they might be accommodated. Teams wanting to drop a runner and add a new runner to a Team, after the deadline, may do so. Please consult the race directors for additional information.

GENERAL RULES AND INFORMATION

Packet Pick-Up

Packet will be available at VA Runner, a runner's specialty store on 27 APRIL and 28 APRIL 2006 from 500pm to 700pm. Special participant discount will be available to all runners on running shoes and accessories. Packets will also be available during Pre-race check-in on 29 APRIL 2006.

Pre-Race Meeting

Race check-in will be at the Pre-Race Meeting. Final race instructions will be given at this time covering all aspects of the event. We would like all participants to be available for the Pre-Race Meeting, if not please advise Race Managements and ensure that at least one representative is available for the Meeting. Race shirts will be distributed at this time.

Bib Number

Bib numbers will be within the Pace Packets. The assigned bib number must be visible at all times. If a runner chooses to not wear a bib number, proper body marking identifying race number must be present. Body race markings such as those used in triathlons will suffice for body markings

Starting Procedures

The 24-Hour ATR will start promptly at 700am. Solo runners and the 1st Team runners will be starting together at the start line. Each starting racer must log-in at the Start/Finish no later than 30 minutes before the start of the race. Check-in will start at 600am. Race management will track solo runner and Team lap completion. Additional clarifications will be given at the Pre-Race Meeting.

Trail and Runner Safety

Trail Safety: Course marshals shall be on the course through out the event. Emergency Medical Service (EMS) will be on-site at the Start/Finish line.

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Trail Intersections: All trail intersections will be clearly marked, identifying the proper direction on the trail.

Trail Etiquette: It is the responsibility of the faster racer to pass safely. Please announce yourself. Impeding another racer's progress is considered unsportsmanlike behavior and will not be tolerated. This is not kool!!! The Leave No Trace policy will be in effect for all runners. Runners are asked to carry all garbage to the Aid Stations for proper disposal.

Hydration: Drink up lads and lasses. Dehydration can be problematic in any endurance event. Although runners will have aid at the Start/Finish location and at the Satellite aid station, approximately 4.00 apart, it is **mandatory** that all runners utilize some type of hydration system while of the trail (i.e. hand held bottles, waist belt, back-pack style hydration system, etc)

Night Running: All runners running at night **MUST** have a light source. **No exceptions.** Racers entering the course two hours before sunset on Saturday and up to one-half hour before sunrise on Sunday must have a light source on and in good working order. Racing with lights out to save batteries is not acceptable and probably not that safe.

Course Markings: Yo, Adrian!!! Pay attention!!! Yellow streamers will mark the trail in the daytime. Two yellow streamers will Red taping means do not cross---wrong way. In the night time, yellow glow stick will mark the run course and you will have to look very closely for the red taping. Two yellow glow sticks will mark a turn on the trail at night.

Sportsmanship

Be smart and be kool to your follow runners. Nuff Said!!! If a faster runner wants to pass you, then let them. You just might probably pass them later....24-hours is a long time to be awake, let alone running on trails.

Taking a Shorter Route

Don't do it!!! It takes the fun out of it. You might get lost and it would be annoying and embarrassing for Race Management to find you.

Team (only) Captains

Each team will have a runner identified as a Team Captain. Team captains will represent the team in all official correspondence and communications before, during and after the event. Only team captains may file protests, but we all know that will not be needed!

Issues

Any protests will be made through Team Captains. Protests will be made in writing and delivered to the race directors any time during.

Final Rulings

The race directors have the final say in any ruling.

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Pacers

Pacers will be allowed for solo runners from dusk until dawn. No pacers will be allowed for Team runners. Team runners with pacers will be allowed to complete the run, but will not count in the final standing and not be awarded finisher prizes.

Lap Completion (Very Important)

Coming through the Start/Finish of each lap, all runners coming through the official race table will be identified by their race number. It is the responsibility of the Team runner to check in at the official race table once every lap is completed and the responsibility of the next Team Runner to check out at the table once when starting the next Team lap. Solo runners need only to check-in at the completion of every lap. Failure to adhere to the above check-in procedures will result in the forfeit of that lap, but will still remain competitive in the Solo or Team Final Standings. But the lap will be lost and not documented. Thus, it is important that you check in at the aid station or your lap will not count. Race management will track all lap completion and maximize runner safety!!!

Teams Only (Important): A runner from a Team may drop from the event. If such is the case, the remaining runners must continue with non-repetitive laps for all laps to count. The runner dropping from the race will still be eligible for prizes in the final standings! If the runner drops before the completion of the lap, the new runner can start from the Start/Finish as soon as the dropped runner is recorded by race management.

THE FINAL LAP and SCORING: The final or last lap **MUST** be completed before the 24-hour mark, which will mark the end of the Race. If two or more Solo or Team runners finish the race with the same amount of laps during the 24- hours, the least aggregate time for last completed lap will differentiate the winner and/or overall placing.

Consecutive Laps

Only Solo runner can run consecutive laps. Teams will not be able to complete consecutive laps, unless only one runner is left from a Team.

Aid Stations

Start/Finish

The start/finish line will function as the main aid station during the 24-Hour ATR. The following actions will be occurring through out the race at this aid station:

- Racers must log-in and log-out on each lap.
- Runner drop out location.
- Water and Hot food for Runners and Pacers.
- Medical Attention.
- Update to Solo and Team Placings without the 24-hour event.
- A place to sleep between Team Laps
- A place to enjoy the trail running camaraderie of Yoo-Hoo.

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Satellite Aid

Water and minimal food may be supplied at the satellite aid station. This will be approximately at the 4.0 mile point of the 7.0 mile loop course. This aid station will also function as an interim check-point. Lap completion will be verified with a corresponding Satellite Aid Station verification. The satellite aid station will also function as a runner drop out location. Transport will be available back to the Start/Finish location, the Cabin Camp.

Local Laws

The 24-hour ATR will be held on a National Park grounds. All Federal, state and county laws and ordinances must be adhered to all times. Further information regarding the local NPS laws can be found at www.nps.gov. As it is a National Park, we ask that all Runner work towards the **Leave No Trace** policy.

Park Quiet Hours

Quiet hours at night, will be imposed from 9:00 p.m. Saturday until 6:00 a.m. Sunday. During this time, noise must be kept to a minimum but the fun will continue.

Unforeseeable circumstances

In the case of unforeseeable circumstances due to weather or other extenuating circumstances that prevents the ongoing scoring of the event or creates a racing environment that is deemed too dangerous for the participants, the race director may call the race as of a certain time. Final results will be calculated based on each team's placement at the call time as determined by that team's last completed lap. This rule is intended to be a last resort, in the direst situations, when no other means is available to continue scoring the event or when the potential for serious harm or loss of life becomes imminent.

Useful Web-sites

<http://www.athletic-equation.com/EnduranceEvents.htm>

<http://www.nps.gov/prwi/TRRCG.htm>

<http://www.weather.com>

<http://www.nps.gov>

www.vhtrc.org

<http://www.signmeup.com/52957>

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Convenient Hotel Accommodations

10 minute drive from 24-Hour ATR Start/Finish

Best Value Inn
4202 Inn St
Triangle, VA 22172
Rate: From \$42.00-\$59.00/night

Sleep Inn
17470 Jefferson Davis Hwy
Dumfries, VA 22026
Rate: From \$59.00/night

Adventure Trail Run



20 minute drive from 24-Hour ATR Start/Finish

Courtyard by Marriott
14300 Crossing Place
Woodbridge, VA 22192
Tel# 703-491-4525
Rate: From \$135.99/night

Fairfield Inn
2610 Prince William Parkway
Woodbridge, VA 22192
Tel#703-497-4000
Rate: From \$99.00/night

Residence Inn Potomac Mills
14301 Crossing Place
Woodbridge, VA 22192
Tel#703-490-4020
Rate: From \$129.99/night

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Directions to Cabin Camp Two (Mawavi Camp)

From Washington DC and Points North:

Take I-95 South

Take exit 150B. This will put you on Rte. 619 West.

Drive Approximately four (4) miles West.

Make a **Right** at Sign for Camps 2 and 5. Road turn into a hard pack dirt road.

Make a **Left** at fork.

Drive approximately one (1) mile and look for parking signs.

Volunteers will be directing traffic.

From Richmond and Points South:

Take I-95 North

Take exit 150. Follow signs for Rte 619 West.

Make a **Left** onto 619 West.

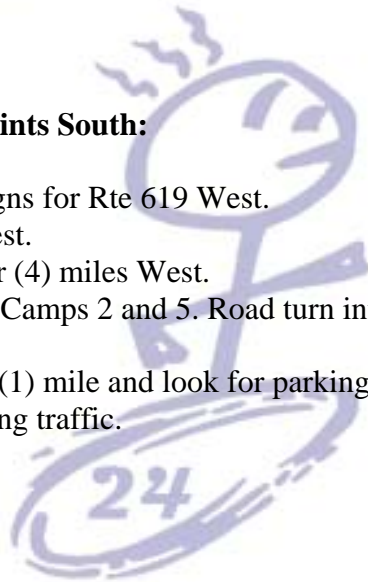
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2006 RACE SCHEDULE OF EVENTS

Friday, 28 APRIL 2006

| | |
|-----------------|--|
| 10:00am | Race Management Arrive to Camp 2 for Start/Finish Set-Up |
| 2:00pm – 2:30pm | Volunteers arrive to Cabin Camp Two***** |
| 2:30pm – 3:00pm | Go over Volunteer Assignments |
| 3:00pm – 4:00pm | Race Check In and Lodging Assignments |
| 3:30pm | Preparations in Kitchens for Pasta Party***** |
| 4:00pm – 5:00pm | Pre-Race Meeting |
| 4:00pm - 6:00pm | Course Markings***** |
| 5:00pm – 6:00pm | Pre-Race Pasta Party |
| 7:00pm | Race Mgmt and Volunteer Meeting***** |

Saturday, 29 APRIL 2006:

| | |
|---------|--|
| 6:00am: | Finish Setting up Start/Finish Area |
| 6:45am: | Set-up Satellite Aid Station***** |
| 6:55am: | Participants Muster at Start/Finish for Pre-Race Ritual |
| 7:00am | Race Begins |
| 6:30pm: | Course Marshall activates night lighting system (glow sticks)***** |

Sunday, 30 APRIL 2006:

| | |
|------------------|--|
| 6:30am | Breakdown Satellite Aid Station |
| 7:00am - | Last lap must be completed |
| 8:00am – 12:00pm | Awards Ceremony/Post Race Party |
| 11:00am: | Start Closing Down Kitchen***** |
| 1:00pm | Runners must be out of Cabin to start clean up. |
| 2:00pm | Camp 2 Secure for Turn-Over Back to Park Management***** |