



### **Luna-Tics Race Series Rules, Guidelines and General Information**

#### **Bibs:**

All runners must wear their bib somewhere on their body so we can see it when you cross the finish line. After all of that work we figure you would want to know your finish time. Our aid workers will also be checking numbers as you pass them to be sure you hit all of the points on your route.

#### **Course Marking:**

We know that sometimes you're just in a zone and that sign that says TURN LEFT doesn't register. So we have a few other ways to help you not get lost. Read on.....

- Generally you're running north to your turn and then south back home
- The trail is obvious trail, no tough decisions to make about which trail to take
- The IAT is marked with BROWN posts or tree & a YELLOW blaze. About every 200 meters
- ORANGE tape in the trees will cover the entire course
- WHITE directional signs will help with turns
- BLUE flags will be on your right side across any intersecting trail or on the other side of a road crossing
- Actual people will be in spots to give directions for connecting trails

#### **Start Times:**

40 Miler – 6:00 a.m.

50K - 7:00 a.m.

Marathon - 7:20 a.m.

Half Marathon - 7:40 a.m.

13K - 8:00 a.m.

#### **Making the Turn:**

Please shout out or check in with the volunteer at your turn around. They will note that you have made the turn. This helps us keep track of where everybody is on the course.

#### **Support:**

**All runners are required to carry their own hydration device.** Our aid station volunteers will gladly refill your bottle or pack. We will not provide cups at aid stations. Aid stations will have a variety of items, kind of depends on the personalities of the aid station workers. All aid stations will have Hammer Gel, Heed, Endurolytes, and water, pretzels, chips, M&Ms.....

**Pacers:** No pacers are allowed on any section of the course.

**Dropping Out:**

Hey, it happens! Please drop out at an aid station. We will arrange to have you driven to the finish line.

**Drop Bags:**

40 Miler, 50K and Marathon runners can have a bag dropped at the 40 Miler, 50K or Marathon turn. Just tell us which one - label your bag - tie it tightly closed - bring it to the start line. Simple as that

**Headphones:**

Highly discouraged. Seriously. We can't prohibit them and aren't going to patrol. Understand however that any dirty looks you get from other runners as they pass you is probably because you didn't hear them the first time due to your headphones being turned up.

**Race Cancellation:**

Unlikely. It is a trail race, not a charity mom and stroller 5K. Unless there is a sighting of a pack of wolves, the race is on. In the case of the wolves, just run faster than the guy next to you. If by chance severe weather were to jeopardize your safety we will notify the aid stations that the course is closed and that runners should seek shelter. Shelter is available at Mauthe Lake, Sunburst, Shelter #1 near Hwy H, and Shelter #2 just south of Mauthe Lake.

**DQ's:**

Hopefully this isn't you. However, if by some chance you get off course and find some other way back to the start, like maybe a local Harley rider, we're going to have to DQ you. If you get off course and end up running extra miles to get back to the start, we'll just hand you an extra water. Hint - YELLOW markings on the trees and posts. ORANGE tape in trees. BLUE FLAGS ON YOUR RIGHT. WHITE signs that have directions...like TURN LEFT

**Time Limits:**

The course is open for 13 hours for the 40 Miler runners. 6:00 a.m. - 7:00 p.m. Aid Station #6 - Butler Lake - closes at noon. 40 Miler runners not reaching Crooked Lake (50K turn) by noon will be turned back at Crooked Lake.

**Check in:**

Probably should have put this first....There is no race day registration. Check in begins at 5:00 a.m. for the 40 Mile runners. Come to the start / finish line, tell us who you are, we'll hand you a bib and pins. Done. If you don't check in we don't know that you are running AND you won't have a bib. Please check in at least 30 minutes prior to your race.

**Awards:**

Overall 1st place M / F for each race...so that's 8 people Age group winner M / F for each race and each age group... so that's up to 48 people

Under 20

20-29

30-29

40-49

50-59

60+

All runners will receive a LTS Medal, Shirt and other swag upon completion of their race