

July 26, 2018

Greetings, Blue Moon Trail Run participants.

Congratulations to all who participated in the first leg of the series last month and welcome to those who will be joining us for the first time this Friday evening. Best of luck to you all! What follows is some information concerning the race that seeks to address questions that you may have and to help you best prepare.

- We will gather at Piñon Valley Park, 5585 Mule Deer Drive 80919, for an evening of sport, challenge, celebration and community building beginning with the kids races at 5:30 p.m. and followed by the adult races 30 minutes later (8K at 6 p.m., 5K at 6:15 p.m.). Last month the start of the race was delayed 15 minutes to accommodate the large amount of participants who were stuck in heavy freeway and side street traffic. With two races and less daylight to work with this time, we aspire to start Friday's races at the scheduled times, only delaying if necessary for inclement weather. It is strongly encouraged to provide yourself with sufficient time to travel to the park.
- There is a very comfortable race time forecast of 75 degrees and partly cloudy. However, afternoon storms are always a possibility this time of year and proper precautions should be taken. From the city's Office of Emergency Management:

More severe storms are forecasted for the Colorado Springs area Thursday afternoon and evening. Storms are predicted to be much stronger than Wednesday, but not quite as strong as Monday. Two main rounds of storms are forecast – the first arriving Thursday afternoon and the second arriving Thursday evening.

These storms may include heavy rain that could cause flash flooding, large hail and strong winds. There is a low potential for tornados today. Tomorrow, less severe storms are forecast, but on Saturday and Sunday the potential for more severe storms returns.

Stay alert and tuned into local weather reports.

Please take safety precautions during inclement weather, both at work and at home.

- Stay clear of waterways, low lying areas, and bridges
- Do not drive into standing water or into areas where water is covering the roadways
- Be aware of your surroundings and have a planned escape route to move out of low lying areas where water may flow

In the event of lightning and/or hail, the start of the race may be delayed, which will be signified by the blowing of an air horn, at which time everyone will be requested to seek temporary shelter in their vehicle. Should there be flash flood conditions, the course may be rerouted, postponed or canceled if conditions are deemed unsafe e.g. mud slicks, washouts. Please check your email for any updates.

- There will be three water stations on the course at Miles 1.82, 2.90 and 4.80. Please take advantage of this and stay hydrated, while disposing of cups in the stations general vicinity. In addition, cold water and other fluids will be available to all at the hydration station near the staging area in Piñon Valley Park.
- Course marshals will be placed along the course at areas considered most confusing. In addition, flour arrows, directional and mile marker signs and orange streamers, flags and cones will help guide you through Ute Valley Park. Ultimately, it is the responsibility of each runner to familiarize themselves with the course. Please visit www.coloradosprings.gov/bluemoon to view a map. A course map will be posted at the pavilion as well. With darkness descending at approximately 9

p.m., please bring a headlamp or flashlight if you feel that you may be on the course beyond that time period. The water station will remain open for one hour following the start of the race.

- Pre-registration and day of registration opens at 4:30 p.m. Friday at the Piñon Valley Park pavilion. There will be two separate lines (pre-registration, day of registration) with volunteers assigned to get you in and out quickly. The will be chip timed, courtesy of Pikes Peak Road Runners, and begin when you cross the start line versus when the race officially begins.
- Bristol root beer will be paired with Colorado Creamery vanilla ice cream to provide you with a hard earned float once you cross the finish line. Look for the float station on the basketball court.
- On the menu for the post-race meal, included in your race registration, is Marco's Pizza and salad from Mollica's Italian Market and Deli. Products from Canteen, Inc. and RX Bar will also be available to you.
- The kids races will start promptly at 5:30 p.m. and are managed by Kokopelli Kids. The smaller, 800m distance will run along the north perimeter of Piñon Valley Park, with the challenging 1.5 mile trail run starting in Piñon Valley Park, ascending the utility service road, running a counterclockwise loop and finishing back at the park at the start/finish of the 5K race. Children ages 10 and under are encouraged to participate and can register at the Kokopelli booth just east of the start line beginning at 4:30 p.m. Please cheer on these next generation of runners, as they always respond well to your encouragement.
- Portable restrooms will be placed on the northeast side of the park, with the permanent restroom on the park's northwest side open and available as well.
- Trash receptacles will be placed in the general vicinity of the food service. Please keep our park clean by properly disposing of items, recycling all paper and plastic as well. As we always aspire to minimize waste, please assist us in our recycling efforts.
- All net proceeds will be used to support programs and services at Deerfield Hills, Hillside and Meadows Park community centers as well as Kids on Bikes. It is through your support that we can continue to offer these services and opportunities to many in our community, including those most in need. And a very special thanks to our primary sponsors: Colorado Springs Health Foundation, Springs Dentistry, Runners Roost, Pikes Peak Road Runners and Bristol Brewing Company.
- There will be awards for the top male and female in each race. Age group awards will be provided to those competing in all three races following the final race on August 24 in seven categories: 19 and under, 20's, 30's, 40's, 50's, 60's and 70+. A ceremony will occur upon results being available at around 8 p.m.
- And finally, please take a moment to enjoy your accomplishment and enjoy the ambiance of the actual blue moon, ordered special just for this occasion. And, if able, perhaps you could thank the staff, volunteers and sponsors who, in addition to you, helped make this event possible.

I hope that you are enjoying your summer and look forward towards sharing a wonderful evening with you tomorrow and throughout the 2018 Blue Moon Trail Run Series.