

RACE INFORMATION

Event Location

Sons of Italy Camp
1 Sons Rd
Mill Hall, PA. 17751

(depending on what map service you use, alternate address may appear as 1 Sons Rd, Lock Haven, PA 17745)

Directions from Lock Haven:

Take Rt 120 West towards Renovo.

The Sons camp (and Sons Rd) is located on the right, approximately 6 miles from the intersection of Campus Dr/Fairview St/N Water St/Susquehanna Ave (the traffic light in front of the Lock Haven University Campus)

Google map link: <https://goo.gl/maps/XdiiiihTUzM2>

Start times:

The 50k starts at	8:00am
The 25k RUCK starts at	9:00am
The 25k RUN starts at	10:00am
The 10k starts at	11:00am

Instead of gathering everyone for pre-race announcements, our race instructions will be communicated in pre-race emails. Falcon Race Timing will have a clock at the start line and we ask that participants wait until the clock is under a minute before heading to the start line. Race starts when the clock hits zero.

Registration & Bib pickup:

Registration & Bib pickup will only be on Saturday, beginning at 6:00am, at the Sons camp (event location). There are no 'day of' sign-ups for this event. *Participants will practice social distancing and wear an appropriate face covering.*

Please plan to arrive at least 45 minutes before the start of your chosen event in order to ensure you have sufficient time to complete pre-race check-in procedures & receive your bib.

COVID-19 HEALTH & SAFETY REGULATIONS

SUMMARY: We are simply asking you to not participate if you are feeling ill/sick or showing symptoms on race day, maintain a 6 feet distancing when possible, and when you can't - wear a mask (esp. in the check-in/bib pick up line, at aid stations, and in the post-race food line).

FULL DETAILS:

- Please stay at home if you are sick or have flu-like symptoms. We'll encourage each participant to take their temperature before leaving the house to make sure it's under 100.4. And spectators are discouraged from attending the race.
- Participants must wear a mask/face covering when coming to the registration tent. Registration volunteers will be required to wear a mask.
- Participants must sign a Covid waiver and get their temperature taken by Local EMS before getting a race bib. Temperature must not exceed 100.4 degrees or participants must leave the premises.
- Once participants leave the registration area, they are asked to social distance throughout the race area until the race starts.
- Hand sanitizer will be placed on each table and in the porta-johns.
- Hand washing stations will be available at the start/finish area.
- Instead of gathering everyone for pre-race announcements, our race instructions will be communicated in the pre-race email. The timing company will have a clock at the start line and we ask that participants wait until the clock is under a minute before heading to the start line. Race starts when the clock hits zero.
- Aid stations will be hands off, with limited contact with volunteers. No spectators will be allowed at the aid stations. We'll provide single serving, pre-packaged snacks such as gels, granola bars, fruit snacks, cookies, and chips. Participants are encouraged to carry their own water but water jugs will be provided for them to fill their own bottles.
- Participants will be encouraged to social distance during the post-race meal.

Event pacing & cut-off times:

In order to ensure the safety of all event participants & personnel, the following pacing & cut-off times have been established:

- **50k (10-hour time limit)**

Avg moving pace: 19:00 (mm:ss) per mile

	50K	
Start	8:00 AM	
Eastern (out)	3.2	9:30 AM *hard cut-off
Gobblers	7.7	
Baker Run	11.9	
Western	18.5	2:00 PM *hard cut-off
Mill Branch	22.9	
Trails End	26	
Eastern (in)	29.2	5:00 PM *hard cut-off
Finish	32.4	6:00 PM

- **25k Ruck (9-hour time limit)**

Avg moving pace: 34:00 (mm:ss) per mile

	25k Ruck	
Start	9:00 AM	
Eastern (out)	3.2	11:00 AM *hard cut-off
Gobblers	7.7	1:00 PM * recommended on-pace time
Trails End	9.7	
Eastern (in)	13	5:00 PM *hard cut-off
Finish		6:00 PM

- **25k Run (8-hour time limit)**

Avg moving pace: 30:00 (mm:ss) per mile

	25k run	
Start	10:00 AM	
Eastern (out)	3.2	12:00 PM * hard cut-off
Gobblers	7.7	2:00 PM * recommended on-pace time
Trails End	9.7	
Eastern (in)	13	5:00 PM *hard cut-off
Finish		6:00 PM

- **10k (7-hour time limit)**

AID STATIONS:

There will be aid stations along the courses for all distances. Each aid station will provide water, Hammer Nutrition HEED (mixed at standard 5 gal. concentration), assorted Hammer gels, and pre-packaged food including peanuts, granola bars, cookies, candy, fruit snacks, chips. Feel free to pack your own snacks if our selection does not suit. DO NOT LITTER!!

Hammer Nutrition endurance fuels will be on the course at the Eagleton Trail Challenge!

Hammer's been supplying athletes with natural products free of added sugars, artificial colors, flavors, chemicals, and preservatives for over 30 years. Visit their site to learn how to fuel smart, so come race day, you're ready to perform at your best!

<https://www.hammernutrition.com/knowledge/getting-started/>

50k – There will be 6 aid stations along the course at the distances noted below:

	50K
Eastern (out)	3.2
Gobblers	7.7
Baker Run	11.9
Western	18.5
Mill Branch	22.9
Trails End	26
Eastern (in)	29.2

25k run / ruck – There will be 4 aid stations along the course at the distances noted below:

	25k run / ruck
Eastern (out)	3.2
Gobblers	7.7
Trails End	9.7
Eastern (in)	13

10k – there will be 1 aid station along the course, at the approximate halfway point of this event.

Awards:

The top male & female finishers at each distance will receive a one-of-a-kind eagle bust trophy.

All finishers will receive a wooden finishers medal w/ 6" paracord wrist lanyard.

PARKING:

Participants, volunteers, event personnel, and spectators are encouraged to carpool to the event when possible.

The Citizen's Hose Company of South Renovo will be providing parking support on the grounds of the Sons camp. Please respect & adhere to instructions from event personnel regarding parking. Our goal is to make sure you get parked safely, quickly, and in time for the start of your event.

Citizen's Hose Company of South Renovo will be selling raffle tickets for their Outdoor Adventure package! Package includes 4 kayaks, 4 life vests, 10-person tent, grill, canopy, folding table, and more! Tickets are 1 for \$10.00 or 3 for \$20.00. Need not be present to Win! Tickets can be purchased the day of the Eagleton Trail Challenge or via PayPal. If using PayPal - memo/note please put your PHONE NUMBER & TOWN/CITY (full address not needed) so they can contact you if needed. Please select "SEND TO A FRIEND" to avoid FEES and make sure to select "SEND PAYMENT". To purchase tickets please click the following link:
https://paypal.me/Citizens28?locale.x=en_US

Emergency personnel will have priority parking at all locations, and parking will be made available to event volunteers in preference to spectator parking. Please respect & adhere to instructions from event personnel regarding parking. Our goal is to ensure the safety of all participants, personnel, and spectators.

POST-RACE FESTIVITIES

We will have an amazing post-race meal available in to-go containers for participants & volunteers. It seems everyone raves about the food the most! Menu not yet available, but it's going to be super yum!

Boom City Brewing, an event sponsor, will also be providing deliciously handcrafted beers to legal drinking age participants & volunteers. There is a limit of two beers per person.