

SPECIAL RACE UPDATE

Please Read Over This Special Course & Race Update

Special Request of Half-Marathoners

As our race has grown we pay special attention to congestion issues on the trail. One area of concern is the faster marathon runners have reported having difficulty getting around the half marathon walkers they catch up too. **There is a lead bicyclist team ahead of the lead marathoner runner. If that bike team passes you please begin to move to the left side of the trail so that the marathoners can pass on the right and please walk single file if you are with a partner.** As in 2009, we are starting the half-marathon an hour earlier than the marathon as result most half marathoners will be off the course by the time the marathoners approach the last part of their course. Our goal is for everyone to have a positive experience regardless of the race you run. Your input is always welcome.

Trail/Race Course

Please note that motorized traffic on the course continues to wear down the limestone base so there are more and more soft spots. Like many parts of the Midwest the Ashland has experienced above average rain fall this past summer however the last ten days have been dry and as a result you are going find the trail a few more softer and powdery spots than last year. The course will always have some larger stone on it as in previous years and tapers off as you approach Ashland. Each road crossing is rough and bumpy so please use caution as you approach those areas.

For marathoners: The first five miles of your course on the corridor has been resurfaced with road gravel. The resurfacing has significantly improved that stretch of the course by making it consistently level and firm across the width of the trail. We appreciate the Tri-Corridor Commission making these improvements.

As always, remember you are running on a trail. Pay extra attention to your footing while keeping in mind the course updates below. **As in years past, the best running surface on the trail is on the right side. You will find a fairly consistent firm surface there.**

Finally, this the third year of the new last mile of the course as we are taking advantage of a newly refurbished corridor in the City of Ashland which offers a more pleasant running environment and helps avoid some potential road construction issues in the next few years. You will stay on the corridor almost to the finish and there will be a few more turns in the last half mile. Please pay extra attention to course volunteers and markers.

Leaf Cover: The leaves have dropped considerably over the last week. The trail is covered with a leaf mat in a few areas and consistently along the edges of the trail. Please pay extra attention to your footing in those areas.

Here are some specific race notes:

Above Average Temperatures Expected

- Please be prepared for above average temperatures during the day so please concentrate on drinking fluids but overall it should be a very pleasant running day. We are expecting very light winds in the morning with a start line temperature of 46 degrees. Forecast highs for the day are 67 degrees with ENE (headwind) winds at 5 to 10 mph. The tree lines will protect you in most spots on the trail from the breeze.

General Trail Conditions

- Unless otherwise noted the trail is in fair to good condition along the length of the trail with long stretches of excellent conditions. There are more soft spots this year than usual but they are relatively short in duration and mostly on the first ten miles of the marathon course. Watch for larger stones through the entire course.
- There are a few stretches of the trail that have moderate leaf cover and it may be difficult to see soft spots or larger stone. Please use a little extra caution in those areas. However, the running surface is fairly consistent especially on the right or south side of the trail.

Half-Marathon

Please note the following special notes:

- There is a long stretch of very loose surface at Mile 3.
- At Mile 12.5 you will be crossing Beaser Ave within the City of Ashland which under road construction. There will be a gravel pathway for you to run across the construction but you will be dropping down off the blacktop corridor onto the gravel pathway then back up to the blacktop corridor on the other side of the road.

Marathon

- Mile 1 to Mile 6 has been resurfaced with standard road gravel as described above. This has improved the trail from year's past.
- There is a long stretch of very loose surface at Mile 16.
- At Mile 25.5 you will be crossing Beaser Ave within the City of Ashland which under road construction. There will be a gravel pathway for you to run across the construction but you will be dropping down off the blacktop corridor onto the gravel pathway then back up to the blacktop corridor on the other side of the road.