



# PAUMANOK PURSUIT 70K RUN & RELAY

Welcome to the Paumanok Pursuit 70k trail run and relay!

Race date: Sunday April 3rd, 2016

Here are the official distances...

Leg#1 10.75 miles

Leg#2 8.50 miles

Leg#3 10.00 miles

Leg#4 7.50 miles

Leg#5 6.75 miles

Total 43.5 miles = 70K

## Event schedule and times:

☀ Friday night 4/1: 5-7 pm packet pick up from [Runner's Edge](#) 242 Main St, Farmingdale, NY 11735 (516) 420-7963

☀ Saturday 4/2: 12-2 pm packet pick up at [Twin Forks Bicycles](#) 121 East Main St, Riverhead, NY 11901 (631) 591-3082

☀ There is no day of race packet pick up. Online registration closes **3/30!** There is no race registration at packet pick up or day of race.

☀ Sunday April 3rd! Race day! Race start is 7 am PROMPT. You MUST check in with us the morning of the race.

**Mandatory morning check in and parking: 5-6:30 am at the Town of Brookhaven's Rolling Oaks golf course. Street address: 181 NY-25 Rocky Point**

The trailhead is just east, diagonally across the street. Located on Route 25A, east of North Country Road, west of Rocky Point Road (C.R. 21), in Rocky Point. A recessed DEC parking lot is located on the south side of 25A across from the Waldbaums shopping center. There is an island between east and west traffic here. The island hides the entrance to westbound traffic. Be alert as it is easy to

miss from either direction. THERE IS NO PARKING HERE ON RACE DAY. Parking courtesy of the Town of Brookhaven at the Rolling Oaks golf course.

Mandatory check in from 5-6:30 am. This is not for packet pick up, we need to see your lovely faces for to sign in so we know exactly who went out on course.

As race directors, our number one concern is your safety. Trail running, especially in the hilly 3, 4 and 5 sections cannot be taken lightly. Know what you've signed up for. Look at the maps, try to preview the course (there is still time!) and do not expect to hold your normal "road pace" in the trail. Add 15 sec - 60 sec per mile in the flat sections and add 2-3 minutes per mile in the hilly sections. Please pay attention to THE RULES and proper trail etiquette:

#### RULES FOR ALL RUNNERS:

- ☀ NO littering!! Carry in/carry out! No wrappers, bottles or littering of any kind.
  - ☀ Aid stations are between sections only, you must carry your own hydration pack and you may discard waste only at the aid station. Hammer Nutrition is sponsoring all of our fuel products, you will be able to refill at aid stations and we will provide water as well. On course? Up to you.
  - ☀ You MUST carry your cell phone. No exceptions.
  - ☀ **Absolutely NO outside assistance or pacing by a biker or another runner not registered for the race. This is a running/hiking trail only. We will have 2-4 volunteers on course in each section on mountain bikes at key spots to help keep people safe and respond to an emergency if needed. They will have bright orange race shirts on to designate them as official race volunteers. Anyone caught with a pacer by foot or bike will be disqualified. Solo runners will be pulled from the course and relays: your team will not be able to continue on to the next leg.**
  - ☀ You must pay attention to the white trail markers of the Paumanok trail and our own race logo markers with directional arrows will be put in place in key sections. If you do not see a white trail marker every 1/8th of a mile, and the red specialized tape that is tied to trees YOU ARE OFF COURSE. Don't panic, just retrace your steps and find the white marker. We will be taping off sections with the red tape where they may be a couple different trail choices. This is not a head down and hammer course. Head up and look for the markers!
  - ☀ There are not many road crossings. We estimate 6 in the first two sections. One of them is crossing the William Floyd Parkway. Pop out of the trail and head straight across to the other side to pick it back up. Please watch for traffic and be safe!! Towards the end of the third section you will be crossing Country Road 51, and towards the end of the 4th section you will cross Country Road 104 and head towards the LEFT to pick up the trail on the right. You will pop back out onto 104 and run the road for not more than a half mile where you will find the last aid station on Pleasure Drive. There are no road crossings in section 5.
  - ☀ For teams and all solo runners: a headlamp may be necessary for legs 5 of the race depending on your speed. Teams must be prepared to deliver this to their runner at leg 5 as needed. Solo runners, you will need to have a headlamp placed in a drop bag at leg 5.
  - ☀ RACE CUT-OFF TIME
- With participant safety in mind, we have instituted a race cut-off time of 10 hours 30 minutes to complete the race through Leg#4. Participants will not be allowed to continue on to Leg #5 after 5:30p.m. This equates to a 17:09 per mile pace.

☀ SOLO runners only: you may leave drop bags with us at race morning check in, we will provide bag tags at mandatory check in the day before. We will transport your bag(s) to legs 2, 3, 4, and/or leg 5 aid stations. We also recommend a dry clothes bag for the finish.

Directions to the aid stations:

☀ Leg 2 starting point is the Pine Trail Nature Preserve parking lot on the south side of Rt. 25 in Ridge, about .6 miles east of William Floyd Parkway (CR 46).

☀ Leg 3 starting point is on Halsey Manor Road, just south of its crossing of the Long Island Expressway. To reach the start of leg 3, use Exit 70 off the LIE and turn SE on CR 111. Travel 1.2 miles to Halsey Manor Road, turn left and go north 0.9 mile to the LIE overpass.

☀ Leg 4 starting point is in front of the Suffolk Community College Eastern Campus. Head back to CR 111, make a left at the light and head SE to the County Rd. 51 exit. If you hit Sunrise, you went too far! Off the ramp make a left onto 51 and head North to Riverhead. You will see the signs for the college, make a right at the light onto Riverhead-Speonk Road. The aid station is a quarter mile down on the right.

☀ Leg 5 starting point is on Pleasure Drive in Flanders. From the college, head back to the light and make the right onto County Rd 51 towards Riverhead. Make the right at the light onto Rt. 63 by the bowling alley. Take 63 to the south circle, make an immediate right at the circle onto County Rd. 104. You will continue 104 approximately 4 miles down to the new circle and follow around towards Quogue. Stay on 104 for 1 mile and make a left onto Pleasure Drive. You will see a sign “Welcome to Flanders” with the big duck on it. Around the curve to the right you will see the aid station at the start of leg 5.

☀ The finish, post race party and awards is at Sears Bellows County Park: 63 Bellows Pond Road in Hampton Bays. Take Pleasure Drive north to Route 24. Make a right on 24 and continue towards Hampton Bays. You will make a right on Bellows Pond Road at the light after you pass Red Creek park on your left.

Reminder: Your fully charged cell phone is a requirement. Make provisions for carrying it. We will provide you with necessary race personnel phone numbers in case of an emergency at check in and race morning.

Awards!

1st Overall Solo male and female will receive the Gold belt buckle

2nd Overall Solo male and female will receive the Silver

Any solo runner finishing in 12 hours or less receives the Bronze

Homemade wood trophies, branded with the race logo and engraved with a wood burning pen by your very own Race Director, David Gatz. Trophies to Top Three male and female Solo runners and top 2, 3, 4, and 5 person relay teams! Each member receives their own.

All participants will receive a branded slice of tree, hole punched with a hemp cord strap. The Paumanok version of a medal!

Awards will be given out after solo runners cross the line and gather their wits, and after the first teams cross the line in each category. 70k is a long way, we don't expect you to wait until the last finishers cross the line later in the evening. Hang out with us for as long as you like though!