

# MORGAN HILL 2021

## MEAT GRINDER



September 25th, 2021  
ATHLETE GUIDE



# SALT CITY TRAIL RUNNING

*Dear SCTR Runners, Friends, Family and Spectators:*

I want to start by saying thank you for being a part of a Salt City Trail Running event! Whether this is your first event with us, or your 10<sup>th</sup>, I appreciate everything that you bring to the event as your support has allowed SCTR to continue to grow to what it is today.

Back in 2017, I decided that I wanted to host a last person standing event: the Table Rock Trail Challenge at Clarks Reservation in Jamesville, NY. This race ran with only 33 people and was a huge success! Everyone had a great time out on the course pushing themselves with some pushing farther than they ever have before! Now the TRTC sells out at 75 runners each year!

I had such fun as an RD that in 2018 I added the English's Ridge Rumble at Green Lakes State Park in Fayetteville, NY and the Clark 6 Hour Classic back at Clark Reservation. The growth of trail running in CNY has continued to show interest and so in 2019, the Morgan Hill Meat Grinder, the beast of SCTR races, was created!

The goal of SCTR is to promote trail running and get people to enjoy running and being outside. Far too often people think or say "I can't do that", or "I have to go for a run" and we are here to change that mentality to "I can't believe I just did that" and "I can't wait to get out on the trails". I was once that person who could not run a couple of blocks down the street to the park and had to train my butt off for a 5k! I said "I can't do that, it's crazy!" and I met just the right people who helped me change my mentality and have since completed multiple ultra-distance races including 50ks (first in 2014) to 50 miles (with one win!) and a couple of 100 mile events.

When you come to race with SCTR you join my trail family and I want you to know that I am thrilled you're here. As a runner myself, I will make you the promise that I am going to do everything I can to make your race experience enjoyable and that it will hopefully meet the standards that I hope for when I go to races.

Sincerely,

*Scott English*

Race Director

# SCHEDULE

## Friday, September 24<sup>th</sup>

**Packet Pickup 4pm – 6pm**

@ The Recovery Lounge – Fayetteville, NY

**43°01'55.8"N 76°01'15.8"W**



## Saturday, September 25<sup>th</sup>

**Packet Pickup 5:15am – 7:45am**

@ Toggenburg Mountain – Fabius, NY

**42°49'36.4"N 75°57'33.5"W**

### 50 mile

Packet Pickup – 5:15am – 5:50am

Drop Bag Access / Drop Off Cut off – 5:50am

Pre-Race Meeting – 5:55am

Race Start - 6am

*\*Early starters may start as early as 5am if needed with prior approval*

### Marathon

Packet Pickup – 6:15am – 6:50am

Drop Bag Access / Drop Off Cut off – 6:50am

Pre-Race Meeting – 6:55am

Race Start - 7am

### Half Marathon+

Packet Pickup – 7:15am – 7:50am

Pre-Race Meeting – 7:55am

Race Start - 8am



# COURSE INFORMATION

There are 3 different distances for the 2021 edition of Morgan Hill Meat Grinder: 50-mile, Marathon and 1/2 Marathon+

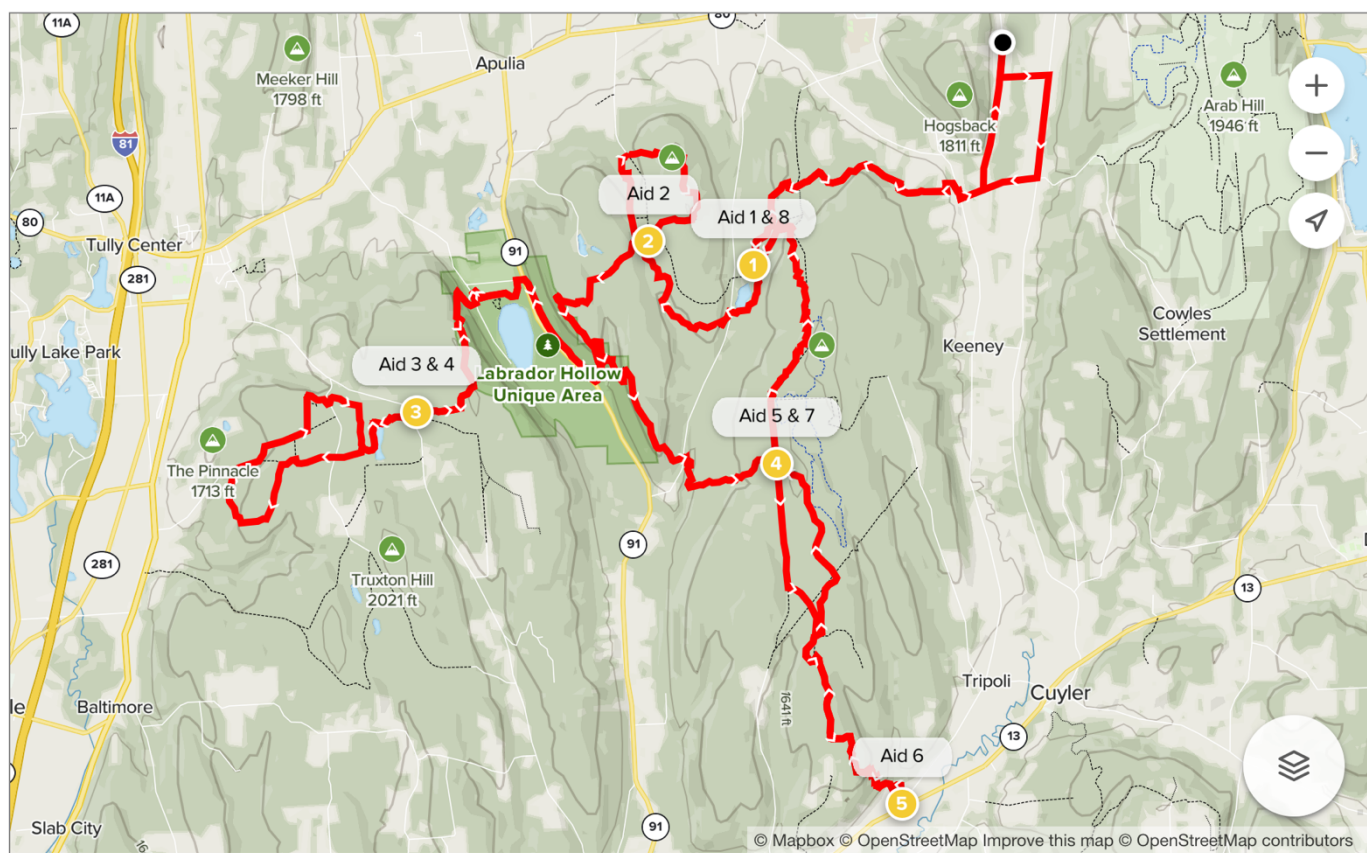
Visit the website for GPX files on the 50m, Marathon and Half Marathon+ courses. Due to a glitch in the trail mapping software the Half Marathon+ shows a loop near the turnaround, this is not the case and will be directly out and back.

<https://www.saltcitytrailrunning.com/mhmgraceinfo>

<https://live.enabledtracking.com/MHMG2021/> (runner tracking 50m only)

**50 mile – Approx 7,980 ft of elevation Gain and Descent**

- <https://www.alltrails.com/explore/map/mhmg-50-route-5d2c2ce?u=i>





# COURSE INFORMATION

## Morgan Hill Meat Grinder

<https://www.strava.com/routes/15746052>

26.55 mi

Distance

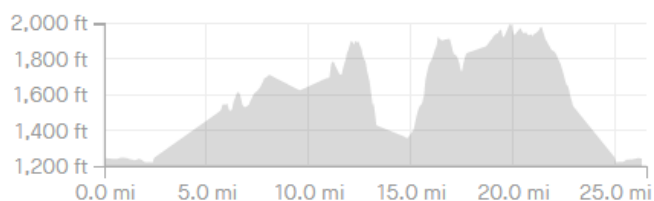
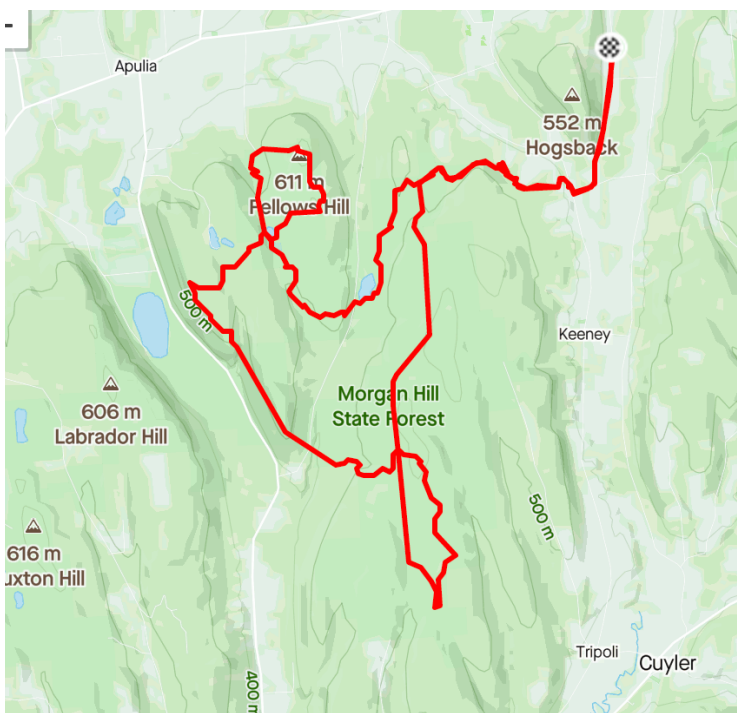
4,055 ft

Elevation Gain

Trail

Run Type

Est. Moving Time: 5:37:20



## Morgan Hill Meat Grinder Half Marathon

<https://www.strava.com/routes/21962870>

13.99 mi

Distance

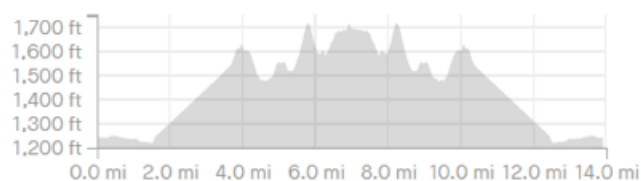
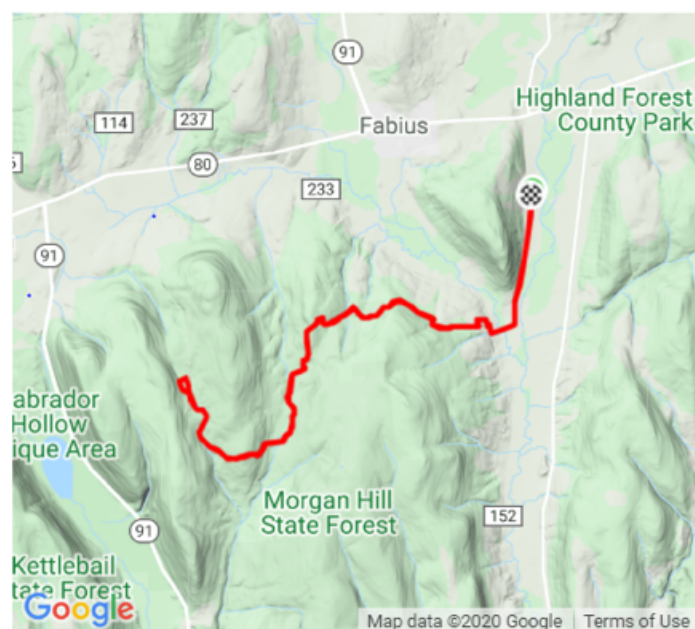
1,254 ft

Elevation Gain

Trail

Run Type

Est. Moving Time: 2:57:49



# AID STATIONS

There will be 8 aid stations on the entire MHMG course and are numbered for the 50m distance.

- 50m you will hit all 8 aid stations,
- Marathon has 4 aid stations: 1, 2, 5 & 7
- Half marathon+ has 3 aid stations: 1, 2 & 8

## Aid Station #1 & 8

- Opens @6:30 am / Closes @8:30 pm
- 50m distances ~5.25 miles and ~45 miles'
- Marathon distance ~4.5 miles
- Half Marathon+ distances ~4.5 miles and ~9.5 miles
- No crew access allowed

## Aid Station #2

- Opens @7:15 am / Closes @10:30 am
- 50m distance ~11 miles
- Marathon distance ~10.25 miles
- Half Marathon+ distance ~7 miles
- No crew access allowed

## Aid Station #3 / 4 (crew access & drop bag)

- Opens @8:30 am / Closes @1:30 pm
- 50m distance ~17.5 miles and ~24 miles
- Run this loop clockwise – will be marked
- **42°46'35.0"N 76°04'13.4"W**

## Aid Station #5 / 7 (crew access & drop bag)

- Opens @9:15 am / Closes @7:00 pm
- 50m distance ~31.5 miles and ~41 miles
- Marathon distance ~16.5 miles and ~20 miles
- **Pacers can start here for the 50m distance @aid 5**
- You CANNOT park here long term so pacers will need to get a ride
- **42°45'57.6"N 76°00'04.7"W**

## Aid Station #6

- Opens @11:00 am / Closes @5:30 pm
- 50m distance ~36 miles
- No crew access allowed

# AID STATIONS

Aid stations will be stocked with a range of food and drink supplies and may vary based on the aid station/time of day.

## Food

- Bananas
- PBJ Sandwiches
- Wavy Lays Potato Chips
- Regular & Peanut Butter M&M's
- Oreo Cookies
- Pickles
- Swedish Fish

### Aid Station #5/7 – Specials

- Grilled Cheese Sandwiches
- Chicken Noodle Soup
- Freeze Pops

## Drink

- Water
- GU Brew (Orange Flavor)
- Coca Cola
- Ginger Ale
- Mountain Dew

*\*No paper cups are provided you must have reusable cup to fill*

*\*\*This food supply list is subject to change as items may be added or removed from the list and should not be the sole plan for a successful race*

***\*Crews are available ONLY for the 50m race and are only allowed to access their runners at aid stations 3/4 and 5/7.***

***\*\*Parking for aid station 3/4 is easier than 5/7 as you can park along the dirt road directly next to the aid station. Be sure not to block runners view of the aid station.***

***\*\*\*There is no parking at the 5/7 aid station as this is a narrow road. If driving South down Morgan Hill Rd there is a side road just before the aid station. You can park there and walk down to the aid station. Pacers will NOT be able to leave a car here and should find a ride to the aid station. Depending on time of day we may be able to arrange for a ride out.***



# CREW / PACER INFO

**Crew Rules:** Crews must abide by all state and county laws while driving the roads around the race course and respect all property. Crews will respect all aid station volunteers and respond appropriately to any direction they give. Crews will be responsible for any and all trash they produce and will be required to remove it from the race course/aid station locations. Cell service is not reliable in all areas of the course so plan ahead to coordinate with your runner.

\*Crews and pacers are **ONLY** allowed for the 50 mile distance

\*\*Any crews found not abiding by rules and recommendations throughout this document will be asked to leave the area and face runner disqualification.

\*\*\*Salt City Trail Running is NOT responsible for any theft or damage that occurs during the duration of the MHMG event to any crew, runner or pacer's belongings, vehicles or anything brought to the event and the crew/pacer relinquishes any right to pursue legal action against SCTR, the Race Director or any of its affiliates.

## Crew Do's :

- Provide food, drink and supplies needed
- Park appropriately at any of the aid stations accessible without blocking traffic, even if you think you're in a remote location
- Support other runners at the aid station at the guidance of any volunteer

## Crew Don'ts :

- No crew shall provide aid or support of any kind, whether it is food, water, supplies or encouragement to the runner outside of the designated areas
- Extend service to runner more than 100ft outside of any aid station
- Crew shall not leave any garbage behind
- Illegal parking – blocking of any public road

## Pacers :

- Are only allowed to start with a runner at aid station #5 or #7
- Pacers will need to sign a waiver at the start/finish area prior to heading out to meet your runner and obtain a pacer bib
- You may have as many pacers as you wish, however, will only be allowed to use one at a time
- Pacers are allowed to provide aid and/or carry items for the runner outside of the aid station without fear of disqualification
- Pacers are NOT allowed to aid in the forward movement of a runner

# DROP BAG INFO

## 50 mile and Marathon ONLY!

\*See schedule above for cutoff on drop off of your drop bags

\*\*Drop bags should be placed next to the sign indicating which location/aid station it will be going to. Note that Marathon can ONLY go to aid 5/7

## Drop Bag Locations :

### 50 mile

- Aid station 3 – Mile 17.5
- Aid station 4 – Mile 24
- Aid station 5 – Mile 31.5
- Aid station 7 – Mile 41

### Marathon

- Aid station 5 – Mile 16.5
- Aid Station 7 – Mile 20.5

## Drop Bag Guidelines :

- Must be in a bag no larger than 14"x14" (*bags will be provided if you do not have one*)
- All bags must be labeled clearly with the runners bib number and aid station
- Ensure all liquids are sealed and will not leak onto others drop bags or into volunteer's vehicles
- Pack only things that you are comfortable losing, we will do our best to ensure all items are returned to runners but be prepared in the event you don't get it back

## Drop Bag Returns :

- Drop bags will NOT be mailed to you post-race, however you can pickup if arranged with the RD or pick up at the Clark 6 Hour Classic in October
- Aid station 3/4 closes @1:30pm and bags will be returned by 2:30pm
- Aid station 5/7 closes @7pm and bags will be returned by 7:45pm
- We cannot guarantee bags will be returned prior to 7:30 but we will try
- Crew can pick up your drop bag from the aid station for you

# OFFICIAL RACE RULES

1. BE COURTEOUS! A lot of time and planning has gone into this event and we are doing our best to make a great event but sometimes everything doesn't go according to plan. Be kind if you have a problem.
2. THANK a volunteer! This race would not happen without them out there on course supporting your running effort. They have given up this day for you!
3. The 50m race will run in darkness at the start and maybe at the end for some of you, therefore a headlamp is **REQUIRED** for all 50m runners at the start and after 6pm from Aid 7. The headlamp can be left at an aid station or in a drop bag but we cannot guarantee 100% it makes it back to you.
4. Absolutely **NO LITTERING!** See "Leave No Trace" page. Littering is grounds for disqualification from the race and will absolutely be enforced when reported by volunteers or other runners. If you find trash from other runners along the course please pick up and carry to the next aid station.
5. Be sure to follow all course markings and stay on course. You are responsible to correctly navigate the course using all signs and markings provided to you. If you go off course you must reenter the course where you exited or be DQ'd.
6. Any runner who drops at any aid station must immediately notify a volunteer at that aid station. Rides back to the start/finish area will not be provided immediately and may take some time.
7. Cutoff times are not negotiable. You must make it to aid stations by the closing time or stated cutoff.
8. Bibs must be worn on the **FRONT** of the runner. The timing system being used is a MyLaps system and is 99.9% effective. If your time is not recorded you are responsible for providing proof of your elapsed time and correct course GPS tracking.
9. All 50m runners will be required to have one of the following: A watch with the GPS course uploaded to it, the AllTrails app downloaded with the MHMG map loaded and carrying your phone or a printout of the course map which will be provided at packet pickup.
10. Any rule violations or decisions made by the race director are final and not open for debate. The RD also reserves the right to ban a runner from any SCTR event for misconduct during the MHMG.



# OTHER INFORMATION

## Weather :

Plan accordingly by paying attention to weather forecasts leading up to the race and pack appropriate gear. The weather could be hot and humid, or as cold as it was in 2020 when the race start was a brisk 34 degrees.

Rain and thunderstorms will not cancel the event, however, in any condition during event the RD does reserve the right to cancel in what is deemed life threatening. You are responsible for yourself in the weather and understand that you relinquish the RD and SCTR from any liability while out on the course.

## Open Course :

This is not a closed course and, therefore you will encounter others on the trail. Please be courteous of others and pass with respect. Roads are marked with “runners on road” signs however cross all roads with reason to your safety. Keeney road has a blind corner when you come flying down out of the farmer’s fields, proceed with CAUTION!!!

## Staying Hydrated :

Pay attention to your body and how you are feeling. If you run out of water between aid stations do not drink out of any streams without appropriately filtering the water. There are a number of water sources along the course that you can fill up at, but be sure to filter the water. If it is a hot day there is a wonderful waterfall you can bathe in to cool off! Or just get the sweat off your face for a brief moment.

## Course Changes / Private Lands :

We cannot mark everything as this course travels over private lands and the landowners occasionally do work to their property. Study the course prior and make the best decision possible. If you get lost or question a turn wait for another runner to come up behind you and make a decision together.

# LEAVE NO TRACE

## Principles :

- If you carry or pack it in, you must carry or pack it out!
- Leave absolutely no garbage behind on the trail and pick up others' trash as things do get dropped by accident
- Leave nature alone, do not destroy plants by traveling off of the designated trail especially in private land sections
- Respect wildlife and do not damage their habitat

## Waste :

- Dispose of all waste appropriately by carrying to the next aid station
- There are no bathrooms out on the course, if you have to go do it appropriately by stepping well off the trail and at least 70ft away from waterways.
  - o *The 50m has access to a porta potty at Labrador Hollow parking area (miles 15 & 26)*
- Human waste should be buried, dig a small hole approx. 4-6" deep if possible with your foot or hand and bury your waste along with any paper used then cover back up.

## Minimize Impact :

- This race is supported by the Finger Lakes Trail Conference ([www.fingerlakestrail.org](http://www.fingerlakestrail.org)) and the Adirondack – Onondaga Chapter as they are responsible for maintaining the trail, consider becoming a member to support these groups.
- Travel on designated trails only and do not wander off the trail unless to relieve yourself
- Do not remove rocks or any form of nature as to not disturb the environment

Thank you for reading this document. If you are in need of any questions to be answered about the race you can contact Scott English the race director at the following locations:

Cellphone: 315-575-3818

Email: [Saltcitytrailrunning@gmail.com](mailto:Saltcitytrailrunning@gmail.com)

Sincerely,

*Scott English*  
**SALT CITY TRAIL RUNNING**