



TRAIL RACING ———— 2020

MORGAN HILL MEAT GRINDER

ATHLETE RACE GUIDE

SCTR
SALT CITY
TRAIL RUNNING

SALT CITY TRAIL RUNNING

****Please note that this document is subject to change prior to the race. As with the situation in dealing with the pandemic has been a very fluid situation so must this document. Everything outlined within this document MUST be followed or the runner will face disqualification and potential ban from all future SCTR races. ****

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1. EVENT DESCRIPTION

In 2019 Salt City Trail Running held the first annual Morgan Hill Meat Grinder starting in the town of Fabius. The start and finish location of the race was at the Toggenburg Ski Center located on Toggenburg Rd. The race was configured with two separate distances, a marathon (26ish miles) and a 15k (9.5ish miles). The marathon started at 7am and the 15k started at 8am. See images below for course maps.

In 2019 there were a total of 27 finishers for the marathon distance and 52 finishers for the 15k distance. As with many trail races that SCTR puts on these numbers represent a small race.

Current Course Records:

Marathon - Jared Burdick 3:38:40 - 2019

15k - Trae Farrington 1:30:22 - 2019

For 2020 the race been modified to a marathon and half marathon. As the races stand right now runners travel from Toggenburg down the road towards the trail head for the Finger Lakes Trail and then the remainder of the race takes place within the Morgan Hill State Park grounds. A course change that's hopefully coming for 2020 are to change the route from running down the road at the beginning and end to instead up and over Toggenburg Mountain in order to eliminate the road section and hopefully maintain 95-100% trail or dirt road.

****With the time crunch and delay due to the pandemic currently it does not seem feasible to make the course changes for 2020. There is a number of things I would like to do to ensure the safety of all runners. There are a bunch of animal holes in the ground that I would like smoothed out prior to the race and I do not see enough time to accomplish this before race day.**

2.COURSE MAP AND ELEVATION

Current course maps and elevation.

Morgan Hill Meat Grinder

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

26.55 mi

Distance

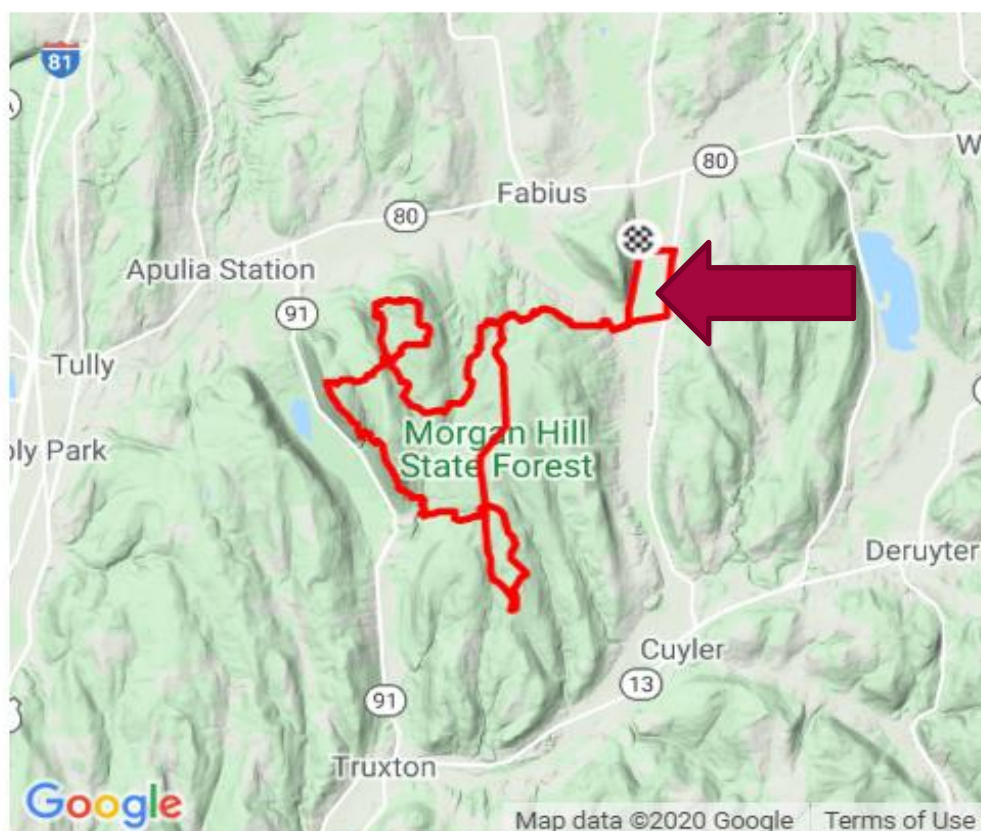
4,000+ft

Elevation Gain

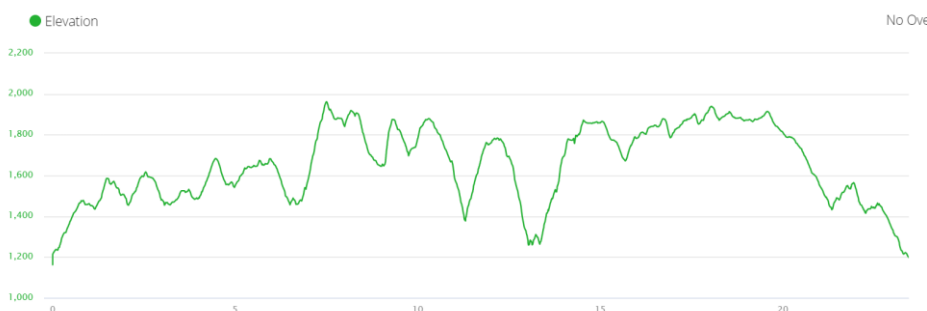
Trail

Run Type

Est. Moving Time: 5:37:20



** Courses are subject to change. The first and last 1.5 miles are hopefully going to be rerouted up over Toggenburg instead of along the road. This adds ~1,000ft of elevation gain to the race.



Morgan Hill Meat Grinder Half Marathon

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

13.99 mi

Distance

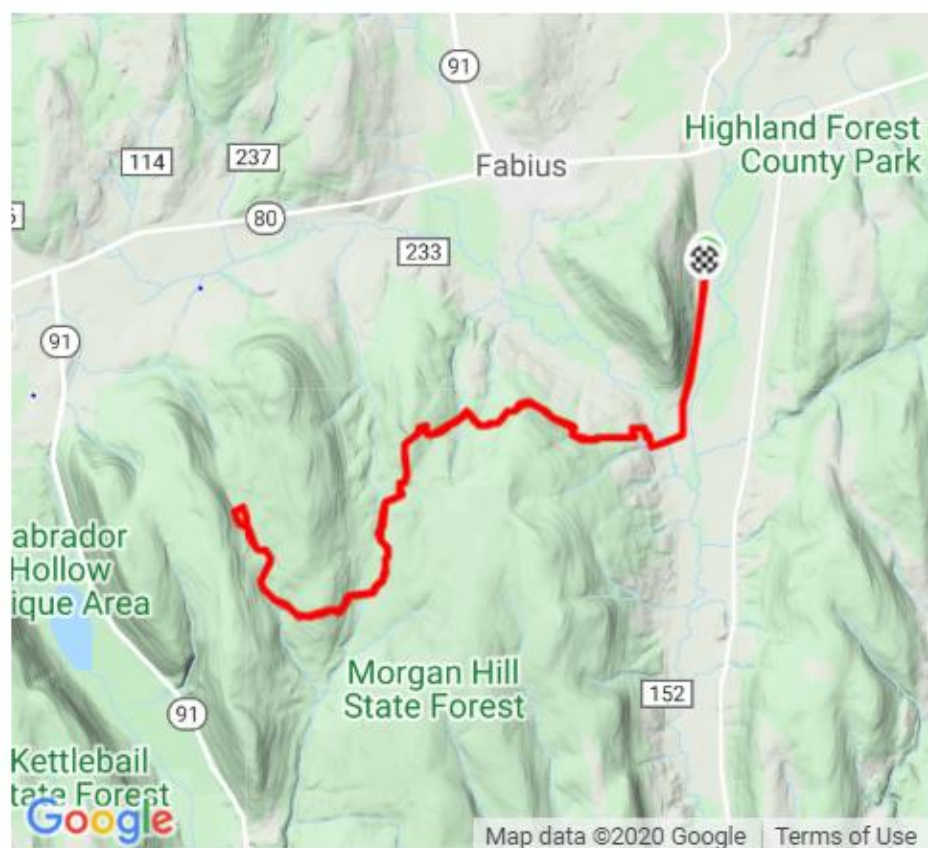
1,200-2,000

Elevation Gain

Trail

Run Type

Est. Moving Time: 2:57:49



3. RACE FORMAT

The Morgan Hill Meat Grinder Marathon covers almost the entirety of the Morgan Hill State Forest. The race traverses both private and state lands in which prior approval from all involved parties is obtained. The race (marathon) starts at 7am and is run as a loop course. The loop course format for the race means that runners will not cross paths with each other as they are only heading in one direction. As with many trail races runners will see each other for the most part at the start and the finish lines as they spread out very quickly on the trails. The race is run on grass fields, dirt single track, rocky/root filled terrain, through streams and on dirt roads.

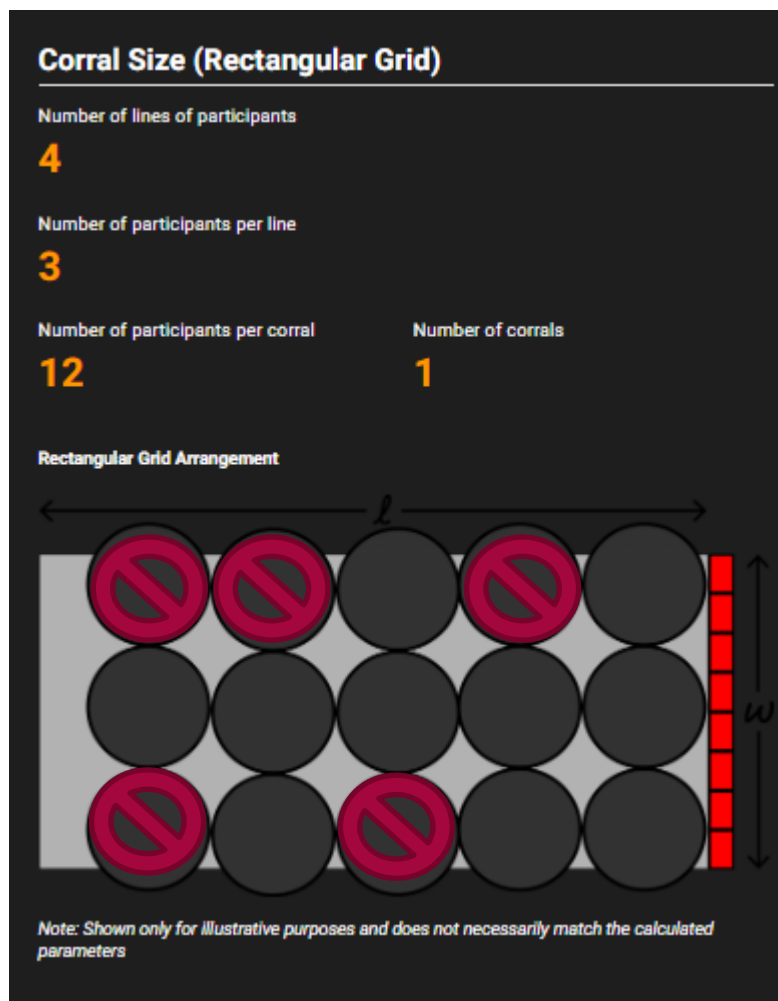
The Morgan Hill Meat Grinder Half Marathon is an out and back format. The race starts at 9 am in order to allow the runners in both races to spread out and eliminate congestion at the starting line prior to either race. The half marathon runs about 6.8-7 miles out towards Spruce pond on the FLT to aid station #2 and then returns back to the starting line on the same path. Runners in this race will cross paths with other runners as they are heading in opposite directions. You are instructed to follow traditional trail running rules and allow the person who is moving faster (usually downhill) the right of way by stepping slightly off the path. **Please follow proper social distancing guidelines and pull up a face covering if possible, if not cover face with elbow.

Each race will finish in the same location that it started at, which is a very large open parking lot outside of the ski center. At the end of the race runners should practice proper social distancing rules if you plan on sticking around to watch a friend or family member finish the race. Chairs, tents or any other means of hanging must be separated by 6ft or more unless it is immediate family.

At no point throughout the course are spectators allowed as the course runs through remote sections of Morgan Hill and the roads are not meant for heavy traffic of spectator vehicles.

4. STARTING LINE CONFIGURATION/WAVE START

As you drive down Toggenburg Rd from the North the Toggenburg Ski Center is on the right side. There is a large open parking lot on the right side and where you will be parking for the race. If this parking lot fills up use the road on the LEFT side of the road just passed the starting line. Using the following guide our



starting corral will be configured to allow for 10 runners per wave.

You will need to be 6ft apart and wearing a mask while congregating in the starting corral waiting for your wave to start. Once the wave starts and you spread out you can take off the mask.

Waves for the marathon with start at 7am and go off every 6 minutes setting the last wave at 7:30am.

The half marathon waves will start at 9am and go off every 6 minutes setting the last wave at 9:30am.

All bibs are chipped timed and the wave start will not effect your time for the race. **The first wave in each race will be the top 5 male and female athletes assigned by their % on ultrasignup. From there racers will sign up for a wave on a google spreadsheet prior to the race. **

5.AID STATION RULES

Along both courses there will be aid stations for runners to obtain food and drink. Normally these aid stations are stocked with typical ultra trail running food supplied in large bowls or bags for participants to grab from. Water, soda and other drinks are usually poured into a reusable cup that the runner must carry with them during the race or their bottles.

With the pandemic looming over the race community aid stations could be a potential hot spot for spreading the virus and this is something we would like to avoid. In order to help with this situation we need extra volunteers for the aid stations. Volunteers will be provided with proper PPE and hand sanitizer.

Aid stations will still be stocked with limited items but the same at all aid and still operated by volunteers. Instead of using large bowls and having runners obtain food for themselves they will be instructed to wait for a volunteer. As you approach an aid station you will let the volunteer know what you'd like and it will be ready for you as you approach the aid station. ALL FOOD will be placed into individual paper cups with one serving in them. The volunteer will then place that individual cup of that food on a separate table for the runner to pick up who will then consume the food and be responsible to dispose of any waste into a garbage bag located at the site. **A participant may face disqualification from the event if he/she attempts to grab the food or drink from the aid station on their own or does not properly dispose of their waste.**

Aid stations will be supplied with the following food and drink items:

Drinks:

Water

Skratch - Lemon Lime

Coke

Sprite

Ginger Ale

Food:

Bananas

Oreos

M and M's

PBJ squares

Wavy Lays Chips

And of course.... PICKLES!!!

5a. MARATHON ONLY DROP BAGS:

This year we are going to implement the use of drop bags for the marathon. This will serve two purposes, limit interactions at the aid station and provide the runners to bring their own nutrition since aid stations will have limited supply.

The morning of the race if a runner would like to utilize the drop bag you will need to bring **ONLY** what you would like to place in the drop bag. Runners will be provided with a **LARGE** see through plastic bag Ziploc at the drop bag location. There will be a volunteer who will hold the bag open for the runner to place the items within the bag so that the runner will **NOT** touch the bag to reduce cross contamination. The process of turning in your drop bag **MUST** be completed **NO LATER** than 6:45am. All drop bags will be brought for access at AID STATION's 3 and 4 (miles 17ish and 21ish). They will be brought back to the start line sporadically throughout the race. As the cutoff for the aid station will be 12:30 they will be back to the starting line **NO** later than 1pm but might be brought back earlier than that as well. No promises on that. We will make our best effort to accommodate you.

HOW TO ACCESS your drop bag: When you approach the volunteer on the trail leading into the aid station let them know you want to access your drop bag and provide them your bib number (which must be written on the outside of the bag) and a volunteer will have the bag set aside for you.

6.COVID CONTAMINATION PREVENTION

As expressed throughout this document there are many measures in place in order to help eliminate the spread or possible contamination of the COVID-19 virus. As a running community we take our health and the health of others around us very seriously and will do whatever we can in order to help prevent any spread. Runners at race check-in will be required to complete a survey similar to entering other businesses at this point. Runners will be asked questions regarding fever, travel, symptoms from COVID and then will be required to sign a waiver stating they meet the requirements. If the runner says YES to any of the questions they will be required to not participate in the race and given a refund or deferral until the following year.

With the ever changing guidelines that are released from the State of New York we will continue to remain open and flexible in the way the race will be run. A trail race is among the lowest for potential spread and is an activity that will bring a healthier lifestyle to those involved.

The race is held in mid September and will ensure that every measure of the race falls within the guidance of NYS and will maintain the integrity required to run a smooth and clean race.

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

Mailing Address: 8244 Sugarland Drive Manlius, NY 13104

Sincerely,

Scott English

SALT CITY TRAIL RUNNING