



## RACE INSTRUCTIONS

Welcome to the 3rd Annual Ridgeline Ramble! Please read the following information carefully to insure a fun and safe experience.

- Shuttles:
  - For 20K individuals and the first runner on relay teams 7:20am Sharp!
  - For 10K individuals and the second runner on relay teams: 8am Sharp!
- Start time for 20K individuals and relay: 8:00am. Start time for 10K individuals: 8:25am
- Awards at LCC: 10:45am.
- If you want to leave a gear bag at the start of either event, it will be brought back to the finish at LCC. Please make sure your bag is clearly marked with your name.
- Please review the course map carefully. The course is the same as in 2008.
- The trail is marked with white arrows at all major crossings and junctions. At narrow side trail junctions, if there's no mark, simply keep going in the direction you've been going - don't turn off of your route unless you've been directed to do so.
- There is one section of shared trail where runners will be going in both directions – the stretch from Fox Hollow down Amazon Headwaters to Martin Street and then back up. Along this section of trail, please stay to the right as runners pass you coming the other way.
- At the points where the trail crosses pavement to get to the next section of trail, there will be course marshals. It is VERY IMPORTANT, however, that at all pavement crossings (Willamette, Fox Hollow and Dillard), to slow down and look carefully before crossing. Signs have been posted for a week to inform motorists of runners crossing, but please use caution.
- When you come off of the trail at Dillard Road, you will cross the road and run down the right side of Dillard Road for about ½ mile before picking up the next section of trail. Please stay as far right as possible along this section of road.
- Water will be at every point where the trail crosses over a paved road. If you take a bottle of water with you beyond an aid station, please do not drop the trash along the trail – please take any trash to the next station.
- There is one point along the 20Kcourse where you MUST show your bib number: at the Fox Hollow Road crossing. This is necessary for safety and fairness. At the Fox Hollow Road crossing, we will also record your time and have splits available later – this point is approximately the 10K mark.
- Relay teams must tag hands at the Fox Hollow Road crossing, and the first relay team runner must show their bib number to the official.
- The shuttle to bring the first member of relay teams back to LCC will leave the Fox Hollow Trailhead at 9:20am.
- If you choose not to finish the event, you must notify one of the course marshals. Otherwise, a search and rescue party will be sent out to look for you.
- Results will be posted later today on-line at [www.EclecticEdgeRacing.com](http://www.EclecticEdgeRacing.com).
- Please join us for some of the upcoming events in our community:
  - May 30 – Born To Run Challenge 15K, 5K – Alton Baker Park
  - June 6 – Eugene Challenge Mile – 5<sup>th</sup> & Pearl
  - June 13 – Steep Hill Chase 5K – Alton Baker Park
  - June 18 – Run Eugene Run 5K – Alton Baker Park
  - June 20 – Datalogic 5K – West Eugene
  - June 21 – Prost8K - Springfield
  - June 28 – Siuslaw River Triathlon - Mapleton
  - July 4 – Aquafina Butte To Butte 10K – Eugene
  - July 10 – Prelay (Portland To Eugene)
  - July 18 – Willamette Valley 10K – Alton Baker Park
  - July 19 – Run In The Country ½ Marathon & Relay - Coburg
  - July 25 – REI Peak Challenge 5K – Skinner Butte
  - August 22 – Kelly Butte Classic 8K - Springfield

For more information on these and other events:  
[www.EclecticEdgeRacing.com](http://www.EclecticEdgeRacing.com)