



SUNFLOWER RELAY AND IRON RUNNER BRIEFING

Saturday, May 1, 2010

1. MVSTA staff will hold a racer briefing at 7:15 a.m. Saturday morning at the Twisp River Pub. Busses will depart the Pub at 7:30 a.m. for the race start at Brown's Farm. The race begins at 8:30 a.m. Please do not begin the race at any location other than Brown's Farm.
2. Leg one team runners may take the bus to the race start.
3. Plastic bags and markers will be available at the start to package your warm clothing. Race staff will transport clothing to the finish line.
4. Runners are encouraged to be self-sufficient with the food and water needed for the run. There are aid stations along the course but runners are encouraged to carry their own needs.
5. The Sunflower course travels over varied terrain, including trails, unpaved roads, bridges, fields and grazing lands. You will also cross small streams, wet terrain and fences. Please pay attention to your footing.
6. The course will be marked with yellow flagging and yellow spray chalk. Orange cones will indicate where the course moves from Wolf Creek Road to the Methow Community Trail and from Elbow Coulee Road to the adjacent single track trail.
7. Portions of the course travel through private property and are accessible to the public only during the Sunflower. When you come upon a closed fence, either step through or open and close the fence after you pass. Respecting these rules will ensure many future Sunflower races—thanks!
8. You may encounter grazing animals and other wildlife—don't be alarmed and keep on running.
9. **Drink plenty of fluids throughout the race.** There are six exchange stations with water and Gatorade along the course and one aid station in the middle of leg 6. The later aid stations will have cut fruit and energy gel. Water, Gatorade and fruit will be provided at the finish line.
10. Signs at each exchange station will communicate distance traveled and distance to the next exchange station.
11. Please do not litter except at the exchange stations where course monitors will pick up empty cups and packages.
12. You will be traveling through tick country. Check yourself and your clothing after the race.
13. You will find four "honey buckets" at the start of the race, one at exchange two, one at exchange three, one at exchange four, and two at the finish. Please use them.
14. If, for any reason, you decide to not finish the race please communicate your intentions to a race monitor at an exchange station or, preferably, to a staff member at the finish.
15. Please cross the finish line once. You may run back up the course to find friends, but do not cross the finish line again—doing so causes confusion for the timers and folks who produce the results.
16. Please park your car at the finish line, in the vacant lot behind Hometown Pizza on Twisp Ave, in the vacant lot behind Twisp Town Hall on Lincoln Street, the Twisp Town Park lot or at the old Forest Service Ranger Station via Glover Street or 5th Ave. Please do not occupy the business spaces around the Methow Community Center.
17. The potato bar and awards ceremony are at the Twisp River Pub. The potato bar and no-host bar begins at 11:30 a.m. and is included in the Sunflower race fee. You have a yellow ticket in your race packet. Please present it to the volunteer in the banquet area. Friends and family may purchase a potato bar ticker for \$8.00.
18. The awards ceremony time and location is to be determined.