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DITCH WITCH “LA LLORONA” RUN 2016

EVENT INFORMATION

Event Location:

Winter Haven Rd

(North end)

Coors and Montano: East of Montano Plaza Shopping Center

**Event Schedule:**

**October 8, 2016**

**10K: 5:15 p.m.**

**5K: 5:30 p.m.**

**Kids K: 5:00 p.m.**

Runner Packet Pick-up and Late Registration:

10K, 5K and Kid Events

Race Day: Saturday, October 8, 2016

Time: 4:00 TO 5:00 P.M.

Race Day: Winter Haven Road (north end) Just East of Montano Plaza.  
  
**Start:**

Ditch Witch La Llorona Race Day Registration and Timing Chip Pickup will be located near the end of Winter Haven Rd. (North of Montano – behind Montano Plaza Shopping Center). **NOTE: ALL PARTICIPANTS WHO WOULD LIKE TO BE ENTERED IN THE RESULTS AND BE ELIGIBLE FOR AWARDS MUST WEAR A TIMING CHIP (MUST BE ZIP-TIED OR LACED TO SHOE – ZIP TIES PROVIDED).**

**Parking:**

**Entrance and Exit: Winter Haven Rd. (North of Coors and Montano)**

PLEASE USE DESIGNATED PARKING AREAS ONLY. PARKING WILL BE MARKED.

Bathroom Facilities:

Port-a-potties are located near start/finish. Please allow plenty of time to use the restroom.

Start Information:

Winter Haven Rd. (North of Montano – end of road)   
All races will start promptly at the designated times listed above. Allow plenty of time to get to the Start in order to seed yourself according to your projected pace time. If you are driving to the race plan to arrive early. See parking information above.  
This race is a Gun Start with a Timing Chip finish. The "official time" will start when the gun/horn goes off.

**Race (Bib) Number Requirements:**

Each participant will receive a Race (Bib) number that must be worn on race day. DO NOT alter your race number in any way. Your bib number must be visible and worn on the front outside of all clothing during the entire race so that it may be clearly seen. Bib numbers are non-transferable and MUST be worn by the runner to whom it is assigned.

Medical Support:

Medical staff members will be ready to assist you at any time. Radio communications personnel will be positioned at every aid/water station along the course.  
The event officials have the right to withdraw any runner from the race that appears in distress or at risk. If you have a health or medical problem at the Finish Line, please notify event officials or volunteers. Please cooperate if you are asked to go for a checkup. If you feel that you need help at any point, please ask for it! If you are unable to finish the race for any reason, please notify a race official of your bib number so that the medical personnel are aware.

**Can I run with iPod/headphones?**Yes. USATF, the national governing body of the sport, recently amended its ban on headphones, iPods and similar devices. However, athletes competing for prize money are not allowed to use electronic devices such as headphones and earpieces.

**Can I run with my Garmin GPS or my Nike Plus device?**Yes, participants may wear their Garmin GPS watches and/or Nike Plus devices. However, these items do not count as “second timing devices" and will not be recognized by the event as official times or distances.

**What is NOT allowed on the course?**The use of video devices, cell phones, computers, cameras or any similar devices by participants in the event is prohibited. The use of wheeled devices by participants or any other person authorized to be on the course shall be strictly limited to: (a) authorized course marshals on bicycles. Baby joggers, baby strollers, skateboards, rollerblades, unauthorized bicycles or any other wheeled device will not be permitted.

**Do you have a Lost & Found in case I lose something at the Event or on the racecourse?**Yes. We will have a Lost & Found for items that were lost and found on race day. If you are missing a personal item, please call: 505.217-4774.

**I am injured and/or cannot run the event (family commitment, work obligation, etc.). Can I get a refund, donate my entry or transfer my entry to someone else?**No. Sale and/or transfer of race entry/bib are strictly prohibited and will result in the disqualification and/or banning of any individuals involved from future events. All entry fees are non-refundable and cannot be deferred toward a future event.

**If I provide medical documentation of my injury or pregnancy, will you give me a refund?**No. Please refer to our official event rules and guidelines.

**Can I defer my entry to the next year if I am unable to run this year?**No, participants cannot defer their entries to the next year in the event that they are unable to run.

**Can a friend pick up my packet for me if I cannot attend Packet Pickup?**Yes. Your friend can pick up your packet for you.

**Inclement Weather Policy:**

Weather forecasts will be monitored prior to the event paying special attention to the possibility of heavy rain, thunder and lightning, high winds and extreme temperatures. If necessary, athletes will be made aware of these predictions on the RunFit website: [www.irunfit.org](http://www.irunfit.org) so that participants can properly prepare for severe weather during the race as well as possible course alterations. Severe weather updates will also be sent to participants via email as necessary. The Race Director will monitor the weather and make a decision if any action will be taken to modify the race. Possible changes include: altering the start time for the race or in extreme situations, cancellation of the event. Please listen closely to all public address announcements at the starting line of the race. Visible lightning will cause the race to be postponed for a minimum of 15 minutes. Additional sightings will continue to delay the race in 15-minute increments. If extreme heat is predicted, extra water will be provided to the athletes, prior to, during and after the event. The medical team will be alerted that athletes may require additional medical attention during and after the event due to the high temperatures.

**Finish Information:**  
The overall and division award winners will be announced at the Awards Ceremony on race day – immediately following the Kid K.

**10K:**  
Overall prizes will be awarded to the top three men and women determined by gun time.  
Age group prizes will be given to the top three finishers in the following categories for men and women: 19 and Under, 20-29, 30-39, 40-49, 50-59, 60-69, 70+. Award times will be determined by gun time.

**5K:**

Overall prizes will be awarded to the top three men and women determined by gun time.  
Age group prizes will be given to the top three finishers in the following categories for men and women: 12 and Under, 13-15, 16-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+. Award times will be determined by gun time.

**Kids K:**

All registered participants (12 and Under) are eligible to participate in the Kids K. The start of the Kids K will begin at 7:15 p.m. Immediately after the 5K and 10K. All participants will receive a special recognition award at the finish.   
  
Post Race:

Refreshments and Awards

Review the Course and Support:

Decide where your family and friends can cheer you on when you most need the support.   
There are fluid replacement stations: Water (5K & 10K) and Water & Gatorade (10K).

**COURSE:**

5K - 10K: Majority of course will be on the Bosque ditch banks and trails. Courses will be well marked with volunteers and aid stations.

**COURSE LINKS:** (CUT AND PASTE LINK IN BROWSER)

5K: <http://www.mapmyrun.com/routes/fullscreen/1269659713>

10K: <http://www.mapmyrun.com/routes/fullscreen/1269162259>

**Results:** All results will be posted immediately at: www.irunfit.org

Volunteer Information:

Volunteers are still needed to help! Please contact RunFit at (505) 217-4774 to volunteer for race day or email: stephenpino@hotmail.com

**Thank-a-volunteer campaign!**

The Ditch Witch “La Llorona” Run is fortunate to have some of the friendliest and hardest-working volunteers around. Volunteers help us on race day to ensure you feel welcomed, are fully informed and have a safe, successful and positive running experience, and more! When you have a chance, give a hearty, fun-loving thanks!

Sponsors:

We would like to thank the following sponsors for their support: House of Bread, JPeck Design and Por Vida Therapeutics.

Race Questions and Information:  
RunFit  
12104 Palm Springs Ave. NE  
Albuquerque, NM 87111  
(505) 217-4774   
Email: stephenpino@hotmail.com RunFit Website: www.irunfit.org