



## **SANDIA MOUNTAIN SHADOWS TRAIL RUN 2016 EVENT INFORMATION**

**Event Location:**

Piedra Lisa Park  
(Menaul Blvd. – East of Tramway Blvd.)

**Event Schedule: October 2, 2016**

**10K: 8:15 a.m.**

**5K: 8:30 a.m.**

**Packet Pick-up and Late Registration:**

Saturday, October 1, 2016  
Fleet Feet Sports  
11:00 to 3:00 p.m.  
FLEET FEET SPORTS  
8204 Menaul Blvd. NE  
Albuquerque, NM 87110

**PLEASE NOTE: THERE IS RACE-DAY REGISTRATION**

**Start:**

The Start is within a short distance from the finish.

Race Day Registration and Timing Chip Pickup will be located at Piedra Lisa Park. All participants who would like their finish time and be eligible for age group and overall awards must wear a timing chip. The chip must be worn on the shoe using the zip tie or chip strap (ankle strap) provided in envelope. All chips MUST be returned at the finish.

**Parking:**

**PLEASE USE THE SIDE STREETS TO PARK. DO NOT PARK ON THE NORTH SIDE OF MENAUL (FROM THE PARK TO THE OPEN SPACE PARKING LOT – THIS AREA IS RESERVED FOR THE COURSE ONLY.)**

**Sunday Start Information:**

Start location for the 5K & 10K running events is Piedra Lisa Park. Portable restrooms will be located near the Start/Finish – just east of the playground area in park.

All races will start promptly at the designated times listed above. Allow plenty of time to get to the Start Line in order to seed yourself according to your projected pace time. Note: The 5K Start (on Menaul) is just east of the 10K Start (next to park)

**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. Non-registered runners are not permitted on course.

**Medical Support:**

Medical staff members will be ready to assist you at any time. Radio communications personnel will be positioned at the aid station(s) 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, you will be directed to the Medical Area. 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 medical personnel are aware.

**Finish Information:**

When you cross the finish line you will be greeted by volunteers who will assist you with the timing chip removal.

**Awards:**

The overall and division award winners will be announced at the Awards Ceremony on race day at 9:30 a.m.

Overall awards to the top 3 men and women will be determined by gun time. Note: ALL 10K participants will receive a finisher award immediately upon finishing the event.

**Review the Course and Support:**

Fluid replacement stations supplied by water and Gatorade.

Fuel Stations:

5K: Mile 1.75 (approx.)

10K: Mile 2.25 (approx.) and 4.50 (approx.)

Please note: The course is well marked: traffic cones + orange flag rods. Please stay on the designated trails. Mile markers are not present on the course. The distances are accurate. Review the course below:

**Course Links:**

COURSE MAP LINKS (MAP MY RUN)

**SANDIA SHADOWS 5K:**

<http://www.mapmyrun.com/us/sandia-heights-nm/sandia-mountain-shadows-trail-run-5k-route-11005452>

**SANDIA SHADOWS 10K:**

<http://www.mapmyrun.com/us/sandia-heights-nm/sandia-mountain-shadows-trail-run-10k-route-10321021>

**Event Results:**

Results will posted on the RunFit website: [www.irunfit.org](http://www.irunfit.org) on 10/2/16

**Volunteer Information**

Volunteers are still needed to help! Please call (505) 217-4774 to volunteer for race day or email: [stephenpino@hotmail.com](mailto:stephenpino@hotmail.com).

**Race Questions and Information**

RunFit Headquarters

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Albuquerque, NM 87111

(505) 217-4774

Email: [stephenpino@hotmail.com](mailto:stephenpino@hotmail.com)