

Frequently Asked Questions of the Race Director:

Q- Is day of race registration available?

*A- Yes, we will be doing day of race registration up to 8:30 at the Registration/Packet Pick up Canopy.*

Q- Is the course difficult–How hilly is it?

*A- Overall, this trail run is above average in difficulty. The course has two real climbs that have been separated by a couple miles of downhill or flats. The first climb is near the beginning. After leaving the paved bike path at about .5 miles, the trail makes several switch backs as it climbs 3/4th of the way to the top of Bald Hill. For a trail run, this hill is relatively short (less than .5 miles) and not extremely challenging. It is just long enough that you need pace yourself. The second hill is late in the course, beginning around the four mile mark. It climbs to the same elevation as the first hill, but it has some ups and downs along a twisty trail section and a more gradual beginning.*

Q- How rough is the trail-should I wear trail shoes?

*A- A couple sections are uneven (rocks, roots, etc.) so trail shoes would be useful. Overall, for a trail run in this area, the course surface is good. I (an avid trail runner) have run these trails with my road shoes without any problem dozens of times. I have even run the course with light weight racer/trainers without any trouble. However, light weight shoes increase the risk of stone bruises and twisted ankles.*

Q- How do I get to the start–Benton County Fairgrounds? You can use Mapquest or see below for alternatives:

*A- The Fairgrounds are on 53<sup>rd</sup> Street, on the west side of Corvallis, due west of OSU.*

*\*From I-5, take HWY 34 west to Corvallis. After crossing the bridge into Corvallis, the road you are on becomes Harrison Blvd. Continue on Harrison approximately 3 miles until you get to 53<sup>rd</sup> St. At the light, turn left and proceed 1/4 mile to the south parking lot of the Fairgrounds.*

*\*From HWY 20/34 East, (coming from Philomath), head east to the light at 53<sup>rd</sup>, take a left and proceed approximately 1 mile to the south parking lot of the Fairgrounds.*

*\*From HWY 99W southbound, (coming from Monmouth), as you come into Corvallis, turn right on Walnut Blvd. (second light), proceed West on Walnut. Walnut will slowly turn to the south after about 5 miles and at about 6 miles you will come to a light at Harrison. Go straight, and proceed 1/4 mile to the south parking lot of the Fairgrounds.*

\*From HWY 99W northbound, (coming from Monroe), as you cross the bridge and come into downtown Corvallis, continue north to the light at Harrison (just past McDonalds on your left), turn left, and proceed westerly on Harrison approximately 3 miles until you get to 53<sup>rd</sup> St. At the light, turn left and proceed 1/4 mile to the south parking lot of the Fairgrounds.

Q-Will there be refreshments (what kinds)?

*A- The finish line area will be well stocked with fruit, cookies, bread/muffins (and/or sports bars), water and sports drinks.*

Q- When and where will results be posted?

*A- Unofficial results will be posted as they become available immediately after the event. Final results will be posted on the Web at [www.gltrunforthehills.com](http://www.gltrunforthehills.com).*

Q- Will there be an awards ceremony and prizes?

*A- An awards ceremony will be conducted after the final runners are in. Depending upon how spread out the field becomes, the ceremony may be started immediately after the final runners come in, but in no event should they begin more than 15 minutes after the final runner. Awards will be given to the top three in each age group and to the top male and female overall. Both the awards and random prize drawings are being provided by numerous local businesses.*

Q- What will the Kids race entail?

*A- The Kids race will be 1/4 mile. It will start on the bike path 1/4 mile from the finish with a mad dash to the finish line. All kids will be given a ribbon. The kids race will be limited to 10 and under. Older kids should do the 2 mile or 8k.*

Q- What is the 2 mile\* Course?

*A- In a change from last year, the 2 mile\* course will actually be 2.3 miles in order to get the turn around point near the 1<sup>st</sup> 8k aid station and allow the runners to finish at the main finish line. The 1 mile point and 2 mile point will be marked. The course will start at the start/finish line, proceed west on the bike path, turn right at the T bike path intersection, proceed to the turn around, then proceed back to the finish line. The course is entirely paved.*