



**-2022-**

# **RUN BAILEYS PARTICIPANT GUIDE**



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## Introduction.

Hello Run Baileys Participants!

We are so excited to be back to host the 2nd Annual Run Baileys Trail Races, and looking forward to seeing everyone together again at The Baileys Trail System! The Baileys Trail System is an exciting regional project that is bringing an amazingly new amount of trails made for various outdoor recreation activities.

Last year at the time of the Inaugural Run Baileys the first phase of trails at the Baileys Trail System were open, but now there are a total of 31 miles of trail open, with another 20+ miles of trail currently being constructed. While we will only be seeing a small portion of these trails during the Run Baileys event, I hope you sense the excitement about the full Baileys project, and all the plans for future growth! You can read more about the Baileys Trail System here: <https://baileystrailssystem.org/>, and when you get a chance during other times of year, come check out the other trails that Run Baileys does not utilize.

Whether you're running the 13.1 Mile or 5K on Saturday, or the Women's 5 Mile on Sunday, you'll be part of the community of runners that enjoy Baileys, and the wider SEOTR and trail running community in the region, and that's what it's all about!

Take a moment to read through this event packet to see the details of the event, paying special attention to the times and schedule of events throughout the weekend.

See you on the trails!

Michael Owen  
SEOTR Race Director





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## Run Baileys Weekend Schedule.

### Thursday August 11

5:30 - 7:00PM - Trail Sisters and Women      Devil's Kettle Brewing  
Bikers of the Baileys Social      97 Columbus Rd., Athens, Ohio 45701

### Friday August 12

4:00 - 7:00PM - Packet Pickup      Ohio Valley Running Company,  
20 Station Street, Athens, Ohio 45701

### Saturday August 13

6:00 - 7:30AM - Packet Pickup      Chauncey-Dover Park Trailhead  
8:00AM - 13.1 Mile Begins      Chauncey-Dover Park Trailhead  
8:15AM - 5K Begins      Chauncey-Dover Park Trailhead  
1:30PM - Anticipated Course Closure      Chauncey-Dover Park Trailhead

### Sunday August 14 - All Women's Day!

6:00 - 7:30AM - Packet Pickup      Chauncey-Dover Park Trailhead  
8:00AM - All-Women's 5 Mile Mile Begins      Chauncey-Dover Park Trailhead  
12:00PM - Anticipated Course Closure      Chauncey-Dover Park Trailhead

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## Packet Pickup.

We encourage everyone to pick up their "race packet" early! It will make your morning, and ours, easier when it's your day to race!

### Friday

4:00 - 7:00PM at:      Ohio Valley Running Company,  
20 Station Street, Athens, Ohio 45701

### Saturday

6:00 - 7:30AM at the Chauncey-Dover Park Trailhead (for Saturday races)

### Sunday

6:00 - 7:30AM at the Chauncey-Dover Park Trailhead (for Sunday races)





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## Note on Trailhead Construction.



Exciting things are happening at the Baileys Trail System, including 20+ more miles of trail being currently built, and all sorts of other amenities that you'll come to enjoy in the near future.

This also means that for this year's Run Baileys Trail Races you'll experience a start/finish area that is under construction with updates to the trailhead parking area, and the prep for shelters being built. Unlike last year, we will not be starting and finishing the race in the grass field, but we'll be positioned in a gravel area with our tents and start line set up. Fortunately there is large gravel lots that will keep everyone out of the mud, and it will still make for a nice area!

Once you enter the trail, you won't experience any construction on the course!

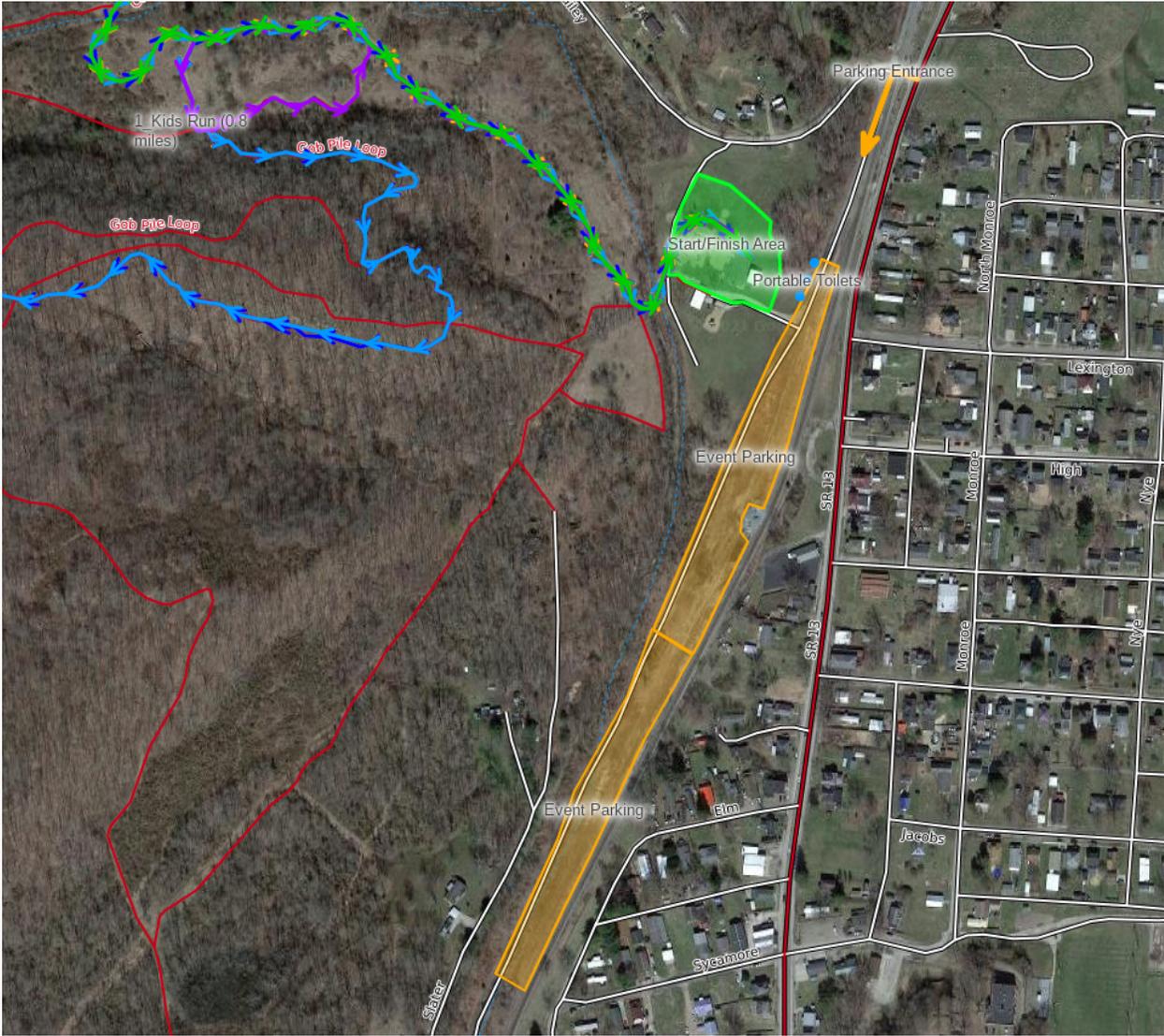
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## Event Parking.

Parking is located at the Start/Finish area. We'll have parking attendants with neon vests directing you where to park. Please follow instructions and park in an orderly manner, with minimal gaps between the car next to you.

With construction at the trailhead, there will be equipment and construction vehicles down in this lot. But, past this construction equipment there is a gravelly and grassy area along the railroad tracks that will be parking for the event.

You'll be turning onto West Bailey Road from State Route 13 - at this point please be aware that you will immediately be crossing railroad tracks with a short and steep hill - be cautious to watch for cars in front of you so you do not get stuck in cross-traffic. Once crossing the railroad tracks you'll immediately turn left to follow a gravel route paralleling the railroad tracks to the parking area.





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## Trail Sisters.

Trail Sisters of Athens will have a tent set up at the start/finish with:

- Someone to answer questions about how women can get involved in trail running
- Stickers
- Menstrual products



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## Trail Sisters Social.

Join the Trail Sisters of the Athens and Women Bikers of the Baileys on the Thursday before Run Baileys for a social time at Devil's Kettle Brewing, from 5:30 to 7:00PM!





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## Weather Note.

Being in the “dog days of summer” there is potential that the weather will be hot the day of the race! Here are tips and recommendations for planning your race in the heat:

- Hydrate extra in the days leading up to your race.
- Be knowledgeable on the aid station distances and your projected time gaps between those stations.
- Consider bringing a handheld water bottle or hydration vest to race in.
- If you start experiencing a higher heart rate, nausea, dizziness, muscle cramps, and sweating more than normal, slow your pace down or walk until you recover.
- At aid stations take advantage of water and electrolyte drink.

### Weather forecast as of 8/8:

Saturday: High of 81 degrees / Low of 56 degrees, high humidity

Sunday: High of 79 degrees / Low of 60 degrees, high humidity

\*While these temperatures are the best we've seen in recent weeks, please keep in mind that the forecast could always change. Plan to keep an eye on the forecast yourself leading up to your race.

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## Course Breakdown.

To view maps of the courses, please visit the link to the course maps page on our website. Here you can toggle between each race course, and see the route and elevation profile. Within the map you will also see a location to download the course in case you would like to upload it to your GPS watch.

<https://www.seotvents.com/runbaileyscourse>

***\*A note about course distances:*** while we advertise each course as a set distance (eg. 13.1 mile or 5 mile), the nature of trail running limits the ability to be precise with that distance. We're more concerned about creating a course that flows well and shows off the aesthetics of the trail system. For that reason, the true course distances are listed below, and are typically +/- a half mile from the advertised distances.

### 13.1 Mile Course Details

Actual Distance: 13.1 miles

Elevation Gain: 1171 feet

Aid Stations: miles 2.4, 6.25, 8.54

### 5 Mile Course Details

Actual Distance: 5.2 miles

Elevation Gain: 463 feet

Aid Stations: mile 2.4



## 5K Course Details

Actual Distance: 3.3 miles

Elevation Gain: 322 feet

Aid Stations: water only at mile .06 and 2.7 aid station

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## Course Markings.

We will ensure a properly marked course that will give you the best chance to stay on course!

There will be several ways we mark the course:

- **Pink “pin flags”** (in ground) will be placed regularly along the route. These flags will be **on the right side of the trail** at all times.
- Arrows posted on signs will be placed at key intersections.
- **Red “Wrong Way”** signs will be placed to indicate where not to go.
- At very busy and key intersections, there may be a person directing traffic.
- Where a course splits (eg. 5 mile course splits from 15 mile course), there will be signs that say the race distance with an arrow pointing in the proper direction.

The moral of the story is to pay attention at all times to the course markings. Sometimes runners zone out, or are going too fast, and miss a turn.... whenever there is a key intersection or confluence of trails, it is best to take a moment to slow down making sure you properly know which way to turn.

We'll also make every effort to check course markings between races, before races start, and during the race, to make sure course markings have stayed intact and not tampered with or removed.

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## Aid Stations.

Below lists the distances of aid stations per race, and what those aid stations will be stocked with.

### 15 Mile Course (Saturday):

Mile 2.4: Water and electrolyte drink (Tailwind)

Mile 6.24: Water, electrolyte drink (Tailwind), salty snacks, soda, fruit, and ice.

Mile 8.54: Water, electrolyte drink (Tailwind), salty snacks, soda, fruit, and ice.

**5K (Saturday):** There will be one water stop that you pass twice (mile 0.6 and 2.7) along the 5K course.



### **5 Mile Course (Sunday):**

Mile 2.4: Water and electrolyte drink (Tailwind)

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### **Awards and Swag.**

There will be an “awards tent” set up soon after the finish line. Finishers in the 15 mile and 10 mile will be able to stop to grab their finishers awards. Once we compile our top overall and age category award winners we’ll announce those winners and they can pick up their awards at the awards tent. Below is a list of the awards.

#### **Saturday 5K:**

- Special Finishers Award to all finishers
- Top 3 overall male/female award

#### **Saturday 13.1 Mile:**

- Special Finishers Award to all finishers
- Top 3 overall male/female award
- Top masters (40-49) male/female award
- Top grandmaster (50-59) male/female award
- Top supermaster (60+) male/female award

#### **Sunday All-Women's 5 Miler:**

- Special Finishers Award to all finishers
- Top 3 overall

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### **Rules and Policies.**

1. **DO NOT LITTER.** This isn't a road race. When you eat a gel, or have a cup of water at an aid station, plan to use the trash can at aid stations, or stash your trash in your pocket or pack. If you see trash along the trail please stop and pick it up. We want to leave the trail as good as we found it!
2. **Be Kind** to other participants and volunteers. This goes without saying, but as a trail running community, we take pride in treating our fellow runners like close friends! Be courteous and helpful to everyone!
3. Wear your bib # visible on the front of your body at all times (front of shorts or shirt)
4. Stay on the course and trails at all times, and do not cut corners or switchbacks.
5. When passing other runners on the trail, announce which side you are passing and wait for a safe moment to pass.
6. If you wish to transfer to a shorter distance prior to the race, please let us know before starting. If you are in a longer distance and decide mid-run to run the shorter distance course, please let us know when you finish.



7. **DNF's (Did not finish):** We wish everyone a safe and good finish, but the reality is that sometimes people are unable to finish. If you need to drop out of the race, please do so at an aid station and let an aid station worker know. Do not leave the course without informing someone you are dropping out, or else we will be looking for you!

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### **Spectators.**

Spectators are welcome at the Chauncey-Dover Park Trailhead (Start/Finish) to cheer on runners and hang out. Likewise spectators can feel free to roam portions of the trail, as long as they stay along the side and are not obstructing the course route - a great location for this is the "Chauncey Depot" Trail which is the crushed gravel trail that starts the Baileys Trail System, and is the beginning and ending of each of our race distances. Unfortunately, none of the aid stations are accessible by the crew due to parking and space restrictions. Please do not drive to the aid station locations as a crew or spectator. Aid stations will be accessible only for event volunteers.