



**-2021-**

# **RUN BAILEYS PARTICIPANT GUIDE**





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# Introduction.

Hello Run Baileys Participants!

We are so excited to be hosting the Inaugural Run Baileys Trail Races, and looking forward to seeing everyone together again at a trail running event! This is not just the beginning of a new event on a brand new trail system in Chauncey, Ohio, but in a way it also represents the celebration of being together with the trail running community after nearly two years of missed events from our typical races in the area. I, for one, am simply looking forward to seeing old friends for the first time in far too long, and meeting new friends on the trails. If there is anything that the COVID Pandemic has taught us, it's that the trail running community is a resilient bunch, as I've witnessed a growth in the community, despite a lot of alone time in the past year and a half.

Run Baileys is an event unlike all of our others, as it spans an entire weekend, with different offerings! We are particularly excited about the All-Women's Trail Sisters day on Sunday, with a 10 and 5 mile race dedicated to celebrating women in the sport! With 15 and 5 mile distances on Saturday and the 5K on Friday open for all, there really is an option for everyone! And we can't forget the Friday Kids Run... I hope everyone comes out to watch and cheer the kids on, as they are the future of our trail running community.

I know everyone will enjoy the new Baileys Trail System, and we are so proud to be the first event that showcases them. Through a lot of community passion and partnerships, these state-of-the-art purpose built multi-use trails truly are something special. There are currently 26 miles of trails at the Baileys, with 62 more miles planned to be built in the near future. You can find out more about the Baileys Trail System Project here: <https://baileystrailssystem.org/>

As the popularity and miles of trails grow at Baileys, so too will this great trail community, and hopefully the Run Baileys Trail Races can serve as an annual celebration of what this community offers; thanks for being part of it!

See you on the trails!

Michael Owen  
SEOTR Race Director





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## Run Baileys Weekend Schedule.

### Friday August 6

4:00 - 7:00PM - Packet Pickup	Chauncey-Dover Park Trailhead
5:30PM - Kids Warmup w/ Coach Tim!	Chauncey-Dover Park Trailhead
6:00PM - Kids Run Begins	Chauncey-Dover Park Trailhead
7:00PM - 5K Begins	Chauncey-Dover Park Trailhead
8:30PM - Anticipated Course Closure	Chauncey-Dover Park Trailhead

### Saturday August 7

6:00 - 7:30AM - Packet Pickup	Chauncey-Dover Park Trailhead
8:00AM - 15 Mile Begins	Chauncey-Dover Park Trailhead
9:00AM - 5 Mile Begins	Chauncey-Dover Park Trailhead
1:30PM - Anticipated Course Closure	Chauncey-Dover Park Trailhead
5:00PM - Late Packet Pickup	Ohio Valley Running Company
6:00PM - Run Baileys Happy Hour	Ohio Valley Running Company

### Sunday August 8 - All Women's Day!

6:00 - 7:30AM - Packet Pickup	Chauncey-Dover Park Trailhead
8:00AM - 10 Mile Begins	Chauncey-Dover Park Trailhead
9:00AM - 5 Mile Begins	Chauncey-Dover Park Trailhead
1:00PM - 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 the Chauncey-Dover Park Trailhead (pickup for all races)  
\*we’ll have someone to continue passing out packets up until the start of the 5K

### Saturday

6:00 - 7:30AM at the Chauncey-Dover Park Trailhead (for Saturday races)  
5:00 - 8:00PM at Ohio Valley Running Company (for Sunday races)

### Sunday

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

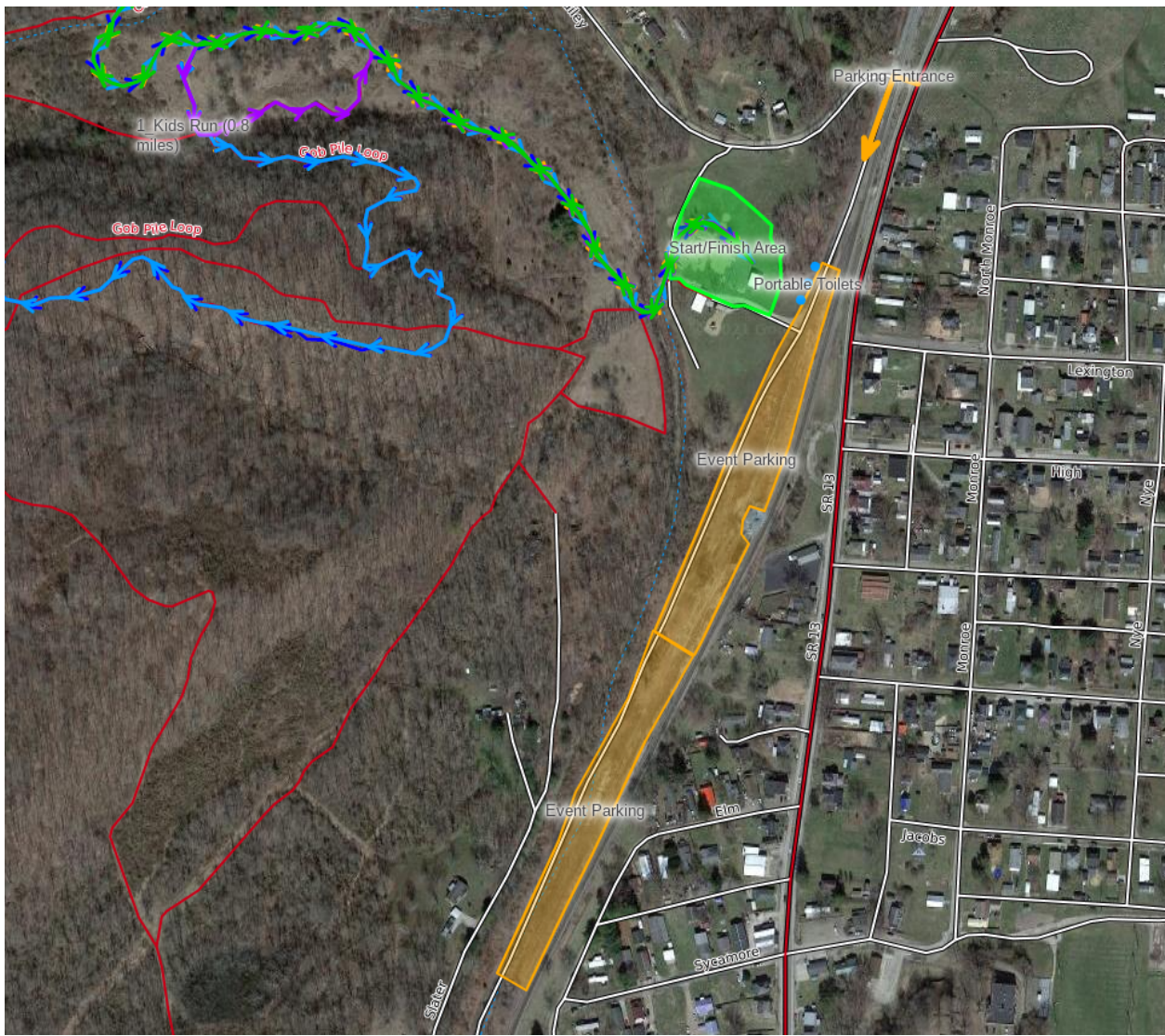




**Event Parking.**

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.

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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## Saturday Run Baileys Happy Hour at Ohio Valley Running Company.

Ohio Valley Running Company is sponsoring and hosting the Run Baileys Social Hour at their shop starting at 6:00PM on Saturday evening!

**When:** Saturday, August 7

**Start Time:** 6:00PM

**Where:** Ohio Valley Running Company, 20 Station St. Athens, Ohio 45701

**Cost:** \$7.00

**Includes:**

- Pizza and salads from the Athens' famous Avalanche Pizza - with vegetarian, gluten free, vegan, and carnivore/cheesy options.
- One (1) free Athletic Brewing Company non-alcoholic or Jackie'Os beer. Soft drinks are available too!

There will also be corn hole and other yard games set up, an outdoor tent to hang out under, and the Olympics Marathon will be playing on the TV inside the shop!

\*\*Please use the sign up link below if you plan to attend the Run Baileys+OVRC Social Hour to let them know how much pizza and food to provide:

**[Sign up for the Run Baileys+OVRC Social Hour Here!](#)**

Non-participants and anyone else is also welcome to attend, please just use the signup form above!





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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

On Sunday the Trail Sisters tent will have pastries, desserts, and iced coffees supplied by Fluff Bakery of Athens!



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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 8/3:

Friday Evening: low to mid-80’s, mostly sunny

Saturday Morning: low-70’s to low-80’s, mostly sunny

Sunday Morning: low-70’s to mid-80’s, mostly sunny

\*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 this link that will direct you to CalTopo (best if viewed on a computer):

<https://caltopo.com/m/A679>

You can also visit the course detail page on the Run Baileys website to view more course details. On this webpage, you can open up the Strava routes to each course, and save the route to your Strava app.

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

***\*A note about course distances:** while we advertise each course as a set distance (eg. 15 mile or 10 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.*

### 15 Mile Course Details

Actual Distance: 14.7 miles

Elevation Gain: 1400 feet

Aid Stations: miles 4.25, 7.8, 10.0

### 10 Mile Course Details

Actual Distance: 10.5 miles

Elevation Gain: 725 feet

Aid Stations: miles 4.25, 6.25

### 5 Mile Course Details

Actual Distance: 5.2 miles

Elevation Gain: 358 feet

Aid Stations: mile 2.4

### 5K Course Details

Actual Distance: 3.1 miles

Elevation Gain: 221 feet

Aid Stations: 1 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.

**Kids Run:** There will be no water stop on the Kids Run course. Water and refreshments will be available at the finish.

**5K:** There will be one water stop along the 5K course.

**5 Mile Course** (Saturday and Sunday):

Mile 2.4: water only

**10 Mile Course** (Sunday):

Mile 4.25: Water and electrolyte drink (Tailwind)

Mile 6.25: Water, electrolyte drink (Tailwind), salty snacks, soda, fruit, and ice.

**15 Mile Course** (Saturday):

Mile 4.25: Water and electrolyte drink (Tailwind)

Mile 7.8: Water, electrolyte drink (Tailwind), salty snacks, soda, fruit, and ice.

Mile 10: Water, electrolyte drink (Tailwind), salty snacks, soda, fruit, and ice.



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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.

### Friday 5K:

- Top 3 overall male/female award

### Saturday 5 Miler:

- Top 3 overall male/female award

### Saturday 15 Miler:

- All finishers will receive a special finishers award
- 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:

- Top 3 overall award

### Sunday All-Women’s 10 Miler:

- All finishers will receive a special finishers award
- Top 3 overall award
- Top masters (40-49) award
- Top grandmaster (50-59) award
- Top supermaster (60+) award

### Specialty Awards:

- **Gob Pile Award:** top female cumulative time in the 15 mile, 10 mile, and 5K!
- **Lost Marbles Award:** top male cumulative time in the 15 mile and 5K!

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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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### **A Note on COVID.**

We are not under strict protocol for the Run Baileys event and will be following other reopening practices from businesses, outdoor spaces and events within the trail running industry. Please follow the below guidelines and tips:

- If you are sick or have been around family members or friends who have been sick, please stay home.
- Please wash hands and use hand sanitizer.
- If you are unvaccinated, please wear a mask when not running or eating or are gathered around groups of people.

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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.



**Sponsors.**

We want to give a big shout out and THANK YOU to all of our great sponsors! As you make your buying decisions, keep in mind the local businesses listed below that support trails and trail running events like Run Baileys!

Run Baileys is presented by:



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