2024 Bear Mountain Trail Challenge - 10K

Start/Finish: Palisades Interstate Pkwy, Exit 17, Bear Mountain, NY 10911 Google Maps

All times expressed on this guide are shown on local time zone - Eastern Daylight Time (EDT)

Start Time: Saturday, May 4th 10:00am | **Official Finish Time:** Saturday, May 4th, 5:00pm

Welcome to the second edition of the Bear Mountain Trail Challenge! We are excited to have you racing with us and for you to see the stunning course we have installed for you this year.

Your safety is our first and highest priority. Please review this document in full to ensure your full understanding and compliance to the rules and policies as specified.

Race Day Schedule

Saturday, May 4, 2024 8:00am - 9:50am	***Packet Pickup***	Anthony Wayne Recreation Area Runners are encouraged to arrive early. Leave plenty of time to check in and warm up.
Saturday, May 4, 2024 10:00am	***Race Start***	
Saturday, May 4, 2024 5:00pm	***Course Cutoff***	Racers must be able to complete the Half Marathon in 9 hours.

Race Packet Pick-up & Registration

Packet pickup will be available race morning from 8:00 am to 9:50 am at the start/finish line at Anthony Wayne Recreation Area.

Requirements:
- ID/Passport, with name matching your registration
- Race packets must be picked up by the runner

Race packet includes:
- **Runner BIB** is mandatory for all race distances.
- **Chip Timing Tag and holding wristband** mandatory for all race distances.
- **Swag:** Sponsors discounts, product samples

If there are still spots available, on-site registration is available during Saturday's packet pick-up. Registration will be cashless – only credit cards will be accepted.

Parking

Ample parking for participants and spectators will be available at the start/finish area at Anthony Wayne Recreation Area. It's a large parking lot, so please arrive early enough to leave time for a short walk to the registration area.

Course Information

- COURSE IS SUBJECT TO MODIFICATIONS LEADING TO RACE DATE -

Bear Mountain experienced severe flooding and trail damage in the summer of 2023. As a result, many of the trails we used last year were destroyed and have not yet been repaired. All courses in 2024 are substantially different from our 2023 event, and are continually changing as the conditions change at Bear Mountain. All courses should be considered tentative until race day, and participants should follow course marking rather than any downloaded maps.
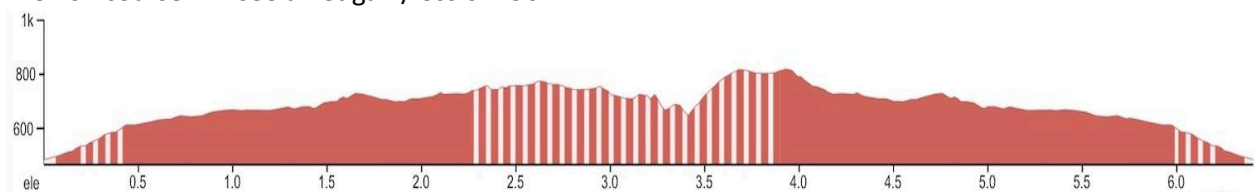
Course Map
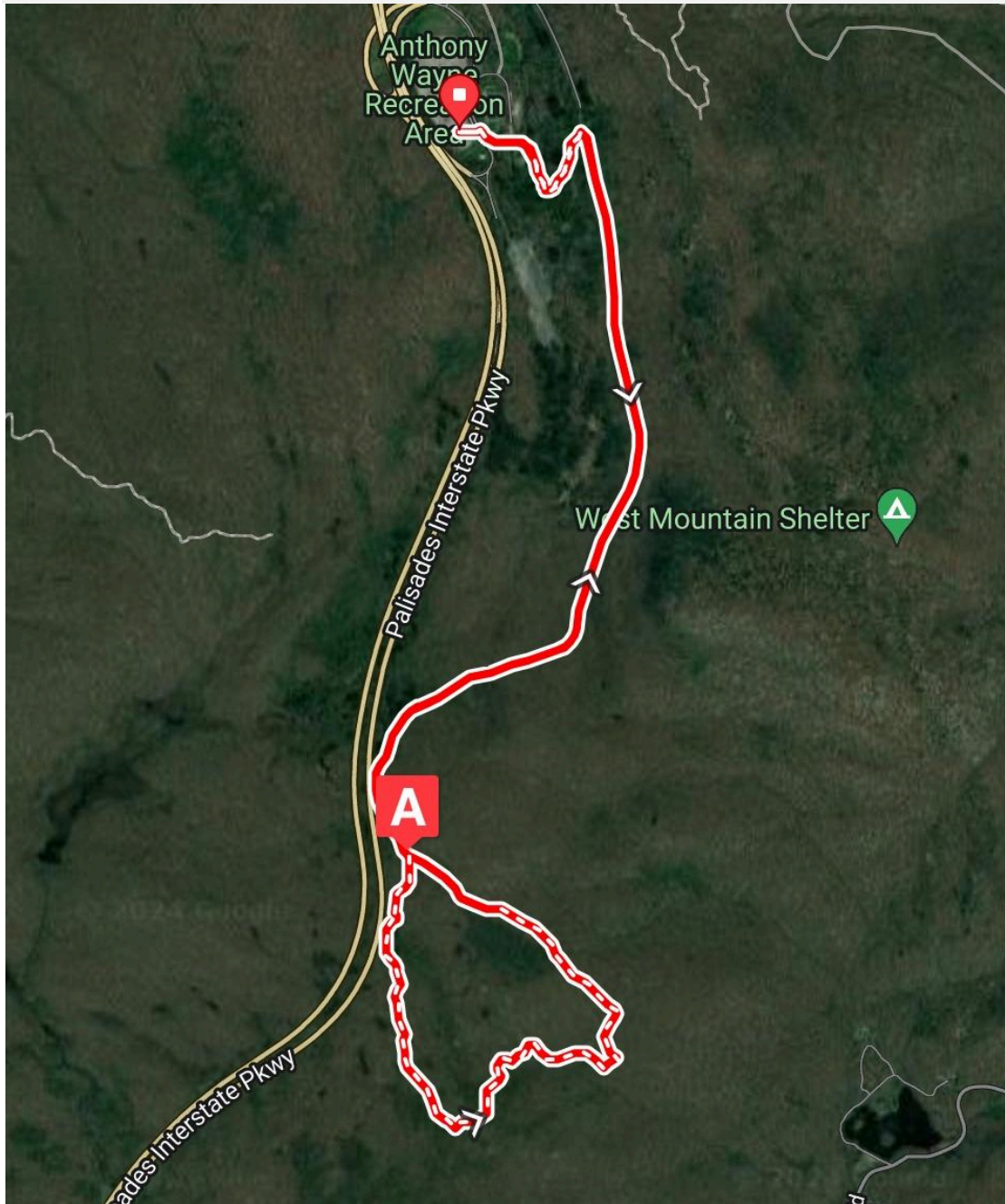
You can navigate the interactive race map at our official website here.

Elevation Chart

The 10K course will see a net gain/loss of 490'

Water Station

There will be one water-only station on course which runners will pass in both the outbound (2.3 miles) and inbound (4.1 miles) directions.

Finish Line Food

There will be a food truck at the finish line with hot food for purchase. Participants with specific dietary restrictions should not rely on the food truck being able to accommodate their needs.

Mandatory Equipment

- **Bib number** must be <u>visible from the front</u> during the entire race. Staff along the race course MUST be able to read the number clearly.
- **Chip timing tag** must be worn for the duration of the race.

Recommended Equipment
Some additional gear to consider:
- Waist pack or backpack with hydration system. Participants must carry and dispose of their trash at aid stations. ***Any runners caught littering will be subject to immediate disqualification.***
- Running shoes with rugged traction
- Trekking poles are allowed.
- Short running gaiters to keep debris out is a great way to prevent blisters
- Multifunctional neck gaiter or buff which can double as a head cover during cooler temps
- Sunscreen
- Running hat and/or visor
- Eyewear: keep in mind that the race course goes through dark forest areas and sunny open lands so proper eyewear is recommended
- Warm and dry clothes at the start/finish bag check

Drop Policy

The only aid station on this course is inaccessible by vehicles, so runners are responsible for getting themselves to the finish line under their own power, except in cases of dire emergency, in which case emergency services will be called.

*** ***DO NOT exit the course without notifying our staff if you decided to drop. Failure to do so may result in dispatching search and rescue personnel to locate you. You will be responsible for such expenses.*** ***

Crew

There are no spectator or crew access points to any part of the course other than the start/finish. Spectators are welcome to walk along the course to meet their runner at points other than the start/finish.

Bag Check

Bag check will be available at the start/finish. Checked bags will be held at the start/finish at Anthony Wayne Recreation Area. There will be no drop bags available on course.

Clean Race Policy

Our race will take place in Bear Mountain and Harriman State Parks. One of the key factors for success is maintaining the magnificent scenery surrounding the race. Local residents, tourists and all users are responsible for preserving this place. For this reason, ***littering along the race course is grounds for immediate disqualification***. It is our responsibility to have a clean race.

Trash and recycling receptacles are available at all aid stations.

Contact Information

Our team is here to ensure you have the best race experience. If you have any questions or concerns, please use our website, https://www.spartantrail.com/bear-mountain-trail-challenge/, or contact us by email trail@spartan.com.