



## **2018 ASCENT AT MOUNTAIN AIR PARTICIPANT INFORMATION**

Welcome to the Ascent at Mountain Air. For those of you who ran last year, welcome back! For those who are new to the race, you are about to undertake an epic challenge. To everyone, we applaud your strength and spirit.

Below is important information regarding Saturday's event. Please read it carefully.

### **Schedule – Saturday, October 13**

3:30-4:45 PM – Packet Pickup/Late Registration – Mountain Air Visitor Center (see directions below)

Note: Saturday is the only day to pick up your packet or register on site for the race.

4:30-4:55 PM – Shuttles for spectators leave for the finish line (This is the only opportunity for spectators to travel to the finish line. Private vehicles will not be allowed on the property.)

5:00 PM – Start of 5K – Main Gate

6:30 PM - 5K Awards Ceremony – Finish Area (time is approximate)

### **Course**

This is a point-to-point race on the main paved road of Mountain Air. You will climb 1,800' over the 3.1 miles. There is a yellow line in the middle for the entire length of the road. Please stay to the right of this and the traffic cones at all times as there will be vehicles coming down from the top during the race.

There will be one water station at mile 1.2.

At the top you will make two turns (left, right) to get to the finish line on the runway. Follow the green Glory Hound signs and the instructions of the volunteers.

## **How Are We Timing You?**

We are using a bib timed system for this race meaning we must see your race bib when you cross the finish line.

## **Parking**

Parking will be available in two grass fields near the Visitor Center. Please follow the signs and instructions of the volunteers upon arriving at Mountain Air.

## **Shuttles**

Shuttles will take spectators/non-runners to the finish line between 4:30 and 4:55 PM. This is the only opportunity for your people to get to the top as we can't have shuttles on the road behind the field of runners. Shuttles will begin taking everyone back to the parking area at 6:00 PM and continue as necessary.

Spectators may bring small lawn chairs or blankets to sit on at the top.

## **Bag Drop**

We will offer a bag drop service. Simply drop off the bag (nothing huge, please) at Packet Pickup by 4:55 PM and we'll have it for you at the top. Attach the bottom of your bib to your bag so we know who it belongs to.

## **Restrooms**

Portable toilets will be located near the start area and adjacent to the runway. There are no restrooms on the course.

## **Post Event Activities**

Once you reach the top there will fluids to rehydrate, beer from UpCountry Brewing for your just-reward, and all-you-can eat tacos from Bubba's. While there may be food available after the runners have had theirs, spectators should be prepared to be self sufficient.

The Award Ceremony for the 5K will start at approximately 6:30 PM. The awards for this race are unique as we will award prizes to the top ten male and female finishers. If you cannot stay for the awards ceremony please ask someone to pick it up for you as they won't be mailed.

## **Results**

Unofficial results will be posted near the finish line. Official results will be posted online at <http://gloryhoundevents.com/event/the-ascent-at-mountain-air-5k/> by Sunday morning.

## **Directions**

**Note:** Google Map, WAZE, or Siri won't get you to the Visitor Center at Mountain Air. Please use these directions to find your way:

**Via Asheville**

- I-26 W to Burnsville exit 10 E.
- Take 19E for 13 miles to first stoplight at Phipps Creek Rd. Make right and go 2 miles to entrance on left.
- 30 minute drive from downtown Asheville

**Via Johnson City**

- I-26 E to Burnsville exit 10 E.
- Take 19E for 13 miles to first stoplight at Phipps Creek Rd. Make right and go 2 miles to entrance on left.
- 60 minute drive from downtown Johnson City

**Have a great race!**