



Welcome to the Amish Country Running Festival!

Thank you for joining us for this beautiful, challenging event. We hope to make this a memorable day for you. Relax, enjoy the scenery, immerse yourself in the natural surroundings and appreciate the views.

PLEASE DO NOT TAKE PHOTOS OF THE AMISH PEOPLE. You can take photos of farms, animals, etc just please do not aim your camera at our Amish friends. This is per their request and we wish to honor them.

Race Communications:

Mark Wilson - Race Director - 914-466-9214, coachmarkwilson@gmail.com

Tonia Wilson - Administrator - 716-353-1288, tonia@coachmarkwilson.com

Location: East Randolph United Methodist Church, 122 Church Street, Randolph, NY 14772
This is the location of the Start/Finish Line and all activities for the day as well as Packet Pick Up on Friday. (Please note that there is also a Church Street in Randolph, this is the one in EAST RANDOLPH)

Time: Athlete meeting for ALL DISTANCES will take place at the Start/Finish Line at 7:45am
Race Start Times: Marathon - 8am, Half Marathon - 8:05am, 10K - 8:10am, 5K - 8:15am,
1 Mile - 8:20am

Packet Pick Up: Packet Pick Up will be available on Friday, September 27th from Noon - 7pm at the race site. Packet Pick Up will consist of Goodie Bags, T-shirt (guaranteed only for those that registered prior to September 14) Race Bib, FREE food wrist band and Special Needs Bag (for Marathon participants only). This is not mandatory; you may also pick up your packet on race morning.

Parking: FREE parking will be at the East Randolph Volunteer Fire Company which is at the corner of Church Street and Route 394. Volunteers will be available for directions and watch for the signs. Once that fills the backup parking will be Old Tool Tavern, 114 School Street, 2 blocks, approx .5 from race site.

Registration: Registration will be located in the church Fellowship Hall. Please look for the signs re: your event. 1 Mile/Marathon - Half Marathon - 10K - 5K Registration will open at 6:30am.

You must sign the release waiver at your check in table. Proceed to the table for Goodie Bags and T-Shirts. If you did not register prior to September 14th you are not guaranteed a t-shirt. Please check back after your race to see if there are shirts available.

Race day Registration will be available so if you have a friend or family member that would like to tag along they are welcome to join us. Race fees are \$10 more than the last published rate for each distance. Cash, Check and Credit/Debit cards (+ \$2.50 service fee) are accepted. 6:30am- 7:45am.

Changing your distance: You are permitted to change the race distance that you have signed up for PRIOR to 7:30am!!!! Please help us on race day and keep this to a minimum. If you wish to change your distance prior to packet pick up - please contact Tonia at 716-353-1288. NO changes will be made after the 7:30am cut-off.

MARATHON SPECIAL NEEDS BAG: If you are racing the Marathon - you are allowed to have a bag that will be available to you at the 13.1 mile turn-around tent. We will provide a marked bag for you or you may bring a bag yourself that we will place a sticker on with your Bib #. This bag can contain clothing and nutrition. There will be walled tent with chairs if you need to change clothing. First come/first serve. The bag must be dropped off at registration for Marathon participants on Friday afternoon or Saturday morning. Bags will be transported to the turn-around point for you as well as retrieved and delivered back to the church to the Dry Bag Room inside the church. You are responsible for picking up your bag after your race. Any items left behind will be donated. Please note that we are NOT responsible for items left in this bag, do not place valuables inside.

Dry Bag: You are allowed to drop off one Dry Bag for your needs after your race. This bag will be marked with your Bib #. You must provide these bags. These bags will be dropped off and retrieved inside the church. You must present your Bib# to pick up your bag. No one else be allowed in this room. You are able to place your keys and cell phones, etc in these bags. They will be monitored by a volunteer but we are not responsible for any items in the bags. These must be dropped off race morning - not at packet pick up.

On Course Safety: Regular or jogging strollers, bikes, skates and similar conveyances are not permitted on the course. And we strongly recommend that you do not use headphones during the races. If you do need to use your music, we ask that you keep one ear open to be able to hear. You will be corrected on the course if this is not the case. We all need to be aware of our surroundings, including fellow runners and the possibility of errant traffic or emergency personnel traffic on the course. Please take time to notice spectators, volunteers and the beautiful scenery. Wave at our Amish friends - they will wave back!

Please use caution-this race course is NOT closed to traffic.

On Course Aid: We will have volunteers along the course provided by LandPro Equipment. Please flag them down if you are in need of assistance of any kind. They can contact Medical assistance for you, offer emergency water and gels. If you decide at any point to abandon your race you must notify one of these volunteers. They will be able to transport you to the closest aid station where transportation back to the Start/Finish Line can be arranged for you.

Aid Stations: There will be an Aid Station at each mile with water, Hammer HEED, Hammer Gels, Hammer Endurolytes, Coke, Grapes, Pretzels, Bananas, Orange slices and cookies. Sponging stations will be available at each aid station if the temperature dictates. Each aid station will be monitored by a volunteer. Please do not litter along the course. All trash must be placed in receptacle at the aid stations. If you need assistance please notify a volunteer.

Portable Toilets: These will be available at the Start/Finish Line as well on the course at Mile 2,4,5,8,10,13.1.

Race Photos: Mike Frame Photography will be on-site with a group of photographers spaced throughout the course and at the Finish Line. These photos will be posted on his website and available for purchase in the days after the race. Please support Mike as he is one of our event sponsors. www.MikeFrame.net under the Wilson Endurance Sports logo on the Sports Photography page. You will receive the link in an email once they are posted.

Race Course: All distances Start and Finish at the same location on Cemetery Street. Each distance is an out and back course. Your designated course will have its turn-around clearly marked. YOU ARE RESPONSIBLE TO KNOW YOUR COURSE DISTANCE AND TURN-AROUND AT THE APPROPRIATE SPOT. VOLUNTEERS WILL BE MARKING DOWN BIB#S AT EACH TURN-AROUND. IF YOU ARE NOT MARKED AT YOUR DESIGNATED TURN-AROUND POINT YOU WILL BE MARKED AS A DNF. Your Bib# needs to be on the front of you and visible to our volunteers.

The course will turn right at the top of the hill onto Cemetery Road.

*Mile .5 will be the turn-around for the 1 Mile participants.

Cemetery Road turns into Walker Road. *Mile 1.55 will be the turn-around for the 5K.

*Mile 3.1 will be the turn-around for the 10K.

Turn Right onto VanSlyke Road. VanSlyke Road becomes Harris Road at the 4 way intersection. Continue on Harris Road which ends at Seager Hill Road. Turn Left onto Seager Hill Road. *Mile 6.55 will be the turn-around for the Half Marathon.

Seager Hill Road ends at the intersection with Route 241. Immediately following the Stop Sign for Route 241, turn right onto the Northeast Road. Continue on the Northeast Road and turn right onto Seager Hill Road. *Mile 13.1 will be the turn-around for the Marathon.

Please note that the distances are marked on the right hand side of the road with traffic in orange paint. There will also be a white 3' A-Frame mile marker for each mile with the Wilson Endurance Sports logo on the top.

You do have the right to take the tangent on the road. Please be cautious of vehicles. **THIS COURSE IS NOT CLOSED TO TRAFFIC. Be courteous of your fellow athletes.**

The leader of each distance will be lead by a cyclist.

Timing: The race will be timed by Runners High. Each race is timed as a gun start and you will self-seed yourself at the start line according to runners vs. walkers. A timing mat will be at the Finish Line. You must have your Bib# and timing chip on when you cross the Finish Line. No splits will be timed. Race results will be posted during race day. Final results will be posted on the Race Results section of www.CoachMarkWilson.com as soon as they are completed and verified by Runners High.

RULES AND REGULATIONS: This race is certified and sanctioned by USATF. All rules and regulations will apply.

Mark Wilson - Race Producer and Race Marshall will have final decision on all matters.

Listed below are just a small portion of the rules set forth by USATF that will be adhered to all participants and monitored by Wilson Endurance Sports Staff and race day officials.

1. Athletes are responsible for their own physical health and for their own medical supervision.
- 2 By entering into a USATF sanctioned competition, an athlete specifically releases USATF (and its perspective members, directors, officers, employees, volunteers, contractors or agents) from any liability to the extent permitted by law for any loss, injury or damage that may be suffered in relation to or as a result of participation in such competition.
3. If an athlete is disqualified in an event because of an infringement of the USATF Competition Rules, reference to the USATF Rule infringed shall be made in the official results. Any performance accomplished up to that time in the same session of the event shall not be considered valid. This disqualification shall not prevent an athlete from participating in any future event.
4. Any competitor who shall refuse to obey the directions of the Referee or other proper official, or who shall conduct himself/herself in an unsportsmanlike manner, or who is offensive by action or language to the officials, spectators, or competitors at any competition, shall render that competitor liable to disqualification by the Referee. f2018 6. Leaving Track, Field or Course:
 - (a) No competitor, after voluntarily leaving the track or course, shall be allowed to rejoin a race either for the purpose of gaining a place or to pace or to assist another competitor. The competitor shall be recorded as not finishing the event. A competitor attempting to re-enter the race shall be disqualified.
5. To be considered a finisher, a competitor must complete the race.

Awards: An Award Ceremony will take place for each distance once the majority of the participants for that event have finished and the timers have verified that all finishers were

marked present at their turn-around location. The first 3 Overall Male and Female Finisher Awards will be presented. Each age group category, 10 year intervals, 1st, 2nd and 3rd Place winners will receive a certificate and a prize. If you do not stay for the Award Ceremony, you can email tonia@coachmarkwilson.com and ask that your certificate be emailed to you in a PDF format. Prizes will not be mailed.

Food: Food is being graciously and lovingly prepared by the East Randolph United Methodist Church. All participants will receive a wrist band in their goodie bag and should be worn when proceeding to the food stations on race day, (you will not be asked for a donation as Wilson Endurance Sports is covering the cost of your food) in the Fellowship Hall of the Church. All spectators are invited to participate and will be asked for a donation that is comfortable to cover the cost of food. The church will be offering coffee and a small snack prior to the race. Beginning at 8:45am a pancake and sausage breakfast will be provided. Around 11am the meal will switch over to spaghetti and meatballs, salad and garlic bread. Please plan on staying after your race and join us for these meals and thank the wonderful volunteers from the church.

Beer: Beer will be provided by our amazing sponsors, Southern Tier Brewing Company. This is open to all participants of age. You must have the color coded bracelet on that you will be given at registration to enter the Beer Zone. This area will be cordoned off on the southwest corner of the church parking lot. All beer MUST STAY inside the perimeter.

Entertainment: The Freeze will be performing live for your listening pleasure next to the beer zone. . Plan to stay and celebrate your achievement!

Massage Therapy: We will have Dana Boser, LMT and at least one other massage therapist on site available for massage once you have completed your race. The suggested donation is \$1 per minute. Please have cash available if you would like to receive these services.

Vendors: There will be vendors of various businesses on site offering you products for sale. These vendors have donated their products for us to use as prizes as well.

Event Sponsors: Thank you to our wonderful, generous sponsors that have contributed to this fun event. Please support and utilize their services when appropriate. And, mention that you heard about them from the Amish Country Running Festival!

The WEDDING: In case you haven't heard, there will be a wedding under the finish line after the last marathoner finishes! The couple; Susan & Michael met at last years event and are now becoming life long running partners. ALL ARE INVITED!!! Please make plans to stay and celebrate with the happy couple. Pretzels (to go along with the beer) provided by Mazureks Bakery of Buffalo, NY, & cupcakes from Eckloff's Bakery in Jamestown, NY will also be served. This is a casual, fun ceremony for all to enjoy.

Our Sponsors:

Please support our sponsors and let them know you appreciate their part in making this a terrific event!

Alumidock/Metallic Ladder
Catrina Usher Design
Conewango Volunteer Fire Department
Dana Boser, LMT
Dowiasz Auto Service & Detailing
Dr. Hoy's Pain Relief
Erika Connor, MD
East Randolph United Methodist Church
East Randolph Volunteer Fire Department
Hammer Nutrition
Inkley's Pharmacy
JRSC Digital
Landmark Chevrolet
LandPro Equipment
Mike Frame Photography
MJ's Tavern
Old Tool Tavern
Randolph 7-Eleven
Randolph Peaches & Cream
Randolph Volunteer Fire Department
Simply Natural Alpaca Gift Shop
Southern Tier Brewing Company
Southern Tier Professional Pest Control
Tops Friendly Markets
Tri R Services

2020 Amish Country Running Festival: September 26, 2020. If you enjoy yourself and want to make plans to join us again next year, we will open registration for next year on Sunday the 29th through Wednesday, October 2 at 11:59pm.

www.CoachMarkWilson.com, click on Races and Events on the Home Menu and scroll to the last page for the 2020 event. Early bird rates will be as follows:

1 Mile - \$10, 5K - \$15, 10K - \$25, Half-Marathon - \$39, Marathon - \$49. No refunds will be given, however; we will allow you to defer your registration to another Wilson Endurance Sports event, the 2021 Amish Country Running Festival or change the distance you will race. Rates will increase on Tuesday, October 2. Share with your friends that couldn't make it this year!

Thank you for choosing to race with Wilson Endurance Sports! We know that there are many, many races you can participate in and we are honored you chose to be with us. We strive to produce a fun, athlete-centered event where you can leave feeling accomplished and satisfied. If there is anything we can do to make your experience more enjoyable

please let us know. We produce 28 events across New York State and Connecticut and would love to welcome you at another one of our beautiful venues in the future.

Take care, be safe and train well.

Mark and Tonia Wilson
Wilson Endurance Sports, LLC

