

Gold Nugget Trail Run

Saturday, March 17, 2018

Things to Know

Exclusions

Bicycles are not allowed on the course. Sport strollers, sport wheelchairs and leashed pets are allowed. When planning to use a sports stroller, sports wheelchair or when bringing a leashed pet, it must be selected as a part of your registration or added later through a change request. Because of the nature of the course, you may experience difficulties when attempting to use a sports stroller or wheelchair.

Personal Information

Participating with inaccurate information in your race entry such as gender and birthdate or participating as someone else affects everyone not just you. Make sure all of your information is accurate including taking steps to transfer your race entry to someone else when needed.

Take a minute to validate the information in your registration confirmation as well as on the monitors or online immediately following the event. Pay particular attention to gender, birthdate and/or age group division and the spelling of your name.

If you identify a discrepancy or need to transfer your entry in advance of the event, view change requests from the homepage and complete a change request. If you identified a discrepancy upon completion of the event, address it at the timing station before finalization of results and the start of the award ceremony. If it is after finalization of results, send an email to info@phxfr.org for review to determine what, if anything, can be done to address your concern.

Correctly Wearing Your Bib

Your bib needs to be placed on your front torso unobstructed to ensure you are timed correctly. Do not remove the foam tape covering the timing chip on the back of the bib. Safety pins will be available at registration on the day of the event, if needed.

Avoid congregating around the start and finish line other than when starting or crossing the finish. Congregating near these timing mats after they have been activated may create one or

more false positives in your individual timing result, which could cause an error in your individual time requiring reconciliation of your individual record in an attempt to correct it.

If you are not participating and have secured a bib, make sure you do not carry it near the timing mats at the start and finish line. This can cause your bib to be activated and has the potential of placing you into the results as participating in error. Go to the timing station and request that your bib be deactivated.

Medical

A first aid kit will be available at the start and finish for minor incidents. If you or someone you are observing needs medical assistance, please notify a race crew member. If you believe you or someone else may be experiencing a life-threatening emergency call 911 immediately.

Aid Stations

Water stations will be located approximately every 1 ½ miles to 2 ½ miles. Station 1 services the 5K and 10K. Station 2 only services the 10K. Water will also be available at the start and finish.

Portable toilets will be available at the start and finish. There also are park toilets near the start and finish.

Participant Food & Beverage

Light refreshments will be available at the finish line while supplies last.

Bringing Guests

Want to bring your friends and family with you as your personal cheerleading squad? No problem!