

**In addition to the TICK TOCK ULTRA Rules and Guidelines posted on the event website
(which you want to read and be familiar with BEFORE race day)
the following are answers to some other frequently asked questions:**

- * Course follows the paved residential roads of the Forest Creek Golf Club neighborhood. The course is framed (for more than 50%) by a path of sand and pine straw, allowing you to vary your terrain throughout your run.
 - * Course is rolling and partially shaded
 - * Official lap length is 3.275-miles
 - * Portable sanitation units will be located near the start/finish
 - * A permanent restroom is available immediately in front of Aid Station 2
 - * Emergency protocol is a 911 call
 - * Two aid stations will be set up along the course (at approximately Mile 1 and Mile 2.5
 - *Aid stations are intended to 'aid' your run and not exclusively support your day's performance
 - *Aid stations will have: water, ice, HEED, Coca Cola products, some gels, fruit, candy, potatoes and salt, quick carbs, pickles, PBJs, basic first aid supplies, etc.
 - *Pack and bring a cooler filled with your tried and true personal 'must-haves' to ensure you have everything you think you will need to support your day's optimal performance.
- *Course runs immediately beside a designated tent area near the start/finish. You may therefore leave any personal goodies, change of clothes or shoes, etc in that area for quick and easy access.
 - *A parking attendant will show you where and how to park upon your entrance to the Club. Most parking will be in a pine straw covered, cleared median. **CARPOOL IF YOU CAN.**
 - *Our host hotel Homewood Suites is also offering shuttle service for you on race day.
Shuttle will leave the hotel at 6:00 a.m.
- *ALL events are being professionally chip-timed. Updates will be printed hourly and a Leader Board will reflect the top male and female leaders on (or around) every hour.
 - *If you change clothes during your run, REMEMBER TO REATTACH YOUR BIB NUMBER.
- *RELAY TEAMS...you will be assigned ONE Velcro ankle bracelet with a chip. This ankle bracelet **MUST BE WORN ON THE ANKLE OF THE TEAMMATE WHO IS RUNNING.** There will be a team hand-off area immediately past the starting line for you to pass the bracelet to the next team member. **PLEASE STEP OFF OF THE COURSE TO CHANGE RUNNERS & DO NOT BLOCK COURSE FOR OTHER RUNNERS WHO ARE NOT SWAPPING OFF.**
- *HALF MARATHON & MARATHON RUNNERS Remember... after 4 laps, you have completed your half marathon. After 8 laps, you have completed your marathon

* Trash cans will be at each aid station and at the start/finish area (where a table of HEED and water will also be available).

Please use these trash cans and keep the club grounds clean and litter free. We want to be invited back next year!

*Massage Envy will be set up near the start/finish throughout your entire run. While they are offering complimentary massages throughout the day, please understand that **IT IS CUSTOMARY TO TIP** them. They take care of us, so let's make sure they are taken care of as well.

* In case of inclement weather (including excessively strong storm winds or lightning) Race Director may choose to postpone and/or cancel the run for safety. She may also elect to remove race officials, or temporarily break down aid stations to help ensure participants' safety. In such case, please take cover in your (or another runner's) vehicle. If you are on the opposite side of the course, you may take temporary cover in the permanent restrooms near Aid Station 2. Keep in mind that ultimately, you are running at your own risk. If for any reason you feel it wise to take cover and stop running for your own personal safety, please do so.

*Residential roads are NOT CLOSED. We are sharing the road with vehicles entering and exiting the club. **Please be cautious of vehicles** and courteous to others with whom we share the course.

* Caution signs (and some volunteers) will be placed at intersecting roads, but please use caution when running across these areas.

*Widely-spaced cones will line your course. For your safety and per race guidelines, please continue to run to the left of these cones and on the left side of the road (facing traffic) for your entire race

*HALF MARATHON AWARDS will begin at 10:00 a.m. (this includes presentation of Finisher Medals)

*MARATHON AWARDS will begin at 12:30 (this includes presentation of Finisher Medals)

*RAFFLE PRIZES begin immediately at 7:00 p.m. You do not have to be present to win
RAFFLE TICKETS WILL BE AVAILABLE at PACKET PICK-UP for \$1/each or 12 for \$10

*12-HR RUN & RELAY AWARDS will begin immediately after raffles (this includes presentation of ULTRA medals that are awarded to team members and individuals who complete MORE THAN 8 laps – official 'more-than-a-marathon' distance)

*Sandwiches & Pizza will be provided by Li'l Dino's Pizza. One delivery will be made before 10:00 a.m. (for half marathoners and marathoners) and a 2nd delivery will be made at 3:30 (for 12-hr ultra marathoners and relay teams)

*Scones, by Pine Scone Café, will be available throughout the day at the Start/Finish line

*Packet Pick-Up is from 5 to 7pm on Friday, August 12th at Homewood Suites by Hilton Olmsted Village located at 250 Central Park Avenue in Pinehurst, NC 28374. The bib in your packet will serve as your entry past the Guard House on race morning.

*Several of Your 2016 Sponsors will be joining us at Packet Pick-Up
PLEASE VISIT EACH OF THEIR TABLES & TELL THEM THANK YOU FOR THEIR SUPPORT.
This event would not be what it is without them.

*Be sure to patronize your Sponsors!!! You may even consider dropping them a line of thanks for supporting the TICKTOCK ULTRA. We want them to know how much they are appreciated and we want them to want to take part in the TICK TOCK ULTRA event as it grows year after year. Check out their businesses, their websites, their FB pages, their products, and their services. And let them know you are a TICK TOCKER!

*Your Race Officials are volunteering for this event. Some will be on the course for more than 12 hours! PLEASE THANK THEM & let them know how much we appreciate their taking part!

*We will take photos throughout the day and post them as a courtesy after the race for your convenience – and possibly entertainment.

*We appreciate your excitement about, support of and participation in this second-year event. We are looking forward to an exciting day of athleticism and fun!
SEE YOU AT THE TICK TOCK!!!