

APPLE HARVEST TRAIL RUN – FAQ's

General:

- **Can I use GPS for directions to Pleasant Grove?** *Yes- BUT- be sure to enter the address - 271 Pleasant Grove Dr, Palmyra, VA - NOT the name.*
- **Is there parking at the site?** *Yes- there will be a parking attendant to direct you when you get on-site. It is about a 5 min walk to the Registration Area/Start-line. Parking is Free.*
- **Can I bring my dog?** *No- we do not allow any dogs at the Race or the camporee.*
- **Can family members come and watch?** *Yes- we encourage family members to come and share in the fun!!*
- **Is there a bag check available during the race?** *No-there is not any secure location to place items during the race. Please leave them in your car.*
- **If it rains, will you still have the event?** *Yes- unless the weather compromises the runner's safety. Any change in the race will be e-mailed to the address given at registration.*
- **Are there toilets on-site?** *YES- there will be porta-potties located at the Start-Finish line.*

Registration:

- **Can I register on-site?** *No- we currently are not offering this option.*
- **Is there a minimum age to register for the race?** *Not really- BUT- we recommend runners/walkers be at least 6 yrs. old.*
- **If I register for the event and cannot make the race, can you transfer or refund the registration fee?** *Not at this time. If you ordered a running shirt, we will make every effort to get the shirt to you.*

Race Numbers / Packets/ Shirts:

- **When can I pick-up my race number and Goody Bag?** *You can pick up early at Pivot Physical Therapy at Lake Monticello on October 12 and 13 from 8-5pm- or at the race- the day of the race from 7-7:30am*
- **I ordered a running shirt- when can I pick it up?** *Race shirts will be only at the Registration Area the day of the race. You can get it before or after the start of the race.*
- **If I forgot to order a running shirt- can I buy one on-site?** *No- we do not order any extra shirts.*

The Race:

- **What is the course like?** *The course is challenging- starting mostly level and wide- then going into the trail system- narrow- with up and downhills, 2 stream crossings, finishing in grassy areas. Be prepared to get dirty!*

- **Is there water available on the race course?** *No- water is available at the Start-Finish line before and after the race.*
- **I understand there are multiple stream crossings. Do I have to run in the water?** *No- there are “stepping blocks” in the streams with non-skid surface if you do not want to run through the water.*
- **Can I wear a headset to listen to music?** *No- you will need all of your attention to the course and other runners.*
- **Can I push a stroller?** *NO! The course is not appropriate for a stroller of any type.*
- **How will I know my running time?** *There is a large timer at the Start-Finish line. Be sure to look at it as you cross the finish line.*

After the Race:

- **Is there food provided after the race?** *YES- there will be Bagels, cream cheese, and fruit available to registered runners.*
- **How will I know if I finished the race and won a prize?** *Race results and awards will take place at 9:30am after the race. All results from the race committee are final. Race Results will be posted on appleharvesttrailrun.com the week after the race. If you think there was an error, notify a Race Official.*
- **Do I have to be present at the Awards Ceremony to get my prize?** *No- any unclaimed prizes will be mailed to the address on file. Race Results will be posted on appleharvesttrailrun.com the week after the race.*
- **Will photos of the race be posted on-line?** *YES, they will be posted on www.appleharvesttrailrun.com as well as www.facebook.com/AH5KTR/ the week after the race.*