



2010 Owl's Roost Rumble Race

Enclosed you will find important information regarding the 2010 Owl's Roost Rumble Half Marathon.

You will not receive printed maps or information at the race so it is important that you review the information in this handout.

Event Schedule

4/24 – Early Packet Pickup

OFF'N RUNNING

NOON - 5:00 pm

OFF'N RUNNING is located at 2201 Joan Ave, Greensboro, NC 27455

4/25 - Race Day

6:30 AM - 7:40 AM Late packet pickup

8:00 AM Race start - Half Marathon

8:30 AM Race start - 3.5M

Timing Chip

You will be issued a timing chip on race morning. It should be worn on your shoe. If you do not wear your timing chip you will not receive an official finishing time.

Wave start

This race starts in waves. Elite Men/Women 8:00, Men 8:05, Women 8:15, 3.5 Mile All 8:30 AM

Your start time will be printed on your race bib. **ONLY START IN YOUR ASSIGNED WAVE**

What you can't do

We ask that you do not run with your dog or baby jogger (hey, it is a trail), wear headphones, run with a unregistered pacer, litter on the course, complain.

What you can do

You will have a great deal of fun! You can expect that we will setup a great course. Provide a well marked course with mile markers, provide well stocked water stops, provide you with a great race packet, give fast and accurate results.

We will do our best to make sure you enjoy your race. If you have a suggestion please email it to us. ...we love to hear from runners.

Race Photos

Professional race photographs will be on the course and photos will be available shortly after the race.

Be aware...

This is a trail race... not your typical road race. You will be exposed to many obstacles you would not normally see in a road race. The course is a single-track hiking/mountain bike trail, so there are roots, rocks, quick turns, logs, beavers, and mountain bikers to avoid. You may fall... in fact you probably will fall. Don't complain, get up and keep running.

You will be surrounded by water (the course circles a lake) but there are only 2 water stops on our course. So if you are thirsty, don't complain, carry your own water, use our water stops, or stick your head in the lake.



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DIRECTIONS TO BUR-MIL PARK

A. Entering Greensboro from the West on I-40:

1. Take the NC-68 exit (exit #210) toward High Point/Piedmont Triad International Airport
2. Turn left onto NC-68 North
3. Go 1.9 miles and take the ramp toward Bryan Blvd./Pie dmont Triad Int'l Airport, which will merge onto Airport Parkway and then will become Joseph M. Bryan Blvd.
4. Go 5.0 miles and take the New Garden Road/Guilford College Road exit
5. Turn left onto New Garden Road
6. Go 1.7 miles and turn left onto US-220 North, which is also called Battleground Avenue
7. Go 2.5 miles and turn right onto Owls Roost Road
8. Go .3 mile and turn left onto Bur-Mil Club Road and you're in the Park.

B. Entering Greensboro from the Southwest on I-85:

1. Take the US-220 North exit (exit #122B) toward I-40 West/Coliseum area.
2. Stay straight and merge onto Freeman Mill Road
3. Go 4.0 miles and Freeman Mill becomes S. Edgeworth Street
4. Go .7 mile and turn left (merge) onto Battleground Avenue, which is also US-220 North
5. Go 7.4 miles, making sure you stay on Battleground Avenue, and turn right onto Owls Roost Rd.
6. Go .3 mile and turn left onto Bur-Mil Club Road and you're in the Park

C. Entering Greensboro from the South on US-220:

1. After crossing I-85, stay straight and merge onto Freeman Mill Road
2. Follow steps 3-6 from directions "B" above

D. Entering Greensboro from the Southeast on US-421:

1. Merge onto N. O'Henry Blvd./US-220 North/US-421 North
2. Go 3.2 miles and merge onto E. Wendover Avenue/US-220 North/US-421 North
3. Go 2.5 miles and take the US-220 North ramp toward Roanoke/Battleground Avenue, stay straight to go onto US-220 North/Battleground Avenue
4. Go 6.3 miles and turn right onto Owls Roost Road
5. Go .3 mile and turn left onto Bur-Mil Club Road and you're in the Park

E. Entering Greensboro from the East on I-40/I-85:

1. Take the NC-6/East Lee Street exit (exit #128) toward US-29 North/US 220 North
2. Keep right at the fork in the ramp
3. Merge onto East Lee Street/NC-6 West
4. Go 3.0 miles and turn right onto Murrow Blvd. (after about a mile it becomes E. Fisher)
5. Go 1.6 miles and turn right onto Battleground Avenue
6. Follow steps 5-6 from directions "B" above

G. Entering Greensboro from the Northeast on US-29:

1. Take the Cone Blvd. exit and turn right onto Cone Blvd.
2. Turn right onto US-220 North/Battleground Avenue
3. Go 4.6 miles and turn right onto Owls Roost Road
4. Go .3 mile and turn left onto Bur-Mil Club Road and you're in the park.

H. Entering Greensboro from the North on US-220:

1. After going through the Strawberry Road intersection, turn left at the next light, which is Owls Roost Road
2. Go .3 mile and turn left onto Bur-Mil Club Road and you're in the park.



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Packet Pickup

Early Packet Pickup will be from Noon-5:00 PM on Saturday April 24.

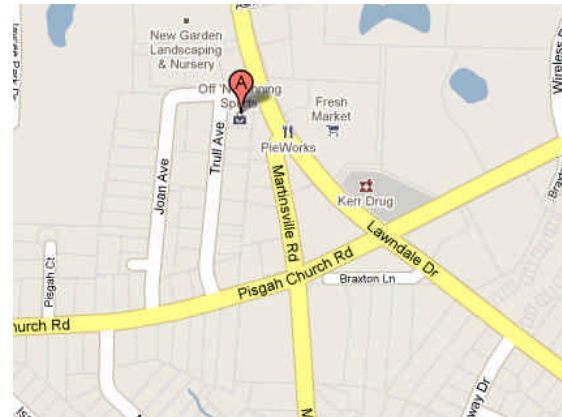
Need more incentive to come early... stop by and shop at OFF'N RUNNING and take advantage of 15% off.



15% Off Your Purchase

Must present coupon at time of purchase
Not valid on previous purchases
Not to be combined with other offers/discounts

OFF 'N RUNNING
2201 Joan Ave.
Greensboro, NC 27455





2010 Owl's Roost Rumble Race

Race Awards

Half Marathon

- 1 award Overall M/F
- 1 award Overall Masters M/F
- 3 awards 0-19
- 3 awards 20-24
- 3 awards 25-29
- 3 awards 30-34
- 3 awards 35-39
- 3 awards 40-44
- 3 awards 45-49
- 3 award 50-54
- 3 award 55-59
- 3 award 60-64
- 3 award 65-69
- 3 award 70+

3.5M Run

- 1 award Overall M/F
- 1 award Masters M/F
- 3 awards 0-19
- 3 awards 20-29
- 3 awards 30-39
- 3 awards 40-49
- 3 awards 50+
- 3 awards 60+

...and don't forget the...



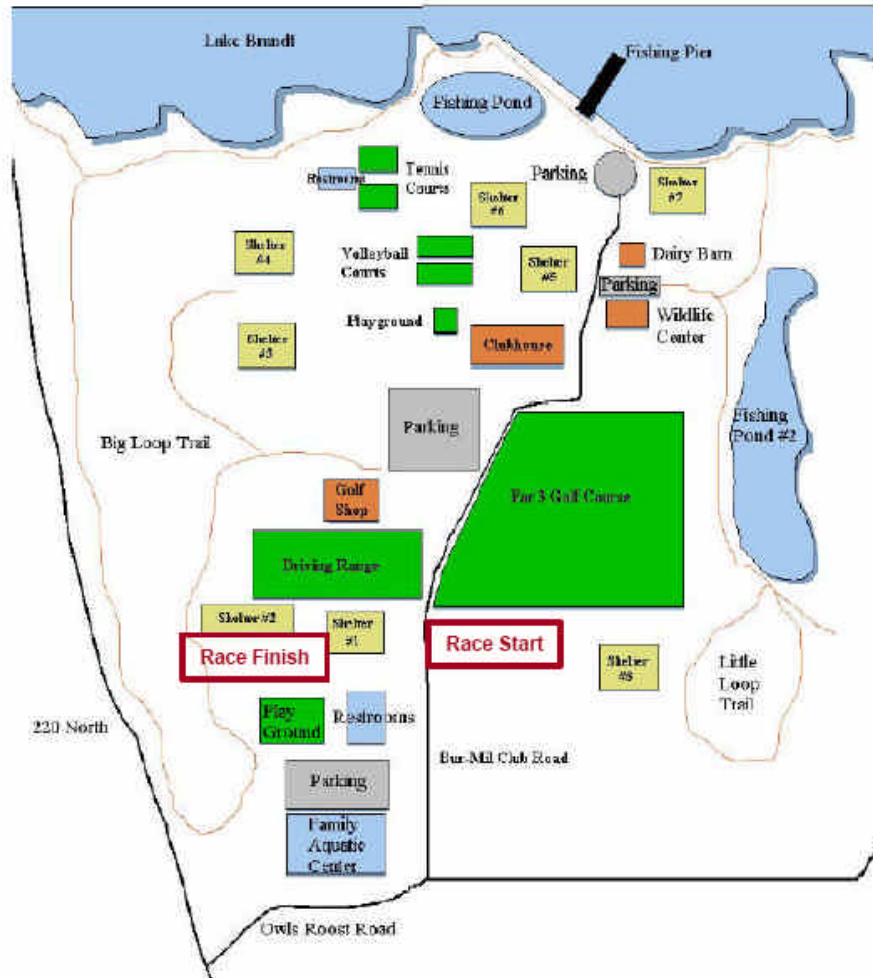
world famous post race push up contest!





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Race Parking



Directions to Bur Mil

- Highway 220 North (also called Battleground Ave)
- RIGHT on Owl's Roost Rd
- LEFT in to Bur Mil Park (at the pool)

Parking

- Please carpool. Parking is limited
- Overflow parking will be at the church at the intersection of Owl's Roost Rd and Hwy 220
- Major parking lots will be located in Bur Mil.

Race Start (5k and Half Marathon)

- Registration/packet pickup will be located at the shelters next to the Pool
- Porta-johns will be located by the race start
- Race starts on Bur Mil Club Rd in front of pool.

Race Finish

The race will finish near the race start (at the shelters by the pool)
Awards Ceremony will be near race finish

Notes

- There is 1 restroom facility on the half marathon course. It is located at the Marina Bldg at the end of Mat Greene Trail (see trail map).
- There are only 2 water stops on the half marathon course. Please plan appropriately, if you need more water, you will be required to carry it yourself. Do not litter on the course!



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Half Marathon Course





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3.5 Mile Course





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IMPORTANT Timing Chip Instructions

Use the provided zip ties to secure the chip to the laces of your left shoe.



All chips must be returned at the finish line. Runner's not returning chips will be charged \$25
No Chip = No Finish Time!

HAVE A GREAT RACE 😊