

**Event Name: Pi Miler,
Pi Day River Rotation Half Marathon, and
Pi Day River Rotation Marathon
Saturday, March 9, 2019
Pi Miler 7:30 a.m. | Marathon 8:30 a.m.
Half Marathon 9:00 a.m.
Lawrence River Trails - 8th & Oak
Event Sponsor: Lawrence Trail Hawks**



Race Directors: Megan Moriarty and Caroline Wroczynski | Race day contact by text/phone: 785-693-0106

PACKET PICKUP:

3:00-7:00 p.m. at Garry Gribble's Running Sports, 839 Massachusetts, Lawrence KS 66044

Phone Number: (785) 856-0434

You can also get your packet starting at 7:00 am on race day at the registration tent.

Event Timeline:

- 6:30-9:00 a.m.** Participant check-in
- 7:15-7:40 a.m.** [Access to lower parking lot not available by car](#)
- 8:20-9:15 a.m.** [Access to lower parking lot not available by car](#)
- 7:15 a.m.** Pi Milers, Pi Slammers, Answer to Everything & Ultra Pi Slammers line up at start (Levee Gate) / Announcements.
- 7:30 a.m.** Pi Milers, Pi Slammers, Answer to Everything & Ultra Pi Slammers begin at Levee gate.
- 8:15 a.m.** Marathon, Answer to Everything, & Ultra Pi Slam runners line up at Levee gate / Announcements.
- 8:30 a.m.** Marathon begins at Levee Gate. Answer to Everything & Ultra Pi Slammers continue.
- 8:45 a.m.** All Half Marathon & Pi Slam runners line up at Levee gate/ Announcements.
- 9:00 a.m.** Pi Day River Rotation Half Marathon begins at Levee gate & Pi Slammers continue.
- 5:30 p.m.** Lower Aid Station Breaks Down (unless there are runners coming through).
- 6:00 p.m.** Cut off for all races.

Awards for each race will be given as runners come through finish line. Must be present to receive award.

Weather:

We don't usually address the weather, since we get snow, ice, sleet, and cold – and that is what makes this race “fun!” As in the past, this year there is a chance of rain and/or ice and/or snow race morning. If the trails aren't runnable, we will have the race courses on the levee, but that is only if the trails are un-runnable per the “Trail Guardians.” If there is lightning within a mile of us, we will delay the race/pull runners from the course (if possible) if it's in process, until we are clear. As you'll see throughout, your safety is important to us. Keep an eye on the Facebook page and your email, as we will be contacting you both ways should anything change.

PARKING: There is parking available past the levee, however, please be aware of the time, as access to this area will be restricted during race line up and start times.

If you park on the road into the park, remember (and tell your supporters as well) that runners will be coming down this way (the red start arrow). Do not block the road, or keep your doors open.

If you park on adjacent streets, such as Oak St, please remember that people live there and they will need to get out of their houses too & traffic should be able to flow down the street. There will be some No Parking signs on one side of Oak to help with this.



Emergency Plans and Information

If you for some reason cannot finish the race, you **must** check-out with a Race Director (Megan or Caroline) before departure.

We will have a sweeper on the course starting after the last runner has begun their last loop. They will not pass anyone and will ensure that the path is empty when they get back.

The LMBC Bike Patrol will be on the trails to ensure safety and to keep you on the right path.

In case of inclement weather, please keep an eye on the Facebook page and your emails. **Your safety and the longevity of the trails are our main concerns.**

Both stations will be equipped with a first aid kit. For non-emergency situations, participants will be treated with the first aid kit. For emergency situations, a representative of the Wakarusa Township Fire Department will be on hand and we will contact Lawrence Memorial Hospital/911.

We will also contact the person listed as the emergency contact on the participant registration form.

We will have heaters and warming tents for before and after your race. Runners will have first access over spectators.

Good to Know:

- Chip timing on your bibs is being handled by Timer Guys. We're excited to have them with us!
- Mile 90 Photography will be at the finish line and on the trails taking your pics. They'll let us know on our Facebook page when pictures are all loaded and ready to look at after the race.
- Garry Gribble's is not only your place for packet pickups on Friday, but they are also sponsoring race place prizes!
- We'll have a limited number of 2019 Pi Day Race hoodies, shirts, and neck gaiters for sale at the check-in tent, along with some Lawrence Trail Hawk swag.
- Baking Traditions is providing many of the pies you'll enjoy after the race. They offer many other treats, find them online or at a farmers market!
- PAY ATTENTION TO YOUR LAPS & COURSE DIRECTORS!
- Don't forget your fork and vinyl at the finish line!!

Guidelines:

- All races start at the levee gate into the park, run through the parking lot and on to the trails. Please be mindful of that when parking and don't block the path.
- Bibs need to be worn on the chest, and try not to bend the chip on the back of it. As trail runners, and with layers, this is not the easiest, but this is how we get your race results.
- Music/iPods/Headphones: We ask that you leave your headphones at home. We strongly discourage the use of headphones as it detracts from the whole trail experience as well as limits your interaction with others and your environment. We have found historically that runners wearing headphones tend to get lost more frequently, miss trail directions and are unaware of other runners trying to pass. If you must wear them only have one ear bud in so that you can hear if a course director or fellow runner needs to tell/warn you of something. If you choose to ignore this rule you run the risk of going off course, going the wrong direction, going extra miles, etc. PLEASE pay attention to our volunteer course directors and fellow runners!
- The River Trails are not that wide, we ask that if you can leave your pet at home, please do so. If you do decide to run with, or bring along for cheering, a four-legged pal (or a parrot!?!), they *must* be on a leash so they do not get in the way of other runners or bother other participants/volunteers.
- Garbage: Please abide by the “take out what you bring in and leave nothing but footprints” motto. Leave all garbage at aid stations. Those found to break this rule will be disqualified.
- No Mail: We will not be mailing out any runner packets that were not picked up. We will also not be mailing anything you've left at the race. Please be sure to collect all your belongings before you depart.
- Other Stuff: A quick moving trail runner, especially one who seemingly emerges from out of nowhere on an unsuspecting trail user, can be quite alarming. Give a courteous and audible announcement well in advance of your presence and intention to pass others on the trail stating something like, “On your left,” as you approach. Keep in mind your announcement doesn't work well for those who are wearing headphones and blasting music. Show respect when passing, by slowing down or stopping if necessary to prevent accidental contact. Be ready to yield to all other trail users (bikers/hikers) even if you have the posted right of way. Uphill runners yield to downhill runners in most situations.
- Take care of yourself! Not in the “we won't help you” way, but in the “pay attention to how your body is being affected by the weather.” We have warm spots for your outsides and warm things for your insides. You don't want to have to join Story Hawk in a tale of frostbite!
- We do not condone bandit runners. Not only are bandits a serious safety and liability concern they can jeopardize the issuance of future permits and insurance.
- Listen and obey the course directors! They are there for your safety and integrity of the race.
- Have fun! It's a trail run with pie!

PI MILER COURSE

Gather at the gate/starting line no later than 7:15 a.m. The run will begin at 7:30 a.m.

A volunteer from the Lawrence Mountain Bike Club will lead the first loop of the race for runners.

The run will start at the levee gate, going into the River Trails parking lot, down into the main trail entrance on the South Side and go approximately 1.4 miles, passing one course director, before making a turn and heading back to the trailhead (known to some as the 'powerline field') where there will be a second course director here to help runners on their way.

First loop runners will exit the trees and run along a fence and the trail will split, going North (right) to the finish line or South (left) to the trailhead. On the first loop, runners will go left (South) to the trailhead. At the trailhead, runners will be expected to run to a designated turnaround point and then head back out on the trail in the same counter-clockwise direction. There is an aid station at this point that runners may use if needed. Then run out approximately 0.4 miles from the trailhead and then turn for the first short loop (known to your RD as Ol' Tree Face / See photo to the right). There will be a course director here to help runners on their way.

On the second loop, returning, the runners will go North (right) after the fence and head straight to the finish line, where they will be met with much rejoicing and pie!

REMEMBER, YOU WILL DO YOUR LONG LOOP FIRST.



PI DAY RIVER ROTATION MARATHON COURSE

Begin gathering at the gate/starting line at 8:15 a.m., but no later than 8:20 a.m.

The run will begin at 8:30 a.m. Participants must be registered & checked in by this point.

A volunteer from the Lawrence Mountain Bike Club will lead the first 2 loops of the race for runners.

The run will start at the Lawrence levee gate, going into the River Trails parking lot. It will go down into the main trail entrance on the North side (left) and, going *clockwise*, run out approximately 0.4 miles from the trailhead and then turn for the first short loop (known to your RD as Ol' Tree Face / See photo in Pi Miler description). There will be a course director here to help runners on their way.

At the trail head, runners will be expected to run to a designated point and then head back out on the trail in the opposite direction, going *counter-clockwise* now for a loop of approximately 5 miles. There will be a course director at the turn to help runners. **DO NOT TURN EARLY.** On the way back runners will exit the trail and run along a fence and the trail will split, going North (right) to the finish line and South (left) to the trail head. On this loop, runners will go **left (South)** to the trail head. At the trail head, runners will be expected to run to a designated point and then head back out on the trail in the opposite direction, going *clockwise* now.

The Half Marathon will start at 9:00 a.m. so runners may start encountering those participants by this time.

Runners will complete the same approximately 5 mile loop back to the aid station, arriving on the south-side on the second loop. Runners will again be expected to run to the designated point and then head back out on the trail in the opposite direction, going *counter-clockwise* again.

Runners will complete the 5 mile loop five times. There will be a course director at the turn around to help keep track for you.

On the final loop when runners exit the trees and run along the fence, runners will go **North (right)** and head to the finish line, where they will be met with much rejoicing and pie!

There is an aid station at the turning point/trailhead that runners may use if needed.

REMEMBER, YOU WILL DO YOUR SHORT LOOP FIRST.

PI DAY RIVER ROTATION HALF MARATHON COURSE

Begin gathering at the gate/starting line at 8:35 a.m., but no later than 8:50 a.m.

The run will begin at 9:00 a.m. Participants must be registered & checked in by this point.

A volunteer from the Lawrence Mountain Bike Club will lead the first loop of the race for runners.

The run will start at the Lawrence levee gate, going into the River Trails parking lot. It will go down into the main trail entrance on the South side (right) and start a *counter-clockwise* loop of approximately 5 miles. There will be a course director at the turn to help runners. On the way to the trailhead runners will exit the trail and run along a fence and the trail will split, going North (right) to the finish line and South (left) to the trail head. On this first loop, runners will go **left (South)** to the trail head. At the trail head, runners will be expected to run to a designated point and then head back out on the trail in the opposite direction, going *clockwise* now.

There is an aid station at this point that runners may use if needed.

Runners will complete the same approximately 5 mile loop back to the aid station, arriving on the south-side on the second loop. Runners will again be expected to run to the designated point and then head back out on the trail in the opposite direction, going *counter-clockwise* again.

The final loop will be shorter than the first two. On this loop, when runners exit the trees and run along the fence, runners will go **North (right)** and head to the finish line, where they will be met with much rejoicing and pie!

REMEMBER, YOU WILL DO YOUR LONG LOOPS FIRST.

PI Slammers, Ultra Pi Slammers, and The Answer To Everything

All distances will start with the Pi Miler. Begin gathering at the gate/starting line at 7:15 a.m. and no later than 7:20am. See Pi Miler course description.

Ultra Pi Slammers and Answer To Everything runners will return to the starting line by 8:15 a.m., and no later than 8:20 a.m. for the Marathon portion. See Pi Day River Rotation Marathon course description.

Pi Slammers will return to the starting line at 8:45 a.m., and no later than 8:50 a.m. for the Half Marathon portion. See Pi Day River Rotation Half Marathon course description.

The Answer To Everything runners will check in at the finish line following the marathon and will then head back out to the fence, head down to the trailhead, and run then run the Half Marathon portion.

Alternate Course Description

At the discretion of the Trail Guardians, we may need to use an alternate course if weather conditions before or during the race mean we could damage the trails. In keeping with the Lawrence Trail Hawks motto "kindness to life and land," we will not run on the trails unless we can do so without causing damage.

If we need to move off the trails, we will run along the levee instead. In that case, all races will begin at the trailhead sign in the lower parking lot and will run up through the parking lot to the levee gate, where they will turn right onto the levee itself. When running on the levee, always keep to the right. Here are descriptions of the alternate race courses from that point:

Pi Miler: Run along the levee for a mile, where you will encounter the turnaround and a water station. Turn and run along the levee back to the gate for your second mile. Pass the gate and run out to the west for a half a mile, then turn around at the cone and head back to the gate to finish your third mile. Once you get back to the gate, turn right off the levee and proceed along the parking road to the finish line.

Pi Day River Rotation Half Marathon: Run along the levee for three miles until you reach the first full aid station. You'll turn around there and head back to the levee gate to complete your first 6-mile loop. Turn at the gate and repeat that loop a second time (for 12 miles). After you finish your second 6-mile loop, you'll pass the gate and run out to the west for half a mile, then turn around at the cone and head back to the gate to finish your 13th mile. Once you get back to the gate, turn right off the levee and proceed along the parking road to the finish line.

Pi Day River Rotation Marathon: Run along the levee for five miles until you reach the second full aid station. You'll turn around there and head back to the levee gate to complete your first 10-mile loop. Turn at the gate and repeat that loop a second time (for 20 miles). After you finish your second 10-mile loop, you'll turn at the gate and run out to the first full aid station, three miles out on the levee. Once at the aid station, turn around and run back to the gate to finish the short loop for your 26th mile. Once you get back to the gate, turn left off the levee and proceed along the parking road to the finish line.

3/6/19: Please note we WILL be using the alternate course on Saturday and that there may be changes to the course prior to Saturday. We will email/post that on Friday, March 8th. Thanks for understanding!!

Those that Make the Race Possible



The Lawrence Trail Hawks, founded by Lawrence area trail and ultra runners, run on, promote and care for the Lawrence trails, including the Kansas River Trails (sometimes known as the Sand Rat trails), and the Clinton Lake North Shore Trails. We work with the Department of Parks and Wildlife and the Kansas Trails Council to help keep the trails groomed and free of trash. We stage events, and help with other groups' events that meet our goals of promoting and caring for the trails. We take care of the trails, our fellow Trail Hawk members, and all others who have interest in the trails similar to our own. We might not do as much as we'd like, but we do what we can.

The Road Runners Club of America champions the development of community-based running clubs and events that serve runners of all ages and abilities in pursuit of health and competition.

Baking Traditions for their donation of handmade pies for the finish line.

Old Chicago Lawrence for providing lunchtime pizzas for volunteers and runners and coupons in the participant packets.

Optimal Wellness & Cryospa for providing coupons and treatments at the finish line.

Honey Stinger for providing discounts on all the Honey Stinger products at the aid stations.

Tailwind Nutrition for providing Tailwind Endurance Fuel at both aid stations.

Dr. Harwood Chiropractic for holding a balance competition prior to the Pi Miler and providing soft tissue treatments following the 5k and prior to the Marathon/Half Marathon.

The Merc for providing fruit at the aid stations

Garry Gribble's Running Sports for hosting packet pickup and providing prizes for the races.

Biofreeze for the samples provided in all the participant packets.

Wakarusa Brewery for brewing awesome beers for us to enjoy at the finish line.

National Pie Council for providing free lifetime memberships to the men's and women's winners of the half marathon.

Lawrence Mountain Bike Club for keeping the trails maintained and providing bike support on race day.

Thank you for joining us! We hope it will be a fun race for all.

Mark your calendars, the Pi Day Races will celebrate our 10th anniversary in 2020 on the actual PI DAY—March 14th!! Who knows what we'll come up with to celebrate?

But one thing is for certain—PIE!

TL; DR (or Highlights):

- You may start checking in at 6:30 a.m.
- There will be multiple lines at the check-in tent for same day registration, race sign in, and packet pick-up.
- If you want to exchange your shirt for another size you can, but you'll need to wait until packet pickup is over.
- If something happens and you need to drop out during the race, you need to check out with a Race Director.
- WATCH WHERE (AND WHEN) YOU PARK— access is limited at certain times/places.
- Your bibs need to be worn on your chest.
- Pi Miler begins at **7:30 a.m.**
- **Pi Day River Rotation Marathon begins at 8:30 a.m.**
- Pi Day River Rotation Half Marathon begins at **9:00 a.m.**
- **Pay attention to course directors and signs.**
- Pie at the finish line!
- Must be present to receive any awards.
- Thank our sponsors.
- **THANK YOUR VOLUNTEERS.** They are amazing! :)