



Cremator Ultra

Living in Heaven can be Hell

Official Race Rules 2019:

Date: Sunday July 7, 2019

Start Time: 6:00am Eastern Standard Time

Packet pick-up:

Saturday July 6, 2019 9:00am-5:00pm at Grounded Running, 864 Parris Island Gateway Beaufort, SC. If you cannot make it to packet pick-up on Saturday by 5:00pm you must check in on race morning at the start/ finish line between 5:00 and 5:22. No additional packets will be given out after 5:22am. Be early, not late! For those of you in Town on Saturday morning, join the Beaufort Track Club for our Saturday morning group run at 7:00am Downtown at Waterfront Park. This is a great warm up run for Sunday morning!

All Runners must have support through a Crew Chief Unless approved by Tim Waz prior to registering. The Crew Chief must travel in a vehicle from check point to check point, but may not administer direct support to a runner from a moving vehicle (car or bike). Crew Chief and other support individuals must be on foot when in physical contact with their runner. You must include the name of your crew chief and cell phone number with your race application. If any changes occur prior to the event you must provide new contact information to the Race Director in person prior to the event. Support crews may not stop their vehicles on bridges at any time and must obey all traffic laws. The event takes place on sidewalks, bike paths, bridges and on open roads. **Runners will run with traffic on the way out and against traffic on each return trip.**

*****NEW FOR 2019***** All Runners must either wear a day-glow safety vest or **HIGHLY VISIBLE** colors on your shorts and tops. All runners **MUST** have a **RED** flashing light on your front and back of your shorts at all times which is not covered by a shirt, hydration pack etc. Any runner not running with their lights will receive 1-warning and will be immediately removed from the course on the second infraction. This is a mandatory requirement of the race. If you are unsure if your outfit will be race approved, please reach out to me directly before race day: tim@groundedrunning.com 843.986.4523

Check points:

Runners must check in at all 3 check-points through-out the course, failure to check in will result in a DNF and runners will be pulled off the course. All runners must **DEPART** from each check-point prior to the cut off time or they will not be allowed to continue resulting in a DNF.

The following is a breakdown of the aid stations and mandatory check in points:

Stop #1	Beaufort Water Authority	Mile 6	
Stop #2	Simpleman's Bike Club	Mile 12.5	***Check point
Stop #3	Beaufort Water Authority	Mile 19	
Stop #4	Live Oaks Park (Start/ Finish)	Mile 25	***Check point
Stop #5	Beaufort Water Authority	Mile 31	
Stop #6	Simpleman's Bike Club	Mile 37.5	***Check point
Stop #7	Beaufort Water Authority	Mile 44	

Drop Bags:

Any drop bags should be turned in by no later than 5:30am and clearly marked with your name. All Drop bags will be delivered to the "Simpleman's Bike Club" and then brought back to the starting line after the final cut-off time. Additional items left behind at each check point after the final cut off times will be donated, please have your crew pick up items before leaving check point 37.5.

Cut-off times:

The course must be completed within 12 hours (14:24 pace) to get an official finish time. All runners must **DEPART** the following check points **PRIOR** to the cut-off time to be allowed to continue:

Stop #1	Beaufort Water Authority	Mile 6	7:26am
Stop #2	Simpleman's Bike Club	Mile 12.5	9:00am
Stop #3	Beaufort Water Authority	Mile 19	10:33am
Stop #4	Park (Start/ Finish)	Mile 25	12:00pm
Stop #5	Beaufort Water Authority	Mile 31	1:26pm

Cut-off times continued:

Stop #6	Simpleman's Bike Club	Mile 37.5	3:00pm
Stop #7	Beaufort Water Authority	Mile 44	4:33pm

All runners must check in at **EVERY** check point, failure to do so will result in a DNF.

Medical Attention:

If for any reason a runner must leave the course or receives medical attention on the course (from a paramedic such as administering an IV) the runner will be automatically disqualified resulting in a DNF. Crew Chiefs must check in with the Race Director if your runner leaves the course at any time. Entering a business along the course such as a gas station is not considered "leaving the course".

Crew Chiefs are responsible for the overall well-being of their runners and must make the final decision as to if a runner can continue. Runners will all sign an agreement stating that they give their Crew Chiefs the final call and will agree with their decision to protect your overall health by not allowing for you to continue the race. If the Race Director feels that it is in the best interest that a runner does not complete the event, that runner will be pulled from the race. If at any time a Crew Chief pulls his runner off the course, you should immediately contact Tim Waz at 843.986.4523.

Aid Stations:

The following items will be available at the 3 Aid Stations:

Start / Finish: Mile 0, 25, 50

Tailwind, Water, Ice, Coke, Sprite, SaltStick Tabs, Bananas, Oranges, watermelon, chips, pretzels, gummies, cookies, peanut butter & jelly, potatoes & salt, peanuts

Mid-point: Mile 6, 19, 31, 44

Water, Ice ONLY

Turn Around: Mile 12.5 & 37.5

Tailwind, Water, Ice, Coke, Sprite, SaltStick Tabs, Bananas, Oranges, chips, pretzels, gummies, cookies, peanut butter & jelly, potatoes & salt, peanuts

Course Maps:

The 2019 Cremator Ultra Endurance Race begins and ends in Port Royal, SC at the Live Oaks Park on the corner of 14th and London Ave. Live Oaks Park is a family-oriented park with an incredible playground, a covered oyster shed with fireplace and barbeque pit, tennis courts, basketball court, and a lighted roller hockey rink. We will be utilizing the Covered Oyster Shed as Race Head Quarters through-out the event.

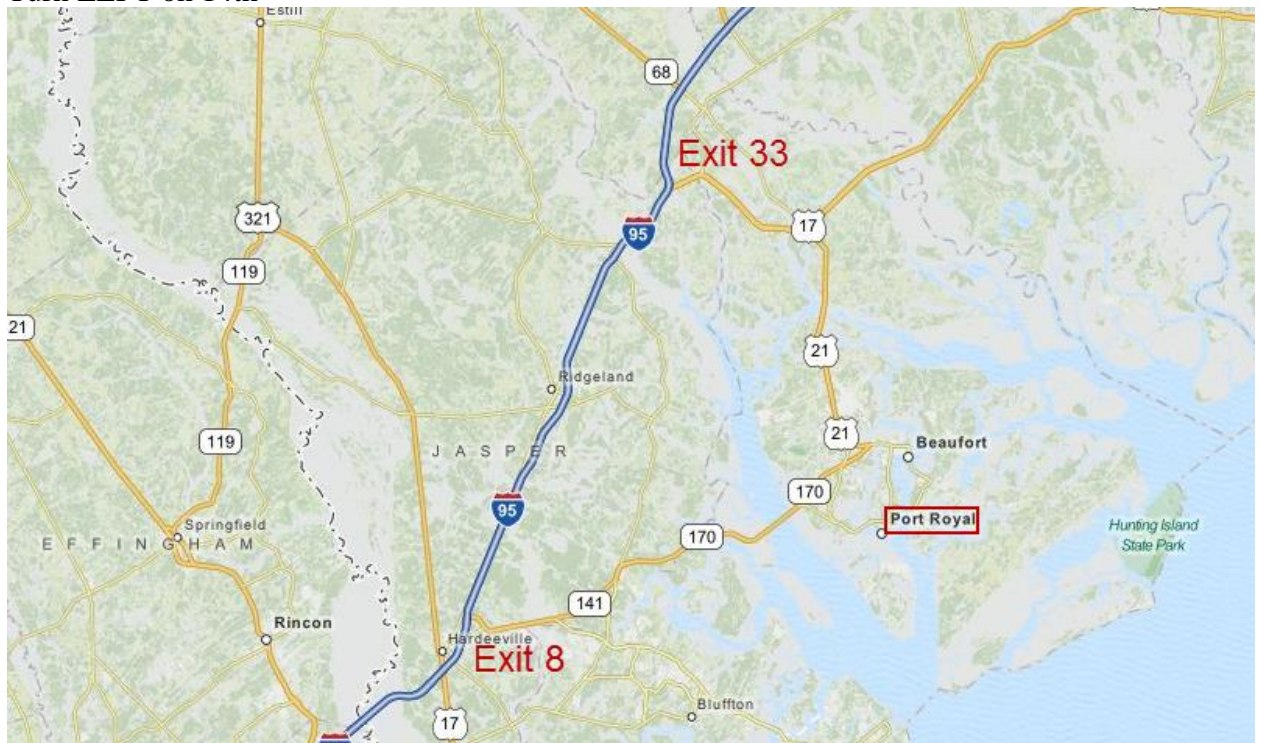
Directions to the start of the race from 1-95:

From the NORTH take exit 33 – East on Hwy 17

1. SOUTH on 21
2. Turn RIGHT on Ribaut Rd
3. Turn LEFT on Paris Ave
4. Turn LEFT on 14th

From the SOUTH take exit 8 – East on 278

1. North on Hwy 170
2. Turn RIGHT on 802 Ribaut Rd
3. Turn Right on Paris Ave
4. Turn LEFT on 14th



Detailed map of the Start/ Finish Area:



COURSE DIRECTION:

The race begins at the corner of 14th and London promptly at 6:00am.

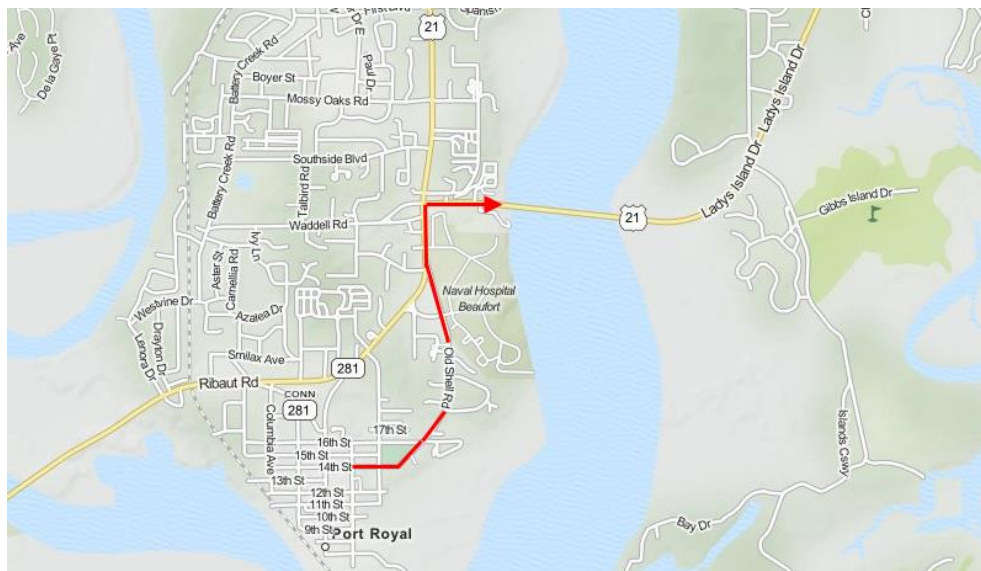
Runners will head north on 14th, which becomes Old Shell Rd.

Continue past the Naval Hospital.

Once runners reach 281 (Ribaut Rd) they should get onto the sidewalk.

Runners and vehicles will turn RIGHT onto Hwy 21 – Lady’s Island Dr and proceed over the McTeer Bridge.

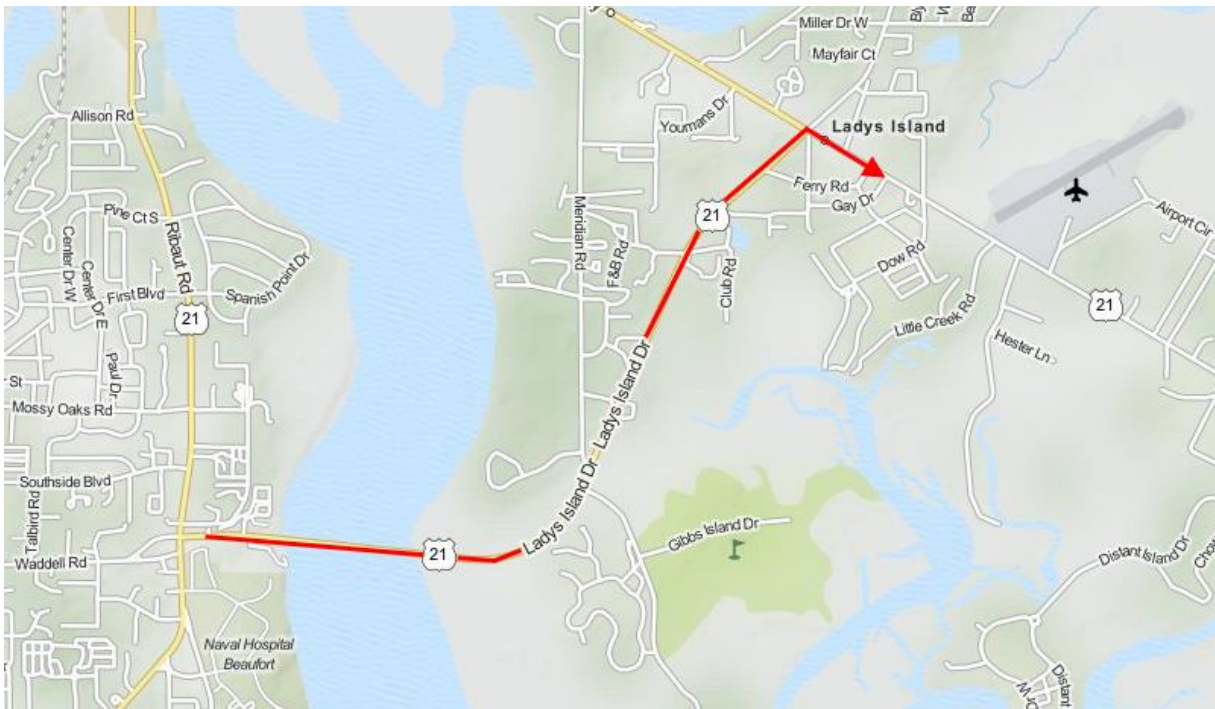
VEHICLES MAY NOT STOP AT ANY POINT ALONG THE BRIDGE



Once Runners cross the McTeer Bridge they will continue heading along Lady's Island Dr (Hwy 21).

At mile #4, Runners will and crews will turn RIGHT on to Sea Island Parkway towards St. Helena.

There is a Publix and Gas Stations at this turn to refill on any crew need items.



Once Runners are on Sea Island Parkway they will continue to run WITH traffic on the sidewalk and Bike path.

Runners will reach the first check point at mile 6, located at the Beaufort Water Authority Fill Station across from the Citgo at 813 Sea Island Parkway. Crews should park at the Citgo if they are going to meet their runners on the other side of the street. This is the first relay hand off point.

Runners will continue heading East along Sea Island Parkway staying on the sidewalks and/or bike path till they reach mile 12.5 at "Simpleman's Biker Club". This will be the turn-around point for each lap.



From here, the runners will turn around and run back to the start utilizing the same course, now running against traffic.

Please print out this packet and bring it with you on race day. If you have any questions please send them to me at, tim@groundedrunning.com or call at 843.986.4523. I look forward to seeing everyone on Saturday the 6th at packet pick-up!!!