**FAQS**

**Q: What is the history of the Ahmanson 12K Trails?**

**A:** 2015 was the inaugural year for the A12K Trails. Larry & Nancy Dervin founded Trail Run Events in 2003 and are producers of the Bulldog 50K Ultra Run & 25K Trail Run, Valley Crest Half Marathon and the Fool Moon 12/24 Hour Runs.

**Q: Why 12K?**

**A:** Larry and Nancy have been running the trails of Upper Las Virgenes Canyon/Ahmanson Ranch since 1992. The other events produced by Larry and Nancy are longish distances so they decided to bring a shorter trail run to the San Fernando Valley area as an introduction to trail running for those who otherwise wouldn't know that they have trails in their own backyard.

**Q: Can I sign up on race day?**

**A:** You may sign up on race morning beginning at 6:30a.m. however there is no guarantee of getting your shirt size preference. Race day entry cash only.

**Q: When are race day instructions mailed to participants?**

**A:** Once you register online, you will receive an immediate confirmation email. If you do not see the email, be sure to check your spam folder and reply to the email to put the address in your contacts list. About two weeks before the race, another email will arrive that will outline everything you need to know to help you with directions, parking, race details, awards ceremony, etc.

**Q: Do I really need to carpool?**

**A:**  We highly recommend carpooling with other runners. Parking is extremely limited at our local trailheads and carpooling helps everyone get closer to the start line. We encourage you to use our FACEBOOK GROUP to arrange your meet ups to ride shares.

https://www.facebook.com/groups/trailrunevents/

**Q: Where do we park on race day?**

**A:**  There is no parking up at the trailhead. Please park curbside on Victory Blvd. On race day we have arranged for relaxed parking from the City so you may safely park the entire length of Victory Blvd. even where posted “no parking”. Since you are parking on a hill, please turn your front tires into the curb. Please be respectful of the residents in the area; this means “quiet” and no littering by your vehicle.

**Q: Can I get a refund if I am unable to race?**

**A:** Sorry, race entries are not refundable; not transferable to another person; not deferrable to another year.

**Q: Can I give (or sell) my entry to another person to use in my place?**

**A:** You may NOT give or sell your race bib to another person. This will get both runners disqualified from our races. The reason for this is that each registered runner’s personal contact information is printed on the race bib and in the event of an emergency where the runners cannot speak for himself/herself, the emergency contact info on the bib would not be correct to that person. Likewise, only runners who have signed the race liability waiver are permitted to participate.

**Q: When & Where is Bib Pick Up?**

**A:** Bib pick up is located at the trailhead beginning at 6:00 a.m. Please present photo ID when picking up your bib.

**Q: What is the weather typically like on race day?**

**A:** April is typically mild and sunny, in the 70s. Early heat waves are a rare possibility and temps could possibly get into the 90s. Rain is also possible and the event will go on, rain or shine.

**Q: Do I need to wear trail shoes?**

**A:** Trail shoes are desirable but are not mandatory for all Trail Run Events races.

**Q:** Can I use trekking poles?

**A:** You may use trekking poles to run or hike the race but poles will disqualify you from awards.

**Q: Do I need to carry a bottle or hydration pack?**

**A:** There is only one water stop on the race course so all runners are encourage to have one bottle or hydration pack to carry fluids between aid stations.

**Q: Where are the water stops?**

**A:** The 12K has one water stop at approx. 3-miles. The 6K has one water stop at approx. 2-1/2 miles.

**Q: What is the elevation gain and loss for each of the races?**

**A:** The Run has a total elevation change of about 1,257’ and has a maximum elevation of 1,388’.

**Q: How accurate is the race mileage?**

**A:** All race mileage(s) were established according to the Tom Harrison Trail Maps. These maps use mileage that is measured on foot using rolling devices. GPS devices show variable mileage ranges even among runners who stay together. The fault with these systems is that they are most accurate on flat courses that are in open spaces; in canyons, signals are often dropped and recovered during the runs and the device measures a straight line between the dropped points and the restored points. This means that GPS when used on trail always show mileage that is shorter than the actual mileage.

**Q: Where can my family and friends watch the race?**

**A:** Due to the need to keep aid stations open and accessible to emergency responders, we do not permit any runner crews or spectators at our aid stations. The best place for family and friends is to wait for you at the finish line.

**Q: How is the racecourse marked?**

**A:** The racecourse will be marked with surveyor ribbons and arrows on the ground. There is always a possibility that trail users will intentionally or unintentionally remove course markings so always keep your eyes alert to your surroundings.

**Q: Will I get lost on the racecourse?**

**A:** It is unlikely that you will get lost during the race. If you notice you aren't seeing ribbons or arrows, you should back-track to the last mark you saw and pick up the course from there. Course sweepers will start out behind you and will remove the course ribbons and arrows, so please always move forward on the racecourse. If you feel you don’t know the way, just stay at the location of the last arrow or ribbon you saw so you will be picked up when the sweepers come through and they will escort you along the course.

**Q: Do the races give awards & finisher medals?**

**A:** Both races give finisher medals to official finishers. We also give awards to Overall First Place Male/Female and to the top three Males/Females in five-year age divisions.

Awards, shirts and medals must be claimed on race day; they will not be mailed.

**Q: Is the racecourse open to the public on race day?**

**A:** Yes, the racecourse is not closed to public use on race day. Runners should be aware that they might encounter other trail users including equestrians, mountain bikers, hikers and runners.

**Q: What is trail etiquette?**

**A:** Trail etiquette is universal among trail users. Right-of-way etiquette is equestrians (horses) always have first right-of-way, followed by hikers/runners, followed by cyclists. Please be courteous on the trail. If you're passing another runner or hiker, announce "on your left" and the pass when safe.

**Q: Are there any water crossings that will cause my shoes to get wet?**

**A:** There may be mud, puddles and/or streams depending on the rainfall.

**Q: Can I have someone pace me?**

**A:** There is NO pacing allowed at Trail Run Events races. Everyone running in the race must be officially entered and wearing a race bib. Monitors on the racecourse will take down bib numbers of runners who are illegally paced.

**Q: Will there be race photos?**

**A:** Yes and we recommend wearing your bib number on your front side to help our photographer sort and post your photos online for easy viewing.

**Q: Are rattlesnakes out there?**

**A:** There are rattlesnakes in our local mountains along with other assorted creatures however there has never been a reported problem in the races’ history. FYI, in cool temperatures, snakes will often lie in the sun and in hot temperatures, they will often lie in the shade. Pay attention to your surroundings, always watch the trail in front of you and do not wear ear buds that could prevent you from hearing a rattling snake.

**Q: Can I bring my dog?**

**A:** Dogs are not permitted at the races or on the backcountry trails.

**Q: Can I pre-run the course using the website map?**

**A:** We don't recommend it. The course map is an approximate representation only. There are so many intersecting trails involved, you're bound to lose your way. We do schedule a couple of course preview runs before the race and the actual course will be clearly marked on race day.

**Q: Will there be medical support on the racecourse?**

**A:** Medical support is provided by California Emergency Mobile Patrol. CEMP responders will be located at each aid station on the racecourses. For more info, go to: http://www.cemp.org

**Q: What are the rules on music during the race?**

**A:** EARPHONES /BUDS are strongly discouraged at RRCA sanctioned events. Their use presents a serious hazard to runners participating in street races where emergency vehicles enter the course and may not be heard by runners who are listening to music. Even at trail runs, it is possible that runners may encounter emergency vehicles on the course. Likewise, runners may encounter other trail users in the form of hikers, mountain bikers, horses and riders, park rangers on ATVs, as well as wildlife, including rattlesnakes. The wearing of earphones/buds would make it difficult to impossible for you to hear an emergency vehicle approaching from behind, the shout of a biker, or a verbal warning of a snake ahead. It is difficult to enforce a ban on earphones/ear buds however their use is discouraged for the aforementioned reasons. If you choose to wear earphones/buds, you should be aware that this aforementioned reasons. If you choose to wear earphones/buds you should be aware that it will increase the burden of your liability should you be involved in an accident or altercation during the course of the race. If you do wear earphones/ear buds, we request that you only plug in "one ear" so you may be more likely to hear what is going on around you and that you please remove the earphones/buds entirely at the start line so you may hear the instructions given and remove them entirely as you approach the finish line so you may hear the instructions given.

**Q: What about the Swag?**

**A:** The A12K features technical race shirts, finisher medals, and awards three-deep in five-year age divisions!

Age Division Awards will be presented the top three males/females, as follows:

* 14-19
* 20-24
* 25-29
* 30-34
* 35-39
* 40-44
* 45-49
* 50-54
* 55-59
* 60-64
* 65-59
* 70-79
* 80+

Awards, shirts and medals must be claimed on race day; they will not be mailed.

**Q: When and where will the Awards Ceremony be?**

**A:** The Awards Ceremony will begin at approximately 10:30AM at the registration area.

**Q: How do I contact the race director?**

* By mail: Nancy Shura-Dervin PO Box 17900 Encino, CA 91416
* By phone: 818-591-1862
* By email: [trailrunevents@yahoo.com](mailto:valleycrestrun@yahoo.com)