**FAQs**

**Q: What is the history of the Rocky Peak Ultra Trail Runs?**

**A:** In 2008, the Bandit Ultra Trail Runs were started by Randy & Sarita Shoemaker and their 805 Boot Camp race committee. Under the helm of the Shoemakers, the Bandit received accolades and success as an up-and-coming ultra marathon held in the beautiful foothills of Simi Valley. In 2016, the Shoemakers decided to put on the last Bandit and the offer was made to Trail Run Events to take over the race. Out of respect for the Shoemakers, the race took a new name, the Rocky Peak Ultra Trail Runs and is co-managed by Trail Run Events and the New Basin Blues running club. Part of the proceeds from this race will support the 501c3 New Basin Blues High School Cross Country Shoe Fund.

**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: How to I get runner information about the race?**

**A:** After you register online, you will receive an email confirmation. Please check your SPAM folder if this does not come through on the same day you register. A final email will be sent to you about 2-weeks before the event.

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

**A:** There is NO race day registration at Rocky Peak! By race day the aid supplies are bought and packed up based on the number of pre-entries. We are also not allowed to exceed the number of runners provided for in our park service permit. This is why we will not accept entries on race morning; no exceptions!

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

**A:** Registration fees are not refundable or deferrable to another race.

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

**A:** Your race bib may not be given or sold to another runner. Doing so will get both runners disqualified and actually constitutes theft of services. This also becomes an issue of runner safety having a runner who does not have a waiver in place and where personal emergency information on the race bib does not match the runner wearing the bib.

**Q: Can I change races? Can I change races on race day?**

**A:** You may change races anytime before October 1 by notifying the R.D. You may move up from 30K to 50K provided you pay the difference in price. On race morning, you may switch from the 50K down to the 30K before the start of the races however 30K runners may not move up to the 50K on race morning.

**Q: Can 50K runners drop down to the 30K AFTER the race start?**

**A:** There will be no dropping down from 50K to 30K after the race start. To do so creates a timing and awards nightmare so we need you to run the race you signed up to run.

**Q: Why do I need to carpool to the race?**

* **A:** Parking inside Corriganville is extremely limited; there aren't enough parking spaces to accommodate all the runners.

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

**A:** Race parking is inside Corriganville and parking is free. Please follow the directions of the parking attendants.

**Q: What is the elevation gain and loss?**

**A:** Per Tom Harrison Maps, it has been estimated to be 4,000 ft. of gain and 4,000 feet of loss for the 30K Trail Run and 8,000 feet of gain and 8,000 feet of loss for the 50K Ultra Run.

**Q: Why is the race limited to a certain number of entries?**

**A:** The permit agency limits the number of runners to protect the resources in our beautiful parks. Additionally, parking is extremely limited within the park; please CARPOOL!

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

**A:** October temperatures in Simi Valley are usually in the 70s or 80s and the area is sometimes windy. One important aspect of training for this race is to be properly heat acclimated.

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

**A:** Although the race is permitted to use the trail, the course is not closed to public use on race day. Runners should be aware that they may encounter other trail users including mountain bikers, hikers and other runners.

**Q: What is trail etiquette?**

**A:** There is a rule of passage on trails that says:

* Equestrians (horses) always have the right-of-way. Please stop running and wait for them to pass.
* Hikers and runners have the right-of-way over mountain bikes but I wouldn’t recommend you put them to the test.

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

**A:** The course will be marked on race day only! The markings will be chalk arrows on the ground and/or surveyors ribbon. There has been a history of tampering with course markings on race day; always keep your eyes alert to your surroundings.

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

**A:** The racecourse is well marked with ribbons and a few arrows on the ground. Runners who do find themselves off course have usually been led off course by the runner ahead of them; do not just blindly follow other runners. Stay alert and look for the ribbons and arrows. If you do go off course, you should retrace your path until you find where you left the course and then continue along the marked course.

**Q: Is pacing allowed?**

**A:** Race participants may not run with other runners who are not entered in the race and not wearing a current race bib. Although the race course is open to the public, any race participant who is observed running with a non-bibbed runner, will have his/her race number recorded for possible disqualification. Pacing of runners via bicycle is forbidden. Pacing rules will be strictly enforced.

**Q: Are crews allowed for the 50K?**

**A:** There is no crewing allowed at the Rocky Peak races. As the races have grown in numbers, it has been necessary to keep crews and spectators off the racecourse so that emergency vehicles will have unobstructed access to the aid stations.

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

**A:** Per above, we need to keep aid stations open and accessible to emergency responders, so there will be no runner crews or spectators permitted at the aid stations. The best place for family and friends is to wait for you at the finish line.

**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. The actual course will be clearly marked by race day.

**Q: What are the requirements for carrying fluids?**

* All runners are required to carry one 20oz bottle or equivalent between aid stations.
* 50K runners are advised to carry at least 40oz of fluids between aid stations.
* The race is held on remote fire roads/trails that limits access to water stations. Both races will be subject to distances of up to 5.6 hilly miles without access to water/aid. Temperatures in the canyons may exceed 100 degrees; therefore some middle-to-back-pack runners will need to carry more than two (2) bottles!

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

**A:** While not required, it is advisable to have trail shoes or shoes with support and good tread on the soles. We discourage the wearing of Vibrams, Luna sandals and other low profile shoes if this is your first ultra marathon.

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

**A:** Not likely; it is usually bone dry in October.

**Q: Can I listen to my music during the race?**

**A:** 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. Although VCHM is a trail run, it is remotely 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 would be difficult to impossible to enforce a ban on earphones/ear buds at the Valley Crest Half Marathon 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/altercation during the course of the race. If you do wear earphones/ear buds, we request that you consider only plugging 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: Is there a problem with rattlesnakes?**

**A:** There are rattlesnakes in the Santa Monica Mountains along with other assorted creatures. However, there has never been a reported problem in the run's history. Use caution and always look where you are going. FYI, in hot, sunny weather, snakes tend to rest in the shady parts of the trail!

**Q: What are the rules about dogs?**

**A:** Park Rules - NO dogs on trails, and **no dogs will be permitted in camp on race day**.

**Q: What about alcohol?**

**A:** Alcohol of any kind is prohibited in Corriganville Park. The use of any alcohol may jeopardize future permits for the race.

**Q: Can I leave drop bags?**

**A:** 50K runners may have a drop bag at the Marr Land Aid Station (mile 9 & mile 19.5) Your drop bag must be securely tied and labeled in black permanent marker with your race number. Marker pens will be available on race morning at the drop bag table. Bags will be returned to the finish line when the aid station closes at 1:00pm. We will NOT BE RESPONSIBLE FOR VALUABLES or any items not picked up after the race. There will be no drop bags for the 30K race.

**Q: What about the Swag?**

* Rocky Peak features technical race shirts, finisher medals and awards three-deep in ten-year age divisions.
* The 30K gives awards for overall male & female plus 1st, 2nd, 3rd male & female in each of 10-year age divisions.
* Awards, medals and shirts must be claimed on race day; they will not be mailed.

**Q: Will there be any training runs on the course?**

**A:** There will be several group training runs scheduled on the racecourse. These runs will be unsupported; all runners must carry their own provisions. Information will be posted on the "Latest Info" page to announce the dates.

**Q: When is the awards ceremony?**

**A:** Awards for the 30K will be given at approximately 10:30AM; the 50K awards will start at approximately 12:00PM. Awards must be claimed in person; they will not be mailed.

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

**A:** If you used online registration, it will generate an immediate email race confirmation from Active followed by a second email from Active containing race day instructions from the race director. If you used mail registration, your entry will be entered in the online system as an offline registration that will generate the same two emails described above. Please print your race confirmation email and bring it to the bib pick up table on race morning. Some runners don't receive the emails from Active; you might need to check your SPAM FOLDER. A final email will come from Active with updated instructions from the race director. The final email will be sent approximately 7-10 days before the event.

**Q: What is trail etiquette?**

**A:** Trail etiquette is universal among trail users. Right-of-way etiquette is equestrians 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: How do I contact the race director?**

* By mail: Nancy Shura-Dervin PO Box 17900 Encino, CA 91416
* By phone: 575.756.4217
* By email: trailrunevents@yahoo.com