**FREQUENTLY ASKED QUESTIONS**

**Q: What is the history of Cirque du Griffith Park?**

**A:**Cirque du Griffith Park was designed to be "user-friendly" for new or veteran ultra runners wanting to challenge their timed PR. 2018 is the premier of Cirque du Griffith Park so this is your chance to be a legacy runner.

**Q: What is the running course like?**

**A:** The course is a jogging path with a surface of decomposed granite and dirt. The course circles around the Harding Golf Course and is plenty wide for passing. Much of the course is shaded by trees. Each loop has 72’ of elevation gain and loss. Runners hoping to hit the 100K mark will need to run 25 loops. Each time you pass through the staging area, your timing chip will be read and you will have access to porta toilets and sweet and salty ultra snacks.

**Q: Can I register on event morning?**

**A:** You may sign up on event day; space permitting. We will not oversell the race. Event day registration begins at 5:30 a.m. Please bring CASH; NO CREDIT CARDS OR PERSONAL CHECKS.

**Q: What about event day parking?**

**A:**We have approval to use the Crystal Springs Picnic Area for event parking. No fee for parking. Please be sure you are legally parked in a marked space.

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

**A:**In June, the Los Angeles climate is warm with barely any rain and lots of sunshine hours. The average temperature hovers around 70°F. The average daily high temperature climbs to about 80°F at its warmest.

**Q: Can I pre-run the racecourse?**

**A:**It is quite easy to train on the course. Once you arrive in Griffith Park, park your vehicle in the parking lot behind the Visitor Center and Ranger Offices (4730 Chrystal Springs Dr.). Take the jogging path around the golf course.

**Q: What is the course distance and elevation change?**

**A:**Per Map My Run, there is approximately 72' gain and loss per 2.5-mile loop.

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

**A:**Our primary goal is to provide our participants with a highly personal, low key, fun event. The jogging path is open for public use so we don't want to host a large cattle drive that becomes difficult to manage.

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

**A:**Race day bib pick up will begin at 5:30am at the Crystal Springs Picnic Area; look for signs to direct you.

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

**A:**The course will be marked on race day only! Look for the orange surveyor ribbons.

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

**A:**The jogging path is dirt and decomposed granite; part of the course on one side of the freeway is actually open to equestrians so the dirt is a little looser on that side. Because the course is relatively flat and non-technical, street shoes are fine to wear. Because of some of the looser dirt on one side of the course, you might prefer to wear trail gaiters.

**Q: Do I need to carry a water bottle?**

**A:**No need to carry a bottle unless you are “racing for mileage” in which case carrying water will allow you to minimize your aid station stops.

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

**A:**Nope.

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

**A: Never! Registration entries ARE NOT REFUNDABLE or TRANSFERABLE to another person or DEFERRABLE to another year.**

**Q: Is pacing allowed?**

**A:**Definitely not! Runners may not be paced by anyone who is not entered in the race. Runners may not be paced by "Bandit" runners. We will monitor for illegal pacing; please don’t test us.

**Q: Can I listen to my 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. 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 whatï¿½s 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: Can I leave a drop bag?**

**A:**You are welcome to leave a drop bag or small cooler and a folding chair at the Runner Area but please be aware that we will **NOT BE RESPONSIBLE FOR VALUABLES** or any items not picked up after the race.

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

**A:**Race spectating can be done from the Crystal Springs Picnic Area or by simply walking over to Crystal Springs Drive but please be aware of the “no pacing” rule. No spectators are allowed at the timing area or inside the fenced area.

**Q: Will there be Race Photos?**

**A:**Yes, be sure to wear your bib on your front side so you will be able to find your race photos!

**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: Is there a problem with rattlesnakes?**

**A:**Rattlesnakes are possible since this is an open space area.

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

**A:**Dogs on leash are permitted in the picnic area but please do not bring them onto the jogging path considering there is a running event in progress.

**Q: What about the Swag?**

**A:**All participants receive a gender specific race shirt. Each participant will receive an award with their name, date, and mileage completed. This is an event where everyone is a winner so there will be no overall or age division awards. Event Management reserve the right to make exceptions to this rule for outstanding achievements.

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

**A:**Plaques will be distributed at the finish line and personalized plates will arrive in the mail.

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

**A:**By mail: Nancy Shura-Dervin PO Box 17900 Encino, CA 91416

By phone: 818-591-1862

By email: trailrunevents@yahoo.com