43rd Annual

Maryland – District of Columbia

RRCA 10 Mile Club Challenge

RUNNERS GUIDE

Sunday, February 26, 2023

ClubChallengeRD@striders.net

It is REQUIRED that on race morning every participant at the event will be familiar with the information contained within this guide. You must be an active member of an RRCA club within Maryland or the District to participant in this event. It is not open to the general public, non-RRCA clubs, nor RRCA members of other states.

Contents

From The Race Director

Thank You and Welcome

Each year I look forward to coordinating this low-key, but highly exclusive event for the enjoyment of each of you. The reward of the hard work and logistics is the sheer energy of so many runners working individually but also together for their club's reward and bragging rights. I would be remiss without saying:

Thank you for reading this Runner's Guide. It contains useful information that is often glossed over. Being familiar with its contents ensures that we hold a successful event, and you enjoy the day with proper expectations. From start to finish, I've worked to make it less than 10 minutes of your time.

Thank you for participating in this extremely unique event. We've done intentional research and found no equivalent to exist within North America, nor any record of similar event listed publicly in the world. To have clubs/teams come together and complete on a multi-bracketed cross country scored approach is an experience of camaraderie on itself.

Thank you for supporting your local RRCA running club. As the world has moved online and as more for-profit event companies enter the space, it has become harder and harder for the community foundation of our sport to exist in a healthy space. Your active membership in your respective club, and your personal commitment to give back to the sport is what makes being an RRCA member such a rewarding experience.

Safety and Health

In the spirit of a successful, enjoyable event for everyone involved, the following rules will be in place for 2022's race. The race staff has the authority to remove from the event and premise anyone not abiding by the following.

1. **Only run this event if you are properly physically trained and ready**
   a. You have seen it repeated often: website, during registration, and multiple times in this guide. You must be trained and able to run 10 hilly miles in the winter within a 13mpm pace. There is a strict time limit on the course of 2h10m from the gun.
2. **Respect your peers and their comfort**
   a. Everyone has a different comfort level with the current pandemic and associated risks. If someone asks for a bit more distance, or for extra hand hygiene, or to wear a mask – be respectful and either adhere to the request or leave the space.
3. **Masking**
   a. Note: These rules may change at any time and will adhere to the combined rules and guidelines of the CDC, Howard County Government, and the Howard County Community College.
   b. For the purposes of this event at the time of writing, the race will expect:
      i. Inside the tent: Masks are optional and at individual discretion
      ii. Outside the tent: Masks are optional and at individual discretion

Getting Here

Address

The race is located at the Howard Community College Athletic building.

The best address for a GPS unit is: **10600 Hickory Ridge Road, Columbia, MD**

The Main Campus address is: **10901 Little Patuxent Pkwy, Columbia, MD 21044**

BEWARE! **Roads will begin closing at 7:45am** and you will not be able to access the event after this time.

Parking

There is designated parking for race morning, as certain lots closest to the event start and finish will be closed to participant traffic. This is to ensure that no one needs get in or out while runners are still on the course.

All participants are to park in the West Garage. Only the north side entrance/exit will be open.

Lots "F", "G", "H", and "I" will be closed.

Time to Know

06:30 am:	Packet Pickup / Bib volunteers report for duty
06:45 am:	Bib pick-up begins
07:40 am:	Bib pick-up closes (there will be no bibs issued after this time)
07:40 am:	All participants are to make their way to the start line (approx. 7 min walk) (0.35mi)
07:55 am:	**RACE ANNOUNCEMENTS BEGIN at the start line**
08:00 am:	RACE STARTS – start line closes immediately
10:10 am:	Finish line closes to scoring, no runners will be scored after this time
10:45 am:	*Targeted* start of Club Awards (**there are 15 awards to score cross country style, it takes time**)
11:15 am:	Race portion of event concludes. Presidents meeting begins

At the Start / Finish

Physically Qualified

You must be trained and able to run 10 hilly miles in the winter within a 13mpm pace. There is a strict time limit on the course of 2h10m from the start gun. If you fail behind this pace, you will be considered a pedestrian, required to move to the sidewalks/curb, and have no official race support.

Facilities

Beginning in 2022, the Athletic Center gym is under construction and will be off limits. All race activities will take place within Lots "F" and "G" for this year. There will be portable toilets and a large event tent shelter available. At **07:40am** all participants must make their way to the start line (approximately 0.3mi away).

Leaving Belongings

There is NO bag check at this event. However, many people have left their personal belongings in the tent during the event without issue. The Howard County Striders, Howard Community College and all related companies or organizations assisting with this event take no responsibility for misplaced, lost, broken or stolen belongings. Should you leave anything during the event, it is always your sole responsibility.

Bib Pickup

Bib Pickup operates inside the tent between 06:45 am and 07:40 am. **No bibs will be handed out after 07:40am**. It is your responsibility to verify name (incl. spelling), age, gender, date of birth and club affiliation when you receive your bib. If any corrections are needed, please immediately see the Bib Pickup help table.

The Course

Course Overview

The 10 Mile Club Challenge course is not for the faint of heart. It is a very hilly, challenging route that winds through Columbia, MD. This race is a low-key, no-frills event designed to allow the incredible RRCA running clubs of Maryland and the District to wage battle and determine who's supreme and has bragging right… at least for the year!

Due to campus construction, the final 0.12 miles of the course that are located on campus will deviate from the historically certified course. The USATF certified course is record number MD10004JS

Interactive Course Map on MapMyRun: http://www.mapmyrun.com/routes/view/157305337
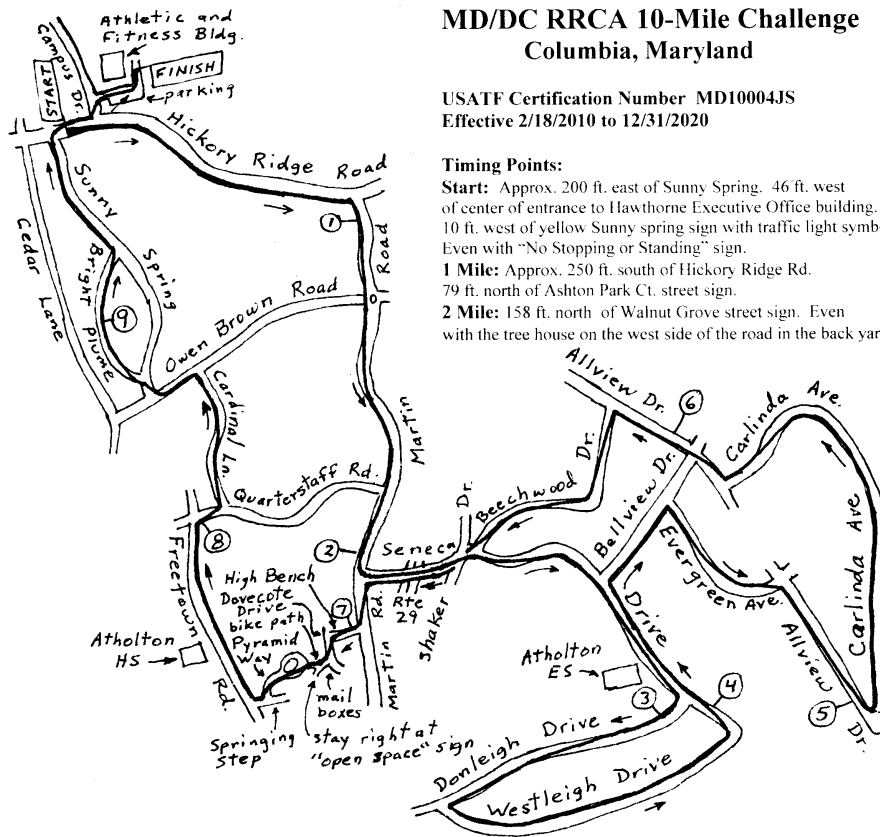
MD/DC RRCA 10-Mile Challenge
Columbia, Maryland

USATF Certification Number MD10004JS
Effective 2/18/2010 to 12/31/2020

Timing Points:
Start: Approx. 200 ft. east of Sunny Spring. 46 ft. west of center of entrance to Hawthorne Executive Office building. 10 ft. west of yellow Sunny spring sign with traffic light symbol. Even with "No Stopping or Standing" sign.
1 Mile: Approx. 250 ft. south of Hickory Ridge Rd. 79 ft. north of Ashton Park Ct. street sign.
2 Mile: 158 ft. north of Walnut Grove street sign. Even with the tree house on the west side of the road in the back yard.

3 Mile: Approx. 200 ft. west of Seneca. 33 ft. east of 10110 mail box. 27 ft. east of center of driveway across the street.
4 Mile: 27 ft. south of 6709 mail box. 18 ft. south of center of 6709 driveway.
5 Mile: Heading south on Allview. 357 ft. north of Carlinda/Allview street sign. Even with the south side of 2831 driveway. 6 ft. sought of orange fire hydrant.
6 Mile: Heading north on Allview. 153 ft. north of the Carlinda/Allview street sign. 35 ft. south of 6537 mailbox. Even with yellow and red stop sign.
7 Mile: Heading west on High Bench. 18 ft. west of Martin Rd./High Bench sign. Even with STOP sign.
8 Mile: Heading east on Quarterstaff Rd. 10 ft. east of Freetown Raod.
9 Mile: Heading north on Bright Plume. 33 ft. north of center of 6268 driveway. 33 ft. south of yellow ped-x sign.
Finish: Heading north on the east side of the Athletic and Fitness Building. 21 ft. north of sidewalk perpendicular to road. Even with "NO Outlet" sign on one side of road and yellow ped-x sign on the other. Even with last white parking lot stripe.

Alternate start: Heading south on Campus Drive. 220 ft. north of Lot G sign. 60 ft. north of center of loading dock road. 9 ft. north of north end of storm drain on east side of road. 6 ft. north of street lamp post on west side of street.

Measured to USATF certification standards by J. Sissala on 2/17/2010.

Modified Finish

Once turning back onto the campus at Mile 9.88, the runner will continue straight down Campus Drive before turning LEFT at the second entrance to Lot "F". The finish line will be at the first island, parallel to the parking space divider line.

Elevation Profile

The Club Challenge course is a "rolling" course, with multiple elevation changes. Be prepared for hills!
Start elevation is 443 ft above sea level. Finish elevation is 446 ft above sea level. The total ascent is 558 ft.
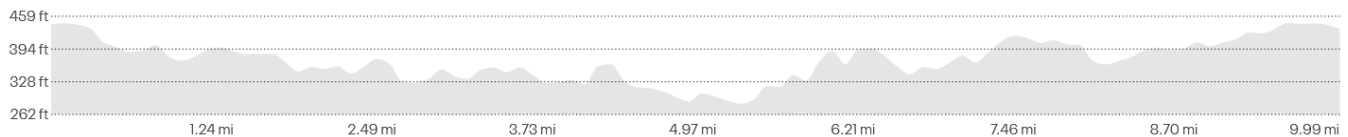
Staying on Course

It is the runner's responsibility to familiarize themselves with the route and stay on course. The Howard County Striders will utilize active and passive directional cues to assist participants. No exceptions will be made for a runner that goes off course.

Active Cues: The race will have bikes on course as well as 57 course marshals to cheer you on and direct you.

Passive Cues: Weather permitting, runners will find arrow marks on the surface of the roadway indication direction of travel for the event. There will also be marks and signs at each mile point. Wet or adverse weather conditions leading up to race morning may limit or prevent our ability to place some or all of these marks.

Should weather permit the marks, they will be either spray chalk or temporary yard signs. The style of mark will be announced at the start line on race morning.

Water Stations

There are three (3) water station along the course. They are located at approximately miles 2.8, 4.0 and 7.1. This is a water only course. There are no restrooms along the race route.

Coned Lanes

Coned running lanes are in place for the runner's protection on the following course segments:
- Seneca Drive
- Owen Brown Rd
- Hickory Ridge Rd (from Sunny Spring to the campus entrance)

The permitted width and placement of the coned running lane is dictated by our police permit to balance the needs of the event and the needs of vehicular traffic. **ALL CONED RUNNING LANES ARE TO BE TREATED AS NO PASSING ZONES,** unless the lane is wide enough for you to safety pass without exiting the coned boundary line. ***Any runner that crosses the center line of the lane, or steps outside a coned running lane will be immediately disqualified from the event.***

Direction of Travel

The following direction of travel instructions are mandated by our permits (traffic is only controlled under these directions):

You must run **with traffic** unless otherwise instructed. The follow are locations along the course in which you will run against traffic:
- Turning from Beechwood Dr onto Seneca Dr (return leg). Please run against traffic **within the coned lane** until reaching Martin Rd.
- Turning onto Owen Brown Rd from Cardinal Ln. Please run against traffic **within the coned lane** until reaching Sunny Spring.
- Turning onto Sunny Spring from Owen Brown Rd. Please run against traffic until the left turn onto Bright Plum. On Bright Plum, you are to run *with traffic*.
- Turning onto Hickory Ridge Rd from Sunny Spring. Please run against traffic **within the coned lane** until reaching Campus Dr and turning into the college.

Other Instructions (Headphones, First Aid, Cool-Downs, etc.)

We strongly discourage you from wearing headphones, ear buds, or any other device in which hearing your surroundings may be impaired. **The police permit mandates that no headphones, ear buds, or similar are allowed.** Only hearing aids. **The simple rule is that nothing can obstruct your ability to hear and respond to commands and directions issued by Race Staff, the Police, or any Course Marshal or Volunteer.**

Strollers, walkers, pets, etc. are prohibited unless required due to disability (e.g. wheelchair, stability stroller, sight assist animal) and have received prior approval from the event Race Director.

You are responsible for following all directions given during this event by race staff. This includes, but is not limited to POLICE, COURSE MARSHALS, BIKE LEADS, VOLUNTEERS, and the RACE DIRECTOR.

If injured or requiring medical assistance you are responsible for identifying yourself to a course marshal, water stop, bike lead or the police.

Official timing at the finish line closes **TWO HOURS and TEN MINUTES** after the race begins. This means you must be able to maintain faster than a 13 minute per mile pace in order to participate.

Any runner crossing the finish line without a bib and working chip will not contribute towards club scoring.

Walkers will be left to complete the course on their own and must adhere to "rules of the road."

At no time may a runner, active or completed, traverse the course in reverse – even for a "cool down". You must remain off the course once complete until the conclusion of the event. Please use campus sidewalks, roads, and grounds for any warm-up or cool-down efforts.

Failure to adhere to the requirements laid out above risks the Striders losing the ability to receive the required permits for this event in future years.

Scoring

Scoring Rules

You must cross the finish line with your bib attached, <u>on your front and visible</u>, and intact in order to be scored.

Any runner that loses, discards, damages, or forgets to wear their bib forfeits their scoring contribution and inclusion in the race results. There will be no challenges or investigation to 'place' a runner that did not register on the scoring system. The Howard County Striders utilize a redundant chip reader setup at the finish line in order to ensure that all bibs are registered upon crossing the line.

<u>You must cross the finish line within 2h10m of the start of the race. This equates to maintaining an average pace faster than 13 minutes per mile for the duration of the course.</u> Aide Stations, Course Marshals, Police Assistance and Scoring will close down on a rolling schedule against this pace cut-off. Runners slower than a 13 minute per mile pace will be deemed to have withdrawn from the event and will be left to complete the course on their own and must adhere to "rules of the road".

You are responsible for knowing and staying the designated course. A runner failing to complete the course within the allotted time will not be part of any scoring or official results.

How the event is scored

The event is scored in the style of NCAA cross country rules. Gun time is utilized for the determination of overall finish position and placer/displacer points calculations. For a team to contest an awards category, the minimum number of placers must cross the finish line. Displacers are optional. Any deviation to the number of scorers and displacers has been previously agreed upon by all club presidents involved in the competition.

In short summary:

1. Only teams with the full PLACER count will qualify for a given bracket
2. Teams meeting criteria #1 will have their PLACERS, and any qualifying DISPLACERS considered
3. Runners meeting criteria #2 will be ranked by finish position (points)
4. The rank of each PLACER will be totaled by team to determine the team's score
5. The lowest score wins
    a. If there is a tie, then the final PLACER position is used to break the tie with lower rank (quicker finish) winning

NCAA Cross Country Scoring (SECTION 6. Scoring):
(http://bsdweb.bsdvt.org/~pdvorak/vttfofficialweb/rules/NCAATF14.pdf)

Team Composition

ARTICLE 1. A Cross Country team may consist of 12 runners or more if otherwise agreed upon.

Placing Finishers

ARTICLE 2.

> a. All runners who finish a race shall be given an overall-finish place.
> b. An officially designated video or photograph must be used to verify the order of finish in all cases in which the timing system indicates a one-tenth second or less differential.

Note: The method for placing finishers and the types of equipment required to properly place finishers for meets such as conferences, regions and championships shall be detailed in the appropriate handbook for the competition. *The Howard County Striders utilize Chronotrack timing equipment and b-tags for scoring and placement determination. Any participant crossing the line without a functioning bib and chip will not be considered for scoring purposes.*

Team Scoring

ARTICLE 3.

> a. Only the first seven runners on any one team may be used in scoring places. An order for team-finish placing is established by removing all runners behind the top seven finishers on each team. Those teams not finishing at least five runners likewise shall not be included in the order of team finish.
> b. The score shall be determined by totaling the points of the first five runners of each team to finish. The team scoring the lower number of points shall be the winner.
> c. Although the sixth and seventh runners of a team to finish do not score points toward their team's total, their places, if better than those of any of the first five of an opposing team, serve to increase the team score of the opponents.
> d. Ties in team scoring shall be broken by comparing the place finish of the five scoring members of the tied teams. The team with the majority of winning places shall be awarded the higher place.

Method and Award Categories

Scoring is performed using a cross-country format of scorers and displacers (see prior section for basics of this method). All scoring is based on GUN TIME.

There will be the bestowing of Club Champions plus the following award categories:

Club Award Category	Scorers	Displacers
Club Champions	Co-ed Team winner – or Club taking both Male and Female Team Overall	
Male Individual Overall	First male to cross the finish line	
Female Individual Overall	First female to cross the finish line	
Co-ed Team Overall	6M, 6F	2M, 2F
Male Team Overall	6M	2M
Female Team Overall	6F	2F
Male Under 40 Team	4M	2M
Female Under 40 Team	4F	2F
Male Masters Team	4M	2M
Female Masters Team	4F	2F
Male Grand Masters Team	4M	2M
Female Grand Masters Team	4F	2F

Posting of Results

We attempt to post results as they are available during the course of the event, usually within the gym. Preliminary results are usually posted to www.striders.net within 48 hours of the close of the event. Generally, results are considered final within 7 days of the close of the event.

Let's have a great event
and
RUN SAFE!