

Alexander County 24 Hour Participants,

Welcome to your final event race brief. Our AC24 staff has been working diligently to ensure you have a great race next weekend. Please find all the important details you need below. Most of your questions should be answered below, please read it before asking questions.

All questions should be directed to:
info@alexandercounty24hour.com

This email account is forwarded to multiple staff recipients. Directing questions to the info email account will help us answer your questions quickly.

Lodging

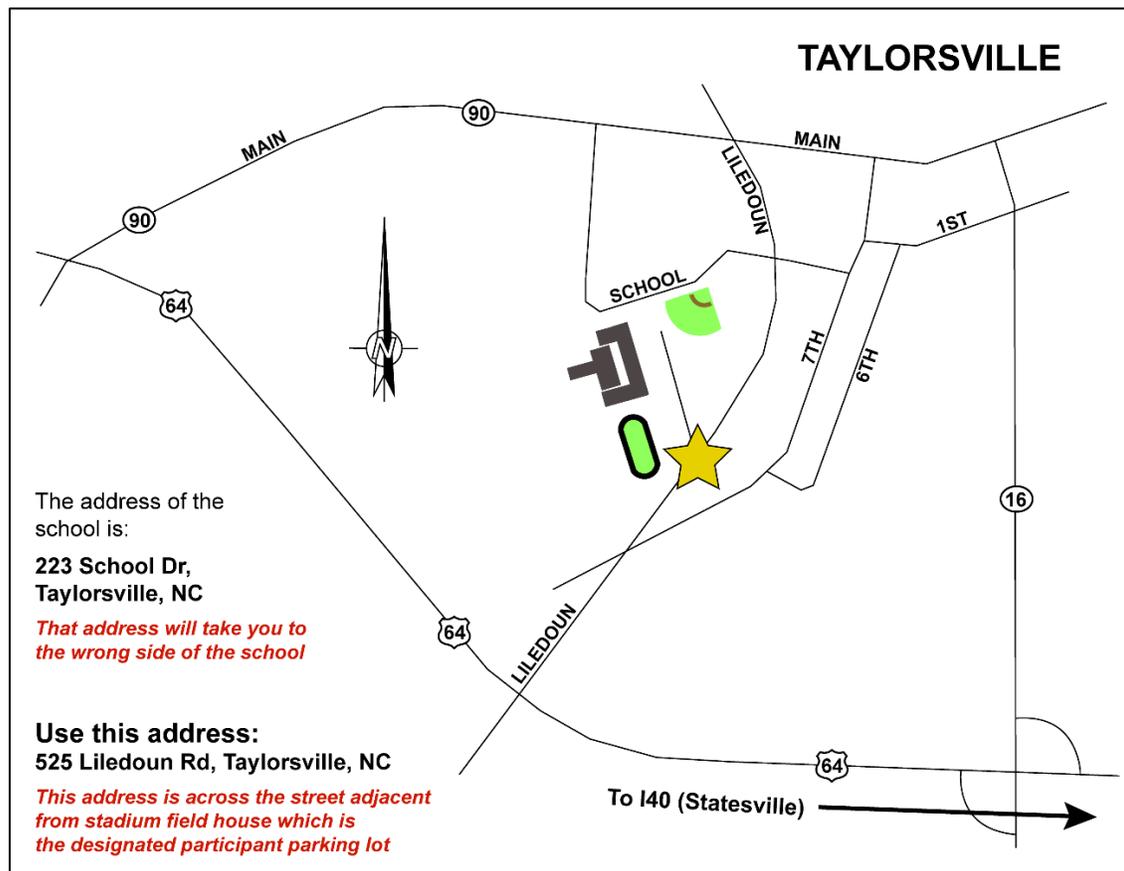
Taylorsville is a rural community with Walmart and other local stores and conveniences, but does not have abundant lodging opportunities near the venue. Lodging is available in neighboring cities of Statesville, Hickory, Wilkesboro, and Lenoir from many national chains – all approximately a 30-minute drive from the track.

Getting to the track

Use this address: 525 Liledoun Rd, Taylorsville, NC 28681

This will take you to an address across the street from the field house parking lot.

If you use the school address you will end up on the wrong side of the school and will need to drive around.



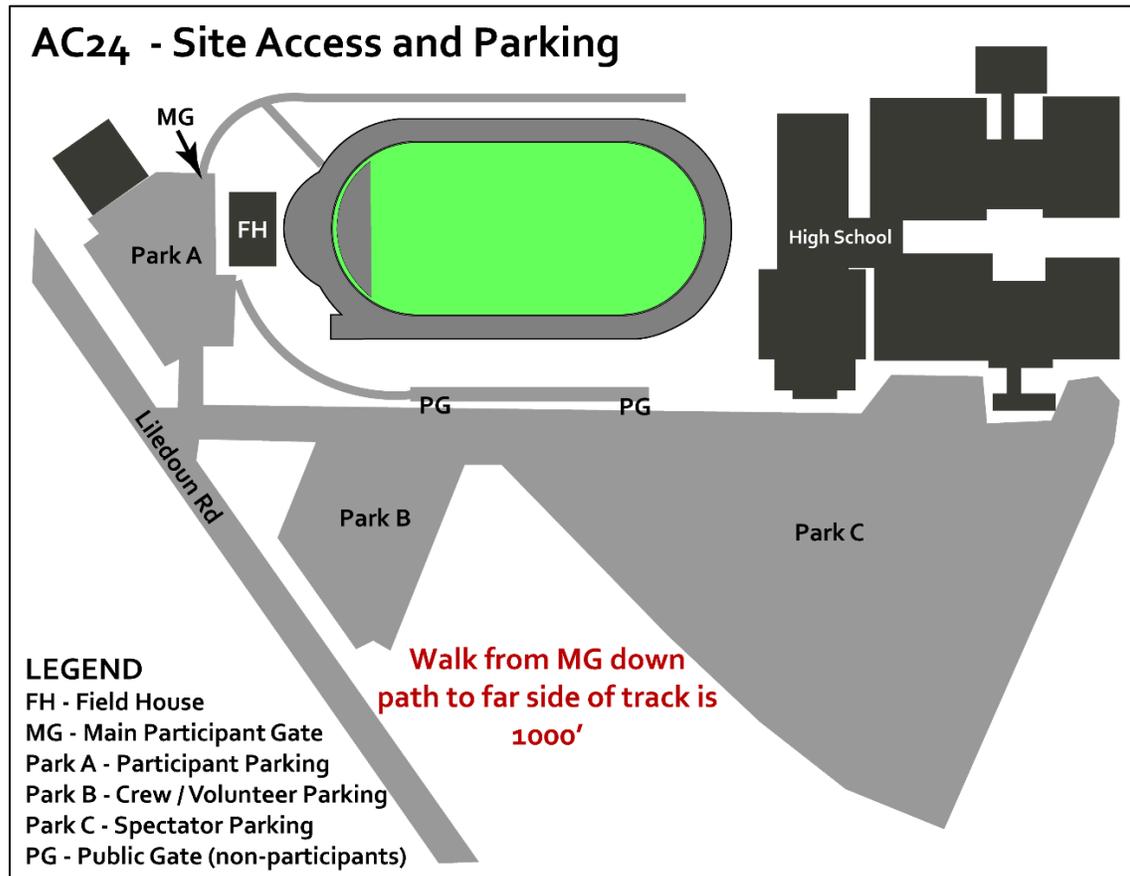
Parking

Participants should park in “Park A” (the field house parking lot).

Access the track through “MG” (the main participant gate).

Your walk to the furthest point on the track from the main gate is about 1,000 feet.

Crews should park in “Park B” and access the track via the “MG” or “PG” (the public gate).



Arriving and setting up

Our staff will be setting up an aid station, tents, timing areas, etc. on Friday, and high school will be in session. We ask that you do **NOT** come inside the stadium area on Friday.

The track will be lit and available for packet pickup and crew tent setup beginning Saturday morning at 6:00 a.m.

Personal electronics

The stadium has limited power available, which will only be used for timing and the aid station.

Neither the timer nor aid station has additional capacity to charge your personal electronic devices. Please plan to bring a power pack or personally provided method for powering or charging all personal devices you bring to the event.

Site setup plan

You can set up your tent on either side of either straightaway OUTSIDE of Lane 5 and OUTSIDE of the barricade timing area.

Ensure nothing is blocking any part of lanes 1-5.

You can use small stakes or weights to secure your tent on the infield and outside grass areas of the track.

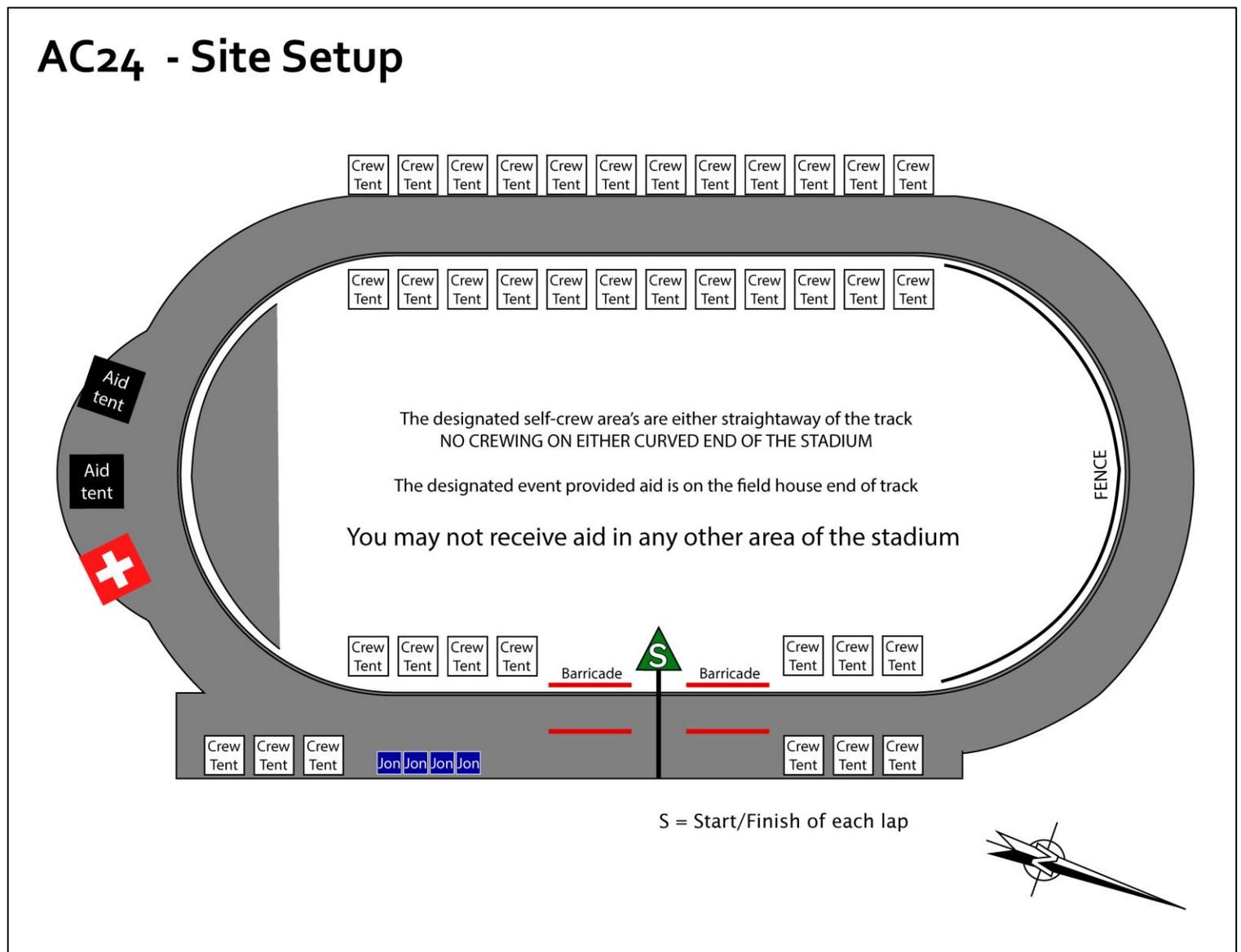
Outside the track on the visitor side is grass.

If you're planning to set up a tent on part of the track surface please ensure you have ample weight bags to weigh your tent down.

The school has worked hard to ensure the track surface is in good running shape for you. Please ensure you keep trash, drinks, etc. picked up.

We need to leave the facility as it was before everyone arrived!

AC24 - Site Setup



The track

The track has been certified by two (2) IAAF measurers and is pre-verified for road records in accordance with USATF and IAAF guidelines.

The event is USATF sanctioned and has an IAU Bronze label.

YES, you can qualify for the 24-hour team at this event. YES, you can set National and World's Best records, and they will be recognized as road records.

The track will be lit, but power emergencies do happen, so it's not a bad idea to bring a backup light source in the event of an emergency.

Partial laps and records

We have not certified every possible fixed distance record that can be achieved in 24 hours. Accordingly, all en-route records will be recorded at the next whole lap.

Example: The track is certified as .40068 km or (400.68 meters). So 50km would be 124 laps + 315.68 meters. Your 50km split will be recorded at the next whole lap (or lap 125).

Partial laps will be recorded **ONLY** for runners who run until the horn sounds at the end of 24 hours **AND** who have a record, potential record, or anyone who is in contention for a 24-hour team spot.

All other results will be full laps only.

Changing directions

We will be changing directions every four (4) hours. A cone will be placed at the start/finish area, and you will be directed by a volunteer to turn around the cone.

This isn't hard, just pay attention to directions from the volunteers during direction changes.

Rules apply

All of the USATF rules of competition apply and will be enforced. Please ensure you're familiar with them.

Staff will especially be paying attention to rule 144 – assistance to athletes (3.a) pacing in running events by persons not participating in the event.

Pacing is not allowed and will be strictly enforced.

Lane 1 use

Everyone has a right to run in any lane they choose providing they are not impeding other runners (it doesn't matter if you are running or walking).

If you are side-by-side with another participant lap-after-lap in lane 1 you are impeding competition.

Be respectful of lanes 1 and 2. We have a lot of people shooting for records or 24-hour team spots. Every time they have to run around you to pass they are running additional distance. Multiply that times 400 laps and it adds up fast.

The only time you should be next to a runner in lane 1 is if you are passing or being passed.

We want you to have a good time and we want you to see friends and catch up, but if you find yourself wanting to run next to a friend for a few laps please do so in lanes 3-5.

Timing and Results

The event will be RFID timed by Brad Smythe of Clockwork Race Timing. Screens will be located on-site with live lap data including number of laps, distance, elapsed time, and last lap split.

Results including lap splits will also be published live during the event.

All en-route records (a distance or time split achieved in less than 24 hours) will be recorded on the next whole lap.

You will receive one (1) bib with two (2) timing chips on it -- we will not be using any ankle tags. The USATF rules on competition require your bib to be worn on your front.

If you anticipate changing clothes, you may find it best to put your bib on a bib belt.

Any laps run without your bib on will not count! Please don't forget to wear your bib for all laps.

Restroom facilities

Four (4) port-a-jons will be located in lane 6 on the home side straightaway. These are FOR PARTICIPANTS ONLY.

The field house has restroom facilities for crew, volunteers, and spectators.

Field house restrooms may also be used by participants if you don't mind walking the extra distance.

First aid and emergencies

Alexander County EMS will be on-site for the entire duration of the event for any medical emergencies.

COVID-19 updates

You do not need to show proof of any COVID testing or vaccination to race. The event size is limited to 50 participants.

We do ask that you bring a mask and wear it when picking up your packet and timing chips.

Please direct your crew to respect six (6) feet between crewing areas.

Crew members should wear masks when outside of your crewing area.

Event aid station

The event aid station is located at the end of the track near the field house. Aid will include water, hot water at night, sports drink, chips, pretzels, some soup & broth, noodles at night, and pizza at night.

This aid is designed to aid you -- it will not feed you three square meals over the course of 24 hours. If you need full meals or have special dietary needs beyond aid station basics, please plan to supply that.

RD and Co-RD

Rick French and Doug Gillispie are RD and Co-RD. One or both will be on-site at all times. If you have a question or concern, please ask for them.

They have a variety of staff available to them to assist with any issue, question, or need you may have.

Any rule or competition concern or question should be directed to them, not to aid staff, timing staff, or other volunteers.

If you have trouble finding the venue on event morning or have an urgent question, Rick can be reached at 828.302.1220

On behalf of our race staff and community, we welcome you to Alexander County 24 Hour!