

TRC POST OAK LODGE TRAIL RUN

FREQUENTLY ASKED QUESTIONS

Where is Post Oak Lodge? Directions are available at www.postoakrun.com

Will I receive a refund if I have to withdraw from the race? No. We have already spent the money for your run whether you run or not.

Can I switch races if I want to? Yes. But, you will not receive a refund if you are switching to a shorter race. If you are switching to a longer race, you will be expected to pay the difference in the cost of events.

Where do I park when I get to Post Oak Lodge? We will have parking directors to greet you. Please do not park in the grass unless you are directed to do so.

What will I need in order to pick-up my packet? All you need to do is give us your name and the race you have signed up for.

What will I need in order to pick-up my friend's packet? A copy of their photo ID

What if I lose my chip before the race starts? You will need to let Joe with Timeline know. He will be set up next to the start line.

Can I purchase meal tickets for myself and family for the pasta dinners? Yes, you can check with the Post Oak Lodge for those tickets.

Where do the races start? In front of the Post Oak Lodge.

What time do the races start? On Saturday the 25K and 50K start at 8AM, the 10K starts at 9AM, and the 1.3 mile Fun Run-Dog Jog will

start at 9:05AM. On Sunday the Marathon will start at 8AM, the Half Marathon will start at 8:30AM, and the Quarter Marathon will start at 9AM.

Will there be an early start? Yes. There will be an early start of 1 hour for the marathon and the 50K. Those doing the early start will not be eligible for any awards.

How far apart are the aid stations? 2 to 3 miles

Where will the Porta Potties be located? At the Start-Finish area and at each Aid Station.

What will be available at the aid stations? For the Saturday Trail Races PJ sandwiches, cookies, chips, nuts, candy, water, pop and Gatorade. For the Sunday Road Races water, Gatorade, and snacks.

Will there be food at the finish line? Yes. Post Oak Lodge is furnishing hot food and drinks at the finish line for the 25k, 50k, Half Marathon, and Full Marathon participants. Food and drink will be available to purchase for friends and family.

What time will the awards ceremonies start and where will they be? On Saturday the 10K awards will be at 10:30AM, the 25K will be at Noon, the 50K awards will be at 2:30. On Sunday the Quarter Marathon awards will be at 10:30AM, the Half Marathon awards will be at 11:30AM, and the Full Marathon awards will be at 2PM. Weather conditions might alter the start time for the awards ceremonies. The Awards Ceremony will be held in the Post Oak Lodge. Please make sure you have not placed in your age group for an award before you leave. There will be a \$10 fee for shipping awards. If you have placed and have to leave before the awards are given out please talk to Wes Hollander at the finish line and he can give you the award.

Where will packet pickup be located?

On Monday through Friday of the race week packet pickup will be at the Fleet Feet Blue Dome Store. Starting Friday at 5PM packet pickup will be at the Post Oak Lodge.

Where will the Pasta Dinner Be?

The Pasta Dinner will be held at the Post Oak Lodge Friday and Saturday evenings at 6PM.