

1. Please, for the love of all things holy, **SIGN-IN** upon your arrival....and when you are completely done running, **sign-out**. (same place) We cannot award you a badass certificate unless you've signed in AND out. Thank you!
2. There will be some **muddy sections** of the trail. Please consider bringing extra shoes and a towel, especially if you want to hang out afterwards, your feet will be super freakin muddy.
3. **Consider bringing CA\$H** if wish to purchase merchandise. (Or we accept PayPal)
4. We encourage you to bring coffee mugs if you want coffee in the morning. (go green!)
5. **If you cannot make it to the event tomorrow, simply reply to this email and let us know! (Tonight, preferably)**
6. Obey Speed limit at park (when you're entering and leaving)
7. Alcohol is allowed only AFTER you are done running.
8. Be mindful of the Eagle's nest (lots of signage in the park to remind you)
9. LEAVE NO TRACE - what goes in, goes out.

#### Regarding the courses:

1. Remember, if you're going for the **official Frozen Goat**, you'll be running **20+ miles with Tim Flaherty....** and you must meet with the group by **8:50** for an on-time departure of **9:00 a.m.** Bring a water bottle to refill. Plan to be running at a steady pace until 3:00 p.m.
2. If you are running the **Baby Goat**: this course is marked quite well with **neon orange flags**. This is the **ONLY course** marked with neon orange flags. The other courses are **lightly marked** with ribbons hanging from the trees.

#### A few last bits of info...

1. We are receiving GENEROUS food donations from [Longos Coffee](#) (in Wexford) and [Texas Roadhouse](#) (McCandless) We encourage you to visit their FB pages and thank them or give them feedback if you enjoy the food they've supplied. (Which you will).
2. If you haven't joined NPTR, please consider doing so (its FREE) by going here: [How to Join](#)
3. If you aren't following our Public FB page, what are you waiting for? Here's [a link](#).

Have fun tomorrow!

Sincerely,  
[North Park Trail Runners](#)