

Hello Runners,

Thank you for registering for the Inaugural Watershed Endurance 6Hr/3Hr Runs. We are only a few days until race day. Proceeds from the event will directly benefit the Watershed Nature Center's Nature Preserve Committee to support its goal of re-connecting people of all ages, background and abilities to nature, protect and restore ecologically functional lands and waters, and promote active, healthy, sustainable communities and livelihoods. Here is the rundown on all the pre-race information you need to know.



- The event is this Saturday August 7th at the [Watershed Nature Center, 1591 Tower Ave, Edwardsville, IL 62025](https://www.watershednaturecenter.org/)
- The **6-Hr Race starts at 6PM** and the **3-Hr starts at 9PM**.
 - *3-Hr participants must start at the 9PM start time. If you try to start with the 6-Hr participants or an earlier time the timing system will NOT record any laps prior to 9PM AND you will not be eligible for any awards.*
- All runners must wear their assigned bib numbers at all times. Do not remove or fold the timing chip on the back of the bib.
- A pre-race meeting will occur at the starting line 10 minutes before each start time for final announcements.
- Starting at 8:45PM ALL participant MUST carry a waistlamp, headlamp, or other running light with them. Portions of the trail will get darker much sooner so plan to grab your light sooner.
- If you drop out of the race before midnight, make sure that you notify the aid station volunteers and/or the Race Director.

Weather

- The weather forecast for Saturday is a high of 91 degrees with heat index close to 99 degrees during the day. It will still be hot and humid in the evening especially for the first few hours of the 6-hour race.
- Be mindful of heat exhaustion symptoms - dizziness, muscle or abdominal cramps, nausea, vomiting, diarrhea, pale skin, profuse sweating and/or rapid heartbeat. Seek help if you think you have heat exhaustion.
- The Welcome Center is air conditioned and will be open during the event. You may go inside the Welcome Center to cool off if necessary.
- Suggest running easy the first 2 hours when the sun is still on parts of the course.

Swag - With the weather being hot and humid we wanted to give everyone swag you will actually use. Every participant will receive a beach towel with the race logo embroidered!! This will come in very handy drying off during and after the race.

Bib Pickup

Friday, August 6th from 12:00PM to 6:00PM
Runwell
142 N Main St
Edwardsville, IL 62025

Race Day from 5:00PM to 9:00PM
Watershed Nature Center Welcome Center
1591 Tower Ave
Edwardsville, IL 62025

Parking – Parking is available in the below parking lots. Do NOT parking along Tower Ave.

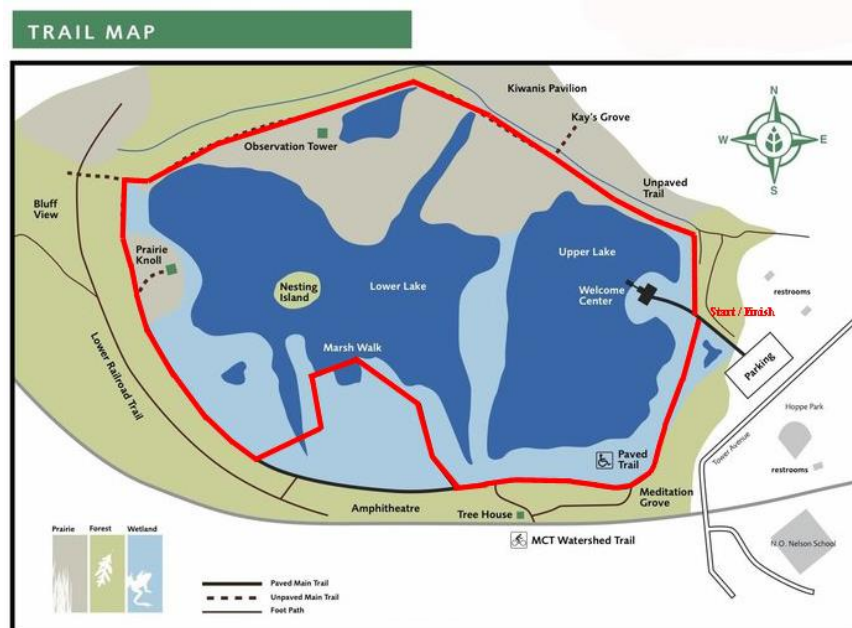
1. The Watershed Nature Center parking lot
2. In front of the sand volleyball courts
3. In the upper Hoppe Park ballfield parking lot.



Course

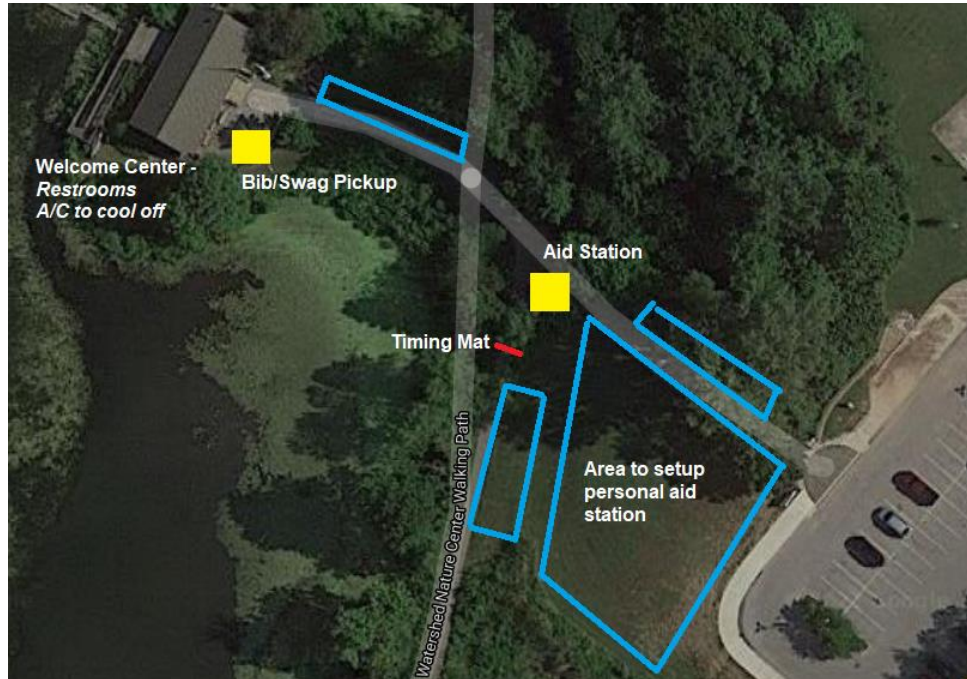
The course is a 1.01 Mile loop running counterclockwise from the walking path at the Welcome Center. The course surface is 40% dirty, 10% gravel and 50% pavement. Faster runners should stay on the left side of the path while slower runners/walkers stay to the right side of the path. Please be very cautious on the Marsh Walk section. This section extends over the wetlands. The path is only 5 feet wide with no railing. The water is 3-4 feet deep and very muddy at the bottom. We do not want anyone falling in. There is no lifeguard on duty. This section will have some lighting placed after dusk.

- View [Course Map on MapMyRun](#). Checkout the [Course Preview Video on YouTube](#)



Aid Station

Feel free to set up your own personal aid station in the areas highlighted in blue below. DO NOT setup directly on the path blocking the course.



- Participants are encouraged to provide their own aid during the event. There will be no cooked food on-site.
- The aid station will have the following options
 - Tailwind – orange flavor
 - Water
 - Ice
 - Soda – Coke, Ginger Ale, Mountain Dew
 - Huma Energy Gels
 - Pretzels
 - Bananas
 - Oranges slices
 - Watermelon wedges
 - Potatoes Chips
 - Salt Stick pills
 - And more
- Reminder this event is a "CUPLESS" event mean there will NO cups available at the aid station to get water, Tailwind, or soda. Runners are responsible for providing their own vessel for fluids, being a handheld bottle, soft flask, hydration pack and/or reusable cup. Visit our sponsor [Runwell](#) for hydration options.
- Please DO NOT litter on the course. Trash cans will be at the aid station. The Watershed Nature Center is a nature preserve and we did not want to destroy this great ecosystem. Violators will be disqualified.
- We will need all runners to clean up their personal aid station areas and take your trash with you if you haven't disposed of it at the aid station. This is a nature preserve and we must leave no trace.

Awards

- Finishers Medals - You must complete five laps (5 miles) to receive a finisher's medal.
- Overall Male & Female awards in both events will receive a handcrafted cutting board made by our good friend Tim Voellinger at [Urban Mill Woodworks](#).
- Top 2 Male & Female in age groups - 29 & under, 30-30, 40-49, 50-59, 60+ in both races.
- Awards ceremony will take place immediately following the conclusion of the event at midnight in front of the Welcome Center.

COVID-19

If you are feeling any symptoms whatsoever, currently waiting on results of a COVID-19 test or have been in contact with an individual who has tested positive in past 10 days we ask you not to attend the event. Note masks are not required by Madison County or the State of Illinois at this time but recommended during bib pickup. Please be mindful of others and practice social distancing during the event.

Checklist:

- Running shoes
- Extra shirt
- Extra socks
- Hydration bottle(s), vest, flasks
- Nutrition/snacks
- Fluids – water, electrolyte drink
- Sunglasses
- Sunscreen
- Bug spray - *The bugs will eat you alive.*
- Running light
- Extra batteries
- Chair
- Cooler/bag
- Hat/bandana
- Anti-Chafing balm

We look forward to seeing everyone on Saturday!

Rich
Race Director
Final Lap Race Management

Thank you to our Sponsors

