



COACHES

COURSE NOTES:

- The Big Bend Mountain Ramble racecourse is run entirely on dirt road and jeep track through the grounds of Paisano Baptist Encampment with lots of good terrain and surface variation. The running surface is generally hardpack, but there are also sandy stretches and rocky stretches mixed in. The running surfaces are not unsafe, but it's not like running on pavement or golf courses – **please ask your runners to watch their footing.**
- The JH Girls/JH Boys route is 2.1 miles; the HS Girls route is 3.4 miles; the HS Boys route is 3.3 miles.
- Unlike past seasons, in 2009 all races will start from the same starting line and leave the Start/Finish Area along the same route.
- **All races will follow an out-and-back course over at least the first and final 4/10th; of a mile.** This should make it easier for spectators to enjoy more of the race. Also, the summit of the Eliminator offers some spectacular views of the races, especially major sections of the HS Boys Course along the “Boys Loop” and the “Paisano Peak Cut-back”.
- The course trends generally upwards over the first part of the race, with a challenging hillclimb called “The Eliminator” at the end of the first mile.
- At the summit of the Eliminator is a water/safety station. **The summit of the Eliminator is at exactly the one-mile mark in the race for all courses.**
- The descent off the backside of the Eliminator is not as steep as the climb, but **please ask your runners to watch their footing on the downhill side of the Eliminator** (we will have a course marshal at the spot to remind them as they pass).
- The course descends into Sandy Draw, where it divides into three directions, depending on the race. See maps for details.
- The latter portion of each course is mostly downhill to the finish.
- The course will be marked to indicate ½ mile and ¼ mile to the finish.
- **Course marshals will be stationed at locations throughout the course – Any runner cutting short on the course will be disqualified.**
- There will be a pickup truck serving as a sag wagon for each race.

START/ FINISH LINE AREA

- Team buses / vans may turn left at the first dirt road past the Encampment turn-in. Follow the signs. Bus parking will be on the north side of the Gym.
- Additional maps and course info will be available at the Registration Table.
- Restroom facilities are available at the Start-Finish Area.

- Coolers containing water and recovery drink, and post-race recovery snacks, including bananas and Clif Bars, will be available next to the Finish Chute for athletes who've finished their races.
- **Encounter with rattlesnakes are not a problem at Paisano Encampment, but they are a possibility. Just to take the side of caution, we ask that you instruct your athletes to stay off of Boulder Ridge.**
- Instructions for registering and tabulating your runners will be handed out at the Registration Table.
- Medals will be awarded to the first 20 finishers in each division. Team plaques will also be awarded.

RACE TIMES

Elementary Fun Run – 9:15 (no entry fee – sign up at the registration table)

High School Girls - 9:30

Entry Fee: \$6 per runner

Junior High Girls – 10:00

Please make checks/POs out to **Alpine Cross Country**

Junior High Boys – 10:30

High School Boys – 11:00

RACE OFFICIALS

- Our **Official Starter and Race Judge is Mr. Dan Cook**. Mr. Cook's rulings will be final. Our **Official Timer is Mr. Darrell Dodds**, Alpine ISD Business Mgr.