



## SOLO DIVISION

### Description:

Ultrarunners, we've finally got an event just for you! Experience the beautiful Katy Trail scenery, the great event support of running a GO! St. Louis race, and finish with the fantastic post-race celebration in Hermann, MO.

Open to 50 participants, this race will be a 67 mile solo run on the Katy Trail. Ultrarunners will start with other KT82 Relay Teams at Parkway North High School in St. Louis County. Runners will make their way through Creve Coeur Park and the Centennial Greenway before reaching the Katy Trail. Then participants will remain on the Katy Trail until Hwy 19 at McKittrick where they will turn south on Hwy 19 toward Hermann, MO. (Note: solo runners will skip the single track trail sections of this race due to time/daylight restrictions on the trail, thus reducing the solo division distance to 67 miles).

### Race Details & Amenities:

**Distance:** 67 miles

**Start:** varies by submitted pace per mile data

**Age Requirement:** 18 years old by race day

**Awards:** Top 3 individuals overall

**Amenities:** All participants will receive a top quality event t-shirt and finisher medal. Post-race refreshments will be provided with the opportunity to purchase additional food and beverage at the post-race party. Race will be timed with ChronoTrack b-tags.

**Entry Fee:** \$175 per runner

### Participant Support Crew:

Your race wouldn't be complete without a proper support crew. The primary duties of a pacer include keeping the runner on pace, making sure your runner is fueling properly, and ensuring the runner leaves aid stations with adequate supplies to reach the next pacer-accessible aid station. Only one pacer at a time is allowed on the course. **Due to parking restrictions, pacers are allowed to enter and exit the course at designated Aid Stations in Augusta (30 miles), Marthasville (41.46 miles), Treloar (48.5 miles), and McKittrick (64.48 miles).** Registered participants will be given one extra meal ticket for the finish line dinner. Participants and their pacers will be responsible for transportation back to the start line.

Support Crew Perks Included in your packet:

- Two pacer bibs
- Vehicle pass with your bib number
- One meal ticket for post-race dinner

**Event Support:**

- 4 aid stations (Every 15 Miles)
  - salty and sweet snacks, water, and ice
  
- 1 participant-provided bag/cooler to be dropped at any one of these exchanges:
  - #4 MO Research Park
  - #10 Dutzow
  - #13 Treloar
  - #16 Case Road
  
- 1 participant-provided bag transported to the Finish Line.