



2019 HIGH ROCK CHALLENGE RACE GUIDELINES

**Start/Finish: Henry Kaufmann Camp Grounds
1131 Manor Road, Staten Island, NY 10314
Street parking high school lot across the street only**

Saturday April 27, 2019 - Assigned Start Times (enforced in order to avoid back-ups at the obstacles and along single track trails)

Please be on site at least 30 minutes before your start time and at the start line 15 minutes before your assigned time. Have your bib fastened with safety pins to the front of your shirt, above your waist. A timing chip is on just one of your team bibs, so please cross the finish line together. Try your best to not get the timing chip wet.

HOW THE RACE WORKS

Teams will navigate the course together and complete a series of obstacles and mystery events located throughout. **This year's course is different from last year and is approximately 10K (6.2 miles) - if you don't get lost.** Pay close attention to course markers. The course is marked with orange ribbons, white spray painted arrows on the ground and some signage. The course is not revealed before race day; navigating it is part of the Challenge! You will begin and finish at the same location.

THE COURSE, OBSTACLES AND MYSTERY CHALLENGES

It's a team event; help one another.

The course, obstacles and the mystery challenges are designed to focus on both mental and physical teamwork (as well as your sense of humor!). The success of your team will depend on the ability to function as one. Stick together.

If you are unable to complete a challenge, 30 jumping jacks will be prescribed as a substitute.

The varied course terrain includes rugged trails, rocks, tree roots, dirt roads, paved roads, mud, water and various other features for which the Greenbelt is known.

FINISHER MEDAL

We are happy to offer finisher medals, which are sponsored by JAG-ONE (formerly One-on-One Physical Therapy). Each team member will receive their medal at the finish line. JAG-One will also offer complimentary mini-massages to runners before and after the race.

SAFETY

Runner safety is our top priority. Know your limits and don't be careless. Follow instructions and directions. If you need assistance, seek out a CERT or Volunteer Fire Dept. member or ask another team to relay the message. We are equipped to help you should you need assistance.

There is one street crossing along this year's course. NYPD and CERT will be on site to help you cross safely. You may need to wait to cross, but hopefully not too long.

TICKS AND POISON IVY

Ticks and poison ivy exist in the Greenbelt. Use insect spray if you like. Try to stay in the center of the trails and avoid running in brush or tall grasses. Try not to lean on trees as poison ivy is vine that clings to bark - avoid touching trees with fuzzy vines. After the event, check yourself and each other for ticks. It's a good idea to wear light colored clothing, especially socks, so you can see ticks more easily.

DON'T DO THIS

Don't run with keys, phones, cameras, iPods or valuables - electronics can get ruined. There are race marshals with radios throughout the course should you need assistance. If you do decide to run with a camera or phone. You may need to put it down & pick it up later after an obstacle.

Please don't litter along the course, or anywhere. Doing so can result in disqualification.

WATER STOPS

There will be a water available at the start/finish, at mile 2 and at approx. mile 4.5 along the course. There will be plenty of complimentary drinks on the field/at finish line. Hydrate before you begin the race. Please try to bring your own water carrier so we can eliminate plastic cups in the park.

RACE DAY PARKING

There is no parking for runners in the Camp Kaufmann parking lot. It is important to keep the Camp lot clear for deliveries & emergency vehicles. There is ample street parking, and we have rented the high school parking lot directly across the street from the Camp entrance for your use. Thank you.

BAG CHECK & TOILETS

There will be a free bag check for runners - follow the signage. Portable toilets will be on site. **Bring a towel and change of clothes/shoes/socks and shirt if you like.**

POST RACE REFRESHMENTS - BEER! BRING YOUR I.D.

Stay for a while after the race to enjoy a complimentary beer - if you're over 21 - from Manhattan Beer Distributors, snacks from our sponsors and music. **There will also be a food truck on the premises.**

PHOTOS Your picture may be taken several times along the course. Photos and links will be posted ASAP on sigreenbelt.org and our various Facebook pages: "The Greenbelt Conservancy," "High Rock Challenge, Run and Shoot Photography." Follow the High Rock Challenge on facebook for updates and links. **Tag instagram photos #highrockchallenge and #sigreenbelt**

AWARDS

The race will culminate with an awards ceremony for winners in several categories and trophies for first place finishers in featured categories. Please stay around for a while to enjoy seeing your fellow runners receive recognition.

**2019 High Rock Challenge is presented by
Greenbelt Conservancy and NYC Parks**



NYC Parks



Thank you to our sponsors and supporters

**JAG ONE Physical Therapy
Manhattan Beer Distributors
Orange Theory Fitness
The Spine & Pain Institute of New York**

**Clif Bar
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Crossfit Freshkills
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Harmless Coconut Water
Kayak Staten Island
Mikey's Bagels
New York Road Runners (NYRR)
Port Richmond CERT & Metropolitan Fire
Pouch Camp: Boy Scouts of America
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...and our amazing volunteers!

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