

## Dear Future Fat Ass:

Thanks for coming to run with us in the Low Country of South Carolina. This is a great way to start off the New Year and the area is perfect for an urban ultra! The weather is usually not extreme but it is humid so be prepared to hydrate. Here are some thoughts and ideas to make this run easier.

### GENERAL

- This is a **Run** not a Race.
- It is no different than if you were doing a run in your home town with a bunch of people who like to run and you walk outside your door and meet them and start running except you have a masked course and no official aid.
- A map of the course will be available
- This run is **not** sanctioned by any official organization, so no one is watching out for you except your self.
- Please sign the waiver to further emphasize this point.

### THE COURSE

- Run safely. Run **against** oncoming traffic except when this is not possible.
- The course is marked in one mile increments and at 26.2 m, 31.1m, and 50 mile points. These marks will be found **on the road** near the sidewalk **facing traffic**. Beach miles will be marked as best possible, but people like to move things.
- Arrows will be used to direct you to change sides of the road when necessary such as the Mt. Pleasant-Sullivan's Island Causeway (Hwy. 703), which has a running trail.
- Please use caution when crossing roads as there is no one to stop traffic for you.

### PRE-RUN

- As of July 2011, plans are to meet outside the Scotsman Convenience Store across from the old *Alex's Restaurant* at 302 Coleman Blvd., which is now closed. If a new business opens by race day, I will announce it on this web site. Still best to **NOT PARK HERE!**
- Parking can best be found in a shopping center, *Moultrie Plaza*, two blocks from the start (600 Coleman Blvd.). **PARK HERE.**