

## **Forest MS Additional Information**

### **Directions:**

- 100 Ashwood Dr, Forest VA 24551.
- Follow the entrance road all the way around to the right, and look for a big parking lot.
- The race will take place at the football/soccer field area.

### **Course Description:**

- Athletes will run halfway around the asphalt track for 250m and head into the woods.
- The path starts out as double track so athletes will need to run on the right side of the trail and pass on the left if needed.
- The path does narrow to single track for the middle portion.
- There may be a small creek crossing depending on the rain.
- The course will be marked with flags, streamers, and spray paint.
- There will be volunteers at each of the main navigation points and along the course to direct runners.
- At the finish athletes run all the way around the asphalt track and then across the field to the finish.

### **Spectators:**

- Must stay off of the course since it is narrow.
- There is a viewing location about 1.3m into the race which is accessible by the pink trail (yellow arrow) on the map.