

Fox Squirrel 5K Run/Walk

Date: Saturday, September 25, 2021

Time: 9:00 a.m.

Location: Hitchcock Woods Horse Show Ring.

22 years old or younger: \$20.00

Over 22 years old: \$30.00

Contact email: foxsquirrelrun@gmail.com

Packet Pickup: Friday, September 24, 12:00-4:00 p.m. in The Alley, downtown Aiken.

Shirts: Unisex sizing. Short Sleeve Shirts \$14.00, Long Sleeve Shirts \$16.00
Sizes: Youth (Extra Small, 4-5 year olds), S M L XL XXL Order cutoff date is September 10.

Age Groups 0-12, 13-18, 19-29, 30-39, 40-49, 50-59, 60-69, 70+

One aid station at mile 2.0

IMPORTANT: Please try to arrive no later than 8:30. The entrance gate will be closed promptly at 9:00 a.m. Cars that enter the Woods after the race starts will be held at the first checkpoint until all runners/walkers have passed.

If you are interested in becoming a volunteer or sponsor, please contact Sarah at foxsquirrelrun@gmail.com.

Race Welcome and Description

The staff and volunteers of Hitchcock Woods are pleased to host the the Festival of the Woods Fox Squirrel 5K Run/Walk. This event was inspired by the former Run For The Woods, held in the mid 1990's-early 2000's, and by the many runners and walkers who have discovered this urban forest jewel. Our goal is to provide a fun, inspiring morning of health and camaraderie while raising money

for the Hitchcock Woods Foundation. Children and families are enjoying The Woods with great frequency, especially in these times of Covid. Profits will be re-invested into the maintenance and management of Hitchcock Woods for future generations to enjoy. Dogs and dog walkers are welcome as long as the dogs are under control.

The run/walk will take place entirely within the boundary of Hitchcock Woods. It will begin and end at the Hitchcock Woods Horse Show Ring, which is located approximately 1 mile from the Hitchcock Woods office along the Devil's Backbone - Pete Bostwick Trail. Cars will be allowed and directed to the parking area at the Horse Show Ring. **IMPORTANT: Participants are encouraged to arrive no later than 8:30.** The entrance gate will close promptly at 9:00 a.m. Cars that enter the Woods after the race starts will be held at the first checkpoint until all runners/walkers have passed.

A word about horses: Hitchcock Woods is used extensively by equestrians. Measures will be taken to redirect horse use away Horse Show Ring and the 5K course that morning. However, should you encounter a stray rider, please announce your presence (especially if encountering a horse from behind!). STOP in place on the opposite side of the rider as far as possible if you are being approached by horse and rider until passed, or signalled by the rider to continue. If you approach a horse from behind, wait until the rider signals you forward, then pass by on the opposite side.

A word about our younger participants: Hitchcock Woods serves as a training site for high school cross-country track and field athletes. We would like to especially encourage all students and young adults to participate, and as such, are providing a \$10.00 discount to participants 22 years of age and younger.

Directions: The Hitchcock Woods office is located at 444 South Boundary SW in Aiken, SC 29801, and is one of the main entrances into The Woods. As you arrive, you will be directed down Pete Bostwick Trail to the Horse Show Ring and to the parking areas.

Course Description: The course will be a 3.1 mile loop on sandy, but for the most part, firm, trails. The trails are wide enough to support side-by-side runners and walkers. Other than an occasional tree root, it is not a technical course. It will start at the Horse Show Ring at 320 feet elevation, proceed east along Pete Bostwick Trail for less than half a mile, and leave the trail north to Gravel Pit. The Gravel Pit Trail will be the steepest climb, and the course will peak at Pigeon Trap Loop at 450 feet elevation. The course descends down Pigeon Trap Loop to Rabbit Valley, connects to Tea Cottage Path and then south to Cathedral Aisle

Fences. Once past the Fences, the course travels east past Peter's Point, staying on the lower Peek-A-Boo Trail to the Manage and the finish line.

Mile markers will be posted.

Aid Stations: There will be one aid station with Gatorade and water at mile 2.0, which is junction of Tea Cottage Path and Cathedral Aisle Fences. Refreshments will be provided at the finish line.

Awards: Awards will be presented to the top 3 male and female finishers in each age group. All registered participants will receive a participation award.

Port-a Potties: Port-a-potties will be placed at the Horse Show Ring.

We are proud of the cleanliness and respect that users show when they are enjoying Hitchcock Woods. We would like to continue that by keeping this event as "green: as possible. Please carry out any gel wrappers, etc. that you may generate. We are encouraging participants to use their own water bottles.

This is a rain-or-shine event! Your safety is our first priority. We hope that Covid and hurricanes will be a non-factor. There will be ample communication on the course, and an ambulance and EMT's will be staged at the Horse Show Ring.

Thank you so much!! Enjoy!!

Charlie Possee, Race Director