



Great Cranberry Island 50K Ultra Marathon
Saturday, July 16th | 11:30am
FINAL RUNNER INSTRUCTIONS & NOTES

(last update: July 11, 2010)

Welcome to the Great Cranberry Ultra Marathon! Below are final instructions for competitors and other useful information. We strongly encourage runners and family members to print copies to further acquaint themselves with our planned activities, island, and race procedures.

Getting to Great Cranberry Island

The 50K race starts at 11:30am on Saturday July 16th. We recommend using the following means of transportation to get to Great Cranberry Island – Please note, space on ALL boats is limited. You pay once onboard, first come, first served.

Option 1: Park your car in Northeast Harbor (NEH), check at the Mount Desert Police Department located near the marina for overnight parking options, and take one of the boats provided by Beal & Bunker, http://cranberryisles.com/ferry_b_and_b.html (207) 244-3575, which leave from the municipal pier at either 7:30am, 9:00am* (**special boat added*), and 10:00am. The 10:00am boat arrives at Great Cranberry Island at approx. 10:25am (*in time for the start*) and the race starts at 11:30am.

Option 2: Park your car in Southwest Harbor (SWH) or Manset and take one of the following boats provided by Cranberry Cove Boating Company, http://cranberryisles.com/ferry_cranberry_cove.html (207) 244-5882. Boats leave from two different piers: one from Manset, (Great Cranberry dock) and one from Southwest Harbor (SWH) (upper town dock). You must use one of the regularly scheduled boats 7:00am or 9:00am, starting from the SWH upper town dock, or from the Manset dock approx 5-10 minutes later to get to the race on time. Come directly to the start on upon your arrival to the Island.

Option 3: There are two water taxis that serve our island and neighboring harbors.

- Delight http://cranberryisles.com/ferry_delight.html (207) 244-5724
- Cadillac http://cranberryisles.com/ferry_cadillac.html (207) 244-0575

Please see the email that was sent with these instructions for links to our Facebook discussions to help plan transportation. We're asking participants to indicate what boat and time they plan to use and how many people are coming with them.

Arriving on Great Cranberry Island

Local Islanders have been asked to help transport your gear to the starting/camping area. They will meet you in the parking lot at the end of the dock. Please help them load your gear into their vehicles. They may or may not have room to transport you/your friend family, however, the starting/camping area is less than ½-mile walk from the dock. Please thank anyone who helps you.

What to bring

Bring appropriate camping gear (tents, sleeping bags, drinking water, and whatever else you need to be comfortable) for ANY weather. Also bring running gear suitable for ANY weather, and dry clothes. We are providing free space for rustic camping on our beautiful island for **Saturday night ONLY**. In addition to camping and running gear we strongly recommend bringing sun block, bug spray, and towels.

Food

Saturday Lobster Dinner

Pre-registered runners ONLY will be our guests for a complimentary post race lobster bake. You must have a bib number or have purchased additional dinner tickets to enjoy a lobster. There is a general store on the Island with **limited** essentials and other staple items. However, all visitors, family, friends, and support teams should bring enough food items/stocked coolers to be comfortable Saturday thru Sunday morning.

Sunday Breakfast

The Great Cranberry Island Ladies Aid is hosting a breakfast on Sunday morning following the race. Only those who have purchased tickets in advance may attend. Tickets will not be available at the door. If you did not purchase tickets, please plan accordingly to bring your own breakfast.

Tickets for both of the above events will be in your race packets.

Where is the start?

The starting line is located straight off the dock, ½ mile up the (only) paved road. The race starts at 11:30am, which we know is late for an ultra. We are doing this to allow for race day transportation.

Course

The course is USATF certified. The starting line and race registration are near the church, a ½ mile up the (only) paved road. The race route is a series of out and backs along the length of the main road of our island (4 miles per complete out and back). All turn around points will be clearly marked. (Note: Lap 1 will consist of a 3.07miles out and back, followed by seven, 4-mile circuits, for 50K, total.) The course is 100% paved with moderate rolling hills. The road is open to traffic but there are few cars and all will be aware of you and your efforts.

There will be fluid tables that contain water, de-fizzed Coca-cola, and Gatorade. We will also provide a food table (for runners only), and we will also provide an additional table for runners to place their own personal food/drink needs -- PLEASE DO NOT TAKE OTHER RUNNERS FOOD/DRINKS FROM THE TABLE MARKED **PERSONAL SUPPORT ITEMS**. This was a problem last year. It is your responsibility to bring enough of anything special you may require. Under no circumstances should you take something that isn't yours from this table.

Restrooms

Restroom facilities are located at the GCI Community Center, the GCI Firehouse, the GCI Historical Society and at the GCI town dock. There are also plenty of woods.

Volunteers

We can always use volunteers (have you ever seen a race with too many?) If you want to help please ask us, we'll find a job for you. There will also be many friendly islanders helping, be nice to them as they are out there to help you.

Bib Numbers

Bib number **MUST** be worn on the front of shorts or shirt, and fully visible during the race or your laps will not be counted. There will be spotters on the course, and you will be disqualified if your bib

number isn't visible at all times, or if you're seen turning-around before any designated turns. IF YOU SEE ANYONE WEARING A BIB NUMBER CUTTING THE COURSE, PLEASE REPORT IT TO A RACE OFFICIAL.

Race Packets

Besides bib numbers, runners will be given a commemorative race shirt (in the size indicated at the time of registration). There are NO exchanges, unless of course, if you want to switch with another runner.

Awards

All runners who finish their event will receive a beautiful medallion. Individual event awards will be presented at the post-race festivities. Unfortunately, we cannot mail awards (they're really heavy!) Plan on attending the awards ceremony, or have someone pick up your award.

Island Amenities

Please patronize local businesses:

- At the dock you will find *Cranberry General Store* with a good selection of food items.
- Neighboring the start/finish/camping area you will find the *Great Cranberry Historical Society*, which features a museum and café for lunch, snacks, and drinks. The museum will also be showing a special movie on Saturday night.
- On the course you will find the *Whale's Rib* featuring gifts and more.

Assorted Details

- A Rustic 'rinse' shower will be provided. You must provide your own towel.
- There are EMT's on call in the unlikely event of any medical situations. Dial 207-276-5111 or 911.
- We will be providing beverages to those of age at the post-race activities including a festive bonfire and music – this is a true **party!** Be prepared for the celebrating to go late into the night. Please note that the bonfire and party location are at the same location for camping, and may not be suitable for young children. Please place tents close to the perimeter of the field for more privacy and quiet.
- There are two water taxis that serve our island and neighboring harbors. Delight http://cranberryisles.com/ferry_delight.html (207) 244-5724, and Cadillac http://cranberryisles.com/ferry_cadillac.html (207) 244-0575.
- There is a restaurant The Islesford Dock (207) 244-7494 located on the Little Cranberry Island (Islesford) waterfront.
- Ocean swimming or jumping off the town dock is encouraged but be ready for cold water.
- Beach combing is magnificent! Be prepared for quiet coves and unspoiled beaches, but please respect private property.
- Great Cranberry is the perfect place to ride bikes or explore, there is a wonderful library should you need a good read.
- The year round population of our Island is approx 38.
- We have invited runners to come do a long or short training run with us and or help pace/support ultra runners. If you see a runner who is not wearing bib numbers they are unofficial.

Hayward Field?

Great Cranberry Island has been compared to Oregon's Hayward Field as a historic and motivating place to run. In the 70s and 80s Great Cranberry Island hosted a road race that was named by Runners World as one of the top 25 races in the entire country. Eventually the epic popularity required

organizers to hold a lottery (the first known in the county) to choose from the hundreds of runners who wanted to run in this event which quickly earned a cult following. Per capita, Great Cranberry Island has also been credited with producing more excellent runners than any town anywhere with over 12 runners who have qualified and run in the Boston Marathon. Great Cranberry Islanders are used to seeing and supporting runners and are thrilled to welcome Ultra Runners from around the USA and Canada.

Getting Home

Use the return boat schedules. Ask your captains on board during the trip out for exact departure times or see the boat schedule URLs above. We recommend printing boat schedules.

Finally, this event is destined to be a blast, and undoubtedly will become another part of the legendary running and runners our island has produced! Our event will feature things you may have never seen in any race and an atmosphere like no other you've ever run. Amby Burfoot the senior editor of Runner's World and 1968 winner of the Boston Marathon is signed up, but unable to attend this year. He sends his best wishes and says GCI is on his very short life's 'must-do' list!

We look forward to seeing you all soon!