



**HALLUCINATION
TRAIL RUN**

RUNNER GUIDE

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PACKET PICK UP & PRE RACE FUN & RACE LOCATION

RACE LOCATION

Biggin Creek Trailhead

Coordinates: 33.20442289766574, -79.98198969651173

PACKET PICK UP

We're excited to partner up with one of our title sponsors: Fleet Feet to offer you packet pickup at their Carnes Crossroads location (2509 N Main St, Summerville, SC 29486) on March 15th from 2-6pm. Stop by and grab your swag and pick up any last minute nutrition or gear you need for the race!

PRE RACE FUN

We are hashing out details for a pre race get together the night before the race. Stay tuned for more details!



SWAG & AWARDS

SWAG

Everyone who registers gets a hoodie and yes they will be soft and comfortable and they'll feature our awesome new logo!

AWARDS

Everyone who completes their registered time (6/12/24 hours) or distance (5ish miles) will receive a finishers award. There is no minimum distance you need to cover to get a finishers award: an enamel camp mug with that awesome logo!

We will also have awards for top 3 male/female finishers for each event (6/12/24 hours + 5ish miles). We have the coolest race awards I think I have ever seen and to make it even more special---one of our Lowcountry Trail Club members is making them. I can NOT wait for ya'll to see them

Those who hit 100 miles (40 loops) will receive a custom buckle!



PARKING/CAMPING

PARKING

There is plenty of parking at the trailhead! Stay in the actual parking lot and do not park in the big open field right next to the parking lot---no vehicles allowed in there.

Please note that we will be running between the wooden fence and the concrete parking beams (I don't know what they call those things but that sounds good). If you back into your parking spot you will not be able to set up a tent/block access to that narrow lane between the parking beams and the fence

CAMPING/LODGING

Camping is available starting the day before the race at 5pm. This is not an official campground and there is no water/electricity hook ups.

If you're planning on camping or even bringing a canopy to use as your own personal aid station during the race---these will be set up along the fence in the big open field. There will be a lane that you will run through in the field which means you'll run by your tent at the end of every lap. If we need more space for tents, they can be setup on the other side of the running lane.

If you brought it with you, take it with you. Please do not leave any trash behind.

There are several hotels nearby with the Moncks Corner Inn being the closest.



START/FINISH TIMES & PACERS

START TIMES/FINISH TIMES

- Race starts at 8am sharp for everyone!
- 6 Hour race ends at 2pm
- 12 Hour race ends at 8pm
- 24 Hour race ends at 8am on Sunday, March 17th
- When it comes down to your last loop you must finish that loop before time is up in order for it to count

PACERS

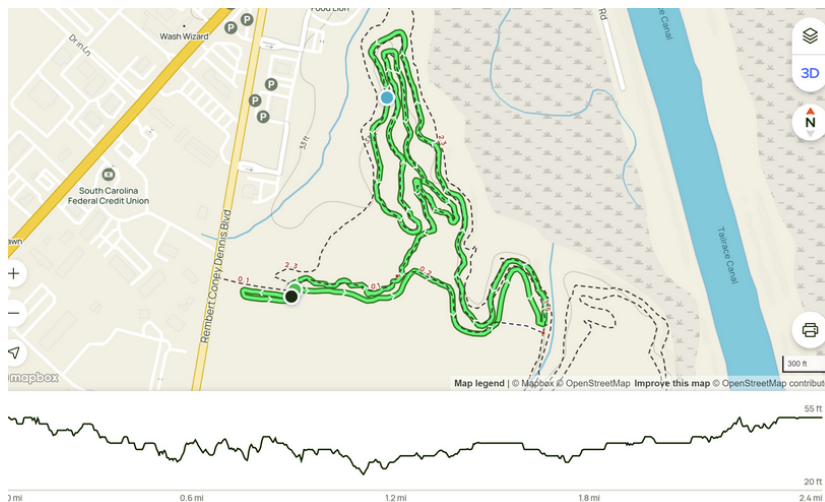
Pacers can enter the race at the halfway mark. For example if you're running 24 hours, your pacer can come in at the 12 hour mark (8pm). Pacers do not need a bib but they are required to sign a waiver at the main aid station.



COURSE MAP

2.5ISH MILE LOOP

[Click here to access the map](#) for the course. The course will be well marked BUT remember that we are not the only people out on these trails. This is a shorter loop but note that there are some switchbacks so if you're feeling tired it's always possible to get off course. If you feel nervous just download the course to your watch/phone for some piece of mind. With it being a shorter loop you should see other runners fairly often! The trail starts on some wider dirt/mowed grass roads for about 0.5 miles. You'll then head into the actual Biggin Creek trail for a little under 2 miles. Once you come to the end of the trail you'll run along the outside of the wooden fence by the big open field, turn into the field and run by all the tents. This will be ridiculously well marked and make so much more sense when you're out there. Unlike many other trails in Charleston, Biggin Creek Trail does have some very short climbs and descents which keeps things interesting and fun even on a short loop! Your total elevation gain for each loop is around 34 feet.



The course will be marked well with signs, blue flagging tape, blue flags, and reflective markings



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AID STATIONS

LOCATIONS

- One fully stocked aid station will be at the start/finish line
- You can leave a bag/bin near the start/finish tent for easy access to your stuff but we are not responsible for any missing items. You will run by the parking lot during each loop so you are welcome to use your vehicle as your own aid station. You are also welcome to set up a pop up canopy in the big open field to use as your own personal aid station/camping/place to hide in between loops when you're "just taking a little break" 😊
- Port-a-johns located near the start/finish line

WHAT WE'LL HAVE

We will have Skratch Labs Hydration Mix on course! In addition to this we will have the usual water and ultra snacks like sour patch kids, gummy bears, bars, pretzels, chips, pickles, warm broth, and more. At the aid station at the start finish line we'll also be serving up some hot meals and coffee throughout the day and night. Runners and volunteers eat for free. If anyone coming with you wants a meal please add that on for \$5/meal in ultrasignup so we can make sure we have enough food for everyone. Here is our tentative menu (subject to change):

1PM: Hot Dogs

6PM: Burgers

Overnight: Hashbrown Party

8AM: Pancakes + Sausage



COURSE RULES

- Do not pet, poke, kick, cuddle or hold any wild animal!
- There will be no unofficial runners (BANDITS)... EXCEPT FOR OFFICIAL PACERS!
- Each runner's race number must be worn prominently on the front of the runner throughout the entire race.
- Runners must follow the marked trail at all times. Any runner departing from the trail must return to the point of departure on foot before continuing to proceed on the course.
- Each runner must complete the entire course on foot under his/her own power.
- Runners may not store supplies of any kind along the trail. Please note that you are welcome to stash supplies at the start/finish line or at your vehicle/tent.
- Runners are responsible for the actions of their crews. Everyone associated with the race must comply with all Race rules, regulations issued by the Race Director in pre-race memos and at the pre-race briefing and all parking and access instructions, or risk disqualification of the runner.
- Each runner must be checked IN and OUT of the main aid station. Bibs must be worn on the FRONT of your body so we can easily see your bib number and give you credit for your loops
- Monitoring of individual runners may be required at the discretion of the Aid Station captain or medical personnel. Refusal of the runner to cooperate may result in immediate disqualification. The Aid Station captain or medical personnel have the complete authority to evaluate the condition of any runner at any time, and to determine whether the runner may continue.
- Littering of any kind is prohibited. Please respect the natural beauty of the forest to allow our continued use of this course.
- Runners must use approved USDA/Forest Service techniques for human waste disposal if they are required to relieve themselves in the "wild". Basically, get as far off the trail as possible if you have to poop. And bury it at least 6"
- Runners must refrain from any act of bad sportsmanship and don't cheat!!!
- Any runner who is unable to finish the race must personally inform the Aid Station captain of the nearest checkpoint of his/her decision to withdraw.



COURSE RULES

- The runner is responsible for any "search" costs incurred by their participation in this event if an emergency search procedure is activated. This includes searching for runners classified as "lost" caused by noncompliance with withdrawal procedures from the race listed above
- The entrant is responsible for any costs incurred by them or their crew for medical treatment or medical evacuation during their participation in this event.
- Runners are to carry their own supplies. No mechanical or physical assistance may be given to the runner at any time aka your pacer can't carry things for you



LOST & FOUND/ MEDICAL

LOST & FOUND

Palmetto Ultras, LLC and Hallucination cannot be responsible for the personal effects of any participant. Unclaimed items will be donated to charity. However, if you are missing an item, and let the Race Director know, we will arrange for pick up or mail your item back to you (runner pays shipping costs)

MEDICAL

It is important for the participant to recognize the potential physical and mental stresses which may evolve from participation in any race. The runners may be subject to extreme temperatures of heat and cold, hypothermia, heat stroke, kidney failure, seizures, low blood sugar, disorientation, injury, falling trees, tree branches, wild animal or reptile attack, or even death from their participation in this event. Race management and the associated race volunteers will be doing all they can to insure "safe passage" to the finish; but ultimately, it is the runners themselves who must understand and monitor their own limitations. In the event you need a hospital, the closest hospital from the trail is right down the road: Roper Hospital Berkeley located in Monks Corner: Roper Hospital, 730 Stoney Landing Rd, Moncks Corner, SC 29461



SPONSORS

THANK YOU

BIG Thank You to all of our sponsors! These races would not be possible without your generous support!



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PARTNERS

THANK YOU

BIG Thank You to all of our partners for providing our runners with discounts and/or giveaway items for our group trail runs!



CONTACT INFO

HAVE A QUESTION?

If you have any questions about races, Lowcountry Trail Runners group trail runs, sponsorship/partnership, etc... you can email me anytime at kayla@palmettoultras.com. I try to make sure these runner guides are comprehensive and have all the info I'd want to know if I was running the race but I'm a human too and may have forgot something so don't ever hesitate to ask! Hope to see you on the trails soon

Kayla Fitzgerald

