

Pretty Good Race Runner/Walker Instructions

The race entry form on the PGR website (<https://www.cs.cmu.edu/PGR>) explains how to register in advance. You can also register at the starting line on race day. Registering in advance is helpful in order to get the race started on time at 4:30pm. If you are going to register at the start, please try to have your entry form filled out in advance to speed up things.

Race number tags will be assigned at the start by the volunteers. Be sure to **write your name on your tag** so we can be sure we have names and numbers matched up. We will set up a makeshift chute at the finish line after the race starts. Be sure to **maintain your finish order in the chute** as you cross the finish line so that the volunteers can collect your race tag. The volunteers must keep the race tags in order so we know the finish order and so they need your help and cooperation to ensure the finish order is correct.

The race course starts underneath the Panther Hollow Bridge and is run over the tree-lined shaded trails through the woods in Schenley Park. Even on a hot day the temperature on the trails is considerably cooler. But you may find it helpful to bring a bottle of water to drink just before the race begins. We should have water available at the start but sometimes, with the chaos at the starting line registering people and setting up for the race, volunteers helping at the start may neglect putting water out.

The first 1200 meters is a gradual uphill so choose a pace that suits your conditioning so you are not completely exhausted in the early going. We have some very fast runners and so trying to keep up with the pack at the front may be too ambitious. Since the race is an out and back (you retrace your steps at the halfway point), that first 1200 meters will be downhill at the end of the race and you can make up time there.

There is water at the half-way turn-around. Also there will be members of the CMU **Radio Club stationed on the course** at the start, the turn-around, and two other places where the trail has turns (around 1200 meters and 1400 meters). Radio Club members serve to provide directions so no one takes a wrong turn and to handle any injuries or other problems that arise. Please be sure to thank them for volunteering their help if you are not too out of breath to do so.

We do NOT have exclusive use of the trail and there likely will be others walking, running or biking on the trail. Please do your best to respectfully navigate around them so no one gets hurt or upset.

Have a good time and don't forget the post-race TG held in the Newell-Simon Hall Perlis Atrium right after the race. See the PGR website (<https://www.cs.cmu.edu/PGR>) for more information on t-shirt sizes, course map, race history, past results, etc. Contact me if you have any additional questions.

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