

# NANNY GOAT FAQ 2019

[www.wildhorseracing.net](http://www.wildhorseracing.net)



NANNY GOAT 12/24/100

## THE SEXTON RANCH

The Sexton family (venue owners) are avid supporters of Co-RD Shelli's horse racing and ultramarathons in general. Shelli is both an ultrarunner and endurance horse racer, having finished top 10 at Tevis Cup. If you have the opportunity, please thank the family for making the ranch available for Nanny Goat. Continued use of the ranch is dependent on the conduct of our runners and their supporters. Rude behavior will not be tolerated.

You are guests on the Sexton horse ranch. It is a working ranch, so don't be surprised by horse owners, ranch hands, service vehicles etc. although we do notify them of the race and ask that they stay away if possible. They are not race support so please don't ask them for assistance. And please do not feed the horses (unless the Sexton's give permission). If you must feed a horse, see Shelli for sign up and bring your own carrots and apples.

This is not an official camp ground but you are welcome to camp (or glamp) starting at 2:00pm on Friday May 24 through Monday May 27. There are no custodians so please deposit trash in the dumpster provided in the 12-hr parking lot on your way out. We will provide you with 1 trash bag; please bring your own if you need more than that.

## CHARITY FUNDRAISING

The loop course at Nanny Goat provides an excellent opportunity to raise money for your favorite charity. Runners are responsible for collecting and making donations to their chosen charity.

Wild Horse Racing's charity for 2019 is Tunnel 2 Towers (<https://tunnel2towers.org>). After food costs are covered, any extra from the wristband sales will be donated to them.

## **WHERE ARE THE BARN STALLS, CAMPING AND RV SPOTS?**

For 2019, tables, EZ-Ups and tent camping is available along the fence line on Cleveland Ave. as well as among the trees on the ranch. Camp sites will be marked. Please do not protrude into the course and vehicle paths. See attached map for more details.

RVs will be parked between rows of trees and a volunteer will show you where and how to park to avoid damaging the trees. RVs may park head or back in at the RV area but no parallel parking.

In addition, there are 12 stalls available by signing up at

<https://www.signupgenius.com/go/70a044ba9aa2ba7f85-barn>

## **ARE THERE HOTELS OR RESTAURANTS NEARBY?**

The ranch is located in an urban area with easy access to hotels, gas stations, restaurants, hospitals etc. It is a short ride from Disneyland if your loved ones get bored watching the human merry-go-round. Also close by are:

Mission Inn Hotel (lodging)

<https://www.missioninn.com>

Stater Bros Market (grocery store)

2841 Mary St., Riverside

Galaria at Tyler (food)

<https://www.galleriatyler.com>

Riverside Plaza (food)

<https://www.shopriversideplaza.com>

## **WHAT TIME IS RACE CHECK IN?**

4-hr, 12-hr and 24-hr runners may check in at 6:00am on Saturday; 12-hr night runners may check in at 6:00pm on Saturday. Early check in on Friday is from 3:00pm – 6:00pm but you are welcome to arrive after that to set up camp. We do allow day of race sign ups and will accept cash or credit card payments only (no checks).

## **SCHEDULE OF EVENTS**

2:00pm Friday: campers start to arrive

3:00pm Friday: early check in for runners

6:00am Saturday: check in for 4-hr, 12-hr (day), 24-hr and 100-mile runners

7:30am Saturday: group photo in Goat Pen

7:50am Saturday: National Anthem  
7:55am Saturday: runners move to start area  
8:00am Saturday: start time for 4-hr, 12-hr (day), 24-hr and 100-mile runners  
6:00pm Saturday: check in for 12-hr (night) runners  
8:00pm Saturday: start time for 12-hr (night) runners  
9:00am Sunday: awards ceremony and pancake breakfast at the main house  
2:00pm Sunday: finish time for 100-mile runners

### **WHAT ABOUT VOLUNTEERS?**

We can't put on a great race without volunteers. We need volunteers to help with marking the course, campsites and parking, kitchen (especially in the dead of night), directing traffic/parking, runner check-in and trash collection. Sign ups can be found at

<https://www.signupgenius.com/go/70a044ba9aa2ba7f85-volunteer>

Volunteers need to check in with Co-RD Rachael before beginning your shift. All volunteers are required to sign a waiver.

### **WHERE DO I PARK?**

DO NOT park along Grace St. between Victoria Ave. and Cleveland Ave. There will be volunteers to direct you to the correct parking lot depending on your race/how long you intend to stay at the Ranch. A map is attached but in summary:

Lot A: Parking for 12-hour runners (day or night), accessible from Grace St.

Lot B: Parking for 24-hour runners (street closes at 7:30am so do not be late), accessible from Cleveland Ave.

Lot C: Parking for motorhomes/RVs, accessible from Cleveland Ave.

This year, runners will also be able to set up EZ-Ups along the fencing on Cleveland Ave. Spaces will be marked and allow for parking of 1 car.

Please turn off all car alarms and watch for PVC water pipes and spigots. Do not drive over them!

## **WHERE IS THE AID STATION?**

The aid station is located just outside the barn. You pass it every mile so there's really no need to carry anything. There is an additional water stop on Cleveland Ave. and popsicles will be available there in the heat of the afternoon on Saturday. Electrolyte drink this year will be Tailwind but there may be alternatives; if you're picky, bring your own. SaltStick are providing electrolyte caps.

The aid station will have hot and cold food, beverages, Saturday BBQ, soup during the night, and pancake breakfast on Sunday. There will be vegetarian and gluten free options but we do not provide a vegan choice. We do strive to prepare/cook vegetarian food away from regular food but cannot guarantee no cross-contamination. If in doubt, bring your own.

Food and drinks for runners is included in entry price and is free for volunteers and staff. All guests, crew and family members that want to partake must purchase a wristband: \$10 for children, \$20 for adults, all-you-can-eat. Runners will get preference at the aid station but we do prepare and serve food throughout the race so you will not have to wait long. As mentioned previously, any profit from wristband sales will be donated to our 2019 charity, Tunnel 2 Towers.

## **ARE PACERS ALLOWED?**

No. If a friend or family member wants to accompany you for a couple of laps after 9:00pm on Saturday, that's okay. If it's your first 100-mile and you want your family to run the last lap with you, that's okay too. We do not allow bandits so if you want to run more than a few laps, you will need to enter the race or will be asked to leave the ranch immediately.

## **PETS?**

This is a working ranch so if you bring a dog, it must be on a leash at all times. We try to corral the ranch dogs in the yard at the front of the property but they do get out and will roam the property. Afterall, it's their home.

## **CHILDREN?**

Families are welcome and we strive to make the race child-friendly. That said, we do not provide babysitting services. We have activities planned, including a petting zoo, crafts and horse rides. Children are welcome to use the pool at the main house but remember, there is no lifeguard on duty and they must be supervised by an adult at all times. Parents must take full responsibility for their children.

## **MUSIC?**

This is a residential neighborhood. Quiet time starts at 9:00pm Friday and 11:00pm Saturday. Please turn down the noise between 11:00pm Saturday and 5:00am Sunday.

## **WHAT DO I GET FOR RUNNING IN CIRCLES?**

All runners receive a swag bag which includes a tech shirt, buff and goodies courtesy of our Sponsors. We don't believe in DNF at Nanny Goat so if you complete 1 loop, you will receive a medal and an official result posted on ultrasignup and the race website.

Buckles are awarded to 100-mile finishers only; if you stop at 99 miles or don't complete in the required time, you get a medal not a buckle. This year, there is a choice of buckles for 100-mile finishers:

1 <sup>st</sup> time at Nanny Goat:	WHR buckle
Legacy runner:	either WHR buckle or next-in-series colored buckle (courtesy of Goat Emeritus, Steve Harvey)
Relay teams:	teams completing 100 miles total will receive the special WHR 100-mile Relay buckle (1 buckle for each team member up to 4 buckles/team)

## **USATF CERTIFICATION**

Not only is Nanny Goat USATF sanctioned but new for 2019, it is a USATF-certified course (Certification #: CA19021RS). If you want to break a record or use it as a qualifier, this just may be the place to do it! But please do not cut the course. The course will be clearly marked and cheaters will be disqualified.

## **AWARDS AND RAFFLE PRIZES**

Awards will be given to runners for the following:

12-hr:	1st, 2nd, & 3rd Male and Female overall
24-hr:	1st, 2nd, & 3rd Male and Female overall
100-mile:	1st, 2nd, & 3rd Male and Female overall
24-hr Relay:	1 <sup>st</sup> team overall

Other awards may include best costume, best stall, best station, DFL and others. There will be a raffle at the Awards Breakfast on Sunday morning. Our sponsors have been generous so expect nice awards and raffle prizes this year!

## **TIMING**

Timing is being conducted by our good friends, Negative Split Running. You will receive a bib that has your chip on it during check-in. If you want your laps accurately counted don't fold your bib, don't wear it on your back, and don't bury it under three layers of clothes. You will see your results on a screen in the barn. It may be crowded for the first lap or two and your name may scroll too fast to be easily seen. Wait a few laps before you start whining to the staff. If you drop out or have met your goal, please hand in your bib to the timing staff.

## **WHAT IF I WANT TO CHANGE RACES?**

You are entered in either the 4-hr, 12-hr, 24-hr or 100-mile races. If you want to change races, please do so before the start. You will get credit for the total number of laps ran in the timed events and time to complete 100 miles for the 100-mile event. We're being generous this year as we want you to get that buckle; if you have run at least 75 miles by 8:00am on Sunday, we will allow you to continue to 100 miles which gives you 30 hours to get that buckle. If you don't make it to 100 miles, your results will be listed in the 24-hr event.

## **MEDICAL**

We have first aid kits available and a medic on-site. We CANNOT dispense pain medications and you must bring your own NSAIDs if you need them. Remember that it can get hot and it will be dusty so keeping on top of hydration and footcare is key to reaching your goal. Our Sponsor, Trail Toes, is generously providing sample blister prevention kits in all swag bags and their products including tape and creams will be available at the medical station. Tailwind is providing the electrolyte drink and we also have SaltStick caps and Electro-bites chews available. If you want something else, please bring your own.

Our USATF sanction does not include medical insurance. In the event of a life-threatening emergency, Riverside Fire EMTs are only a half-mile away on Jefferson St. The RDs and race staff reserve the right to pull you from the race if we think you are in danger.

## **SHOWERS AND TOILETS**

There is a private bathroom on the ranch but it oftentimes gets over-used by runners and guests. Don't count on the shower availability and if you're in a motorhome or RV, please take showers there. Shelli will have towels, soap and shampoo available for those that forget to bring them. If you can't figure out the hot water timer, please see Shelli.

The bathroom on the ranch is on a septic tank so please be sparing with water and toilet paper. There are numerous porta-potties and hand sanitizer stations available along the course and we will be re-stocking throughout the day/night. If there's a problem, please contact race staff.

## **USE OF THE POOL**

As mentioned previously, runners and guests are welcome to use the pool at the main house. We do ask that you rinse off first and that children are supervised by an adult at all times. There is no life guard on duty.

## **SERVICE VEHICLES**

No vehicles are allowed on the course except for the Rhino which volunteers use to pick up trash and drop off supplies. If you're parked on Cleveland Ave. and need to leave, please follow the markings to avoid contact with runners.

## **VENDORS**

If you are looking to show off your products (and maybe make a little cash) at the race, please use the sign up below to indicate what you'll be selling.

<https://www.signupgenius.com/go/70A044BA9AA2BA7F85-vendor>

There is a one-time fee of \$25/vendor payable when you arrive, which includes space to set up and a wristband for food and drinks for Saturday and Sunday. If you plan to be there all weekend, simply sign up for all 3 time slots. Proof of insurance and completion of an application is required.

Is this new for 2019? Yes, it is a requirement of the race permit and we don't want to be in violation.

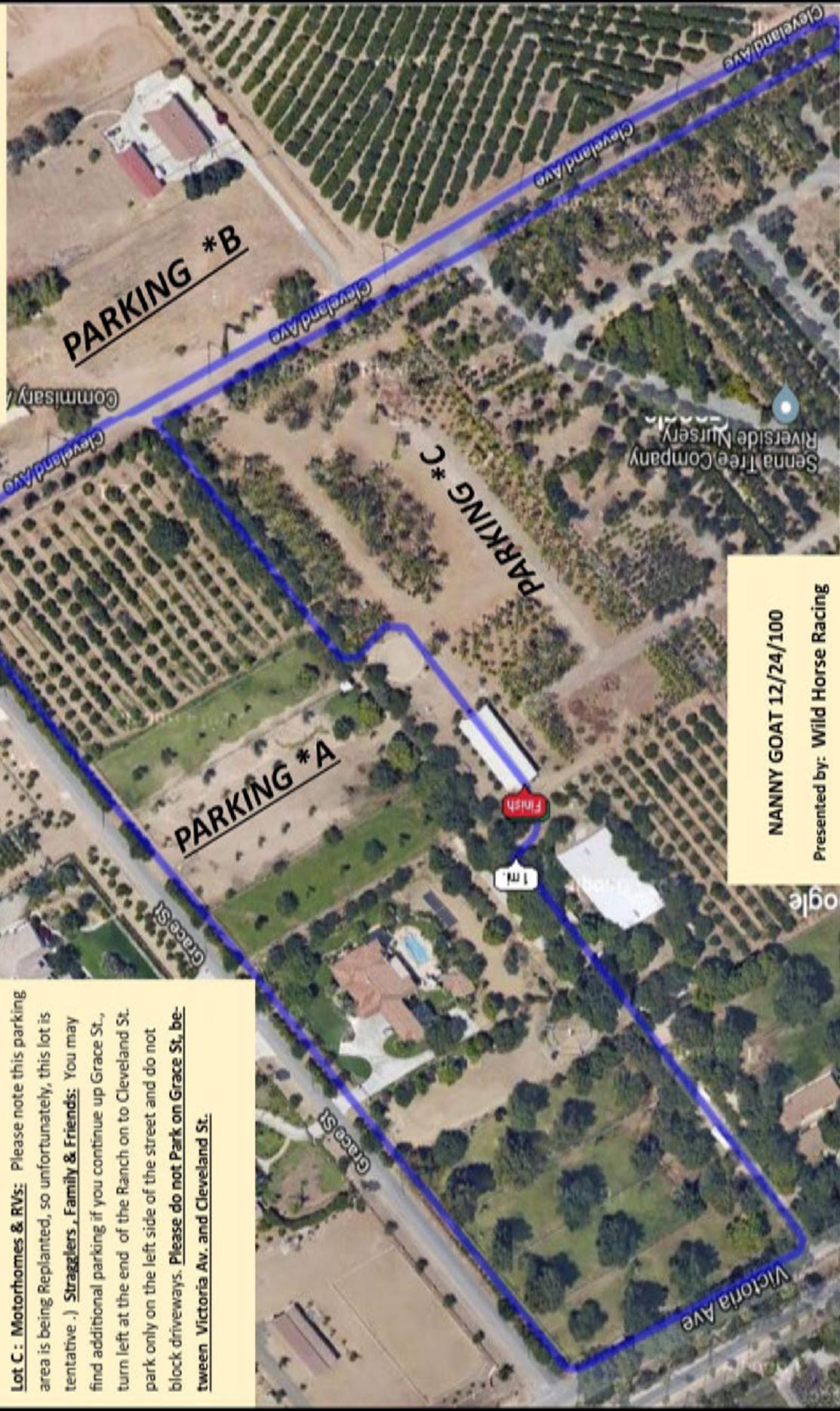
**Parking lots:**

**Lot A:** 12 hour parking (Day or Night)

**Lot B:** 24 hour parking (Street Closes at 7:30 am)

**Lot C:** Motorhomes & RVs: Please note this parking area is being Replanted, so unfortunately, this lot is tentative .) **Stragglers , Family & Friends:** You may find additional parking if you continue up Grace St., turn left at the end of the Ranch on to Cleveland St., park only on the left side of the street and do not block driveways. **Please do not Park on Grace St. between Victoria Av. and Cleveland St.**

**NOTE** This year cars will be allowed to park down the side of Cleveland . Race goers will be allowed to set up your EZ-Ups anywhere on the Ranch, and this year along the fencing on Cleveland St.



**NANNY GOAT 12/24/100**

Presented by: Wild Horse Racing

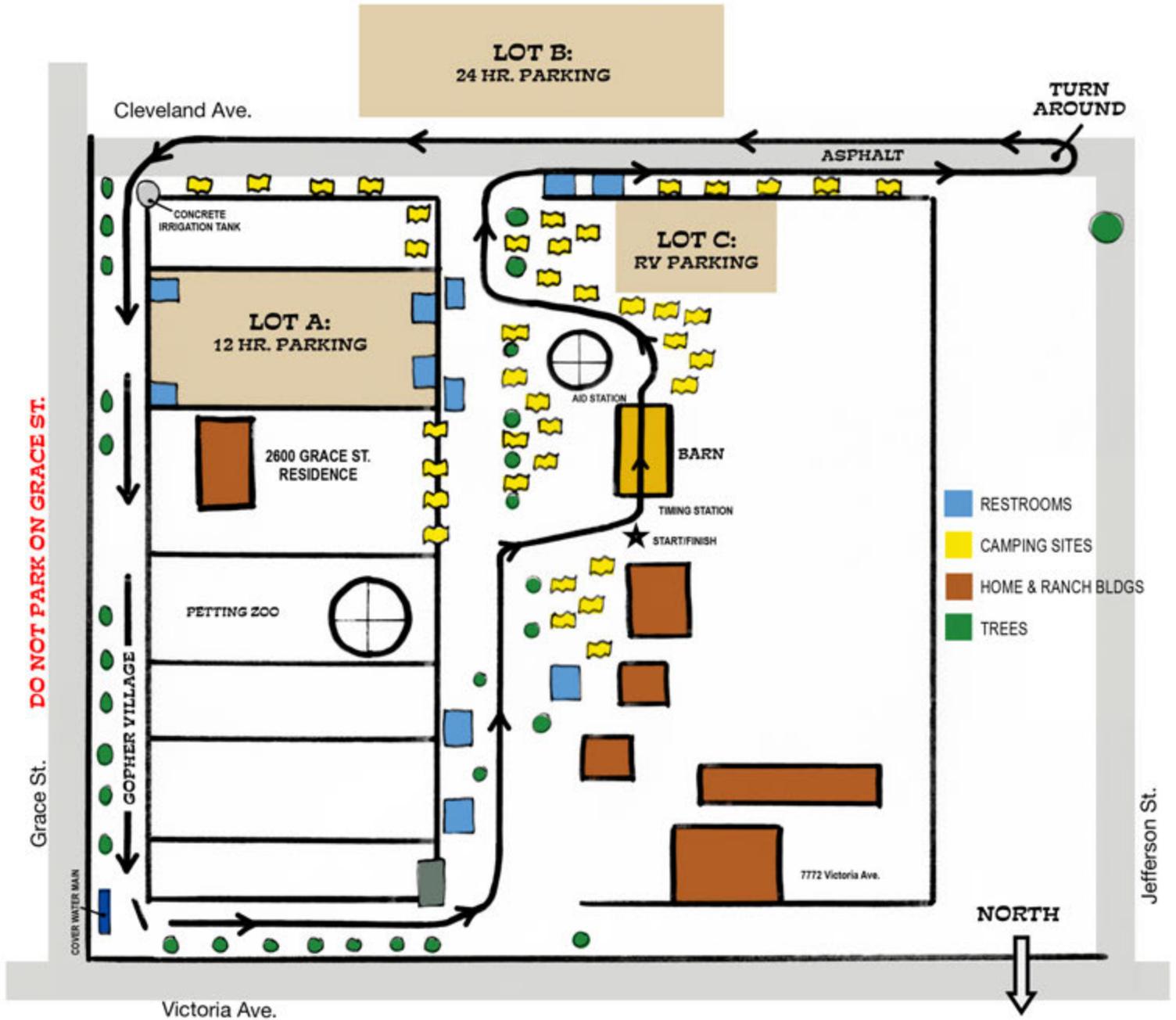


# NANNY GOAT

## 4/12/24/100/RELAY



RIVERSIDE, CA



### ELEVATION PROFILE

