

Tapped for Sap 25k FAQs

When and where is bib pick-up?

Two opportunities to pick-up your bib and swag at [Brady's Run Lodge](#) (526 Brady's Run Rd, Beaver Falls, PA 15010). Friday before the race, 4/24, from 4pm to 6pm, and on race day, 4/25, 6am to 7:45am. The race will start promptly at 8am.

I am registered, but can no longer make it to race day. Can you send my swag to me in the mail?

No, swag must be picked up on race day. If you can't make it, you may arrange for a friend to pick it up on your behalf.

Can I get a refund? Transfer bib? Defer to next year?

Sorry, we do not offer refunds, transfers or deferments with exception to pregnancy and post-partum reasons. We can offer pregnant/post-partum registrants a full refund.

This is my first trail race! What should I expect?

Welcome! Trails in particular, especially at Brady's, make for much more challenging running vs roads. You can expect your pace to be slower and to spend more time on the course vs a road race of the same distance. You should strongly consider bringing along a refillable container for water. You can get away without hydration on a road 5k or 10k, but a trail race often requires a different approach. Calories will be available at the aid station and syrup stops, but it might also be a good idea to carry a couple snacks (gels, gummies, etc.)

Why is it called a "25k+?"

Because the course is approximately 16 miles, roughly 0.5 mile longer than 25k (15.5mi). Over the years runners have reported anywhere from 16 to 16.5 miles on their personal GPS devices after finishing. So prepare to do a little extra than 25k to get to the finish.

Where do I park?

First, we recommend you carpool with other participants (there's a lot of you coming from the east side of Pittsburgh!). Signs and race staff will direct you from Brady's Run Road into one of the parking areas around [Brady's Run Lodge](#). If the grass area adjacent to the lodge isn't overly wet, we will fill that and then move to the lot by [shelter #6](#). Both lots have a minimal walk to the start. Overflow will be directed to the [lot by the boat ramp](#) and the [ice arena lot](#). Please note that these lots are about a half-mile and a mile, respectively, from the lodge.

What kind of weather should we expect?

It's April. It may rain, snow, thunderstorm, be hot, or be cold. Please check the weather forecast and prepare accordingly.

What kind of trail conditions should we expect?

Many of the trails shed water very well, but because this is a spring race in Western PA you'll likely encounter water and mud somewhere.

Can I bring my dog?

Dogs are not allowed on the course or in the lodge.

Is there a cutoff?

Yes, all participants have 8hrs (until 4pm) to be counted as a finisher and must reach the aid station at 7.5miles before it closes at noon. The aid station is a short walk to the start/finish.

Can I wear headphones during TFS25K?

No. You'll need your ears to be alert and stay safe. The trails are multi-use so we want you to be alert for approaching bikers or equestrians.

Did you say Equestrians?

Yes, you may encounter someone riding a horse. Walk to the side of the trail, calmly communicate with the rider, and move slowly so you don't upset Seabiscuit. Here's a quick read that talks about that and other trail running etiquette

<https://trailrunner.com/trail-news/training-and-racing-etiquette-tips-for-the-trails/>

Can I use hiking poles?

Yes.

Is there a GPX file available for the course?

Yes. Please note that the course may change at the discretion of the race directors and the course markings may differ from the GPX file <https://caltopo.com/m/41F2V>

Is there cell reception in the park?

Good reception in some spots, not so good in others.

Where is the nearest medical facility?

[Heritage Valley Beaver Emergency Room](#), 1000 Dutch Ridge Rd, Beaver, PA 15009 (3 miles south).

What is Sugar Shot Hill? Will there be water there?

Sugar Shot Hill is an out-n-back hill about 6.5 miles in where you'll have the option to shoot back some maple syrup! There is also a second syrup stop at mile 12. There will be limited water at the syrup stops so be sure to fill up at the start finish, the water stop (4.5mi), or the aid station (7.5mi).

Do I get a finisher's medal?

No medals, but you will get a little jug of real Pennsylvania Maple Syrup! Take it home to share with your family and friends, or chug it in celebration like Lt. Ramathorn. You can't go wrong and we'd really like to see a video of the latter.

What about podium awards?

The Golden Sap Bucket goes to the top female and male. The second female/male get the Silver Sap Shield. Third will receive the Bronze Tap.

What goes on at the post-race breakfast?

We invite you to hang out with everyone near the finish and eat some pancakes cooked up by PUSH Beaver Co! If pancakes aren't your thing, then grab one of Oram's famous donuts. There'll be some orange-drink, pop, water and coffee as well. Local artist Vacancy will be playing a live set of music to peak the vibes.