

Race Information

Run the race anytime between **dawn Saturday July 25 to dusk Sunday August 2**. Results need to be reported by **Monday August 3**.

Parking is available at 360 Gulf Rd Somers, CT - the Shenipsit State Forest parking lot.

Races are to be completed in compliance of Connecticut COVID19 rules. Disregard for these rules may result in a disqualification from awards and swag/raffle.

1) If you will be running with someone or at a time where others are liking to also be running/hiking - stay 6' from anyone you do not live with and you must have a face covering for when you can't stay 6' apart.

2) Don't congregate, hang out in a big group - run and head out, clearing up room for others who want to visit Soapstone.

Courses

Soapstone Assault

A map of the route can be found on All Trails:

<https://www.alltrails.com/trail/us/connecticut/soapstone-mountain-assault-course?u=i>

We can also provide a GPX file, email pres@shenipsitstriders.org.

Additional commentary can be found in our Facebook event:

<https://www.facebook.com/events/318773032456872/>

You will circumnavigate the base of Soapstone Mountain in a counterclockwise direction and each time you encounter a trail heading upwards, take it to the peak. Once at the top, you will take the same trail back down to resume the circuit around the base of the mountain. This up-and-down sequence is repeated for the first 5 different trails that runners come across. The

6th trail to be encountered is the infamous Killer Hill - you will finish the race at the top (do not go down Killer Hill). The easiest route back to your car after you are done is to head down the paved road back to the lot.

For the official timing, see the image below for your markers on course. You do not have to actually touch anything but you do have to get "close enough to touch" to do the official route.



Soapstone Six

For those of you doing the 6 hour race - you will follow exactly the route instructions as the "regular" Assault course above, except when you reach the tower after the final hill #6, take the

left towards the fenced-in radio tower and head down the paved road to the start... and do it all over again... for six hours.

You must do the hills in order - no skipping summits, no changing of the loop. If you blow by a turn, you'll have to go back and do it! You get a point every time you hit a summit, and so partial loops will count.

You can stash food/water at the summit (the rock that marks hills 3,4,5 has room behind it if you'd like to hide something back there), so you can use the trip down the paved road as your "refueling" time if you'd like.

Results and Awards

You must report your results by Monday August 3. Head back to the Ultrasignup link and click "record results". Be sure your watch or phone is set to account for all time, not just "moving time" and do not pause your watch once you start the race. Strava will automatically account for total time (vs. moving time) if the activity is marked a "race" vs run. Soapstone Six runners will be submitting their total # of times to the summit. We may ask for GPX files for confirmation. <https://ultrasignup.com/register.aspx?did=75588>

The screenshot shows the UltraSignup website interface. At the top, there's a navigation bar with the UltraSignup logo, social media icons for Twitter, Facebook, and Instagram, and a search bar. Below the navigation bar is a large banner image for the "SOAPSTONE ASSAULT" race. The banner includes the text "360 Gulf Rd Somers, CT", "6 MILE, 6HRS", and a yellow tent with "Shenpsit Striders" written on it. A large white arrow points down from the banner to the "Record Results" and "Register" buttons. A blue diagonal banner in the top right corner of the image says "VIRTUAL". At the bottom of the banner, it says "July 25 - August 2, 2020". Below the banner is a navigation menu with links: WEBSITE, CALENDAR, ENTRANTS, DIRECTIONS, WATCH, and SOCIAL. At the very bottom, a red banner states "Registration closes: Fri, Jul 31 @ 11:59!".

All finishers will receive a unique medal from Ragged Cuts. Four finishers that report their results will be chosen at random to receive a \$25 gift card to Sound Runner.

Soapstone Assault: We will award the top three overall winners in men's and women's categories by finish time.

SoapstoneSix: Each summit of the mountain will earn one point for the runner. Winner will be the runner with the most points at the end of 6 hours. In case of a points tie, the runner who was fastest to the point total will win. We will award the top three overall points winners in men's and women's categories.