

# Race Update #1



It's a little less than 3 months from the start of the inaugural Three Blind Mice 50K/25K! We hope your training is going well. We have been working hard behind the scenes to ensure that you have an amazing race. Here are some updates.

## Optional Race Package Pickup

There will be an option to pick up your race package on Friday from 4:00–7:00. The location for this is still to be determined. Race packages will be available on Saturday morning as well.

## Parking

We have secured a great location for parking. All runners will be parking at D'Angelo Winery, which is located ~1km from the start/finish. From the parking area, runners can walk along the KVR trail to get to the start/finish. As a note, runners will not be permitted to park at the start/finish or along Riddle Road.

## Course

We have made some minor changes to the course. The maps on our website will be updated in the coming weeks.

## 7:00 AM Early Start

There is an 11 hour time limit for the 50K race. Runners can start at 7:00 if they think they will need a little extra time.

## Recommended Water and Nutrition

On the first loop, it will take runners 2–3 hours to reach the Rusty Muffler Aid Station. It will take 3–4 hours on the second loop. Runners should be prepared to carry at least 1.5L of water and enough nutrition to fuel them for that period.

This will be a very challenging race. The climbs are steep and the descents are very technical. Try to get as much training as possible on similar terrain. That being said, the course is beautiful and the views are amazing. It will be a great day!

— *Rene*

