

## Rules and Information for Pacers

Pacers will be allowed for the 100-mile race only.

100-mile runners are only allowed ONE PACER at a time.

The designation of the Mohican Adventures Aid station (E) at 53.9 miles as the first place a pacer is permitted to join a runner is based on making it easier for runners and pacers to find each other. Located at the Start/Finish may allow pacers to assist the aid station while waiting for their particular runner. The purpose of pacing is runner safety. The average runner starts into fading light at 60-65 miles into the race. Having a pacer along can offer some assistance to runners as darkness approaches and during the night, when runners are often more fatigued. An ultra-runner may need a little guidance following the course markings during those hours. Older runners may need it sooner, attributing to the approximate 30-mile mark for 60+ runners.

**NO PACING BY MOTORIZED VEHICLES** is allowed at any time. Aid cannot be given from any moving vehicle. Any runner paced by a vehicle or accepting aid from a moving vehicle is subject to DISQUALIFICATION.

**NO PACING BY BICYCLES** is allowed at any time.

If a registered runner is 60 years old or older, pacing may start when the runner reaches the Mohican Adventures Aid Station (E) at 28.2 miles into the race at sequence 6.

If a registered runner is less than 60 years old, pacing may not start until the Mohican Adventures Aid Station (E) at 53.9 miles into the race at sequence 11.

The pacer should drop back as the runner approaches the finish line chute.

Pacers with bibs are allowed to use aid station supplies, food, etc. at the aid stations during the time that they are pacing a runner.

### **Pacer Parking Restrictions:**

Pacers can park at designated areas for crew access and handling locations. For pacers meeting their runner at the fire tower, please park at Mountain Bike Trailhead 2 aid station OR the Mohican Youth Center which is a bit closer to the fire tower. It is just a short walk to the fire tower. Do not leave your car unattended at the fire tower. Parking is not permitted at the covered bridge at any time. Pacers may also park at the Gorge Overlook Aid Station.

Pacers may meet their runners at either Mohican Adventures, Gorge Overlook Aid Station or at the Fire Tower Aid Station.



Pacers should register for free online at [runreg.com](http://runreg.com) and MUST FIRST Check in at Mohican Adventures (finish line) to let us know:

1. What runner you will be pacing
2. Where you plan to meet your runner, Mohican Adventures (E), Gorge Overlook (A) or Fire tower (B)
3. What time you plan to leave

### **Unattached Pacers**

In previous years some runners have wanted to pace at Mohican but did not know anyone in the race. During the race, a person wanting to pace may go to an aid station after 60 miles into the race and ask runners if they want a pacer. Many runners have been very happy to find an unexpected pacer at an aid station. A pacer unable to pace because his/her runner has dropped out may still be of service to another runner.

Runners and pacers may indicate their wish for a pacer, or desire to pace, by posting a message on the official Facebook Page of the Mohican Trail 100. You can sign up for free from the link on our homepage which will connect you with the Mohican 100 community. Besides posting information, you can request additional information, advice, or even make constructive suggestions.