



Presented by Crow Athletics

PO Box 117 Northeast Harbor, Maine 04662

207-276-4226

**Great Cranberry Island Ultra Marathon**  
**Saturday, July 18<sup>th</sup> | 11:30am**  
**FINAL RUNNER INSTRUCTIONS & NOTES**  
*(last update: June 29, 2009)*

Welcome to the Great Cranberry Ultra Marathon! Below are final instructions for competitors and other useful information. We strongly encourage runners and family members to print copies to further acquaint themselves with our planned activities, island, and race procedures.

**Getting to Great Cranberry Island**

Both races (50K & 50M) start together at 11:30am on Saturday July 18th. We recommend using the following means of transportation to get to Great Cranberry Island:

**Option 1:** Park your car in Northeast Harbor (NEH), check at the police department located near the marina for overnight parking options, and take one of the boats provided by Beal & Bunker, [http://cranberryisles.com/ferry\\_b\\_and\\_b.html](http://cranberryisles.com/ferry_b_and_b.html) (207) 244-3575, which leave from the municipal pier at either 7:30am, and 10:00am. The 10:00am boat arrives at Great Cranberry Island at approx. 10:25am, and the race starts at 11:30am.

**Option 2:** Park your car in Southwest Harbor (SWH) or Manset and take one of the following boats provided by Cranberry Cove Boating Company, [http://cranberryisles.com/ferry\\_cranberry\\_cove.html](http://cranberryisles.com/ferry_cranberry_cove.html) (207) 244-5882. Boats leave from three different piers, one from Manset, and two from SWH (upper and lower town docks). You must use one of the regularly scheduled boats 7:00am or 9:00am, starting from the upper town dock, or from the other docks approx 5-10 minutes later to get to the race on time. Come directly to the start upon your arrival to the Island.

**What to bring**

Bring appropriate camping gear (tents, sleeping bags, and whatever else you need to be comfortable) for ANY weather. Also bring running gear suitable for ANY weather. We

are providing free space for rustic camping on our beautiful island for Saturday night ONLY. Also consider bringing dry clothes, sun block, bug spray, Frisbees, bicycles, etc.

### **Food**

Pre-registered runners ONLY will be our guests for a complimentary post race lobster bake. We will be preparing limited extra, which will be for sale to family and friends on a first come, first served basis. We cannot not take reservations in advance. There is a general store on the Island with limited essentials and other staple items; however, all visitors, family, friends and support teams should bring enough food items/stocked coolers to be comfortable Saturday thru Sunday morning.

### **Where is the start?**

The starting line is located straight off the dock, ½ mile up the (only) road. The race starts at 11:30am, which we know is late for an ultra. We are doing this to allow for race day transportation.

### **Course**

The starting line and race registration are near the church, a ½ mile up the (only) road. The race route is a series of out and backs along the length of the main road of our island (4 miles per complete out and back). We will provide official scorekeepers with your bib numbers and personal data keeping track of your progress and lap times. All turn around marks will be clearly marked. The course is 100% paved with moderate rolling hills. The road is open to traffic but there are few cars and all will be aware for you and your efforts.

There will be water tables, including de-fizzed Coca-cola, and Gatorade. We will also provide a food table with fruit, bagels and energy bars. We will provide additional tables for runners to place their own personal food/drink needs.

### **Volunteers**

We can always use volunteers (have you ever seen a race with too many?) If you want to help please ask us, we'll find a job for you. There will also be many friendly islanders helping, be nice to them as they are out there to help you.

### **Bib Numbers**

Bib number **MUST** be worn on the front of shorts or shirt, and fully visible during the race or your laps will not be counted.

### **Race Packets**

Besides bib numbers, runners will be given a commemorative dri-fit race shirt (in the size indicated at the time of registration).

### **Awards**

All runners who finish their event will receive a beautiful medallion. Individual event

awards will be presented at the post-race festivities. Unfortunately, we cannot mail awards (they're really heavy!) Plan on attending the awards ceremony, or have someone pick up your award.

### **Assorted Details**

- Rustic 'rinse' showers will be provided.
- We will have EMT's in attendance in the unlikely event of any medical situations. We will be providing free beer to those of age at the post race activities including a festive bonfire and music.
- There are two water taxis that serve our island and neighboring harbors. Delight [http://cranberryisles.com/ferry\\_delight.html](http://cranberryisles.com/ferry_delight.html) (207) 244-5724, and Cadillac [http://cranberryisles.com/ferry\\_cadillac.html](http://cranberryisles.com/ferry_cadillac.html) (207) 244-0575.
- There is a restaurant The Islesford Dock (207) 244-7494 located on the Little Cranberry Island (Islesford) waterfront.
- Ocean swimming or jumping off the town dock is encouraged but be ready for cold water.
- Beach combing is magnificent; be prepared for quiet coves and unspoiled beaches (please respect private property).
- Great Cranberry is the perfect place for kids to ride bikes or explore, there is a wonderful library should you need a good read.
- The year round population of our island is approx 35.
- We have invited runners to come do a long or short training run with us and or help pace/support Ultra runners. If you see a runner who is not wearing bib numbers they are unofficial.

### **Hayward Field?**

Great Cranberry Island has been compared to Oregon's Hayward Field as a historic and motivating place to run. In the 70s and 80s Great Cranberry Island hosted a road race that was named by Runners World as one of the top 25 races in the entire country. Eventually the epic popularity required organizers to hold a lottery (the first known in the county) to choose from the hundreds of runners who wanted to run in this event which quickly earned a cult following. Per capita, Great Cranberry Island has also been credited with producing more excellent runners than any town anywhere with over 12 runners who have qualified and run in the Boston Marathon. Great Cranberry Islanders are used to seeing and supporting runners and are thrilled to welcome Ultra Runners from around the USA and Canada.

### **Getting Home**

We hope you don't leave, but if you must, use the return boat schedules for Sunday. Ask your captains on board during the trip out for exact departure times or see the boat schedule URLs above. We recommend printing boat schedules.

Finally, this event is destined to be a blast, and undoubtedly will become another part of the legendary running and runners our island has produced! Our event will feature things you may have never seen in any race and an atmosphere like no other you've ever run. Amby Burfoot the senior editor of Runner's World and 1968 winner of the Boston Marathon sends his best wishes and was hoping to make an appearance. He said to be sure and send him photos and a race report, which we will surely do. We look forward to seeing you all soon!