

**GREEN RIVER  
LAKE TRAIL**  
5K & 10K

TRAIL RUNNING & MTB SERIES  
**BLUEGRASS**  
MOUNTAIN CUP

**GREEN RIVER LAKE TRAIL 5K & 10K  
+  
BGMC #3 - GREEN RIVER LAKE STATE PARK  
JUNE 4<sup>TH</sup> & 5<sup>TH</sup>, 2022**

179 Park Office Rd, Campbellsville, KY 42718

*Wilderness Trail*  
BOURBON

**SHIMANO**

**ROCKETPOWER**  
BRAND  
CO.



The  
Spoke  
Easy



**Campbellsville  
Taylor Co.**  
TRAIL TOWN



Elizabethtown, KY



**CITIZENS**  
BANK & TRUST COMPANY



**RENEE DOBSON**  
REALTY GROUP

Larry Bowen  
Financial Advisor  
Campbellsville, KY  
270-469-9191  
Edward Jones



**HARDEN**  
COFFEE

# THINGS TO KNOW

## **Pre-registered Riders:**

- You can pick up your packet on Saturday from 12pm - 4pm or Sunday morning before your race. If picking up your packet on race day, please do so 30 mins or more before your race.

## **Day of Registration:**

- The cost is \$50 adult and \$15 youth. Cash makes this go much quicker. You have to register 30 mins or more before the start of your race.

## **Venue:**

- Green River Lake State Park is the venue, see map for parking info.
- Port-o-Johns are near the parking and start/finish area.
- No food truck Saturday, Pizza on Sunday!
- We will have 5 gal water coolers with water and Tailwind by registration.
- A bike wash will be set up thanks to our friends at Finish Line USA

## **Course:**

- The race course is ranked as beginner - intermediate and some advanced. Prerides are suggested but not required. Preride will open sometime after 1PM on Saturday till around dark.
- **THE TRAILS ARE CLOSED SATURDAY MORNING TO MTB RIDING!**
- The trail is tight single track “ old school flow”.
- The course will be marked and taped to make navigation easy. It's recommended to download the Strava Route/GPX and study the map to have confidence on race day. Links on website.

## **TRACKING PHONE NUMBER: 1-859-359-2077**

If you use Strava Beacon or any similar tracking, please send your link to this number, or email to [josh@rocketpowerbrand.co](mailto:josh@rocketpowerbrand.co)

## **RAIN OUT / REFUNDS**

We race in the rain! These trails are great with taking rain and we have a local volunteer crew that is willing to help fix things after the event. We do not give refunds because of rain. Only if weather is severe and dangerous would we call the race, or cancel. If canceled, we will work to get the race rescheduled.

If you can't make it due to family emergency, sickness, or other out of control factors, we will credit your entry to another event. Just let us know ASAP.

## **CHIP TIMING / NUMBER PLATES**

**Keep your plate! You will use the same plate through the whole series!**

If you lose it or forget it at the next race, it will cost \$5 for a replacement. We're doing this to cut back on costs and plate/chip waste.

# COVID-19

As you all know, we are still in a pandemic. Things are more relaxed now than two years ago, but we still ask that you proceed into the event with COVID-19 safety in mind.

We ask that you are mindful of others and yourself while at the race. We will be as well. Please distance yourself in the common areas. Please, no spitting. High fives are better done in the air and frequent use of hand sanitizer is highly encouraged.

If you feel sick, (fever, cough, aches, etc) don't show up. We ask that all vaccinated and non-vaccinated folks follow these rules.

## RIDER MEETINGS

Be near the start/finish area during these times for rider meetings.

Runners: 8:50AM

CAT 1: 8:50 AM  
Youth: 10:50 AM

CAT 2: 11:50 AM  
CAT 3 & JR's: 12:15 PM

## 5K & 10K START

Saturday:

5K: 9:00 AM  
10K 9:00 AM

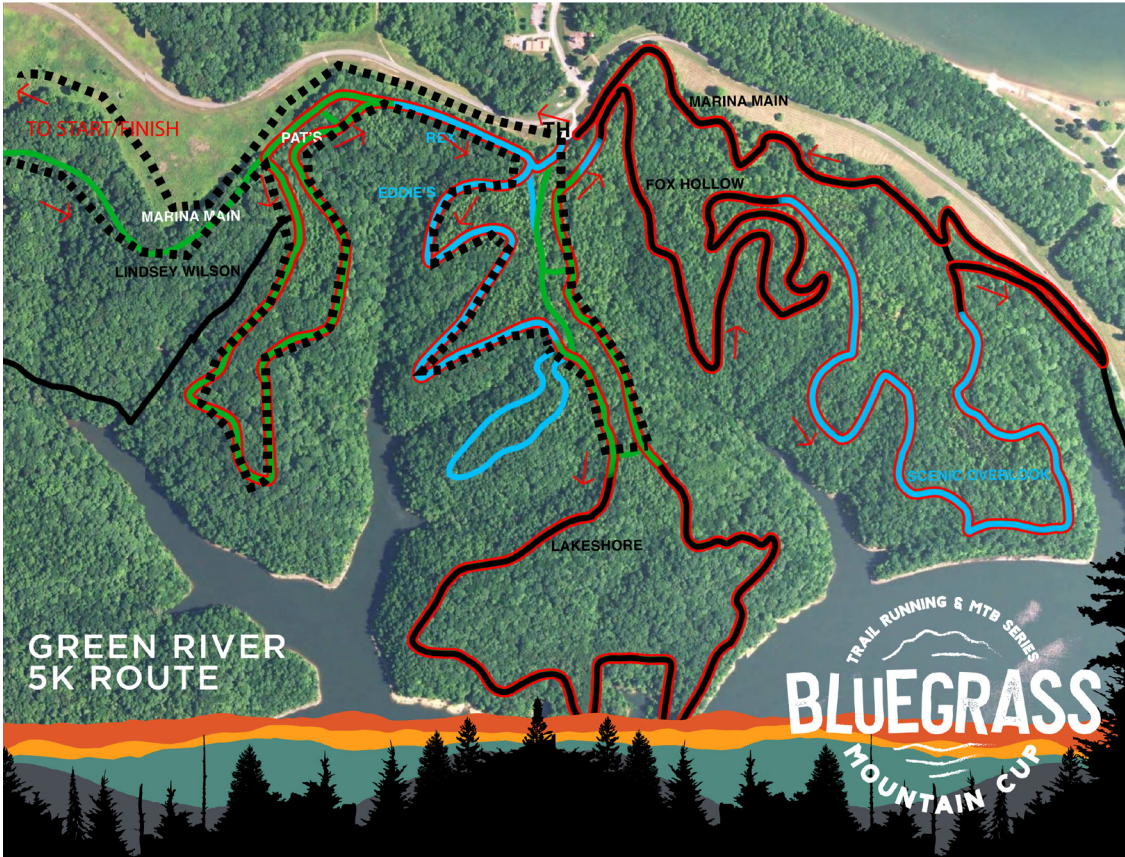
## MTB TIMES

Sunday:

9:00 AM	Pro/CAT 1 Men
9:02 AM	Pro/CAT 1 Woman
9:15 AM	CAT 1 E BIKE Men & Women
11:00 AM	YOUTH 10 & Under
12:00 PM	CAT 2 Men
12:02 PM	CAT 2 Men 30+, 40+, 50+
12:04 PM	CAT 2 Women
12:06 PM	CAT 2 Women 30+, 40+, 50+
12:15 PM	CAT 2 E BIKE Men & Women
12:20 PM	CAT 3 Men
12:22 PM	CAT 3 Men 30+, 40+, 50+
12:24 PM	CAT 3 Woman
12:26 PM	CAT 3 Woman 30+, 40+, 50+
12:28 PM	CAT 3 E BIKE Men & Women
12:30 PM	Jr Boy 15-18
12:30 PM	Jr Girls 15-18
12:30 PM	Jr Boy 11-14
12:30 PM	Jr Girls 11-14

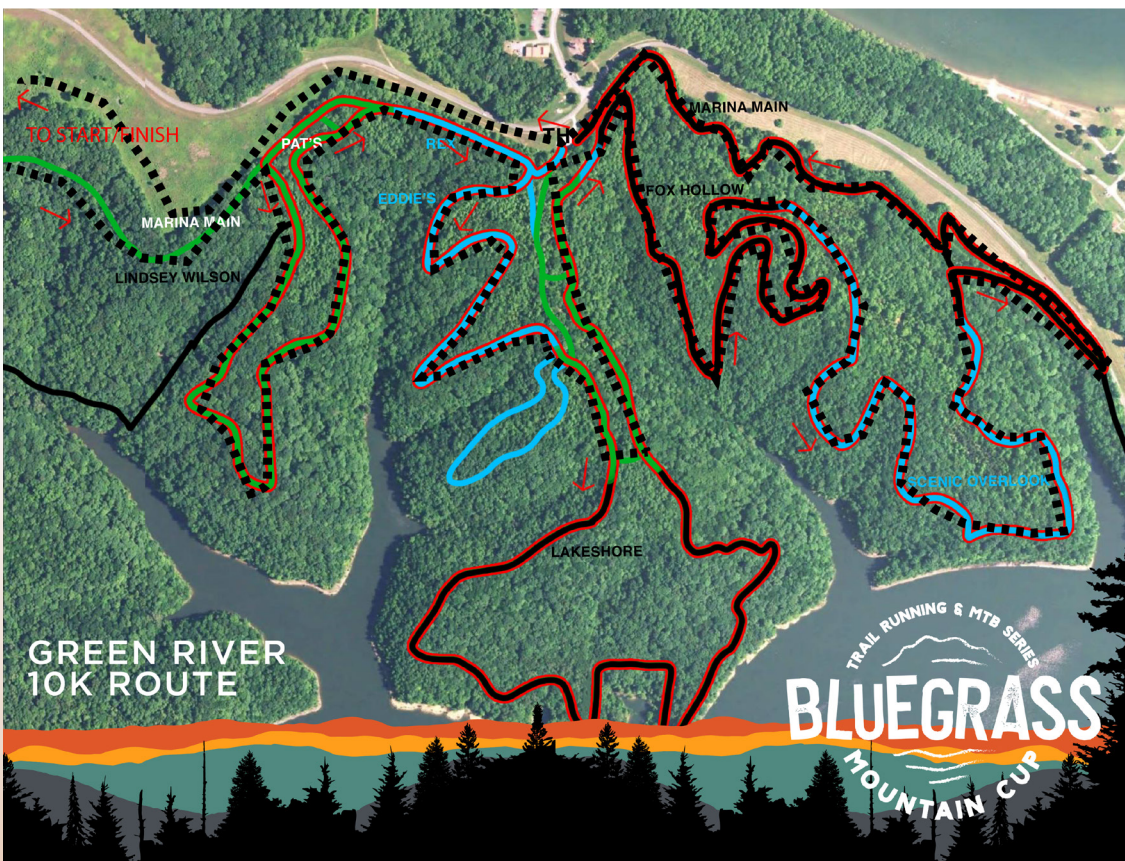
*\*\* some classes under 4 people may be combined with most similar category*

# RUNNING MAPS



## NOTE

The route for the 5K and 10K will follow back on Marina Main Trail as you go besides Pat's loop. You will be going the reverse direction on a section of trail that you already have been on.



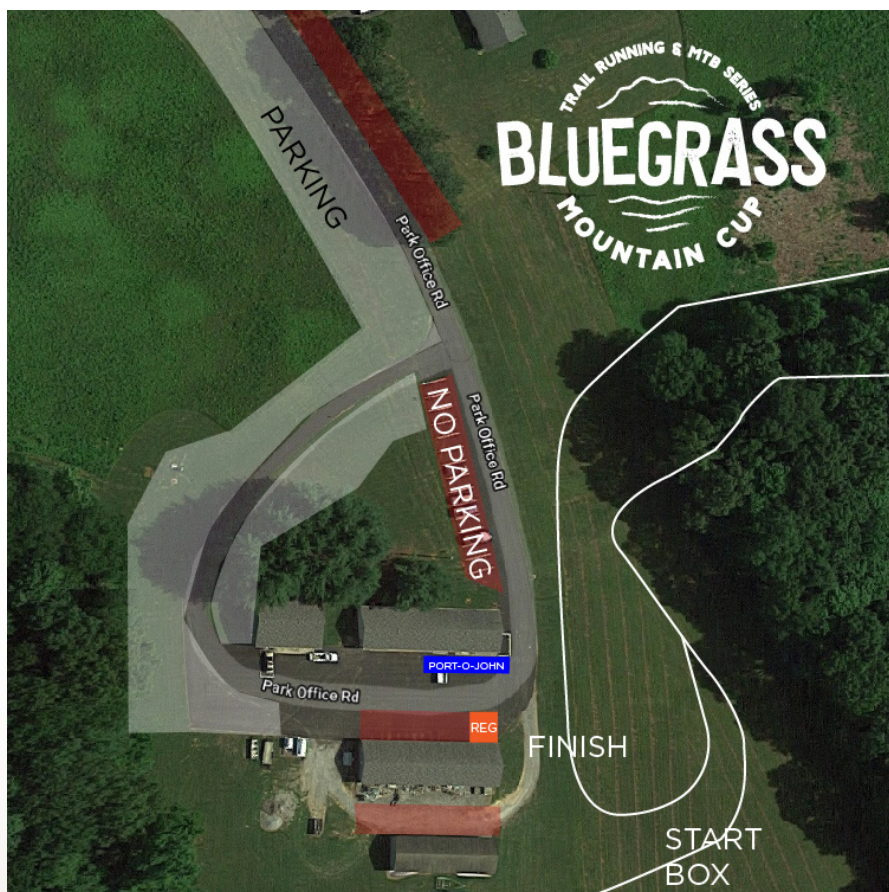
# PARKING MAP

## MTB ROUTES

Please, see website for MTB routes: [bluegrassmountaincup.com](http://bluegrassmountaincup.com)

We encourage you to use the digital files as the signage at this park is lacking and using a paper map while on a pre-ride may not be the best. We suggest using Strava or downloading the GPX and using Trailforks. We feel you studying what we have posted online will be best to get an understanding of it all.

If you have questions, please reach out.



## PARKING

Park in the grass around the roadway into the park. Do not block any of the garage space and equipment for the park. Be cautious when pulling on and off the drive into the grass, some areas have more of a lip than others.

## CONTACT THE RD!

We're aiming to create the best MTB and short distance trail running series the state has ever known. Let us know your thoughts! Also, look into Rocketpower Brand Co. for any needs with marketing, design, signage and event services!

Josh Patton,  
Race Director & Owner of Rocketpower Brand Co.  
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