Trail Runner / Hiker and Trail Running Race Director

Overview

- Why runners and hikers use the trails
- How to make the trails better and safer
- Why Race Directors use the trails
- How to make public events run smoothly
- Trail maintenance solutions
- How to promote giving back to the land

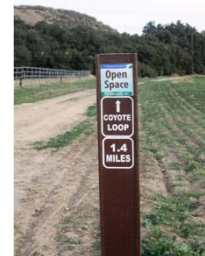# Trail Runners/Hikers User Group

Why we use the trails:
- To stay active and healthy
- Have a variation in terrain
- Avoid repetition
- Vary training locations and distances
- Get off the busy roads
- Discover and experience the quiet, tranquil, and beautiful land

How to Make the Trails Better for Runners/Hikers

- More trail name signs and trail safety signs
  - Speed limits for mountain bikes especially on single tracks & blind curves
  - Announce passing signs
- Trail signs with mileage
- Signs that offer course loop options
- Work with Google maps to reflect proper trail names
- Create bridges over impassable water obstructions (ex: Santiago Creek Trail during water releases from the dam)
- Promote Trail Rules

Trail Race Director User Group

Why Race Directors use the trails:
- Bring awareness to local trails
- Give runners a goal to work toward
- Offer a variety of races that vary in location, length , difficulty, and terrain
- Trail runners prefer an organic running adventure
- Offer training runs before the races
- Promote giving back to the land

How to Make Public Events Run Smoothly

- Create a yearly event proposal with detailed plans
- Obtain proper permitting and follow permit guidelines
- Communicate to the public and all park personnel the events taking place in the area
- Announce trail rules prior to the start of the race
- Leave no trace after each event
- Promote giving back to the land

10/3/2013

Trail Maintenance Solutions

- Place more trash cans at busy intersections
- Run or hike with a trash bag
- Solution to avoid creating unwanted trails:
  - Plant cactus in between
  - Create a barrier of plastic mesh fencing
  - Post signs "Do Not Cross" or "New Growth Area" or "Respect the land"
  - Place large logs across new entrances
  - Design a mountain bike park (Irvine Lake) with jumps, ramps, and obstacles - idea comes from the documentary "Pedal Driven"

Promote Giving Back to the Land

- Organized events offer mass marketing, promotion of trail activities, trail safety rules
- Connect with companies that have the same "corporate causes" to get volunteers for trail work (ex: REI, Whole Foods)
- Connect with local schools to recruit students that need service hours
- Offer discounts or incentive to volunteers (ex: Into the Wild OC Trail Runs offers $10 discounts into our races)

INTO THE WILD

Thank you for helping at the Trail Work Day! In appreciation please use the discount code if you would like to walk, jog, or run at our race on November 9th in beautiful Limestone Canyon.
CODE: CLEANPARKS
(good for $10 off)

Use when registering on the Active.com: http://www.active.com/event_detail.cfm?event_id=2097570

Sincerely,
www.intothewildoctrailrun.com

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