



2022 ATHLETE HANDBOOK

SUNUP TO SUNDOWN *on the* VIN GORMLEY TRAIL

"A LONG DAY IN THE WOODS"





Welcome to the RITC

We're passionate runners and Rhode Islanders, but let's face it... our oceans are the star of the show, not our trails.

Enter The Vin Gormley, a trail lovingly cultivated by someone who appreciated time in the woods as much as those of us in the trail and ultra-running community. John Vincent Gormley spent over a decade maintaining the "yellow trail loop" around Watchaug Pond, which eventually was named in his honor. Years later and in his memory, we gather on The Vin Gormley Trail to do what we do best; left-foot, right-foot, for hours on end. We're lucky to have this trail here in the Ocean State, thanks to Mr. Gormley's shared love of the outdoors.

We look forward to this October when we get to welcome you all to Charlestown, Rhode Island for the first-ever RITC. It's going to be a long, lovely day.

Enclosed here you'll find everything you need to know for this year's inaugural RITC. We'll see you soon in Charlestown.

Cheers,
Jason Paganelli
Race Director, RITC

The Course



The Vin Gormley, our home for 11-hours this October 22nd, is a beautiful mixed-terrain loop covering 7.5 miles, with roughly 1.5 miles of paved roadway, 5.5 miles of single-track trail and 1/2 mile of dirt road. There is just roughly 300 feet of elevation gain for each 7.5 mile loop.

The mission is simple, to cover as much distance as possible between the moment the sun comes up until the moment the sun goes down. This trail is so much fun, with fast, "runable" sections that will allow you to open things up, as well as technical sections that will keep things interesting and challenging, especially as the hours add up.

Aid is available at the Race Staging Area (within the Burlington State Campgrounds)



Race Structure



Early Check-In: October 21st, 4:00 -6:00 PM (*Details on page 9.*)

Race Date: October 22nd, 2022

Race-Day Runner Check-In: 5:00 - 6:50 AM

Race Start: 7:00 AM

Cutoff to BEGIN a final attempt at a course loop must begin by 5:00 PM
Course closes at 7:00 PM

Runners are ranked by loops first, and finishing time second. In other words, an athlete that covers 5 loops will place before an athlete who covers 4 loops. Only full 7.5 mile loops of the Vin Gormley Trail in its entirety count. Runners who run the same amount of loops will be ranked in the order in which they finish. An example of what results might look like is below:

- 1st Place: 60 Miles (8 Loops), 8 hours, 23 minutes and 12 seconds
- 2nd Place: 80 Miles (8 Loops), 9 hours, 47 minutes and 49 seconds
- 3rd Place: 52.5 Miles (7 Loops), 7 hours, 10 minutes and 13 seconds
- 4th Place: 52.5 Miles (7 Loops), 7 hours, 14 minutes and 59 seconds
- 5th Place: 52.5 Miles (7 Loops), 9 hours, 23 minutes and 18 seconds
- ...and so on and so forth.

*Please note that due to the limited, mostly single-track nature of the RITC, pacers are not allowed. The ultra/trail community is an awesome one, so buddy up with a competitor, work together, learn from each other, and accomplish BIG goals.

Age Groups



The top two athletes in the following divisions will receive age group performance recognition:

Open Division: 0-39

Masters Division: 40-59

Grand Masters Division: 60-79

Senior Grand Masters Division: 80+

Earning a "Finish"

The culture of ultra-running is largely athlete against course and self. The RITC is no different.

To earn a "finish" at RITC, an athlete must cover two full loops of the Vin Gormley Trail, for 15 miles in total.

That being said, there are various levels of achievement to be celebrated on this storied trail. Wood-carved finisher's medals will be handed out to all athletes that cover 15 miles or more on The Vin Gormley, but the color of the token that is to be set within the center of that medal will be based on the amount of complete loops an athlete has covered within the 11 hours.

The color-coded tokens are as follows...



15 Miles (2 Laps) - Purple
22.5 Miles (3 Laps) - Green
30 Miles (4 Laps) - Blue
37.5 Miles (5 Laps) - Orange
45 Miles (6 Laps) - Red

52.5 Miles (7 Laps) - Bronze
60 Miles (8 Laps) - Silver
67.5 Miles (9 Laps) - Gold
75 Miles (10 Laps) - White





RITC Orange Rule

Due to the time of year that we're accessing the Vin Gormley Trail, we will be traversing land throughout sections of the course where hunting is permitted.

Per the request of the State of Rhode Island: Department of Environmental Management, all competitors and volunteers must wear at least 200 square inches of orange.

Individuals not wearing orange will not be allowed to participate. This is NON NEGOTIABLE.





Course Markings

The RITC will be marked with green marking flags with the RITC logo on them. These flags will help you navigate the whole loop, as they will be placed within your sightline for the entire 7.5 miles. Simply follow the green dotted line around the Vin Gormley. Distance running is about endurance & grit, not about challenging your orienteering skills.

The road sections will be marked with cones to keep runners separate from vehicle traffic. Please stay within the line of cones

Aid Stations

There will be aid in two locations on the RITC course.

The first will be at the main race staging area within the Burlingame Campground.

The following items will be at the Campground Aid Station:

HAMMER Heed
HAMMER Endurolytes Fiz
HAMMER Endurolytes Capsules
Water
Coke
Advil
M&Ms
Peanut Butter (on spoons)

Orange Slices
Apple Slices
Bananas
Pickles
Salted/Peeled Potatoes
Crackers
Pretzels
Granola Bars

The Buckeye Brook Aid Station, half-way around the 7.5 mile loop, will consist of warm Ramen Noodles, Water and HAMMER Endurolytes Capsules only.

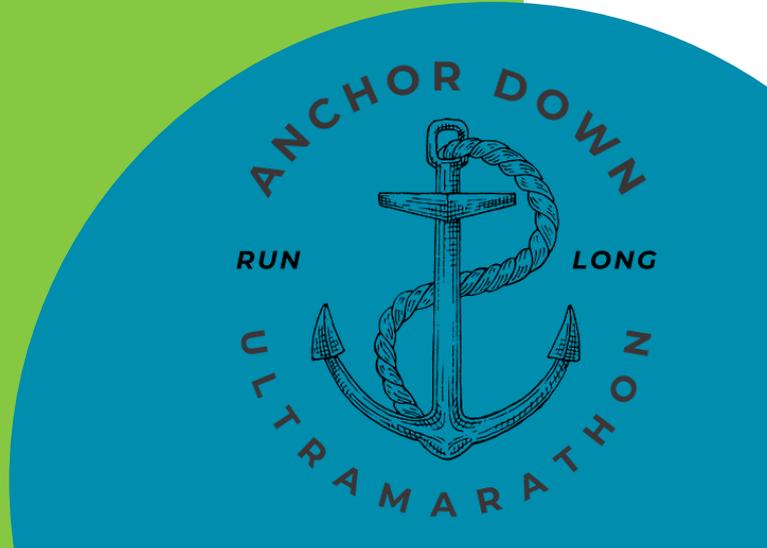




ADU Qualification

As many trail/ultra runners know, the Anchor Down Ultra in Bristol, Rhode Island has recently instituted qualification standards to try to manage interest as it comes more and more of an "A-Race" for the regional/national ultra-running community.

By running the RITC a runner has an easier (lower mileage) target in order to achieve "Preferred Entry" status to Anchor Down Ultra. By getting experience with other like-minded trail/ultra runners you will gain valuable experience that will serve you well at Anchor Down Ultra.



Running 22.5 miles (3 laps) or more in the Rhode Island Trail Classic will qualify you for "Preferred Entry" into the ADU 6-Hour.

Running 30 miles (4 laps) or more in the Rhode Island Trail Classic will qualify you for "Preferred Entry" into the ADU 12-Hour or ADU 6-Hour.

Running 37.5 miles (5 laps) or more in the Rhode Island Trail Classic will qualify you for "Preferred Entry" into the ADU 24-Hour or ADU 12-Hour or ADU 6-Hour.



Packet Pickup

WAKEFIELD
RUNNING
— COMPANY —

There are two opportunities to pick up your bib before the sun comes up on Oct. 22nd, and it's time to run...

Early Packet Pickup: October 21st, 4:00 - 6:00 PM

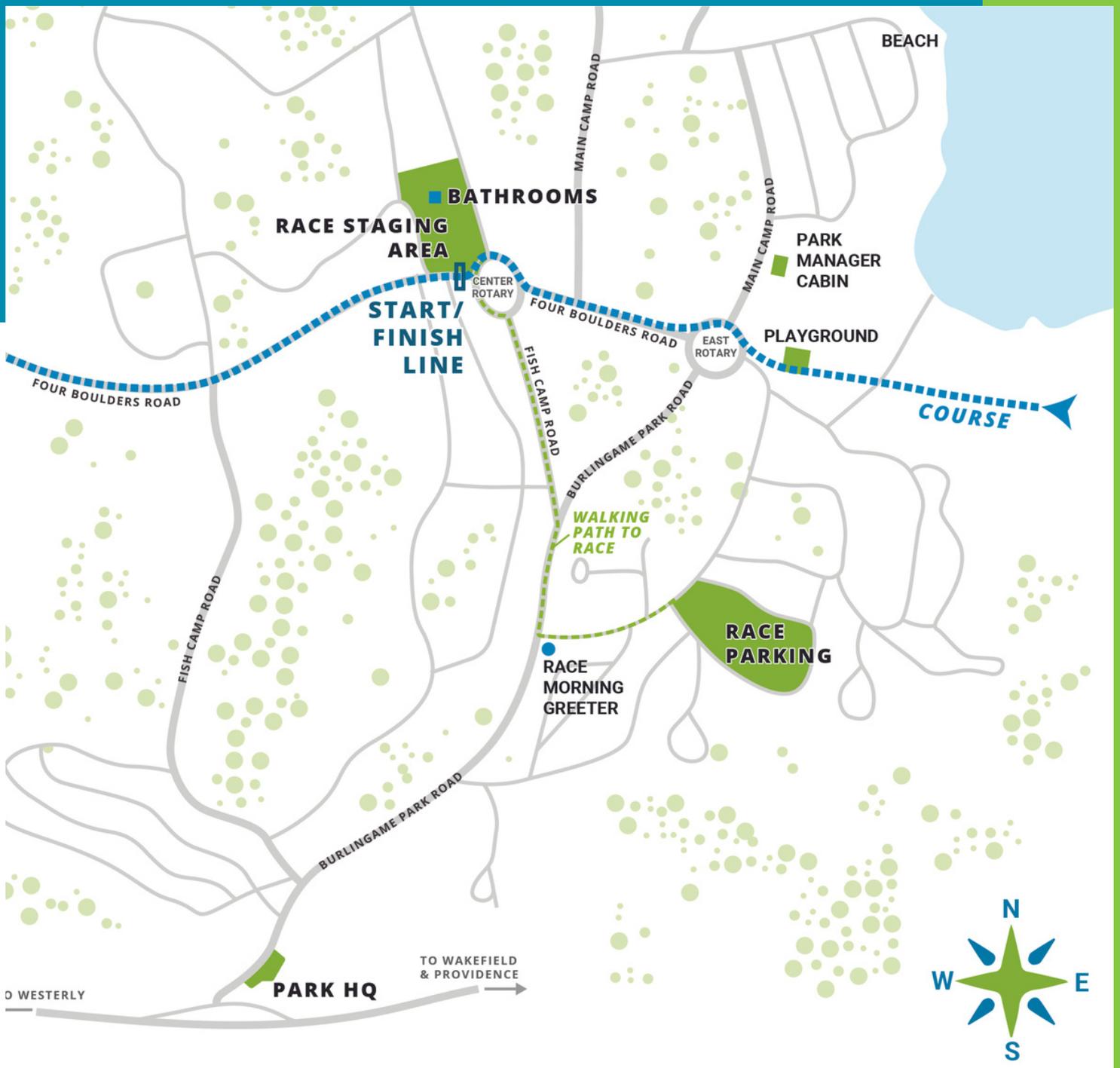
Wakefield Running Company, 20 Main Street, Belmont Market Plaza, Wakefield, RI

Race-Day Packet Pickup: October 22nd, 5:00 - 6:50 AM

Burlingame Campground, 75 Burlingame State Park Road, Charlestown, RI

Join us at early packet pickup with our friends at Wakefield Running Company and check out their awesome collection of running footwear, including HOKA!

HOKA[®]
TIME TO FLY™



Arrival

Upon arriving at the Burlingame Campground at 75 Burlingame State Park Road in Charlestown, RI, follow the signs that will take you to Runner Parking, where a team of Race Crew & Park Rangers will greet you and point you to the right location to park your vehicle. Please be aware that the race parking is 1/3 mile walk from the race staging area & starting line. If you plan on setting up chairs/cooler/tent for the day make sure you pack accordingly, or bring a wagon and/or bag to make carrying your equipment easy before and after the race.





Keep Warm

Our Race Crew will be working tirelessly to maintain 2 small campfires at the main staging area near the Campground Aid Station, adjacent to the Start/Finish Line. Here you'll be able to set up camping chairs, coolers, quick-set tents, etc as there will be room in the field adjacent to the starting line for a small self-support area for athletes and crew.

Please keep chairs and personal equipment away from the fires so that the entire crowd can cycle through and use the fire's warmth throughout the day. Please also keep children far away from these fires and under direct supervision at all times.

Please be aware all tents/chairs must be removed immediately following the race. NO OVERNIGHT CAMPING IS ALLOWED.



Sip 'n' Cheer

Our friends at Athletic Brewing are hooking us up with some awesome non-alcoholic brews for our athletes, crews and spectators alike.

Find the Athletic Brewing Company "Brew Garden" and cheer on your friends and family. We'll even throw out some chairs for when you finish. Family members/support crews are welcome to enjoy the brews, too!



Thanks to the organizations that helped us to make the inaugural RITC a reality! See you on the trails!

A special Thank You to John R, Fernando M & especially Jon P for helping this event come to life in the woods of Charlestown, RI. LET'S GO!

