

INFORMATION FOR MOUNTAIN GOAT TRAIL RUN & WALK

ALL ENTRANTS: PLEASE PICK UP YOUR PACKETS ON FRIDAY AT TOWER COMMUNITY BANK IN MONTEAGLE BETWEEN 12 AND 5 PM IF POSSIBLE. THIS WILL MAKE SATURDAY MUCH SMOOTHER FOR ALL INVOLVED. THANK YOU!

5-MILE RUNNERS:

In-person registration will be from 12-5 Friday at Tower Community Bank, Monteagle, and from 8:00-9:00 am in the American Legion building in downtown Sewanee. If you have registered, you'll give your name to the registration table and be checked off the list. If you have not, you can register and pay by check, cash (exact amount), Venmo, or credit card. Runners will be given a race bib with timing chip for the event.

The run starts at 9:30 am on Reed's Lane, between Shenanigans and Woody's Bicycles. The course will loop through downtown Sewanee before joining the Mountain Goat Trail to Monteagle.

There will be a race clock and timing software. The run length has not been certified. Prizes will be presented to the fastest male and female entrant, and medals to the top three overall male and female.

Please note that after you cross Highway 41A in downtown Sewanee, half-marathon runners will also be on the course, coming toward you. Stay to the right side of the trail.

Be aware that once you cross the bridge into the parking lot at Pearl's, you will be joining the walkers' route. Please be courteous of walkers whom you pass.

(please continue below to 'EVERYONE')

2-MILE WALKERS:

Registration will be from 12-5 Friday at Tower Community Bank, Monteagle, and from 9:00 -9:45 am at La Bella Pearl's. If you have registered online, you'll give your name to the registration table and be checked off the list. If you have not, you can register and pay by check, cash (exact amount), Venmo, or credit card.

The walk starts at 10:15 am behind Pearl's and will follow the Mountain Goat Trail to Monteagle.

Please note that half-marathon and 5-mile runners will also be on the course. Stay to the right side of the trail.

Be aware of runners passing from behind. They have been asked to be courteous of walkers whom they pass.

EVERYONE:

The finish line will be on the Mountain Goat Trail, near Dollar General. After finishing, you will make your way to Mountain Outfitters. In the Mountain Outfitters parking lot each finisher will be given tickets to the drawings for prizes from Mountain Outfitters.

Volunteers will be at all crossings on the course, and police at the Mooney's crossing on Highway 41A.

There is one water station, at Mooney's as the Trail crosses the highway about a mile from the finish.

Shuttles will be available to take entrants back to Pearl's and Sewanee. Please be patient, as wait times for shuttles may be long at times. Parking at the finish is available at the Smokehouse (please park on the west end where the restaurant formerly was located) and at Ace Hardware.

Questions? Email us at info@mountaingoattrail.org or text 931 808 8149. See you Saturday!