

STEELMAN RACING



ATHLETE GUIDE

A letter from the director

Dear Steelman Racing Athletes,

I am so happy you are racing in the 2022 Rock the Nock Running Festival! Please read the entire Rock the Nock Athlete Guide. If you have any questions, please contact me directly at info@steelmanracing.com. Steelman Racing staff will be on location at Nockamixon State Park Lots #1 and #2 from Friday morning until the completion of the race on Saturday afternoon.

Race Packet Pick-up is race day morning, Saturday, April 16th. Please see the Rock the Nock Event Schedule for each event's specific pick-up time on race day.

It will be an awesome day and thank you for racing with us!

Race hard,

Dave Michener
Steelman Racing Race Director
#steelmanready!

Athlete Guide Contents

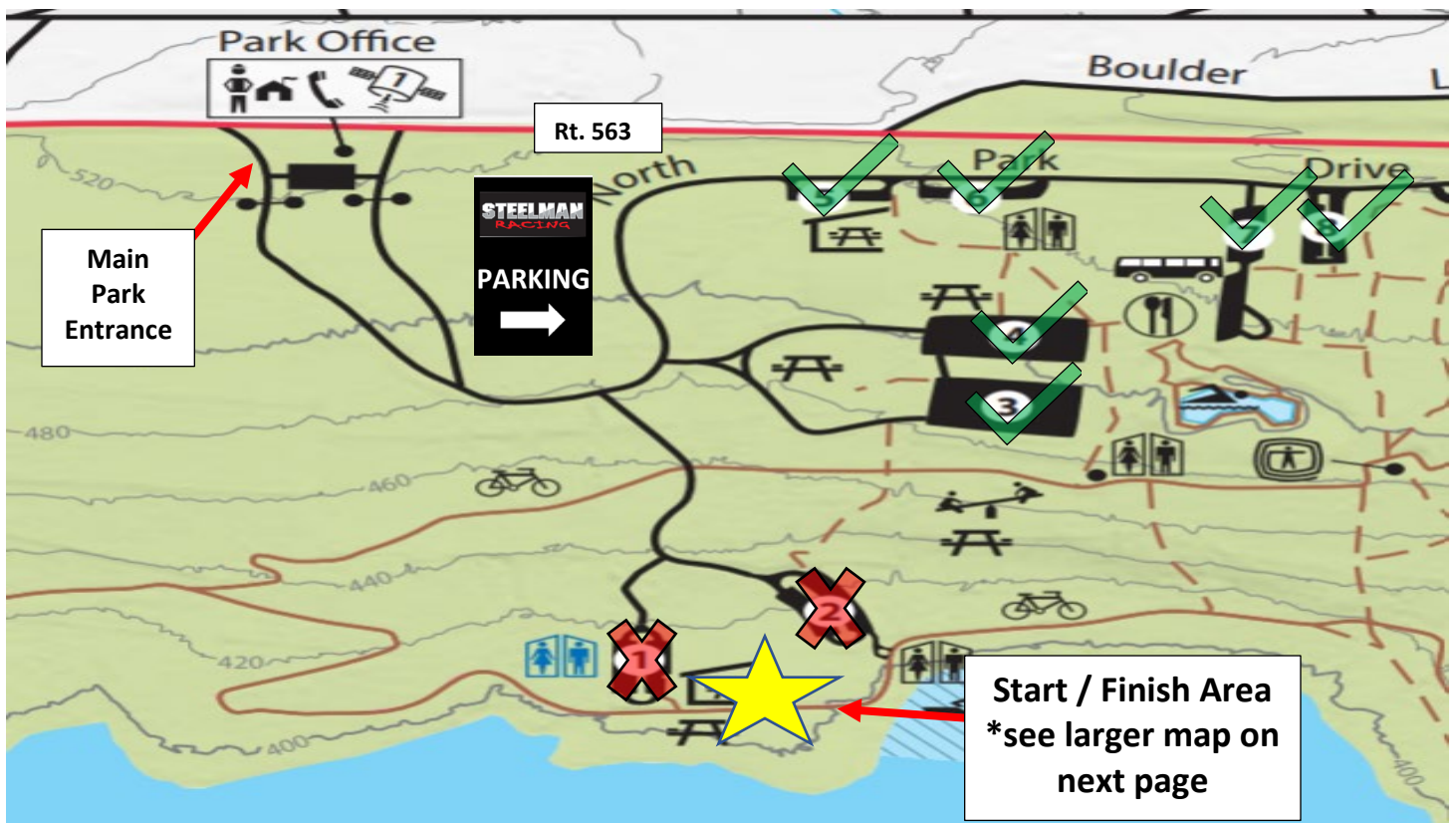
- **Location / Parking**
- **Event Times**
- **Packet Pickup**
- **Event Venue**
- **Start Staging Area**
- **13.1 & 10K Bypass / Finish**
- **Finish Area**
- **Courses**
- **Aid Stations**
- **Results / Awards**

Location :

- Lake Nockamixon State Park – Parking Lots #1 and #2 **(THIS IS NOT THE MARINA PARKING LOT)**
 - 1542 Mountain View Drive Quakertown, PA 18951
 - Please enter the park via the main park gates.

Parking:

- Runners, race staff, and volunteers are permitted to park in Lots 3, 4, 5, 6, 7, and 8
- Runners are NOT PERMITTED to park in Lots 1 and 2
- Runners will park their vehicles and pick up their Race Packet at the Registration Tent
- Runners will use the paths to access Lots 1 and 2

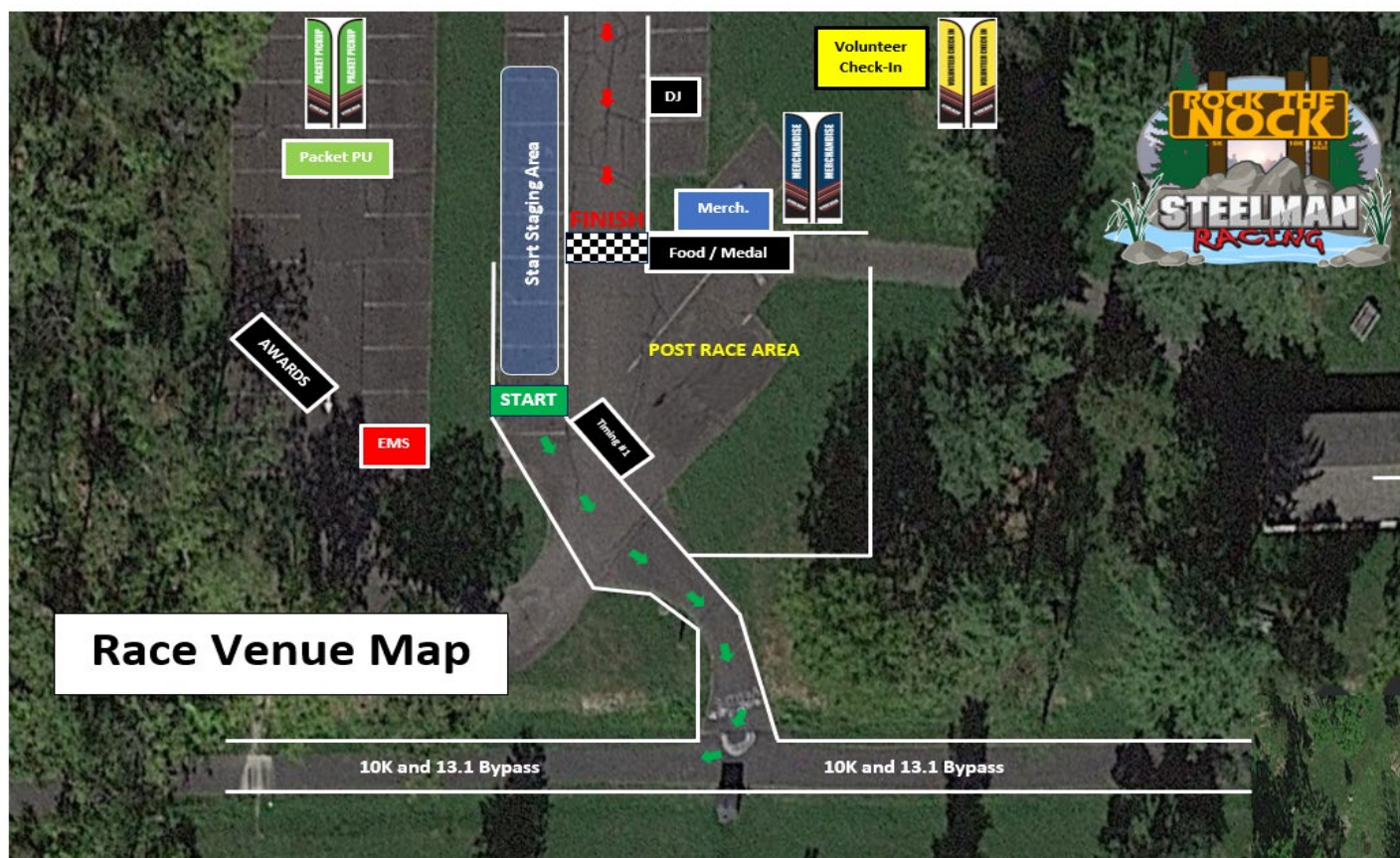


Event Schedule

Rock the Nock Event Schedule					
Event	Packet Pick-Up	Start Open	Start Time	Awards Time	Course Closed
13.1	6:30 AM	7:20	7:30	*9:45	11:00
10K	7:00 AM	7:50	8:00	*10:00	11:00
5K	7:30 AM	8:20	8:30	*10:30	11:00
Approximate award opening times are based on runner finishing times					

- All runners need to report to the Packet Pick-Up tent at their assigned times
- All runners will receive their bib, Steelman Racing Super Soft Sock (runner gift) and race goodie bag
 - All runners will also receive a free MEDAL MONDAY photograph

Race Venue



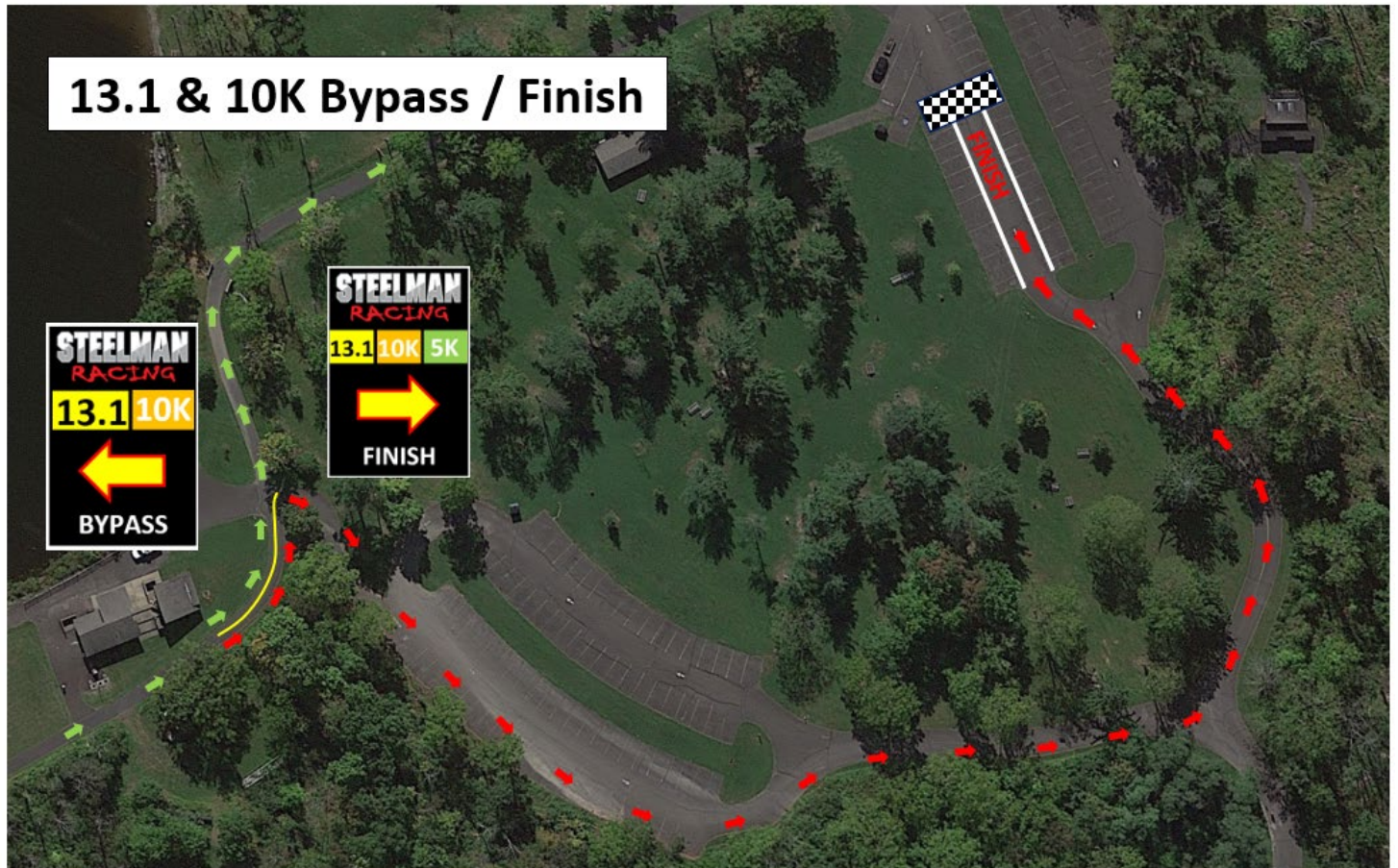
Start Staging Area

- All runners will start their race in the Start Staging Area
- Runners will start their race in a staggered start, rolling format (10 seconds apart)
- When runners cross the timing mat, their race time starts
- All runners will proceed down the starting shoot to the main run course



13.1 & 10K Bypass / Finish

- 13.1 & 10K runners will stay to the left of the trail to complete their additional laps
- To finish the race, all runners will stay to the right of the path and proceed through the parking lot to reach the finish line.

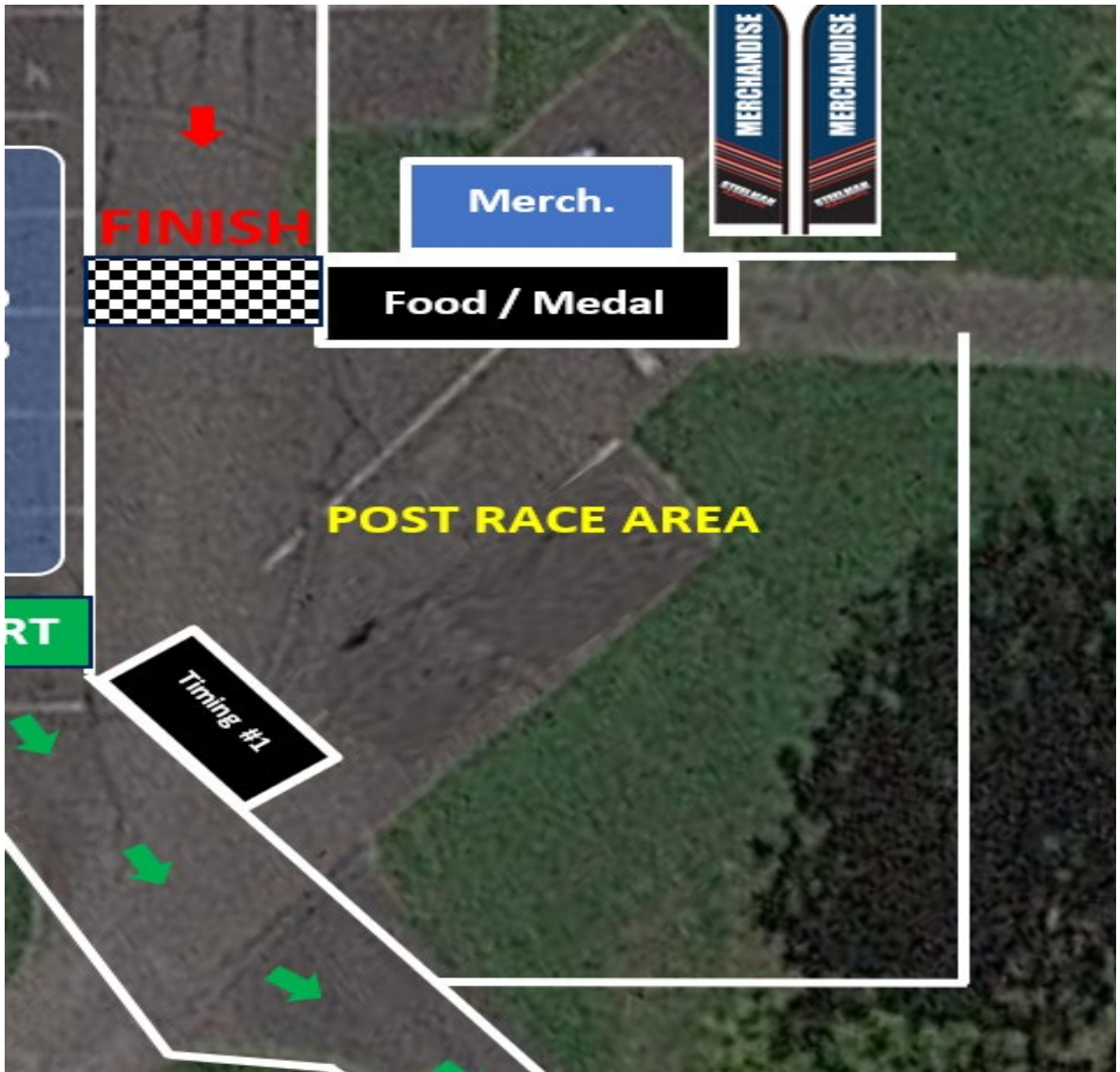


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Race Finish Area

- Runners will cross the finish timing mat to complete their race
- Runners will receive their medal and food items in the Post Race Area
- **ONLY RUNNERS ARE PERMITTED IN THE POST RACE AREA!**



GET YOUR RACE PHOTOS!



Photographers will be on the course, at the finish, and in the post-race area capturing all your awesome moments from the race. All runners will receive a free MEDAL MONDAY picture and will be able to purchase additional photos, mugs, magnets, etc. with their race photos on them. Directions for obtaining race photos will be emailed to all finishers after the event.

****MAKE SURE YOUR RACE BIB CAN BE SEEN TO CLAIM YOUR PICTURES****



COMPOSING AND CAPTURING EACH PRECIOUS MILESTONE

Best Sign Contest!

Bring out your signs and cheer on the runners! The awards crowd will select the top three signs and winners will receive Steelman Racing swag.



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<https://www.tanzibrothers.com/>

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VISIT US AT

NORTH WALES RUNNING CO.
111 N. MAIN ST.
NORTH WALES, PA 19454
(215-699-4282)

ALL KINDS OF FAST
214 BRIDGE ST.
PHOENIXVILLE, PA 19460
(484-924-9203)

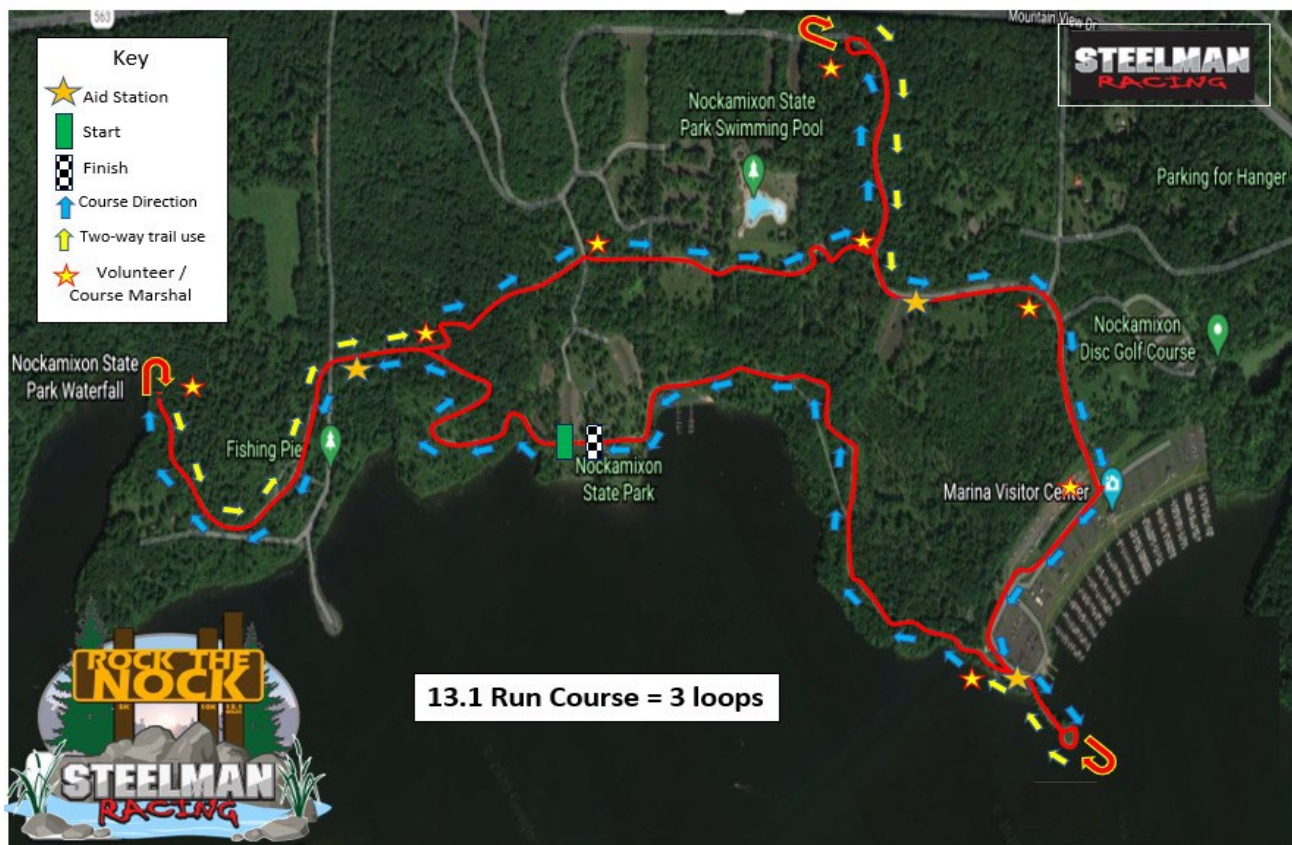
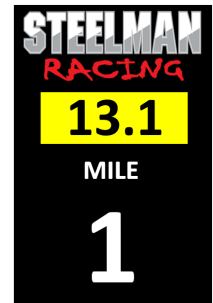


Hammer has been supplying athletes with natural products free of added sugars, artificial colors, flavors, chemicals, and preservatives for over 30 years. Visit their site to learn how to fuel smart, so come race day, you're ready to perform at your best!

<https://www.hammernutrition.com/>

Course: 13.1- mile (3 loops)

- Runners will complete 3 full loops of the 13.1 mile course and use the Finish Line Bypass **twice** (see picture below)
- All 13.1-mile runners will receive a yellow race bib with their race number on it
- 13.1-mile runners will use the yellow mile markers on the course
- Course marshals will be located throughout the course to monitor runner safety and to ensure runners remain on the course



Course: 10K (2 loops)

- Runners will complete 2 full loops of the 10K / 5K course and use the Finish Line Bypass once (see picture below)
- All 10K runners will receive an orange race bib with their race number on it
- 10k runners will use the orange mile markers on the course
- Course marshals will be located throughout the course to monitor runner safety and to ensure runners remain on the course



Course: 5K (1 loop)

- Runners will complete 1 full loop of the 5K course and follow the green mile marks on the course
- All 5K runners will receive a green race bib with their race number on it
- Course marshals will be located throughout the course to monitor runner safety and to ensure runners remain on the course



Aid Stations

- There will be three aid stations available to all runners on the 13.1, 10K, and 5K courses
- Cups of water will be spread out on tables
- Runners may carry water bottles on the course
- All trash must be disposed of in trash containers



Proceeds from the Rock the Nock event will be donated to The Friends of Nockamixon State Park. Please consider donating to support this group's mission of helping Nockamixon State Park.

<https://runsignup.com/Race/Donate/PA/Quakertown/RocktheNock2021>

Mission Statement:

The Friends of Nockamixon State Park is a diverse group of volunteers whose mission is to conserve the resources within the park and to promote the recreation, education, and safe use of the park.

Rock the Nock Age Group Awards



13.1		10K		5K	
Male	Female	Male	Female	Male	Female
Top 3 Overall	Top 3 Overall	Top 3 Overall	Top 3 Overall	Top 3 Overall	Top 3 Overall
15 – under (3)	15 – under (3)	15 – under (3)	15 – under (3)	15 – under (3)	15 – under (3)
16 – 19 (3)	16 – 19 (3)	16 – 19 (3)	16 – 19 (3)	16 – 19 (3)	16 – 19 (3)
20 – 24 (3)	20 – 24 (3)	20 – 24 (3)	20 – 24 (3)	20 – 24 (3)	20 – 24 (3)
25 – 29 (3)	25 – 29 (3)	25 – 29 (3)	25 – 29 (3)	25 – 29 (3)	25 – 29 (3)
30 – 34 (3)	30 – 34 (3)	30 – 34 (3)	30 – 34 (3)	30 – 34 (3)	30 – 34 (3)
35 – 39 (3)	35 – 39 (3)	35 – 39 (3)	35 – 39 (3)	35 – 39 (3)	35 – 39 (3)
40 – 44 (3)	40 – 44 (3)	40 – 44 (3)	40 – 44 (3)	40 – 44 (3)	40 – 44 (3)
45 – 49 (3)	45 – 49 (3)	45 – 49 (3)	45 – 49 (3)	45 – 49 (3)	45 – 49 (3)
50 – 54 (3)	50 – 54 (3)	50 – 54 (3)	50 – 54 (3)	50 – 54 (3)	50 – 54 (3)
55 – 59 (3)	55 – 59 (3)	55 – 59 (3)	55 – 59 (3)	55 – 59 (3)	55 – 59 (3)
60 – 64 (3)	60 – 64 (3)	60 – 64 (3)	60 – 64 (3)	60 – 64 (3)	60 – 64 (3)
65 – 69 (3)	65 – 69 (3)	65 – 69 (3)	65 – 69 (3)	65 – 69 (3)	65 – 69 (3)
70 + (3)	70 + (3)	70 + (3)	70 + (3)	70 + (3)	70 + (3)

- All results will be posted, once verified, after each runner crosses the finish line
 - Overall results will be displayed on scrolling screens next to the finish line
- Award ceremonies will be held at the posted times on the Event Schedule