



2014

dixie

REDROCK

R E L A Y

Race Guide & Maps

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info@redrockrelay.com

Welcome

RRR DIXIE is just around the corner and YOU are a part of it! This RRR Race Guide will help you to chart your journey in the safest and most effective way. Please read through this thoroughly as it will make your race experience much more enjoyable. The Dixie Guide is now Mobile ready and should be downloaded by each team for use on a laptop, tablet or smartphone while on course.

Packing List (suggested, add as needed)

RRR Runners	RRR Teams
<ul style="list-style-type: none"> • Food & Fluids • Running Shoes (2 pair in case) • Jacket • Change of clothes, SOCKS especially • Sunglasses • Sunscreen • Hat • Cell phone • Drivers license • Cash • Credit/debit card • Toothpaste, ibuprofen, toothbrush, and other toiletries 	<ul style="list-style-type: none"> • Cooler with ice • First-aid kit • Reflective vests • Headlamps • Garbage bags • Paper towels • Spray bottle • Scissors • Pens • Toilet paper • Baby wipes • Lotion • Food • Additional Fluids (water, sport drink)

Travel

Start & Finish Location

Vernon Worthen Park - 300 South 400 East, St. George, Utah
(please arrive a minimum of 30 min. before your assigned start time)

From SLC

- Get on I-15 South towards Las Vegas and travel 297 miles
- Take exit 8 for St George Blvd
- Turn Right on St George Blvd and travel .8 miles
- Turn Left on 400 East
- Vernon Worthen Park is .3 miles on your Right

From Denver

- Get on I-70 West and travel 493 miles
- Merge onto I-15 south and travel 124 miles
- Take exit 8 for St. George Blvd, turn right and travel .8 miles
- Turn Left on 400 East. Vernon Worthen Park is .3 miles on your Right

From Las Vegas

- Take I-15 North toward Salt Lake City and travel 121 miles
- Take exit 6 for UT-18 North toward Bluff Street and turn left onto Bluff St.
- Turn Right at the first light onto Main Street and travel 1.2 miles
- Turn Right onto 300 South and travel .4 miles
- Turn Left on 300 East. Vernon Worthen Park is .1 miles on your Left

Schedule of Events

Thursday March 6 2014

Race course is pre-marked with spray chalk, signs, and barricades
Portable Rest Rooms dropped

Friday March 7 2014

Race Check In: 6-9 pm
Location: Coral Springs Resort
98 N. 6680 W. Hurricane, UT 84737

FRIDAY CHECK-IN IS MANDATORY! At least one person from your team must check in on Friday night.

Saturday March 8 2014

6am – 11am: Teams depart for the Dixie Red Rock Loop
6pm – 8 pm: Team Finish at Vernon Worthen Park
9 pm-12am: Cruise St. George and celebrate success
1 am: Bedtime! Athletes feel really good about their RRR experience!



Start Times

Each team has been assigned a specific start time based on their projected finish. Your team should be crystal clear on your start time. Start times are located on the Dixie page of redrockrelay.com. If you have any doubts, PLEASE email info@redrockrelay.com

All teams will start between 6am and 11am. Any teams with a pace slower than 12 min mile may not finish the race before the finish line closes at 9 pm! We love you guys too much to have you out on the Red Hills trail after dark!

Event Check In

Team captains or members may check in for the entire team but we recommend all members come for the fun! Please bring photo ID.

****This year we will be combining registration with a dinner party provided by a local church youth group. Make sure your entire team is there to kick off Dixie in Red Rockin' style!****

We will have a RRR retail table set up with custom RRR merchandise for sale. *We will also have 2014 - 2015 race registrations available (Captains that register will receive an early bird hook-up for joining us early!)

***IMPORTANT**

Race Check in and Start Time runner check in are not the same thing. We STRONGLY advise that all teams have a representative check in Friday night. First leg runners are required to do an additional runner check in 30 minutes prior to race start to confirm the team's participation.

Team members who have not pre-registered on the web site are not guaranteed a race shirt.

Start Line

Runner 1 must arrive at the start no later than 30 minutes prior to their assigned start time. Please remember that the temperatures race morning could range from 40-66 degrees! The early runners should plan accordingly for warmth etc. especially if you have an earlier start time.

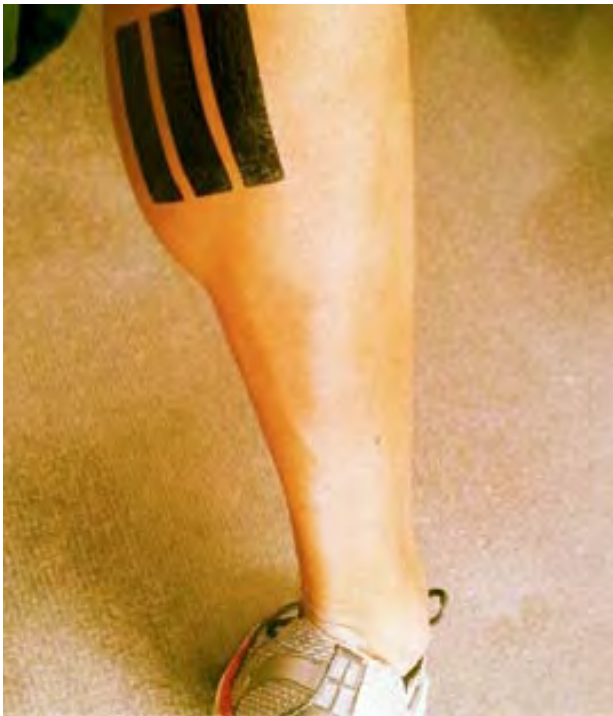
Race Coverage

We will be running live race updates on facebook during and after the race. Upload your pics & video on facebook.com/redrockrelay. Friends and family can check the site throughout the day to receive reports on your race efforts.

Body Marking

We are providing body marking tattoos for your enjoyment. At the conclusion of each runner leg the athlete will earn one “bar” from the Red Rock Relay logo. After each leg and the finish, the runners will have the complete 3 bar RRR logo. Athletes can place their marking on their arms, calves, etc. (see photos below) Take time to put on your bar tattoos at the leg exchanges.

Each member of your team will have your team number written on their calf by a RRR staff member. This is for the purpose of team identification during the race.



Course Marking

It is each team and runners responsibility to **KNOW THE RRR DIXIE COURSE!!!** We have provided extensive maps and materials to help direct your efforts. The entire course will be heavily marked with white spray chalk, cones, RRR signage, and vertical panel barricades.

*Each turn will have a directional arrow to help guide course changes.

*Each Leg will have a 12 foot finish/start chute with red and white flagging.

*Each intersection is marked with a CAUTION or STOP sign and traffic lights **MUST BE OBSERVED.**



directional signage



leg exchange finish chute

Heat Running Tips

Temperatures at high elevations can fluctuate dramatically. Runners need to prepare for all conditions, Rain, Sleet, Snow, Wind, or Sunshine! The greatest danger is excessive heat, here are some tips:

1. Avoid dehydration! You can lose between 6 and 12 oz. of fluid for every 20 minutes of running. It is important to pre-hydrate (10-15 oz. of fluid 10 to 15 minutes prior to running) and drink fluids every 20-30 minutes along your running route. Indications that you are running while dehydrated are a persistent elevated pulse after finishing your run and dark yellow urine. **Keep in mind that thirst is not an adequate indicator of dehydration.**

2. If you become dizzy, nauseated, have the chills, or cease to sweat.... **STOP RUNNING!** Seek some shade and drink water or a fluid replacement drink such as Gatorade. If you do not feel better, get help immediately. Heatstroke occurs when the body fails to regulate its own temperature and the body temperature continues to rise. Symptoms of heatstroke include mental changes (such as confusion, delirium, or unconsciousness) and skin that is red, hot, and dry, even under the armpits. Heatstroke is a life-threatening medical emergency, requiring emergency medical treatment.

3. Run in the shade whenever possible, avoid direct sunlight and blacktop. When you are going to be exposed to the intense summer rays of the sun, apply at least SPF 15 sunscreen and wear protective eyewear that filters out UVA and UVB rays. Consider wearing a visor that will shade your eyes and skin but will allow heat to be transferred off the top of your head.

4. If you have heart or respiratory problems, or you are on any medications, consult your doctor about running in the heat. If you have a history of heatstroke/illness, run with extreme caution!

5. DO wear light colored breathable clothing.

Communications

Much of the RRR Dixie Course travels areas with little to no cell service. Verizon wireless has the best coverage. Please be prepared with everything you need. We will have race personnel on the course with radio and satellite communications.

Food & AID Locations

Once you leave St. George there is little to nothing in the way of gas stations, or stores! We strongly recommend loading up with everything you need before starting the event.

Emergency

Dixie Regional Medical Ctr
1380 East Medical Center Drive
St. George, UT 84790
(435) 251-1000

Police Department

200 East 265 North
St. George, UT 84770
(435) 627-4301



Restaurants in the Area

Ah'sya Vietnamese	2654 Red Cliffs Drive	(435) 627-1272
Restaurant Albertos Mexican	705 North Bluff Street	(435) 628-9055
Food Applebees	150 South River Road	(435) 628-6600
Bear Paw Coffee Co.	75 N Main St.	(435) 634-0126
Benja Thai & Sushi	2 W St. George Blvd #12	(435) 628-9538
Bombay Cafe Indian	57 North 700 East	(435) 673-8888
Cafe Rio	71 E St. George Blvd	(435) 656-0200
Cappelettis	36 E Tabernacle St.	(435) 986-4119
Cold Stone Creamery	245 Red Cliffs Dr. Ste 4	(435) 688-9609
Durango's Mexican Grill	245 Red Cliffs Dr. 1279	(435) 688-2200
Five Guys Burgers	E 100 S	(435) 673-7337
Golden Corral	42 S River Rd.	(435) 673-5700
IHOP	275 S Green Sps Dr, Wa	(435) 627-2282
In-N-Out Burger	W Telegraph St, Wa	(800) 786-1000
Jazzy's Rock N Roll Grill Little	285 N Bluff St	(435) 674-1678
Caesars Pizza	702 E 700 S	(435) 628-8100
Mad Pita Express	2376 E Red Cliffs Dr, Ste 216	(855) 623-7482
Marv's Drive In	1091 N Bluff St	(435) 656-1450
Mongolian BBQ	250 Red Cliffs Dr	(435) 656-1880
Olive Garden	1340 E 170 S	(435) 656-8940
Outback Steakhouse	250 Red Cliffs Dr #40	(435) 674-7788
Painted Pony	2 W St. George Blvd	(435) 634-1700
Players Sports Grill	Convention Center Dr.	(435) 634-9211
Sakura Japanese Steakhouse	939 E St. George Blvd	(435) 275-2888
Smashburger	158 Red Cliffs Dr #2	(435) 656-9815
Subway	765 E 700 S	(435) 628-4007
Texas Roadhouse	3854 Red Cliffs Dr	(435) 986-1776
The Pizza Factory	2 W St George Blvd #8	(435) 628-1234
Wendy's	120 N 1000 E	(435) 628-5830
Wingers	188 S River Rd	(435) 688-1181
Xetava Gardens Cafe	815 Coyote Gulch Ct	(435) 656-0165



Gas Stations

Located throughout St. George.

Grocery

Smith's Food and Drug
20 N Bluff Street
St. George, UT
(435) 673-8880



RRR Restrooms

Portable Restrooms are located at every runner exchange. They will be stocked and ready to meet your needs 😊. If you want to be extra cautious bring a couple extra rolls of toilet paper just in case the restrooms are running low.

Garbage Controls

We ask teams to control their garbage by storing and dumping it in garbage cans. Be mindful of the majestic environment you are running in and do all that you can to preserve its beauty.

Finish Line Shin Dig

The Finish Line is located at Vernon Worthen. We highly recommend that teams gather near the finish and run in together through the chute. There will be plenty of parking available just follow the volunteers and signage.

Finish Line Activities:

Finisher Medals through the Finish Line
Team Photo Ops
Music
Relaxation in the Shade
Light refreshments

****The RRR retail canopy will be set up with gear for sale & 2014-15 race registrations!***

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Rules and Safety

Reflective Vests are required on legs 1, 2, & 11, 12. Vests also required before 9 am and after 6 pm.

Headlights

All race vehicles are required to have headlights on day and night for the duration of the event. Just think of it as a really big funeral procession, but cooler!

Run Into Traffic

With a few exceptions we do not close roads during the race. Runners are to run facing oncoming traffic (on the left side of the road). Exceptions are legs 1-3 and 8-12 where UHP mandates that you run on the right side of the road. We will have presence along the race course from Washington County search and rescue, Highway Patrol, Sheriffs and other local law enforcement agencies.

Race Numbers and Wrist Wraps

Race bibs must be worn at all times & wrist baton must be carried/worn at all times throughout the race.

Conduct on Race Course

Any conduct deemed unsafe or unsportsmanlike in nature will not be tolerated. This also includes van decorations that are overtly suggestive, sexual, or contain foul language. Participants who are reported to have littered, urinated, or defecated on private property will immediately be disqualified. Please use good judgment and be considerate of property owners along the course. Portable toilets will be available throughout the race.

Vehicle Parking

No parking is allowed along the road within 500 feet prior to an exchange. Parking is allowed in designated areas only after the exchange point marker. Please park off the road as far as possible, watch for participants, and stay alert to other traffic. In addition we ask that as you travel the race route that you be courteous and respectful of the cities and venues. Park in sensible locations and avoid residential locations like people's homes. Each Van Exchange location will have adequate parking available. Follow signs and race volunteer directions.

Inclement Weather

If weather is too severe or there is significant damage to the course, the event has the potential for cancellation. In case of inclement of weather, use precautions & listen to RRR volunteers & staff

Running in varied Weather and Temperatures

One of the most appealing elements of the Red Rock Relay is the varied terrain and weather that athletes will experience on course. Beginning Saturday morning around 9 am the Red Rock will be taking place in sunny and heated conditions. Minimizing the loss of fluids and maximizing the reduction of heat are important factors to consider. Runners must be supported by their vans with fluids. Be prepared. The most important step you can take during the race is to continuously hydrate. Participants are strongly urged to carry large containers of water in team vehicles! For people undertaking running or walking activities, 12 - 16 cups of water per day is recommended.

In the event of an emergency

For minor treatment of injuries, blisters etc, be prepared and have a basic first aid kit in support vehicles. If you have any major injuries or health concerns please call 911 immediately. Local EMS units will be on call and prepared to respond to emergencies.

Team Tips

No traffic or police monitors are promised to protect runners and walkers from traffic along the course. Great care must be exercised at all times by participants and team vehicles. Participants must travel along the left road shoulder or sidewalk (unless otherwise specified), and obey Utah traffic laws & signals.

Course Closure

The Race Course and Finish Area will close Saturday evening at 9:00 PM. Any teams still on the course at that time may be requested to discontinue the race, if deemed necessary by Race Officials.

MP3/Audio Headsets

Participants are highly discouraged from using MP3s and other audio headsets during the relay. These devices impede the ability to hear your surroundings and are a safety hazard.

First Aid

Teams are required and responsible for supplying an adequate first aid kit on board each vehicle to treat blisters, abrasions, headaches, heat exhaustion, and other common ailments. Most running/walking injuries directly related to soft tissue trauma and are effectively treated with ice. We recommend bringing a cooler filled with ice (remember R.I.C.E: Rest Ice Compression Elevation).

Garbage

Don't Pack Your "Packages". Limit the packaging you buy or bring, and take re-usable containers for things like toiletries and post-run snacks, rather than one-time travel size containers which just add to waste. Throw Away Properly! This is a no brainer, but please remember to not litter. Every little piece adds up. Use Biodegradable Products. Often available at camping or outdoor stores, biodegradable products make a big difference when traveling or accidentally left behind in the pristine Utah landscape.

Safety Vest & Head Lamp Usage

Your reflective safety vest must be worn before 9 am and after 6 pm. All of these requirements are in place to protect you and increase visibility for those around you. Violations of these requirements will result in an immediate DQ for the entire team.





Full Course Map



Graph: Min, Avg, Max **Elevation: 2515, 3312, 4695 ft**

Range Totals: **Distance: 64.3 mi** **Elev Gain/Loss: 3615 ft, -3604 ft** **Max Slope: 8.4%, -9.1%**





Leg Breakdowns

Leg Breakdowns




Leg 1 "Dixie Dash"	- 6.37 miles	MEDIUM
Leg 2 "One Blooming Hill"	- 3.98 miles	MEDIUM
Leg 3 "Business on the Boulevard"	- 7.15 miles	HARD
Leg 4 "The Shivwits"	- 5.16 miles	MEDIUM
Leg 5 "Canyon Crawler"	- 4.47 miles	HARD
Leg 6 "Gunlock and Load"	- 4.09 miles	HARD
Leg 7 "The Treadmill Buster"	- 4.24 miles	HARD
Leg 8 "The Wall"	- 4.23 miles	VERY HARD
Leg 9 "Frankly, I Don't Give a Dammeron"	- 7.43 miles	HARD
Leg 10 "Dixie Descent"	- 5.77 miles	MEDIUM
Leg 11 "Joe vs The Volcano Field"	- 3.97 miles	MEDIUM
Leg 12 "Red Rover"	- 7.39 miles	HARD

Total - 64.25 miles

Runner Breakdowns

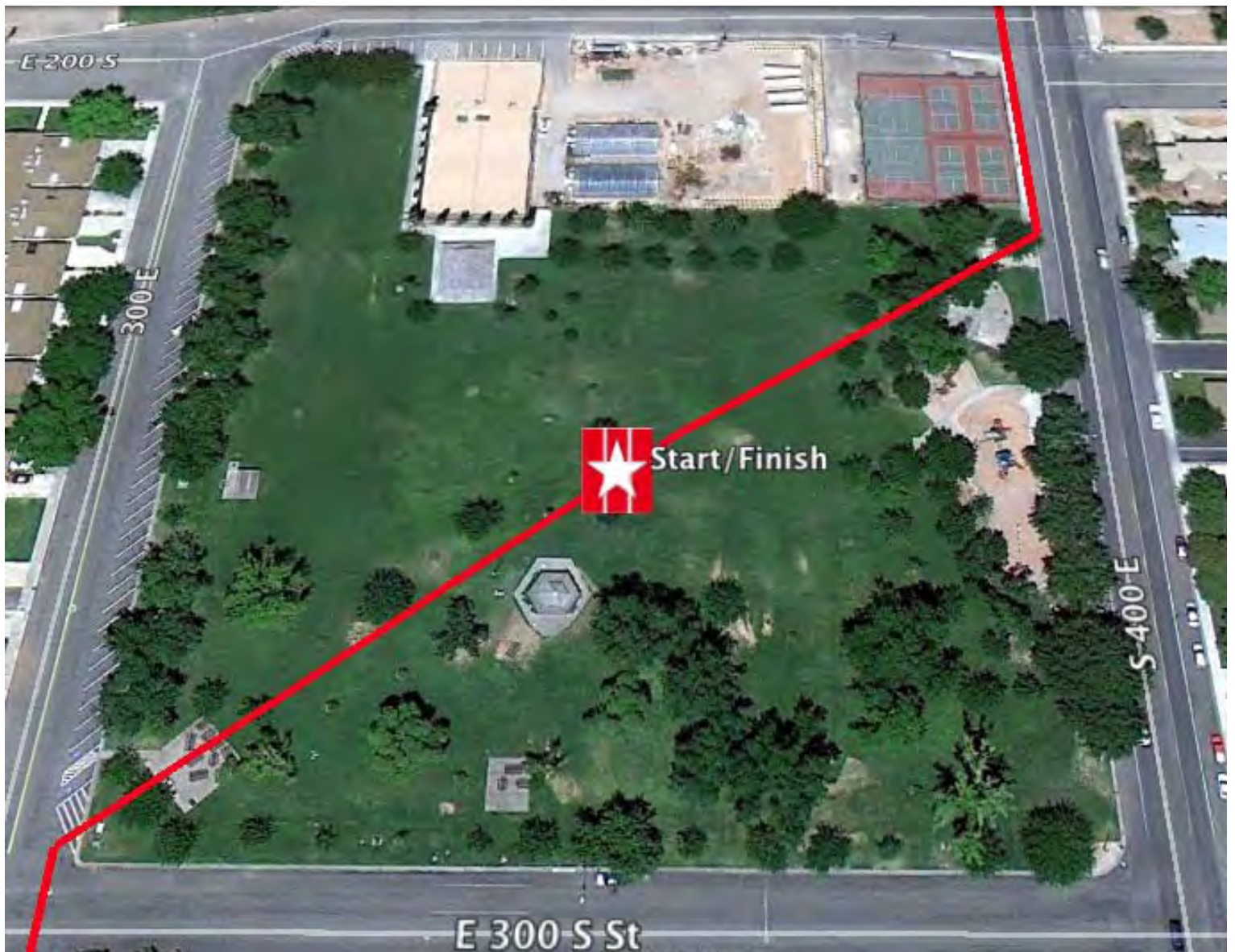
Runner #1 Total Miles	10.61
Runner #2 Total Miles	8.21
Runner #3 Total Miles	14.58
Runner #4 Total Miles	10.93
Runner #5 Total Miles	8.44
Runner #6 Total Miles	11.48

MAP KEY

	Course
	Mile Marker
	Start / Finish



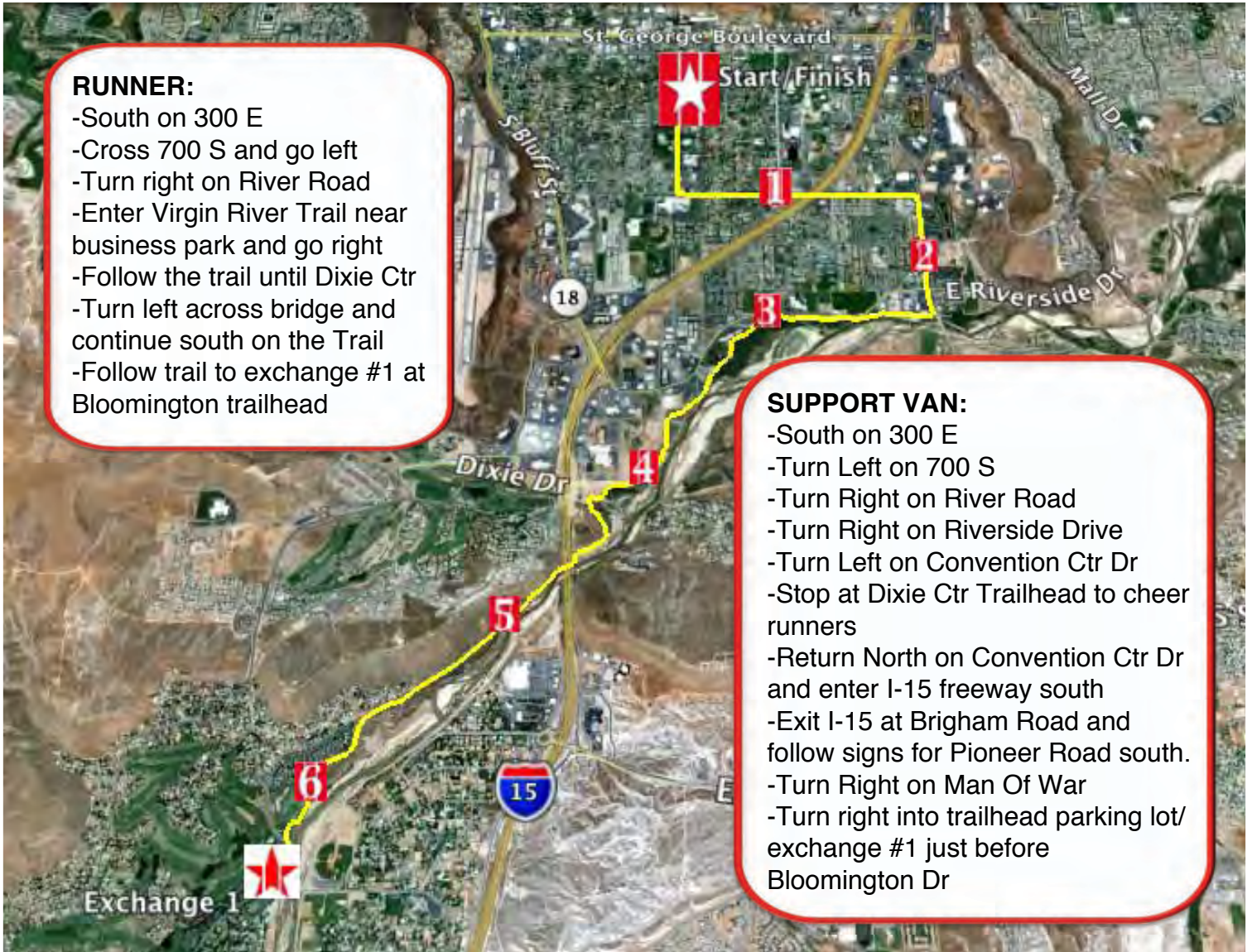
Race Central - Vernon Worthen Park



The 2014 RRR Dixie starts and ends in the heart of St. George City at Vernon Worthen Park located at 300 South 400 East. This central location is the ideal start and end of your adventure. Be mindful of local residents and please observe parking requirements. We will have restrooms, food, first aid and many other amenities available to meet your needs.



LEG 1 6.37 miles



"Dixie Dash"

Description: The perfect start to your adventure! From Vernon Worthen Park you will run past the beautiful St George LDS Temple and make your way to the Virgin River trail. Make sure and pick up your pace as you pass the cheering section at the Dixie Center and push on to the trailhead at Bloomington.

Safety: Runners MUST observe all intersection safety signs and STOP lights. Support vehicles will take alternate route from Dixie Center to the Bloomington Trailhead. Headlamps and Reflective Vests are mandatory on this leg.



LEG 2 3.98 miles



Graph: Min, Avg, Max Elevation: 2531, 2592, 2681 ft

Range Totals: Distance: 3.97 mi Elev Gain/Loss: 284 ft, -195 ft Max Slope: 21.4%, -7.5%



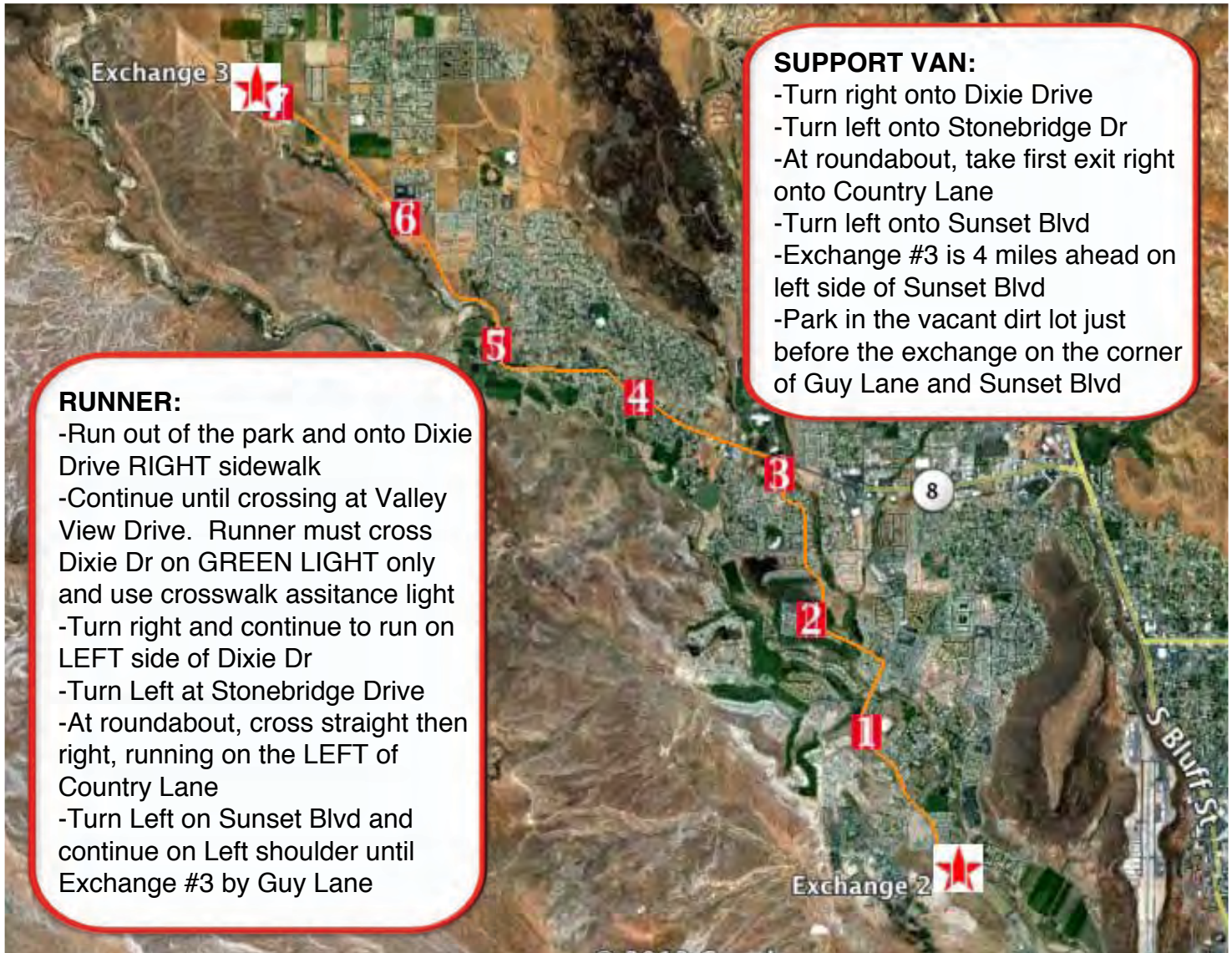
"One Blooming Hill"

Description: From the Virgin River trailhead you will conquer Bloomington Hill and then run the Santa Clara River Trail past St George Golf Course (where the big boys and girls play), through Tonaquint Park and on to the exchange at Cottonwood Cove Park (where the little boys and girls play.)

Safety: Remember that runners will be on the RIGHT side of the road until entering the Santa Clara River Trail beneath Dixie Drive. Headlamps and Reflective Vests are mandatory on this leg.



LEG 3 7.15 miles



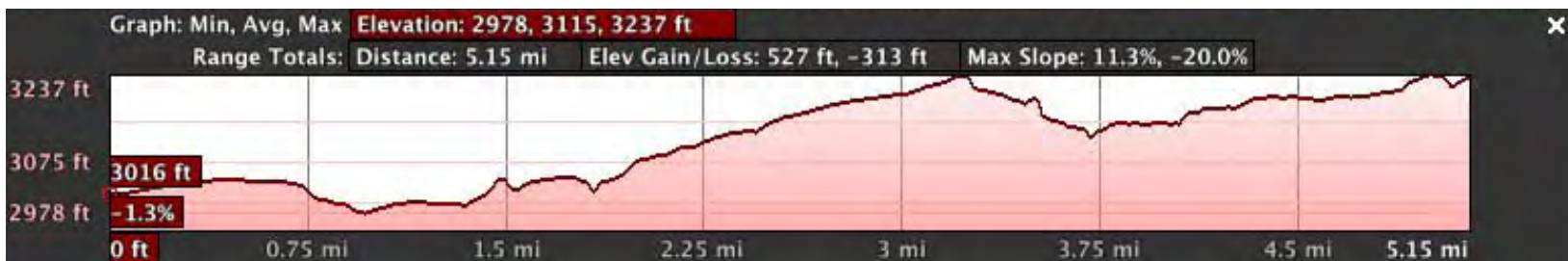
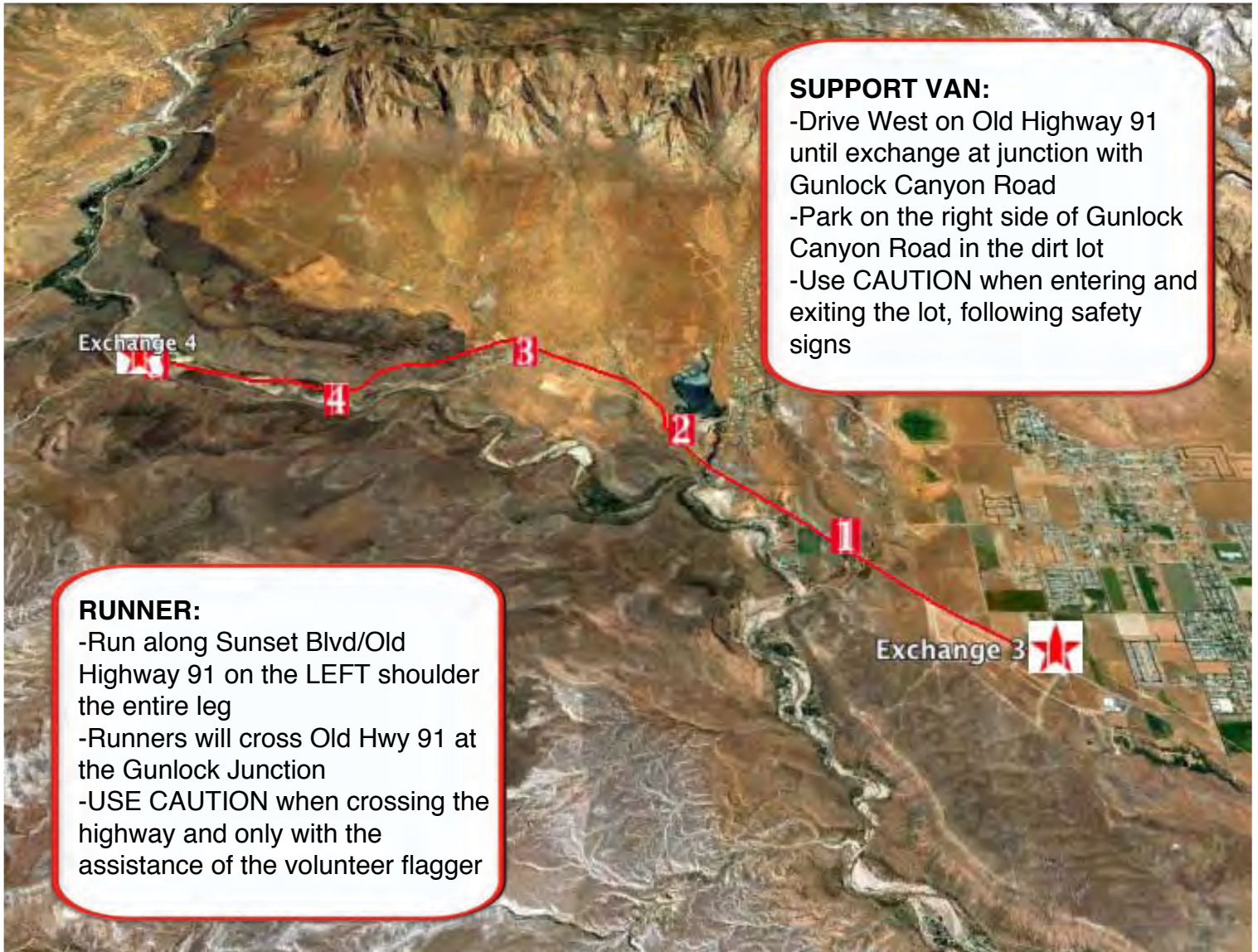
"Business on the Boulevard"

Description: In the shadow of the great St George Bluff, you'll run through lush Stone Bridge and then along quiet Country lane. Finish up your business on Sunset Boulevard and Old 91. There is some elevation gain near the end of this leg.

Safety: Runners are on the right side of Dixie Drive until the crossing at Valley View Drive.



LEG 4 5.16 miles



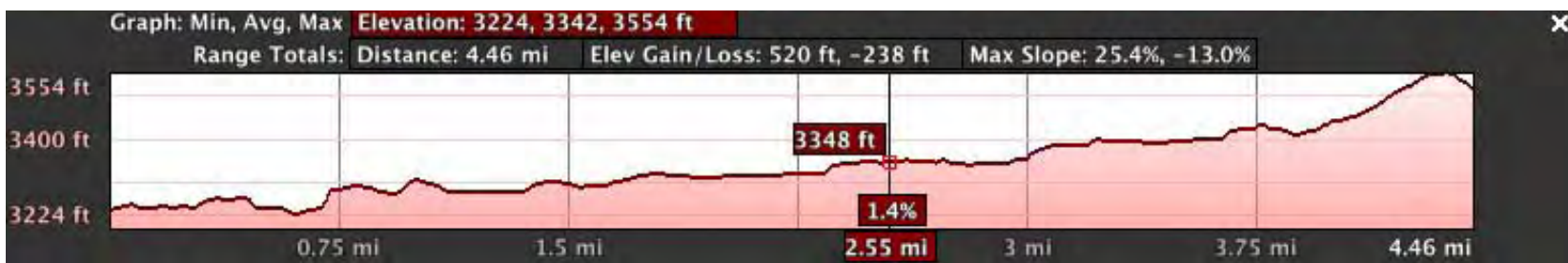
"The Shivwits"

Description: Vistas await runners on this leg! The second half of this 5 mile leg will start the climb past the Shivwits Band of Paiutes Reservation and into majestic Gunlock Canyon.

Safety: Old Highway 91 is a two lane highway with some faster traffic. Be aware that support vehicles are not to stop unless at an exchange. Also use CAUTION in crossing Hwy 91 at the junction with Gunlock Canyon Road.



LEG 5 4.47 miles



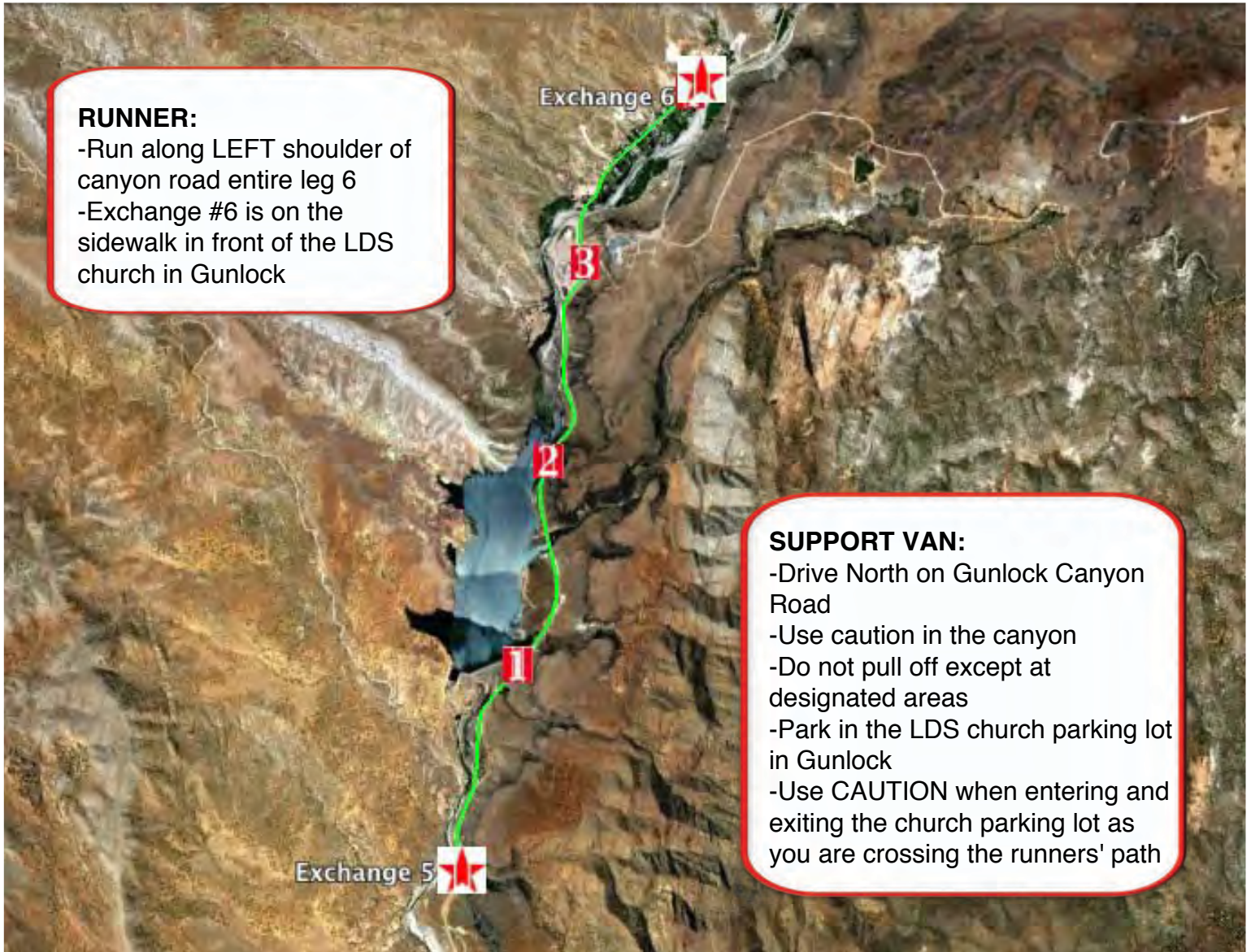
"Canyon Crawler"

Description: Who's ready for the canyon? This is a gorgeous section of the course, starting the ascent into Gunlock. The "Crawler" is a shorter leg, but gains some elevation. Stay Strong!

Safety: There is some traffic through the canyon, so runners should be cautious and stay to the shoulder.



LEG 6 4.09 miles



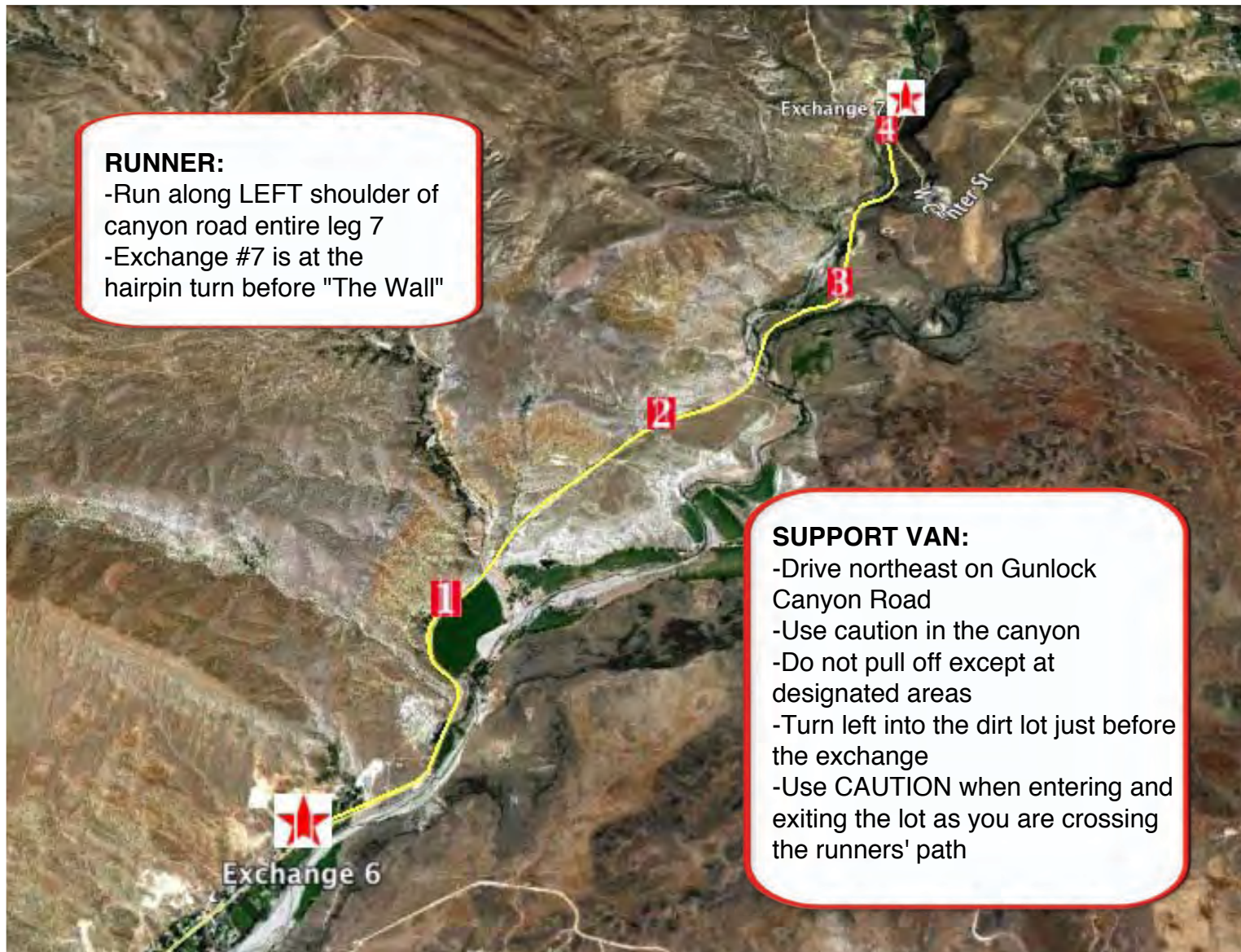
"Gunlock and Load"

Description: One of the most picturesque legs on the course, don't lose your footing when you catch sight of stunning Gunlock Reservoir!

Safety: There is some traffic through the canyon, so runners should be cautious and stay to the shoulder.



LEG 7 4.24 miles



"The Treadmill Buster"

Description: Time for a climb. This leg climbs from Gunlock town to the hairpin turn before the "The Wall."

Safety: There is some traffic through the canyon, so runners should be cautious and stay to the shoulder.

Foster. Adopt. Just Do It!

Children in foster care are in a race for their lives. Rescued from abusive or neglectful homes, they're sidelined ... waiting for a **fresh start**.

Foster care changes lives—let it change yours.

Call today to learn more about how you can help Utah children in your community.

Hear stories of families whose lives were changed through foster care, online:

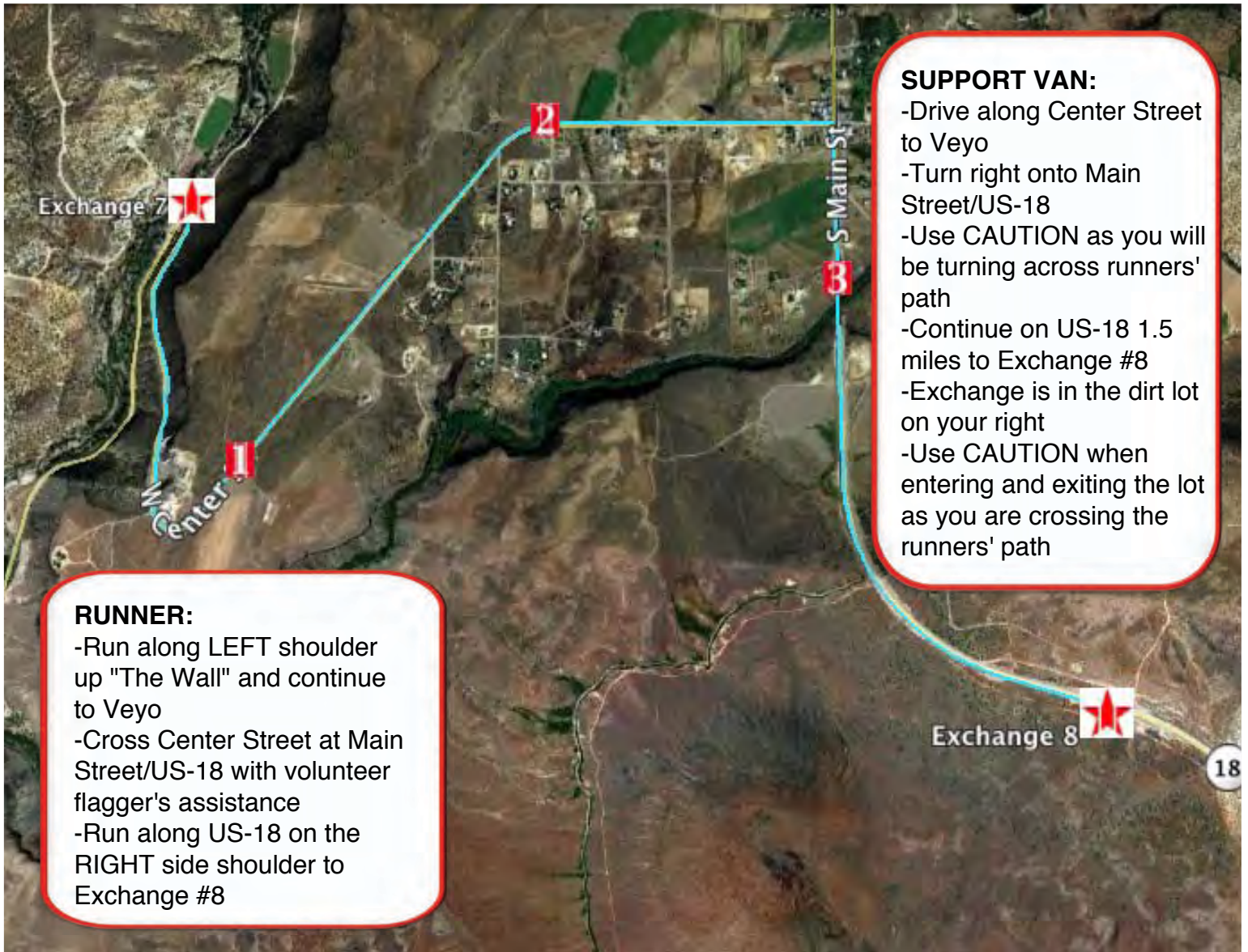
utahfostercare.org/changeslives



1 (877) 505-5437
utahfostercare.org



LEG 8 4.23 miles



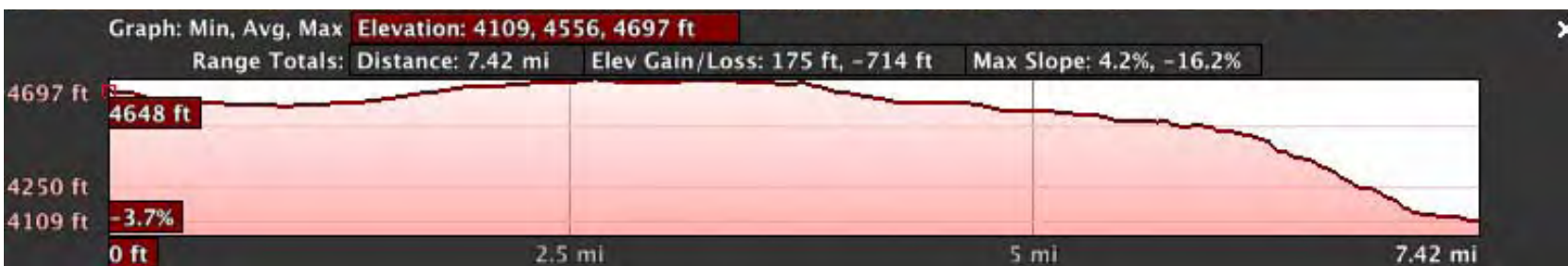
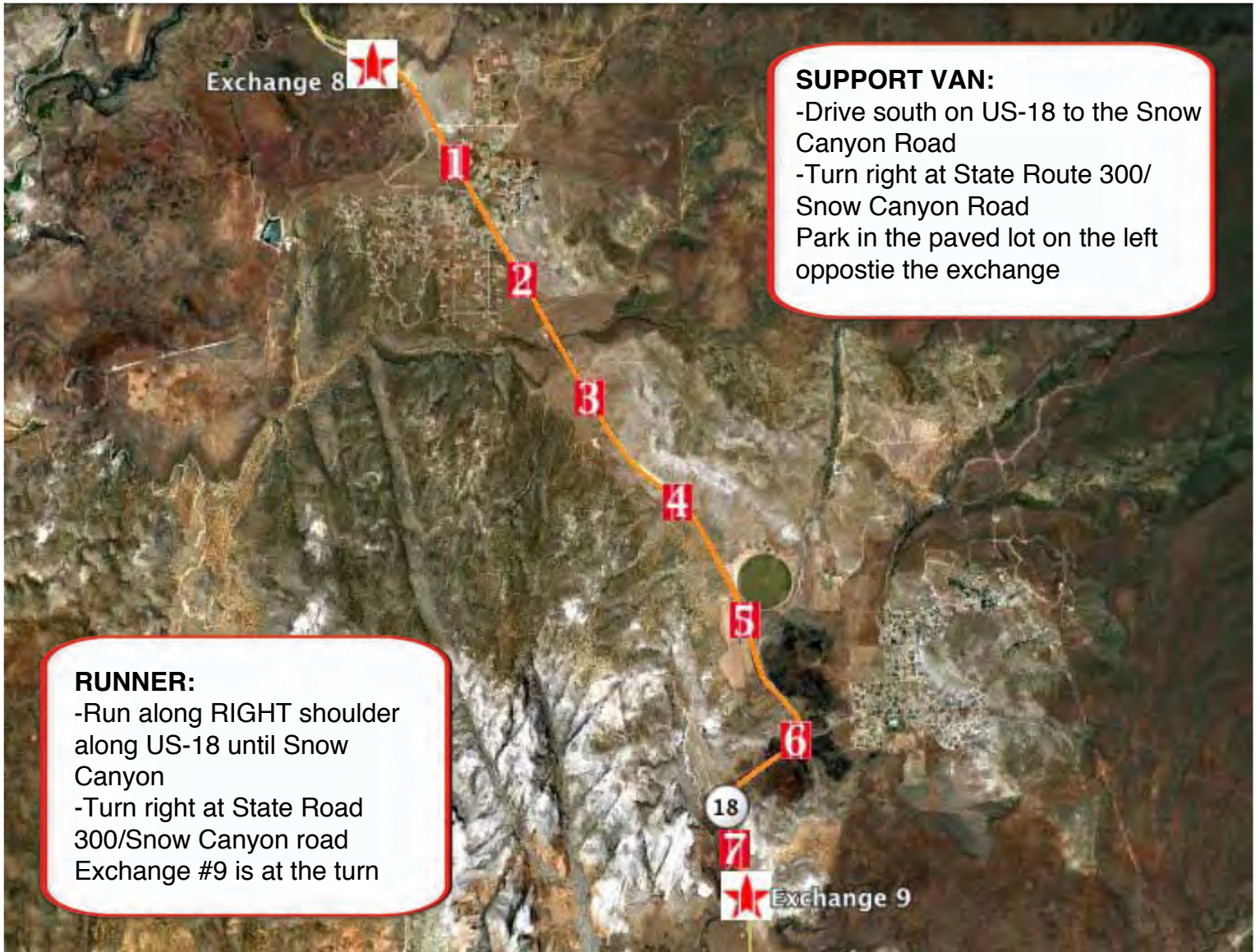
"The Wall"

Description: This leg is not for the faint of heart. Starting with a steep climb up the mile long "Wall," then continuing through Veyo and one more steep ravine. Time for the team champion to take over!

Safety: Traffic is light until Veyo and US-18. Use CAUTION when crossing at Veyo and especially along Highway 18. Runners will be on the RIGHT from Veyo until the end of leg 8.



LEG 9 7.43 miles



"Frankly I don't give a Dammeron"

Description: The entire leg is along US-18 in the Dammeron Valley. This is a very level and scenic run. Look for the mighty Veyo Volcano to the West.

Safety: Traffic along US Hwy 18 is fast so runners and support vehicles must use CAUTION. Runners are to be on the RIGHT side of the entire leg



LEG 10 5.77 miles



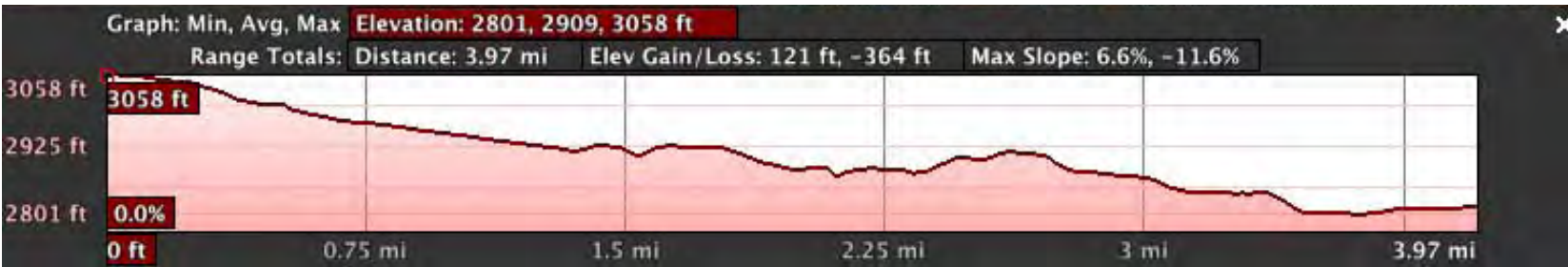
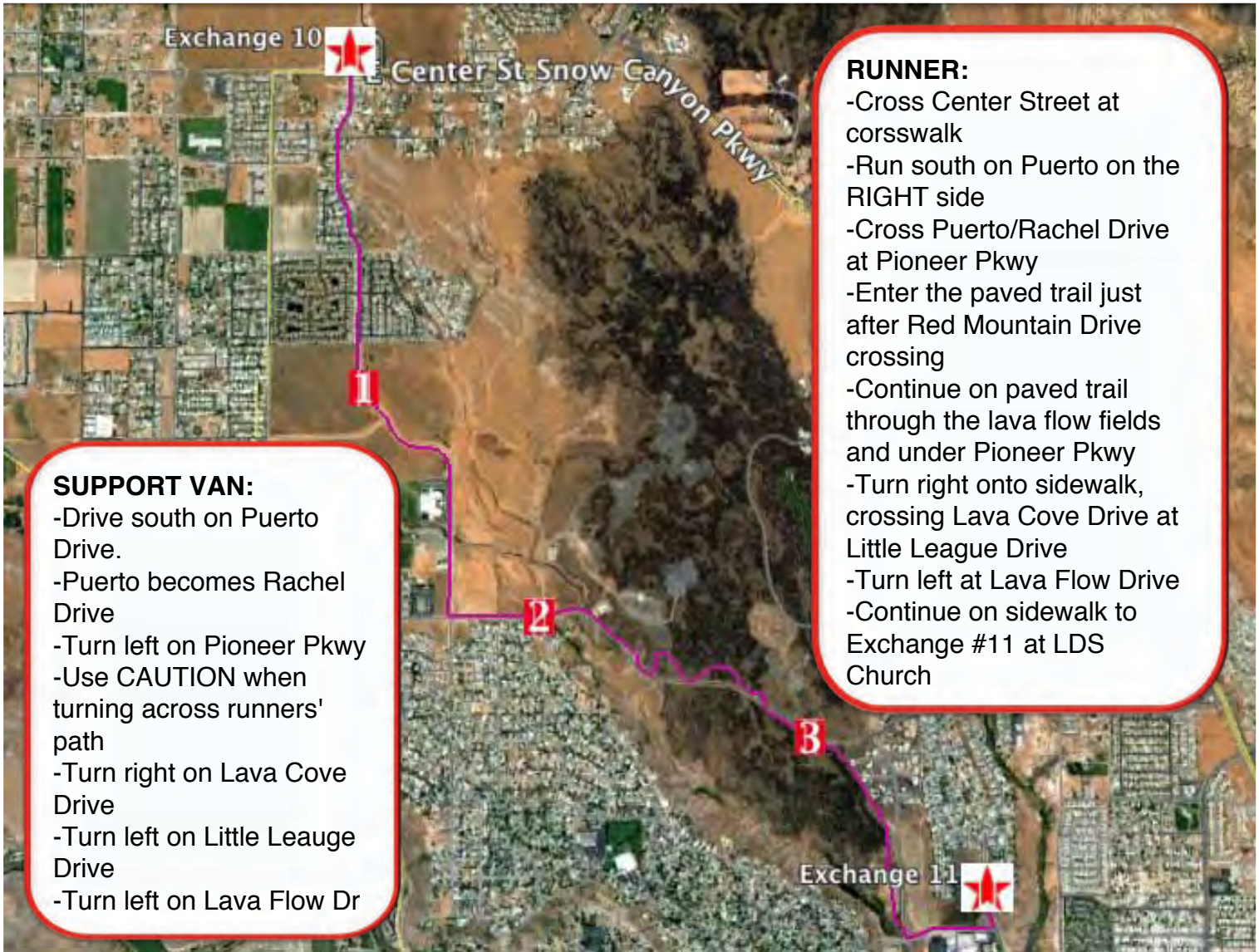
"Dixie Descent"

Description: A picture perfect place to run! Snow canyon boasts amazing REDROCK formations and killer views. Runners will spend most of their time on the paved Snow Canyon Trail winding through the sand and stone.

Safety: All vehicles must display REDROCKRELAY window flags and observe the 25 MPH speed limit throughout Snow Canyon. No stopping on the canyon road except at designated pullouts.



LEG 11 3.97 miles



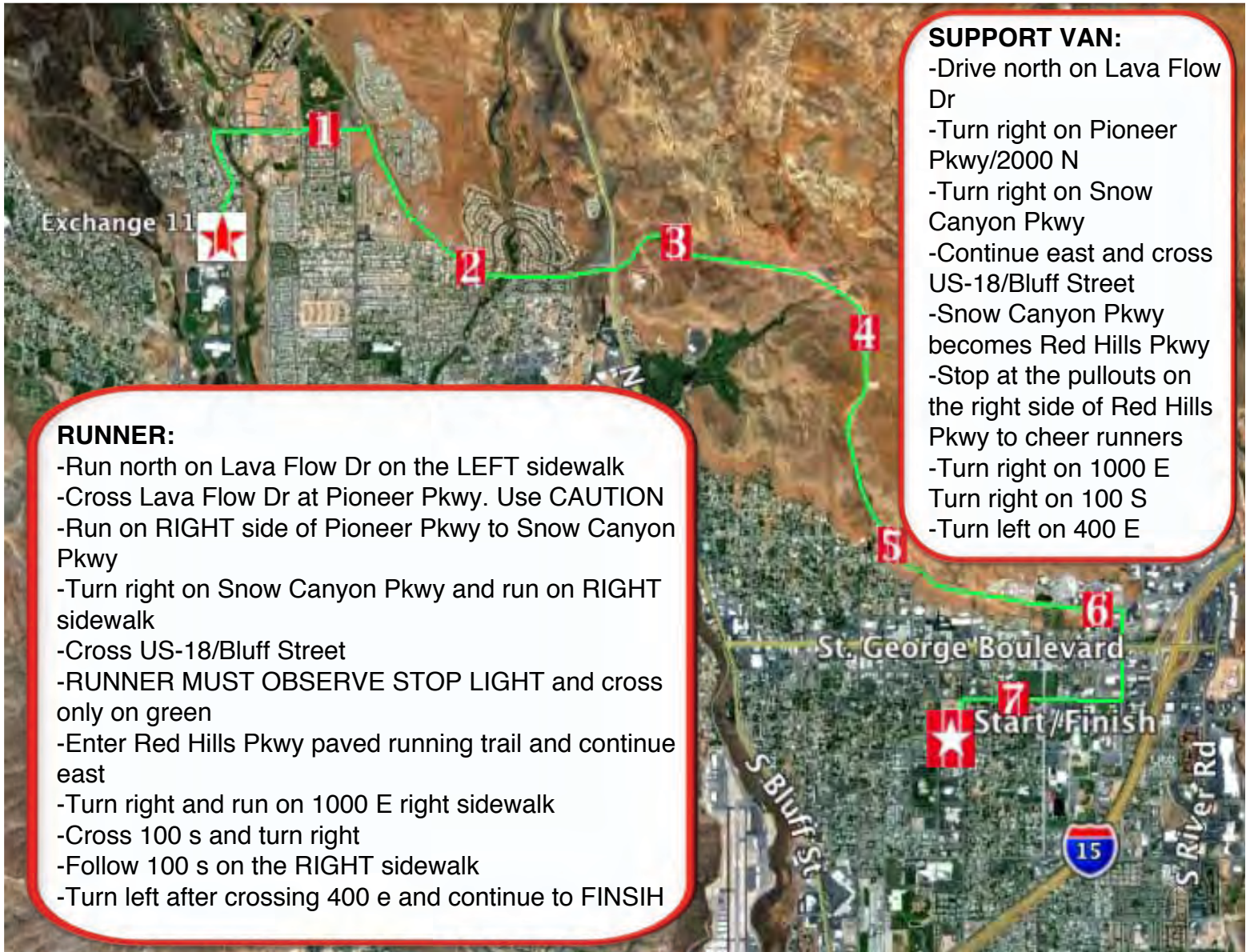
"Joe vs The Volcano Field"

Description: From the back roads of Ivins and Santa Clara, runners will wind their way along the lava field trail. There may be hot coals at some point of the leg, so go ahead, lose the shoes and show us what you're made of!

Safety: Runners use CAUTION when crossing Center Street. Runners will be on the RIGHT along Puerto and Rachel Drive. Use CAUTION when crossing Rachel Drive at Pioneer Pkwy and Lava Cove Drive at Little League Drive.



LEG 12 7.39 miles



SUPPORT VAN:

- Drive north on Lava Flow Dr
- Turn right on Pioneer Pkwy/2000 N
- Turn right on Snow Canyon Pkwy
- Continue east and cross US-18/Bluff Street
- Snow Canyon Pkwy becomes Red Hills Pkwy
- Stop at the pullouts on the right side of Red Hills Pkwy to cheer runners
- Turn right on 1000 E
- Turn right on 100 S
- Turn left on 400 E

RUNNER:

- Run north on Lava Flow Dr on the LEFT sidewalk
- Cross Lava Flow Dr at Pioneer Pkwy. Use CAUTION
- Run on RIGHT side of Pioneer Pkwy to Snow Canyon Pkwy
- Turn right on Snow Canyon Pkwy and run on RIGHT sidewalk
- Cross US-18/Bluff Street
- RUNNER MUST OBSERVE STOP LIGHT and cross only on green
- Enter Red Hills Pkwy paved running trail and continue east
- Turn right and run on 1000 E right sidewalk
- Cross 100 s and turn right
- Follow 100 s on the RIGHT sidewalk
- Turn left after crossing 400 e and continue to FINISH



"Red Rover"

Description: Send your last runner on over! The final runner has a climb up and over Red Hills Parkway and past DIXIE rock. Go ahead, pose for a picture while you catch your breath, then sprint on in to town and get it done! Only a few short miles to your triumphant Finish Line entry.

Safety: Runners run on the RIGHT along Pioneer Pkwy (2000 n) and Snow Canyon Pkwy/Red Hills Pkwy. Runners MUST use CAUTION at all intersection crossing and especially STOP LIGHTS. The crossing of US-18, Skyline Dr, St George Blvd, Tabernacle, 100 S, 700 E, and 400 E require use of the Pedestrian

Crossing Signal.

2014 brings you **FOUR** chances to get your RED ROCK ON!

dixie 1

March 8.

70 mile loop through the best scenery St George has to offer. Get your 6 person BFF team together and come party!

2

May 10. moab

6 person teams cover 70 miles through stunning red rock terrain on a one-day sunrise to sunset running journey.

3

zion

Sept 12-13.

12 person team. Party, laugh, and, oh yeah, RUN, through 2 days and 187 miles of Southern Utah's most scenic landscapes.

4

park city,
baby!

October 11.

The NEW one-day, 75 mile adventure for teams of 6. Run through the fall leaves in Utah's finest ski resorts and mountain towns.

park city, baby...
are you man enough?



REDROCK RELAY

another one-day, 75 mile running adventure!
october 11, 2014