

Free State Trail Runs - Final Race Instructions

Race Day Start Times

40-miler & 100Km start: 7:00 AM, Marathon start: 8:00 AM

Show up on race day about 1-hour prior to your race's start time. Please check-in at the registration table.

Race Bibs

We print our own Tyvek race bibs. Please pin them to the FRONT of you somewhere, so that they are VISIBLE. This race is not chip-timed, so we will need to see your bib number, to have an accounting of you in the results.

Cut-off Time

In the interest of your safety, there will be a **10 p.m. cut-off time** for the Army Corp of Engineer's Aid Station. That last 10 miles is a real bugger, and completing it will take you longer than a 5 MPH pace, at that point in the race. We will drive you back to the start/finish area, if you are past the cut-off time.

No Cups! A Hydration Device is Required Equipment

There will be plenty of aid along the course, but we must insist (for your own safety) that you carry a water bottle or hydration system with you. **You will be disqualified for not carrying such.**

There will be no cups at the aid stations (other than for hot soup or hot drinks), so you will need to have something (other than your hands or mouth) to put the water into.

Sustainability issues are a part of our mission statement. We are dedicated to reducing waste and recycling as much as is currently possible. Please use our recycling containers at the start/finish area.

Aid Stations:

There will be 3 staffed aid stations along the course. There will also be at least three un-staffed aid stations. You will travel no more than 3-1/2 miles between aid stations. But keep in mind, that distance on the trail can take much longer than on pavement.

The aid station volunteers are very experienced ultra-runners, and are there to help you. If you are having a problem of some kind, just ask an aid station volunteer for a potential solution. They may be able to help you. Make sure you are checked in at each aid station (have your number visible on your front side), for they will record your number and time into the station. Limited first aid will be available at the stations as well as bug repellent, Vaseline, and sunscreen.

The staffed stations will have the following food and drink:

Water

SUCCEED Ultra (orange flavored)

Coke, Mt. Dew

Pretzels, Crackers, Cookies, Chips

Fruit, such as bananas, watermelon, canteloupe

Electrolytes: SUCCEED!

They may also have coffee, potatoes, sandwiches, candy, soup and other assorted food for runners and pacers. Remember: If you carry a cup or bowl out of an aid station please carry it to the next station. Ice will be typically be available at staffed aid stations.

Drop bags:

At the morning check-in you will be given the opportunity to leave 2 drop bags, one for the start/finish area and one which will be transported to the Army Corp of Engineer's (KUS) aid station out on the course. **Write your name, and bib number onto each bag.** These two locations will give you access to your bags at ten mile intervals, which should be about perfect. You should have a flashlight or headlamp stashed in both locations, for your personal safety when dusk falls. You will have to pick-up your drop bag from the Army Corp of Engineer's (KUS) aid station yourself, after the race.

Please keep these bags down to a reasonable size, and secure or pad any "breakable" items. No ice chests larger than 6-pack size. Absolutely no styrofoam coolers. Rule of thumb: A large drop bag should be no larger than a large shoe box, and weigh no more than 6 lbs. Any bags left at the race will be discarded, or the items contained within will be given to charity.

Trail Markings:

The course is marked with yellow signs that will tell you "right turn," "left turn," "straight ahead," and "wrong way." We will mark the course with ground flags and or ribbons at important intersections or turns.

Care must be taken when crossing roadways!

Flashlights or headlamps WILL BE REQUIRED to navigate the trails at night. Each runner/pacer should plan accordingly. Backup batteries or flashlights are important.

Pacers:

Pacers are allowed on the course for the last 20 miles of the 40-Mile race, and the last 40 miles of the 100-kilometer race. Pacers are not allowed to be a "pack mule" for their runner, and should be fairly self-sufficient. Pacers need not pay, but **must sign the waiver and be issued a numbered pacer race bib**. Pacers can enjoy all of the food/hydration/service of the aid stations, but must not be an "overbearing burden" upon the race organization (or their assigned runner). We reserve the right to pull any pacer who we deem as "burdensome" either to us or to their runner.

Dogs as Pacers:

We are a dog-friendly bunch, within reason. You can run with your (well-mannered) dog, but it must be on a leash, and you must not let it get entangled with another runner. Your dog will be issued a bib number that needs to be attached (with your name and cell # written on it with a sharpie). Your dog will be included in the official results, if you sign it in at the starting line. There is no additional cost to you. Please keep in mind that we won't allow any cruelty to animals, so you must attest to your dog's "trail conditioning." If it appears that your dog is heat-stressed or otherwise physically stressed or injured, we will ask you to pull out of the race and seek out veterinary help. Please provide water and food for your dog. You can refill your dog's water at the aid stations.

No Littering!

Littering on the course will not be tolerated and will result in removal from the race and the results.

Post-Race Meal:

Upon completion of the race, participants (and one guest or crew member) can enjoy post-race food near the start/finish area. We will have burgers, black bean burgers, or chili available. If you bring more than one guest or crew member, they are welcome to enjoy post-race food for a \$5 donation per person. The aid station table food is for PARTICIPANTS, ONLY.

Results

Since this is an event with an 18-hour time limit (that is over at midnight), please do not expect results to be posted online on the day of the race! Results will be available on the Free State web page, sometime on Sunday, April 26.

Important Phone Numbers

If you have a question DURING THE RACE, please call these numbers, instead of the race director's number:

Volunteer Coordinator & Logistics Director (Sophia Wharton): **816-808-7758**

Logistics, Transport, General Thug, and Jack of All Trades: (Matt Holmes): **816-810-0442**

Note: A large portion of the 2009 race's net proceeds will go to the Kansas Trails Council exclusively for the Clinton North Shore Trails "Friends of the Trail" Fund. So the actual trail that you will be running on, will receive the funds from the race!