



Conquer the Castle 2022

ATHLETE GUIDE

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Questions, clarifications, or requested additions?

Email Info@TheRuniversity.com or Info@RunTheLand.com

Course Map

Digital Link (you may download GPX or KML files from link): <https://ridewithgps.com/routes/41195391>



Schedule of Events

Saturday, November 5, 2022

- 4am: Early send off for 100k and 50k runners*
- 4am: Packet pick up and registration opens
- 5am: 100k starts
- 6am: 50k starts
- 7am: 20 Miler starts
- 8am: 10 Miler starts
- 9am: 5k starts
 - o 10am: 5k award followed by 10 mile awards
 - o 11am: 20 mile awards (tentatively)
 - o 12pm: 50k awards (tentatively)
 - o 5pm: 100k awards (tentatively)
- 1pm: 100k and 50k food stop opens
- 6pm: must start last loop for 100k

*Starting in the 4am Early Send Off voids you from Age Group and Overall Awards but not the race or listing in results.

**Bagels with toppings will be served until 12pm. Pizza/lunch food will be served after 12pm.

Packet Pick Up

All packets will be picked up the morning of the race on Saturday, November 5. A friend may pick up your packet for you. All changes to race distance, age, or gender, must happen prior to race start.

Address and Parking

The race will start and finish at Forest Picnic Area.

Address: Forest Picnic Area, Mayfield, OH

Google Pin: <https://goo.gl/maps/rt5rYTM79nZnpgne9>

Parking will be in the main parking lot at the AB Williams Memorial Woods/Forest picnic area. Overflow parking will be at the Nature Center. No parking on the grass, anywhere. Please obey all traffic laws. We do not own the park and it will be open to the public. Keep this in mind.

A.B. Williams Memorial Google Pin: <https://goo.gl/maps/kuThcDv74mK2DcfZ6>

Aid Stations and Drop Bags

Aid Stations will be at mile 6.4.

Items will include: Pretzels, Pickles, Fruit, Salt Tabs, Energy Gels, Candy, Peanut Butter and Jelly, Water, Nuun Powder, and Ice

Essentials Only (water, salt tabs, and gels) will be at miles 5.1 and 1.5)

Items will include: Water, Limited Energy Gels, First Aid Kit

Drop Bags will be collected at the starting line and delivered to mile 6.4

- Bags must be dropped at least 15 minutes before the start of your race or risk a late delivery
- Please label your bag clearly with your NAME and DISTANCE
- Note you will also have access to supplies at the Start/Finish as you will visit this each lap

Post Event Food at 6pm

We will be providing pizza, chips, and drinks at 12pm and 4pm and 6pm. Please email us if you have a gluten or similar allergy. We would like to accommodate you but will need to know beforehand.

Cut-Offs

There is a 15 hour cutoff for this event (sub 15 minutes per mile). 100 KM participants may drop down to the 50 KM during the race. Runners must start their last lap at by 6:00 PM.

First Aid/ Medical

There will be a first aid kit at each aid station. It has small bandages, ice packs, etc. If you have an emergency: If you are at the aid station, let them know. The Fire station is right down the street, and the volunteers will have instructions. If you cannot get to the aid station, let someone on the trail know your need, they will get help. Do not leave the trail. We cannot find you if you are wandering in the woods. We will get help to you if you cannot proceed.

Dehydration

Large percentage of the human body is composed of water, and it is critical for body maintenance and physiology as well as essential for athletic performance and life. A small degree of dehydration can be expected with any athletic event, especially an endurance event. HOWEVER, significant dehydration may reduce your performance and may put you at risk for kidney damage and other injury. Dehydration primarily occurs through sweat; however, vomiting, diarrhea, certain medications, caffeine, and alcohol may put you at significant risk for dehydration as well.

Dehydration causing as little as 1% of body weight loss can reduce athletic performance and raise your body core temperature putting you at risk for other injury. Some signs and symptoms of dehydration include but are not limited to thirst, flushed skin, cramps, dizziness, headache, vomiting, nausea, chills, decreased performance, and abnormal breathing patterns.

Low Sodium (Hyponatremia)

Sodium tends to be the most problematic electrolyte in the endurance athlete. If your sodium levels are too low, significant neurological complications can occur. Maintaining sodium levels in the endurance athlete varies and there is no standard approach. It is important that you are aware of the need to maintain sodium and that you have a strategy in place during the race. Most sodium is lost via sweat and urine, but another cause of low sodium levels is not drinking fluids with sodium during the race. If you drink too much fluid and not enough sodium, you are in essence diluting your sodium levels in your bloodstream. Some signs and symptoms include but are not limited to headache, nausea, confusion, lack of coordination, weakness, seizures, coma, and can lead to death.

Kidney Injury

Kidneys are essential for filtering the blood, which in turn provides fluid and electrolyte balance. Dehydration decreases blood supply to the kidneys which can in turn damage them. NSAIDS can damage kidneys as well, which is why they are not recommended during an ultra-distance event. Signs and symptoms of dehydration can additionally indicate impending kidney failure.

Pacers and Crews

We ask they do not run more than 75% of the race with you and that they come self-supported as we will have the aid stations for the runners that are registered. This is more lenient than usual to allow for safety to runners. **PACERS may not 'mule' for their athletes.** Participants are required to carry their own supplies.

Crews may not meet up with participants at road crossings and may only meet runners at the start/finish, the 6.3-mile aid station, or at the squire castle aid station.

Head Lamps

Because of the early hours, all runners are required to carry a headlamp for any loop that starts before 6:00am and after 3:00pm. There is very little streetlight around the park and at times you will be deep into the woods. For your own safety, carry a headlamp, and a spare.

Restrooms

2 rest rooms are available at the start/finish line with additional restrooms at the nature center

Multiple Porto johns are on course as well

Road Crossings

The course is within the boundaries of North Chagrin Reservation. However - we are crossing roads 5 times. There will be flashing lights on signs to make vehicle traffic aware of runner crossings, but, traffic is not required to stop. It is up to the runner to make sure the road is clear before crossing. It will be late in the year, and there will be only a minimum number of park visitors that are not associated with the race. But, use the rule of tonnage. Cars weigh more than you, they have the right of way. Use caution and all of your senses when crossing a roadway.

Medical Information, Disqualifications, and Injured on Course

As with all events of this kind, please know that you are in sufficient health to participate in this endeavor. This document is to help you to understand some necessary medical issues that may be encountered in an ultramarathon. Its sole purpose is to keep you informed as you prepare for the race ahead.

There will be limited medical support before, during and after the race. Any emergencies will be dealt with through the Willoughby Hills Fire Department, located right outside the park entrance, on Rt. 6.

Medical disqualification

While every effort will be made to support your effort and goal of race completion, the potential for serious injury, even death, is real and the volunteers and/ or medical team may determine that you are medically unfit to continue. Should this occur, your name and bib number will be reported to the finish line and you will be medically disqualified. At this point you are no longer eligible for a finishing time and are expected to discontinue your participation.

If your condition is deemed serious and emergent, local emergency medical services will be activated and you will be evacuated in a manner consistent with your condition.

Injured on Course

If you are injured and cannot continue on your own or with assistance, please stay where you are and send someone to the nearest aid station via the race course. Do not attempt to take a shortcut through the woods; please stay on course. Important information to deliver to the aid station includes:

1. Injured participant's bib number
2. If the injured participant is conscious and alert
3. Primary problem the runner is experiencing
4. Exact location of the runner

If you are injured but still able to move on your own or with assistance please attempt to reach the nearest aid station to notify any medical volunteer or aid station volunteer that you are going to discontinue the race. Again, do not attempt to take a shortcut, stay on the race course. Do not leave the race without notifying one of the volunteers, we must be informed that you have discontinued the race. If you are at an aid station, effort will be made to provide you with a ride back to the start/finish at squire's castle. The race course covers a fairly large geographic area; please be patient if you are waiting for a ride back to the race start/finish.

In the event of a medical emergency, you will be transported by ambulance to a local medical facility prepared to treat your specific medical emergency. While there are trained medical volunteers, they will only be able to provide basic first aid and basic assistance in a medical emergency. No medications will be administered by the race volunteers at anytime, including intravenous hydration or any over the counter medications(tylenol, ibuprofen, ect.). There is a nearby fire station in Willoughby Hills and a nearby trauma facility in Mayfield, Ohio. It is important to recognize that all expenses related to such a medical emergency are the sole financial responsibility of the race participant. Please have your insurance information and personal identification available in the event of an emergency.

Given the significant risk to your health and potential financial burden created by medical assistance, we strongly encourage all participants to challenge themselves during the race while maintaining a healthy perspective and a personal awareness of

limitations. Moreover, this race demands prior training and proper preparation. If you have not trained properly for this event, you should not participate. Runners assume all risk associated with participation in this event.

GENERAL QUESTIONS

Changing Distances

Please communicate distance changes prior to starting your race. For 100 KM runners, you may drop down to 50 KM after each loop. Our goal is safety so please listen to your body.

Timing

Race will be RFID chip timed. Please wear your assigned bib.

Weather

The race will proceed, regardless of weather. If there is inclement weather, it is up to each runner to decide if they will continue/finish the race. We may have sloppy trails, rain, snow, etc. You should know what you need for the conditions present, and plan accordingly. Use common sense and take care of yourself. Know what you can handle

Horses

Same rule of tonnage applies. If you encounter a horse -stop running, walk, make your presence known, ask for permission to proceed. Do not scare the horse. If you want to pet the horse as you pass, ask for permission. Be polite and you will receive politeness in return.

Dropping from the Race

If you find that you cannot complete your race, please make it back to the start/finish line and turn your bib in at the timing table. Do not drop along the course, and leave. We keep track of all of the runners and we don't want to go searching for you when you are all snugly at home.

Littering

Absolutely no littering. If you can carry a gu/snack while it is in the package, you can carry the empty package after you have eaten it.

Medications

As a general rule, you should always consult your medical doctor regarding the use of any prescribed medications before, during, and after a race. It is strongly recommended that no over-the-counter, non-prescription medications be taken before, during, or immediately following the race. Medications can increase your risk for heat stroke, kidney injury, and dehydration. Of particular concern are amphetamines (Aderall, ect), diuretics, acetaminophen (Tylenol), and NSAIDs (ibuprofen/motrin, naproxen, ect).

If you have a serious allergy or respiratory condition requiring use of your own prescribed medication (Inhaler, EpiPen, ect), it is the participant's responsibility to carry these medications on the course at all times. These medications will not be available at the aid station. As stated previously, no medications will be administered by the race volunteers at any time, including intravenous hydration or any over the counter medications (tylenol, ibuprofen, ect). Only basic first aid and basic emergency care will be administered as necessary until professional emergency assistance (EMS, fire) arrives.