

# Whiskey Tango Foxtrot 2019

Athlete Guide

WTF

WHAT THE F@#&

WET TREKKING FILTHY

WILD TOUGH FROSTY

WICKED TORTUROUS FORMIDABLE

WIN TRIUMPH FINISH

WHISKEY TANGO FOXTROT

WINTER TRAIL FEST

13.1

# Timeline of Events

Packet Pickup: 7:45 AM – 8:15 AM

Race Start: 9:30 AM

First Finishers: 10:50 AM (approx.)

8.3 mile cutoff (re-crossing the creek): 12:00 AM

Awards: Approximately 12:15 AM

Course Closes: 1:15 PM

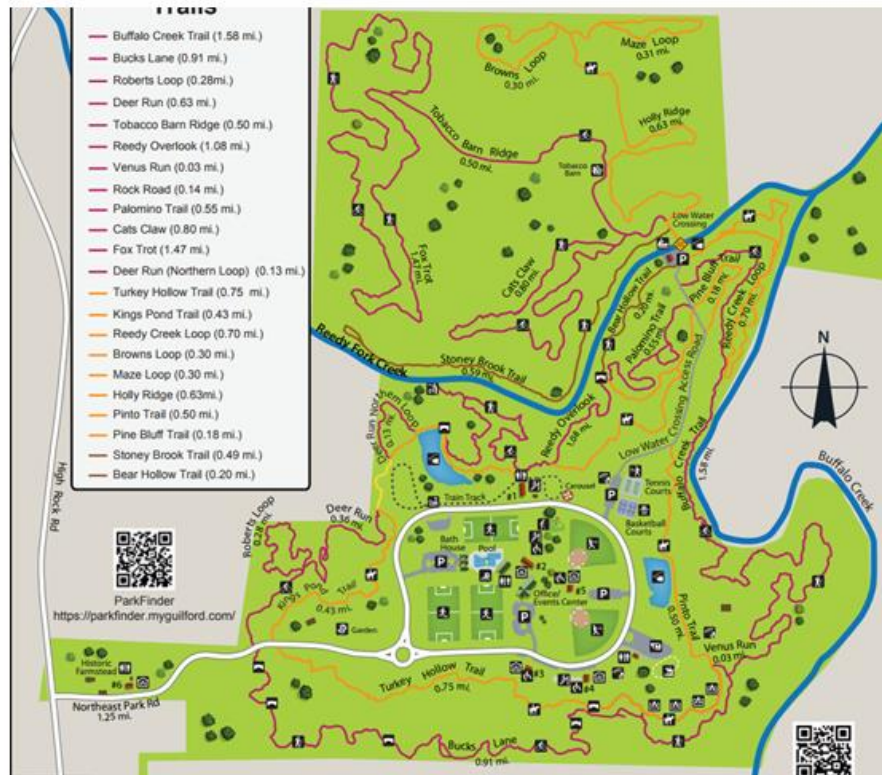
# Race Start/Finish and Parking

Race staging area = blue

Parking = Red



# Course Map (before reroute)



## Start

.7 miles on road/gravel to trail entrance

.58 miles on Buffalo Creek Trail

.91 miles on Bucks Lane

Waterstop #1 (water/gatorade)

.28 miles on Robert's Loop

.36 miles on Deer Run

.13 Miles on Deer Run North Loop

1.08 miles on Reedy Overlook

.20 miles on Bear Hollow

Waterstop #2 (timing point #1)

(water/gel)

.3 miles on Holly Ridge

.5 miles on Tobacco Barn Ridge

1.47 miles on Foxtrot Trail

.5 miles on Tobacco Barn Ridge

.8 miles on Cat's Claw

.1 mile on Holy Ridge

Waterstop #3 (timing point #2)

(water/gel)

.2 miles on Bear Hollow Trail

1.08 on Reedy Overlook

.13 on Deer Run North Loop

.36 on Deer Run

.28 on Robert's Loop

Waterstop #4 (water/gatorade)

.91 miles on Bucks Lane

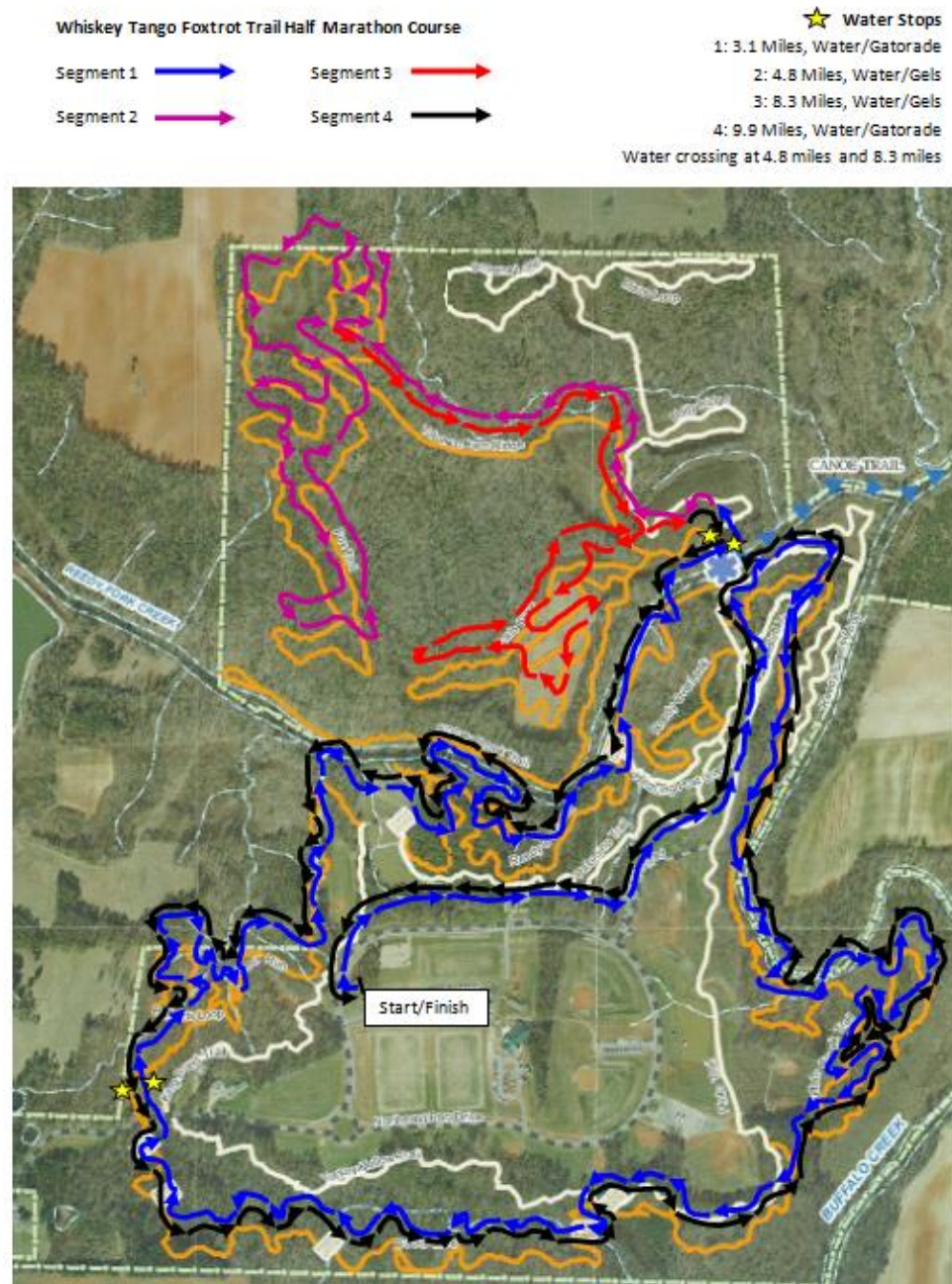
1.58 miles on Buffalo Creek Trail

.7 miles on road/ gravel to finish line

**13.1 miles!**



# Course Map (before reroute)



# Course Profile



# New Course

Due to a large downed tree taking out a section of the trail along a cliff over the river, a section of the course has been rerouted. It does not change the distance, but changes a few aspects of the course:

- More trail! The .7 mile trail section at the start is only about .4 now before you enter the woods. The next .5 miles has athletes exiting and entering the woods several times. This area will be extremely well marked.
- Athletes will use two reroutes to exit and reenter the trail between mile 1.1 and 1.4. Again this area will be extremely well marked.

# Reroute Section – Entering trail sooner



Instead of continuing down the gravel road, athletes will enter the trail on their left



# Reroute Section – Following trail along edge of woods



In this section athletes will enter and exit the woods 3 different times. We will use signs, flags and tape to route athletes the correct direction. This will be done in reverse on the return trip home.

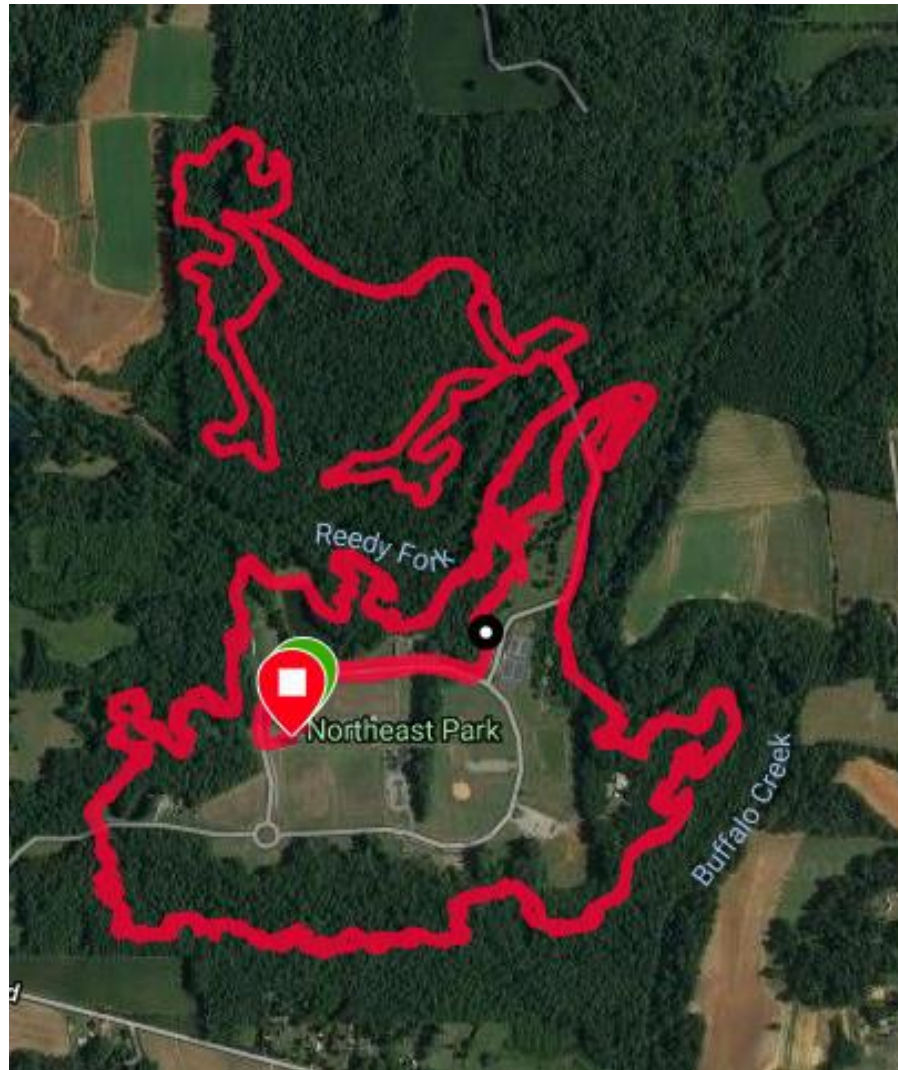
# Reroute Section - New trail to go around wash out



Reroute exit of trail

Reentering trail reroute

# New Course on GPS





# Bathrooms



# Course Markings

All corners will be marked with trail turn signs

Areas of concern will be taped off forcing athletes to go the correct direction

Blue **surveyor flags** or **tape** will be used on **THE RIGHT SIDE** of the trail to help guide athletes in the right direction (approx. every .08 miles, more frequently near corners). On sections athletes go both directions, flags and tape will be found on both sides.



# Course Turn Signs



# Measuring Technique

For trail races, there is no good standard for how to measure courses. For ours we use two gps devices (originally Garmin 910X and a Garmin GPSMap 64st) along with the measuring wheel. This course was measured in segments twice and as a whole twice in 2016.

**On average** a mile with the wheel came out to .92 miles on a GPS

On race morning our mile marker signs are marked using this average to quickly find miler marker locations.

On GPS, due to many factors we have seen distances ranging from 11.8 miles to 13.2 miles depending on the device, the day, the tree cover and several other factors.

We do believe in the accuracy of the measurement of this course.

# Water Crossing

The water levels should be knee high or lower. The rocks have moved in the last few years and it is not safe to cross from rock to rock. Athletes **MUST cross through the water.** With good shoes and socks, the water will drain quickly, and your feet will be **MUCH** warmer than if you let your bare feet touch the sand/rock bottom.

The best place to cross ( smooth and most shallow) is about 4 feet from the rocks (see person in pink and green in picture to the right)

We will have some towels for those that would like them.



# Swag



# Records

Age Group	Female Record Holder	Male Record Holder
OVERALL	1:41.20 Samantha <u>Polak</u> (2017)	1:27.13 Andrew <u>Wommack</u> (2017)
19 and under	-----	1:52.11 <u>Cordell Wanless</u> (2017)
20-24	1:47.09 Aha Weeks (2017)	1:51.57 Phillip <u>Humrichouse</u> (2017)
25-29	1:41.20 Samantha <u>Polak</u> (2017)	1:29.10 Nathan Swenson (2017)
30-34	1:43.04 Tara <u>Wommack</u> (2017)	1:27.13 Andrew <u>Wommack</u> (2017)
35-39	1:59.21 Patty <u>Sorgius</u> (2017)	1:37.34 Daniel <u>Lollar</u> (2017)
40-44	1:58.58 Ashley Carter (2017)	1:43.48 Adam Winkel (2017)
45-49	1:48.29 Kathy Hurst (2017)	1:36.27 Michael Stevenson (2017)
50-54	1:52.57 Alison McNamara (2017)	1:38.40 Matthew <u>Darisse</u> (2017)
55-59	2:29.42 Claudia Mello (2017)	1:37.44 Mike Kelley (2017)
60-64	2:27.31 Sheila Beeker (2017)	2:19.07 Eddie Day (2017)
65-69	-----	2:13.54 John <u>Northen</u> (2017)
70+	-----	1:57.57 Russell L. Smith (2017)