



**Welcome to the 5<sup>th</sup> Annual Prairie Spirit Trail Ultra! This 100 Mile, 50 Mile, and 50K event starts on March 25<sup>th</sup>, 2017. Throughout this booklet you will find valuable information about the event, course, aid stations and many other aspects of the race. We know that you like to be prepared so we have gone as in depth as possible in this booklet and tried to answer any initial questions you may have about the race.**

**If you have any further questions, please feel free to reach out us:**

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**Race Specific Instructions:** The following information is broken down by the specific race distance. Please go to the section appropriate for the race you are registered.

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In each race specific section, you will find detailed instructions for the following:

Course Description  
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Aid Stations / Mileage Chart  
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### **A Message from the Race Director, Carolyn Robinson**

Greetings, Ultrarunners!

We are excited and honored to welcome you to the 5<sup>th</sup> Annual Prairie Spirit Trail Ultra.

Thank you for the hours and miles that you have dedicated to preparing for this event. We hope to help each of you reach your goals and have a wonderful race experience!

My team and I strive to make this the best race experience for you! Each and every one of you are incredibly impressive and inspiring with all of your experiences and reasons for ultra and trail running. I would love to hear any stories that you are willing to share, and I am dedicated to helping you reach your goals.

This booklet is full of information that will help you have a successful race. If you do not find the answers to your questions in this booklet, please reach out to me and I would be happy to make things clear.

Whether it's your first ultra, or if you've been running them for years, we want to do everything we can to ensure that you have an exceptional experience! While you're putting in the training miles, we're putting in hours of work to bring this race together. It takes all of us to make this the incredible race that it is.

Thank you, and we'll see you on the trail!

Carolyn Robinson, Race Director

### **A little advice from Trevor, Owner and Assistant Director**

I hope that at this race you will have a wonderfully successful time, but I also hope that you will have an experience that you will look back on and fondly for many years to come. If you ever need reminded of one thing at any ultra, it is to always keep moving forward. Relentless forward motion is always a primary goal. You will undoubtedly hit rough patches. You will want to take breaks. You might want to even curl up on the side of the trail and take a nap. When this happens just ask yourself "can I take another step?" Every step forward is another step closer to the finish. Through the culmination of thousands of steps, you will make it back so long as you keep moving forward. As a participant in this race and a member of the amazing ultrarunning community, you are all my friends. I thank you from the bottom of my heart for trusting me with your time and energy and I will do everything in my power to provide you with an experience above and beyond what you could imagine.

Thank you friends, Trevor Darmstetter

## **Additional Ultra/Trail Etiquette; Protocol for those transitioning from road to trail/ultras:**

**Water** - Carrying a hand held/hydration device for water is required. You will not be allowed to start the race without a water container of some type. Refer to the race grid for approximate mileage between manned and unmanned aid stations. There is no access to the public, spigots, etc. Most unmanned aid stations are within just a few miles of manned ones, however, they are water only and there are no cups available, so you must carry your own water container (hand-held, aqua-sack, etc.) with you at all times.

**Mile Markers** – most trail/ultras do not have mile markers. It's also a good idea to track your own distance and to be familiar with the basic course map to know when aid will be available to you.

**Aid Stations** – we offer manned and unmanned aid. Unmanned is water only with no cups. Manned is full aid – water, electrolyte fluids/capsules, soda, fruit, candy, chips, potatoes/salt, cookies, sandwiches & soup. This is an ultra/trail race – most ultra/trail runners consume solid food.

**Bathrooms** – Nature is your bathroom. Carry toilet paper. There are bathrooms at all of the manned aid stations, however, you may need to “go” in between.

**Acknowledging Other Runners** – one thing that most ultra/trail runners do when they pass another runner (going in the opposite direction as well as the same direction) is verbally acknowledge them – with a greeting such as “good job”...or even a “hey” if that's all you can muster up! Though it's each individual's choice how friendly they actually want to be on the course, small words of encouragement (given & received) in races of these distances, go a very long way for everyone involved.

**Yielding to Other Runners** – These particular courses are pretty wide – however, some trails are not. It is customary to yield to other runners – this means, if someone needs to pass you, or, they are coming towards you because they are further ahead in the race, yield to them. Also, on a downhill, the person going up should always yield to the runner coming down.

**Trash** – Never throw your trash on the ground. There's not someone that can drive along behind you and pick it up. Throwing trash on the ground is grounds for immediate disqualification.

**Getting Lost** – Getting lost/turned around is a potential issue on any ultra/trail race. Once you're out there...and tired, getting turned around/lost can happen. That's a part of the ultra challenge! Pay attention and stay alert. If you step off the trail to use the bathroom, pay attention to which direction you came from when doing so.

**Certified Course** –As of 2016 the 50K, 50 mile, and 100 mile are USATF Certified courses! This means that we have taken the extra steps to meticulously measure out the entire distance multiple times to the inch with specialized calibrated equipment to make the course as accurate as possible. A GPS device does not do this. GPS devices take an estimated location every so often to determine where you are and then an algorithm connects and smooth out these points and estimates distance. GPS's can be off as much as 20 feet for every one of these thousands of points. A GPS will read the course being multiple miles long. This is expected and normal. The course is accurate. Not your GPS. With this certification it means that times ran on these courses will be record eligible starting in 2016. RunLawrence oversees all Kansas running records and we will provide our results to them to list. It can take them a couple days at times to sort through results, so please be patient. You can check the records out by going to <http://runlawrence.org/staterecords.html>

**Open Course** – The course does cross some paved roads in towns and some unpaved country roads. A major difference between trail/ultras and road races are that trail/ultras are not traffic controlled. Follow pedestrian laws for crossing any and all roads and running on city streets. Some of our races also have railroad crossings – if there's a train – you wait. No, we won't adjust your finishing time. Take advantage of that time to refuel, rehydrate or just enjoy Mother Nature and the amazing train speeding by you!

### **Course Description**

The Prairie Spirit Trail is a beautiful rails-to-trails course that runs through numerous quaint little towns in mid-eastern Kansas. Starting at Celebration Hall in Ottawa, Kansas, runners will travel a short (2-4 mile approx.) northbound out-and-back at the start, then pass back by Celebration Hall to do a primarily southbound out-and-back, traveling south to Iola (100 milers), Garnett (50 milers) or Richmond (50Kers), then, back north to the finish. The trail is approximately six to eight feet wide and the surface is primarily crushed limestone with asphalt paths as you travel through each town. Some of the route is wide open to the elements, while other areas may have tree coverage depending on how early spring arrives. Runners will be traveling through farmland, small towns and open prairie. Manned and unmanned aid stations will be approximately every 5 miles give or take. This trail is open to the public, including bicyclists. Alcohol is prohibited on the trail and at all aid stations per the Kansas Department of Parks, Recreation and Tourism.

**Please Note:** There is only one major road crossing (with a traffic light/crosswalk) on the course, in addition to a few city and many rural road crossings approximately every mile. The one major road crossing is when you approach/leave the Iola aid station (100 mile turnaround).

A great course preview was posted online by Zach Adams on his blog. It can be seen here: <http://midpackzach.com/prairie-spirit-trail-100-preview-a-noobs-guide-to-the-pst-100/>

### **Weather**

Bottom line, we're in Kansas, plan for anything. Check the forecast. Then, check it again – then, plan for anything.

### **Medical Risks**

Each runner is responsible for their own actions. It is crucial that you are physically and mentally prepared for the stresses of this race. We will utilize the local EMS services in case of a medical emergency. While the course is easily accessible to roads, the remoteness of some areas and the distance between towns could result in a substantial amount of time before EMS could arrive to provide assistance. Please keep an eye out for a fellow runner in distress.

It is important for each runner to recognize the potential physical and mental stresses that may evolve from their participation in this race. These include, but are not limited to, extreme temperatures of heat and cold, hypothermia, dehydration, heat stroke, renal failures, seizures, hypoglycemia, disorientation and total mental and physical exhaustion. Each participant must continuously monitor himself/herself and understand their own limitations. Remember that you, the runner, are ultimately responsible for your own well-being during this race.

Any and all medical expenses incurred are the sole responsibility of the individual runner. Any runner having medical conditions that may arise (such as a bee sting allergic reaction) should include that information on the back of his/her race bib number.

### **Switching Event Distances**

Please contact the Race Director to switch distances as soon as possible.

Dropping back, or moving up, during the race is not an option. To receive a finisher's award and official finishing credit, the specific distance (100 Mile, 50 Mile, 50K) you're registered for at the start must be completed in its entirety.

### **Timing**

Our races will be timed utilizing a disposable chip attached to the back of your race bib. If you like to fold, cut, or otherwise mutilate your bib in any fashion, we highly recommend you to refrain from this. If you do decide to alter your bib, do not alter the timing chip or the foam around the chip that is on the back of your bib or make your race number no longer readable or visible. If something were to happen to you at the race, your race number is the only way that we can know your identity in an emergency. So, not to sound redundant, but simply stated, if you want to be correctly timed, please make sure you do not mutilate your race bib in any fashion and, of course, make sure it is visible at all times on your outermost layer of clothing.

### **Google Course Map(s)**

The following link will open up a Google Map, showing the locations of the Start/Finish (Celebration Hall) and all six manned aid stations/crew access & drop bag points located in Princeton, Richmond (50K turnaround), Garnett (50 mile turnaround), Welda, Colony & Iola (100 mile turn around). Unmanned (water only) aid stations are also show on map, please refer to specific race distance grids on pages 14-20 for mileage totals between unmanned aid stations.

**[Start/Finish \(Staging Area\) / Aid Station Locations / Crew Access & Drop Bag Points](#)**

#### **Friday Schedule of Events**

(See your specific race distance for Sat/Sun Schedule)

**Celebration Hall  
Start/Finish (Staging Area) for ALL Races  
220 W. 17th Street  
Ottawa, Kansas**

5 - 8 p.m.  
Packet pick-up  
Turn in drop bags  
(Start/Finish location for ALL distances)

5 – 6:30 p.m.  
Pre-race meal served

## **Pre-Race and Post-Race Meal**

The meals offered will be a pasta with a marinara and a meat sauce along with salad, rolls, lemonade and iced tea. This meal is included in your registration for all runners this year! Additional meal tickets can be purchased during registration or at the race. Meal tickets can be used for either pre or post-race and are 1 for \$10 or 2 for \$15

## **Pre-Race Briefing**

The morning pre-race briefing 30 minutes before the start of each race is mandatory. You will be expected to know and follow all rules/guidelines, which are not necessarily all contained within this booklet. See the Schedule of Events for details.

## **Photos**

Mile 90 Photography will be taking pictures on during the event. These complimentary photos will be available in the days following the event.

## **Drop Bags**

All manned aid stations will serve as drop bag locations for runners and pacers. All drop bags will be hit twice (out-and-back), except for the turnaround of each race distance. Please keep all drop bags to a reasonable size. You are limited to one drop bag, per manned aid station, per person. It is imperative that the outside of each drop bag MUST be clearly marked with the following four pieces of information:

- ~Aid station name (see grids below)
- ~Your name
- ~Race bib number
- ~Race distance

Drop bags must be left at Celebration Hall in the designated drop bag areas on Friday during packet pickup (5 - 8 p.m.) or Saturday morning during allotted times. Please see the Schedule of Events for your specific distance for details.

We will do our best to return drop bags periodically throughout the day for all three races, but, please be aware, especially if you are a “front of the packer,” you may need to wait to get your bags, or retrieve them yourself. Drop bags will also be brought to the Finish Line as aid stations are shut down and/or all runners are through the aid station for their specified distance. All drop bags for 100 milers will be back at Celebration Hall no later than 11 a.m. Sunday.

## **Awards**

All runners completing their respective race distance, within the designated time limit, will be awarded a date and distance specific, custom designed belt buckle. In addition, first overall male and female, in each race, will receive a personalized award plaque to be shipped about 3-4 weeks after the event.

## **Lodging**

There are several different hotels to choose from in Ottawa. They are all within 5-10 minutes of Celebration Hall (Start/Finish.) Call the owner of the Super 8 and the Comfort Inn, Sunny, at 785-764-3408 and ask for the “EPIC RATE”

Complimentary primitive (tent) camping is permitted at Celebration Hall.

## **Aid Stations & Google Course Map Link**

Most race staff members/volunteers have plenty of experience in events such as ultrarunning, biking, volunteering at ultra events, etc. Many of them have spent days preparing for this event and some will be at their respective Aid Stations for well over 24 hours. They have given up their weekend to help you. Please show each and every one of them the respect they deserve and thank them at every aid station as it would be impossible to stage this event without them.

Mileage between manned aid stations (which are also crew access points and drop bag locations) ranges from 6.5 miles to a little over 9 miles. Carrying water and fuel with you on the course is required. Unmanned aid stations will have water only (no cups will be provided) with no crew access.

Manned aid stations will have standard ultra food, crew access and drop bag service. Fruit, pretzels, potatoes, chips, candy, peanuts, sandwiches, soup, Endurolytes, Hammer Gel, HEED, water, soda-pop, and a hot food item unique to each aid station. Any special supplies, food, etc., which you may need during the race should be brought with you and packed in your drop bag or left with your crew. We will not have a specific aid table for specific dietary needs.

The map that corresponds to the link below is provided by the Kansas Department of Wildlife, Parks & Tourism. Their mile measurements reflect different distances than what our grid below displays. So, please refer to the mileage grid we’ve provided for a more accurate listing of mileage and respective cutoff times for all manned and unmanned aid stations.

<http://www.bikeprairiespirit.com/files/Poster23x35.pdf>

The following link will take you to a Google Map, showing the exact locations of the Start/Finish (Celebration Hall) and all six manned aid stations/crew access points at Princeton, Richmond, Garnett (50 mile turnaround), Welda, Colony & Iola (100 mile turn around).

[Prairie Spirit Staging Area & All Aid Station Locations](#)



## **Runner Guidelines**

Runners must fully adhere to the following guidelines/rules as well as the Prairie Spirit Trail System's guidelines as laid out by the Kansas Department of Parks, Recreation and Tourism (in a separate brochure). Violations of any of the following rules (but not limited to) will be grounds for disqualification from either race. Race officials reserve the right to pull any runner/pacer in this race and ban from competing in any future owned events, for any reason whatsoever, solely at our discretion. Decisions of race officials are final.

Aid station cutoff times apply for each event – refer to the Aid Station grid(s) for specifics.

Please respect the trails and city streets; of course, littering of any kind is strictly prohibited and will result in disqualification and a potential ban from any future events.

A light is mandatory and required for all runners and pacers out between 7 p.m. and 7 a.m.

Runners must travel the entire distance by foot. No act that may be considered cheating (example – hitching a ride, cutting the course, switching runners if you are a twin, etc.) will be tolerated. Runners accepting a ride for any reason are deemed out of the race and may not reenter.

Each runner and pacer's official race bib must be worn prominently on the front of the body and must be easily visible at all times. Your race bib and your pacer's race bib are your trail permits. Tickets and/or arrests can occur on the trail for failure to comply with the Prairie Spirit Trail System permit guidelines.

Runners and pacers must check in at each manned aid station, please make sure if you are a runner/pacer that you receive verbal confirmation from the staff member recording runners' check-ins that you have been successfully tracked. Time cutoffs will be enforced based on time checking into aid stations. All cut-off times will be strictly enforced. Runners must check into the aid station before the cut-off time. Runners checking into the aid station after the cut-off time will be officially disqualified from the race. Runners crossing the finish line after the cutoff time will not be listed as official finishers.

Runners cannot accept any aid from crew, family, friends, moving vehicle, bicycle, etc. beyond 300 feet of any manned aid station. No exceptions. Runners may not stash supplies along the course.

All runners and their crew/pacers will abide by the directions of the race officials. Harassment of any official or volunteer (by the runner, their crew, pacer or anyone affiliated with their group) will not be tolerated and the runner will be subject to immediate disqualification from their respective race. Everyone within a runner's group should be familiar with the race rules and procedures to avoid any issue(s) that may result in a runner being disqualified. Runners are responsible for the actions of their pacer(s), crew and anyone else within their respective group.

Runners, you and you alone, are responsible for yourself and your well-being during the entirety of your chosen event. Race officials and volunteers are under no obligation, whatsoever, to assist you with anything involving physical contact, such as taping your feet, massaging your legs, etc. In addition, they are not obligated to provide any medical advice and can't make any medical decisions for you. They are there to track/verify your progress, provide your drop-bags (if applicable) and provide fuel/hydration and encouragement only.

Motor vehicle traffic is not permitted on the Prairie Spirit Trail (other than necessary authorized Park Rangers.) However, the trail crosses numerous roads (about one every mile.) Most of these crossings are gravel roads with very little traffic, but be sure to use extreme caution when crossing each road. Look both ways, and remember, the car will win every time. Stay alert at all times! These are country roads and the locals may not know there is a race in progress. Crews are not allowed at any of these crossings.

Dogs are allowed with runners on the course; however, they must be on a leash at all times and must not interfere with other runners, aid station workers and/or their supplies. Dogs are not to utilize any of the aid provided, except for water, and their doggie dish for drinking must be supplied by the owner. Dogs are not allowed near the aid station

food table or drop bags. Any runner with a dog is fully responsible for determining a solution that fits these guidelines when arriving at an aid station.

Runners must follow the course trail at all times. Any runner departing from the official trail must return to the point of departure on foot before continuing. Each runner must complete the entire course under his own power. No physical or mechanical aids are allowed.

Runners must stay aware and know which direction they should enter and exit the trail before and after each aid station. When in doubt, ask an aid station staff member, and remember, with the exception of the short northbound part at the start, the mile markers on the trail increase going outbound and decrease going inbound.

Runners must not drop out of the race by abandoning the course between aid stations and going home. If you must drop, please report to a check -in volunteer at the closest aid station. Report your name, race #, time and location you dropped and turn in your race number (bib.) Failure to do so may result in search/rescue costs for you.

If you have to drop out of the race at a point where your crew is unavailable, we will make every reasonable effort to get you to the start/finish area or to the nearest manned aid station your crew is at. In non-emergency situations, you may have to wait several hours before a ride is available. Please be patient.

### **Crew Guidelines**

*Crew* – Any individual who provides material/emotional support to a runner in the event.

Crew access at manned aid stations only.

Crews must wait to assist their runners until after the official check-in.

All crew dogs must be leashed and under full control of their respective owner at all times...zero tolerance!

There is no camping allowed at any aid station locations.

Crews are not allowed on the race course.

Where parking is limited, crews must park on one side of the road - if asked to move by a race official or local law enforcement, crew must comply with requests immediately.

Smoking is permitted (smoker is responsible for following current/local burn ban laws), however, be courteous and move a reasonable distance away (at least 100 feet) from the trail/aid. Remember, most runners find smelling smoke while running offensive, and race day is about the runner.

The crew is solely responsible for locating manned aid stations as needed. Race officials are in no way responsible for giving directions.

Crews will be limited to one vehicle per runner at an aid station. Due to very limited parking, motor homes will not be permitted into any aid station.

Crews must not park in such a way as to block traffic, access to the trail or aid or other parked cars. Vehicles will be towed at the owner's expense, and their runner may be disqualified.

Crews must abide by the instructions of the race officials. Runners are fully responsible for any actions by his/her crew.

## 100 Mile

### Course Description

**Kansas Rails-to-Trails 100 Mile:** The Kansas Rails-to-Trails 100 Mile is run on the Prairie Spirit Trail and is a beautiful "rails-to-trails" course that runs through numerous quaint little towns. Starting at Celebration Hall in Ottawa, runners will do a short (approx. 2 mile total) northbound out-and-back, then travel primarily south to Iola and back north to the finish in Ottawa at Celebration Hall. The course is primarily on a crushed limestone trail, with asphalt paths as you travel through each small town. Manned and unmanned aid stations will be approximately every 5 miles (with no greater distance than approximately 6 miles) and the course is easily accessible to crew. Pacers WILL BE allowed for the last 59 miles (approx.) of the event and can be first picked up at the Colony aid station outbound.

### 100 Mile - Schedule of Events

Location: Celebration Hall

Race Start/Finish Line

#### **Saturday**

4:30 – 5 a.m.

Last chance to turn in drop bags  
(No drop bags accepted after 5 a.m.)

4:30 – 5:30 a.m.

Packet pickup

**5:30 a.m. Mandatory Pre-Race Briefing**

**6 a.m. Race Start**

#### **Finish Line**

Cutoff time: 30 Hours, Sunday, March 26th, 12 p.m.

Finisher awards will be distributed as you cross the finish line!

(There is no official awards ceremony)

### Pacer Guidelines

Pacers are allowed in the 100 mile event starting in Colony outbound (41.25 miles). Pacers on foot only – NO BICYCLE PACERS ALLOWED.

*Pacer* – Any individual who accompanies a runner for any distance greater than 100 yards at one time. Pacers are required to wear an official pacer's bib and follow the same guidelines as the runner; however, they do not receive awards/recognition for participation in the race.

Only one pacer at a time can accompany a runner.
Pacers will be required to follow the same set of rules as the runner.
Pacers must be over 18 years of age or have the signed permission from a parent/legal guardian.
Each pacer must clearly identify themselves when passing through the aid stations.
Pacers can join their runner at any manned aid station <u>after and including Colony (41.25 miles outbound).</u>
Pacers MUST be on foot...NO bicycle pacers allowed.

## 100 Mile

### Please Note:

Pacers allowed starting at Colony (41.25 miles) outbound. Though 100 mile runners may utilize multiple pacers along the remaining 59 miles (approx.) of the course, only one (1) may accompany a registered 100 mile runner at any given time, must be wearing the designated Pacer's Bib and can only be picked-up at manned aid stations/designated crew access points.

Absolutely no physical or mechanical aid may be given by the pacer to assist the runner on the trail (except in medical emergencies, in this case, the runner will receive a DNF.) Safety always comes first.

Each pacer must wear the official pacer bib. One pacer bib is provided per entrant **(must obtain at packet pickup for a \$5 fee.)** The official pacer bib must be transferred between pacers if duties for one runner are to be shared.

If a pacer becomes unable to continue the run, the official pacer bib must be given to the runner, so that subsequent pacers can be properly identified. (It is extremely important that the race officials know exactly who is on the trail and where.) We will not be able to provide transportation for pacers to or from any points on the course.

The pacer may not continue on without an official participant and must stay with their runner at all times, except in the case of an emergency.

Changes of pacers may be made at manned aid stations only.

Pacers must enter and leave each aid station with their runners. They may assist with the re-filling of water bottles or replenishment of supplies while in the station but may not come into the aid station ahead of their runners, or depart after their runners, in order to speed up the re-fueling process. Pacers are welcome to utilize any aid necessary at the aid stations and to have a drop bag at each manned aid station. (Please refer to the Drop Bag section for guidelines.)

"Muling" is expressly forbidden. Pacers may not carry water, food, flashlights, shoes, clothing or other supplies for anyone other than themselves.

A light is required for all runners and pacers out between 7 p.m. and 7 a.m.

Pacers should be experienced runners in excellent physical shape and conditioned adequately to run. Most pacing will be done during night time hours and early morning; so pacers should have appropriate clothing and supplies, be used to running with flashlights, and familiar with trail/ultrarunning. Pacers should be adequately supplied with flashlights (if out between 7 p.m. - 7 a.m.), food and water.

## 100 Mile

### Aid Stations / Mileage Chart

**Aid Stations:** Based on TOTAL out and back course. 11 manned aid stations fully-stocked with water, electrolyte drink & snack-type foods, including soup & sandwiches and 10 unmanned aid stations with water only. Approximate distance between aid stations is 5 miles with no distance greater than approximately 6.5 miles. Drop bag access at all manned locations (5 bags being hit twice) on the course with no distance greater than 10 miles between drop bags. Pacers first permitted at Colony outbound 41.25 miles.

<b>100 Milers</b>		
<b>Aid Stations</b>	<b>Approx. Mileage</b>	<b>Cutoff Times</b>
Start/Finish	0	
Unmanned	5.25 (Out)	
Manned – <b>Princeton – DB/Crew</b>	9.50 (Out)	
Manned – <b>Richmond – DB/Crew</b>	16 (Out)	
Unmanned	21 (Out)	
Manned – <b>Garnett – DB/Crew</b>	25 (Out)	
Unmanned	29.25 (Out)	
Manned – <b>Welda – DB/Crew</b>	33.50 (Out)	
Unmanned	37.50 (Out)	
Manned – <b>Colony – DB/Crew</b>	41.25 (Out)	
Unmanned	47 (Out)	
Manned – <b>Iola (Turnaround) – DB /Crew</b>	51.25 (Turn)	14 hours (8 p.m.)
Unmanned	55.50 (In)	
Manned – <b>Colony – DB/Crew</b>	61.25 (In)	17 hours (11 p.m.)
Unmanned	65 (In)	
Manned – <b>Welda - DB/Crew</b>	69 (In)	19 hours (1 a.m.)
Unmanned	73.25 (In)	
Manned – <b>Garnett -DB/Crew</b>	77.50 (In)	22 hours (4 a.m.)
Unmanned	81.50 (In)	
Manned – <b>Richmond - DB/Crew</b>	86.50 (In)	25 hours (7 a.m.)
Manned – <b>Princeton - DB/Crew</b>	93 (In)	27 hours (9 a.m.)
Unmanned	97.25 (In)	
Ottawa	<b>Finish Line!</b>	<b>30 hours (12 p.m. Mar 26th)</b>

**Out** = Outbound / **In** = Inbound / **Turn** = Turn Around, **DB/Crew** = Drop Bag and Crew Access

Drop bags/crew access at Princeton, Richmond, Garnett, Welda & Colony will all be hit twice (out and back), with the turnaround in Iola being hit once. Meaning, if you want drop bags at all locations, you would prep a total of six, five to be hit twice and one to be hit once at the turnaround.

## 100 Miler

### Crew Access / Directions

The following grid outlines directions for crew access to the manned aid stations. Most of the Prairie Spirit Rails-to-Trails Course travels parallel to Highway 59 and 169 so the mileage listed below for runners will provide close approximations for crew vehicles, as well. After a short (2-4 mile) northbound out-and-back, runners will be traveling southbound, then back north on the return trip to the finish line.

It is the crews' responsibility to locate the manned aid stations. We've provided directions to the best of our ability, however, the race, nor any staff members, are in any way responsible for crew members getting lost. Prepare in advance. Manned aid station parking is limited. Please be respectful and park according to customary parking laws (i.e. – do not park in homeowners' yards, do not block roads/driveways, do not double park, etc.).

If a race official, an employee from the Kansas Department of Parks, Recreation and Tourism, local law enforcement, or a property owner asks you to move, please do so immediately. In addition, the driver will be solely responsible for any ticket received for illegally parking.

Crews may only access the course at these manned aid stations. Meeting a runner anywhere else during the course of the race will disqualify your runner.

<b>Manned Aid Stations</b>	<b>Approx. Mileage for Runner: Outbound / Inbound</b>	<b>Directions (outbound)</b>
Princeton	9.50 / 93	Head south out of Ottawa on Hwy 59, go west (right) on High Street for approx .42 mile to the trailhead
Richmond	16 / 86.50	Continue south on Hwy 59, go west (right) on South Street approx .33 mile to the trailhead
Garnett	25 / 77.50	Continue south on Hwy 59 (turns into Maple in Garnett), go east (left) on 7th Street .51 mile to Main St., then south (right) to the Garnett Train Depot.
Welda	33.50 / 69	Continue south on Hwy 59, hit round-about (traffic circle), just south of Garnett, merge onto Hwy 169 south. Continuing south, go west (right) on 1000 Road for approx .41 mile to trailhead.
Colony	41.25 / 61.25	Continue south on Hwy 169, go east (left) on 300 Road, then go .91 mile and turn east (right) onto SW350 road, aid station on right.
Iola (100 mile turnaround)	51.25	Continue south on Hwy 169, take Hwy 54 west (right) heading into Iola, go 1.56 miles to State Street. Go north (right) at the McDonalds, then 3/4 mile to the park on your west (left).

## 50 Miler

### Course Description

**Prairie Spirit Trail Fall Classic 50 Mile:** The Prairie Spirit Trail Fall Classic 50 Mile is an out-and-back course, beginning at Celebration Hall in Ottawa, Kansas, with a short (approx. 4.5 mile total) northbound out and back, then traveling primarily south to Garnett and back north to the finish at Celebration Hall in Ottawa. The course is primarily on a crushed limestone trail, with asphalt paths as you travel through each town and the course is easily accessible to crew a total of five times.

### 50 Miler Schedule of Events

Celebration Hall

**Saturday**

**Race Start/Finish Line**

5:30 – 6 a.m.

Last chance to turn in drop bags  
(No drop bags accepted after 6 a.m.)

5:30 – 6:30 a.m.

Packet Pickup

**6:30 a.m. Mandatory Pre-Race Briefing**

**7 a.m. Race Start**

**Finish Line**

Cutoff time: 17 Hours, Sunday, March 26th (12 a.m.)  
Finisher awards will be distributed as you cross the finish line!  
(There is no official awards ceremony)

### Pacer Guidelines

Pacers are allowed in the 50 mile event starting at the Garnett turnaround (27.3 miles). Pacers on foot only – NO BICYCLE PACERS ALLOWED.

*Pacer* – Any individual who accompanies a runner for any distance greater than 100 yards at one time. Pacers are required to wear an official pacer's bib and follow the same guidelines as the runner; however, they do not receive awards/recognition for participation in the race.

Only one pacer at a time can accompany a runner.

Pacers will be required to follow the same set of rules as the runner.

Pacers must be over 18 years of age or have the signed permission from a parent/legal guardian.

Each pacer must clearly identify themselves when passing through the aid stations.

Pacers can join their runner at any manned aid station after and including Garnett (27.3 miles).

Pacers MUST be on foot...NO bicycle pacers allowed.

## 50 Miler

Please Note:

Pacers allowed starting at Garnett (27.3 miles). Though 50 mile runners may utilize multiple pacers along the remaining 23 miles (approx.) of the course, only one (1) may accompany a registered 50 mile runner at any given time, must be wearing the designated Pacer's Bib and can only be picked-up at manned aid stations/designated crew access points.

Absolutely no physical or mechanical aid may be given by the pacer to assist the runner on the trail (except in medical emergencies, in this case, the runner will receive a DNF.) Safety always comes first.

Each pacer must wear the official pacer bib. One pacer bib is provided per entrant **(must obtain at packet pickup for a \$5 fee.)** The official pacer bib must be transferred between pacers if duties for one runner are to be shared.

If a pacer becomes unable to continue the run, the official pacer bib must be given to the runner, so that subsequent pacers can be properly identified. (It is extremely important that the race officials know exactly who is on the trail and where.) We will not be able to provide transportation for pacers to or from any points on the course.

The pacer may not continue on without an official participant and must stay with their runner at all times, except in the case of an emergency.

Changes of pacers may be made at manned aid stations only.

Pacers must enter and leave each aid station with their runners. They may assist with the re-filling of water bottles or replenishment of supplies while in the station but may not come into the aid station ahead of their runners, or depart after their runners, in order to speed up the re-fueling process. Pacers are welcome to utilize any aid necessary at the aid stations and to have a drop bag at each manned aid station. (Please refer to the Drop Bag section for guidelines.)

"Muling" is expressly forbidden. Pacers may not carry water, food, flashlights, shoes, clothing or other supplies for anyone other than themselves.

A light is required for all runners and pacers out between 7 p.m. and 7 a.m.

Pacers should be experienced runners in excellent physical shape and conditioned adequately to run. Most pacing will be done during night time hours and early morning; so pacers should have appropriate clothing and supplies, be used to running with flashlights, and familiar with trail/ultrarunning. Pacers should be adequately supplied with flashlights (if out between 7 p.m. - 7 a.m.), food and water.



## 50 Miler

### Aid Stations

**Aid Stations:** Based on TOTAL out and back course. 5 manned aid stations fully-stocked with water, electrolyte drink & snack-type foods, including soup & sandwiches and 5 unmanned aid stations with water only. Approximate distance between aid stations is 5 miles with no distance greater than approximately 6.5 miles between aid stations. Drop bag access at 5 total locations on the course with no distance greater than 10 miles between drop bags. Pacers first permitted at the Garnett turnaround 27.3 miles.

50 Miler		
Aid Stations	Approx. Mileage	Cutoff Times
Start/Finish – Celebration Hall	0	
Unmanned – Water Only	4.6 (Out)	
Unmanned – Water Only	7.55 (Out)	
Manned – <b>Princeton – DB/Crew</b>	11.8 (Out)	
Manned – <b>Richmond – DB/Crew</b>	18.3 (Out)	
Unmanned – Water Only	23.3 (Out)	
Manned – <b>Garnett – DB/Crew (Turnaround)</b>	27.3 (Turn)	<b>3 p.m.</b>
Unmanned – Water Only	31.3 (In)	
Manned – <b>Richmond – DB/Crew</b>	36.3 (In)	<b>6:30 p.m.</b>
Manned – <b>Princeton – DB/Crew</b>	42.8 (In)	<b>8:30 p.m.</b>
Unmanned – Water Only	47.05 (In)	
Ottawa – Celebration Hall	<b>Finish Line!</b>	<b>17 hours (12 a.m. Mar 26th)</b>

**Out** = Outbound / **In** = Inbound / **Turn** = Turn Around

**DB/Crew** = Drop Bag and Crew Access

Drop bags/crew access at Princeton, Richmond will both be hit twice (out and back), with the turnaround in Garnett being hit once. Meaning, if you want drop bags at all locations, you would prep a total of three bags, two to be hit twice and one to be hit once at the turnaround.

## 50 Miler

### Crew Driving Directions

The following grid outlines directions for crew access to the manned aid stations. Most of the Prairie Spirit Rails-to-Trails Course travels parallel to Highway 59 and 169 so the mileage listed below for runners will provide close approximations for crew vehicles, as well. After a short (2-4 mile) northbound out-and-back, runners will be traveling southbound, then back north on the return trip to the finish line.

It is the crews' responsibility to locate the manned aid stations. We've provided directions to the best of our ability, however, the race, nor any staff members, are in any way responsible for crew members getting lost. Prepare in advance. Manned aid station parking is limited. Please be respectful and park according to customary parking laws (i.e. – do not park in homeowners' yards, do not block roads/driveways, do not double park, etc.).

If a race official, an employee from the Kansas Department of Parks, Recreation and Tourism, local law enforcement, or a property owner asks you to move, please do so immediately. In addition, the driver will be solely responsible for any ticket received for illegally parking.

Crews may only access the course at these manned aid stations.

<b>Manned Aid Stations</b>	<b>Approx. Mileage for Runner: Outbound / Inbound</b>	<b>Directions (outbound)</b>
Princeton	11.8 / 42.8	Head south out of Ottawa on Hwy 59, go west (right) on High Street for approx .42 mile to the trailhead
Richmond	18.3 / 36.3	Continue south on Hwy 59, go west (right) on South Street approx .33 mile to the trailhead
Garnett (50 mile turnaround)	27.3	Continue south on Hwy 59 (turns into Maple in Garnett), go east (left) on 7th Street .51 mile to Main St., then south (right) to the Garnett Train Depot.

## 50K

### Course Description

**Prairie Spirit Trail Fall Classic 50K** The Prairie Spirit Trail Fall Classic 50K is an out-and-back course, beginning at Celebration Hall in Ottawa, Kansas, with a short (approx. 3.5 mile total.) northbound out and back, then traveling primarily south to Richmond and back north to the finish at Celebration Hall in Ottawa. The course is primarily on a crushed limestone trail, with asphalt paths as you travel through each town and the course is easily accessible to crew a total of three times.

### 50K Schedule of Events

Celebration Hall

**Saturday**

**Race Start/Finish Line**

6:30 – 7 a.m.

Last chance to turn in drop bags  
(No drop bags accepted after 7 a.m.)

6:30 – 7:30 a.m.

Packet pickup

**7:30 a.m. Mandatory Pre-Race Briefing**

**8 a.m. Race Start**

**Finish Line**

Cutoff time: 12 Hours, Saturday, March 25<sup>th</sup> (8 p.m.)  
Finisher awards will be distributed as you cross the finish line!  
(There is no official awards ceremony)

# 50K

## Aid Stations

**Aid Stations:** Based on TOTAL out and back course. 3 manned aid stations fully-stocked with water, electrolyte drink & snack-type foods, including soup & sandwiches and 3 unmanned aid stations with water only. Approximate distance between aid stations is 5 miles with no distance greater than approximately 6.5 miles between aid stations. Drop bag access at 3 locations on the course with no distance greater than 8 miles between drop bags. Pacers are NOT allowed in the 50K race.

50 Kilometers		
Aid Stations (DB = Drop Bag Location)	Approx. Mileage	Cutoff Times
Start/Finish – Celebration Hall	0	
Unmanned – Water Only	3.6 (Out)	
Unmanned – Water Only	6.55 (Out)	
Manned – <b>Princeton</b> – DB/Crew Access	10.8 (Out)	
Manned – <b>Richmond</b> (Turnaround) – DB/Crew Access	17.3 (Turn)	<b>1:30 p.m.</b>
Manned – <b>Princeton</b> – DB/Crew Access	23.8 (In)	<b>4:30 p.m.</b>
Unmanned – Water Only	28.05 (In)	
Ottawa – Celebration Hall	<b>Finish Line!</b>	<b>12 hours / 8 p.m.</b>

**Out** = Outbound / **In** = Inbound / **Turn** = Turn Around

**DB/Crew** = Drop Bag and Crew Access

Drop bags/crew access at Princeton will be hit twice (out and back), with the turnaround in Richmond being hit once. Meaning, if you want drop bags at all locations, you would prep a total of two drop bags, one to be hit twice in Princeton and one to be hit once at the turnaround.

### **Crew Driving Directions**

The following grid outlines directions for crew access to the manned aid stations. Most of the Prairie Spirit Rails-to-Trails Course travels parallel to Highway 59 and 169 so the mileage listed below for runners will provide close approximations for crew vehicles, as well. After a short (2-4 mile) northbound out-and-back, runners will be traveling southbound, then back north on the return trip to the finish line.

It is the crews' responsibility to locate the manned aid stations. We've provided directions to the best of our ability, however, the race, nor any staff members, are in any way responsible for crew members getting lost. Prepare in advance. Manned aid station parking is limited. Please be respectful and park according to customary parking laws (i.e. – do not park in homeowners' yards, do not block roads/driveways, do not double park, etc.).

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Crews may only access the course at these manned aid stations. Meeting a runner anywhere else during the course of the race will disqualify your runner.

<b>Manned Aid Stations</b>	<b>Approx. Mileage for Runner: Outbound / Inbound</b>	<b>Directions (Outbound)</b>
Princeton	10.8 / 23.8	Head south out of Ottawa on Hwy 59, go west (right) on High Street for approx .42 mile to the trailhead
Richmond (Turnaround)	17.3	Continue south on Hwy 59, go west (right) on South Street approx .33 mile to the trailhead

## **Contacts**

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*The guidelines outlined in this document are NOT all inclusive and are subject to change, without notice, at the sole discretion of the Fall Ultra Extravaganza Race Director.*

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