



Welcome to the 22nd Annual FlatRock 50 & 25K Ultra Trail Races. Thank you for choosing our event in 2016.

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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A Message from the Race Director, Carolyn Robinson

Greetings, Ultrarunners!

We are excited and honored to welcome you to the 22nd Annual FlatRock 25K & 50K!

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!

FlatRock 50K is the oldest ultra-trail race in Kansas, and may be the toughest trail in the Midwest!

It takes many hours to maintain this beautiful, yet very rugged trail, and many hours to prepare the course for this event. Thank you to the many FlatRock friends who have spent countless hours caring for this trail. Most notably, Eric Steele (Founder and King of FlatRock) and Steve “Sir Faithful” Siegele.

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 time on the FlatRock course, or if you've been running this course 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 FlatRock the incredible race that it is.

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

Carolyn Robinson, Race Director

Some FlatRock history from the FlatRock King, Eric Steele

I first discovered our beloved “little gem” as a Boy Scout nearly 35 years ago when I was a teenager. From my very first experience on this trail I was immediately and totally “awestruck” by its incredible beauty and unrelenting ruggedness. I sincerely couldn't believe I was in Kansas and every single time I've been on the trail since then (many, many miles), I still have a hard time believing I'm in Kansas.

In the mid 90's, when I founded the Kansas Ultrarunners' Society, and was asked by fellow co-founders/ultrarunners, Scott Demaree and Randy Albrecht if I knew of a good trail to hold our first event/trail race on, I was utterly delighted to respond with a resounding; “You bet, I know the perfect course to hold an ultra trail race on!” Since that time in 1995, when we had twenty brave souls finish our Inaugural 50K Event, runners from 23 different states, Canada and Great Britain have taken on “The Rock” and continue to build upon the rich history of Kansas' longest running ultra & trail race.

As always, in all ways, Be Epic,

Eric Steele

Trail Etiquette

Trail Etiquette is basically treating the trail and others using the trail with respect. At every event, hundreds of hours are being given in front and behind the scenes to provide you the best possible experience. Many of the people you will meet at the event will be volunteers. These volunteers are giving up their time to help you achieve your goals. This goes for aid station workers as well as your own pacers and support crew. Be kind to all of these people.

Approximate mileage between manned aid stations range from 3.8-6.2 miles. Carrying water is MANDATORY and fuel HIGHLY recommended. Unmanned aid stations will have water only (no cups will be provided at unmanned aid stations) with no crew access. Carrying water and making sure you have enough is your responsibility and is a safety necessity. You will not be allowed to start the race without a water container of some type.

Manned aid stations will have standard ultra food...fruit, pretzels, potatoes, chips, candy, peanuts, Ramen, Endurolytes, Hammer Gel, HEED, water, pop (soda) and an 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 be providing aid for specific dietary needs.

Gatorade – we do not offer Gatorade at our aid stations. We offer Heed – which is made by Hammer Nutrition and a much healthier alternative to Gatorade.

There will be no bathrooms along the trail. Carry a Ziploc of toilet paper. Be courteous and respectful at all times on the course.

Acknowledging Other Runners – one thing that ultra/trail runners do when they pass another runner (going in the opposite direction as well as the same direction) is verbally or physically acknowledge them – with a greeting such as “good job” ... or even a “hey” if that’s all you can muster up! Failure to acknowledge another runner during an ultra is oftentimes rude. You are not running a 5-minute mile. You are on a trail for at very least a half dozen hours. A nod or a wave can go a long way.

Yielding to Other Runners – 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 – If you leave trash on the course, you will be disqualified. Never throw your trash on the ground. There’s not someone that can drive along behind you and pick it up. At road races, it is customary to take a cup from an aid station and it down when you are done. This is not acceptable at an ultra/trail event. There are trash cans at the manned aid stations if you need to throw anything away. If any race officials hear or see any runner leaving trash on the course, you will be disqualified from this race with no refund and could even be banned from any other ultra that we put on. We do take this very seriously. If you can pack it in, you can pack it out with you.

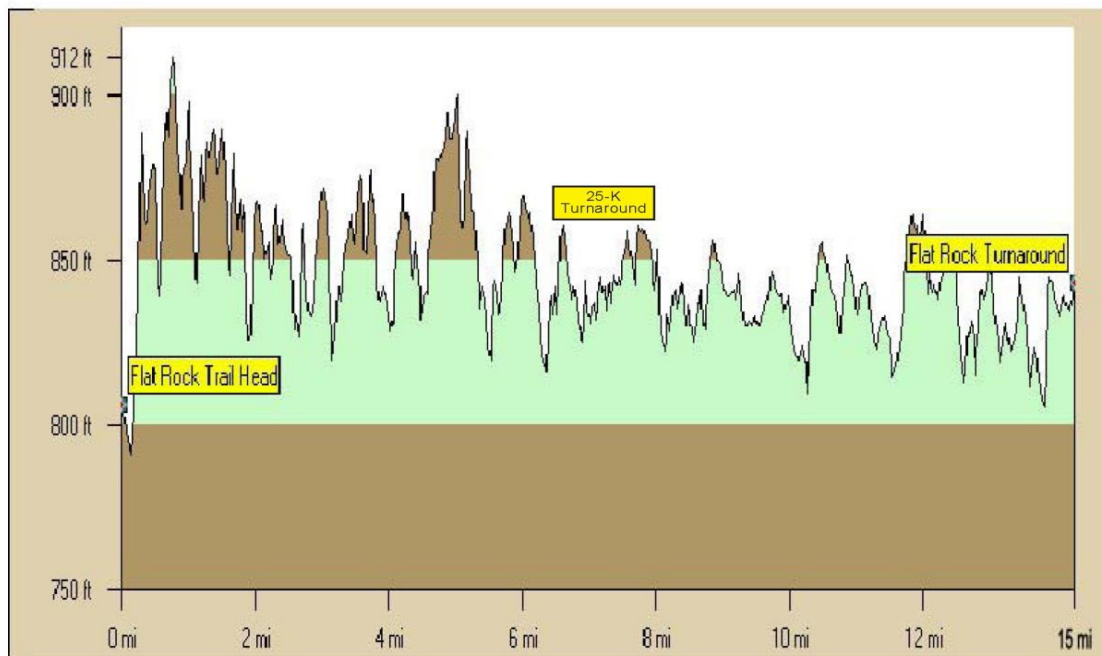
Course Description

The FlatRock Ultra Trail Race is an out and back course. It is run on the Elk River Hiking Trail along the north side of Elk City Lake. While it is hard to imagine a trail run in Kansas as being difficult, this race will definitely challenge your running ability and put your skills of mental concentration to a formidable test. PLEASE NOTE: there are very few finishers that have ever broken five hours for the 50K in our 21-year history.

While the trail does not have any long hills, there is an estimated total elevation gain and loss of approximately 3,000 feet for the 50K. Though all of these hills are fairly short, nearly all of them are also very steep and rocky, and not runnable (unless you can run trails like a mountain goat), due to the treacherous footing. So, please remember to take your time and enjoy the scenery safely...while stopped, or moving slowly and cautiously....and ALWAYS remember, our course motto from the very first year has been: "If You Look Up...You're Going Down!"

The trail is very well marked with blue blazes on the trees and a few rocks, along with a few small blue flags and bands of blue tape on small trees. If you go more than 50-70 paces without seeing a blue marker of some type, then you have very likely wandered off the trail and simply need to retrace your steps back to where you find blue markings on the trees/rocks. The course is accurately measured and will take you through the Chautauqua Hills of southeast Kansas. You will run through unique limestone rock formations, picturesque vistas, and dense hardwood forests as well as a bit of the prairie. While this is not an easy trail race...AT ALL, it is an extremely beautiful and rewarding one. Most importantly, FlatRock has been the gateway for many mid-western runners into the sport of ultrarunning...most specifically, trail ultrarunning.

FLATROCK COURSE PROFILE



Weather

We're in Kansas, plan for anything, mainly heat. The past three years data for race day are below:

2015: Low 55 High 80 / 2014: Low 52 High 76 / 2013: Low 51 High 73

Medical Risks

Each runner is FULLY responsible for their own actions. It is CRUCIAL that you are physically and mentally prepared for the stresses of this trail race. We will utilize the local EMS services in Independence, Kansas, in case of a medical emergency. While a couple portions of the course are accessible by paved roads, the majority of this course is VERY remote and will result in a substantial amount of time before EMS can arrive to provide assistance.

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.

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 best way that we can identify you in an emergency.

Drop Bags (for 50K runners only)

50K RUNNERS ONLY: Are entitled to one drop bag per person at the Turn Around (approximate mileage; 15.5). We will have a "drop bag area" located at check-in the morning of the race to place your drop bags. Your bag must be clearly marked with your NAME and BIB NUMBER.

Drop bags **must be left** in the designated drop bag area on Saturday morning as outlined in the Schedule of Events. We will do our best to return drop bags periodically throughout the day, but, please be aware, especially if you are a "front of the packer," you may need to wait to get your bag or retrieve it yourself. Drop bags will be brought to the finish line as often as possible and/or once all runners are through the aid station. **All drop bags will be back to the finish line no later than 3 p.m. Saturday afternoon.**

Schedule of Events

Friday, September 23, 2016

5:00 – 8:00 p.m.

Packet pick-up

5:00 – 7:00 p.m.

Pre-race meal served

[Race Start/Finish Location](#)

If you have not been to FlatRock before, please locate our staging area (Outlet Channel Shelter) WELL in advance, as many competitors get lost trying to find it for the first time. Please allow an extra 30-45 minutes if you are driving in the morning of the race...especially if you have never been to FlatRock before...we cannot over-emphasize this enough!!! If you are having trouble pulling it up on your GPS and just want to use a traditional map, our staging area is just north of the Elk City Lake Dam, right behind the dam.

Saturday, September 24, 2016

6:30 – 8:00 a.m.

Packet pickup

Turn in drop bags by 7:15 am (50K Runners Only)

7 a.m.

Pre-Race Briefing (50K)

7:30 a.m. 50K Race Start (10 Hour Cutoff)

8 a.m.

Pre-Race Briefing (25K)

8:30 a.m. 25K Race Start (9 Hour Cutoff)

All FlatRock Finishers' Awards (both events) will be distributed as you cross the finish line!
Awards Ceremony will begin at 6:30 p.m. for all Triple Crown & "Hall of Pain" Recipients.

Pre-Race Meal

The pre-race meal will be served Friday night at the Outlet Channel Shelter House from 5-7 p.m. In staying with a traditional pasta pre-load grubfest, we will serve spaghetti and meat sauce, salad, rolls, lemonade & water. Meat sauce and plain sauce are kept separate in consideration of runners wanting a vegetarian option. Pre-race meal is included for registered runners only. Additional guests are \$5 each.

Post-Race Meal

The post-race meal will be served from approximately 11:00 a.m - 6:30 p.m. on Saturday evening, September 24th, in the Outlet Channel Group Shelter House. Post-race meal is included for registered runners only. Additional guests are \$5 each.

FlatRock Special Awards Ceremony

Our Special Awards Ceremony will begin at 6:30 PM. If you are a recipient of a Triple Crown Award or being inducted into the FlatRock "Hall of Pain", please be aware, we will not present these awards early, nor will we ship them. If you are one of the outstanding individuals eligible to receive one of these awards, please make sure to plan accordingly.

Pacers

There are NO pacers allowed for either event. Though the trail is certainly open for public use, please be aware that you are not allowed to have a pacer during any portion of either event and if you are spotted with one, it is grounds for immediate disqualification.

Awards

All runners completing their specific race distance within the rules outlined, as well as the designated time limit will be awarded a date specific, custom designed award. In addition, first overall male and female will receive a custom award recognizing their achievement as respective champion in both events.

Photos

Rick & Kristi Mayo from Mile 90 Photography will be on the course taking pictures. Photos will be available at www.mile90.com

Lodging

Limited campsites **WITH & WITHOUT** electricity or water are located only a few hundred yards from the staging area/Outlet Channel Group Shelterhouse...there are **no showers** available at these campsites and have been booked full by 3-4 p.m. Friday evening the past couple of years. Campsites **WITH** electricity, water & **showers** are located at [Elk City State Park](#) only a couple of miles from the staging area. Numerous motels are located in Independence, Kansas, only 7 miles from the staging area.

Aid Stations

Mileage between aid stations is approximately every 3-4 miles with a total of 9 aid stations in the 50K (5 fully-stocked and 4 water only, no cups) and a total of 2 fully-stocked aid stations, 1 water only in the 25K. Carrying a water bottle or hydration pack is “mandatory” and fuel highly recommended.

Fully-stocked and staffed aid stations will have standard ultra food...fruit, pretzels, boiled potatoes, chips, candy, peanuts, PBJ sandwiches, Nutella rolls, Endurolytes, Hammer Gel, HEED, water, soda and ice. 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 be providing aid for specific dietary needs.

Aid Station Grid

FLATROCK 50K		
Aid Stations	Approx. Mileage	Cutoff Times
Start/Finish	0	
A1 – manned – fully stocked - no crew access	3.4	
A2 – manned – water/HEED/Hammer Gels ONLY – no crew access	7.2	
A3 (Oak Ridge) – manned – fully stocked - crew access	9.6	
A4 – Unmanned – water only – no crew access	13.0	
A5 (Turn Around) – manned – fully stocked - crew access DROP BAGS	15.2	12:00 p.m.
A4 – Unmanned – water only – no crew access	17.4	
A3 (Oak Ridge) – manned – fully stocked - crew access	20.8	
A2 – manned – water/HEED/Hammer Gels ONLY – no crew access	23.2	
A1 – manned – fully stocked - no crew access	27.0	
FINISH LINE	31 (50K)	5:30 p.m.

FLATROCK 25K		
Aid Stations	Approx. Mileage	Cutoff Times
Start/Finish	0	
A1 – manned – fully stocked- no crew access	3.9	
A2 (Turn Around) – manned - water/HEED/Hammer Gels ONLY – no crew access	7.7	
A1 – manned – fully stocked - no crew access	11.5	
FINISH LINE	15.5 (25K)	5:30 p.m.

Crew Driving Directions – 50K ONLY

The following grid and link to Google Maps outlines directions for crew access to the authorized crew access points.

The following map has three distinct and specific coordinates mapped on it.

- 1.) Starting above (north) of Elk City Lake is Unnamed Road (Start/Finish Line)
- 2.) Head west to second Unnamed Road (Oak Ridge)
- 3.) Continue west to Highway 160 (50K Turn Around) initially marked on map.

It is the crews' responsibility to locate the two access points - we've provided directions to the best of our ability, however, race staff members, are in any way responsible for crew members (family/friends) getting lost. Prepare in advance and remember crews should have plenty of time between these two access points since they're on wheels! Crew access point parking is limited. Please be respectful and park according to customary parking laws.

If a race staff member, an employee from the trail system or local law enforcement asks you to move, please do so immediately. In addition, the driver will be solely responsible for any ticket received for illegally parking.

[Detailed Map Showing Start/Finish Area, Two Crew Access Points & Driving Directions](#)

Crew Aid Stations & Drop Bag Locations	Approx. Mileage for Runner:	Directions (outbound)
Oak Ridge	9.6	Head west toward County Rd 5000 0.8 mi. Take the 2nd left onto County Rd 5000, destination will be on the left 4.7 mi.
50K Turn Around	15.2	Head northwest 0.7 mi. Slight left toward County Rd 5000 0.1 mi. Continue straight onto County Rd 5000 0.6 mi. Slight right toward County Rd 2100 0.1 mi. Continue straight onto County Rd 2100 0.9 mi. Turn left onto County Rd 5200 1.5 mi. Turn left onto US-160 E. Destination will be on the left 1.2 mi.
Oak Ridge	20.8	
FINISH	31 (50K)	

Runner Guidelines

Runner – The participant registered for the timed event.

Runners **MUST** fully adhere to the following guidelines/rules. Violations of any of the following rules (but not limited to) will be grounds for disqualification from the race. WE reserve the right to pull any runner competing in this race and ban from competing in any of our future events, for any reason whatsoever, solely at our discretion. Decisions of Race Management are final.

50K race starts at 7:30 a.m. and 25K race at 8:30 a.m. on Saturday, September 27th with a 10 hour time limit for the 50K and 9 hour time limit for the 25K.

50K turnaround cutoff time applies – refer to the Aid Station grid for specifics.

No early starts will be allowed.

No pacers allowed.

Please respect the trails; of course, littering of any kind is strictly prohibited.

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’s official race number must be worn prominently on the front of the body and must be easily visible at ALL times.

Runners **MUST** check in at each manned aid station, please make sure if you are a runner 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 in the results, nor receive a finisher’s award.

Crews, friends and family of runners will be required to maintain a distance of **no less than ten feet away** from aid station pavilions and any accompanying tents/pop-ups. There is plenty of space away from the immediate aid areas for runners to be crewed. To insure there is sufficient food and beverages for runners; the crew, including children and pets, are asked NOT to take anything from the aid station supplies.

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

All runners and their crew will abide by the directions of the race staff. Harassment of ANY member of the race staff (by the runner, their crew 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 fully responsible for the actions of their pacer(s), crew and anyone else within their respective group.

Runners, you and YOU alone, are ultimately responsible for yourself and your well-being during the entirety of the event. Members of the race staff 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. They are there to track your progress, provide your drop-bags (if applicable) AND provide fuel/hydration and encouragement only.

Leaving unattended animals and/or children at or near the start/finish line or at any aid station is strictly prohibited. Race staff members are not baby-sitters for children and/or pets. If an animal and/or child is left unattended, the proper authorities will be contacted immediately to remedy the situation.

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, including but not limited to ski poles, hiking sticks etc.

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.

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 staff member at the closest aid station. Report your name, race #, time and location you dropped. Failure to do so may result in search/rescue costs for you. Runner(s) who drop without reporting it to an aid station or finish line will not be allowed to participate in our future races and/or events.

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 as soon as possible. In non-emergency situations, you may have to wait a while before a ride is available. Our main responsibility is to put on an ultra event, not to run a shuttle service; so please be patient.

Crew Guidelines

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

Only runners are allowed in the aid station area(s). Crews may not access the aid station area(s), which includes the drop bags. Crew must maintain a distance of **no less than 10 feet** from the aid station areas at all times.

Crews do not have access to the aid station supplies. Crews may not “hang out” around the aid stations causing any sort of congestion that may detrimentally affect another runner.

All dogs, **MUST** be leashed at ALL times and under FULL control of their respective owner...no tolerance!!!

Crews providing ANY support other than at designated crew access points will result in immediate runner disqualification.

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

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 race staff or local law enforcement, crew must comply with requests.

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, well, race day is about them.

The crew is solely responsible for locating crew access points as needed.

Detailed Map Showing Start/Finish Area, Two Crew Access Points & Driving Directions

Crews will be limited to one vehicle per runner at all access points. Due to very limited parking, motor homes will not be permitted into any access point.

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 FlatRock staff members. Runners are fully responsible for his/her crew.

FLATROCK STATS

<u>STATISTIC</u>	<u>50K</u>	<u>25K</u>
Year Established	1995	1997
Male Course Record	<i>Iain Ridgway</i> 4:12:58 / 31 Yrs. 2011	<i>Lullel Hickman</i> 2:03:37 / 42 Yrs. 2004
Female Course Record	<i>Jeanne Bennett</i> 5:41:42 / 40 Yrs. 2014	<i>Rebecca Jons</i> 2:21:40 / 27 Yrs. 2009
Oldest Male Finisher	<i>Thomas Skinner</i> 68 Yrs. / 8:55:44 2014	<i>Tulsa Ross Waltzer</i> 76 Yrs. / 4:52:36 1998
Oldest Female Finisher	<i>Lynna Gilstrap</i> 64 Yrs. / 9:42:20 2014	<i>Lynna Gilstrap</i> 62 Yrs. / 4:28:33 2012
Youngest Male Finisher	<i>Cameron Plate</i> 13 Yrs. / 6:29:59 2014	<i>Aiden Baldrige</i> 12 Yrs. / 4:23:41 2014
Youngest Female Finisher	<i>Kaylee Wheeler</i> 20 Yrs. / 7:49:32 2012	<i>Carina Jaso</i> 15 Yrs. / 3:53:22 2013
Total Finishers	982	665
Largest Finishing Field	114 / 2015	66 / 2012
Smallest Finishing Field	20 / 1995	10 / 1997
Total States Represented	23 + Canada, Great Britain & Holland	15 + Canada

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Event website: FlatRock50.com

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