



Welcome to the 6th Annual FlatRock 101K Ultra Trail Race, and NEW Spring FlatRock 25K. Thank you for choosing our event in 2018.

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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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.

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 101K Trail Run is an out and back course done twice. It is run on the Elk River Hiking Trail. 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 the test.

The 25Kers will start an hour after the 101K, and will turnaround at the second aid station on the trail (about 7.7 miles) and head back to the Outlet Channel Shelter for their finish.

The 101K course record was just set by Dave Box in 2017 (yes... FLOODROCK) with a time of 12:06:20, beating the previous record of 12:07:59 set by Brian Ortell in 2013. This is a really tough, demanding course, and for many of you, your second out-and-back will be partially traversed in the dark, adding another element to the difficulty factor. Remember, you have 24 hours to complete the course. If you're up for the challenge on a graduate level course, in the heart of the Midwest, then we commend you, once again, for challenging yourself by registering for this event.

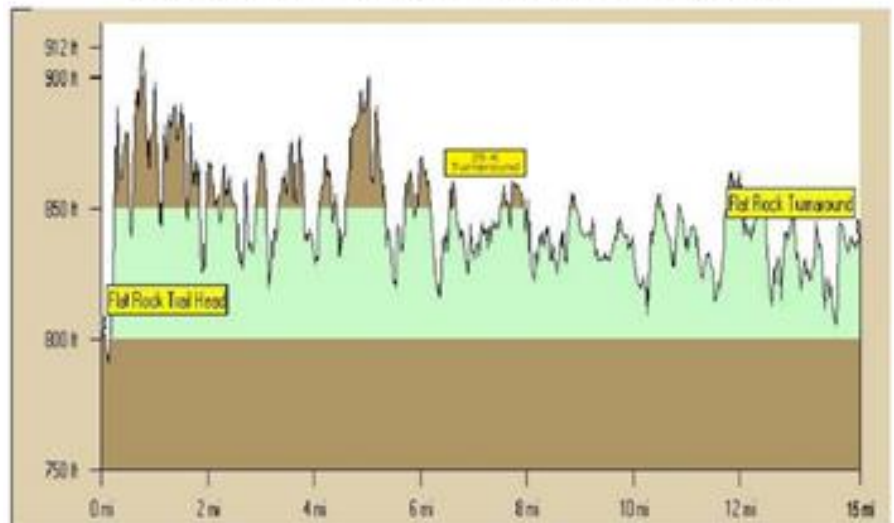
While the trail does not have any long hills, there is an estimated total elevation gain and loss of approximately 3,000 feet for the 50K (one full out-and-back). Though all of these hills are fairly short, nearly all of them are also very steep and rocky, and not runnable (unless you can run trails 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.

The trail is very well marked with blue paint blazes on the trees and a few rocks, along with a few small blue flags. Additionally, we have also marked the trail (approximately every quarter mile and where the trail leads up onto the bluff and down into the coves) with highly reflective blue tape that your headlamps will easily pick-up several hundred feet in the distance. If you go more than 50-70 paces without seeing a blue paint blaze (or flag) 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.

Elk River Hiking Trail Map:

<http://www.kansastrailscouncil.org/wp-content/uploads/2012/08/elk-river-trail-map-2.pdf>

FLATROCK COURSE PROFILE



Weather

We're in Kansas, plan for anything. The average for late April is:
Low 54 High 65

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.

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.

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 sites. 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. Camping for race staff only at the start/finish line.

Schedule of Events

Friday, April 27, 2018

5:00 – 8:00 p.m.
Packet pick-up

5:00 – 6:00 p.m.
Pre-race meal served

[Race Start/Finish Location](#)

If you have not been here before, please locate this area well in advance, as many people get lost trying to find it the first time. Please allow at least an extra 30-45 minutes if you are driving in the morning of the race.

Saturday, April 28, 2018

5 – 6 a.m.
Turn in 101K drop bags

6 a.m.
101K Pre-race briefing

6:30 a.m.
101K Race Start

7:15 a.m.
25K Pre-race briefing

7:30 a.m.
25K Race Start

Sunday, April 29, 2018

~6:30 a.m. Cutoff time~

Finisher awards will be distributed as you cross the finish line!
(There is no official awards ceremony)

Pre-Race Meal

The pre-race meal will be served Friday night at the Outlet Channel Shelterhouse from 5-6 p.m. We will be serving spaghetti and meat sauce or plain sauce, salad, garlic bread, lemonade & water. Pre-race meal is included for the registered runner and one guest. Additional pre-race meals can be purchased for \$10 per guest.

Post-Race Food

Breakfast type food will be served to finishers throughout the night and on into and through the finish of the event at 6:30 a.m. on Sunday morning. One guest is included in your entry fee, additional guests are \$10.

Pacers (101K only)

Pacers are allowed and encouraged after the first half of the race. Runners can pick up their pacers at the start/finish location, or one of the two crew access points after their first 50.5K. Runners must pick up a pacer bib for their pacer during packet pickup. All runners/pacers on the course MUST be wearing a race number or pacer bib.

Drop Bags (101K only)

You are limited to one drop bag per person at A3/Oak Ridge (approximate mileage; 10, 21, 41 & 52) and the A5/Far Turn Around (approximate mileage; 16 & 47) aid stations (pacers are welcome to have drop bags, as well). Both of these locations are also crew access points. You can also leave one at the start/finish line (halfway point). The outside of each bag must be clearly marked with the following information:

Aid station / Your name / Race number

Drop bags **must be left** in the designated drop bag areas on Saturday morning as outlined in the Schedule of Events. We will do our best to return drop bags periodically throughout the day/night, 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 2-3 a.m. Sunday morning the 29th.

Awards

All runners completing the race within the rules outlined as well as the designated time limit will be awarded a date specific finisher award. A custom designed belt buckle for the 101K finishers, and a classic FlatRock finisher award for the 25K. In addition, first overall male and female will receive a unique award event following their finish.

Photos

Photos will be taken by Mile 90 Photography and will be available free for participants after the event.

Aid Stations

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**.

Manned aid stations will have standard ultra food...fruit, pretzels, potatoes, chips, candy, peanuts, sandwiches, soup, 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.

Please treat each and every volunteer and staff member with respect and thank them at EVERY aid station as it would be impossible to stage this event without them.

FLATROCK 101K		
Aid Stations	Approx. Mileage	Cutoff Times
Start/Finish/Turnaround	0	6:30 a.m. Saturday, April 28 th
A1 – Manned – no crew/pacer access	3.8	
A2 – Unmanned – water only	7.6	
A3 (Oak Ridge) – Manned –crew/pacer access / DROP BAGS – Hit Four Times (1st)	10.0	
A4 – Unmanned – water only	12.6	
A5 (Far Turn Around) – Manned – crew/pacer access (1 st turnaround) / DROP BAGS – Hit Twice (1st)	15.6	11 a.m.
A4 – Unmanned	18.6	
A3 (Oak Ridge) – Manned –crew/pacer access / DROP BAGS – Hit Four Times (2nd)	21.2	
A2 – Unmanned	23.6	
A1 – Manned – no crew/pacer access	27.4	
A0 (Start/Finish area) – Manned – crew/pacer access (2 nd turnaround) / DROP BAGS – Hit Once	31.2	4:30 p.m.
A1 – Manned – no crew/pacer access	35.0	
A2 – Unmanned	38.8	
A3 (Oak Ridge) – Manned –crew/pacer access / DROP BAGS – Hit Four Times (3rd)	41.2	
A4 – Unmanned	43.8	
A5 (Far Turn Around) – Manned – crew/pacer access (3 rd turnaround) / DROP BAGS – Hit Twice (2nd)	46.8	11 p.m.
Aid #16 – Unmanned	49.8	
A3 (Oak Ridge) – Manned –crew/pacer access / DROP BAGS – Hit Four Times (4th)	52.4	2 a.m.
A2 – Unmanned	54.8	
A1 – Manned – no crew/pacer access	58.6	
FINISH LINE	101K (62+Mi.)	6:30 a.m. Sunday, April 29 th

Crew Driving Directions

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 (A3 - Oak Ridge)
- 3.) Continue west to Highway 160 (A5 – Far Turn Around) initially marked on map.

It is the crews' responsibility to locate the two access points (A3/Oak Ridge & A5/Far Turn Around) - we've provided directions to the best of our ability, however, race staff members, are not 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.

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

Crew Aid Stations & Drop Bag Locations	Approx. Mileage for Runner:	Directions (outbound)
A3/Oak Ridge	10.0	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.
A5/Far Turn Around	15.6	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.
A3/Oak Ridge	21.2	
A0/Start-Finish/Turnaround	31.2	
A3/Oak Ridge	41.2	
A5/Far Turn Around	46.8	
A3/Oak Ridge	52.4	
Finish Line!	101K (62+ Mi.)	

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.

The 101K starts at 6:30 a.m. on Saturday, April 28th with a 24 hour time limit. The 25K starts at 7:30a.m.

Aid station cutoff times apply – refer to the Aid Station grid for specifics.

No early starts will be allowed.

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

A bright light is mandatory and required for all runners and pacers out after 7 p.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 number/bib must be worn prominently on the front of the body and must be easily visible at ALL times.

Runners and pacers **MUST** check in at each manned aid station, please make sure if you are a runner/pacer that you received 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 or receive a finishers award.

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/pacers will abide by the directions of the race directors. Harassment of ANY member of the race staff (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 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.

Motor vehicle traffic is not permitted on the trail.

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.

Pacer Guidelines (101K only)

Pacer – Any individual who accompanies a runner for any distance greater than 100 yards at one time. They are registered (as a pacer) 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 after the first out/back (approx. 31 mi.) or at any crew access point thereafter.
Pacers must be on foot...no bicycle pacers allowed.

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 an official pacer bib. One pacer bib number is provided per entrant. 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 races staff knows 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 crew access points only or at the Start/Finish area AFTER the first out/back (halfway point).

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 manned aid stations providing drop bag services. (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 after 7 p.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 MUST have appropriate clothing and supplies, be experienced running with flashlights, and familiar with trail/ultrarunning. Pacers MUST be adequately supplied with flashlights (if out between 7 p.m. – 6:30 a.m.), food and water.

Crew Guidelines (101K only)

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

Only runners and pacers are allowed in the aid station area(s). Crews may not access the aid station area(s), which includes the drop bags.

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.

Dogs MUST be leashed and under crew/owner’s full control, at all times, NO exceptions.

Where parking is limited, crews must park on ONE side of the road - if asked to move by a race staff member 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. Members of the race staff are in no way responsible for giving directions.

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 (A3/Oak Ridge)
- 3.) Continue west to Highway 160 (A5/Far Turn Around) initially marked on map.

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

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Event website: FlatRock101.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.