



Welcome to the 3rd Annual Honey Badger 100 Mile Ultra Road Race. Thank you for choosing our event in 2016! We are honored to have this opportunity to co-create a running experience of a lifetime with you!

Throughout this booklet you will find valuable information about the event, course, aid stations and many other aspects of the race. As an ultrarunner, 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 3rd Annual Honey Badger 100! 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!

I haven't participated in an ultra myself yet (very soon to change), but I am learning from all of you, and from ultrarunner Trevor Darmstetter (Owner and Assistant Director of Honey Badger 100) what I can do to make this the best ultra experience for you! Each and every one of you are incredibly impressive and inspiring with all of your experiences and reasons for ultrarunning. 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 you're new to ultras, 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 Honey Badger 100 the incredible race that it is.

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

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

Course Etiquette

Please treat the course and everyone on it 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.

Course Description

The course is a 92.9 mile (approx.) asphalt loop contained entirely within Kingman County, Kansas, with a little over 7 miles run in Cheney State Park (West Shore). Approximately 6.5 miles at the start, and about $\frac{3}{4}$ mile at the finish. The entire 92.9 mile point-to-point loop is on asphalt county roads with very little road cant, NO major highways and minimal vehicular traffic.

You cannot show up without a crew – you will not be allowed to start or participate in this race. All runners MUST provide their own crew (minimum 1 person and vehicle), along with the following per-participant water and ice requirements:

12 gallons of Water
30lbs of Ice

All coolers/containers MUST be full of ice/water at the start of the event!!!

There are three stationary water & ice filling stations on the first half approx. (please consult table and map for locations) of this course and a periodic course rover with water & ice on the second half throughout the night and into the next day. Please remember, we are providing water and ice only at these stationary locations AND with our rover on the back half. It is the runner's FULL responsibility to provide all other aid & fuel throughout the duration of this race for themselves and crew members. It is also ALL runners crew's responsibility to access the stationary filling locations on the first half of the course, if their runner is getting dangerously low on water or ice, BEFORE their runner may actually reach them under their own power.

Crews are NOT allowed on the 5.7 mile out-and-back portion of the course in the park at the start. There will be one water only aid station available to runners on this out-and-back section. Runners will return to the Start/Finish area after completing this out and back, check-in, pick-up their crews and exit the park to take on the majority of the course.

Pacers are allowed and encouraged for the second half (approx.) of this event. Pacers may start accompanying their runner in St. Leo at 53 miles into the course. This is also the only CUTOFF point on the entire course, which is 16 hours (10 PM). No bicycle pacing allowed. It is the runner's responsibility to get any pacers on and off the course. No vehicles are to be left parked in St. Leo, or anywhere else on the course.

We highly recommend you and your crew be VERY familiar with the course route and have a state map in your crew vehicle that highlights the route and directions we have provided in this booklet and through the map links.

State Park Day Use Fee

There is a \$5 per vehicle, per day, fee for access to the State Park (aka Start/Finish location).

Weather

Bottom line, we're in Kansas, plan for anything.
The average temperature for July in Kingman County, Kansas is:
Low: 68 High: 93

Medical Risks

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. 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 Kingman, Kansas EMS services in case of a medical emergency. However, probably the best course of action in case of a medical emergency, especially a heat-related one, will be to have your crew take you directly into the Kingman Hospital ER (address listed below).

The Kingman Hospital is no-greater than 30 miles from any point on the course and this is a major part of why YOU, the runner, are required to have a crew in the first place...to assist you in case of a medical emergency. While the course is easily accessible, there could still be a substantially greater amount of time before EMS could arrive to provide assistance than your crew taking you straight to the Kingman Hospital ER...plus it costs much less.

*Special note for this event: Heat related issues can be life threatening. Listen to your body and take every precaution necessary to keep yourself, and your crew, safe. You ARE allowed to get into the crew vehicle during this event. Do whatever is necessary to ensure a fun, safe time and get to the finish line without a visit to the ER.

The Kingman Kansas hospital is located at:
750 West D Avenue, Kingman, Kansas 67068

Please have a plan, in advance, as to the quickest way to get to the Kingman Hospital, in case of emergency. Reminder - Kingman Hospital is no further than 30 miles at any point on this course. In the event of an emergency situation, it is your ultimate responsibility (and your crews) to determine if you should be driven to the Kingman Hospital OR call 911. Be smart, listen to your body and don't take any unnecessary chances.

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.

Schedule of Events

Friday, July 8, 2016

5 – 7 p.m.

~Packet pick-up

~Pre-race meal

Burgers, veggie burgers, brats – served with chips & potato salad & cole slaw.

~ Crew vehicle equipment/supply check (if ready)

Saturday, July 9, 2016

5 – 5:30 a.m.

~Packet pickup

~Runner check-in

~MANDATORY Crew vehicle supply check

MANDATORY pre-race briefing @ 5:30 a.m.

6 a.m. Race Start

Time Limit (36 hours)

~6 p.m. Sunday, July 10th, 2016 ~

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

(There is no official awards ceremony)

There is NO post race food/beverages being served due to the EXTREMELY staggered nature of finishers and most runners simply wanting to “go home and die” and/or get their own food of choice!

Pre-Race Briefing

The Saturday morning pre-race briefing is **mandatory**. In addition, you will be expected to know and follow all of the rules/guidelines contained within this booklet.

Crew Vehicle Supply Check

All crew vehicles will be required to pass a supply check Friday evening or Saturday morning, along with having their vehicle's windows clearly marked with their runner's bib number. We will supply window markers, if needed. Have your crew vehicle near the start/finish line and all of the required supplies readily visible/accessible to show a race director. No runner will be allowed to start the race without a pre-race vehicle inspection. ***It is the runners/crews responsibility to have all water coolers/containers and ice chests COMPLETELY FULL at the start of the race on Saturday morning.***

Awards

All runners completing the entire distance, within the designated time limit, will be awarded a date specific, custom designed Belt Buckle. In addition, first overall male and female will receive a personalized award plaque (to be shipped about 3-4 weeks after the event.)

Photos

Mile 90 Photography will be on the course taking pictures. Photos will be available at www.mile90.com

Lodging

Plenty of campsites (without hookups) surround the start/finish area, along with plenty of full-hookup campsites about one mile away. There are also several cabins for rent (if available), along with full restroom and shower facilities in the park. Click on the link below to access the Kansas Department of Wildlife, Parks & Tourism website for Cheney State Park (West Shore Area) for complete details and to make a reservation. If reserving a campsite without hookups, the Giefer Hill and Harding Hill Campgrounds are right beside the start/finish line.

[Cheney State Park, KS](#)

The closest hotel options are in Goddard or Kingman, both about 20 miles away from the start/finish, or plenty of options in Wichita, a little over 30 miles away.

Aid Stations

There are three stationary water & ice filling stations on the first half approx. (please consult table and map for locations) of this course and a periodic course rover with water & ice on the second half throughout the night and into the next day. Please remember, we are providing **water and ice only** at these stationary locations and with our rover on the back half. It is the runner's FULL responsibility to provide all other aid & fuel throughout the duration of this race for themselves and crew members. It is also ALL runners crew's responsibility to access the stationary filling locations on the first half of the course, if their runner is getting dangerously low on water or ice, BEFORE their runner may actually reach them under their own power. **You MUST have a minimum of 1 crew person and one crew vehicle to participate. NO EXCEPTIONS!!!** This is completely spelled out in this booklet. You cannot show up without a crew – you will not be allowed to start or participate in the race. You will work with your crew to coordinate where to meet you along the route – every mile...every five miles...that's up to you. We will NOT be providing aid to runners (you) on an individual basis – it is your crews FULL responsibility to access any/all stationary aid stations on the first half of the course and to obtain any necessary water or ice replenishments on the back half of the course.

Start/Finish Location

Course Map (92.9 Mile Loop)

~Following grid is for 92.9 mile (approx.) road portion*

~A little over 7 miles are run in Cheney State Park (West Shore) - Approximately 6.5 miles at the beginning of the event and 0.8 miles at the end. (Route through park not shown)

The directions below are for all hard turns on the loop with the exception of the Water & Ice Filling Stations and Map Point D, **which is the only cutoff point on the course (10 PM)**, and Map Points F & G where the road AUTOMATICALLY curves to head in the desired direction. All mileage is approximate.

<u>Map Point</u>	<u>Loop Mileage</u>	<u>Cumulative Mileage</u>	<u>*Directions for 92.9 Mile Loop</u>
A	0.0	6.5	Leaving Cheney State Park Entrance (West Shore), make a right turn onto NE 50 th Street, heading straight West for 32.5 miles until reaching NW 170 th Avenue.
Water & Ice Filling Station	16.5	23.0	Water & ice filling station at NW 10 th Avenue & NW 50 th Street.
B	32.5	39.0	At NW 170 th Avenue, make a left turn and head straight South for 13.0 miles until reaching SW 80 th Street.
Water & Ice Filling Station	33.75	40.25	Water & ice filling station at small pipeline parking lot on West side of the road.
C	45.5	52.0	At SW 80 th Street, make a left turn and head straight East for 8.0 miles until reaching SW 90 th Avenue.
D Water & Ice Filling Station	46.5	53.0	St. Leo Church parking lot. – Water & ice filling station. Pacers may start with their runners here. ONLY CUTOFF POINT ON THE COURSE @16 HOURS (10 PM) NO EXCEPTIONS!!!
E	53.5	60.0	At SW 90 th Avenue, make a left turn and head straight North for 1.0 mile until reaching SW 70 th Street.
F	54.5	61.0	At SW 70 th Street, make a right turn and head straight East for 17 miles where road AUTOMATICALLY curves left and heads straight North on SE 80 th Avenue.
G	71.5	78.0	On SE 80 th Avenue, head straight North for 1 mile where road AUTOMATICALLY curves right and heads straight East on SE 60 th Street.
H	72.5	79.0	On SE 60 th Street, head straight East for 8 miles until reaching SE 160 th Avenue.
I	80.5	87.0	At SE 160 th Avenue, make a left turn and head straight North for 6.8 miles until reaching NE 10 th Street.
J	87.3	93.8	At NE 10 th Street, make a left turn and head straight West for 1.0 mile until reaching NE 150 th Avenue.
K	88.3	94.8	At NE 150 th Avenue, make a right turn and head straight North for 4 miles until reaching NE 50 th Street.
L	92.3	98.8	At NE 50 th Street, make a right turn and head straight East for 0.6 miles to Cheney State Park Entrance.
M	92.9	99.4	Turn left back into Cheney State Park Entrance and follow signs 0.8 miles to finish.

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 will be grounds for disqualification. The race directors reserve the right to pull any runner competing in this race and permanently ban from competing in any future events, for any reason whatsoever deemed appropriate, solely at our discretion. The Race Director (RD) has the sole authority to disqualify any participant. Disqualification can occur immediately out on the course, at the finish line hours after an infraction has occurred, or possibly several days later if an investigation is warranted. Decisions of Race Management are final.

All runners **MUST** provide their own crew (minimum 1 person) and vehicle, along with all food/fuel, and a minimum of one 12 gallons of water and 30 pounds of ice. We will provide three stationary water & ice filling stations on the first half (please consult table and map for locations) of this course and a periodic course rover with water & ice on the second half throughout the night and into the next day. Please remember, we are providing **water and ice only** at these stationary locations AND with our rover on the back half. It is the runner's **FULL** responsibility to provide all other aid & fuel throughout the duration of this race for themselves and crew members. It is also ALL runners crew's responsibility to access the stationary filling locations on the first half of the course, if their runner is getting dangerously low on water or ice, **BEFORE** their runner may actually reach them under their own power.

Runners **MUST** check in Saturday morning **BEFORE** the start of the event AND at potentially random checkpoints along the course. Please make sure if you are a runner that you receive verbal confirmation from a staff member recording runners' check-ins that you have been successfully tracked. Cut-off time is strictly enforced. Runners crossing the finish line after the cutoff time will not be listed as official finishers.

All runners and their crew will abide by the directions of the race staff. Harassment of ANY race staff member (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 the 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 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 this race. 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/assistance.

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.

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 and crews are responsible for knowing the course route. There may be random checkpoints throughout the event. You must check-in at each one.

Cutoff times apply. Refer to the mileage grid for details. 16 hour cutoff time at the 53 mile point (St. Leo, pacer pickup location) and 36 hours at the finish line...**NO EXCEPTIONS!!!** No early starts will be allowed. A light is mandatory for all runners and pacers out between 8 p.m. and 6 a.m.

Reflective gear **MUST** be worn after dark. If you do not have reflective clothing, you will need to bring a reflective vest and/or reflective tape, which can be purchased at stores such as WalMart/Harbor Freight. If you do plan to wear reflective clothing, you are not required to wear a vest or tape.

Each runner's official race bib must be worn prominently on the front of the body and must be easily visible at ALL times. There will be no unofficial runners.

Runner **MUST** follow the rules of the road. This means running TOWARDS traffic on the left-hand side of the road. Crew vehicles should **cautiously** pull over when needing to provide aid to their runner(s). **Ideally**, at crossroads, to the left, so runners do not have to cross the road to receive aid/assistance. There is a crossroad approximately every mile on the course. If crews must provide assistance on the actual course, please pull off to the right side of the road as far as possible and turn emergency blinkers on.

Littering of any kind is strictly prohibited.

If a runner wants/needs to temporarily leave the course (for any reason) they **MUST** do the following:

~Stake out (Use the stake provided to you at packet pickup to "stake out" the location you left the course. This will be explained further during the mandatory pre-race briefing.)

AND

~Text (or call – texting is preferred) 402.218.5040 with the following information:

1. Your name
2. Your bib number
3. The approximate location you left the course (mileage/distance)
4. Time you left the course
5. Reason for leaving
6. Approximate time you anticipate returning

Runner safety is our primary concern, therefore, tracking the approximate location of runners throughout the race is necessary. Please be sure to communicate with us if you have to leave the course at any point.

Leaving unattended animals and/or children at or near the start/finish line or at the pacer access point 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 not allowed on the course. In the event a runner needs to bring their service dog, they must notify the race director, in advance. Please note – as outlined in the Medical Risk section of this booklet, a service dog can experience heat related issues as well. It is the runner's responsibility to have their dog properly conditioned for an event such as this.

Runners must not drop out of the race by abandoning the course and going home. If you must drop, please report to a member of the race staff, or text us, as outlined previously. Report your name, race #, time and approximate location you dropped. Failure to do so may result in search/rescue costs for you. Runner(s) who drop without reporting it to race staff will not be allowed to participate in our future events.

Your crew is responsible for having a fairly firm grasp of your location throughout the entire race. We will not be providing rides to runners/pacers to meet up with their crew.

Pacer Guidelines

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.

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

Pacers are allowed (and encouraged) during the last 47 miles of the event, starting at St. Leo.

All pacers are required to wear a "PACER" bib (Runner must request/obtain at packet pickup)

Pacers on foot only – NO BICYCLE PACERS ALLOWED. NO VEHICLE PACERS ALLOWED.

All runners and their crew/pacers will abide by the directions of the race staff. Harassment of ANY staff member (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.

Pacers should be experienced runners in excellent physical shape and conditioned adequately to run. Pacers should have appropriate clothing and supplies, be used to running with flashlights, and familiar with ultrarunning. Pacers should be adequately supplied with flashlights (if out between 8 p.m. - 6 a.m.), food and water.

Please Note:

One (1) pacer may accompany a registered runner at any given time AND must be wearing the designated Pacer's Bib. Pacer race bib must be worn prominently on the front of the body and must be easily visible at ALL times. There will be no unofficial runners.

A light is mandatory and required for all runners and pacers out between 8 p.m. and 6 a.m.

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

If a pacer becomes unable to continue the run, the official pacer bib should be given to the runner, so that subsequent pacers can be properly identified.

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 any point during the last 47 miles of the race.

Pacers may not run ahead of their runners, or depart after their runners, in order to speed up the re-fueling process.

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

We will not be providing transportation for pacers to or from any points on the course.

Crew Guidelines

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

All runners and their crew/pacers will abide by the directions of the race staff. Harassment of ANY 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.

Window markers will be available to clearly mark the runner's race number on the crew vehicle for easy identification during the race.

Crew is not allowed on the out-and-back portion of the course (first 5.75 miles of the course which runs in the State Park.) There will be one water only aid station available for the runners on this section.

Crew vehicles should **cautiously** pull over when needing to provide aid to their runner(s). **Ideally**, they should pull over at a crossroad on the left side of the road (there is a crossroad approximately every mile) to prevent their runner from having to cross the road. If crew must provide aid/assistance on actual course, pull as far to the right side of the road as possible and turn emergency flashers on.

Runner must follow the rules of the road. This means they will run TOWARDS traffic on the left-hand side of the road.

Crew may not drive alongside the runner during the event. For crew to access their runner, they should pull over and stop the vehicle, ideally at a crossroad.

The crew/runner is solely responsible for following the course maps. Race staff members are in no way responsible for giving directions.

Crews will be limited to two vehicles per runner.

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

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Event website: honeybadger100.com

The guidelines outlined in this document are NOT all inclusive and are subject to change, without notice, at the sole discretion of the Honey Badger 100 Race Director.