

2021 RUNNERS MANUAL



• Hays Nutrition •



WARD AND HAMMOND ENDURANCE EVENTS

SCHEDULE OF EVENTS

Race date: Saturday October 2, 2021 All races end: Sunday October 3, 2021 @ 12 PM

Start times

- 100 miler – 6:00 AM
- 100k – 7:00 AM
- 20 miler – 8:00 AM

Pre-Race Check-in

- Friday Oct 1 @ the start/finish - 4:00-6:00 PM.
- Same day check-in
 - 100 milers – 5:00 – 5:40 AM
 - 100k – 6:10 - 6:40 AM
 - 20 miler – 7:10-7:40 AM

Strict Cutoff for all distances – 12:00 PM Sunday October 3

Sign up @ <https://ultrasignup.com/register.aspx?did=80490>

LOCATION & LODGING INFORMATION

Location – The start and finish will be located at the Switchgrass trail head (Hell Creek area) which is located near the Switchgrass restroom parking lot. The trail is located in Wilson State Park and will require an annual KS state parks pass or a day pass. Either can be purchased on the way into the park. You will drive by the office and self-pay station when entering the park. If you don't have a pass in your window, you will likely be fined.

GPS: N38°54.965 W98°30.549

Map of Location -

<https://www.google.com/maps/place/38%C2%B054'57.9%22N+98%C2%B030'32.9%22W/@38.9160833,-98.5113387,17z/data=!3m1!4b1!4m5!3m4!1s0x0:0x0!8m2!3d38.9160833!4d-98.50915?hl=en>

Lodging – Hays is about an hour away and has a ton of great options. Russell has options and is about 30 minutes away. Wilson is the nearest town (10 minutes) and is home to the historic Midland Railroad Hotel <https://www.midlandrailroadhotel.com/>.

Camping – There is a lot of great camping spots (primitive and otherwise) available very close to the start finish. Camp spots tend to go quickly at Wilson, even in early October. Reservations can be made @ <https://www.reserveamerica.com/explore/wilson-state->

[park/KS/519134/overview](https://www.recreation.gov/park/KS/519134/overview). If Wilson State Park is full you can look into Lucas Park, Sylvan Park, or Minooka Park. Lucas, Sylvan, and Minooka are federal campgrounds and would need to be reserved through <https://www.recreation.gov/>. All are within 15 minutes or so from the start/finish.

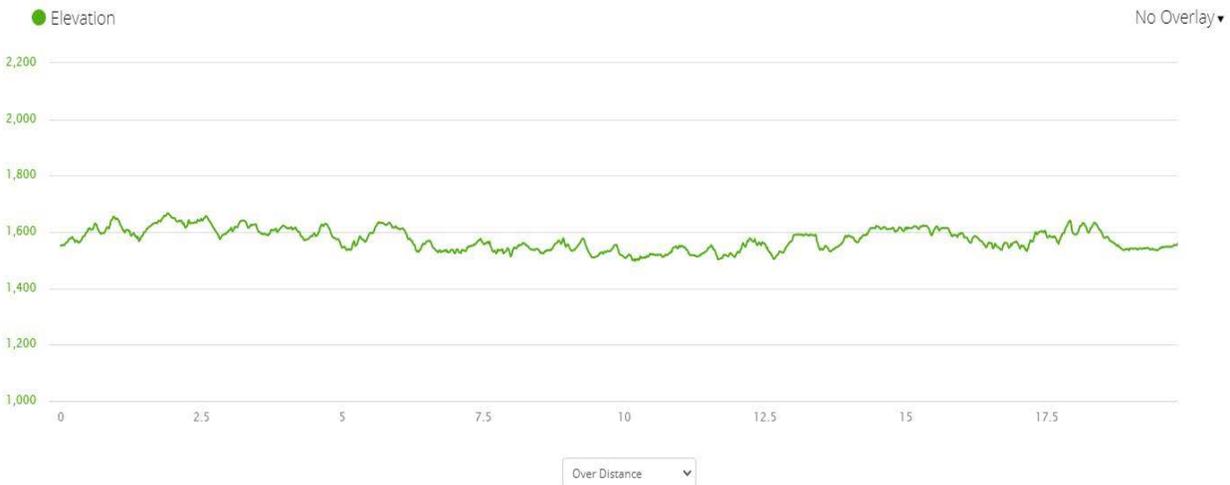
COURSE INFORMATION

All runs will take place on the single-track, Switchgrass Mountain Bike Trail, at Wilson State Park. If you’ve never ran this trail you are in for a treat. Switchgrass is very hilly, but not overly rugged. Much of the trail runs directly beside beautiful Wilson Lake, the clearest lake in Kansas. The trail is totally exposed, with no heavily wooded areas. This makes for beautiful views, but also total exposure to the weather! The 100 miler has the most elevation gain and loss of any 100 miler in Kansas, so if you’re looking for a challenging course in the “flatlands” you’ve found it! We are very excited to give you the opportunity to run on this amazing trail, and believe it is the perfect addition to the other amazing ultras being put on in KS.

Elevation gain/loss

- 100 miler – 10,120 ft
- 100k – 6,072 ft
- 20 milers 2,024 ft

ELEVATION PROFILE



KANSAS 100 MILERS - ELEVATION GAIN COMPARISON

Hell Creek 100	10,120 feet
Hawk Hundred	9,360 feet
Heartland 100	6,000 feet
KRT Extravaganza 100	1,541 feet
Prairie Spirit 100	1,541 feet
Honey Badger 100	1,332 feet

RACE LOGISTICS

The races will consist of 20(ish) mile loops. One loop for 20 milers, three loops for 100k runners, and 5 loops for 100 milers. Switchgrass is purely single track so we will likely start the runners about a ½ mile from the trailhead to give everyone a chance to spread out. After that it is 100% trail-running.

The course will be heavily marked with ribbons and wrong way signs. This is an extremely easy course to follow. Getting off course should be of no issue.

GPX file is located on our Facebook page. This could obviously change for a variety of reasons and does not include initial “spreading out” on pavement. It is likely unnecessary.

Restrooms/showers - We will have a porta-potties at the start finish and also at mile 10.5 and 16.75. There are hot showers open year-round at Big Bluestem campground, about 3/4 mile from the start/finish.

Photography: We will have professional photography from Something Wild photography at the race! All pictures will be available for free download within a few weeks after race conclusion.

NOTE – Cell phone service is spotty at Wilson State Park. At the start/finish I get NO service. Out on the course I bounce back and forth between decent service and none at all.

SWAG AND AWARDS

Awards – 1st, 2nd, and 3rd place **male and female in each distance** will receive special awards.

Swag – Correct shirt sizes, 100k beanie, and 100 mile vest are not guaranteed for entries within 2 weeks of race. Entries within 2 weeks for the 100 will not have name on vest. Additional merchandise can be purchased at <https://ultrasignup.com/shopping.aspx?dtid=42902>.

- **20 milers** – Short sleeve t-shirt with race logo/sponsors and a draw string bag. Finishers will receive a distance specific medal and a beer from Wichita Brewing Co.
- **100k** – Long sleeve shirt with race logo/sponsors, draw string bag, and a Hell Creek 100k beanie with year. Finishers will receive a distance specific 100k buckle and a beer from Wichita Brewing Co.
- **100 milers** – Long sleeve shirt with race logo/sponsors, draw string bag, and a Hell Creek 100 mile vest customized with participant name and year. Finishers will receive a distance specific 100 mile buckle and beer from Wichita Brewing Co. Sub-24 hour finishers will receive a sub-24 buckle in place of the traditional 100 mile buckle.
- Additional small freebie items will likely be included in swag bags.

AID STATIONS

There are two manned aid stations. One of them you will run by twice each lap. Therefore, you will run by three manned aid stations per 20 mile loop. Manned aid stations will include your typical aid station items – a variety of food items (vegan options), water, soda, and electrolyte drink. The main aid may have some hot food items during certain hours. Drop bags are allowed at both manned aid stations, therefore you will have drop bag access 3 times per lap.

There will be one UNMANNED WATER ONLY station at roughly 5 miles. So the furthest that will be traveled without access to water will be about 6.25 miles.

Please be prepared to bring anything “special” that you can’t live without during a race. Some races offer endless buffets of food. That’s not us. You can expect your typical runners fare. We will do our best to take care of you, however this **is** an ultra-marathon...you won’t be pampered. Please make sure you are adequately prepared. Be prepared to take care of your own issues with blisters, chaffing, nausea, and any of the other normal “perks” that come with ultra-running. We will help when/if we can, but again...you won’t be coddled.

Main Aid – Located at the start/finish line. Crew and pacers are allowed. Pacers are allowed after 60 miles. We will have radio communication between aid stations and there will be an area where crew can check on the status of their runner here. We can tell crew when and if a runner has checked in at mile 10.5. This aid station will have the most food options, and also the most room. We will have **limited** chairs for runners to sit and take breaks between laps. Chairs are for **active runners** only.

“Other” Aid Station – This manned aid station is at mile 10.5 and mile 16.75. Crew and Pacers are also allowed here. Pacers are allowed after 60 miles. Note- the trail is a 20 mile loop, and at no point do you run opposite directions on the same trail. This aid station is located above an “upper” section of trail and a “lower” section of trail with a connecting trail in between. The aid station will be clearly visible from both trails and will require negligible additional distance to access. There will be a variety of runner’s food, but no hot items, and less variety than the Main aid station. You are required to check-in at mile 10.5. You are not required to check-in at mile 16.75. We will have a volunteer directly beside the trail at mile 10.5 checking runners in and out. Whether or not you choose to make the short climb to the aid station at either point is up to you.

CREW

Maximum of **3** crew members at “Other” (non-main) aid station at any time. This is not counting your pacer if you have one. This is to ease congestion. Please remind all crew and family to stay out of the way of other racers and volunteers.

Crew and spectators cannot eat from aid stations. Pacers, while pacing, can. Simple.

Crew may not interact with runner anywhere besides the MANNED aid stations (start/finish).

Crew must abide by all the same rules as the runner. **Remember, crew can disqualify their runner.**

PACERS

Absolutely NO MULING. A pacer cannot carry **anything** for their runners. They cannot hand their runner **anything** anywhere except at manned aid stations.

Pacers are only allowed for the 100 mile race. No exceptions.

Pacers are only allowed after the 3rd lap, about 60 miles into the race.

Maximum of one pacer at a time

We will have pacer bibs. Get one.

We don't keep track of pacers. You are responsible for your pacers.

Pacers can only start at the MANNED aid stations (start/finish, 10.5, 16.75)

Please only bring one vehicle per runner/crew to the start/finish area and the other manned aid station.

DROP BAGS

Drop bags are allowed at manned aid stations. This means you can have 2 drop bags (main and "other").

Drop bags must be clearly marked with runners name, race, and bib number.

We are not responsible for lost or stolen drop bags, therefore we discourage putting anything of value in drop bags.

We will make several runs (approximately every 4-5 hrs) to bring drop bags back to the start/finish for runners that have finished their race.

We do not mail drop bags. If you forget your drop bag, items will be thrown away or donated.

Drop bags cannot be excessively large. No coolers, backpacks, large boxes/large Tupperware, etc. Think shoebox sized or small draw string bag. Excessively large drop bags will be rejected.

OTHER RULES

READ THESE CAREFULLY. Everyone is expected to know all rules coming into the race. We won't mess around with this stuff. We will disqualify the runner for any rules he/she OR their crew breaks. We are fortunate to have a permit at this beautiful place to put on such an event. Please represent the running/ultra-running community well.

DO NOT LITTER! If you OR your crew are caught littering **once** (I'm talking bubble gum wrapper sized trash), you **WILL** be disqualified. Let's leave these trails as nice as when we started. There will be trash cans at every aid station to unload your trash.

We have no minimum gear requirements. This is Kansas, there is no such thing as “typical” weather. Be prepared for literally **anything** in early October. Bring what you need to survive. A headlamp will be needed for all 100k and 100 milers.

Trekking poles are allowed. Try not to gouge anyone’s eyeball out.

Plan for a cupless race. You will be required to have your own container for filling liquid at aid stations.

Pooping/peeing – Please try to relieve yourself at the aid stations. Aid stations are 5-6 miles apart, but sometimes that’s not close enough! We understand! As previously mentioned, you are totally exposed out here, so it may be difficult to find decent cover. If you “go” on course you **MUST** bury all poop and toilet paper. **Failure to do so will be considered littering and result in disqualification. This goes for pacers as well!**

Beer is for runners only. You will get one delicious can of free beer when (IF) you finish. We are proud to have Wichita Brewing Company (<https://www.wichitabrew.com/>) as our beer sponsor.

Minimum age of 21 years to race.

Note- no **glass**, kegs, party balls, etc. are allowed in Wilson State Park. If you’re going to bring some extra beer for your post-run celebration, make sure it’s in cans, not bottles, to avoid any issues.

Due to the purely single track nature of the trail we discourage the use of headphones. However, you are allowed ONE earbud. This rule is in place out of respect for other runners. A runner should not have to shout or pat you on the shoulder to pass you.

If you get off course, you must retrace your steps entirely and re-enter the course exactly where you got off. No exceptions. **Anyone caught cutting the course (cheating) will be disqualified immediately.**

Be respectful of all volunteers, they are doing this for free, and are using a weekend to take care of you. Please thank them every chance you get. Volunteers are what makes these races so amazing. **Runners** are responsible for how their crew interacts with volunteers. If you have any gripes or complaints, please take them up with your highly unsympathetic race directors ☹.

WE DO NOT ALLOW RUNNERS TO DROP DISTANCES DURING THE RACE. 100 milers cannot drop to 100k, and 100k cannot drop to 20 miles. Please do not ask. If you don’t **think** you can make it, keep trying. That’s what this sport is all about! If you **can’t** make it due to cutoff times, or for any other reason, you will DNF. We **know** many other races allow this...we don’t. Go into your race knowing that the only option is to finish what you signed up for, or DNF. You **MAY** drop distances **PRIOR** to the race. Please notify us at least 1 week prior if you’d like to do so. You will not be refunded for the difference between race entry costs should you choose to go down in distance.

DOGS – Well behaved dogs are allowed to run with their human friend. Well-behaved means they get along well with other humans, dogs, and will not chase wildlife that they encounter on the course. Again, the course is purely single track. You need to keep your dog out of the way of other participants. You must bury or carry out all poop from your dog, not doing so will result in disqualification. Your dog must be on a leash 100% of the time! This is a state park RULE. If your dog is seen off their leash you will be disqualified.

Children – Children are obviously welcome, but must be supervised at all times. Children cannot just be running freely around the start/finish area. Crew/family members are responsible for making sure this happens.

No emergency services will be on standby at the race. The nearest hospital is in Russell, KS – approximately 30 minutes away.

Cutoffs – The cutoff for all three races will be 12:00 PM on Sunday. The cutoff is strict. This allows 30 hours for 100 milers, 29 hours for 100k, and 28 hours for 20 milers. Additional aid station cutoffs to follow.

COVID

We are having mass starts. We are running the race like its 2019. If you're not comfortable with that please defer to 2022.

DEFERRALS

Due to the COVID situation, we have decided to give participants the option of deferring until next year's race . In that case, one would be credited the **amount paid** to the following year. One would still be responsible for any difference in price due to discounts, price increases, etc. One can only defer to **the following year** and can only defer **once**.

In the case of deferral, one would still need to re-register the following year. No deferrals are accepted after September 10 as shirt/swag orders will already be finalized. **NO REFUNDS.** Only deferrals.

If you cannot attend please let us know at least three days prior to race start and we will take your name off of the entrants list/results. If not prior to three days of race start you will be listed as DNS on the results. Swag can be mailed in this case – participant must pay for postage.

RACE CANCELLATION

Race Cancellation – In the event the race is cancelled due to severe weather, or other uncontrollable circumstances we cannot offer refunds. Everything is typically already paid for at this point. That being said, it is highly unlikely, and we will do everything in our power to make sure the race happens. Depending on the circumstance, full or partial credit **may** be offered for a

future race. If the trail is in a condition (muddy, etc.) where running on it would do unnecessary harm to the trail, we will attempt to find an alternate route.

GIVING BACK

2% of everyone's entry fees will be donated back to Switchgrass for trail for maintenance/improvement as a token of our appreciation for the use of the trail, and for sustainability purposes. If it makes sense to increase amount in the future we will do so. We are passionate about the sustainability of the Switchgrass Trails, and all trails for that matter.

SPONSORSHIP OPPORTUNITIES

We offer businesses the opportunity to promote themselves through our race in exchange for donations, products, etc. For more information please contact one of your RD's.

VOLUNTEERING

We appreciate your interest in volunteering to help. Great volunteers are the difference between a bad race and an amazing race, so we can't thank you enough!

-All volunteers will receive a T-shirt

-If you volunteer, you are there to help. Enough said.

-Absolutely NO alcohol whatsoever for volunteers for the entirety of your shift...no exceptions. We will be the first to crack open a cold one with you once the race is done, but not before that! We have been to races where volunteers were getting blasted, and it's not cool, so it's not happening. Many of these people running the race are trying to accomplish a huge goal and have put a tremendous amount of time and work into it. We are there to help them reach that goal, not to party.

If you are volunteering, please don't bring any extra "help" (kids, pets, anyone who isn't a volunteer)

-Don't offer to volunteer until you are 100% sure you can commit.

-Volunteers have to follow all State Park rules at all times

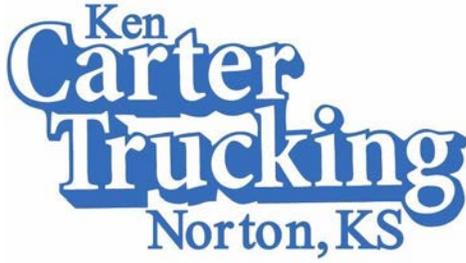
-Volunteers are responsible for their own lodging/campsite

-Volunteers can eat from the aid stations while they are volunteering only

-Please bring a positive, encouraging attitude

-Please reach out to one of the RD's or sign up on Ultrasignup (volunteer) if you are interested in volunteering.

ADDITIONAL SPONSORS



ABOUT US

Chase & Casey Hammond

Long before Chase was an ultra-runner he was an avid hiker and quickly fell in love with the trails and the outdoors. He's been talking to Casey about putting on an ultra at Wilson for years and, now, with the help of the Wards, gets to make that vision a reality. Chase makes trips to run at Wilson often, and considers it his "home course". Casey has followed Chase across the country and worked as his crew member for various races. She has learned and seen a lot at these races, which has helped her to understand what goes into planning a race of this magnitude.

Their company, Ultraverse Supplements, donates 1% of all sales to a specified trail every year. This year that portion will go to the trails of Clinton Lake of Lawrence, KS, where Chase ran his first 100 miles (the HAWK). Every product at Ultraverse Supplements is made first and foremost, with ultra-runners in mind, and aims to reflect what they believe is the typical ultra-runners values. They never compromise on ingredient quality, and strive to be as sustainable as possible. Chase and Casey both have Masters Degrees in Nutrition, and are creating what they believe to be the best ultra-endurance supplements on the planet. For more information on their products and their company visit <https://ultraversesupplements.com/>.

Jordon and Kayla Ward

Jordon and Kayla have long had a passion for fitness. Kayla holds certifications in personal training, sports nutrition, and body building. They were introduced to ultra-running when Jordon went to Moab as a pacer for Chase in the Moab 240. Chase and Casey's enthusiasm and passion for ultra-running made partnering with them to put this race on a no-brainer!

Kayla and Jordon's passion for fitness and health is what lead them to open Hays Nutrition in 2019. Hays Nutrition strives to offer the community a healthy food and drink alternative. They offer meal replacement shakes, metabolism boosting teas, pre and post workout drinks, and much more! Bring proof of race registration to the store and receive 20% off of your drinks.

CONTACT INFO

Please feel free to reach out to any of your RD's for any questions that were not answered in this guide.

Chase: chammond1@muih.edu

Casey: casey@ultraversesupplements.com

Jordon: jordonkward@gmail.com

Kayla: heronemuska@gmail.com