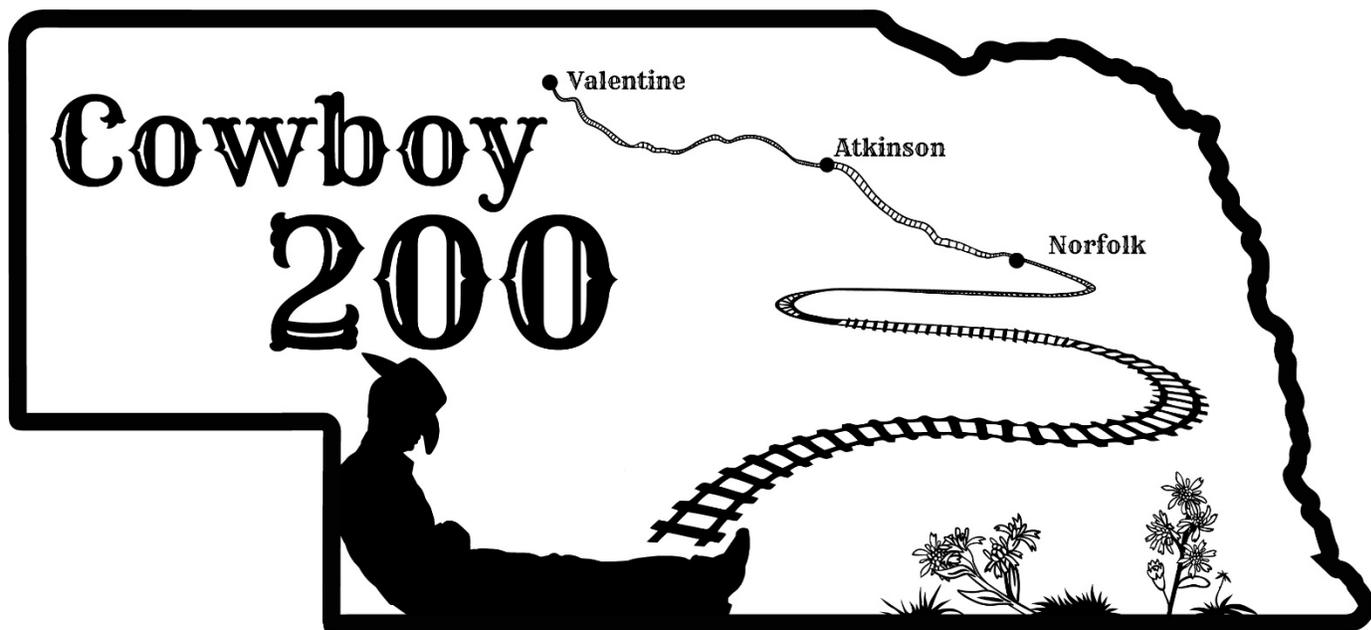


COWBOY 200

Runner's Manual 2022



Presented by

Ultraverse Supplements

INTRODUCTION TO THE COWBOY 200

An amazing adventure through America's heartland, "cowboy" country.

The Cowboy 200 is a point-to-point 200-mile footrace along the beautiful Cowboy Trail in Nebraska. Runners will travel from Norfolk to Valentine on the Cowboy Trail, an old "rail trail" consisting of crushed limestone trails (off-limits to automobiles). During their epic 200-mile adventure, runners will be immersed in nature and experience the beauty and solitude of the Nebraska back-country.

Along this amazing journey, runners will see many ancient relics from the old railroad and pass through many quaint, history-filled towns still utilizing buildings and artifacts from the old railroad – including a water-powered gristmill and numerous old railroad depots scattered along the route.

Some of the most famous and awe-inspiring structures along the Cowboy Trail are the former railway bridges in which runners will cross. In total there are over 200 bridges along the route with the largest being ¼ mile long and 148 feet high! This truly is a beautiful trek through America's heartland.

The Cowboy Trail is non-technical, 100% runnable, and extraordinarily flat, making it perfect for the first time 200-miler, or those seeking a PR. There will be short paved sections when running through towns along the route.

The exact route of the Cowboy 200 is subject to change with route/trail closures and maintenance. We will do our best to keep runners on as much as the Cowboy Trail as possible and we will give updates via our Facebook group when applicable – <https://www.facebook.com/groups/613766129722833>

OUR GOAL FOR THE COWBOY 200

It is our goal to provide participants with a world-class ultra-running experience connecting runners to the rich history, beautiful landscapes, and wonderful communities that are in abundance along the Cowboy Trail. Additionally, we hope to provide a more affordable option for a "no repetition" 200-mile race while still providing everything runners come to expect in races 3x the price. Lastly, we want to support the small towns along the Cowboy Trail as well as the Cowboy Trail itself. We will give 3% from each person's race entry back to the Cowboy Trail for maintenance, repair, restoration, and expansion.

REFUND/DEFERRAL POLICY

- No refunds under any circumstances
- Entry can be deferred **1-year** for 100% race credit. The deferral must be used the following year (race date subject to change for the upcoming year).
- Deferrals are accepted until 1 month prior to the event. After that deferrals will only be good for 50% of race entry the following year. At this point, everything has been ordered and delivered (buckles, clothing, bags, etc.)
- No deferrals within 1 week of the race – will be listed as DNS.

SCHEDULE

Friday, November 4th

- 200-mile packet pickup – Norfolk Lodge & Suites, time TBD

Saturday, November 5th

- 6-6:30 AM – Race morning packet pickup for 200 milers
- 6:30-6:45 AM – Pre-race briefing
- 7:00 AM – 200 Mile race begins

Sunday, November 6th

- 7-7:30 AM – 100-mile packet pickup Atkinson, NE
- 8:00 AM – 100-mile race begins in Atkinson, NE

Monday, November 7th

- 4:00 PM – 100-Mile cutoff

Tuesday, November 8th

- 6:00 PM – 200-mile cutoff
 - This cutoff time is still 84 hours, accounting for the time change on Saturday

CUTOFFS

200-mile solo cutoff – 84 hours

100-mile solo – 32 hours

*Additional aid station-specific cutoffs to follow.

- Considering the non-technical, super-flat, and 100% runnable nature of the course, we believe these are generous cutoffs.
- Pace required to make the cutoff
 - 200-mile solo – 25:12/mile
 - 100-mile solo – 19:12/mile

SHUTTLE

There will be a shuttle for uncrewed 200 milers that will take you from Valentine to [Norfolk Lodge & Suites](#) on Friday, November 4th. This way, your vehicle will be waiting for you in Valentine when you finish the race. The exact time of the shuttle will be determined closer to race day. Just know that it will only leave once, so you do not want to miss it. The shuttle will cost between \$50-\$100.

There will also be **free** a shuttle on race morning for the 200-mile runners that will take you from Norfolk Lodge & Suites to the start of the race.

There will also be some sort of shuttle available to uncrewed 100-mile participants. More details on that to follow.

We will also shuttle an overnight bag for **uncrewed** runners to Valentine for you to pick up when you finish. Uncrewed runners that are leaving their vehicle in Valentine and taking the shuttle back to Norfolk or Atkinson before the race will be allowed to turn in an overnight bag on race morning to be taken to Valentine. This way, anything you pack and need before race morning will be available to you.

LODGING

Norfolk

- Our host hotel for Norfolk is [Norfolk Lodge & Suites](#). This is also the location of the 200-mile packet pickup.
 - There are 50 rooms set aside for Friday, November 4th, and again on Tuesday, November 8th, should you choose to stay there after the race. The Cowboy 200 group rate is good through October 7th, 2022.
 - Check-in will begin at 4 pm. Check-out will be at 11 am on the day of departure. They serve a hot breakfast each morning from 6:30 am to 10:30 am. We offer an indoor heated pool, spa, and exercise room. The Sandbar is their on-site restaurant including room service.
 - Book rooms under The Cowboy 200 to receive a special rate by calling them at (402)379-3833 or book online at <https://www.choicehotels.com/reservations/groups/JX13J7>

Atkinson

- Our host hotel for Atkinson is [The Sandhills Guesthouse Motel](#). Book on their website and use coupon #COWBOY200 and receive 25% off your booking during the week of the race.

Valentine

- We are ironing out the details for our host hotel in Valentine. Stay tuned for more information on that as it becomes available!

Other

For those of you whose crew will use a camper, there are many different options for camping along the trail in many of the towns.

AID STATIONS

We will provide a **minimum** of 7 fully stocked/manned aid stations along the 200-mile route. These will be in towns along the route. There will also be at least 11 unmanned aid stations that will have water and a carbohydrate/electrolyte beverage – **Proxima C**

<https://ultraversesupplements.com/products/proxima-c-endurance-fuel>

Additional full/manned aid stations may be substituted for unmanned aid depending on race logistics. We will keep you notified if this happens. But, for now, plan on 7. That's about 50k between each manned aid station. Keep in mind that also means about 50k between each crew/drop bag accessible aid station.

Full/manned aid stations will have a variety of typical runner's food and a few hot food options. We will try to mix hot foods up depending on the aid stations. We will have at least one plant-based hot food option at every manned aid.

Every Full Aid Station – Water, Coke, Ginger Ale, Proxima C Endurance Fuel, Coffee, Tortillas (filled with choice of PB, jelly, hummus, or guacamole), bread (same options as Tortillas), chips, candy, Oreos, and fruit.

Examples of Hot Foods (rotating) – Burgers and Impossible burgers (plant-based), Brats and Field Roast brats (plant-based), Ramen, Soups, Bacon, Eggs, Hashbrowns, Pizza. Runners will have the ability to make combinations to order if you're willing to wait – breakfast burritos, etc. Hot food will likely be made WHEN a runner asks for it due to the long distance between runners. We will make it as fast as we can...chances are you'll enjoy the break. The people cooking your food will be volunteers....not chefs, please be appreciative.

Aid station food and drinks are for runners and **active** pacers only. Not crew. Crew, please utilize one of the businesses in nearby towns connecting the Cowboy Trail. Support the local businesses that are supporting us!

Aid station locations and mileages will be announced later!

DROP BAGS/SLEEP BAGS

We are still ironing out the details with drop bags and sleep bags. We will update the runner's manual and notify you when we have more info. For now, know this:

- We will allow "normal" (shoebox size) drop bags at multiple locations. We are going to try to figure out a good way to provide drop bags at ALL (or at least most) manned aid stations by utilizing a moving drop bag system. For example, bags at mile 30 move to mile 130. Bags at 50 move to 150, etc. This should work out to where 3-4 bags will cover the entire 200-mile distance. Relay teams can have **one** drop bag **total** at each

full aid.

- For **200-mile solo participants** sleep bags will be accepted. These can have a small tent, sleeping bag, sleeping pad, etc. These can be the size of a 75-quart storage tote or smaller. Each participant can have only one sleep bag. Sleep bags will move between designated sleep stations, of which there will likely be 2-3 total. More info to come, but these likely be around miles 100 and 150. If we do 3, they will likely be around miles 70, 120, and 170. Participants who are crewed are welcome (and encouraged) to sleep in non-moving crew vehicles.
- We will also shuttle an overnight bag for **uncrewed** runners to Valentine for you to pick up when you finish. Uncrewed runners that are leaving their vehicle in Valentine and taking the shuttle back to Norfolk before the race will be allowed to turn in an overnight bag on race morning to be taken to Valentine. This way, anything you pack and need before race morning will be available to you.

SLEEP STATIONS

There will be 2-3 designated sleep stations on the course. These are stations where runners' "sleep bags" will travel to. If crewed, please have your crew carry your sleep gear, as this is a benefit for participants without crew. We will have (at minimum) a two-room, 8-person tent set up where runners can sleep if they desire. There are no guarantees the tent won't be full. Please plan accordingly.

PACERS & CREW

PACERS

- Pacers are allowed for 200-mile and 100-mile runners.
- Pacers will be allowed after mile 50(ish).
- Pacers must carry all the same required gear as runners (failure to do so will penalize or disqualify your runner)
- Pacers do not necessarily have to go the entire distance between manned aid stations. But remember, if your pacer is picked up between manned aid stations by your crew, you ARE NOT to give anything to or take anything from your crew! This will get you DQ'd on the first offense! It's best not to even interact with crew outside manned aid.
- Pacers will be treated like runners when pacing – we are happy to make pacers hot food, etc.
- Pacers cannot carry ANYTHING for their runner (NO MULING).

CREW

- Crew is only allowed to interact with runners at FULL/MANNED aid stations. No exceptions.
- Limit crew to one vehicle/runner
- Crew must follow all local laws/regulations

Remember, the crew and pacers are the responsibility of the runner. Crew and pacer actions can disqualify the runner.

REQUIRED GEAR

1. **Long Sleeve Insulated Jacket (preferably moisture resistant)** – fleece, puffy, etc. (not just a lightweight dry-fit long-sleeve). The puffy provided to the 200-milers is perfect for meeting this requirement. These can be purchased in the Ultrasignup store if desired by runners who do not receive it with race entry and by non-participants/pacers.
2. **A head covering that covers your ears** – not just a hat. This could be a beanie, a hood from a jacket, etc. The puffy included with race entry for 200-milers also meets this requirement as it will have a hood.
3. **Something to cover your legs** – tights, pants, etc. Must have the ability to cover the full length of your legs.
4. **Gloves**
5. **A space blanket** – all runners will receive a free space blanket at packet pick-up. Pacers will not – they must bring their own or buy one at packet pick-up. These weigh about 2 oz. and are great, not only in an emergency but for trail naps as well.
6. **A charged cell phone or watch with gpx of the course.** We would **recommend** a cell phone, either way, should you require assistance. The course is super easy to follow and it will be heavily marked in areas that may be confusing. There are areas where the trail will temporarily divert from the Cowboy Trail for aid stations, trail closures, downed bridges, etc. With 200-miles to mark, the marking process must be started earlier than in typical races. There's always the chance of someone tampering with markings, etc. This is why we require a gpx of the course.
7. **A charged headlamp, or other means of providing light** – not a cell phone flashlight.

You will be checked for required gear before the start of the race. You can (and will) be checked randomly at any point during the race. There is prize money on the line and a little less weight can offer an advantage. Therefore, there are no second chances. Keep the required gear on you at all times, no questions asked.

Remember, it's November, and about 50k between manned aid stations/crew access/drop bags. This is a very lenient/small list of required gear compared to other point-to-point 200s. With the right gear, requirements can easily be met with less than 3 lbs.

There is no required amount of water or food. The reason is that unmanned aid stations will be plentiful as will towns along the route (about every 10 miles). You aren't going to starve if you're unprepared, but you might freeze.

RECOMMENDED GEAR

You're not required to carry these things, but it's highly recommended you have access to them at crewed aid stations.

- **1000 ml water carrying capacity**
- **500 kcal of EXTRA calories**
- **Long sleeve base layer**
- **Face covering – balaclava, buff, etc.**
- **Insulated sleeve for hydration bladder hose (if using)**
- **Warm socks**
- **Battery packs for recharging phone, watch, etc.**
- **Hand/foot warmers**
- **Waterproof gear**

RULES

Please read carefully. There is prize money on the line in the 200-mile solo race. Therefore, any rule that is broken that could provide a potential advantage for a runner will result in disqualification on the FIRST offense. It's every runner's responsibility to know all the rules. Crew and pacers are the responsibility of the runner. Crew and pacers CAN disqualify their runner. These are common rules in ultras and not overly restrictive (in our opinion). They should be no issue. Some of these are repetitive from previous sections.

- **NO DROPPING DOWN IN RACE DISTANCE DURING THE RACE** – As with all of our races, we don't allow "finishes" in distances other than what was signed up for. If you are signed up for the 200-miler, you must complete 200-miles or you DNF.
- **No muling** – a runner must carry all their own gear, food, water, everything. Therefore, pacers cannot give a runner any of their water, food, etc. anywhere **except** full/manned aid stations. At full/manned aid stations pacers and crew may assist their runners however necessary.
- **No crewing outside full/manned aid stations** – Crew cannot help their runner in any way outside of manned aid stations.

- **You must be 21 to drink** – We will have free beer at the finish line – don't drink it if you're under 21. Simple. If you do, your result will be **DQ**.
- **No dogs**
- **You MUST have all required gear on you at all times.** We will check! If you're caught without something (literally one thing), you will be ineligible for any prizes and/or DQ'd. Remember, pacers must carry the required gear as well.
- **If you are planning on using a pacer and/or crew, see the "Pacers and Crew" section for a full list of rules.**
- **Littering = DQ**
- **Runners MUST CHECK-IN AND OUT of all full aid stations.**
- **Runners can NEVER leave the course with their crew.** Their crew can never drive them somewhere (restaurant, hotel, etc.). If there are manned/crewed aid stations in the immediate vicinity of bars/restaurants, etc. The runner MAY check in with the aid station and walk to take advantage of those services. As always, they must check out as well. A good way to think of this is that you can NEVER be in a moving vehicle.

SWAG & AWARDS

Cowboy 200

- All runners receive a Cowboy 200 duffle bag, cotton t-shirt, and a lightweight, packable hooded puffy jacket. This jacket is perfect for meeting two of the minimum gear requirements – LS jacket and a head covering.
- FINISHERS will receive a year-specific Cowboy 200 buckle and free beer from Bolo Beer Co. Cowboy 200 finishers buckles will have different designs EVERY YEAR. You only have ONE chance to get each design. Collect them all!
- Additional prizes will be given for the top 3 male and female finishers (TBD).
- **CASH PRIZE** for winning male and female. Cash prize = \$50 per 200-mile entrant (genders separate).

Cowboy 100

- All runners receive a Cowboy 100 duffle bag and a high-quality cotton/poly blend t-shirt.
- Finishers will receive a Cowboy 100 buckle and free beer from Bolo Beer Co.
- Additional prizes for top 3 male and female finishers (TBD)

Ultraverse Race Rewards Program

We offer the potential for discounted race entry when participants run multiple races that we put on. The Cowboy 200 is worth 4 points (\$40). The Cowboy 100 is worth 1.5 points. You can find out all about that here - <https://ultraversesupplements.com/ultraverse-race-rewards>

You can see all of our races here - <https://ultraversesupplements.com/our-races>

Additionally, on our **first year only**, we are offering a discount to runners who are running any of our other races in 2022. Participants need to contact us PRIOR to signing up for the Cowboy 200 to receive a unique discount code to use at checkout. Here is a breakdown of discounts offered:

1 race – 10% off entry

2 races – 15% off entry

3 races – 20% off entry

3 races at the maximum distance in each (crazy) – 30% off entry

Should you decide to sign up for another of our races AFTER the Cowboy 200 or 100, let us know **before** doing so and we will give you the discount you WOULD have received for Cowboy on your race entry.

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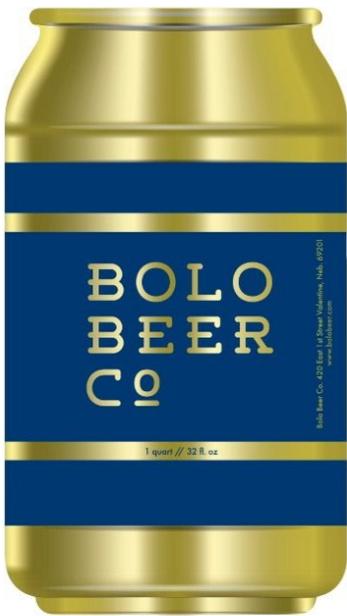
S U P P L E M E N T S

Enjoy 25% off your first order with coupon code – **cowboy200** at checkout – ultraversesupplements.com

This coupon is for Cowboy 200 & 100-Mile Runners ONLY! If you are not a participant and use this coupon, your order will be canceled.



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