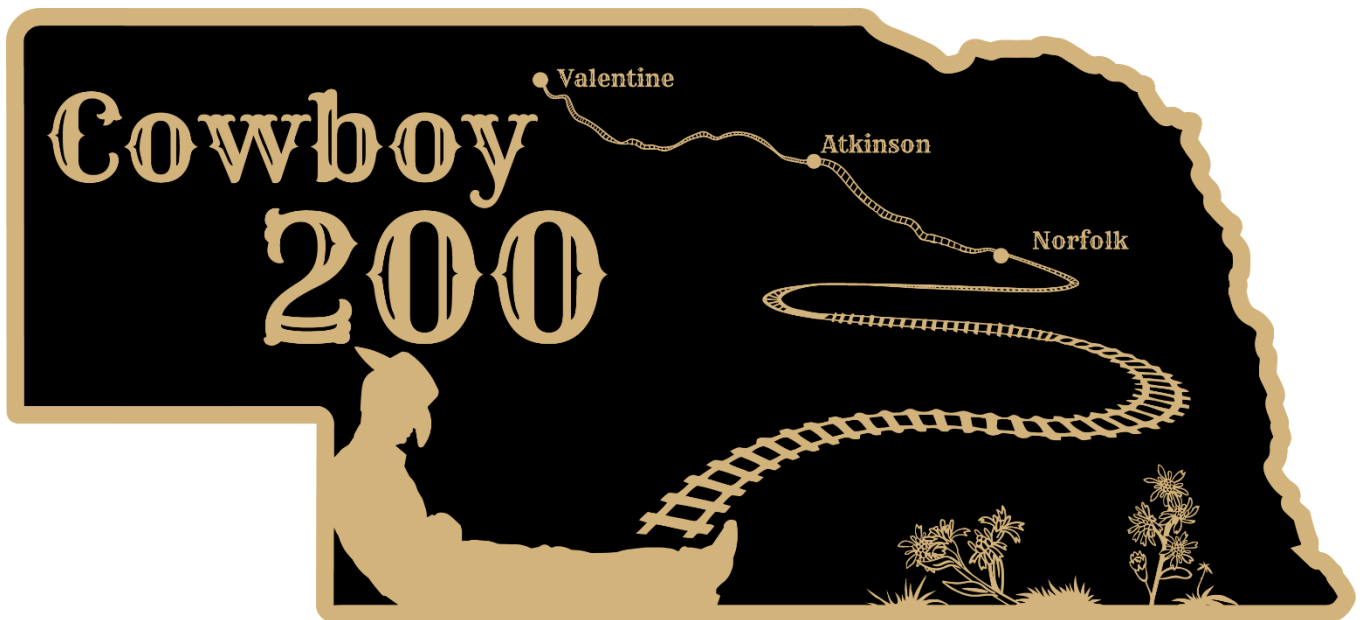


COWBOY 200

Runners Manual



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 $\frac{1}{4}$ 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 for 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 2-3x the price. Lastly, we want to support the small towns along the Cowboy Trail as well as the Cowboy Trail itself.

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REFUND/DEFERRAL POLICY

- No refunds or bib transfers under any circumstances
- Entry can be deferred up to **2 years** for 100% race credit. The deferral must be used within 2 years or it is forfeit (race date subject to change for the upcoming years).
- Entry can be deferred up to 2-years for 100% race credit if done by June 15th.
- Entry can be deferred up to 2-years for 75% race credit if done by July 15th.
- Entry can be deferred up to 2-years for 50% race credit if done by August 15th.
- Entry can be deferred up to 2-years for 25% race credit if done by September 1st.
- NO DEFERRALS AFTER SEPTEMBER 1ST. No credit will be given after this date.
- Please let us know within three days of the race that you can't make it, or you will receive a DNS.

SCHEDULE

Thursday, Sept 14

2:30 PM - 200-mile shuttle leaves the Niobrara Lodge in Valentine and drops runners off at The Norfolk Lodge and Suites in Norfolk. **Your name must be on the shuttle list to board.** Purchase your ticket (\$50) during registration or in the ultrasignup store after registration.

4:30 – 6:30 PM - Packet pick-up -Norfolk Lodge and Suites, Norfolk, NE.

Friday, Sept. 15th

4:00 – 4:45 AM – Late/Same day check-in and GPS device assignment (required) for Cowboy 200 in Ta-Ha Zouka Park, Norfolk, NE. You can't leave without a GPS! Be there early.

5:00 AM – Cowboy 200 begins in Norfolk, NE – Ta-Ha Zouka Park, Norfolk, NE.

Saturday, Sept. 16th

7:00 – 7:45 AM – 100 –mile check-in @ The Atkinson Community Center, Atkinson, NE

8:00 AM – Cowboy 100 begins in Atkinson, NE @ Community Center, Atkinson, NE

Sunday, Sept. 17th

4:00 PM – Cowboy 100 cutoff

4:30 PM – If a shuttle will be available for 100-milers (still working on this) it will leave at this time. If all 100-milers are finished prior to this time it will likely leave earlier.

Monday, Sept. 18th

5:00 PM – 200-mile cutoff

CUTOFFS

200-mile overall cutoff – 84 hours

100-mile overall cutoff– 32 hours

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

Aid station-specific cutoffs

These are CHECK OUT times. Therefore, you must have **left** the aid station by this time. In other words, this is the time the aid station is technically closed. Of course, we will wait for you if you're still out on the course, but you won't be able to continue past the aid station at that point.

This is set up so that runners will have a little extra time at the designated sleep stations. Keep in mind that some segments require a quicker pace than others to stay on schedule with the cutoffs – it's not simply 25:12/mile pace for 200-milers to stay on schedule. This is the OVERALL pace required. It's up to you to know your aid station cutoffs.

All cutoffs besides the final cutoff are likely irrelevant for 100-milers. Sleep stations are indicated in red below.

Tilden (22.4) – 1:00 PM on Friday, Sep. 15th (8 hours)

Neligh (38.2) – 7:00 PM on Friday, Sep. 15th (14 hours)

Ewing (64.3) – 4:00 AM on Saturday, Sep. 16th (23 hours)

O'Neill (85.4) – 11:00 AM on Saturday, Sep. 16th (30 hours)

Atkinson (103.9) – 1:00 AM on Sunday, Sep. 17th (44 hours)

Newport Pool Hall (123.7) – 7:00 AM on Sunday, Sep. 17th (50 hours)

Long Pine (144.7) – 9:00 PM on Sunday, Sep. 17th (64 hours)

Ainsworth (152.5) – 1:00 AM on Monday, Sep. 18th (68 hours)

Wood Lake (174.9) – 11:00 AM on Monday, Sep. 18th (78 hours)

Valentine (200.2)

- 100-mile cutoff at 4:00 PM on Sunday, Sept. 17th (32 hours)
- 200-mile cutoff at 5:00 PM on Monday, Sept. 18th (84 hours)
-

*These cutoffs can also be found in the aid station chart on page #13

AID STATIONS

There will be 9 full/manned aid stations along the 200-mile route (not including the start and finish). These will be located in towns along the route. There will also be 10 unmanned aid stations that will have water and the carbohydrate/electrolyte beverage – **Proxima C** - <https://ultraversesupplements.com/products/proxima-c-endurance-fuel>

Full/manned aid stations will have a variety of typical runner’s food. MOST full aid stations will also have at least one hot food item. We will have at least one plant-based hot food option at full aid stations that are serving hot food. Examples of staple aid station foods include;

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

Hot Foods - For a list of hot foods that will be available at each full aid station see the aid station menu. Remember, 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 the nearby towns connecting the Cowboy Trail. Support the local businesses that are supporting us!

DROP BAGS

We will allow “normal” (shoebox size) drop bags at multiple locations. Excessively large drop bags will not be transported. 200-milers will utilize some drop bags twice and others once. 100-milers will use all drop bags only once. **See the aid station chart for specific drop bag locations and movement.** We encourage crewed runners to use their crew rather than drop bags.

Label drop bags with;

1. runner name
2. aid station number or letter (see race-specific aid station chart – pages #13 and #14)
3. bib #.

Each drop bag MUST have these 3 components or it will not be moved/accepted.

Uncrewed runners are allowed one carry-on sized bag for transportation to the finish line. Label these the same way, except replace the #2 with “Finish Line.” There will be separate piles in which to place each bag at packet pickup and on race-morning (start location).

SLEEP BAGS & SLEEP STATIONS

For **uncrewed 200-mile 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
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have only one sleep bag. Sleep bags will move between designated sleep stations, **of which there will be 2 total – Atkinson and Wood Lake.** Crewed 200-mile runners, please have your crew transport your sleeping gear.

Note – there are 3 sleep stations, but your sleep bags only travel to two of those. They WILL NOT TRAVEL TO LONG PINE. The aid station in Long Pine is a 12-room bunkhouse (with hot showers!)– bedding is provided. **Only 200-miler runners (not pacers or crew) can utilize the beds at Long Pine.** Additionally, uncrewed 200-mile runners have priority over crewed 200-miler runners. Crewed runners have the ability to sleep in crew vehicles at any manned aid station. We encourage them to do so rather than utilize beds that those without that option may need. Sleep stations and sleep bag movement can be seen on the aid station chart.

PACERS

- Pacers are allowed for 200-mile and 100-mile runners.
- Pacers will be allowed starting at Ewing (64.3 miles) for 200 milers and starting at Ainsworth (50.8 miles) for 100-milers.
- Pacers are not required to carry required gear – but it is recommended.
- Pacers can only start at manned/crewed aid stations. Doing so ANYWHERE else will disqualify the runner on the first offense.
- Pacers will be treated like runners when pacing – we are happy to make pacers hot food, etc. However, sleep station cots, beds, and bedding are reserved for runners only.
- Pacers cannot carry ANYTHING for their runner (NO MULING).
- Pacers must be on **foot**.
- Only one pacer is allowed at a time.

CREW

- Crew is only allowed to **assist** runners at FULL/MANNED aid stations. No exceptions. Crew cannot give anything to or take anything from runners anywhere except at manned aid stations. Crew cannot assist the runners in any way outside of these designated areas. Additionally, runners cannot enter crew vehicles anywhere outside of full/manned aid stations.
- Limit crew to one vehicle/runner
- Crew must follow all local laws/regulations
- **CREW IS NO LONGER ALLOWED AT UNMANNED AID STATIONS. CREW SHOULD NOT BE SEEN PULLED OVER ON THE SIDE OF THE HIGHWAY BESIDE THE TRAIL.**
- Please, keep quiet in town during nighttime hours. The last thing we want to do is piss off the locals that have been so supportive of this race thus far. Thank you!

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

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REQUIRED GEAR

Required gear is for 200-milers. 100-milers and pacers do not have required gear, although it is recommended.

1. **A space blanket** – 200-mile runners will receive a free space blanket at packet pick-up. These weigh about 2 oz. and are great, not only in an emergency but for trail naps as well.
2. **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. That being said, 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 typical races. There's always the chance of someone tampering with markings, etc. This is why we **require** a gpx of the course.
3. **A charged headlamp, or other means of providing light** – not a cell phone flashlight.
4. **1000 ml (1 liter) water carrying capacity**
5. **GPS Tracking Device (Provided by us) – The device MUST be worn at all times, in the appropriate placement (shoulder), and cannot be turned off.** Failing to do so will result in disqualification. The GPS device not only creates an interactive online experience for crew and spectators, but also adds to the safety of our runners, and allows us to better monitor where everyone is on the course.

You can (and will) be checked randomly at any point (and any place) during the race for required gear. 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 20+ miles between manned aid stations/crew access/drop bags in some sections. This is a lenient/small list of required gear compared to other point-to-point 200s.

RECOMMENDED GEAR

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

- **2000 ml water carrying capacity**
- **500 kcal of EXTRA calories**
- **Long sleeve base layer**
- **Battery packs for recharging phone, watch, etc.**
- **Waterproof gear**

RULES

Please read carefully. It's every runner's responsibility to know all the rules. 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. In our experience the ultra-community is very trustworthy and intentional breaking of rules is almost unheard of. Problems typically only arise when someone doesn't understand the rules and breaks them unintentionally.

- **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. **CREW IS NO LONGER ALLOWED AT UNMANNED AID STATIONS.** DO NOT take anything from or give anything to runners outside of manned aid stations (NO ASSISTANCE). Additionally, runners are not allowed in crew vehicles anywhere except manned aid stations. **CREW SHOULD NOT BE SEEN PULLED OVER BESIDE THE TRAIL ON THE HWY.**
- **Trekking poles are allowed.**
- **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.
- **You MUST have all required gear on you at all times.** If you're caught without something, you will be ineligible for any prizes/place awards and possibly DQ'd.
- **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

Cowboy 200

- All runners receive a Cowboy 200 bag, t-shirt, and a lightweight, packable puffy vest.
- 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 acquire 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 = \$1500 for each gender. Course records receive an extra \$500!

Cowboy 100

- All runners receive a Cowboy 100 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)

AID STATION MENUS

Please let volunteers at aid stations know of any food allergies prior to accepting food. If you see a menu that doesn't have something that you can eat, please let us know prior to the race and we will try to get something for you. We will try to accommodate special diets as much as possible. Food is typically cooked to order due to the length between runners. THIS MENU IS AN EXAMPLE OF LAST YEAR'S AID STATION OFFERINGS. AID STATION MENU WILL NOT BE **FINALIZED** UNTIL JULY 2023.

Aid Station	Menu
Ta-Ha Zouka Park	coffee, water, Proxima C
Battle Creek	Water, Proxima C, grab-n-go food (bars, candy, snacks)
Meadow Grove	Water, Proxima C
Tilden	Water, Proxima C, pop, PB&J, tortillas (guac or hummus), chips, cookies, candy, fruit, pickles
Oakdale	Water, Proxima C
Neligh	Water, Proxima C, pop, PB&J, tortillas (guac or hummus), chips, cookies, candy, fruit, pickles Hot Food: Cheese Quesadillas (regular and vegan options)
Clearwater	Water, Proxima C
Ewing	Water, Proxima C, pop, coffee, PB&J, tortillas (guac or hummus), chips, cookies, candy, fruit, pickles Hot Food: Burgers (Real and vegan options)
Inman	Water, Proxima C
O'Neill	Water, Proxima C, pop, coffee, PB&J, tortillas (guac or hummus), chips, cookies, candy, fruit, pickles Hot Food: Tacos (beef & vegan option)
Emmett	Water, Proxima C
Atkinson	Water, Proxima C, pop, coffee, PB&J, tortillas (guac or hummus), chips, cookies, candy, fruit, pickles Hot Food: Breakfast (egg, bacon, hashbrown patties, vegan eggs, vegan sausage, toast)
Stuart	Water, Proxima C
Newport	Water, Proxima C, pop, coffee, PB&J, tortillas (guac or hummus), chips, cookies, candy, fruit, pickles Hot food: Ramen (chicken and vegan)
Bassett	Water, Proxima C
Long Pine	Water, Proxima C, pop, coffee, PB&J, tortillas (guac or hummus), chips, cookies, candy, fruit Hot Food: Baked Pasta (beef, red sauce, cheese, vegan option) Garlic Bread with vegan butter
Ainsworth	Water, Proxima C, pop, PB&J, tortillas (guac or hummus), chips, cookies, candy, fruit, pickles (NO HOT)
Johnstown	Water, Proxima C
Wood Lake	Water, Proxima C, pop, coffee, PB&J, tortillas (guac or hummus), chips, cookies, candy, fruit, pickles Hot food: Brats and Hot Dogs (vegan option also)
Arabia	Water, Proxima C, grab-n-go food
Bolo Beer	No water, no Proxima C, no food...ONLY Beer...just kidding there will be water

AID STATION LOCATIONS

Aid Station Locations			
Start	Ta-Ha Zouka Park	2201 S 13th St, Norfolk, NE 68701	Crew Access
AS1	Battle Creek	Intersection of Cowboy Trail & 4th St	No Crew Access
AS2	Meadow Grove	Intersection of Cowboy Trail & 2nd St	No Crew Access
AS3	Tilden	101 S Center Street, Tilden, NE 68781	Crew Access
AS4	Oakdale	Intersection of Cowboy Trail & Hohman St	No Crew Access
AS5	Neligh	Neligh Mill State Historic Site	Crew Access
AS6	Clearwater	Intersection of Cowboy Trail & Main	No Crew Access
AS7	Ewing	Schmidt Park 42.254714, -98.341928	Crew/Pacer Access
AS8	Inman	Intersection of Cowboy Trail & Main	No Crew Access
AS9	O'Neill	Holt County Economic Development Bldg 330 E Hancock St, O'Neill, NE 68763	Crew/Pacer Access
AS10	Emmett	Intersection of Cowboy Trail & Parnell ST	No Crew Access
AS11	Atkinson	Atkinson Community Center 206 W 5th St, Atkinson, NE 68713	Crew/Pacer Access
AS12	Stuart	Intersection of Cowboy Trail & West Main St	No Crew Access
AS13	Newport	Newport Pool Hall 42.599483, -99.327393	Crew/Pacer Access
AS14	Bassett	Intersection of Cowboy Trail & HWY7	No Crew Access
AS15	Long Pine	Long Pine Bunkhouse 175 N Elm St Long Pine, NE 69217	Crew/Pacer Access
AS16	Ainsworth	East City Park 42.547626, -99.845365	Crew/Pacer Access
AS17	Johnstown	Intersection of Cowboy Trail & Main	No Crew Access
AS18	Wood Lake	Wood Lake Park 303 Cedar St Wood Lake, NE 69221	Crew/Pacer Access
AS19	Arabian	Intersection of Cowboy Trail & "Arabia" 42.730893, -100.373007	No Crew Access
AS20	Valentine	Bolo Beer Co 420 E 1st St Valentine, NE 69201	Crew/Pacer Access

COWBOY 200 AID STATION CHART

TIMES/DATES ARE FROM 2022 – DUE TO THE 200-MILE RACE STARTING 2-HOURS EARLIER,
THESE WILL CHANGE SLIGHTLY. THIS IS BE FINALIZED AT A LATER DATE.

Aid Station Table										
Aid Station	Miles	Miles to Next	Miles to Next Full	Time to Open	Cutoff (to leave aid)	Crew Access?	Pacers Allowed?	Sleep Station?	Drop Bag	Sleep Bag
Ta-Ha Zouka Park	0	10	22.4	11/5/2022 5:30	NA	Yes	No	No	No	No
Battle Creek	10	7.1	12.4	11/5/22 8:00AM	NA	No	No	No	No	No
Meadow Grove	17.1	5.3	5.3	11/5/22 9:00AM	NA	No	No	No	No	No
Tilden	22.4	7.3	15.8	11/5/22 10:00AM	11/5/22 3:00PM	Yes	No	No	A	No
Oakdale	29.7	8.5	8.5	11/5/22 11:00AM	NA	No	No	No	No	No
Neligh	38.2	16.3	26.1	11/5/22 12:30PM	11/5/22 9:00PM	Yes	No	No	B	No
Clearwater	54.5	9.8	9.8	11/5/2022 3:30PM	NA	No	No	No	No	No
Ewing	64.3	13.3	21.1	11/5/2022 5:30PM	11/6/22 6:00AM	Yes	Yes	No	C	No
Inman	77.6	7.8	7.8	11/5/2022 6:30pm	NA	No	no	No	No	No
O'Neill	85.4	8.2	18.5	11/5/22 10:30PM	11/6/22 12:00PM	Yes	Yes	No	D	No
Emmett	93.6	10.3	10.3	11/5/22 11:30PM	NA	No	No	No	No	No
Atkinson	103.9	10	19.8	11/6/22 12:00AM	11/7/22 2:00AM	Yes	Yes	Yes	E	Yes
Stuart	113.9	9.8	9.8	11/6/2022 1:00AM	NA	No	No	No	No	No
Newport	123.7	11.1	21	11/6/22 7:00AM	11/7/2022 8:00AM	Yes	Yes	No	F	No
Bassett	134.8	9.9	9.9	11/6/22 7:30AM	NA	No	No	No	No	No
Long Pine	144.7	7.8	7.8	11/6/22 2:00PM	11/7/22 10:00PM	Yes	Yes	Yes	A	No
Ainsworth	152.5	11.8	22.4	11/6/22 4:30PM	11/8/22 2:00AM	Yes	Yes	No	B	No
Johnstown	164.3	10.6	10.6	11/6/22 12:00PM	NA	No	No	No	No	No
Wood Lake	174.9	9.7	25.3	11/6/22 8:30PM	11/8/22 12:00PM	Yes	Yes	Yes	C	Yes
Arabia	184.6	15.6	15.6	11/6/22 4:00PM	NA	No	No	No	No	No
Bolo Beer	200.2	0	0	11/7/22 2:00AM	11/8/22 6:00PM	Yes	Yes	No	All	No

COWBOY 100 AID STATION CHART

Aid Station Table						
Aid Station	Miles	Miles to Next	Miles to Next Full	Crew Access?	Pacers Allowed?	Drop Bag
Atkinson	0	12.2	22	Yes	No	No
Stuart	12.2	9.8	9.8	No	No	No
Newport	22	11.1	21	Yes	No	1
Bassett	33.1	9.9	9.9	No	No	No
Long Pine	43	7.8	7.8	Yes	No	2
Ainsworth	50.8	11.8	22.4	Yes	Yes	3
Johnstown	62.6	10.6	10.6	No	No	No
Wood Lake	73.2	9.7	25.3	Yes	Yes	4
Arabia	82.9	15.6	15.6	No	No	No
Bolo Beer	98.5	0	0	Yes	Yes	All

DNF's

In a race of this distance anyone is vulnerable and things don't always go as planned! A DNF is a possibility even for the most seasoned ultra-runner. That being said, please understand that DNF'ing in a super-long point to point race such as this is much more complicated (from a transportation and drop-bag standpoint) than it is a typical race on an out and back or multiple loop course. Please understand a few things about DNF's at this race;

- If you are uncrewed and you DNF we will get you to the finish line...eventually. But you are on OUR time. If you DNF in the first half of the race it will likely be 24+ hours before we will get you to the finish. If that's not fast enough for you we understand, but finding your own way is UP TO YOU. We will TRY to get you there ASAP, but special trips will not be made. Additionally, your drop bags will move to the finish at the rate they are scheduled to move.
- Volunteers assigned to other duties will not be utilized to transport runners.
- Crewed runners who DNF who also have drop bags are responsible for retrieving those bags from the aid stations according to the aid station chart (if they want to leave before their bags arrive at the finish). The chart will tell you what time each aid closes and where the drop bags will move. We recommend that crewed runners utilize their crew rather than drop bags.
- Remember to turn in your GPS tracker and notify us when dropping. You will be charged for the tracker if you fail to do so.

Route/section highlights

Section 1 – Norfolk (Start) to Battle Creek (10 miles, unmanned)

The Cowboy 200 starts in Ta-Ha-Zouka Park. We will add a map later of the exact location of the start and where your crew should park. There will be a free shuttle provided by Norfolk Area Visitors Bureau to the start/finish line for crewless runners from our sponsor hotel, Norfolk Lodge.

The trail is paved until you are a few miles outside of Norfolk. Many of the towns the Cowboy Trail runs through have brief paved sections. Battle Creek is the first town, right at 10 miles down the trail. There are no diversions from the trail in this section. The unmanned aid station will be where the trail intersects with 4th Street (directly on the trail). There will be water, Proxima C, and some grab-and-go snacks.

Section 2 – Battle Creek (10 miles) to Meadow Grove (17.1, unmanned)

You will run straight through Battle Creek to Meadow Grove 7.1 miles down the trail. Again, there are no diversions from the trail in this section. The unmanned aid station will be where the trail intersects with 2nd street (directly on the trail) and is beside one of the many relics from the old railroad, an old train depot. The aid station will have **water only**.

Section 3 – Meadow Grove (17.1 miles) to Tilden (22.4 miles, MANNED)

Run straight through Meadow Grove with no diversions to your first full aid station in Tilden. The aid station is at the fire station and is completely manned by Tilden volunteers – THANK YOU, Tilden! The first station will be on your left at 101 S. Center St. (right beside the trail). This is a full aid, so crew is allowed to help their runners. There will be water, Proxima C, and a variety of typical ultra food here. No hot food. There will be restrooms in the fire station, available to RUNNERS only.

Section 4 – Tilden (22.4 miles) to Oakdale (29.7, unmanned)

Run through Tilden to the unmanned Oakdale aid station with no diversions from the trail, **but be prepared for a major diversion at the Oakdale aid station**. The aid station in Oakdale will be the first time you reroute around the trail due to downed bridges from flooding. The aid station (and turnoff) is where the trail intersects with Hohman St. and will have water and Proxima C.

Section 5 – Oakdale (29.7 miles) to Neligh (38.2 miles, MANNED)

Reroute due to downed bridges

Do not follow the orange “Detour” sign at the unmanned aid station in Oakdale that takes you on the highway! Those are not our signs – we have created our own detour that takes you on backroads – some paved, but mostly dirt. There is a section of minimum maintenance road where you could get a little muddy if you’re lucky. This entire section is entirely a reroute – you will jump back on the Cowboy Trail after the Neligh aid station. The reroute adds a decent amount of hills compared to the super-flat rail trail you will be on for the majority of the race.

Watch for traffic on the backroads – we will have signs indicating there are runners on the roads, but be mindful. You will enter Neligh over the historic Neligh Mill Bridge (a benefit of the reroute) and the Neligh

Mill, your next full aid station, will be directly across the bridge on your right. This is a full aid, with hot food! Make sure to take in the sights and history of the old mill!

Section 6 – Neligh (38.2 miles) to Clearwater (54.5 miles, unmanned)

This section also requires a couple of detours from the trail due to damaged bridges from flooding from prior years. The first detour is along the highway for about $\frac{3}{4}$ mile. The shoulder is very wide, but still be mindful. Later, in the section, you will detour again to the South on a dirt road. You will stay on dirt road for about 10 miles into Clearwater. The unmanned aid station in Clearwater will be located right on the trail where it intersects with Main Street.

This is your longest stretch between MANNED aid stations (26.2 miles), the next being in Ewing. So, no crew help or food for a marathon. Plan accordingly.

Section 7 - Clearwater (54.5 miles) to Ewing (64.3 miles, MANNED)

This section is back on the Cowboy Trail! The only time you will hop off the trail will be to cross the highway to the aid station at Schmidt Park in Ewing. This will be a full aid station with hot food.

Section 8- Ewing (64.3 miles) to Inman (77.6 miles, unmanned)

Run along the highway in Ewing for a very short time and hop back onto the trail at Wellington Road (Ewing). From here, it is all Cowboy Trail into the unmanned aid station at Inman. This aid station is right on the trail at the intersection with Main Street. This aid station is unmanned, so no crew access. There will be water and Proxima C.

Section 9 – Inman (77.6 miles) to O’Neill (85.4 miles, MANNED)

We are still finalizing the aid station location for O’Neill. We were originally planning on Carney Park, but after staying a few nights in O’Neill we have another (indoor) location in mind that is directly on the trail. We should know for sure on this very soon, but if that falls through we will go back to Carney Park. Either way, the aid station is a full aid with hot food. There are no reroutes in this section, just follow the trail!

Section 10 – O’Neill (85.4 miles) to Emmet (93.6 miles, unmanned)

There are no diversions from the trail in this section. The unmanned aid station in Emmet will be near where the trail intersects with Parnell St. (by the large white tanks). Next stop, Atkinson!

Section 11 – Emmet (93.6 miles) to Atkinson (103.9 miles, MANNED, 1st sleep station)

There are no diversions all the way to Atkinson. However, in Atkinson, you will turn right on N. Scherrill St. run about 4 blocks, cross the highway, and arrive at your halfway (ish) point and first sleep station – The Atkinson Community Center. This is a huge building with full aid with hot food. There will be a separate room closed off for sleeping. We will have 3-4 cots set up in that room and this is the first place that sleep bags will travel.

The Atkinson Community Center is also the starting location of the 100-mile race. 100-milers will take a different route to the Cowboy trail than 200-milers to acquire some additional mileage.

Section 12 – Atkinson (103.9 miles) to Stuart (113.9 miles, unmanned)

***The mileages are indicative of the 200-mile race. 100-milers will run a couple of extra miles around Atkinson to accumulate some additional mileage before jumping on the Cowboy Trail. After Atkinson, 100-milers will run the exact same route as 200-milers. When downloading the .gpx files make sure you download the correct file for your race! 100-milers and 200-milers will have different .gpx files for this section!

This section is right at 10 miles with no diversions. Stuart is the next town and is an unmanned aid station that will have water and Proxima C. The aid station is located where the trail intersects with West Main St.

Section 13 – Stuart (113.9 miles) to Newport (123.7 miles, MANNED)

There are no diversions from Stuart to Newport. The Newport aid station is at the Newport Pool Hall. The owner, Melissa, has been amazing and is allowing us to use the pool hall as our Newport aid location. Runners and crew can come in and check out the 24/7 unstaffed pool hall that runs on donations and the honor system. If you have some to spare, donations are very much appreciated! This is a very cool little place. It is a manned aid with hot food.

Section 14 – Newport (123.7 miles) to Bassett (134.8 miles, unmanned)

There are no diversions from Newport to Bassett. In Bassett, the trail crosses HWY 7 and this is approximately where your unmanned aid station will be. It will have water and Proxima C.

Section 15 – Bassett (134.8 miles) to Long Pine (144.7, MANNED, 2nd sleep station)

There's a lot going on in this section – reroutes, full aid, and the 2nd sleep station for uncrewed runners. First, there is a reroute outside of Long Pine due to a downed bridge. It's a shame because this is a large and scenic bridge – hopefully, it gets fixed soon! You will turn LEFT near the end of the section where the trail intersects with 440th avenue. DO NOT follow the “detour” signs that take you on the highway. Those are not ours – follow our signs. It's about 2.3 miles to the aid station from here, follow our course markings and your .gpx file to the historic Long Pine Bunkhouse. Currently, this is the last major reroute of the course!

We have rented the entire bunkhouse (12 rooms) for our runners. Each room has a bed, with bedding, and a restroom between rooms (2 rooms share). Since we have 12 rooms and 12 beds WITH bedding your sleep bags WILL NOT travel here. We already have everything you need to sleep. Crewed runners, please sleep in crew vehicles if possible and save the rooms for our uncrewed runners. Uncrewed runners have priority at all sleep stations since they do not have the ability to sleep in crew vehicles. There will be hot food, and coffee.

Keep in mind, that this is the LAST indoor sleep station. The 3rd and final sleep station will be about 30 miles down the trail at Wood Lake Park. It will be outdoors (we will have tents and cots set up). Your sleep bags will travel there.

Section 16 – Long Pine (144.7 miles) to Ainsworth (152.5, MANNED)

Two Manned aid stations in a row and only about 8 miles apart! Don't get too excited...you'll pay for it later ;) The course gets more remote from here (I know, hard to believe) and MANNED locations will become increasingly sparse. There are no diversions from Long Pine to Ainsworth. The aid station is in East City Park under an outdoor shelter. Shortly after arriving on the outskirts of Ainsworth look for the

marking to turn right off of the trail and follow the markings to the aid station. You will exit the aid station and enter the trail the same way you came in. So, make sure to take another RIGHT on the trail on your way out.

There will NOT be HOT food at this aid station. There will be food (sandwiches, chips, candy, etc.).

Section 17 – Ainsworth (152.5 miles) to Johnstown (164.3 miles, unmanned)

After hopping back on the trail at Ainsworth follow it about 12 miles with no diversions to an unmanned aid station in Johnstown. The aid is right on the trail where it intersects with Main Street. The aid will have water and Proxima C. There is a covered picnic table directly across the HWY if you'd like to go sit and ponder your questionable life decisions (ultramarathons, etc.) before continuing on to Wood Lake.

Section 18 – Johnstown (164.3 miles) to Wood Lake (174.9 miles, MANNED)

Head straight down the trail for 10 miles to the village of Wood Lake. Once you enter Wood Lake the aid station will be in the park on the right (can't miss it). There will be a camper and a large tent set up (that's your sleep station). We will have 3 cots set up in the tent – as always 200-mile uncrewed runners have priority to the tent and the cots. Your sleep bags will travel here.

This is your LAST MANNED aid station, your last sleep station, and your last chance for some hot food. In other words, take advantage! It's still a long haul to the finish – about 25 miles without full aid. This is the 2nd longest stretch of the course without a manned aid station, making for a challenging finish (you're welcome). There will be one more unmanned aid station outside of Arabia.

Section 19 – Wood Lake (174.9 miles) to Arabia (184.6 miles, unmanned)

No Diversions from Wood Lake to Arabia. Arabia shows almost no resemblance of being an actual town anymore, so you're really just looking for your last unmanned aid station here. You can't miss it, it's directly on the trail. It will be unmanned and will have water and Proxima C. Fill up, and get ready for your last (and our favorite) section of the course!

Section 20 – Arabia (184.6) to Valentine (200.2 miles)

There are no diversions into Valentine. Be prepared for an epic finish that takes you over the largest bridge on the Cowboy Trail – spanning $\frac{1}{4}$ of a mile in length and over 150 ft high over the Niobrara River! After that, it's on to Bolo Beer Co. You will jump off the trail in Valentine on South Government Street and jump onto 2nd street. You can see Bolo (and our finish line Arch) from the location you divert from the trail. Congratulations!!! Come grab a beer, a buckle, a picture, and big high five from us. We can't wait to see you all there.

Because of Nebraska alcohol laws, Bolo Beer can't serve beer between certain hours. If you arrive outside of these hours we will see what we can do for you....we are still thinking. Either way, Bolo Beer Co. has graciously allowed us to use their facility as an indoor finish area until the races end and will be serving all finishers a beer or two free of charge during allowable hours. Bolo is typically not even open on these days...they are opening just for us! Just another example of the support and generosity that we have had from day one of approval for this race. Your crew is also welcome to buy beer, but only runner's will receive free beer.

Volunteers

We are looking for aid station captains and aid station volunteers. We offer a pretty cool rewards system for volunteering at our races. You get 1 point for every hour you volunteer. It equals \$10/hr towards any of our races. You can check out our rewards system here:

<https://ultraversesupplements.com/ultraverse-race-rewards>

If you are wanting to run Cowboy next year, or any of our other races, you should definitely consider volunteering! The discount adds up quickly! You will also get a sweet shirt out of the deal! If you are interested, please reach out to either one of us by email or messenger. Let us know if there is a preferred aid station you would like to be at and the number of hours you are willing to help out.

As you all know, these races CANNOT happen without awesome volunteers! Thanks in advance!

Ultraverse Race Rewards Program

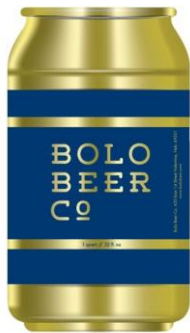
We offer the potential for discounted race entry when participants run multiple races that we put on. The Cowboy 200 is worth 4 points (\$40). The Cowboy 100 is worth 1.5 points. You can find out all about that here - <https://ultraversesupplements.com/ultraverse-race-rewards>

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

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