

2009 INAUGURAL OZARK TRAIL 100 MILE ENDURANCE RUN

Race Information

Welcome to the Mark Twain National Forest on the Ozark Trail from the race directors: Paul Schoenlaub and Stuart Johnson

Welcome to the inaugural Ozark Trail 100 Mile Endurance Run! The many volunteers that assist with the race wish you a fabulous weekend of fun, success, and a wonderful time on the trail. Thank you for your participation in this year's inaugural event.

Acknowledgements

Special Thanks to the United States Forest Service for the use of the Ozark Trail in the Mark Twain National Forest and the many volunteers who have helped to make this race possible.

Aid Station Captains:

Grasshopper Hollow	Stacey Amos
Sutton Bluff	Mark Stolzer
Stillwell Hollow	Mike Linkogel
Johnson Hollow	Mark Williams
Gunstock Hollow	Carol Izadi
Brooks Creek	Andrew Karandjeff
Highway DD	Bob Chott
Martin Road	Charlie Stroud
Hazel Creek	Jan Ryerse
Machell Hollow	John Muir
Berryman Campground	Stacey Amos
Billys Branch	David Stores
Henpeck Hollow	Mike Linkogel

Race Location / Headquarters

The race headquarters and finish line will be located at the Bass River Resort.

Directions to Bass River Resort:

From Kansas City, MO: Take I-70 east, to US 63 in Columbia. Take US 63 south, to Jefferson City. Stay on US 63 and go through Westphalia, continue on US 63 to state Route 68 (which is just north of Vichy). Go south on Route 68 to St. James. Take Route 8 southeast out of St. James to Steelville. In Steelville, go through the 3 way stop, then continue east on Route 8 for approximately 10 miles to the **BIG YELLOW ARROW, BASS RIVER RESORT** sign on your left. Follow the blacktop for 1.4 miles to Bass River Resort, which will be on your left.

From St. Louis, MO: Take I-44 west to Cuba (exit #208), then south on Route 19 to Steelville. In Steelville, go through the 3 way stop, then continue east on Route 8 for approximately 10 miles to the **BIG YELLOW ARROW, BASS RIVER RESORT** sign on your left. Follow the blacktop for 1.4 miles to Bass River Resort, which will be on your left.

Directions to the Start of the race from Bass River Resort (BRR):

- Leaving BRR, turn right on Butts road and go 1.8 miles to Route 8.
- Turn left Route 8 and go 5.5 miles to Route Y.
- Turn right on Route Y and go 18.2 miles to Route 49 (at Viburnum)
- Turn left on Route 49 and go 4.8 miles to Route 32.
- Turn right on Route 32 and go 2.3 miles to Route KK.
- Turn left on Route KK and go 15.1 miles to Route TT.
- Turn left on Route TT and go 3.8 miles to Route 72.
- Turn right on Route 72 and go 3.0 miles to Route P.

Turn left on Route P the starting line/trailhead is on your right. Proceed about 200 yards south on Route P and turn left on the first road. Crew will be allowed to park on the right (South) side of this road only from the time they drop off their runner until after the start of the race. No cars are allowed to park at this location during the duration of the race. If you arrive early Saturday morning, do NOT park in the trailhead parking lot on the East side of the road or you will be asked to move your car immediately. This area will be used for portable restrooms and other pre-race staging.

Event Schedule

Friday November 6, 2009	
2:00 pm to 8:00 pm	Packet pickup at Bass River Resort
2:00 pm to 8:00 pm	Drop off Drop Bags at Bass River Resort (in designated area)
4:00 pm to 6:00 pm	Pre-race Dinner at Bass River Resort
6:00 pm	Runners and crew briefing at Bass River Resort (Not required, but highly recommended if you want to know how the trail is marked, current trail conditions, etc)
Saturday November 7, 2009	
3:00 to 3:25 am	Drop off Drop Bags at Bass River Resort ONLY
3:00 to 3:25 am	Runners riding the shuttle to the start must check in at race headquarters prior to loading shuttle busses
3:15 am	Begin loading shuttle busses
3:30 am	Shuttle busses leave Bass River Resort for Starting line
5:15 to 5:45 am	Runners not riding Shuttle busses must check in at starting line
5:15 to 5:30 am	Shuttle busses expected to arrive at starting line
5:55 am	Final pre-race comments
6:00 am	(Prompt) Race Start!
Sunday – November 8th	
2:00 pm	Race ends

General Information

Missouri weather in November can be unpredictable. The average high temperature for November is 56 degrees and the average low is 30 degrees, but wide variances can occur. (Average temperatures for November 7 are High – 58 degrees and Low - 39 degrees.) It is entirely possible to have rain, hail, sleet, snow, or ice this time of year. Be prepared for cold and possibly wet weather. Please carry proper clothing with you and have additional clothing in drop bags. Don't be caught unprepared for inclement weather! Sunrise on November 7 is 6:38 am; sunset on November 7 is 5:00 pm; and sunrise on November 8 is 6:39 am. Flashlights are essential during the nighttime. They will also be necessary at the start of the race for the first hour or so. We will plan to have a box available at the Grasshopper Hollow aid station where you can drop off your flashlight. These will be returned to the finish area to be picked up with your drop bags. Please be sure to attach your name to your flashlight. You can also leave your flashlight in your drop bag (or with your crew) at Sutton Bluff aid station if you don't mind carrying it that far.

Race Website: www.ozarktrail100.com

Race director contact: ozarktrail100@aol.com

Race results will be posted as soon as possible after the race on the website. Please be patient to see the results posted on the website as we will not have internet access from the race headquarters and it may be a couple of days before we are able to recover and post the results.

Specific Information; Race Guidelines/Rules

Aid Stations:

- All aid stations will be manned and fully stocked. (See chart for locations and distances)
- The provided electrolyte drink will be HEED.
- Aid stations will not provide Advil, Aspirin, or other pain relievers. If you choose to take the risk of using these medications you must bring your own.
- Aid stations may not have blister kits: If you are prone to foot blisters, make sure you carry or have what you need in your drop bags to care for them.

Awards:

- Plaques to the first female and male, overall and master finishers.
- Belt buckles to all Sub 32 hour finishers.

Course:

- The entire course is on the Ozark Trail within the Mark Twain National Forest, which is permanently marked with Ozark Trail markers (overlapping O and T). Many of the markers in the first 40 to 50 miles of the trail were lost during a severe storm last spring, which blew down thousands of trees along the trail. Although the trees have been removed and the entire trail is now reopened, many of the permanent trail markers in the first 40 to 50 miles may be missing; therefore, the entire trail will be marked with pink and silver striped reflective ribbon, pink and silver striped ground flags in some locations, and a very few glow sticks entering and leaving aid stations.
- The last 4 to 5 miles of the trail currently are on a gravel road into the Bass River Resort/finish line. The Ozark Trail Association has been working on building the final sections of trail through this area and it was anticipated that this section of the course would all be on trail by race day. At this time, however, it is unknown whether or not the last 4 to 5 miles of the race course will be gravel road or trail as the trail is not yet complete and more trail building has been scheduled during the weeks leading up to the race. The final decision on how this section of the course will be routed will not be made until Friday November 6 and the final decision will be announced at the pre-race meeting that evening.

Crews:

- Runners' crews are not allowed on the race course.
- Runners receiving aid from crews outside the designated crew access points are subject to disqualification and possibly being banned from future races. (See Aid Station chart for designated crew spots.) Please note that it is absolutely forbidden to receive aid at road crossings unless designated as a crew access aid station.
- Crews must park on one side of the road ONLY at the crew access aid station as directed by aid station personnel. If crews are asked to move a car by aid station or forest service personnel, they must do so immediately. Please don't make them ask to have a car moved!
- Smoking is NOT allowed by crews or pacers within 200 feet of any aid station.
- Crews must abide by the instructions of aid station personnel and race directors.
- Runners are responsible for their crews and may be disqualified from the race if their crews refuse to comply with the requests/instructions of aid station personnel or race directors.
- Parking at Sutton Bluff aid station will be on the south (right) side of the road only as you approach the aid station. The trail joins the road from the south prior to the Black River crossing. All crew vehicles must be parked on the side of the road PRIOR to the point where the trail joins the road. Parking may be available in the parking lot on the north side of the road prior to the river crossing at the discretion of the aid station captain. Once parked, it is just a short walk along the road across the river to the Sutton Bluff aid station on the right. There will be a portable restroom located at the Sutton Bluff aid station which is **reserved for the use of runners and aid station personnel only**. Crews must use the vault toilets at this location, which are on the opposite side of the campground. This is necessary to keep the single portable restroom open for runners so they will not have to wait on crew in order to use the restroom.
- Final crew directions may be included in the packet at runner check-in. Please review these final crew directions and make sure your crew has a copy of the final crew directions included in your packet at check-in. It is the responsibility of the runner to assure their crew members follow all directions of the race directors and aid station volunteers. Failure to do so may result in disqualification from the race.

Cut-off Times:

- Each runner is allowed to set his or her own pace as long as he or she is out of the aid station by the cut-off time for that aid station. See Aid Station chart for cut-off times. In the event a runner does not leave an aid station by the stated cut-off time, the runner will be pulled from the race. In the event a runner should choose to leave an aid station and return to the trail after being told by aid station personnel that they missed the cutoff and are being pulled from the race, the runner will be disqualified from the race and may be banned from future races.

Drop Bags:

- Drop bags may be left at the designated location at the Bass River Resort either Friday from 2:00 pm to 8:00 pm or Saturday morning from 3:00 am to 3:25 am before loading the shuttle buses. You will NOT be allowed to leave drop bags at the starting area the morning of the race. If you do not plan to ride a shuttle bus from Bass River Resort, you should plan to leave your drop bags at the designated location on Friday evening. All drop bags should be waterproof and sturdy enough to withstand the rigors of being transported to and from an aid station. Make sure your drop bags are all placed in the location designated for the aid station where you want the drop bag to be available for your use. You must have one drop bag for each aid station where you want a drop bag (they

will not be transported between aid stations). See Aid Station chart for designated drop bag locations.

- You MUST place your NAME, RACE NUMBER, and AID STATION on all drop bags. If you mark a drop bag for an aid station that is not designated as a drop bag aid station, that drop bag will not be transported to an aid station.

Medical:

- Each runner is responsible for their own actions. It is crucial that you are physically and mentally prepared for the stresses of the race. We will utilize the local EMS services in case of a medical emergency. Medical expenses incurred are the responsibility of the runner receiving medical assistance/services. The remoteness of the trail and the distance between trail/road crossings will result in a substantial amount of time before medical personnel arrive to provide assistance.
- It is important for runners to recognize the potential physical and mental stresses that may evolve from participation in this race. These include, but are not limited to, extreme temperatures of heat and (more likely) cold, hypothermia, dehydration, renal failure, seizures, hypoglycemia, disorientation, total mental and physical exhaustion, etc. Each participant must continuously monitor himself/herself and understand their limitations. Remember that YOU, the runner, are responsible for your own well being during the race.

Pacing:

- Runners may have a pacer beginning at the Brooks Creek Aid Station.
- Runners 60 years and older may have a pacer from the start, but must notify the race director no later than 8 pm on November 6 of their intention to use a pacer for the entire race (or for any portion of the race prior to Brooks Creek Aid Station).
- Runners are allowed to have only one pacer at a time. The only exception to this rule is that runners are allowed to have as many pacers as they would like from the point where they cross the Courtois Creek, just after entering the Bass River Resort, to the finish line.
- No bicycle or equestrian pacing is allowed anywhere on the course.
- Pacers and vehicle/pacer shuttle services are not provided by the race organization.

Additional race rules:

- All runners must wear assigned race numbers. It is the runner's responsibility to ensure his/her race number is recorded at all aid stations. If your race number is not recorded at an aid station you may be disqualified for not completing the entire course. Note that there are two aid stations that require a short out-and-back off the main trail. These are the Highway DD Aid Station and the Berryman Campground Aid Station. You MUST enter both aid stations and have your number recorded or you will be disqualified from the race.
- At no time may a runner ride in or on a vehicle of any kind. Violators will be disqualified. If you get off the course, you must return on foot to the point at which you left the trail.
- Please do not litter on the course. Violators will be subject to disqualification.
- **If you drop out of the race**, make sure that a race official at an aid station is notified and give the race official the pull-tab off your race bib. Failure to do this could result in search and rescue, which could be at runner's expense. Please be aware that if you do not drop at Sutton Bluff, Brooks Creek, Highway DD, Hazel Creek, or Berryman Campground, you could be waiting a long time for transportation back to Race Headquarters.

Aid Station Information/Mileage Chart

Aid Station	Miles	Segment Dist.	Crew Spot	Drop Bags	Pacer	Cut-off Time
Grasshopper Hollow	8.0	(8.0)	-	-	-	-
Sutton Bluff Cmpgd.	17.6	(9.6)	YES	YES	-	
Stillwell Hollow	22.8	(5.2)	-	-	-	-
Johnson Hollow	28.0	(5.2)	-	-	-	2:30 pm
Gunstock Hollow	34.8	(6.8)	-	YES	-	-
Brooks Creek	43.5	(8.7)	YES	YES	YES	6:30 pm
Highway DD	51	(7.5)	-	YES	-	-
Martin Road	59.2	(8.2)	-	-	-	-
Hazel Creek	68.5	(9.3)	YES	YES	YES	2:30 am
Machell Hollow	75.7	(6.6)	-	-	-	-
Berryman Cmpgd.	81.5	(5.8)	YES	YES	YES	7:00 am
Billys Branch	88.0	(6.5)	-	-	-	-
Henpeck Hollow	95.0	(7.0)	YES	YES	YES	-
Finish – Bass RR	101.5	(6.5)	YES	YES	-	2:00 pm

Crew Directions

Bass River Resort to the Start

Refer to directions on Page 1 to the race start.

Crew Directions From Start Line to Crew Access Points:

Start to Sutton Bluff AS (17.6 Miles)

- Route 72 & P - Turn Right onto Route 72 to Route TT – 3.8 miles
- Turn Left onto Route TT to CR 849 – 3.2 miles
- Turn Right onto CR 849 to Sutton Bluff Campground – 7.0 miles – 14.0 total miles
- Park at signs before Sutton Bluff Campground. (Do NOT park past the trailhead, which is on the right side of the road just before the river crossing.) Walk on the road across the river to the aid station.

Sutton Bluff Campground AS to Brooks Creek AS (43.5 Miles)

- CR 849 to CR 907 – 2.6 miles
- Turn Right onto CR 907 to Route 21 – 7.0 miles
- Turn Left onto Route 21 to Route 49 – 3.0 miles
- Turn Left onto Route 49 to Route 32 – 25.0 miles
- Turn Right onto Route 32 to CR73 – 1.6 miles
- Turn Right onto CR73 to Trailhead – 0.6 miles - 37.9 total miles

Brooks Creek AS to Hazel Creek Campground AS (68.5 Miles)

- CR 73 to Route 32 - .6 miles
- Turn Right onto Route 32 to Route DD – 3.6 miles
- Turn Left onto Route DD to Route C – 9.9 miles
- Turn Left onto Route C to Route Z (657) – 3.8 miles
- Turn Right onto Route Z to 2392 – 3.1 miles
- Turn Left onto 2392 to Hazel Creek Campground - .2 miles - 21.2 total miles

Hazel Creek Campground AS to Berryman Campground AS (81.5 Miles)

- From Hazel Creek Campground on 2392 to 657-Route Z - .2 miles
- Turn Left onto 657-Route Z to Route Y – 5.5 miles
- Turn Right onto Route Y to Route 8 – 7.9 miles
- Right onto Route 8 to 2266 (At Berryman Sign) – 3.9 miles
- Turn Left onto 2266 to Berryman Campground – 1.2 miles
- Turn Left into Berryman Campground – 18.7 total miles

Berryman Campground AS to Finish @ Bass' River Resort

- Turn Right onto 2266 to Route 8 – 1.2 miles
- Turn Right onto Route 8 to Butts Rd (BRR Sign) – 13.4 miles
- Turn Right onto Butts Rd to Bass' River Resort – 1.8 miles – 16.4 total miles

Bass River Resort to Henpeck Hollow AS (95.0 Miles)

- From Bass River Resort continue southeast on Butts Rd (left out of the BRR parking lot) to FR2265 - .8 mile
- Straight (right) on FR 2265 to Henpeck Hollow AS – 3.2 mi. – 4.0 total miles
 - **PLEASE** drive slowly on this road to avoid creating dust for runner who may be on the road.

Crew Map

See attached file.