

## **A NOTE FROM THE GOAT**

Goat HQ, Baraboo, WI

Yo Dirt Kickers,

You signed up to do this, what were ya thinkin'? Seriously, I'm proud of ya already! You are the few, the non wimps, those towin' the line at DWD DEVIL'S LAKE!

We've been a polishin' the course up and y'all is in for a dandy good time! Course info is up on the web site now. It might not make much sense to ya but not to worry, when we say go, just follow ribbons till ya finish!

3 PM – 7:30 PM is the time for chow! So, you 10K, half mararthon, marathon and fast 50K folks can finish, go freshen' up, then join us for the hoedown. 50 milers and relay folks will finish right into the party! Oh yeah, we do have a pond at the finish if ya just want to splash off.

Runnin' the bluffs and readyin' the Devil up, just fer you!

The course is calling, start planning!

-- *Head Goat, Canadian Chick (CC), Swamp Dog, Trail Dog and the rest of the ever faithful hard workin', Dirt Crew Litter.*

### ***Now a note from Randy Step, president of Running Fit, just out of goat mode.***

The dirt team is working day & night as we get closer to DWD Day. Our goal is to give you a running experience like no other. This race is more than special to all of us; it's a passion, much like running itself.

I want to thank the Dirt Team ... the markers, the aid station & exchange crews, parking rats, finish line crew, data entry and every person who makes DWD what it is. It won't come off perfect, it can't, but we'll be givin' it a shot ... The variables are many but the challenge of pulling it off drives us to the core. (Please take this into account when you are lost, pissed off or get cold pizza!)

And now a word from our sponsors: Saucony is on board along with Absopure water, please support our sponsors! We will have some Saucony dirt wear for sale to impress the wimps with. Shop DWD!

With a full calendar or great events out there, you chose ours and we thank you!

Yes, run fast and take chances but also look out for yourself and each other as we head into this great adventure,

--*Randy Step, AKA Head Goat*

Team Note: DWD Day is special and with some plannin', you can make it even more stupid and memorable. Get the team theme going, it adds to the fun. Consider the shock factor when dreamin' up the theme! Make that car a float. Blow us away with your imagination ... Have fun!

# **DIRT HEADQUARTERS (START & FINISH)**

**Race Date: July 9, 2011**

**Devil's Head Resort, S6330 Bluff Rd., Merrimac, WI.**

From Baraboo: WI-113 southeast to County DL east (follow Resort signs.) Dirt Quarters is on the left as you head up to the resort

Hot Tip: Visit [www.danceswithdirt.com](http://www.danceswithdirt.com) for important details, insights & information.

**Tell everyone you meet in Baraboo you are there for DWD!  
Maybe they will want us back!**

## **Check-In (REQUIRED!)**

- Number bibs & **last minute information** will be handed out.
- Each team captain (or designated team member) and Ultra, Marathon, ½ Marathon and 10K runner must check in Thursday, Friday or Saturday morning, before the start. **Beat the Saturday morning rush!**
- **WAIVERS: All waivers must be signed and turned in at check-in.** Individual runners/Relay team captains are responsible.

<b>Thursday, 12-4 PM</b>	<b>Friday, 4-9 PM</b>	<b>Saturday, 5-6 AM</b>
Movin' Shoes Store 528 South Park Street Madison, WI 53715	Dirt HQ Start/Finish Line Across from Devil's Head Resort	Dirt HQ Start/Finish Line Across from Devil's Head Resort

## **Start Times**

50M Ultra	5:30
50K Ultra	5:30
Marathon	6:30
Extreme Relay	7:00
Half Marathon	7:30
10K	8:00

## **Post-race Food**

- 2:30 PM – 7:30 PM
- Food (Brats and Cheese Curds) and beer at the finish area.
- OK to bring alcohol to the post-race bash.
- Early finishers (half/full/50K) will have time to clean up and come back. There is a pond at the finish to wash up in!
- We will have some basic post-race food for the early finishers.

## **Disclaimers & Hints:**

- DWD is an adventurous trail run with difficult and stupid sections. Crying is acceptable.
- 10K Virgin voyage 2011 (first year)
- The courses are generally clockwise, sort of, or out & back to clockwise loop. Maps, timelines and descriptions provide some level of understanding to engineers and cartographers. Not so much for regular humans.
- Enjoy your run, read the signs and **follow the markings, not other runners, they may be running another race or trail blind.**

- A “leg” is a section of the race between aid stations or exchange points.
- Don’t get hung up on the mileage, sometimes a 3 mile leg will take longer and is more difficult than a 4 mile leg!

### Official Vehicle Sign (Relay, Ultra Support)

Must be displayed in rear window of Team and Ultra handler Vehicles! ONLY ONE VEHICLE PER TEAM.  
The dirt crew will give you this when you pick up your bib, shirt & timing tag.

### Waiver

**Everyone** must sign the Waiver to be allowed to start a race. If you run without having turned in a signed waiver at Check-in, you will be disqualified. (Waiver is available on-line [here](#).) Team captains are responsible for getting signatures from their team members and for turning it in.

### Daily Park Pass / Vehicle Restrictions

- Must be on front window to enter park, ask for it at when you pick up your bib, shirt & timing tag, good Saturday only.
- **RELAY TEAMS**
  - **1 vehicle per team** on the course; there’s room to park extras at the Start. Exchange parking is tight.
  - No motor homes, rickshaws or busses ... but any big 4 wheeler will do.
  - Follow the parking signs and volunteers. There is a system. Although the engineers think not.
- **OTHERS (ULTRA, MARATHON support)**
  - You must have daily or annual state park permit on front window to enter the park or for family or handlers to follow you around the course. The race starts and finishes outside the park so no permit is needed to run. We will have passes if your support staff is entering the park; just ask for one at registration if you have support staff!
  - **Support:** be prepared to assist the volunteers while you hang around. Please obey the parking signs and volunteers, even if they seem irrational!

### Race Numbers

- All runners must wear race number visible on the front.
- Each extreme team will receive 5 identical race bibs/numbers.
- Numbers for each event will be different colors.

### Thank the Volunteers & Sponsors

Running the race is easier! (Visit [dwddevilslake.com](http://dwddevilslake.com) to volunteer!)

### Shameless Plug

Shop at Running Fit, buy Saucony Running Shoes, drink Absopure water! [www.runningfit.com](http://www.runningfit.com)

### Camping

**Right at the start!** Camping costs \$10 per tent per night...rustic style.

### Hotels

- Devil’s Lake Resort, rooms for \$99, call (608) 493-2255

## Awards

- **All finishers receive medals.**
- **Individual Distance (10k, 13.1, 26.2, 50k, 50m) Awards:** Overall Male/Female & top 5 in each 5-year age group for each event presented soon after you finish
- **Relay Team Awards - Relay Ceremonies will be held by 6:00 PM.**
  - Yes, that's just 11 hours after the start, some teams will be out on the course but likely not in the running unless they have a high handicap = old & sexy. If this happens we will have a ceremony just for them.
  - All winning teams get cool stuff. Other surprise awards during the race for cool teams and outrageous behavior. Easier to win than running fast!
    - Top 20% handicapped adjusted teams
    - Top 3 teams over the line
    - Top female team over the line
    - Creative Team Vehicle & Theme Awards: top 3.

## Medical

Provide headquarters at check-in with any known medical condition and relevant information that you want made known to the medical personnel. (Bee allergy, 4 hour Viagra condition)

## Injury

EMS technicians are on the course. Inform volunteers at the exchange point or call 911. Cell-phones will also be at each exchange point, we have a medical crew on site and they will have contact with the exchanges. **If you're down out on the course and you need assistance, ask other runners to inform aid station personnel; we'll come in and help you out.** We encourage running with cell phones (hold over your head when in the water)! **Call (248) 202-7634 or 911.**

## Aid Stations

- Fluids will be provided at the end of each leg, see Leg Descriptions pages for locations/distances.
- **50K/50M/Marathon** aid stations have pretzels, bananas, oranges, PB&J, surprises.
- First Aid is available at all aid stations.
- Some aid stations are also an exchange point for the relay runners.
- Restroom facilities are varied.
- Some exchanges will have a phone, warm blankets and friendly people; others may be miserable and lonely. Thank the volunteers; they've been standing there since dawn or earlier...

## Aid Station Check-in (50M, 50K, Marathon)

Please inform the Station volunteers that you have arrived; **shout out your bib number to wake them up.** It is vital that we record your race number. Thank volunteers even if they seem clueless and intoxicated.

## Drop Bags (50M, 50K, Marathon)

The course is probably dry, not flooded like 3 years ago, but ya just never know... By the way, you can buy shoes at Running Fit! Buy Saucony Running Shoes! [Runningfit.com](http://Runningfit.com), (shameless plug).

**Drop Bags will be at Burma Road, which is at miles 17, 19 for both the 50K and 50M, and miles 32, 34 for the 50M.**

Put anything you want on the course in the bag except weapons. Suggestions: shoes, socks, special food, Vaseline, favorite scripture, TP and Head Goat Voodoo Doll. Nothing too valuable as we are not responsible for lost stuff.

- **AT START:** Identify Drop Bag with your **name, number** or other identifiers, Deliver Drop Bag to the designated "Drop Bag Depot". Please, no black garbage bags, too easy to get put in trash!
- **AT EXCHANGE:** Find bag in Live Drop Depot. If you're going to reuse on later visit: Reinsert in Live Drop Depot. If done and ready for shipment to finish, place in DROP DEAD BAG zone, (This has nothing to do with your mother-in-law!) It will be taken to the finish. If not in Drop Dead zone, delivery could be delayed or require self pick up at Burma Road.
- **AT FINISH:** Dead bags and flashlights located in the Drop Dead Bag returned area.

### **Light Drop (50M early start)**

The sun will be up! No lights needed...

## **CONSTRAINTS**

**DNF, Quitting, Not Finishing, Giving Up, Timing Out:** If you leave the race for any reason, you must turn in your bib and your timing chip. It can be difficult and expensive searching for you in the woods while you are actually sitting in a bar or getting a pedicure. At least take one of us to the bar with you!

**Delayed or Pulled from Race:** EMS staff or the volunteer captains may determine that it is unsafe for you to continue medically. You may continue when the medical concern is removed. This has only happened twice in sixteen years. Violation of park rules may also result in discontinuance.

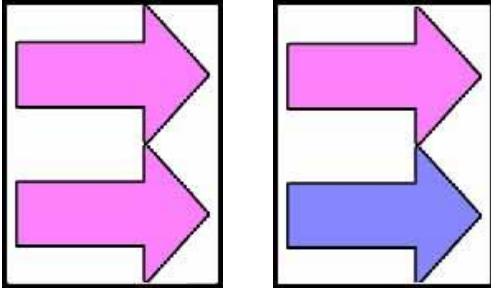
**Optional Pre-race Switch** At registration you can switch events before they start. Time is needed to reprocess your number so hurry up and decide already! **No switching once the race starts** as the courses are different.

**Mandatory Latecomers Switch:** Late arriving runners will be allowed to start their event if within 5 minute of the start. If late more than 5 minutes, you can switch to a later event and still have fun. This is necessary as portions of the early course are removed and readied for the next event. You would get lost.

**Cut-Off Times / Pulled from Course:** The 50M 13-hour maximum finish time will be strictly enforced.  
**Non-50-milers:** If your lame butt is behind the last 50 Mile runner, we will do you a favor and put/pluck you out of your misery.

## COURSE MARKING

- Each event is a series of sections (legs) between Aid Stations or Exchanges; these are described in great and tedious detail a bit later on. Legs must be completed in the order presented.
- **READ THE SIGNS, WE WOULDN'T PUT THEM OUT THERE IF THEY WEREN'T IMPORTANT!**
  - **Directional signs** will be simple color-coded arrows, pointing in the direction you are to go.



- **Wrong Way Moron** signs indicate you should turn around and retrace your steps; you've missed a turn.



- Each leg is marked with ribbon, signs and flags.
  - On heavily used trails the ribbons may be up to a tenth of a mile apart.
  - Marking frequency will increase dramatically when approaching a turn.
  - Off-trail sections will be marked so that the next ribbon is visible from the previous one.
- **Turns are marked in one of these ways**
  - 2 ribbons tied next to each other on the side you'll be turning into. 2 ribbons on the left: you'll be turning left...
  - A series of stick flags placed close together will lead you around the turn.
  - Occasionally we'll string ribbon across the trail to block you going forward. We have seen these on the ground – almost as if someone ran right through them! (Please fix them if you see they've been broken.)
  - You'll encounter confirmation marking immediately after the turn indicating you've made the correct turn.
- The various events share sections of the course; you'll see many different color markings in places. **If you forget what color ribbon you're following, you'll be wandering around the woods until you find an aid station and are directed back to your course.** Please try and remember which event you're running.
- **IF YOU'VE RUN FOR 3 MINUTES WITHOUT SEEING A RIBBON OR FLAG, YOUR DECISION TO CONTINUE FORWARD IS MORONIC.**

# SAFETY & ROAD RULES

Preserve the Dirt! The rangers will be looking at the race and wondering why they ever let us in the park. Suggestions: Be nice even if you receive sign language, drive safe and don't pee in public! Be nice to the hikers & mountain bikers, share the trails!

**LEAVE ONLY FOOTPRINTS!** Those damn Gu packets have a habit of getting everywhere; please consume and dispose before leaving aid stations or carry with you to the next trash.

## Vehicle Safety

- The course is designed with ample drive time to reach each exchange with one vehicle.
- Official vehicle signs must be displayed in rear window. This helps us to identify you if we find your lost, injured, and crying teammate or if there is emergency news.
- Trails cross many roads and a small portion is run on the road, so use common road running etiquette.
- **Drive Safely. Be on the lookout for runners farting, I mean, darting out of the woods.** Be especially nice to any official looking folks who might stop at the exchange and say, "*What in the Hell is going on here?*"
- Obey the Speed Limit. Time exists to get to each exchange as long as you decline interviews.

## Exchange Parking

Parking ... patience and humor is in order.

- Park in the designated areas only. Volunteers will move you in and out efficiently.
- Each exchange has specific traffic flow patterns including one way entrances and exits.
- Parking is not always near the human exchange so be prepared to get moving.
- Don't run over anyone on your team or competitors at the exchanges or road crossing.
- **Stay out of the road,** (trail runners forget that they are standing in the middle of a road.)

## Runner Safety

- Run Safely: **the roads are open to vehicle traffic!** The course crosses roads both within and outside the park. Do not blindly run across any road; come to a complete stop before crossing. You can make up the time once you have survived the crossing. **Do not stop traffic!**
- Be aware and stay on the course: The most common reasons to go off course. 1) "I followed the dudette in front of me!" 2) I zoned out and missed a turn. 3) The course left a perfectly good trail and heads into the bushes, is that right? Yes.
- No shortcuts: The map may look like there is shorter way but it could be dangerous or not approved for usage. In 2007, a runner was lost for 4 hours taking a shortcut!

## Bikes

Not allowed on the course by participants, teammates or support. A lot is not bike-able or very narrow! However, you may encounter volunteers on mountain bikes or others unaffiliated with the race.

## Questions?

<mailto:randy@runningfit.com>