

DANCES WITH DIRT

DEVIL'S LAKE

Baraboo, Wisconsin
July 10, 2010

Start Times

50K Ultra – 5:30

50M Ultra – 5:30

Full Marathon – 6:30

Extreme Relay – 7:00

Half Marathon – 7:30

A NOTE FROM THE GOAT

--Goat HQ, Baraboo, Wisconsin

Yo Dirt Kickers,

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

Runnin' the Bluffs and readyin' Devil's Lake up, just fer you!

The Head Goat, Canadian Chick, the Swamp Dog and the ever runnin' Dirt Crew, at yer service

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. Please read every page of this information packet in bed tonight, it will be better than counting sheep, seriously, it will help insure a great event day.

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 calls drives us to the core. (Please take this into account when you are lost, pissed off or get cold cheese curds at the finish!)

With a full calendar of great events out there, you chose ours and we thank you! We will have some dirt wear for sale to impress the wimps with, so do some shopping! (Shameless plug)

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

GENERAL INFORMATION

July 10, 2010 – Baraboo, WI

DIRT HEADQUARTERS (START & FINISH) – Devil's Head Resort

Directions: 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 for important details, insights & information.

Check-In: Each team captain/designated team member and every half/full/ultra runner must check-in prior to the race. Number bibs & last minute information will be handed out. Try to make the Thursday check-in at Movin' Shoes or the Friday check-in at the Dirt HQ, we'll have music and fun, come fire up the team and the theme! **Beat the Saturday morning rush!** Check-in days, times and locations:

Thursday, 12-6 PM

Movin' Shoes Store
528 South Park Street
Madison, WI 53715

Friday, 4-9 PM

Dirt HQ
Start/Finish Line
Across from Devil's Head Resort

Saturday, 5-6 AM

Dirt HQ
Start/Finish Line
Across from Devil's Head Resort

Official Vehicle Sign: Must be displayed in rear window! ONLY ONE VEHICLE PER TEAM.

Daily Park Pass: Must be on front window to enter park, good Saturday only. Teams will be given park passes at check-in. Ultra support will need to ask at packet pick-up.

Dirt Numbers: All runners must wear race number visible on the front. Each team will receive 5 identical race bibs/numbers and one timing tag. Only the final relay runner will wear a timing tag. This will be picked up with your bib and race shirt. Relay bibs will differ from individual event runners' bibs.

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. Otherwise, we send out a search party...literally. Expensive, worrisome, time consuming, and no fun! So, we either get a time for you or your bib.

Thank the Volunteers & Sponsors: Running the race is easier!

Shameless Plug: Shop at Running Fit: 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: Awards ceremonies at the finish area.

- **Ultra Awards:** Top 5 in each 5-year age group for each event presented immediately when you finish! All finishers receive medals.
- **Marathon/Half Marathon Awards:** Top 5 in each 5-year age group for each event, given as you cross the line! All finishers receive medals.
- **Relay Team Awards:** Top 20% handicapped adjusted teams. **Relay Ceremonies by 6:00 PM.** Some teams may still 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
- **Creative Team Vehicle & Theme Awards:** 3 deep! All winning teams get cool stuff. Other surprise awards during the race for cool teams and outrageous behavior. Easier to win than running fast!

Party/Refreshments:

- Food (Brats and Cheese Curds) and beer at the finish area.
- OK to bring alcohol to the post race bash.
- The Brat Roast runs from 3:00 – 7: 30 PM.

- 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.

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

Safety & Road Rules

Preserve the Dirt! The DNR will be lookin' 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 whiz in public!

RELAY TEAMS: You must have park permit on front window to enter the park during the race. You will pick this up when you pick up your bib number, shirt and timing tag.

- 1 vehicle per team on the course.
- DWD Vehicle Sign on the back and Daily Park permit on the front team vehicle hanging from mirror.
- 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.

ULTRA RUNNERS: 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!

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.
- Trail crosses 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 the devil 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 do their best to move you in and out efficiently.
- Parking is not always close to the human exchange so be prepared to get moving, we're talking, get movin'! up the bluff! Yikes!
- Don't run over anyone on your team or competitors at the exchanges or road crossing.
- Stay out of the road, (trail runners seem to forget that they are standing in the middle of the road.)

Runner Safety

- Run Safely: the magnitude of this event does not allow closed roads or stopped vehicle traffic. The course crosses the roads within 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 two most common reasons to go off course. 1) Followed the dudette in front of me! 2) I zoned out and missed a turn. 3) The course leaves a perfectly good trail and heads into the bushes ... yes the turn was marked but ...
- No shortcuts: The map may look like there is shorter way but it could be dangerous or not approved for usage. There is always the chance you could get 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.

HALF MARATHON START: 7:30 A.M.

CHECK-IN (Required):

Check in is required before the start as race numbers & last minute information will be distributed. Try the relaxed Thursday or Friday check-in to avoid the insane Saturday morning lines. Enjoy the calm before the storm! Check-in days, times and locations:

Thursday, 12-6 PM
Movin' Shoes Store
528 South Park Street
Madison, WI 53715

Friday, 4-9 PM
Dirt HQ
Start/Finish Line
Across from Devils Head Resort

Saturday, 5-6 AM
Dirt HQ
Start/Finish Line
Across from Devils Head Resort

Numbers: All runners must wear race number bibs visible on your front. Numbers differ from relay.

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

Injury: Inform the aid station personnel, relay it via other runners. EMS technicians are on the course.

Delayed or Pulled from Race: EMS staff or the volunteer captains may determine that it is unsafe for you to continue medically. You will not be allowed to continue until the medical concern has been removed. This has only happened once in ten years.

Event Switching: THERE IS NO SWITCHING ONCE YOU HAVE STARTED THE RACE. If you switch prior to starting, make sure registration completes the 'correction-sheet' on your behalf.

Awards: Top 5 in each 5-year age group for each event, given as you cross the line! All finishers receive medals.

Course: Did we mention tough? The Half Marathon course is not the relay course ... some of it, but not all! Mostly trail with some stupid spots. Half-Marathon is out & back from the Dirt HQ up (!) to a clockwise loop that's joined just past the Road Kill aid station on 113.

Details: The course is a series of sections or "Legs" with Aid Stations connecting them. All legs must be completed in the order presented. Further details about the legs are elsewhere in this packet.

EXCHANGE / AID STATIONS:

Sustenance: Fluids will be provided at the end of each leg, see Leg Description page for distances. Some aid stations are also an exchange point for the relay runners. Special drinks, eats, pretzels, bananas, oranges and surprises. Some exchanges will have a cellular phone and friendly people; others may be miserable and lonely.

Thank the volunteers, even if they seem clueless and intoxicated; it's a long day.

Marking: The Half Marathon course is marked in **ORANGE**. Multiple colors are necessary to differentiate between the marathon, ultra and relay races... You will see multiple colors on many sections of the course; make sure you **follow your COLOR (ORANGE) not the runner in front of you! She's running a different race...**

Half Marathon Course Summary

Start–4.2–Road Kill

Road Kill–1.8–South Bluff

South Bluff–2.9–Road Kill

Road Kill–4.2–Finish

The lighter blue lines (see website for color version!) are all other trails; they may be marked with other colors. Follow your **ORANGE!**



Keep an eye out for signs like these; we use these in addition to the marking tape & flags. The Do Not Enter signs will indicate that you're going the wrong way around the loop or that you've missed a turn. If you see a Do Not Enter sign: turn around and figure out where you got off course.



E-mail questions: randy@runningfit.com

Half Marathon Leg Descriptions

- You may find it worse than it sounds ... but in the end, you will miss it!
- We advertise DWD as a trail run with "Stupid Spots"; several of these legs are stupid runs with "Trail Spots"...
- Don't get hung up on the mileage, sometimes a 3 mile leg will take longer and will be more work than a 4 mile leg! Actually, it will all seem like twice as long as it is.

Leg 1: Into Thin Air					
Start at	Finish at	Length	Color	Climb	Difficulty
Start/Finish	Road Kill	4.2 miles	ORANGE	+850/-440	4.6
<p>If you're glad you didn't have to run up a ski slope (like the 50M/50K/relay folks) your elation is premature. It starts out flat for the 1st half mile and goes over to Parfreys Glen (this is a great place to explore if you get a chance) parking lot to the Ice Age trail. Ice age is a beautiful single track trail leading you into Devils Lake State Park. For 2 miles you will be running up hill along the trail. Next, give a bit of that elevation gain back then a little bit of flat to the aid station.</p>					

Leg 2: You're Bluffin'					
Start at	Finish at	Length	Color	Climb	Difficulty
Road Kill	South Bluff Aid	1.8	ORANGE	+310/-230	1.4
<p>Up a bit, down a bit to reach the aid station with no safety barriers – 300' drop on 3 sides. Uh, be careful here...</p>					

Leg 3: Amazed & Confused					
Start at	Finish at	Length	Color	Climb	Difficulty
South Bluff Aid	Road Kill	2.9	ORANGE	+370/-450	1.7
<p>After taking in the view, head west about 1/4 mile along the South Bluff then hang a right off the bluff trail and drop down a few hundred feet over the rest of the first mile. Up & down for the next 2 into Road Kill. You're following ORANGE!, make sure you PAY ATTENTION! at the 4-way intersection where you turn RIGHT!</p>					

Leg 4: Yeah, That's What I'm Talking About					
Start at	Finish at	Length	Color	Climb	Difficulty
Road Kill	Finish	4.2	ORANGE	+440/-850	2.0
<p>Just when you thought everything's uphill, this one's a lot of downhill running on the Ice Age Trail, real trail, fun trail, fast trail, run fast, take chances! You are getting close to beer time so let 'er rip.</p>					

MARKING INSTRUCTIONS

COURSE MARKINGS!!! Multiple Colors! Pay Attention! Or you may end up running an Ultra!

Many of you will get temporarily disoriented (But never lost!) as your focus can evaporate/be pounded out of you by the hills.

Ribbon will be tied along the trails and at each trail intersection in the direction you will go. Particularly complex points will have signage and people to direct you.

Ribbons are used to mark the course where there's stuff at eye height to tie to; surveyor flags (~18" tall, 3" square of colored plastic) are used to make the path across fields.

Two ribbons (one over the other) will mark a turn; they'll be tied on the side you will be heading. Some turns, especially in open fields may have swoops of ribbon around the turn. Also, some turns on road areas will be painted with an arrow on the ground.

Occasionally a ribbon will be up for reassurance that you are still on course. The ribbon will be tied to trees, on stick flags, signs, benches, poison ivy plants and slow-moving squirrels. Signs identifying the leg/segment and directions will also be used. Some signs like '*Do Not Enter*' may be used off the course, verifying you have f'd up.

Each leg will be marked with a specific color of ribbon; see Leg Description page. Follow one color until the next aid-station. If you feel brain dead, ask to have a piece of ribbon tied on your hand at each aid station.

Dialogue Heard More Than Once:

Runner: Where am I? I was supposed to be at ... My team's not here!

Volunteer: You're at ... What color were you following?

Runner: I don't know... Red?

Volunteer: Nope, we don't use red tape. Where were you last?

Runner: I don't know...

You see the problem...

Some sections of trail are used for one of the other races. Therefore, the trail may have more than one color of ribbon – as many as 4 colors! Follow your color! The color of each leg will be evident at the start of the leg.

The course will be marked the day before and again just before the lead runners. Follow up checks will also be done during the event. If you see anyone tamper with a marking, beat them to a pulp. No really, let a volunteer know ASAP. (Sorry to say, we have had our share of morons (not race participants) who like to pick ribbons).