

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 Ultra Dirt Kickers,

We've been a devilin' the course up and you is in for 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 white & pink ribbons till ya finish!

Runnin' the ridges and readyin' Devil's Lake State Park 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.

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 pizza or pig!)

With a full calendar or great events out there, you chose ours and we thank you! We will have some dirt wear for sale to impress the wimps with.

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 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!

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.

ULTRA 50K & 50M START: 5:30 A.M. (NO EARLY START, 5:30'S EARLY ENOUGH...)

Note: Do you really want to do this?

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.

Timing Tags: All runners wear a timing tag on their shoe when they cross the finish line.

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.

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.

Event Switching: 50M to 50K decision point is at the 24.7 mile mark, you can decide then to switch events. One catch, cut off to switch is **High Noon!** After that time, you must head for the 50 km finish. Decide to continue on the 50M ... or Start the gun lap!

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? Ultra course is not the relay course ... some of it, but not all! Mostly trail with some stupid spots. Start with a 5 mile loop on the ski hills then 5 miles of trail out to a 15 mile loop and back for 50 km. 50M runs one more 15 mile loop and then same damn 5 mile loop at the start again.

Details: Ultra course is designed as separate race from the relay and to allow decision of 50K or 50 mile at the start of the loopy thing out in the park. The course is a series of sections or Legs with mandatory Aid Stations connecting them. All legs must be completed in the order presented. Not all of the sections on the relay are on the ultra ... didn't we already say this?

Marking: It's all PINK, Dave. You will see other colors at times along the way, please try to remember what you're doing.

Cut-Off Times-Pulled from Course: The on-target 13-hour finish time will be strictly enforced. Aid stations will keep you posted on your progress. Don't give this too much thought, just keep moving!

Cut-Off Time -Mandatory 50K finish: the first loop must be finished by **High Noon!** to continue on the 50 mile. Runners will be scored as 50K finisher.

EXCHANGE / AID STATIONS:

Sustenance: Some aid stations are also an exchange point for the relay runners. Special drinks, eats, pretzels, bananas, oranges and surprises are for the Ultrarunners. First Aid is for all. Some exchanges will have a cellular phone, warm blankets and friendly people, others may be miserable and lonely.

Mandatory Aid Check-In: Please inform the aid station volunteers that you (# please) have arrived. It is vital that we enter your race number at each Aid Station. Only then would we have a chance to find displaced runners. When large groups pass through at once, some people get missed in the confusion. Make certain that your bib # and time gets recorded. If you miss an aid station, we consider you off course and eliminate you from the awards.

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

DROP BAGS

Due to the length of the course we have the option for you to have stuff sent to one spot on the course. By the way, you can buy shoes and socks at Running Fit! Runningfit.com, (shameless plug).

We will offer 1 drop bag location for fresh shoes, special food or whatever:

The drop bag location is at the far west end of the course on Burma Road. Burma Road is at miles 17 and 19 on the 50K/50M courses. It's also at 32 and 34 miles on the 50M course. Please try to remember what your bag looks like...

AT THE START: Areas will be designated for items to be delivered to the Drop Bag Exchanges listed above. Boxes will be labeled Drop Bag with the number of the exchange for delivery. Put anything you want out on the course in the bag. Identify your bag with your name and other identifiers, i.e. Grace's makeup kit, KY King's KY or Jelly Belly Stickers. Please, no black garbage bags! We are not responsible for lost stuff, so nothing too valuable. Shoes, weird food, Vaseline, favorite scripture or Head Goat Voodoo Doll.

AT THE EXCHANGE: After using your drop bag, place the bag in the DEAD BAG RETURN TO FINISH BOX. The return box will be taken to the finish area, hourly. If you want to use it again for loop 2, put it back in the Live Bag Area and not the Dead Bag Area. If not in the Dead Bag area, it could be returned late or you may have to pick up your drop bag yourself after you finish.

AT THE FINISH: Dead bags and flashlights located in the bag finish area.

Course Summary – All PINK!

Loop (50K/50M) – 4.5

Start-4.5-Start

Out (50K/50M) – 5.7

Start-4.2-Road Kill-1.5-Steinke

Loop (50K/50M) – 14.8

Steinke-3.7-Lake-3.2-Burma-2.4-Burma-1.9-Lake-2.2-South Bluff-1.6-Steinke

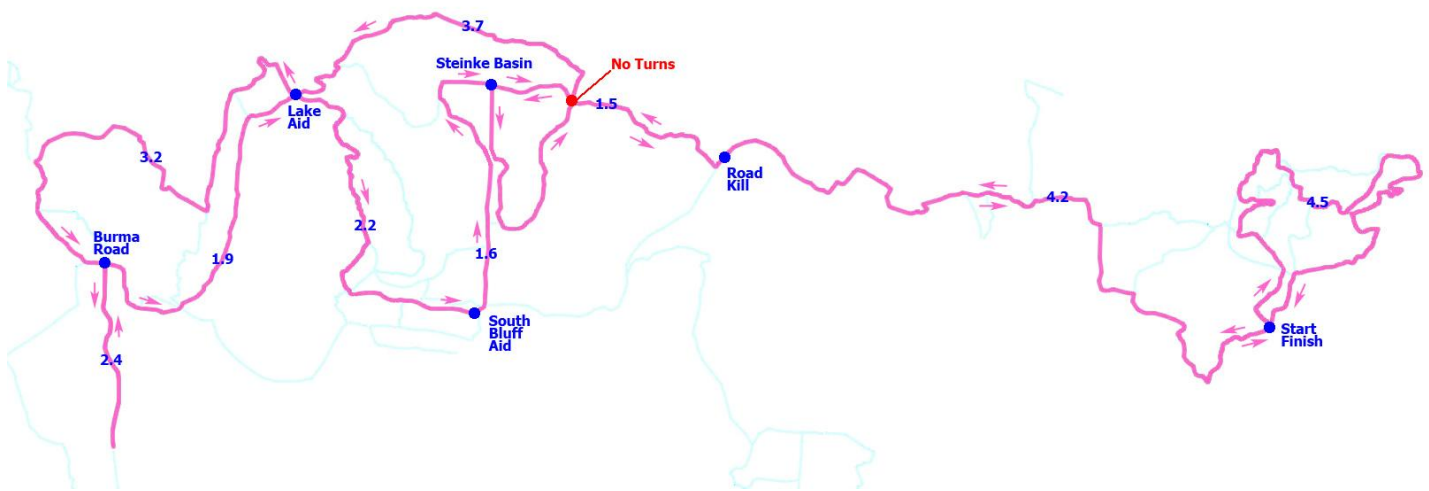
Repeat Loop (50M) – 14.8

Back (50K/50M) – 5.7

Steinke-1.5-Road Kill-4.2-Start/Finish

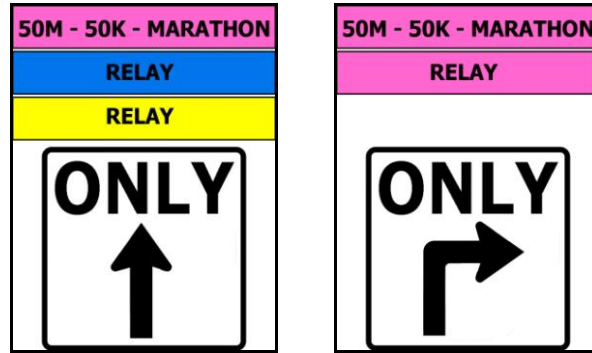
Loop (50M) – 4.5

Start-4.5-Finish



The lighter blue lines are all other trails; they may be marked with other colors. Follow your **PINK!** "No Turns" (We call it the cluster...) is a 4-way intersection; pay no attention to whatever's happening to the right and left, go straight across.

We'll have signage to assist at the cluster, over by Lake Aid and possibly other places; they'll look like these. You'll be following **PINK**.



ULTRA 50K/50M Leg Details

- 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: Ski Trip					
Start at	Finish at	Length (Leg/Tot 50K/Tot 50M)	Color	Climb	Difficulty
Start/Finish	Start/Finish	4.5/4.5/4.5	PINK	+970/-970	5.6
At least we don't have you running up the double black diamond. We start out running across a road over to Devils Head Resort and run up the bunny hill and continue on up an intermediate slope. Then we will follow mostly single-track mountain bike trails. However, with all this tall grass around you shouldn't be surprised if you're running through quite a bite of it with no trail, or even your feet, in sight. Oh and that double black diamond we were talking about, you get to run (or roll) down it. Then across the road again to the finish.					

Leg 2: Into Thin Air					
Start at	Finish at	Length (Leg/Tot 50K/Tot 50M)	Color	Climb	Difficulty
Start/Finish	Road Kill	4.2/8.7/8.7	PINK	+850/-440	4.6
It starts out flat for the 1 st 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.					

Leg 3: Rave Run					
Start at	Finish at	Length	Color	Climb	Difficulty
Road Kill	Steinke Basin	1.5/10.2/10.2	PINK	+100/-220	0.5
Don't get much better... a break from climbing, enjoy it while you can. Continue on the Ice Age Trail; follow this great trail mostly downhill to Steinke Basin.					

Leg 4: Swirling the Bowl					
Start at	Finish at	Length	Color	Climb	Difficulty
Steinke Basin	Lake Aid	3.7/13.9/13.9	PINK	+320/-500	1.3
Another great bit: it's on a nice wide trail. Be careful when crossing the road. There is some elevation change but the trail is wide and has good footing. At about the 3 mile mark you enter the campground so make sure to follow the pink ribbons. These areas are always confusing so be careful until you get back on the trail.					

Leg 5: Yo Yo					
Start at	Finish at	Length	Color	Climb	Difficulty
Lake Aid	Burma Road	3.2/17.1/17.1	PINK	+638/-496	3.7
Catch your breath because you are getting ready to climb. This is a heavily used narrow trail and extremely steep. Do the best you can at maintaining a pace but be very careful about other people and yourself. Pace yourself to the top. Here the trail becomes very narrow but it's kind of paved (You'll see). Go fast when you can but be mindful of others using the trail. At about the 2.5 mile mark of this leg check out the scenic overlook to your left then make a sharp right turn and hammer down this emergency access gravel road, cross over a road (watch for traffic) and hit the off trail section of about a half mile through the woods with bad footing, messy snowmobile trails to the finish. Is this heaven or is this hell?					

Leg 6: The Burma Road					
Start at	Finish at	Length	Color	Climb	Difficulty
Burma Road	Burma Road	2.4/19.5/19.5	PINK	+190/-190	0.5
Nothing like its 717 mile namesake, this bit is an easy out & back on a shady gravel road. The only traffic I've seen here is my car...					

Leg 7: Over the Edge					
Start at	Finish at	Length	Color	Climb	Difficulty
Burma Road	Lake Aid	1.9/21.4/21.4	PINK	+440/-290	2.5
The 1 st half mile is off trail with terrible footing, some rocks, don't twist an ankle. Cross a road, watch for traffic. Then on to Tumbled Rocks Trail. It's a narrow, heavily used trail with very little room to pass but the lave views and topography of this trail are breathtaking. Be courteous to other trail users. (This trail was under 2 feet of water when we canceled the race in 2008). Exit this trail and go past park HQ to Lake Aid.					

Leg 8: No Bluffin'					
Start at	Finish at	Length	Color	Climb	Difficulty
Lake Aid	South Bluff Aid	2.2/23.6/23.6	PINK	+800/-420	5.7
Exit Lake Aid & head to East Bluff Trail and prepare to climb! It's great footing on a great trail that goes up forever ... Or so it seems... You'll pass the Relay Exchange at the west end of the south Bluff, then head east along the bluff to South Bluff Aid. Don't expect a fast time!					

Leg 9: Hold/Fold					
Start at	Finish at	Length	Color	Climb	Difficulty
South Bluff Aid	Steinke Basin	1.6/25.2/25.2 50M repeat, legs 4-9: 40.2	PINK	+90/-290	0.4
Great trail, great footing, what a view at the beginning. Easy, short bit to get you to The Ultra Decision Point. Make the right decision, or you'll be adding 19 miles to your marathon... DON'T PANIC: signs will direct you to the finish.					

50K heads back to the Finish on Leg 10, 11

50M repeats Leg 4 – 9, heads back to Start/Finish on Leg 10, 11 then finishes on 12

Leg 10: Evar Run ("Rave" Run Backwards)

Start at	Finish at	Length	Color	Climb	Difficulty
Steinke Basin	Road Kill	1.5/26.7/41.7	PINK	+220/-100	0.8

This is the reverse of your second leg. Read that description backwards and get ready for some climbing. Exactly 180 degrees from the rave run, it's all up hill. Be careful at the road crossing.

Leg 11: Yeah, That's What I'm Talking About

Start at	Finish at	Length	Color	Climb	Difficulty
Road Kill	Finish	4.2/31/45.9	PINK	+440/-850	2.0

This is the reverse of your first leg. Lot's of downhill running once you hit 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.

Leg 12: Ski Trip

Start at	Finish at	Length	Color	Climb	Difficulty
Start/Finish	Start/Finish	4.5/-/50	PINK	+970/-970	5.6

We start out running across a road over to Devils Head Resort and run up the bunny hill and continue on up an intermediate slope. Then we will follow mostly single-track mountain bike trails. However, with all this tall grass around you shouldn't be surprised if you're running through quite a bite of it with no trail, or even your feet, in sight. Oh and that double black diamond we were talking about, you get to run (or roll) down it. Then across the road again to the finish.

ULTRA HANDLER DRIVE ROUTE

There are 2 Ultra Support Locations: Steinke Basin and Burma Road.

Runner mileage at Support Locations:

Location	50K completed miles	50M completed miles
Steinke Basin	13	13
Burma Road	16, 19	16, 19
Steinke Basin	24	24
Burma Road		31, 34
Steinke Basin		39
Finish	31	45, 50

Start to Steinke Basin

Right (south) 0.3 miles on Bluff Road to DL
Right (west) 2.4 miles on DL to 113/DL
Right (north) 2.2 miles on 113/DL to DL west
Left (west) 0.7 miles on DL to Steinke Basin Aid

Steinke Basin to Burma Road

Left (west) 1.7 miles on DL to South Shore Drive
Left (south) 1.4 miles on South Shore Drive to Burma Road (Don't turn into park entrance)
Straight (south) 0.1 miles on Burma Road to Exchange

Burma Road to Steinke Basin

Right (north) 0.1 miles on Burma Road
Straight (north) 1.4 miles on South Shore Drive
Right (east) 1.7 miles on DL to Steinke Basin Aid

Steinke Basin to Finish

Right (east) 0.7 miles on DL to 113/DL
Right (south) 2.2 miles on 113/DL to DL
Left (east) 2.4 miles on DL to Bluff Road
Left (north) 0.3 miles on Bluff Road to Start/Finish

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).