



March 10, 2020

## **FINAL RACE UPDATE:**

Welcome to the 16<sup>th</sup> annual Three Days of Syllamo gathering. If you are getting this you are or could soon be one of the Syllamopeople.

This update will give you a bit of information on what to expect at the 3 Days gathering.

The Forest Service has been working on the trails so they should be in good shape, ENJOY!!

As always the gathering will be at the large pavilion at Blanchard Springs. If you can't find it you might want to just stay home! We welcome our friends from all over the country and abroad including many new to 3 Days. If you are interested you can view the entrants list at:

<http://www.syllamo.org/>

### **Weather:**

We have been lucky in the past but it looks like rain this year..  
Be prepared for anything.

### **Packet pickup:**

Packet pickup will be at the pavilion at Blanchard Springs Campground (start/finish line).

Thursday afternoon from 5:00pm till 7:00pm

50k: Friday morning from 7:00-8:00am, (last chance for stage runners);

50mi.: Friday afternoon 3:00-5:00pm, Saturday morning from 5:00-5:30am

20k: Sunday morning from 7:30 till 8:30am

### **Pre race check-in:**

50k: Check-in will begin at 8:00am (Pre-Race Stage meeting at 8:30ish)

50mi: Check-in will begin at 5:00am

20k: Check-in will begin at 8:00am

***There will be a sign-in sheet that all runners must sign each morning prior to the start of the days run. IF YOU DO NOT SIGN-IN, WE DO NOT KNOW YOU STARTED, THERFOR WE DO NOT KNOW YOU ARE ON THE TRAIL.....***

**Pre Race Meeting:**

Fridays pre race meeting will start at 8:45, other days 10 min prior to start.

**Race start times:**

50k: Friday, at 9:00am

50mi: Saturday, at 6:00am *"This is where the fun starts"*

20k: Sunday, at 9:00am

\*Run management reserves the right to make changes as necessary.

**Race start/finish location:**

All three runs will start and finish at the pavilion.

**Cut-off Times:**

50k: 7:00pm (10hrs):

On Course Cut-Off Times: Mile 14.5/1:35pm, 20.4/3:15pm, 26.3/4:45

50mi: 8:00pm (14hrs):

On Course Cut-Off Times: Mile 26.5/1:25pm, 31.5/2:50pm, 41.0/5:35pm, 45.0/6:30pm  
(Sunrise will be around 7:25AM and sunset is around 7:15)

20k: 3:00pm (6 hrs):

No on course cut-off.

**Courses:**

At Three Days of Syllamo the courses change every year.

The 50k is an out and back thru Sick Rock Hollow with a big loop on the Syllamo Trails.  
Approximately 33.6 miles

The 50mile is an out and back on the Sylamore Trail, Sylamore Trail Extension and Qzark Highlands Trail to Moccasin Gap. Approximately 50 miles

The 20k is back to the original course following the Yellow Loop counterclockwise.  
Approximately 14.0 miles. Enjoy!

All distances are approximate, probably long!

**Total: 98mi**

**Course Marking:**

When I came up with the idea for Three Days of Syllamo my goal was to provide remote adventurous courses that challenged runners and required some thinking along the way. It was this way for the 1<sup>st</sup> running in 2005 and still is now.

Courses will be marked where needed with surveyors flagging and flour and we utilize existing permanent rectangular marking placed by the forest service.

The courses are adequately marked; yet *you must remain aware and attentive at all times*. We primarily mark trail intersections, road crossings, travel on forest roads (though they are few) and areas of confusion. *There are those that have gotten off course and those that will get off course!*

### **Getting off Course or Lost:**

1. If you suspect you are off course, stop and look around. If you can safely do so, backtrack until you see a trail marker or a known location, then proceed on the course; *yet only if you are sure of your location and direction*.
2. If you feel you are lost and do not know which way to go, ***stay put where you are***; look and listen for other runners or hikers and signal for help; stay on the trail and wait for help to arrive.
3. NEVER go off trail or look for an alternate way.

### **Suggested Gear to Carry:**

1. If you are running the 50miler you must have a light at the start and carry it with you throughout the run.
2. Some suggested items to carry with you; a rescue whistle, matches or lighter, extra food and a signal mirror.

### **Elevation Gain for the Three Days:**

As always; ***“As much as I could find”***

### **Aid Stations:**

- Aid stations will be approximately 4-10 miles apart so be prepared and carry what you need for these distances.
- All manned stations will have a variety of hot and cold food, Hammer HEED and Hammer Gel. All manned stations are accessible for crews. I will have crew maps available at the pavilion. Again this year aid stations will not have paper or plastic cups for cold or hot beverages or food. **YOU MUST CARRY YOUR OWN REUSABLE (NOT DISPOSABLE) CUP**. This is another effort to make our footprint smaller and create less waste.
- Unmanned aid stations will have Hammer HEED, water and a small selection of food. These are not accessible for crews.

### **50K Aid Station Distances:**

AS-1: 4.0mi, AS-2: 8.5mi, AS-3: 14.5mi, AS-4: 20.4mi, AS-5: 26.3mi  
(This course is approximately 33.6miles long)

### **50Mile Aid Station Distances:**

AS-1: 5.0mi, AS-2: 9.50mi (Barkshed), AS-3: 14.0mi (unmanned), AS-4: 18.5mi (Cripple Turkey), AS-5: 23.5mi, AS-6: 26.6mi, AS-7: 31.5mi (Cripple Turkey), AS-8: 36.0mi (Unmanned), AS-9: 41.0mi (Barkshed), AS-10: 45.0mi.

**Drop Bags:**

50k: Drop bags may be put out at one location Hwy 5. You will pass thru this at mile 14.5.

50mile: The 50mile is an out and back. Drop bags may be put out at two locations; Barkshed Aid Station Miles 9.5/41.0 and Cripple Turkey Aid Station Miles 18.5 and 31.5

***Drop bags must be left at the pavilion one hour prior to race start each morning. Please clearly mark your drop bags with your name, bib number and aid station location.***

**Pacers:**

Pacers are allowed on the 50 Mile and only upon special request ONLY. The registered runner wanting a pacer must make the request at check-in with their pacer, picking up a pacer bib No. and have the pacer sign a release.

***When passing thru aid stations you must notify aid station personal that you have a pacer so we can keep a record of who is on the course.***

**Post Race Meals:**

We will be cooking meals Friday for stage and 50k runners and Saturday for stage and 50-mile runners and paid guest. We will begin to serve food at around 4:30pm each day.

**Menu:**

Friday: Pasta w/ vegetables and red sauce (vegetarian), salad, bread and drinks.

Saturday: Red beans and rice (vegetarian), smoked sausage, salad, bread and drinks.

***IMPORTANT PLEASE READ IF YOU WANT TO EAT:***

***To help reduce our waste we will not be providing paper plates, bowls, utensils or cups during the meals. You must bring your own reusable bowl, plate, silverware and cup. Please bring something reusable and NOT disposable. THIS DOES NOT MEAN TO BRING YOUR OWN PAPER PLATE, PAPER CUP AND PLASTIC WARE AND PLACE IN THE TRASH WHEN YOU ARE FINISHED EATING.***

***Please help us reduce our waste footprint!!***

**Awards:**

Trophies and awards will be given to the overall male, overall female, master's male and master female of the stage race. Custom hand painted rock from the Syllamore Creek to all stage finishers (Then you are one of the Syllamopeople).

**Volunteers:**

Without the volunteers at aid stations, to cook and serve the food, mark the courses and generally take care of you, 3 Days would not be possible. So *please* give them a hand and thanks as you pass by. If you have a problem, find the *Man*, me. And remember the one and only rule at Three Days of Syllamo.

**Camping:**

If you reserved a campsite at race central there is a \$5.00 per person per night fee (100% of this fee goes to the forest service). See race management at check in. **MUST BE PAID PRIOR TO SETTING UP YOUR SPOT.**

**Entertainment:**

We will again have live bluegrass musicians on Saturday starting at around 7:00 PM. These are professional musicians from Mountain View. They do accept tips!

**Really Important:**

No Whining....

**General information:**

- There will be a drawing for two free entry's into the 2020 Three Days of Syllamo (one Male and one Female) Saturday evening for stage and 50mile entries only. Drawing will be at around 7:30pm.
- There will also be a drawing for something really good!! Sorry, Stage Entrants only....
- Recoverite recovery drink by Hammer Nutrition will be available at the finish line for stage runners after the 50k and 50-mile run.
- Don't forget about soaking your legs in the creek after the runs! It works wonders for recovery!!!
- Remember to bring a light if you are running the 50 miler.....
- We provide containers for recycling. Please place ONLY recyclables in the appropriate container and do not put trash in these containers.

**Sponsors:**

**Hammer Nutrition** [www.hammernutrition.com/](http://www.hammernutrition.com/)

**Ozark Outdoor Supply** [www.ozarkoutdoor.com/](http://www.ozarkoutdoor.com/)

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**Really-Really Important:**

Have Fun.....

Cheers

Steve Kirk, Director

Chief do everything