



Thursday, March 04, 2010

## **RACE UPDATE**

It's getting close to the race date, and we hope your training has gone as planned.

This year race headquarters will be at the large pavilion adjacent to the usual location, it should be easy to find. Once again we have a great bunch of talented ultra runners from all over the country. If you are interested you can view the entrants list at:

[http://www.racesonline.com/index.cfm?fuseaction=public.view\\_participants&race\\_id=7141](http://www.racesonline.com/index.cfm?fuseaction=public.view_participants&race_id=7141)

At Three Days of Syllamo the courses change every year and this year is no exception; it's our sixth year and the 50-mile and 50k are both new courses. With over 150 miles of single-track it's pretty easy to design challenging courses without multiple loops or overlaps. We wouldn't want anybody to get bored!

### **Weather:**

The weather for race weekend is predicted to be cloudy with rain possible, lows in the mid 30's and high in the upper 50's.

### **Packet pickup:**

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

Thursday afternoon from 3:00pm till 7:00pm

50k: Friday morning from 6:00-8:30am, (last chance for stage runners);

50mi.: Friday afternoon 3:00-6:00pm, Saturday morning from 5:30-6:30am

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

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

50k: Check-in will begin at 8:00am

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

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

**Race start times:**

50k: Friday, March 12 at 9:00am

50mi: Saturday, March 13 at 6:00am *“This is where the fun starts”*

20k: Sunday, March 14 at 9:00am

\*Race 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: 6:00pm (9 hrs)

50mi: 8:00pm (14 hrs)

20k: 3:00pm (6 hrs)

**Pre race meals:**

Chef Cal will be preparing meals after the 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/ red sauce, salad, bread and drinks.

Saturday: Red beans and rice, salad, bread and drinks.

**Course Marking:**

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

**Elevation Gain for the Three Days:**

Approximately 24,500 ft of gain and 24,500 ft of descent.

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

**Aid Stations:**

Aid stations will be 4-9 miles apart; all manned stations will have a variety of hot and cold food and drinks. The energy drink will be HEED. Unmanned aid stations will have HEED and water.

**Drop Bags:**

50k: Drop bags may be put out at two locations; approx. miles 13 and 24.

50mile: Drop bags may be put out at two locations; approx. miles 9 and 18; since the course is out and back you can access drop bags also at miles 32 and 41. Drop bags must be left at the pavilion one hour prior to race start each morning.

**Awards:**

Trophies and awards will be given to the overall male and female of the individual stage race and Team stage winners. Custom made award to all stage finishers; it's Cool!

**General information:**

- There will be a drawing for swag after Saturdays run for all stage and 50mile entries only. Drawing will be at around 6:00pm. We have some really cool stuff to give away!
- We will again have live bluegrass musicians on Friday during the meal.
- Recoverite recovery drink by Hammer Nutrition will be available at the finish line for stage runners after the 50-mile run.
- If you would like a campsite at race central there will be a \$1.25 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 CAMPING.**
- You must have a parking pass to park your car in the park. Pickup passes at race central.
- Photos during the runs will be taken by local photographer Phillip Walrod Photography and Courtney Kirk. Please support their efforts by purchasing some photos.

**Below is a list of our 2010 race sponsors, some old some new.**

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

**Nathan** [www.nathansports.com](http://www.nathansports.com)

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

**Inov8** [www.inov8.com](http://www.inov8.com)

**ZombieRunner** [www.zombierunner.com](http://www.zombierunner.com)

**Injinji** [www.injinji.com](http://www.injinji.com)

***Please take a moment and visit their websites. Please try their product and support these guys!!!!***

It's gonna be a great year, see you on Friday!

Steve Kirk

Director

Chief do everything