

WSU Relay & Solo Runner's Info

Solos and team captains please read carefully and pass on this information to all team members. It is recommended that you print out this information and have it with you on race day.

Sunday April 20 2008

Start

Hollingbery Fieldhouse
Ultras 6:00 a.m.
Teams 7:30 and 8:30am

Course

100-kilometer loop (62+ miles) through the Palouse country

Runner Classifications

Teams

1. open (any gender, mix, and age)
2. masters (age 40 and over any gender mix)
3. seniors (age 50 and over any gender mix)
4. Women
5. Mixed men/women (Mixed gender teams of 3/3, 4/2, 4/3, 4/4, 5/3, 5/4, 5/5, 6/4,)

Solos (minimum age 18)

1. open men (age 18-39)
2. open women (age 18-39)
3. masters men (age 40-49)
4. masters women (age 40-49)
5. seniors men (age 50 and over)
6. seniors women (age 50 and over)

Substitutions/Changes

Substitutions may be made up to race morning. After April 7 T-shirt size may be substituted subject to availability. All entrants (including pacers for ultras) must read waiver and sign an entry form, as required by Attorney General's Office.

Cancellations

A relay team or ultra can cancel entry at any time up to April 7 with full refund minus the Active.com charge if applicable. Relay teams and ultras cancelling after this date forfeit the full entry fee, but will be sent T-shirts.

Sign in

Team captains and ultras can pick up packets (numbers, shirts, etc.) at the Cougar Depot in Pullman, 3-5 p.m. Saturday, April 19. Packet pickup is also available on Sunday, April 20, at the Hollingbery Fieldhouse from 5:30am onward. **All teams and solos must sign in on Sunday morning; we need to know who is on the course!** Team captains distribute numbers to team members before the race.

Race Center:
Hollingbery Fieldhouse
Washington State
University
Pullman, Washington

Solo Race Rules

A pre-race meeting for ultras and pacers is scheduled in the Cougar Depot, 6 p.m., Saturday, April 19. It is highly recommended that ultras and pacers attend this short session with race officials for instructions, assistance, questions, etc. Ultras start at the fieldhouse at 6 a.m. on Sunday, April 20. Ultras should be accompanied by a support vehicle with extra clothing, liquids, food, etc. Drop boxes to the relay exchanges will be provided for unsupported solos. Pacers are allowed after the Fifth Exchange Point at the start of the Steptoe Grade (pacers pay no entry fee, but must be registered on ultra entry forms). Ultras must announce their numbers at each exchange point. Make sure the course monitors have seen you!

Team Race Rules

The team relay race starts in waves from Hollingbery Fieldhouse at 7:30 and 8:30 Sunday, April 20. The route consists of 10 legs, varying from 4.1 to 8.7 miles in length between designated runner exchange points. Race officials will

assist at exchange points and road intersections.

There is not a baton; team members must touch hands at the exchanges in between the orange cones. **Each team member must run at least one leg, and finish the leg he or she started. No substitutions within a leg are allowed. Substitutions will disqualify the team! In the event of injury preventing a runner from finishing his designated leg another team member may complete that leg BUT the retiring team member cannot run again during the race. Only one such substitution per team is permissible and must be reported to the race officials.** Teams will determine among themselves which leg (or legs) members will run. Individuals running more than one leg can do so in any sequence: e.g., two or more legs in a row, or one leg at the start of the race and a second leg near the end, or whatever; your choice. However, runners must exchange only at the designated exchange points! In order to ensure teams receive a correct finish time, only the member of the team running the last leg should cross the finish line on the course. Other team members may run to the right or left of the finish chute, but must be clearly off the course.

Many thanks to:

Moscow School of Massage
Pullman Fire Department
Whitman County Sheriff's office
City of Pullman
WSU Visitor Center
WSU Police
Mortar Board

Thanks also to the many individuals who have supported the race over the years in our efforts to keep the WSU 100K tradition alive.

Questions?

Email jpool@moscow.com or
call 208-883-8409

Rules of the Road

Teams must provide their own vehicles to support and transport runners. There will be at least twice as many support vehicles as runners out on the road at any one time. Safety is a primary concern. Please cooperate with race volunteers and law enforcement officers (WSU and Pullman Police Departments, the Whitman County Sheriff's Office, Army Corps Rangers and Colton Town Marshall). Failure to follow their direction will result in disqualification of the team. Please do not trespass onto private property; there have been problems with behavior in the past. Trespass will result in immediate disqualification of the team.

Precautions have been taken in selecting exchange points with adequate parking space. Monitors and traffic control personnel will be provided where needed. Most of the route is on lightly used rural roadways. The chance of mishap will be negligible if basic rules are followed:

- Runners must stay on the left side of the road, facing traffic, unless otherwise directed.
- Race numbers must be worn on the front of the runner's outermost garment so they can be seen easily by race officials.
- No bicycles are allowed on the route for runner support.
- A relay team should limit itself to one or two passenger sedans and/or vans to prevent road congestion.
- Motorhomes or RVs larger than standard vans are not allowed on the course because of the narrow and steep terrain (especially on legs 6 and 7).
- Runner exchange points must be left clear of vehicles. Ample parking space will be nearby. Please park or pull out carefully, checking for runners, pedestrians, and vehicles.
- To prevent road congestion, vehicles must not drive alongside a runner at his or her pace (especially on Steptoe Canyon). Vehicles should proceed ahead to where there is room to park completely off the roadway and wait for the runner to pass, or preferably continue ahead to the next

exchange point to drop off and pick up runners.

- The potential for traffic problems is greatest at the First Exchange Point (between legs 1 and 2) and the Sixth Exchange Point up the narrow and winding Steptoe Grade (between legs 6 and 7). Teams are strongly encouraged to have only one vehicle stop at the First and the Sixth Exchange Points, and for other vehicles to drive on through these points.

- Be aware that vehicular traffic will be heaviest along legs 1 and 2 of the course, where runners will be relatively bunched together after the starting gun. By legs 3 and 4, however, the runners should spread out sufficiently to significantly reduce the concentration of support vehicles in any one area.

- **Team and ultra dropouts must notify race officials immediately.**

- If it is perceived that slower teams and solos are not on track to complete the course by the 7 p.m. finish, the course director reserves the right to close Exchange Points Seven, Eight, and Nine. Weather conditions may also precipitate early closure of these exchange points.

- Team captains should make sure that all team members have read and fully understood the regulations in this race manual.

- No dogs allowed on the course- we love dogs but our insurance company does not!

- Be courteous, cooperative, and good sportsmen and women and most of all HAVE FUN!

Medical Assistance/ Refreshments/Restrooms

Each team should provide its own water and food. Take along plenty of clothing; weather is unpredictable in April. Medical assistance along the course is provided courtesy of the Pullman Fire Department. Limited refreshments, drop boxes and first aid kits will be at each exchange point; some exchanges will have portable restrooms as well. Course officially closes at 7 p.m. Refreshments and restroom facilities will be available at Hollingbery Fieldhouse. No alcohol is permitted in the fieldhouse.

Still need one last runner???
Post on the web site.
Don't forget the waiver
before the race!

The Finish

Teams and supporters are encouraged to gather in the Hollingbery Fieldhouse to greet

runners at the finish line. Refreshments and shower room facilities will be available.

Awards ceremony and special drawings will be at 5 p.m. Please join us! Relay teams will finish approximately 3:30 to 7 p.m.; the first ultra about 2:30 p.m. Teams maintaining a 6-minute-per-mile pace throughout the course can expect to finish in about 6 hrs. 15 min.

7-minute pace in 7 hrs. 20 min.

8-minute pace in 8 hrs. 20 min.

9-minute pace in 9 hrs. 25 min.

10-minute pace in 10 hrs. 30 min.

The finish line will be closed at 7 p.m. and times will not be recorded after 7 p.m.

**Free massages will be available
for all runners from 2:30pm.
Please encourage all team
members to come back to the
fieldhouse to take advantage of
these massages provided by
students of the Moscow School
of Massage.**

Awards

Team Relay

Awards for 1st, 2nd, 3rd, 4th, and 5th each in open, masters, women, and mixed divisions.

Rocking Chair Award for the fastest seniors team with all members over the age of 50.

Solo

Awards for 1st each for overall male and female; and 1st, 2nd, 3rd, 4th, and 5th each in open men, open women, masters men, masters women, seniors men and seniors women divisions.

WSU 100K Run Records

Competitive Team Relay

Open: Comfortably Numb Too, 5:42:09 (1994)

Women: Desperately Seeking Summer, 7:26:05 (2002)

Mixed: Queen Anne Flyers, 6:22:51 (1992)

Masters: Tri-State Masters, 6:30:13 (1998)

Rocking Chair: Fungus, 7:56:07 (2005)

Ultra

Open Men: John Cave, 8:00:17 (1995)

Open Women: Dori Robertson, 9:51:38 (1999)

Masters Men: David Lygre, 8:54:22 (1991)

Masters Women: Barbara Bellows, 10:15:04 (1996)

Seniors Men: Eb Engelmann, 9:18:43 (1994)

Seniors Women: Lynne Werner, 10:48:40 (2003)

Course Description

Leg #	miles	Rating	Surface	ascent (feet)	descent (feet)
Leg 1	6.5	Moderate/Hard	Paved	500	540
Leg 2	5.6	Easy/Moderate	Paved	200	250
Leg 3	7.9	Moderate/Hard	Paved	240	1930
Leg 4 *	7.8	Moderate	Paved	50	60
Leg 5 *	8.7	Moderate/Hard	Paved	40	40
Leg 6	6.3	Very Hard	Gravel	1720	40
Leg 7	4.1	Moderate/Hard	Gravel	460	290
Leg 8	5.6	Easy/Moderate	Paved/Gravel	240	160
Leg 9	5.3	Easy/Moderate	Gravel/Paved	110	330
Leg 10	4.1	Moderate	Paved	230	150

Steptoe Grade! Runners and drivers must be especially observant on this narrow winding road (relay legs 6 & 7). Runners keep to the left. Drivers must pull over to the side of the road to allow others to pass, as there will be faster teams trying to get through to the next exchange.

* Most suited for wheelchair participants (flat & paved).

Check out the profiles on the website www.palouseroadrunners.org Thanks to Alan Place for the mapping.

SPECIAL NOTES please read these carefully:

Cell phone coverage is non existent in the Snake River Canyon!

LEG 1 Starting outside the fieldhouse to Stadium Way, then south to Hwy 270 and west into Pullman on Main. Across the intersection with Grand Avenue and up the hill to the Wawawai Road intersection. Police vehicles may lead runners over the first part of this leg. It is highly recommended that support vehicles do not follow this route but take the following route: turn left onto Stadium Way to the intersection with Grand Avenue. Left at the traffic lights and follow the signs to Spokane (right at the junction with Davis Way). At the top of the hill past the Daily Grind coffee stop turn left onto Wawawai Road, caution the runners will be entering Wawawai from the left a few hundred yards from the junction.

LEG 6 Vehicles must be extremely cautious on this narrow road. Please do not drive alongside your runner, pull completely off the road to allow others to pass. Allow yourselves plenty of time to get to exchange 6.

LEG 7 Runners will continue up the Steptoe Canyon Road to Colton. Only solo support vehicles will be allowed on this road. Team vehicles are to take the alternate route to Colton. Take Schlee Road to the junction with Busch (left), this enters Colton and can be followed to the highway or through town to the exchange point which is by the High School. Please drive carefully on these narrow gravel roads.

LEG 10 Runners will enter Pullman on Johnson Road and turn right onto Bishop Boulevard. Bishop will be crossed at the traffic signal with the help of a race volunteer. From this point vehicles should proceed to the Fieldhouse or to a safe position on Stadium Way. Runners follow the bike path trending right, cross the river and continue along the path by the side of Riverview St. Under the bridge a path to the left heads up to the top of the bridge. Turn left onto Main staying on the sidewalk. Continue on the sidewalk curving around onto Stadium Way, beware of minor road crossings that may not be monitored. Stay on the sidewalk up Stadium Way to Flag Lane (no vehicle access) and around the edge of the track to the Fieldhouse. It is recommended that the solos and Leg 10 runners takes good note of these directions as this is the trickiest part of the course to follow; watch for sidewalk chalk marks giving directions.

Parking: Be aware of WSU parking regulations, some areas are patrolled on weekends. Many meters need to be paid on Sundays. The residential area (gray parking area) cross from the field house is not available to the public. The best place to park is the large yellow 1 lot across Stadium Way from the outdoor track.