

2012 WSU Relay & Solo Runner's Manual

Team captains and solo runners: please read carefully.

Captains should pass this information to all team members. It is recommended that all runners print out this manual.

Sunday April 22 2012

Start

WSU Hollingbery Fieldhouse

Solos 6:00 a.m.

Teams 7:30 and 8:30 a.m.

Course

100 kilometer (62.2 mile) loop through the Palouse region,

Runner Classifications

Teams

1. Open (any age, any gender mix)
2. Masters (age 40 and over, any gender mix)
3. Seniors (age 50 and over, any gender mix)
4. Women (any age)
5. Mixed (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. Senior men (age 50 and over)
6. Senior women (age 50 and over)

Substitutions/Changes

Substitutions may be made up to the team starting time; new runners will need to sign the waiver prior to participation. After April 6 T-shirt size may be substituted subject to availability. All entrants (including pacers for solos) must read waiver and sign an entry form. This is required for insurance purposes, and by the Washington State Attorney General.

Cancellations

A relay team or solo can cancel entry at any time up to midnight April 6 with full refund. Relay teams and solos cancelling after this date/time forfeit the full entry fee, but will be sent T-shirts for each runner.

Packet Pick Up, Sign In

Team captains and solos can pick up race packets (numbers, shirts, etc.) at the Cougar Depot on the west side of Pullman 1-5 p.m. Saturday 21 April. Packet pickup is also available on Sunday, April 22 at Hollingbery

Fieldhouse from 5:30 a.m. onward. Team captains distribute numbers and shirts to team members before the race. **All teams and solos must sign-in on Sunday morning; we need to know who is on the course!**

**Race Center:
Hollingbery Fieldhouse
Washington State
University
Pullman, Washington**

Race Rules: Solos

A pre-race meeting for solos and pacers is scheduled in the Cougar Depot (race packet pickup site) at 6 p.m. on Saturday, April 21. It is highly recommended that solos and pacers attend this short session with the race director in order to get special instructions and review maps of the course. Solos start their race at the WSU fieldhouse at 6 a.m. sharp on Sunday, the 22nd. Solo runners should sign in at the fieldhouse at least 10 minutes prior to their start. Where possible, solos should be accompanied by a personal support vehicle. If running without a support vehicle, fast runners should plan on being self-sufficient over the entire course, while slower runners can obtain water and fruit at exchange points. All ultras should contact the race director by phone/email as soon as registered to learn the latest information about ultra support. Relay exchanges will have drop boxes for discarded clothing. Pacers are allowed after the fifth exchange point (base of Steptoe Canyon). Pacers pay no entry fee but must be registered on solo entry forms. Solos should announce their numbers at each exchange point, and should make sure that course monitors have seen them and recorded their transit.

Race Rules: Relay Teams

The team relay race starts in front of the WSU Hollingbery field house at either 7:30 (for most teams) or 8:30 (for the fastest teams) on Sunday,

April 22. The route consists of 10 legs ranging in length from 4.1 to 8.7 miles (see chart on the third page of this manual for details). There will be race officials at each of the 9 exchange points.

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. Such substitutions will disqualify the team! In the event of an injury preventing a runner from finishing her/his designated leg, another team member may complete that leg BUT the retiring team member cannot run again during the race. Only one substitution per team is permissible, and must be reported to race officials.

Teams will determine amongst themselves which leg (or legs) each member will run. Some teams allow members to choose their legs; others have members draw their leg assignments from a hat or at the spin of a wheel. However legs are chosen or assigned, individuals running more than one leg can do so in any full-leg sequence: e.g. two or more legs in a row, or one leg at the start and one at the end, or whatever; the choice is made by the runner and her/his team. Runners must exchange only at the designated exchange points!

In order to ensure that teams receive a correct finish time, only the runner doing the 10th leg should cross the finish line on the course. Other team members may run to the left or right of the finish chute, but must be clearly off the course.

The WSU 100K is a Palouse Road Runners event. Our additional sponsor is Tri-State. Thanks also to the Whitman County Sheriff's office, the City of Pullman, the Pullman Police Dept, the WSU Visitor Center, the WSU Police, the Colton Town Marshall and Mortar Board for their help in making the WSU 100K a truly fun event!

Rules of the Road

- Make **SAFETY** your prime concern.
- Always run **ON THE LEFT** facing traffic.

Teams must provide their own vehicles to support and transport runners. There are likely to be at least twice as many support vehicles as runners on the road at a given time. Most of the route is on lightly-used rural roadways but drivers and runners should exercise **CAUTION**.

Exchange points with adequate parking nearby have been carefully selected. Please do **NOT** park at the exchange-point; exchange-point volunteers must be able to witness exchanges and clearly view runners' race numbers.

Please cooperate with race volunteers and law enforcement officers (WSU and Pullman Police, Whitman County Sheriff's deputies, Army Corps Rangers and the Colton Town Marshall). Failure to follow their direction will result in disqualification of the team or solo.

Please do not trespass on private property. Trespass will result in disqualification.

- To repeat, **RUN ON THE LEFT**.
- Race numbers must be worn on the front of the runner's outermost garment so that they can be easily seen by race officials.
- No bicycles used for runner support are allowed on the course.
- A relay team should limit itself to one or two passenger sedans and/or vans as support vehicles to prevent road congestion. Do not use a motor-home or RV larger than a van; such vehicles present difficulties for runners and other drivers on legs 6 & 7.
- Do not drive alongside a runner at the runner's pace, especially in Steptoe Canyon (leg 6). Support vehicles should proceed ahead to where there is room to park completely off the roadway and wait for the runner; alternatively, drive ahead to the next exchange point.

Potential for traffic problems is greatest at the first exchange and at the sixth exchange point in Steptoe Canyon. Teams are strongly encouraged to have only one vehicle stop at these exchange points, and for other support vehicles to drive through.

Vehicular traffic will be heaviest along legs 1 and 2 because runners will still be bunched up. By legs 3 and 4 the runners are likely to be spread out enough to reduce the concentration of support vehicles.

Questions?

Email the race director,
John Pool, at:
jpool@moscow.com

Team and solo dropouts should notify the nearest course officials.

- No dogs allowed on the course; we love dogs but our insurance company does not!
- Team captains should make sure that **ALL** team members and support vehicle drivers have read and fully understood the regulations in this runner's manual.

If it is perceived that slower teams and solos are not on track to complete the course by 7 p.m., the race director reserves the right to close exchange points seven, eight and nine. Weather conditions late in the day may also precipitate early closure of these exchange points.

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

Exchange Point Facilities

All exchange points have water, a limited amount of snacks, a first aid kit and a drop box for solo runners. Many of the exchanges also have portable restrooms nearby. Many of the exchange-point coordinators will have cell phones for emergency use. Cell phones **DO NOT** work in the Snake River Canyon

The Finish

Teams and supporters are encouraged to gather in the Hollingbery Fieldhouse to greet runners at the finish line. Refreshments will be available.

Award ceremonies will begin whenever the race director can reliably identify award-winning teams in any of the five race categories. Please join us!

Relay teams will finish approximately 3:30 to 7 p.m.; the first solo may finish shortly after 2 p.m.

Teams maintaining a 6-minute-per-mile pace throughout the course can expect to finish in about 6 hours and 15 minutes.

7-minute pace in 7 hrs. 20 minutes
8-minute pace in 8 hrs. 20 minutes
9-minute pace in 9 hrs. 25 minutes
10-minute pace in 10 hrs 30 minutes

Awards

Team Relay

Team award for 1st each in all five race categories: Open, Mixed, Women, Masters, Seniors. Special award for 1st-place team which has all runners 60 or older. Ribbons for all team runners to 5th place in each category.

Solo

Glass keepsakes for all solo runners. Ribbons for 1st-overall male and female

Race course closes at 7 p.m.

WSU 100K Run Records

Team Relay

Open: Comfortably Numb Too, 1994, 5:42:09
Women: Desperately Seeking Summer, 2002, 7:26:05
Mixed: Queen Anne Flyers, 1992, 6:22:51
Masters: Tri-State Masters, 1998, 6:30:13
Seniors (Rocking Chair): Bigfoot Boys, 2008, 7:49:27

Solo

Open Men: John Cave, 1995, 8:00:17
Open Women: Dori Robertson, 1999, 9:51:38
Master's Men: David Lygre, 1991, 8:54:22
Master's Women: Barbara Bellows, 1996, 10:15:04
Seniors Men: Eb Engelmann, 1994, 9:18:43
Seniors Women: Lynne Werner, 2003, 10:48:40

Still need a runner or two? Post a request on the PRR website.
Don't forget to have everyone sign a waiver.

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 course 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: runners will be entering Wawawai Road 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 with identifying signs 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 water 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 Colorado 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: There is NO general parking in the field house lot; it is reserved for official race vehicles. Be aware of WSU parking regulations, Many areas are patrolled on weekends. Meters need to be paid on Sundays. The residential area (denoted as a gray parking area) across 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 (in the vicinity of Beasley Coliseum). Parking tickets WILL NOT be paid for by the Palouse Road Runners; tickets are the responsibility of the vehicle driver.