

2020 Palouse 100K Runner's Manual

Sunday, April 19 2020

Team captains and solo runners: please read carefully.

Captains are required to pass this information to all team members.

It is recommended that all runners print out this manual.

Race Day Headquarters:
Summit Therapy
1620 SE Summit Ct.
(off Bishop Blvd.)
Pullman, Washington

Starting Line

Summit Therapy

Solos: 6:00 a.m. & slow teams

Teams: 8:00 a.m. *one start time
this year

Course

100 kilometer loop through the scenic Palouse, including the Snake River Canyon.

Classifications

Teams:

Open (any age, any mix)

Women (any age)

Mixed (at least half women)

Masters Men & Women's
divisions (age 40 and over)

Super Masters Men & Women's
divisions (50 and over)

Ultra Team (2 or 3 member
teams)

5 person team (up to 5 team
members)

Solos (minimum age 18):

Open Men

Open Women

Masters Men (age 40-49)

Masters Women (age 40-49)

Super Masters Men (50+)

Super Masters Women (50+)

Substitutions/Changes

Substitutions may be made up
to the sign in on race morning. ,

All fees are non-refundable,
though teams and solos can pick
up shirts.

Waivers, Packet Pick Up

All participants (including
pacers for solos) must read and
sign waivers and an entry form,
as required for insurance
purposes. This is done online
when the team member accepts
the team captain's invite, Team
captains and solos can pick up
race packets at Summit Therapy
5:30-7 pm on April 18. Packet
pick up is also available race
day at Summit Therapy from
5:30 a.m. onward. Team
captains should distribute
numbers to team members
before the race.

Sign In, Race Meeting

All teams and solos must sign in
on race day morning; we need
to know who is on the course!
Solo runners should sign in at
the starting line a minimum of
10 minutes prior to the race.
Solo runners and pacers
unfamiliar with the course
should meet with the race
director briefly.

Race Day Parking

There will be plenty of free
parking available race day at or
close to Summit Therapy.

Race Day: Solos

Solos start the race at Summit
Therapy at 6 a.m. sharp, contact

race director for early start if
anticipating being out on the
course longer than 13 hours. It
is highly recommended that
solos be accompanied by a
personal support vehicle. Solo
runners should plan on being
self-sufficient over the entire
course as faster solos may pass
early exchange points before
they are open. A race support
vehicle drives the course
periodically and carries water.
Pacers are allowed after the
exchange point ending leg 5
(bottom of Steptoe Canyon).
Pacers pay no fee but must be
registered on solo entry forms
and also sign waivers.
Exchange points will have drop
boxes for discarded clothing for
the solos. Solos should make
sure that course monitors have
seen them and recorded their
transit at each exchange point.
If dropping out of the race be
sure to inform exchange point
volunteers so we are not
looking for you.

Race Day: Teams

The team relay race starts in
front of Summit Therapy at
8:00 sharp. Team anticipating
needing over 11 hours to finish
should ask to start with the
solos at 6am. Faster teams
should not start early.
The route consists of 10 legs
ranging in length from 4.1 to
8.7 miles (see Race Description
chart for details). There will be

race officials at each of the nine exchange points. There is not a baton; team members must touch hands at the exchanges. Each team member must run at least one leg and finish the leg he/she started. No substitutions within a leg are allowed and such action 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. An injury substitution must be reported to race officials at the next exchange point. Teams will determine among themselves which leg (or legs) each member will run. However the legs are chosen or assigned, individuals running more than one leg can do so in any sequence: e.g. two or more legs in a row, one leg at the start and one at the end, etc.; 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 completing the 10th leg should cross the finish line.

Acceptance of the Rules

By the act of participating in the Palouse 100K, all runners acknowledge that they have read this manual, understand the rules and agree to abide by all stated rules and any instructions given by any race official, and to hold harmless said officials.

Rules of the Road

• SAFETY is your primary concern and all participants acknowledge their legal

responsibility to follow ALL traffic regulations.

- 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 and be respectfully of other road users.
- The exchange points are the same as past years. Exchange points with adequate parking nearby have been carefully selected. Please do NOT park right at the exchange-point as volunteers must be able to witness exchanges and clearly view runners' race numbers.
- Please cooperate with race volunteers and law enforcement officers (Pullman Police, EMTs, Whitman County Sheriff's deputies, WSP, Army Corps Rangers and the Colton Town Marshall). Failure to follow their direction will result in disqualification. Please do not trespass on private property. Trespass will result in disqualification.
- Race numbers must be worn on the front of the runner's outermost garment so that they can be seen by race officials.
- No littering.
- No bicycles used for runner support are allowed on the course and strollers are not recommended, these roads are

open and do not have good shoulders.

- No dogs allowed on the course; we love dogs but our insurance company does not!
- **No headphones!** The course is open and there will be considerable race traffic; runners need to be able to hear traffic and instructions from race officials.
- A relay team should limit itself to one or two passenger sedans and/or vans as support vehicles to prevent road congestion. Motorhomes and RVs larger than a van are not recommended; such vehicles will have difficulty traversing the narrow roads of the canyons.
- Do not drive alongside a runner at the runner's pace.
- We encourage teams to support their runners but support vehicles should proceed ahead to where there is room and park completely off the roadway to wait for the runner; alternatively, drive ahead to the next exchange point. Potential for problems is greatest at the exchange points after leg 1 and after leg 6 in Steptoe Canyon. Teams are strongly encouraged to have only one vehicle stop at these exchange points. 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 traffic.
- Any dropouts must notify the nearest course officials.

- Team captains agree that ALL team members and support vehicle drivers have read and fully understood the regulations in this runner's manual.

- Race course closes at 7 p.m.

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 the last three exchanges however if solos or teams are continuing to make

progress along the course we will endeavor to keep the course open for all to finish.

- To repeat: **ALWAYS RUN ON THE LEFT!**

Exchange Point Facilities

All exchange points have water, a limited amount of snacks, a first aid kit and a drop box for solo runners. Exchanges also have portable restrooms. Many of the exchange-point coordinators will have phones for emergency use. Personal cell phones WILL NOT have good coverage from legs 3-7 due to the deep canyons.

The Finish

Teams and supporters are encouraged to gather at Summit Therapy to greet runners at the finish line. Refreshments will be available. Please join us! Award ceremonies will begin as soon as places are determined.

Pacing

Teams maintaining a 6-minute-per-mile pace can expect to finish in about 6hrs:12 mins
7-minute pace in about 7:15
8-minute pace in about 8:17
9-minute pace in about 9:20
10-minute pace in about 10:22
11-minute pace in about 11:20
12-min pace in about 12:25
13-min pace in about 13:30

Awards

Team Relay: Ribbons for first place for each team member in all race categories.

Solo: Awards for first in each category.

Acknowledgements

The Palouse 100K is a long-standing Palouse Road Runners event. Special thanks to Pullman Regional Hospital and Summit Therapy for their partnership in putting on this race. Thanks also to the Whitman County Sheriff's Office, City of Pullman, Pullman Police Department, Colton Town Marshall and EMTs and emergency service personnel of Whitman County. Help enable us to be allowed to continue offering this fantastic event by obeying all the race rules and traffic regulations and by treating race personnel and officials with courtesy. We appreciate everyone's participation!

Palouse 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
Super Masters: 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 (M): David Lygre, 1991, 8:54:22
Master's (W): Lisa Bliss, 2012, 9:58:34
Super Masters (M): Eb Engelmann, 1994, 9:18:43
Super Masters (W): Lynne Werner, 2003, 10:48:40

Still need a runner or two? Post a request on the PRR Facebook page.
Questions? washuttleworth13@gmail.com See you April 19!