

ROCKY RACCOON

100 MILE AND 50 MILE

Rocky Raccoon

100mile & 50mile

ENDURANCE TRAIL RUN

6th February 2010



Huntsville State Park @ Huntsville Texas



Dear Rocky Raccoon Trail Runner,

Welcome to Huntsville Texas and thanks for choosing the 18th annual Rocky Raccoon Trail Run. It is our intention to provide the very best Texas hospitality. We do our very best to take good care of you. Rocky Raccoon is built for speed & comfort. The aid stations are close together and staffed with experienced trail runners. They will best understand your needs, and will provide more encouragement than sympathy. Our volunteers are the heart and soul of this event, so don't be surprised when they treat you like family. We want you to finish and will do what we can to help you achieve this goal.

I plan to stick to the posted schedule. Please make your adjustments with airfares and other details if you wish to participate in any race activities. I'm speaking specifically about meals, awards ceremonies, drop bag deliveries and returns. Please read each of these details. They are designed to accommodate both, the runner and the volunteer. You are not required to attend any of the briefings. There is no weigh in. If you wish, you can just show up, check in, and run. Also, if you prefer, I can give you your finisher's award when you finish. The awards ceremony is fun and everybody likes to share in your success but it is not absolutely necessary for you to attend.

I have provided enough information to answer most of your questions. If there is anything I have missed, please call or send an email. I want to know what you think. I will repair what I can, adjust what makes sense, add in new ideas, and remove what should be gone. Any compliments you have I'd love to have in email form, so that I can add them to the thank you letter I pass on to my volunteers after the race.

Have fun...

Joe & Joyce Prusaitis

Our Sponsors

Tejas Trails, Hammer Nutrition, Peak Fitness, The North Face, & Huntsville S.P.

Our Supporting Clubs

HCTR, HTREX, NTTR, & Seven Hills Running Club.

Awards (Matching awards for Male & Female)

Overall	– 1 st - 5 th
Masters (50+)	– 1 st - 3 rd
17&under	– 1 st
18-29	– 1 st
30-39	– 1 st
40-49	– 1 st
50-59	– 1 st
60-69	– 1 st
70+	– 1 st
500mi/100mi	– Jacket
24sBuckles	– Sub 24 hour 100mi finishers
24pBuckles	– Over 24 hour 100mi finishers
Medals	– 50mi finishers

Entry Cost	until 9 Jan	10 Jan til 31 Jan	1 Feb til race day
100mi	\$120	\$140	\$160
50mi	\$60	\$70	\$80
1mi	\$15	\$15	\$15

Meal Cost

Both meals are being catered at the Walker County Storm Shelter in the town of Huntsville. I would recommend buying the meals when you register. It may not be possible to buy one of these meals on race week.

\$15	Friday dinner	6:00pm-7:00pm
\$12	Sunday breakfast	11:30am-1:00pm

Payment Policy

- ✓ No Refunds after 12 Jan 2010
- ✓ No Transfer to another person or rollovers to next year.
- ✓ Your entry **DOES NOT** include meals

Packet Pickup

Friday 3:00pm until 7:00pm (at the Walker County Storm Shelter in Huntsville)
 Saturday 5:00am until 7:00am (at the race start)

Aid Stations (names, mileage, splits, dropbags, starts, and cutoffs)

100mi	<u>aid</u>	<u>mile</u>	<u>split</u>	<u>DropBags</u>	<u>Cutoff</u>
Dogwood		00.00	0.00		6:00am Saturday
Nature Center	1	03.10	3.10		7:00am Sunday
Dam Road	2	06.19	3.09	yes	8:00am Sunday
Dam Road	3	12.20	6.01	yes	10:00am Sunday
Park Road	4	15.61	3.41		11:00am Sunday
Dogwood	5	20.00	4.39	yes	Noon Sunday

50mi	<u>aid</u>	<u>mile</u>	<u>split</u>	<u>DropBags</u>	<u>Cutoff</u>
Dogwood		00.00	0.00		6:00am Saturday
Nature Center	1	03.10	3.10		7:00am Sunday
Dam Road	2	06.19	3.09		8:00am Sunday
Dam Road	3	08.87	2.68		10:00am Sunday
Park Road	4	12.28	3.41		11:00am Sunday
Dogwood	5	16.67	4.39	yes	Noon Sunday

Aid stations are as close together as we could logically make them. All are staffed by ultra veterans and will provide the standard ultra fare. Water, Coke, Gatorade, PB&J, potatoes, salt snacks, sugar snacks, cookies, chips, pretzels, and hot food at night. I expect it will be much more than you'll need.

Park Road	- Between the highway and the park entrance... right on the road
Dam Road	- Down the perimeter road to the far corner of the park.
Far Side	- is now... only a time check aid station... there is no support.
Nature Center	- The area just behind the Nature Center. 100 yds down from the entrance
Dogwood	- The start / finish / turn-a-round (by shelter #1)

Drop Bags

- ✓ All drop bags must be labeled. Name, Bib, & AidStn (Dam Road or Dogwood) If any of this information is missing, we will leave your drop bags at the Dogwood.
- ✓ 100mi – Dam Road & Dogwood
- ✓ 50mi – Dogwood Only
- ✓ We provide colored duct tape for you to TAG you bags such that we can identify the bags that go to Dam Road. (the Color will be either Blue or Green)
- ✓ All Dam Road drop bags need to be at Packet Pickup at the Walker County Storm Shelter on Friday by 7:15pm.
- ✓ We deliver the drop bags at 8:00pm Friday night (to Dam Road)
- ✓ We bring the drop bags back at 1:00pm Sunday to the Walker County Storm Center.
- ✓ We cannot bring any drop bags back from Dam Road until Sunday 1:00pm.
- ✓ Dog Wood drop bags should be brought to the start on race morning.
- ✓ Keep your bags down to a reasonable size. No ice chests larger than 6pack size or Styrofoam coolers, or trunk-sized tubs. Maximum of 2 bags per station.
- ✓ Drop bags will be lined up in Bib Number order.

TimeLine (7:20 am SUNRISE - 5:50 pm SUNSET)

Friday

3:00pm - 7:00pm	Packet Pickup (Walker County Storm Shelter)
3:00pm – 7:15pm	Drop Bag Dropoff (Walker County Storm Shelter)
4:00pm	1 mile kids race (12 & under) in the park
5:00pm - 6:00pm	Trail BRIEF (Walker County Storm Shelter)
6:00pm - 7:00pm	DINNER (Walker County Storm Shelter)

Saturday

5:00am – 7:00am	Final Packet Pickup (in the park at the start)
6:00am	100mi START
7:00am	50mi START

Sunday

6:00am	5 th Loop Cutoff
12:00 noon	Final Cutoff
11:30am – 1:00pm	Breakfast (at the Walker County Storm Shelter)
12:00am – 1:00pm	100mi Awards (Walker County Storm Shelter)
1:00pm	Drop Bags Returned (Walker County Storm Shelter)

Check-In

All runners must check in prior to starting (at the start line). Picking up your packet does not substitute for check in. I need to know who is on the course at all times. The park expects me to know who is out there. I am considering giving out the race bib numbers on race morning to make certain I know every person who starts the race.

Check-Out

DNF, DROP, QUIT, LEAVE EARLY, MISSED CUTOFF: All runners who do not finish the race must turn in their race bib. I need to know if you have left the course. Otherwise, when you come up missing, I'll think you're lost out there in the park.

Split Time Checks

Every aid station is recording your time as you go through. This allows me to know where you are at all times. This is primarily done for your own safety. It also proves that you passed through every aid station. We check time and pace between stations to make double certain that every person runs the entire course. Please make certain that each timer sees you and records your time. This is quite difficult when a large pack comes through a station in mass. Please help with this.

Chip Timing

We are Chip Timing this year. I hope to have the chips at packet pickup. Otherwise, it will be at race morning pickup. Straps will be provided so that you do not need to attach them to your shoes, but instead to strap around your ankle. NOTE: these chips MUST be worn on or near your foot. They will not read much higher than that.

Pacers

Pacers are allowed to start after 60 miles from any station: only one pacer at a time per runner. No mule-ing. Each runner must carry their own gear. Pacers are welcome at all the aid stations, same as their runner. If age 60+, you can have a pacer the entire 100mi. Waivers will be available and must be signed at packet pickup or at Dog Wood station.

Parking (from the Park Superintendent: Chris Holm)

For our events and busy holiday weekends, we started roping off the area near the lodge to help with the problem of people parking off road in that area. We also started bagging the handicap parking signs to create extra parking, and then filling every available parking space in the big parking lot, boat ramp area (minus the long spaces for boat trailer parking) and then down Park Road 40 as far as we need to go. Once we eventually fill the spaces along Park Road 40 near the turnoff to our maintenance area, then I'll make a decision about what kind of additional parking will be made available (either roadside or continue using the paved spots further up Park Road 40 toward our Nature Center) This decision will primarily be based on the condition of the shoulders. If its wet and muddy I'll probably opt for continuing on down Park Road 40. Either way, there will be park staff on site to direct people where to park or not park. (I will be onsite early Saturday morning, as will 3 other park staff.)

Bottomline...folks need to park in designated, paved parking spaces unless otherwise directed by park staff. It will not be left up to the visitor. If someone decides to park off pavement without being directed to do so by park staff, then they will probably be ticketed and/or towed.
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Littering

No littering please. If you carry any trash with you out of a station, then take it to the next one. None of the aid stations are very far from the next one.

Cutoffs

The 100mi cutoff is 30 hours. But, I see no reason to stop any 50mi runner while we are still supporting the 100milers. The 50milers can continue as long as the 100milers are running. This means the 50milers have a 29 hour cutoff. There are also intermediate cutoffs beginning at 6:00am Sunday. You cannot start another loop after 6:00am Sunday. There are also cutoffs for every aid station after this time. Check the Aid Station section.

Claim Jumpers

I cannot give a 50mi credit to those who attempt the 100mi and DNF beyond the 50mi distance. The 50mi and the 100mi are two separate races on this course.

Meals & Packet Pickup

Meals & Packet Pickup will all be held at the the Walker County Storm Shelter in the city of Huntsville. Check the TimeLine for date & time details.

Results

Results will be posted at regular intervals during the event. Please direct any and all corrections to Kyle Wilkie. If you feel that any of your data is incorrect please inform us right away. The sooner we know about errors, the easier it is to correct. This includes your final time & placement. Final results will be posted within a week after the race on our site.

Course:

The single track and jeep road course has minimal elevation gain, but does roll a bit. The park is full of pines and much of the course rides on a bed of pine needles and dirt. The 100mi course is five 20mi loops. The 50mi course is three 16.67mi loops. The 50mi course is the same as the 100mi course, except for the shortcut the 50milers take from Dam Road back to Dam Road. Most of the single track is covered with roots.

Course Marking

Large yellow directional arrows (intersections), ribbons (along the entire course), yellow glow sticks (night), & large red Wrong Way signs (at the appropriate places) and self explanatory – you went the wrong way, so turn around! Occasionally some brush is stacked in front of a trail to direct you away from it. This course is very well marked.

Runner Crews

Crew support is ok at Park Road, Nature Center, and Dogwood. No crews are allowed at Dam Road. Do not support your runner except within sight of the aid station.

Dogs

Dogs are NOT allowed on the course or at the aid stations.

Directions from South I-45: N on I-45, W on Park Road 40, just before Huntsville.

Directions from North I-45: S on I-45, W on Park Road 40, just after Huntsville.

Camping (in Huntsville SP): <http://www.tpwd.state.tx.us/park/admin/res/>

Accommodations http://www.TejasTrails.com/docs/Rocky_Acc.htm

La Quinta	800-531-5900	or	936-295-6454
Holiday Inn	800-465-4329	or	936-293-8800
Econo Lodge	800-553-2666	or	936-295-6401
Motel 6	409-291-6927	University Hotel	409-291-2151
Comfort Inn	800-228-5150	Roadway Inn	800-228-2000
Best Western	800-491-0447	Gateway Inn	800-228-2000
Sam Houston Inn	800-395-9151	Baker Motel	409-295-6251
Parker House	800-593-2373	Whistler	409-295-2834
Longhorn House	409-295-1844	Bluebonnet	409-295-2072

Course Records: 100miles

2009	15:57:53	Andy Jones-Wilkins	16:51:36	Jamie Donaldson
2008	14:12:20	Jorge Pacheco	20:01:59	Jen Davis
2007	13:32:20	Anton Krupicka	<u>14:57:18</u>	<u>Jenn Shelton</u>
2006	13:16:56	Jorge Pacheco	17:04:00	Connie Gardner
2005	14:14:12	Jorge Pacheco	19:30:02	Julie Fingar
2004	16:02:10	Rainer Koch	17:37:22	Julie Fingar
2003	14:37.30	Serge Arbona	17:47.24	Karen Scott
2002	14:41:41	Scott Eppelman	15:57:20	Ann Heaslett
2001	16:13:05	Blake Wood	19:33:55	Michelle Burr
2000	14:35:27	Jim Garcia	16:03:30	Janice Anderson
1999	14:47:44	Joe Hildebrand	19:16:24	Anong Pustow
1998	14:56:18	Ben Hian	18:30:30	Amanda McIntosh
1997	13:42:57	Ben Hian	19:38:08	June Gessner
1996	<u>13:16:02</u>	<u>Eric Clifton</u>	20:54:22	Kyly McMurray
1995	16:32:02	Raul Floras	22:39:56	Kirn Goosen
1994	17:45:24	Pat Gorman	23:10:18	Kelly Ryan
1993	14:48:45	Don Aycock	19:17:22	Susan Gimbell

Course Records: 50miles

2009	6:05:50	Kevin Sullivan	8:02:13	Meredith Terranova
2008	6:38:01	Ted Archer	8:21:49	Meredith Terranova
2007	<u>6:01:07</u>	<u>Patrick Russell</u>	7:53:42	Michele Jensen
2006	7:38:06	Larry Hall	8:10:20	Michele Jensen
2005	6:49:19	Sean Meissner	8:24:03	Barbara Hitzfeld
2004	7:00:09	Gary Moroney	8:55:23	Jackie O'Brian Nolen
2003	7:48:58	Bill Gardner	9:17:19	Carol Schmidt
2002	7:33:30	Ryan Loehding	<u>7:44:25</u>	<u>Amanda McIntosh</u>

<u>100mi</u>	<u>Year</u>	<u>Start</u>	<u>Finish</u>	<u>Finish%</u>	<u>Sub24hr</u>
	2009	239	162	68%	70
	2008	252	168	67%	76
	2007	242	168	71%	77
	2006	196	133	68%	59
	2005	143	104	73%	49
	2004	148	113	76%	54
	2003	104	76	73%	33
	2002	132	91	69%	54
	2001	123	94	76%	49
	2000	146	91	62%	50
	1999	104	74	71%	37
	1998	101	79	78%	46
	1997	67	51	76%	25
	1996	54	36	67%	19
	1995	51	36	71%	15
	1994	46	31	67%	17
	1993	34	29	85%	19
		2182	1535	72%	769

<u>50mi</u>	<u>Year</u>	<u>Start</u>	<u>Finish</u>	<u>Finish%</u>
	2009	198	174	88%
	2008	159	142	89%
	2007	112	103	92%
	2006	61	55	89%
	2005	65	59	90%
	2004	58	56	97%
	2003	35	31	89%
	2002	40	29	73%
		728	649	88%



