



SATURDAY, OCTOBER 10, 2009

100 MILE CROSS COUNTRY RUN

CASSODAY, KANSAS

IN THE HEART OF THE FLINT HILLS

Welcome to the tenth annual Heartland 100. The 100-mile cross-country run you are about to undertake will take you through some of the last remaining tallgrass prairie in the United States. Tallgrass prairie once covered over 400,000 square miles of North America, stretching from Ohio to the Rocky Mountains and from Texas to Canada. Today less than one percent of this ecosystem remains, and most of it is in an area of Kansas known as the Flint Hills. Much of the Heartland 100 course meanders through open range and offers stunning views of the vast expanse of the tallgrass prairie.

“Spirit of the Prairie” was chosen as the theme for this race in tribute to the early explorers who crossed this land, the Native Americans who hunted on this land, and early settlers and ranchers who called the Flint Hills home. Historians tells us that buffalo herds of up to one million head once roamed these hills until they were hunted to nearly extinction. The Flint Hills remains as some of the most productive grazing land in the United States.

Much of the race is run through Chase County. According to the latest census information 2,886 people live in the county, along with 66,000 head of cattle. To give you an idea of the remote country you will be running through, that comes to 4 people and 85 head of cattle per square mile and over ½ of the population, is located in two towns.

We at Kansas Ultrarunners’ Society (KUS) want to make this race a memorable and rewarding experience for each of you. Our goal is to help each of you to the finish line. The Heartland 100 is uniquely different from other 100 miles races. The openness of the course will present challenges you may not have faced in other races. William Least Heat-Moon in his book Prairy Erth may best describe the run you are about to undertake:

“There are several ways not to walk in the prairie, and one of them is with your eye on a far goal, because you then begin to believe you’re not closing the distance any more than you would with a mirage. My woodland sense of scale and time didn’t fit this country, and I started wondering whether I could reach the summit before dark. On the prairie, distance and the miles of air turn movement to stasis and openness to a wall, a thing as difficult to penetrate as dense forest. I was hiking in a chamber of absences where the near was the same as the far, and it seemed every time I raised a step the earth rotated under me so that my foot fell just where it had lifted from. Limits and markers make travel possible for people: circumscribe our lines of sight and we can really get somewhere. Before me lay the Kansas of popular conception from Coronado on – that place you have to get through, that purgatory of mileage.

Hiking in the woods allows a traveler to imagine comforting enclosures, one leading to the next, and the walker can possess those little encompassed spaces, but the prairie and plains permit no such possession. Whatever else prairie is – grass, sky, wind – it is most of all a paradigm of infinity, a clearing full of many things except boundaries, and its power comes from its apparent limitlessness; there is no such thing as a small prairie any more than there is a little ocean, and the consequence of both is this challenge: try to take yourself seriously out here, you bipedal plodder, you complacent cartoon.”

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**KANSAS ULTRARUNNERS' SOCIETY (KUS)
OUR MISSION**

The Kansas Ultrarunners' Society was formed in 1995 and is an RRCA affiliated non-profit ultrarunning organization. The sole mission of our society is to organize, sponsor, staff and support ultrarunning events/competition in Kansas and the surrounding region. Our vision is to create an atmosphere that fosters not only the enlightenment of the novice ultrarunner, but nurtures the needs of the veteran ultrarunner as well.

SCHEDULE OF EVENTS

**Friday, October 9, 2009
Cassoday Community Building**

Packet Pick-up	3:00 – 6:00 PM
Race Briefing	4:30 PM
Pre-Race Buffet	5:00 PM

**Saturday, October 10, 2009
Old High School, south edge of Cassoday**

Racer Check-In (Mandatory)	5:00 AM – 5:45 AM
Start of Race	6:00 AM

**Sunday, October 11, 2009
Cassoday Community Building**

Cutoff time for all runners	Noon
Awards Ceremony	1:00 PM

THE HEARTLAND 100 COURSE

Directions: The start of the race is at the old high school approximately ¼ mile south of town by the water tower. The map included in this packet outlines the Heartland course and shows the locations of the aid stations.

Markings: Course markings will consist of orange surveyor's ribbon and white flour on the ground. Glow sticks will be also be utilized to mark the course during the night.

Cattle Guards: These metal structures are utilized to allow a road to pass through numerous pastures without having to continuously stop and open gates. Their design makes it almost impossible for cattle cross. While it is possible to run across the cattle guards, **PLEASE USE CAUTION WHEN CROSSING THEM, ESPECIALLY LATER IN THE RACE OR IF THEY ARE WET.** All cattle guards will be marked with extra ribbon and flour on each side.

RACE RULES FOR RUNNERS

1. Numbers must be worn on the front and outside of what you are wearing. It is the runner's responsibility to make sure their number has been checked in at each aid station. Entries are non-transferable.
2. Absolutely no littering! This entire course is run on county roads through private property and we do not want to jeopardize our ability to utilize this land.
3. Runners are responsible for the actions of their crews.
4. You may not stash supplies along the course.
5. You may have as many pacers as you wish, but only one pacer at a time.
6. Any runner dropping out shall immediately notify the nearest aid station or race management at the start/finish area.
7. Runners accepting a ride for any reason are deemed out of the race and may not reenter.
8. Cutoff times are nonnegotiable.
9. All runners will abide by the directions of race management.
10. Please run facing oncoming traffic.
11. Do not chase the cattle. At various sections of the course you may encounter livestock on the road. They will be curious, may gather around you, or even run toward you from a distance. REMAIN CALM, they are gentle animals. The safest way to proceed is to walk through the herd when you encounter them as they will move out of your way. Running and shouting will cause the animals to scatter quickly and there is always the possibility you will be in each other's path.
12. Violations of any rule will be grounds for disqualification. Race Management reserves the right to bar any runner from competing in this and any future KUS races.
13. In the case of a tie, runners will be placed alphabetically.
14. Decisions of Race Management are final

AWARDS

All runners completing the race within the 30-hour time limit will be awarded a two-toned custom designed belt buckle. The overall male and female winners will receive a custom designed award. A special award will also be give to the first Kansan completing the race.

MEDICAL RISKS

Each runner is responsible or their own actions. It is crucial that you are physically and mentally prepared for the stresses of the race. We will utilize the local EMS services in case of a medical emergency. While the course is on roads, the remoteness of the area and the distance between towns will result in a substantial amount of time before they arrive to provide assistance.

It is important for the runner to recognize the potential physical and mental stresses that may evolve from participation in this race. These include, but are not limited to, extreme temperatures of heat and cold, hypothermia, dehydration, heat stroke, renal failures,

seizures, hypoglycemia, disorientation and total mental and physical exhaustion. Each participant must continuously monitor his/herself and understand their limitations. Remember that you are responsible for your own well being during this race.

KANSAS WEATHER RISKS

We have chosen to hold the race in October to minimize the impact of the Kansas weather. In August the temperatures could be over 100 degrees, with 30 mile per hour winds, which would make this a very tough 100-mile race. We could also have held the race in the springtime when the prairie is the greenest. However, the likely hood of thunderstorms is greater which would have made this a more dangerous race. While October is normally a very mild month, this is Kansas so come prepared for all possible conditions. The following are the historical weather statistics.

Normal High – 70
Normal Low – 44
Record high of 89
Record low of 30
Sunrise – 7:35 AM
Sunset – 6:54 PM

Severe storms do not normally occur in the fall; however they are possible at any time in Kansas. Tornadoes and blizzards have both occurred in the month of October. There are very few locations on the Heartland 100 course where there is shelter from the elements. **Whatever the conditions, you will feel them. Be prepared for them.** While tornadoes get a lot of publicity, lightning is the greatest danger. Lightning often strikes the highest object and on the course, you will often be the highest object. In the unlikely event of a severe thunderstorm the best course of action is to take whatever shelter is available at the lowest location.

PACERS

Pacers will be allowed for all runners from the Matfield Green aid station (42.5 miles) to the finish. Each runner may have as many pacers as they like, however only one pacer at a time can accompany the runner. Pacers will be required to follow the same set of rules as the racer. Pacers must be over 18 years of age or have the signed permission from a parent or legal guardian. Runners age 60 and older may have a pacer for the entire 100-mile distance. Each pacer must clearly identify themselves when passing through the aid stations.

SUPPORT CREWS

Rules for Support Crews

1. Runners are responsible for the actions of their crew and pacer.
2. Crews are not allowed on any section of the course during the race.
3. No Littering.

4. All animals must be leashed at all times.
5. If your runner drops from the race, double check they have followed the proper procedures.
6. Due to the normal dry condition of the grass in the fall and the fire dangers, we request that there be “No Smoking” on the course.

Directions to Meet Runners: The following map outlines the directions for the runner’s crews to follow. Crew vehicles are not allowed on any portion of the Heartland 100 course during the race. All of the recommended crew roads consist of paved or good gravel roads.

* Crews can have access to the Texaco Hill aid station; however the road is of fair quality. There is also not sufficient time for crews to go to both Texaco Hill and Ridge Line and meet their runners. Unless a runner is utilizing two crew vehicles it is not recommended that crews go to Texaco Hill.

Flat Tire Warning – Some of the sharp rocks on the roads on which you will be traveling can cause flat tires. Historically the volunteers have averaged a couple of flat tires a year. It is best if your crew vehicle has a good set of tires, a good spare and you know how to change them. The best way to avoid a flat is to drive slowly. You will have plenty of time to get between aid stations to meet your runner and driving slowly will improve your odds of avoiding a flat.

AID STATIONS

The following items will be available at each manned aid station. Water and some snacks will be available at the unmanned aid stations.

Conquest	Water	Pop	Coffee
Tea	Bananas	PBJ Sandwiches	Oranges
Boiled Potatoes	Hot Chocolate	Soup	Cookies
M & Ms	Pretzels	Soda crackers	Peanuts
Ham & Turkey Sandwiches			

DROP BAGS

All manned aid stations will also serve as supply drop bag locations for runners. Drop bags must be no less in strength than double thick plastic bags and securely tied. Each bag must contain the runner’s name, race number and aid station. Placing wide white tape on the bag and then writing on the tape with a black felt tip marker is preferable. If you place any liquids in your bags, make sure they are in leak proof containers. Drop bags can be left at the Community Building on Friday and can also be brought to the starting line on Saturday morning, as long as they arrive before 5:30 AM. All drop bags will be available for runners to pick up at the awards ceremony at 1:00 PM on Sunday. It is each runner’s responsibility to pick up their drop bags on Sunday.

LODGING

Limited camping space is available at the Cassoday City Park. Facilities are limited to drinking water and outdoor toilets. They are free of charge for the runners. Additional camping facilities are available at El Dorado State Park, which is approximately 20 miles south of Cassoday for a small fee. A KOA campground is also located in Emporia. The following are a list of some lodging options:

Cassoday Lodging

Cassoday Motel and RV Hookup
302 E Main
Cassoday, KS
620 735-4317
Very limited number of rooms

Campgrounds

El Dorado State Park
618 NE Bluestem Rd.
El Dorado Kansas 67042
(316) 321-7180

KOA Campground
W Highway 50
Emporia, KS
(316) 342-2236

Motels – Emporia (34 miles north on I-35)

Fairfield Inn
2930 Eaglecrest Dr
(620) 342-4445

Candlewood Suites
2602 Candlewood Dr.
(620) 343-7756

Holiday Inn Express
2921 W. 18th Ave.
(620) 341-9393

Motel 6
2630 W. 18th Ave.
(800) 466-8356

Motels – El Dorado (22 miles south on I-35)

Best Western Inn
2525 W. Central Ave
(316) 321-6900

Super 8 Motel
2530 W. Central
(316) 321-4888

Heritage Inn Motel
2515 W. Central Ave
(316) 321-6800

Blue Spruce Inn
2054 SE Highway 54
(316) 321-0962

Holliday Inn Express
3100 W. El Dorado Ave
316-322-7275

Motels – Wichita (40 miles south on I-35)

Candlewood Suites
3141 N. Webb Rd
(316) 634-6070

Courtyard By Marriott
2975 N. Webb Rd
(316) 636-4600

Main Stay Suites
9444 E. 29th St. N
(316) 631-3773

Best Western Inn
3639 Comotara St
(316) 636-4455

Wichita Inn
3715 N. Rock Rd
(316) 636-2022

Fairfield Inn
333 S Webb Rd
(316) 685-3777

Hampton Inn
9449 E Corporate Hills Dr
(316) 686-3576

Super 8 Motel
527 S. Webb Rd
(316) 686-3888

FOOD, FUEL & SUPPLIES

The population of Cassoday is 99 and the only other town along the Heartland 100 course is Matfield Green that has a population of 32. Cassoday has a convenience store/gas station with limited supplies. Matfield Green has no facilities other than a tavern. Any special supplies, food, etc. which you may need during the race should be brought with you to Cassoday.

DIRECTIONS TO CASSODAY

Cassoday is located off Interstate 35, which is a toll road and is 34 miles south of Emporia and 22 miles north of El Dorado. It is the only exit between these two towns. The two nearest commercial airports are in Wichita (55 miles southwest) and Kansas City (146 miles northeast).