



**SATURDAY, OCTOBER 9, 2010**

**50 MILE CROSS COUNTRY RUN**

**CASSODAY, KANSAS**

**IN THE HEART OF THE FLINT HILLS**

Welcome to the Heartland 50. The 50-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 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 explores 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.

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 50 is uniquely different from other 50 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 8, 2010**  
**Cassoday Community Building**

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

**Saturday, October 9, 2010**  
**Old High School, south edge of Cassoday**

Racer Check-In (Mandatory)	5:00 AM – 5:45 AM
Start of Race	6:00 AM
Cutoff time for all runners	8:00 PM

Awards to 50-mile finishers will be given at the finish line.

**Sunday, October 10, 2010**  
**Cassoday Community Building**

Awards Ceremony for 100 mile race	1:00 PM
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**THE HEARTLAND 50 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. The turnaround for the 50-mile course will be at the Teterville Rd. aid station.

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.

## AWARDS

All runners completing the race within the 14-hour time limit will receive a finishers award at the finish line of the 50-mile race. The overall male and female winners will receive a custom designed award.

## MEDICAL RISKS

Each runner is responsible for 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 50-mile race. We could also have held the race in the springtime when the prairie is the greenest. However, the likelihood 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 50 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.

## 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.

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

Each Aid Station may have additional foods unique to its station.

## SUPPORT CREWS

**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.

## 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. Drop bags will be available for runners to pick up after 8:00 PM on Saturday at the start/finish line in Cassoday. It is each runners responsibility to pick up their drop bags.

## 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. 18<sup>th</sup> Ave.  
(620) 341-9393

Motel 6  
2630 W. 18<sup>th</sup> 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. 29<sup>th</sup> 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. Cassoday has a convenience store/gas station with limited supplies. 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).