



Participant Instructions - Please read!

Before the race

- Tape your **parking pass** to the windshield of your vehicle on the inside passenger side. Your parking pass is in your race packet. Extras may be purchased at the park office at the entrance.
- If setting up a tent/camp, **make sure to set up in tent city** on Saturday morning beginning at 6 am. Tent city will be marked. No Friday camping.
- **Attach your bib** on clothing on the right side of your body, or centered on your shirt. This will make it easier for lap counters to identify your bib #, especially late at night. Call out your bib number, too.
- **Weigh in** at the medical tent and **pick up your timing chip** at the same time.
- **Attach your chip** to either ankle and do your best not to remove it during the race. We will collect the chips at the end of your race. Your fee is \$120 if they are not returned.
- **Introduce yourself** to your lap counter in the large timing tent.
- Line up behind the start line near the lap counting tent **NO LATER than 7:50AM** for the pre-race briefing.
- If you are **late** and do not make the start of the race, check in at the main timing tent for late start options. Your results may be delayed if you have a late start, and your lap counts may not match mileage charts.

Starting the race

- When the race starts, you will cross the main lap line at the edge of the timing tent to start the out and back (1.78 Miles). A volunteer will mark where you turn around. When you return, you will be guided around the main lap line only to cross it again. This starts your first long lap. When you complete the first long lap, you will be at 4.07 miles. Each subsequent long lap will add 2.28 Miles to your total. See lap charts at the end of these instructions for more details.

During the race

- **Make sure to cross the main lap line every time you complete a lap. Do not wander off course before your lap is counted.**
- **Confirm your lap count with your lap counter every time you complete a lap.** The first time you will do this is at 4.07 miles. It's easy to correct issues as they come up, and much harder to fix issues hours later. Please keep in mind that Manual lap counting is very important, even with chip timing happening separately. If you have a crew helping count your laps, make sure they are in good communication with your lap counter as well.
- Occasionally, lap counters will be reconciling laps and will not be able to give your lap count. Hang tight and you will be provided with your accurate lap count the next time around.
- **You must inform your lap counter of extended breaks.** If you go missing during the race, we will come looking for you so this is very important.
- All racers must **weigh in every 4 hours during the race**, or anytime as requested by medical staff. Your lap counter will be notified if you are late to weigh in.
- Everyone must comply with decisions of the medical team and the race director.

Nearing the end of your race (last hour)

- During the last hour of your race, you have the option to start Short Laps. This is 1PM for the 6 hour, 7PM for the 12 hour, and 7AM for the 24 hour.
- **Notify your lap counter when you want to start short laps** and agree on how many long laps you have completed up to that point.
- **Do not cross the main lap line backwards!** Follow signage to the short lap course in the second parking lot. The distance to the short lap course is less than .078 miles. Each subsequent short lap is .071 miles.
- Once you are on the short lap course, follow traffic in a counterclockwise loop and ensure that you cross the short lap line and that the short lap counters get your bib number each time you pass.
- You may not return to the long lap course once you start short laps.

Finishing the race

- Congratulations, you did it! :)
- Immediately after time is called, **stay clear of any timing lap lines.**
- **Turn in your chip** to the volunteers that will be collecting them. It's OK to ask for help removing it if you need it.
- If you have a tent setup, please begin taking it down right away. It needs to be done before the awards ceremony.

Also

- All athletes are responsible for their own good sportsmanship, as well as their crew's.
- Share the course with other racers. Make sure you allow plenty of room to pass, especially when running in groups.
- Be courteous to your fellow citizens sharing the park – we will disqualify road warriors.
- No littering! Carry debris to the next trashcan or recycling bin.
- After 10 pm, please be courteous to those trying to grab some shut-eye and keep noise to a minimum. Tent walls don't offer much acoustic reduction.
- Please use caution when on the access road on the east side of the lake. We'll have cones and lanterns at night marking "our" piece of the road facing oncoming traffic, but we obviously can't control motorists or packs of rabid cyclists. Again: safety first, and we know who'll lose the argument between a car, truck, or 20 bicycles.

Delays for Hazardous Weather

- Race directors can decide to recall volunteers.
- Athletes must suspend upon finishing their current lap and seek shelter.
- Restarts will be done as a group. Yes, this causes competitive inequalities.
- There is no credit for lost time. There is no correction for competitive inequalities.

Timing and Competition

- The 6-hour, 12-hour, and 24-hour are separate competitions.
- Everyone must remain within their registered race (6-, 12- or 24-hour).
- Ties-for-distance issues are resolved by sequence at the final scorekeeping station.
- **Live results will be available online** a few hours after the race starts:
<https://fansultraraces.org/LiveResults>
- Paper leaderboards will also be available at the end of the timing tent.

Mileage Charts

Long Lap #1: 1.78 Miles (out and back) + 2.28 (standard lap) = 4.07 Miles

Long Lap: 2.28 Miles

To short lap course: .078 Miles

Short Lap: .071 Miles

Lap	Distance	Lap	Distance	Lap	Distance
1	4.07	23	54.32	45	104.57
2	6.35	24	56.60	46	106.85
3	8.63	25	58.89	47	109.14
4	10.92	26	61.17	48	111.42
5	13.20	<u>27</u>	<u>63.45</u>	49	113.71
6	15.49	28	65.74	50	115.99
7	17.77	29	68.02	51	118.27
8	20.05	30	70.31	52	120.56
9	22.34	31	72.59	53	122.84
10	24.62	32	74.87	<u>54</u>	<u>125.13</u>
11	26.91	33	77.16	55	127.41
12	29.19	34	79.44	56	129.69
13	31.48	35	81.73	57	131.98
14	33.76	36	84.01	58	134.26
15	36.04	37	86.30	59	136.55
16	38.33	38	88.58	60	138.83
17	40.61	39	90.86	61	141.12
18	42.90	40	93.15	62	143.40
19	45.18	41	95.43	63	145.68
20	47.46	42	97.72	64	147.97
21	49.75	<u>43</u>	<u>100.00</u>	65	150.25
<u>22</u>	<u>52.03</u>	44	102.28	66	152.54

Awards Summary

Conventional Awards:

Top 5 male 24 hour
Top 5 female 24 hour
Top 3 walker 24 hour
Top 3 male 12 hour
Top 3 female 12 hour
Top 1 walker 12 hour
Top 1 male 6 hour
Top 1 female 6 hour

Special Director's Awards:

Highest combined mileage for a couple
Farthest distance covered to start line
Fastest lap #1 in 24-hour
Closest under 100 miles
Most inspirational walker
Best ultra story
Best campsite
Best medical story
Latest long lap for 24-hour
FANS ambassador
Multiple pledging awards

Clubs:

100 miles in 24 hours
100 km in 12 hours
500 career miles
1000 career miles
2000 career miles
3000 career miles

Course Records:

- | | | |
|-------------------|-------------|-------------------------|
| ● 24-Hour Male | 147.4 miles | Michael Henze 2009 |
| ● 24-Hour Female: | 135.7 miles | Courtney Dauwalter 2016 |
| ● 24-Hour Walker | 106.8 miles | Andrew Titley 2018 |
| ● 12-Hour Male | 91.3 miles | Michael Bialick 2016 |
| ● 12-Hour Female | 83.2 miles | Carolyn Smith 2011 |
| ● 12-Hour Walker | 55.7 miles | John Greene 2010 |
| ● 6-Hour Male | 46.2 miles | Jeff Miller 2019 |
| ● 6-Hour Female | 41.7 miles | Carolyn Smith 2019 |