Welcome to the 9th Annual Prairie Spirit Trail Ultra!
This 100 Mile, 100K, 50 Mile, and 50K event starts on March 27th, 2021.
Throughout this booklet you will find valuable information about the event, course, aid stations and many other aspects of the race. We know that you like to be prepared so we have gone as in depth as possible in this booklet and tried to answer any initial questions you may have about the race.

If you have any further questions, please feel free to reach out us:

info@timerguys.com
316-361-6070

TIMERGUYS

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In each race specific section, you will find detailed instructions for the following:

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A Message from the Race Director

Welcome to the 9th Annual Prairie Spirit Trail Ultra Races! Our team is SO excited to have you join us again or for the first time. It's hard to imagine it has been almost 2 years since we last toed the start line in March. We look forward to making this a memorable weekend for you all.

We truly believe the success and growth of this event is largely due to the fantastic aid station volunteers that continue to dedicate their time and effort to help each of you reach your running goals! We couldn't do what we do without them.

Thanks to each of you for the hours and miles that you have dedicated to preparing for this event. Our team is committed to helping each of you reach your goals and to make this the best race experience for you! Prairie Spirit Trail Ultra weekend is different for everyone, especially with the range in distances. Many use this race to reach for the next distance on their bucket list or to run their PR on the flat and fast course (or even to break state records and beyond!). Many others keep coming back for the wonderful community and the surprisingly gorgeous views.

Please share your goals and stories with us before, during and after the event. Everyone has a different path to the finish, and the community grows with each participant's journey.

This booklet is full of information that will help you have a successful race. If you do not find the answers to your questions in this booklet, please let us know and we would be happy to give further details.

While you're putting in the training miles, we're putting in hours of work to bring this race together. It takes all of us to make this the incredible race that it is.

Please add 316-361-6070 to your phone for race day. This is the number you will contact if needing assistance on the trail during the event.

Welcome back to the Prairie Spirit Trail! We'll see you out there and thanks for joining us in 2021!

With Great Appreciation,

Patrick Todd, PST RD, and the entire Timer Guys crew

COVID-19 Safety Measures

We are glad that we have this opportunity to host an in-person event, but we need cooperation from every participant, pacer, crew member, and volunteer to prevent any potential spread of COVID-19. **Not only at the race, but during your travels to and from the event, we ask that you practice social distancing, wear a face covering in public spaces, and frequently wash and sanitize your hands. If you are not feeling well or have any symptoms, please do not attend this event.**

Masks will not be required for participants during the race, but social distancing should still be practiced while passing others on the trail. Before passing someone, verbally announce your presence and utilize the space outside of the trail to keep at least 6 feet between participants.

Please refrain from gathering at the start/finish area and be mindful of social distancing while standing in line for Packet Pickup. If you are picking up your packet on race morning, try to arrive during or just before your start time, and you'll be directed to start your race right away, or you may pick up your packet and then wait in your car until your start time.

If you pick up your packet on Friday, you may head straight to the start line when you arrive on race morning during your start wave.

All participants have been assigned a 10-minute start window (emailed separately). There will be no pre-race briefings or mass-starts.

We unfortunately will not have a pre or post-race meal this year. Celebration Hall will be closed to participants. Portable restrooms will be available outside of Celebration Hall. Registration and packet pickup will be just outside of the overhead door on the south side of the building.

Volunteers along the race course are encouraged to stay at least 6 feet away from participants unless immediate and urgent assistance is needed by a participant.

Crews will be asked to stay clear of aid stations to prevent crowding. The parking lots are large at all 6 aid stations, so please have a plan in place if meeting crew members near these stations.

The finish line is a place for celebration, but also the highest touch point on the course. Please be considerate of others and ask your friends and loved ones to practice safe social distancing at the finish. Masks will be required of any spectator within 10 feet of the finish line.

IMPORTANT SAFETY RULES:

- It is REQUIRED for ALL participants to carry a water container for the entire event (hand-held, hydration pack, water bottle, etc.)
    - You will not be allowed to start the race without water.
    - You may fill your water at manned and unmanned aid stations, but there are miles between these with no water access, and there are no cups at the unmanned stations.
- Please wear your bib on the front of your outermost layer of clothing
    - Make sure the number is visible at all times
    - Your timing chip could fail to read if covered by clothing or blocked by something else
- If you choose to drop from the race at any point, you MUST immediately notify race staff or an Aid Captain
    - There will be a DNF Bib Box at each station, and the Start/Finish
    - If you drop, you MUST put your bib in a DNF Bib Box
    - Failure to do so may result in search-and-rescue fees and further consequences
    - Call or text your bib number to 316-361-6070
- If you have a PACER at any point, they must wear a **pacer bib and sign a waiver**
    - Check your specific race distance description for when you are allowed to have a pacer
    - Pacers must be on-foot (no bikes/rollerblades, etc.)
    - You may only have **one pacer at a time**
    - You may only switch pacers at Manned Aid Stations
    - All of your pacers may use the same pacer bib – but feel free to ask for additional bibs
    - You may pick up your pacer's bib during Packet Pickup
        - If you won't see your pacer until it's time for them to pace, you can put the pacer bib in your drop bag for that station OR your pacer may pick up their bib from Celebration Hall during the event
        - There are **pacer waivers available at the aid stations**, so if there are any changes, or your pacer won't be at Celebration Hall, they may fill out a waiver at the station that they're starting from.
    - Your Pacer Bib is $5 (Additional bibs/pacers are free)

- There will be <u>timing mats at each manned aid station</u>.
    - You must cross the timing mats each time you pass each manned aid station TWICE to **<u>Check-In AND Check-Out.</u>**
    - Check-In BEFORE you visit the station, and Check-Out when you're heading back out on the trail
    - If you're not visiting the station, just do two loops through the timing area, and make sure your "Check-Out" is at least 10 seconds after your "Check-In"
    - Failure to Check-In AND Check-Out at each Manned Aid Station may result in disqualification, or a time penalty.
    - If you have ANY questions, just ask the station volunteer

- In the case of an emergency, call 911
    - Try to be aware of the closest cross-street to you at all times. Most intersections along the trail should have street signs.
    - Many times, the 911 calls will go straight to the Trail Rangers
    - Notify race staff of situations ASAP
- In the case of a storm or other threats – the race WILL go on
    - If you are in a dangerous area, take cover (in a vehicle, a ditch, etc.)
    - Only in the event of severe weather or other emergencies - your crew vehicle may meet you at intersections along the trail, and you may take shelter until the threat passes.
    - If there is lightning nearby and you cannot get to shelter - crouch low, with as little of your body touching the ground as possible
    - If you get to an aid station and they deem it too dangerous to continue, you MUST stop or you will be DQ'd, we will not make time adjustments.
    - Weather, course conditions and other safety factors are part of any race.

- **Nearest Hospitals**
    - OTTAWA
        - AdventHealth
        - 1301 S Main St, Ottawa, KS 66067
        - 785-229-8200
    - GARNETT
        - Anderson County Hospital
        - 421 S Maple St, Garnett, KS 66032
        - 785-448-3131
    - IOLA
        - Allen County Regional Hospital
        - 3066 N Kentucky St, Iola, KS 66749
        - 620-365-1000

Additional Ultra/Trail Etiquette

Mile Markers – most trail/ultras do not have mile markers. It's also a good idea to track your own distance and to be familiar with the basic course map to know when aid will be available to you.

Aid Stations – we offer manned and unmanned aid. Unmanned is water only with no cups. Manned is full aid – water, electrolyte fluids/capsules, soda, fruit, candy, chips, potatoes/salt, cookies, sandwiches & soup. This is an ultra/trail race – most ultra/trail runners consume solid food.

Bathrooms – Nature is your bathroom. Carry toilet paper. There are bathrooms at all of the manned aid stations, however, you may need to "go" in between. In this case, be sure to move well off of the trail.

Acknowledging Other Runners – one thing that most ultra/trail runners do when they pass another runner (going in the opposite direction as well as the same direction) is verbally acknowledge them – with a greeting such as "good job"…or even a "hey" if that's all you can muster up! Though it's each individual's choice how friendly they actually want to be on the course, small words of encouragement (given & received) in races of these distances, go a very long way for everyone involved.

Yielding to Other Runners – These particular courses are pretty wide – however, some trails are not. It is customary to yield to other runners – this means, if someone needs to pass you, or, they are coming towards you because they are further ahead in the race, yield to them. Also, on a downhill, the person going up should always yield to the runner coming down.

Trash – Never throw your trash on the ground. Find a trash can in the immediate area or hold on to it until you find a trash can. There's not someone that can drive along behind you and pick it up. Throwing trash on the ground is grounds for immediate disqualification. We are fortunate to be able to use the trail system and might not be as fortunate if the rangers find litter due to our event.

Getting Lost – Getting lost/turned around is a potential issue on any ultra/trail race. Once you're out there…and tired, getting turned around/lost can happen. That's a part of the ultra challenge! Pay attention and stay alert. If you step off the trail to use the bathroom, pay attention to which direction you came from when doing so.

Certified Course –All race distances are on USATF Certified courses. This means that we have taken the extra steps to meticulously measure out the entire distance multiple times to the inch with specialized calibrated equipment to make the course as accurate as possible. A GPS device does not do this. GPS devices take an estimated location every so often to determine where you are and then an algorithm connects and smooth out these points and estimates distance. GPS's can be off as much as 20 feet for every one of these thousands of points. A GPS will read the course being multiple miles long. This is expected and normal. The course is accurate. Not your GPS. Since the certification, the times ran on these courses are record eligible. RunLawrence oversees all Kansas running records and we will provide our results to them to list. It can take them a couple days at times to sort through results, so please be patient. You can check the records out by going to http://runlawrence.org/staterecords.html

Open Course – The course does cross some paved roads in towns and some unpaved country roads. These trail/ultras are not traffic controlled. Follow pedestrian laws for crossing any and all roads and running on city streets. Some of our races also have railroad crossings – if there's a train – you wait. No, we won't adjust your finishing time. Take advantage of that time to refuel, rehydrate or just enjoy Mother Nature and the amazing train speeding by you!

Course Description

The Prairie Spirit Trail is a beautiful rails-to-trails course that runs through numerous quaint little towns in mid-eastern Kansas. The trail is approximately six to eight feet wide and the surface is primarily crushed limestone with asphalt paths as you travel through each town. Some of the route is wide open to the elements, while other areas may have tree coverage depending on how early spring arrives. Runners will be traveling through farmland, small towns and open prairie. Manned and unmanned aid stations will be approximately every 5 miles give or take. This trail is open to the public, including bicyclists. Alcohol is prohibited on the trail and at all aid stations per the Kansas Department of Parks, Recreation and Tourism. (Please see your specific distance section for more course details)

Please Note: There is only one major road crossing (with a traffic light/crosswalk) on the course, in addition to a few city and many rural road crossings approximately every mile. The one major road crossing is when you approach/leave the Iola aid station (100 mile turnaround).

The map that corresponds to the link below is provided by the Kansas Department of Wildlife, Parks & Tourism. Their mile measurements reflect different distances than what our grid below displays. So, please refer to the mileage grid we've provided for a more accurate listing of mileage and respective cutoff times for all manned and unmanned aid stations.

http://www.bikeprairiespirit.com/files/Poster23x35.pdf

Google Course Map

The following link will take you to a Google Map, showing the exact locations of the Start/Finish (Celebration Hall) and all six manned aid stations/crew access points at Princeton, Richmond (50K turnaround), Garnett (50mi turnaround), Welda (100K turnaround), Colony & Iola (100mi turnaround). Unmanned (water only) aid stations are also show on map, please refer to specific race distance details on pages 16-27 for mileage totals between unmanned aid stations.

Start/Finish (Staging Area) / Aid Station Locations / Crew Access & Drop Bag Points

Weather

We're in Kansas, plan for anything. Check the forecast. Then, check it again – then, plan for anything.

Switching Event Distances

Please contact the Race Director to switch distances as soon as possible.

Dropping back, or moving up, during the race is not an option. To receive a finisher's award and official finishing credit, the specific distance you're registered for at the start must be completed in its entirety.

Medical Risks

Each runner is responsible for their own actions. It is crucial that you are physically and mentally prepared for the stresses of this race. We will utilize the local EMS services in case of a medical emergency. While the course is easily accessible to roads, the remoteness of some areas and the distance between towns could result in a substantial amount of time before EMS could arrive to provide assistance. Please keep an eye out for a fellow runner in distress.

It is important for each runner to recognize the potential physical and mental stresses that may evolve from their 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 himself/herself and understand their own limitations. Remember that you, the runner, are ultimately responsible for your own well-being during this race.

Any and all medical expenses incurred are the sole responsibility of the individual runner. Any runner having medical conditions that may arise (such as a bee sting allergic reaction) should include that information on the back of his/her race bib number.

Timing

LIVE RESULTS at timerguys.com/results – finish times will be immediately available, but aid station split times will be updated sporadically when network connectivity is available.

Our races will be timed utilizing a disposable chip attached to the back of your race bib. Please make sure you do not mutilate your race bib in any fashion and, of course, make sure it is visible at all times on your outermost layer of clothing.

Pre and Post Race Meals

The meal before and after is what we really love about this event. Unfortunately, due to Covid restrictions, we will not be able to serve in 2021.

Pre Race Briefing

There will be no pre race briefing in order to minimize crowding. Please read this handbook thoroughly to answer any questions you have and reach out if something isn't clear.

Photos

The best in the business, **Mile 90 Photography,** will be taking pictures during the event. These complimentary photos will be available in the days following the event at Mile90.com

A direct link will be shared on our event's Facebook Page.

Drop Bags

All manned aid stations will serve as drop bag locations for runners and pacers. All drop bags will be hit twice (out-and-back), except for the turnaround of each race distance. Please keep all drop bags to a reasonable size. You are limited to one drop bag, per manned aid station, per person. It is imperative that the outside of each drop bag MUST be clearly marked with the following four pieces of information:

~Aid station name (see grids below)
~Your name
~Race bib number
~Race distance

Drop bags must be left at Celebration Hall in the designated drop bag areas on Friday during packet pickup (4 - 8 p.m.) or Saturday morning during allotted times. Please see the Schedule of Events for your specific distance for details.

We will do our best to return drop bags periodically throughout the day for all races, but please be aware, especially if you are a "front of the packer," you may need to wait to get your bags, or retrieve them yourself. Drop bags will also be brought to the Finish Line as aid stations are shut down and/or all runners are through the aid station for their specified distance. All drop bags will be back at Celebration Hall no later than 11 a.m. Sunday.

Awards

All runners completing their respective race distance, within the designated time limit, will be awarded a date and distance specific, custom designed belt buckle or medal. In addition, first overall male and female, in each race, will receive a personalized award.

Lodging

There are several different hotels to choose from in Ottawa. They are all within 5-10 minutes of Celebration Hall (Start/Finish.)

We are still working out details with a potential host hotel. We will inform everyone by email and on Facebook of the hotel if all goes according to plan.

Complimentary primitive (tent) camping is permitted in the field across from Celebration Hall.

Friday Schedule of Events
(See your specific race distance section for Sat/Sun Schedule)

Celebration Hall
Start/Finish (Staging Area) for ALL Races
The best way to find it on Google Maps is to click the link above ^ or just search "Celebration Hall, Ottawa, KS"
There's no good address – but either of the following will get you close:
1737 S Elm; Ottawa, KS 66067
220 W 17th St; Ottawa, KS 66067

4 - 8 p.m.
Packet pick-up
Turn in drop bags
(Start/Finish location for ALL distances)

Aid Stations

Most race staff members/volunteers have plenty of experience in events such as ultrarunning, biking, volunteering at ultra events, etc. Many of them have spent days preparing for this event and some will be at their respective Aid Stations for well over 24 hours. They have given up their weekend to help you. Please show each and every one of them the respect they deserve and thank them at every aid station as it would be impossible to stage this event without them.

Mileage between manned aid stations (which are also crew access points and drop bag locations) ranges from 6.5 miles to a little over 9 miles. Carrying water and fuel with you on the course is required. Unmanned aid stations will have water only (no cups will be provided) with no crew access.

Manned aid stations will have standard ultra food, crew access and drop bag service. Fruit, pretzels, potatoes, chips, candy, peanuts, Ramen, Endurolytes, GU energy Gel, GU Hydration Drink, water, soda, and an item unique to each aid station. Any special supplies, food, etc., which you may need during the race should be brought with you and packed in your drop bag or left with your crew. We will not be providing aid for specific dietary needs.

Check out GU's new Nutrition Plan website!

Runner Guidelines

Runners must fully adhere to the following guidelines/rules as well as the Prairie Spirit Trail System's guidelines as laid out by the Kansas Department of Parks, Recreation and Tourism (in a separate brochure). Violations of any of the following rules (but not limited to) will be grounds for disqualification from either race. Race officials reserve the right to pull any runner/pacer in this race and ban from competing in any future owned events, for any reason whatsoever, solely at our discretion. Decisions of race officials are final.

Aid station cutoff times apply for each event – refer to the Aid Station grid(s) for specifics.

Please respect the trails and city streets; of course, littering of any kind is strictly prohibited and will result in disqualification and a potential ban from any future events.

A light is mandatory and required for all runners and pacers out between 7 p.m. and 7 a.m.

Runners must travel the entire distance by foot. No act that may be considered cheating (example – hitching a ride, cutting the course, switching runners if you are a twin, etc.) will be tolerated. Runners accepting a ride for any reason are deemed out of the race and may not reenter.

Each runner and pacer's official race bib must be worn prominently on the front of the body and must be easily visible at all times.

Runners and pacers must check in at each manned aid station, please make sure if you are a runner/pacer that you receive verbal confirmation from the staff member recording runners' check-ins that you have been successfully tracked. Time cutoffs will be enforced based on time checking into aid stations. All cut-off times will be strictly enforced. Runners must check into the aid station before the cut-off time. Runners checking into the aid station after the cut-off time will be officially disqualified from the race. Runners crossing the finish line after the cutoff time will not be listed as official finishers.

Runners cannot accept any aid from crew, family, friends, moving vehicle, bicycle, etc. beyond 300 feet of any manned aid station. No exceptions. Runners may not stash supplies along the course.

All runners and their crew/pacers will abide by the directions of the race officials. Harassment of any official or volunteer (by the runner, their crew, pacer or anyone affiliated with their group) will not be tolerated and the runner will be subject to immediate disqualification from their respective race. Everyone within a runner's group should be familiar with the race rules and procedures to avoid any issue(s) that may result in a runner being disqualified. Runners are responsible for the actions of their pacer(s), crew and anyone else within their respective group.

Runners, you and you alone, are responsible for yourself and your well-being during the entirety of your chosen event. Race officials and volunteers are under no obligation, whatsoever, to assist you with anything involving physical contact, such as taping your feet, massaging your legs, etc. In addition, they are not obligated to provide any medical advice and can't make any medical decisions for you. They are there to track/verify your progress, provide your drop-bags (if applicable) and provide fuel/hydration and encouragement only.

Motor vehicle traffic is not permitted on the Prairie Spirit Trail (other than necessary authorized Park Rangers.) However, the trail crosses numerous roads (about one every mile.) Most of these crossings are gravel roads with very little traffic, but be sure to use extreme caution when crossing each road. Look both ways, and remember, the car will win every time. Stay alert at all times! These are country roads and the locals may not know there is a race in progress. Crews are not allowed at any of these crossings.

Dogs are allowed with runners on the course; however, they must be on a leash at all times and must not interfere with other runners, aid station workers and/or their supplies. Dogs are not to utilize any of the aid provided, except

for water, and their doggie dish for drinking must be supplied by the owner. Dogs are not allowed near the aid station food table or drop bags. Any runner with a dog is responsible for determining a solution that fits these guidelines. Runners must follow the course trail at all times. Any runner departing from the official trail must return to the point of departure on foot before continuing. Each runner must complete the entire course under his own power.

Runners must stay aware and know which direction they should enter and exit the trail before and after each aid station. When in doubt, ask an aid station staff member, and remember, with the exception of the short northbound part at the start, the mile markers on the trail increase going outbound and decrease going inbound.

Runners must not drop out of the race by abandoning the course between aid stations and going home. If you must drop, please report to a check–in volunteer at the closest aid station. Report your name, race #, time and location you dropped and turn in your race number (bib.) Failure to do so may result in search/rescue costs.

If you have to drop out of the race at a point where your crew is unavailable, we will make every reasonable effort to get you to the start/finish area or to the nearest manned aid station your crew is at. In non-emergency situations, you may have to wait several hours before a ride is available. Please be patient.

Crew Guidelines

Crew – Any individual who provides material/emotional support to a runner in the event.

Crew access at manned aid stations only.

Crews must wait to assist their runners until after the official check-in.

All crew dogs must be leashed and under full control of their respective owner at all times!

There is no camping allowed at any aid station locations.

Crews are not allowed on the race course.

Where parking is limited, crews must park on one side of the road - if asked to move by a race official or local law enforcement, crew must comply with requests immediately.

Smoking is permitted (smoker is responsible for following current/local burn ban laws), however, be courteous and move a reasonable distance away (at least 100 feet) from the trail/aid. Remember, most runners find smelling smoke while running offensive, and race day is about the runner.

The crew is solely responsible for locating manned aid stations as needed. Race officials are in no way responsible for giving directions.

Crews will be limited to one vehicle per runner at an aid station. Due to very limited parking, motor homes will not be permitted into any aid station.

Crews must not park in such a way as to block traffic, access to the trail or aid or other parked cars. Vehicles will be towed at the owner's expense, and their runner may be disqualified.

Crews must abide by the instructions of the race officials. Runners are fully responsible for any actions by his/her crew.

Pacer Guidelines

Pacer – Any individual who accompanies a runner for any distance greater than 100 yards at one time. Pacers are required to wear an official pacer's bib and follow the same guidelines as the runner; however, they do not receive awards/recognition for participation in the race.

Pacers are allowed in the 100 Mile, 100K, 50 Mile, and 50K. (Please see your specific distance section for details)

Only one pacer at a time can accompany a runner.
Pacers will be required to follow the same set of rules as the runner.
Pacers must be over 18 years of age or have the signed permission from a parent/legal guardian.
Each pacer must clearly identify themselves when passing through the aid stations.
Pacers can join their runner at any manned aid station (after the first half)
Pacers MUST be on foot…NO bicycle pacers allowed.

Though ultrarunners may utilize multiple pacers along the last half of the course, only one (1) may accompany a registered runner at any given time, must be wearing the designated Pacer's Bib, and can only be picked-up or switched at manned aid stations/designated crew access points.

Absolutely no physical or mechanical aid may be given by the pacer to assist the runner on the trail (except in medical emergencies, in this case, the runner will receive a DNF.) Safety always comes first.

Each pacer must wear the official pacer bib. One pacer bib is provided per entrant **(must obtain at packet pickup for a $5 fee**.) The official pacer bib must be transferred between pacers if duties for one runner are to be shared.

If a pacer becomes unable to continue the run, the official pacer bib must be given to the runner, so that subsequent pacers can be properly identified. (It is extremely important that the race officials know exactly who is on the trail and where.) We will not be able to provide transportation for pacers to or from any points on the course.
Changes of pacers may be made at manned aid stations only.

The pacer may not continue on without an official participant and must stay with their runner at all times, except in the case of an emergency.

Pacers must enter and leave each aid station with their runners. They may assist with the re-filling of water bottles or replenishment of supplies while in the station but may not come into the aid station ahead of their runners, or depart after their runners in order to speed up the re-fueling process. Pacers are welcome to utilize any aid necessary at the aid stations and to have a drop bag at each manned aid station. (Please refer to the Drop Bag section for guidelines.)

"Muling" is expressly forbidden. Pacers may not carry water, food, flashlights, shoes, clothing or other supplies for anyone other than themselves.

A light is required for all runners and pacers out between 7 p.m. and 7 a.m.

Pacers should be experienced runners in excellent physical shape and conditioned adequately to run. Most pacing will be done during night time hours and early morning, so pacers should have appropriate clothing and supplies, be used to running with flashlights, and familiar with trail/ultrarunning. Pacers should be adequately supplied with flashlights (if out between 7 p.m. - 7 a.m.), food and water.

100 Mile

Course Description

Prairie Spirit Trail 100 Mile: The Prairie Spirit Trail 100 Mile is a beautiful "rails-to-trails" course that runs through numerous quaint little towns. Starting at Celebration Hall in Ottawa, runners will do a short (approx. 2 mile total) northbound out-and-back, then travel primarily south to Iola and back north to the finish in Ottawa at Celebration Hall. The course is primarily on a crushed limestone trail, with asphalt paths as you travel through each small town. Manned and unmanned aid stations will be approximately every 5 miles (with no greater distance than approximately 6 miles) and the course is easily accessible to crew.

Pacers WILL BE allowed for the last 59 miles (approx.) of the event and can be first picked up at the Colony aid station outbound.

Google Map of Start/Finish (Staging Area) / Aid Station Locations / Crew Access & Drop Bag Points

MapMyRun – 100 Mile Course

USATF Course Certification Map – 100 Mile

100 Mile - Schedule of Events
Location: Celebration Hall
Race Start/Finish Line

Saturday

Turn in drop bags by 5am
Packet Pickup opens at 4:30am
Participants have been assigned a 10-minute start window
There will be no Pre-Race Briefing

6 a.m. Race Start for 1st Wave*
*If concerned about starting in a later wave and missing the cutoff, make sure to let us know by email and we will get you assigned to the earliest wave.

Finish Line
Cutoff time: Sunday, March 28th, 12 p.m.
Finisher awards will be distributed as you cross the finish line!
(There is no official awards ceremony)

100 Mile

Aid Stations / Mileage Chart

Aid Stations: Based on TOTAL out and back course. 11 manned aid stations fully-stocked with water, electrolyte drink & snack-type foods, including soup & sandwiches and 10 unmanned aid stations with water only. Approximate distance between aid stations is 5 miles with no distance greater than approximately 6.5 miles. Drop bag access at all manned locations (5 bags being hit twice) on the course with no distance greater than 10 miles between drop bags. **Pacers first permitted at Colony outbound 41.25 miles.**

100 Milers		
Aid Stations	**Approx. Mileage**	**Cutoff Times**
Start/Finish	0	
Unmanned – Water Only	5.25 (Out)	
Manned – **Princeton – DB/Crew**	9.50 (Out)	
Manned – **Richmond – DB/Crew**	16 (Out)	
Unmanned – Water Only	21 (Out)	
Manned – **Garnett – DB/Crew**	25 (Out)	
Unmanned – Water Only	29.25 (Out)	
Manned – **Welda – DB/Crew**	33.50 (Out)	
Unmanned – Water Only	37.50 (Out)	
Manned – **Colony –DB/Crew**	41.25 (Out)	
Unmanned – Water Only	47 (Out)	
Manned – **Iola (Turnaround) – DB /Crew**	51.25 (Turn)	14 hours (8 p.m.)
Unmanned – Water Only	55.50 (In)	
Manned – **Colony – DB/Crew**	61.25 (In)	17 hours (11 p.m.)
Unmanned – Water Only	65 (In)	
Manned – **Welda - DB/Crew**	69 (In)	19 hours (1 a.m.)
Unmanned – Water Only	73.25 (In)	
Manned – **Garnett -DB/Crew**	77.50 (In)	22 hours (4 a.m.)
Unmanned – Water Only	81.50 (In)	
Manned – **Richmond - DB/Crew**	86.50 (In)	25 hours (7 a.m.)
Manned – **Princeton - DB/Crew**	93 (In)	27 hours (9 a.m.)
Unmanned – Water Only	97.25 (In)	
Ottawa	**Finish Line!**	**30 hours (12 p.m. Mar 29th)**

Out = Outbound / **In** = Inbound / **Turn** = Turn Around, **DB/Crew** = Drop Bag and Crew Access
Drop bags/crew access at Princeton, Richmond, Garnett, Welda & Colony will all be hit twice (out and back), with the turnaround in Iola being hit once. Meaning, if you want drop bags at all locations, you would prep a total of six, five to be hit twice and one to be hit once at the turnaround.

100 Mile

Crew Access / Directions

The following grid outlines directions for crew access to the manned aid stations. Most of the Prairie Spirit Rails-to-Trails Course travels parallel to Highway 59 and 169 so the mileage listed below for runners will provide close approximations for crew vehicles, as well. After a short (2-4 mile) northbound out-and-back, runners will be traveling southbound, then back north on the return trip to the finish line.

It is the crews' responsibility to locate the manned aid stations. We've provided directions to the best of our ability, however, the race, nor any staff members, are in any way responsible for crew members getting lost. Prepare in advance. Manned aid station parking is limited. Please be respectful and park according to customary parking laws (i.e. – do not park in homeowners' yards, do not block roads/driveways, do not double park, etc.).

If a race official, an employee from the Kansas Department of Parks, Recreation and Tourism, local law enforcement, or a property owner asks you to move, please do so immediately. In addition, the driver will be solely responsible for any ticket received for illegally parking.

Crews may only access the course at these manned aid stations. Meeting a runner anywhere else during the course of the race will disqualify your runner.

Manned Aid Stations	Approx. Mileage for Runner: Outbound / Inbound	Directions (outbound)
Princeton Trailhead	9.50 / 93	Head south out of Ottawa on Hwy 59, go west (right) on High Street for approx .42 mile to the trailhead
Richmond Trailhead	16 / 86.50	Continue south on Hwy 59, go west (right) on South Street approx .33 mile to the trailhead
Garnett "Santa Fe Depot"	25 / 77.50	Continue south on Hwy 59 (turns into Maple in Garnett), go east (left) on 7th Street .51 mile to Main St,, then south (right) to the Garnett Train Depot.
Welda Trailhead	33.50 / 69	Continue south on Hwy 59, hit round-about (traffic circle), just south of Garnett, merge onto Hwy 169 south. Continuing south, go west (right) on 1000 Road for approx .41 mile to trailhead.
Colony Trailhead	41.25 / 61.25	Continue south on Hwy 169, go east (left) on 300 Road, then go .91 mile and turn east (right) onto SW350 road, aid station on right.
Iola Trailhead (100 mile turnaround)	51.25	Continue south on Hwy 169, take Hwy 54 west (right) heading into Iola, go 1.56 miles to State Street. Go north (right) at the McDonalds, then 3/4 mile to the park on your west (left).

100K

Course Description

Prairie Spirit Trail 100K: The Prairie Spirit Trail 100K is a beautiful "rails-to-trails" course that runs through numerous quaint little towns. Starting along the trail, South of Celebration Hall in Ottawa, runners will travel primarily south to Welda and back north to the finish in Ottawa at Celebration Hall. The course is primarily on a crushed limestone trail, with asphalt paths as you travel through each small town. Manned and unmanned aid stations will be approximately every 5 miles (with no greater distance than approximately 6 miles) and the course is easily accessible to crew.

Pacers WILL BE allowed for the last 31 miles (approx.) of the event and can be first picked up at the Welda turnaround aid station.

Map of Start/Finish (Staging Area) / Aid Station Locations / Crew Access & Drop Bag Points (entire trail)

MapMyRun – 100K Course

USATF Course Certification Map – 100K

100K - Schedule of Events
Location: Celebration Hall
Race Start/Finish Line

Saturday

Turn in drop bags by 5am
Packet Pickup opens at 4:30am
Participants have been assigned a 10-minute start window
There will be no Pre-Race Briefing

6 a.m. Race Start for 1st Wave*

*Please note that the 100K start line is about 100 meters away from Celebration Hall (it's on the trail nearby). Volunteers will direct you to the correct starting location.

Finish Line
Cutoff time: Sunday, March 28th, 12 p.m.
Finisher awards will be distributed as you cross the finish line!
(There is no official awards ceremony)

100K

Aid Stations / Mileage Chart

Aid Stations: Based on TOTAL out and back course. 7 manned aid stations fully-stocked with water, electrolyte drink & snack-type foods, including soup & sandwiches and 6 unmanned aid stations with water only. Approximate distance between aid stations is 5 miles with no distance greater than approximately 6.5 miles. Drop bag access at all manned locations (5 bags being hit twice) on the course with no distance greater than 10 miles between drop bags. **Pacers for the 100K will be first permitted at the Welda turnaround.**

100K		
Aid Stations	**Approx. Mileage**	**Cutoff Times**
Start/Finish	0	
Unmanned – Water only	2.25 (Out)	
Manned – **Princeton – DB/Crew**	6.50 (Out)	
Manned – **Richmond - DB/Crew**	13 (Out)	
Unmanned – Water only	18 (Out)	
Manned – **Garnett – DB/Crew**	22 (Out)	
Unmanned – Water only	26.25 (Out)	
Manned – **Welda - DB/Crew**	31 (Turn)	19 hours (1 a.m.)
Unmanned – Water only	34.5 (In)	
Manned – **Garnett -DB/Crew**	39 (In)	22 hours (4 a.m.)
Unmanned – Water only	43.50 (In)	
Manned – **Richmond - DB/Crew**	48 (In)	25 hours (7 a.m.)
Manned – **Princeton - DB/Crew**	54.5 (In)	27 hours (9 a.m.)
Unmanned – Water only	59 (In)	
Ottawa	**Finish Line!**	**30 hours / 12 p.m. (Mar 28)**

Out = Outbound / **In** = Inbound / **Turn** = Turn Around, **DB/Crew** = Drop Bag and Crew Access
Drop bags/crew access at Princeton, Richmond, Garnett will all be hit twice (out and back), with the turnaround in Welda being hit once. Meaning, if you want drop bags at all locations, you would prep a total of four: three to be hit twice and one to be hit once at the turnaround.

100K

Crew Access / Directions

The following grid outlines directions for crew access to the manned aid stations. Most of the Prairie Spirit Rails-to-Trails Course travels parallel to Highway 59 and 169 so the mileage listed below for runners will provide close approximations for crew vehicles, as well. Runners will be traveling southbound, then back north on the return trip to the finish line.

It is the crews' responsibility to locate the manned aid stations. We've provided directions to the best of our ability, however, the race, nor any staff members, are in any way responsible for crew members getting lost. Prepare in advance. Manned aid station parking is limited. Please be respectful and park according to customary parking laws (i.e. – do not park in homeowners' yards, do not block roads/driveways, do not double park, etc.).

If a race official, an employee from the Kansas Department of Parks, Recreation and Tourism, local law enforcement, or a property owner asks you to move, please do so immediately. In addition, the driver will be solely responsible for any ticket received for illegally parking.

Crews may only access the course at these manned aid stations. Meeting a runner anywhere else during the course of the race will disqualify your runner.

Manned Aid Stations	Approx. Mileage for Runner: Outbound / Inbound	Directions (outbound)
Princeton Trailhead	6.50 / 54.5	Head south out of Ottawa on Hwy 59, go west (right) on High Street for approx .42 mile to the trailhead
Richmond Trailhead	13 / 48	Continue south on Hwy 59, go west (right) on South Street approx .33 mile to the trailhead
Garnett "Santa Fe Depot"	22 / 39	Continue south on Hwy 59 (turns into Maple in Garnett), go east (left) on 7th Street .51 mile to Main St,, then south (right) to the Garnett Train Depot.
Welda Trailhead (100K Turnaround)	31	Continue south on Hwy 59, hit round-about (traffic circle), just south of Garnett, merge onto Hwy 169 south. Continuing south, go west (right) on 1000 Road for approx .41 mile to trailhead.

50 Mile

Course Description

Prairie Spirit Trail 50 Mile: The Prairie Spirit Trail 50 Mile is an out-and-back course, beginning at Celebration Hall in Ottawa, Kansas, with a short (approx. 4.5 mile total) northbound out and back, then traveling primarily south to Garnett and back north to the finish at Celebration Hall in Ottawa. The course is primarily on a crushed limestone trail, with asphalt paths as you travel through each town and the course is easily accessible to crew a total of five times.

Pacers for the 50 Mile will be first permitted at the Garnett turnaround.

Map of Start/Finish (Staging Area) / Aid Station Locations / Crew Access & Drop Bag Points (entire trail)

MapMyRun – 50 Mile Course

USATF Course Certification Map – 50 Mile

50 Miler Schedule of Events
Location: Celebration Hall
Race Start/Finish Line

Saturday

Turn in drop bags by 5am
Packet Pickup opens at 4:30am
Participants have been assigned a 10-minute start window
There will be no Pre-Race Briefing

6:30 a.m. Race Start for 1st Wave

Finish Line
Cutoff time: 29 Hours, Sunday, March 28th (12 p.m.)
Finisher awards will be distributed as you cross the finish line!
(There is no official awards ceremony)

50 Mile

Aid Stations

Aid Stations: Based on TOTAL out and back course. 5 manned aid stations fully-stocked with water, electrolyte drink & snack-type foods, including soup & sandwiches and 5 unmanned aid stations with water only. Approximate distance between aid stations is 5 miles with no distance greater than approximately 6.5 miles between aid stations. Drop bag access at 5 total locations on the course with no distance greater than 10 miles between drop bags. Pacers first permitted at the Garnett turnaround 27.3 miles.

50 Miler		
Aid Stations	**Approx. Mileage**	**Cutoff Times**
Start/Finish – Celebration Hall	0	
Unmanned – Water Only	4.6 (Out)	
Unmanned – Water Only	7.55 (Out)	
Manned – **Princeton – DB/Crew**	11.8 (Out)	
Manned – **Richmond – DB/Crew**	18.3 (Out)	
Unmanned – Water Only	23.3 (Out)	
Manned – **Garnett – DB/Crew (Turnaround)**	27.3 (Turn)	**4:00 a.m. (31st)**
Unmanned – Water Only	31.3 (In)	
Manned – **Richmond – DB/Crew**	36.3 (In)	**7:00 a.m. (31st)**
Manned – **Princeton – DB/Crew**	42.8 (In)	**9:00 a.m. (31st)**
Unmanned – Water Only	47.05 (In)	
Ottawa – Celebration Hall	**Finish Line!**	**29 hours (12 p.m. Mar 29th)**

Out = Outbound / **In** = Inbound / **Turn** = Turn Around
DB/Crew = Drop Bag and Crew Access
Drop bags/crew access at Princeton, Richmond will both be hit twice (out and back), with the turnaround in Garnett being hit once. Meaning, if you want drop bags at all locations, you would prep a total of three bags, two to be hit twice and one to be hit once at the turnaround.

50 Mile

Crew Driving Directions

The following grid outlines directions for crew access to the manned aid stations. Most of the Prairie Spirit Rails-to-Trails Course travels parallel to Highway 59 and 169 so the mileage listed below for runners will provide close approximations for crew vehicles, as well. After a short (2-4 mile) northbound out-and-back, runners will be traveling southbound, then back north on the return trip to the finish line.

It is the crews' responsibility to locate the manned aid stations. We've provided directions to the best of our ability, however, the race, nor any staff members, are in any way responsible for crew members getting lost. Prepare in advance. Manned aid station parking is limited. Please be respectful and park according to customary parking laws (i.e. – do not park in homeowners' yards, do not block roads/driveways, do not double park, etc.).

If a race official, an employee from the Kansas Department of Parks, Recreation and Tourism, local law enforcement, or a property owner asks you to move, please do so immediately. In addition, the driver will be solely responsible for any ticket received for illegally parking.

Crews may only access the course at these manned aid stations.

Manned Aid Stations	Approx. Mileage for Runner: Outbound / Inbound	Directions (outbound)
Princeton Trailhead	11.8 / 42.8	Head south out of Ottawa on Hwy 59, go west (right) on High Street for approx .42 mile to the trailhead
Richmond Trailhead	18.3 / 36.3	Continue south on Hwy 59, go west (right) on South Street approx .33 mile to the trailhead
Garnett "Santa Fe Depot" (50 Mile Turnaround)	27.3	Continue south on Hwy 59 (turns into Maple in Garnett), go east (left) on 7th Street .51 mile to Main St,, then south (right) to the Garnett Train Depot.

50K

Course Description

Prairie Spirit Trail 50K The Prairie Spirit Trail 50K is an out-and-back course, beginning at Celebration Hall in Ottawa, Kansas, with a short (approx. 3.5 mile total.) northbound out and back, then traveling primarily south to Richmond and back north to the finish at Celebration Hall in Ottawa. The course is primarily on a crushed limestone trail, with asphalt paths as you travel through each town and the course is easily accessible to crew a total of three times.

Pacers for the 50K will be first permitted at the Richmond turnaround.

Map of Start/Finish (Staging Area) / Aid Station Locations / Crew Access & Drop Bag Points (entire trail)

MapMyRun – 50K Course

USATF Course Certification Map – 50K

50K Schedule of Events
Location: Celebration Hall
Race Start/Finish Line

Saturday

Turn in drop bags by 5am
Packet Pickup opens at 4:30am
Participants have been assigned a 10-minute start window
There will be no Pre-Race Briefing

7:15 a.m. Race Start for 1st Wave

Finish Line
Cutoff time: Sunday, March 28th (12 p.m.)
Finisher awards will be distributed as you cross the finish line!
(There is no official awards ceremony)

50K

Aid Stations

Aid Stations: Based on TOTAL out and back course. 3 manned aid stations fully-stocked with water, electrolyte drink & snack-type foods, including soup & sandwiches and 3 unmanned aid stations with water only. Approximate distance between aid stations is 5 miles with no distance greater than approximately 6.5 miles between aid stations. Drop bag access at 3 locations on the course with no distance greater than 8 miles between drop bags. Pacers for the 50K will be first permitted at the Richmond turnaround.

50 Kilometers		
Aid Stations (DB = Drop Bag Location)	**Approx. Mileage**	**Cutoff Times**
Start/Finish – Celebration Hall	0	
Unmanned – Water Only	3.6 (Out)	
Unmanned – Water Only	6.55 (Out)	
Manned – **Princeton – DB/Crew Access**	10.8 (Out)	
Manned – **Richmond** (Turnaround) – **DB/Crew Access**	17.3 (Turn)	**7:00 a.m. (31st)**
Manned – **Princeton – DB/Crew Access**	23.8 (In)	**9:00 a.m. (31st)**
Unmanned – Water Only	28.05 (In)	
Ottawa – Celebration Hall	**Finish Line!**	**28 hours / 12 p.m. Mar. 29th**

Out = Outbound / **In** = Inbound / **Turn** = Turn Around
DB/Crew = Drop Bag and Crew Access
Drop bags/crew access at Princeton will be hit twice (out and back), with the turnaround in Richmond being hit once. Meaning, if you want drop bags at all locations, you would prep a total of two drop bags, one to be hit twice in Princeton and one to be hit once at the turnaround.

50K

Crew Driving Directions

The following grid outlines directions for crew access to the manned aid stations. Most of the Prairie Spirit Rails-to-Trails Course travels parallel to Highway 59 and 169 so the mileage listed below for runners will provide close approximations for crew vehicles, as well. After a short (2-4 mile) northbound out-and-back, runners will be traveling southbound, then back north on the return trip to the finish line.

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If a race official, an employee from the Kansas Department of Parks, Recreation and Tourism, local law enforcement, or a property owner asks you to move, please do so immediately. In addition, the driver will be solely responsible for any ticket received for illegally parking.

Crews may only access the course at these manned aid stations. Meeting a runner anywhere else during the course of the race will disqualify your runner.

Manned Aid Stations	Approx. Mileage for Runner: Outbound / Inbound	Directions (Outbound)
Princeton Trailhead	10.8 / 23.8	Head south out of Ottawa on Hwy 59, go west (right) on High Street for approx .42 mile to the trailhead
Richmond Trailhead (50K Turnaround)	17.3	Continue south on Hwy 59, go west (right) on South Street approx .33 mile to the trailhead

Contacts

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(316) 516-5145

Event Website:
www.prairirespirit100.com

The guidelines outlined in this document are NOT all inclusive and are subject to change, without notice, at the sole discretion of the Race Director.