

4th ANNUAL GREENSPRINGS 24
Runner's Handbook

Welcome runners. On behalf of **Adventure Up Events and Coaching,** we can't wait to see you all soon for the Fourth Annual Greensprings 24-hour run! This document will serve as your instructions for all aspects of the race. If there are any late breaking changes, we will send them to you via email and Ultra Signup.

Purpose: The purpose of this event is to provide a venue to challenge athletes in pursuit of challenging goals while concurrently supporting the Arc of Greater Williamsburg. The Arc of Greater Williamsburg's mission is to improve the quality of life for people with intellectual and developmental disabilities through community activities and advocacy. We are proud to be associated with an organization that does so many great things for folks in our community. From a running standpoint, our intent is to provide a venue for people of all abilities to challenge themselves and to see just how far they can go in 24 hours. **Please do not forget to support the Arc of Greater Williamsburg in any way you can. For more information:** https://www.thearcgw.org

Big Thank You! I wanted to thank those who are either assisting us as volunteers or in other ways. This race is simply not possible without you. Thank you to Ellen at Happy Cat Fitness for supporting us so well this year – we could not do it without her. Super happy to have Dan Pulskamp from Virginia Adventures LLC back again to time and record your miles. You should check out their events at:

https://happycatfitness.com/

https://virginiaadventures.com/

Volunteers: As I said above, we cannot do this without volunteers. We need your help from family and friends. If you know anyone who can help, send this link to them and have them contact me if interested:

https://www.adventureupcoaching.com/_files/ugd/dab71e_509571cb824341bb87f421e030de26e9.pdf

Basic Facts:

- **Packet Pick-up.** Packet pick-up will be available at Jamestown High School near the tennis courts in Williamsburg VA on Friday October 23rd from 4 to 630 PM. You can also pick it up at the starting area prior to the race. This is the exact same location, from 0630 to 0730 on the 24th. If you know you are simply coming out to do laps you can pick up your packet anytime during the 24-hour race window and start at any time. You are welcome!
- **Race Start/Finish.** The race will start promptly at 0800 on October 24th and end at 0800 on the 25th. **The runners' brief (video) will be sent to you as a link – when you get it, please review in detail. This will be a soft start with no announcement – once the clock starts running at 0800, so can you.**
- **Location.** Start and finish are next to the Jamestown High School tennis courts in Williamsburg VA. The course itself is a 2.215-mile loop that follows part of the Greensprings interpretive trail. I have provided you with a graphic at the end of this document.
- **Race Format.** The format is simple. Complete as many miles/loops of the course in 24 hours as you can. There is no obligation to participate the entire 24 hours. How far and long you go is up to you. Partial laps do not count and there is no "out and back" option to add mileage, with exception for runners who are trying to complete the coveted 100-mile distance. One of the nuances of this course is that 45 laps take you to 99.675 miles. You can obviously keep going for additional laps or we will have an out and back that takes you just over 100 miles. Hopefully, many will be in that situation! The entire race will be electronically tracked through the attachments on your bibs, thanks to Dan Pulskamp and **Virginia Adventures LLC** for this!
- **Registration.** Registration ends at 1159 on October 21st. For a guaranteed T-shirt in your size, please register by October 8th. Sooner is better for race planning purposes. If you have other

team members or friends planning to run, please remind them to sign up as soon as possible!

- **Colonial Sports Jamestown Half-Marathon.** This event will be going on early on Saturday using part of our course. Last year there were no issues, and the course will be marked in such a way that there is no confusion. Just be aware if you see a group of runners going the other direction.
- **William and Mary.** William and Mary will have a group of runners each doing several laps to raise donations for the Arc of Greater Williamsburg and to encourage fitness as a lifestyle choice. It will not impact the race in any way other than to grow the sport! They did a great job last year and raised a lot of donations.

Runner information:

- **Rules.** The rules are simple. You will receive credit for 2.215 miles for every loop you complete. You must carry your own running gear, packs, etc.
- **Etiquette.** These rules are simple as well. Treat everyone with respect to include runners, spectators, and volunteers. The area will not be closed to others so treat those sharing the trail with respect as well. Leave the area better than we found it…free of damage, litter, and any signs a major race was conducted there. You all did an amazing job on this last year, thank you! Make others wish they had participated and encourage them to show up next year! Keep in mind this race will also take place at night, and the course is immediately next to where people live…in other words have fun but do not create an excessive amount of noise at night.
- **Course.** As stated, the course is a 2.215-mile loop. Loop is generally flat with approximately 50 feet of elevation gain per lap. The course consists of mainly dirt/light gravel trails with several wooden bridges. Approximately .2 miles will be on the Virginia Capital Trail. The main obstacles on the course are some exposed roots. It is not exceptionally technical. Lighting is inconsistent and runners should ensure they have a headlamp or flashlight for night loops. The course will be marked with reflective confidence streamers and signs will point out the correct direction at major turns. A map is included with this packet. The course has been USATF certified for those that are wondering.
- **Pacers.** This is intended to be a community event. You can have pacers for the race after 3 PM. Please identify pacers to race personnel before heading out for your shared laps. Pacers cannot carry things for you or assist you physically. The intent of pacers is to provide motivation, moral support, and peace of mind when you are exhausted.
- **Tracking.** All individual racers will be tracked electronically. Teams will identify team members, and their combined miles will constitute the team total. You need to get team names and members to me by 22 October. Teams can be any number but only the top six members mileage totals will count. Please let me know at packet pickup if there are changes/drops.
- **Teams.** As stated above, individuals will be tracked electronically, and team totals will equal the combined efforts of the top six team members. Team totals will be tracked by race personnel for award purposes. The top team will receive awards for all members of the team.
- **Dropping out.** If you decide to call it a day, please ensure you let race personnel know so we can adequately record your results and reward you for your great effort. You can leave and return, just please ensure the race team understands your intent. Again, if you change your mind, please let us know. Nothing is worse than thinking someone is still out there and we cannot find them!

Logistics:

- **Parking.** Parking will be available in the Jamestown High School parking lot. The enclosed diagram shows the approximate area where you should park. Please keep in mind there are

other activities taking place concurrently and try to park as close to the race area as you can. A diagram of this and the start area is included with this document. **Do not park in the runner support area or we will lose access to this.** We do not have a permit for this lot until 0400 on Saturday, so if you park there overnight you do so at your own risk.

- **Runner support area.** There will be a runner support area immediately next to the start/finish line. Runners may set up a small tent, chair or whatever they need (within reason) to support them during the race. Runners may have people there to watch or support for the duration of the race. Please do not try to set up tents or other support requirements until the morning of the race as there is no permit for Friday. We will be there as early as 0500 so you can set up on race day. You will also need to ensure you can remove any items Sunday morning upon completion.
- **Aid.** There will be a central aid station near the start/finish line. Types of food/drink available are listed in the Planned Aid Station Support section later in this document. This centralized aid station will be the only aid station for the event. Of course, you can bring whatever you need and support yourself. There will be several port-to-potties located near the start of the course.
- **Emergencies/Medical.** Please report any emergencies or medical issues to the Race Director and race personnel. We will ensure that these are immediately taken care of. If you come across someone who needs aid on the course, please assist as best you can and have someone immediately report to race personnel. Race Director's phone number is 757-585-1061. If you think the situation is life threatening and have the ability to do so, call 911 and then report to race personnel.

Planned Aid Station Support:

- **Drinks.** The race team will provide water and Skratch for all participants. Additionally, there will be other drinks such as Coke, Ginger Ale, and others. There will be some pickle juice in case it gets hot and of course some coffee at night/in the morning. I won't make it without it!
- **Food.** Primary support will be in the form of sweet and salty snacks, and other miscellaneous items. We plan on basic hot foods during afternoon hours. There will be hot food provided around dinnertime on Saturday (grilled cheese and quesadillas). We will have ramen and similar food throughout the night. There should be a good variety of items but if you have diet specific requirements, we suggest you plan to provide that yourself. I do plan on having some vegan broth for the evening hours as well.
- **Other.** Like most races, we will not provide things like body glide or medicines. Please ensure you bring these if you need them.

Awards:

- Awards will be given for category winners at 0800 on Sunday morning. There will be awards for the following categories:

  Top 3 Overall - 1st, 2nd, 3rd (3)

  Top 2 Male – 1st, 2nd (2) - Top 2 Female – 1st, 2nd (2)

  Top Masters Male – (1) - Top Masters Female – (1)

  Top Grand Masters Male (1) - Top Grand Masters Female (1)

  Top Team Award

  PR Awards for those who have done this race before and go beyond previous efforts. All those completing at least a 50K will receive a medal with distance designation (50K, 50 miles, 100K, 75 miles). Those who complete over 100 miles will receive a buckle.

Runner Advice. Many have asked for tips as they have not done an event of this potential length. As a coach and experienced ultra-distance runner I know there are no bad questions so ask if you have them. If you are experienced in this, help others, and continue to make the ultra-community the inclusive group it has always been. **Have a plan.** No plan ever survives an event of this length perfectly. However, those with a strategy usually excel. Banking miles or going as fast as possible early and hoping to survive the night is generally not a good strategy…and guaranteed to make this event way more painful than it needs to be. Especially true if it is hot like it has been in past years. Run/Walk early either based on how you feel, based on terrain, or using intervals (example run five minutes and walk two). This usually ensures you can keep going for the entire 24 hours if that is what you want to do. **Nutrition.** Eat and drink often and early. Stay hydrated but not excessively so. If the weather is warm, ensure you know how you intend to get electrolytes in your system. Generally, your body knows what it wants, so listen to it! **Gear requirements.** You can honestly get by on this course with minimal gear while running. However, ensure you bring plenty of backup items for your support area. This should include warm clothing, rain gear, socks, and extra running clothes. Ensure you have those things that make running this long feasible…body glide, foot care stuff, and whatever else you have practiced with. **Feet.** Keep on top of your feet, address problems early. Fortunately this is a very forgiving surface for feet, but 24 hours is a long time. Early problems not dealt with usually turn into late emotional events. **You are never out of it.** Having done extreme distance events the biggest thing I have learned is that the mind is all-powerful. If it decides you are done…you are. Pain, discomfort, and irritations often convince our mind that something is horribly wrong because it doesn't want to deal with it anymore. If you are feeling like you are done, take some time to reset. Eat, drink, and rest. Rarely is it as bad as it seems. I have learned overtime that I feel just as terrible at mile 38 as I do at mile 88. Knowing this has made a big difference for me. Runners often feel like they are near their breaking point only to wake up the next day after quitting and wondering "why don't I feel that bad?" It is a terrible feeling to know your mind tricked you…so don't let it. Persevere and wait out the bad times. They come and go. You are never out of it unless you decide you are. Sounds silly but most experienced ultra runners know exactly what that means. Best of luck and hope you all meet your ambitious goals!! If you are interested in last year's race report or some more advice, check out the links:

https://www.adventureupcoaching.com/post/ground-hog-day-primer

https://www.adventureupcoaching.com/post/round-and-round-they-go-where-they-stop-nobody-knows

For other stories or event thoughts you can check this out as well. I love writing about past and future adventures!!

https://www.adventureupcoaching.com/

Again, best of luck and can't wait to see you in October. If there is anything I can do to assist you or anything you need to know don't hesitate to ask.

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Greensprings 24-Hour Start Area



Greensprings 24 Hour Course



2.215 Miles – Clockwise Direction