

2017 Palouse 100K Runner's Manual

Saturday, April 15 2017

Team captains and solo runners: please read carefully.

Captains are required to pass this information to all team members.

It is recommended that all runners print out this manual.

Race Day Headquarters:
Summit Therapy
1620 SE Summit Ct.
(just off Bishop Blvd.)
Pullman, Washington

Starting Line

Summit Therapy

Solos: 6:00 a.m.

Teams: 7:30 a.m. & 8:30

determined by estimated finish
time

Course

100 kilometer loop through the
scenic Palouse, including the
Snake River Canyon.

Classifications

Teams:

Open (any age, any mix)

Women (any age)

Mixed (at least 4 women)

Masters Men & Women's
divisions (age 40 and over)

Super Masters Men & Women's
divisions (50 and over)

Ultra Team (2 or 3 member
teams)

Solos (minimum age 18):

Open Men

Open Women

Masters Men (age 40-49)

Masters Women (age 40-49)

Super Masters Men (50+)

Super Masters Women (50+)

Substitutions/Changes

Substitutions may be made up
to the sign in on race morning. ,

All fees are non-refundable,

though teams and solos can pick
up shirts.

Waivers, Packet Pick Up

All participants (including
pacers for solos) must read and
sign waivers and an entry form,
as required for insurance
purposes. Team captains and
solos can pick up race packets
during the Race Expo at
Pullman Regional Hospital
from 6:30-8:00 pm on April 14.
Packet pick up is also available
race day at Summit Therapy
from 5:30 a.m. onward. Team
captains should distribute
numbers to team members
before the race.

Sign In, Race Meeting

All teams and solos must sign in
on race day morning; we need
to know who is on the course!
Solo runners should sign in at
the starting line a minimum of
10 minutes prior to the race.
Solo runners and pacers
unfamiliar with the course
should meet with the race
director during the Race Expo
at Pullman Regional Hospital.
You will have an opportunity to
review the course map at either
of these times.

Race Day Parking

There will be plenty of free
parking available race day at
either Summit Therapy or
Pullman Regional Hospital.

Race Day: Solos

Solos start the race at Summit
Therapy at 6 a.m. sharp, contact
race director for early start. It is
highly recommended that solos
be accompanied by a personal
support vehicle. Solo runners
should plan on being self-
sufficient over the entire course
as solos may pass most
exchange points before they are
open. A race support vehicle
drives the course periodically
and carries water. Pacers are
allowed after the exchange
point ending leg 5 (bottom of
Steptoe Canyon). Pacers pay no
fee but must be registered on
solo entry forms and also sign
waivers. Exchange points will
have drop boxes for discarded
clothing for the solos. Solos
should make sure that course
monitors have seen them and
recorded their transit at each
exchange point. If dropping out
of the race be sure to inform
exchange point volunteers so
we are not looking for you.

Race Day: Teams

The team relay race starts in
front of Summit Therapy at
7:30 or 8:30 sharp. Start times
will be posted. The route
consists of 10 legs ranging in
length from 4.1 to 8.7 miles (see
Race Description chart for
details). There will be race
officials at each of the nine
exchange points. There is not a
baton; team members must

touch hands at the exchanges between the orange cones. Each team member must run at least one leg and finish the leg he/she started. No substitutions within a leg are allowed and such action will disqualify the team! In the event of an injury preventing a runner from finishing her/his designated leg, another team member may complete that leg BUT the retiring team member cannot run again during the race. An injury substitution must be reported to race officials at the next exchange point. Teams will determine among themselves which leg (or legs) each member will run. However the legs are chosen or assigned, individuals running more than one leg can do so in any sequence: e.g. two or more legs in a row, one leg at the start and one at the end, etc.; the choice is made by the runner and her/his team. Runners must exchange only at the designated exchange points! In order to ensure that teams receive a correct finish time, only the runner completing the 10th leg should cross the finish line.

Acceptance of the Rules

By the act of participating in the Palouse 100K, all runners acknowledge that they have read this manual, understand the rules and agree to abide by all stated rules and any instructions given by any race official, and to hold harmless said officials.

Rules of the Road

• SAFETY is your primary concern and all participants acknowledge their legal responsibility to follow ALL traffic regulations.

• Always run ON THE LEFT facing traffic.

• Teams must provide their own vehicles to support and transport runners. There are likely to be at least twice as many support vehicles as runners on the road at a given time. Most of the route is on lightly-used rural roadways but drivers and runners should exercise CAUTION.

• The exchange points are the same as past years. Exchange points with adequate parking nearby have been carefully selected. Please do NOT park right at the exchange-point as volunteers must be able to witness exchanges and clearly view runners' race numbers.

• Please cooperate with race volunteers and law enforcement officers (Pullman Police, EMTs, Whitman County Sheriff's deputies, Army Corps Rangers and the Colton Town Marshall). Failure to follow their direction will result in disqualification. Please do not trespass on private property. Trespass will result in disqualification.

• Race numbers must be worn on the front of the runner's outermost garment so that they can be seen by race officials.

• No littering.

• No bicycles used for runner support are allowed on the course and

• No dogs allowed on the course; we love dogs but our insurance company does not!

• No headphones! The course is open and there will be considerable race traffic; runners need to be able to hear traffic and instructions from race officials

• A relay team should limit itself to one or two passenger sedans and/or vans as support vehicles to prevent road congestion. Motorhomes and RVs larger than a van are not recommended; such vehicles will have difficulty traversing the narrows roads of the canyons.

• Do not drive alongside a runner at the runner's pace.

• We encourage teams to support their runners but support vehicles should proceed ahead to where there is room and park completely off the roadway to wait for the runner; alternatively, drive ahead to the next exchange point. Potential for problems is greatest at the exchange points after leg 1 and after leg 6 in Steptoe Canyon. Teams are strongly encouraged to have only one vehicle stop at these exchange points.

Vehicular traffic will be heaviest along legs 1 and 2 because runners will still be bunched up. By legs 3 and 4 the runners are likely to be spread out enough to reduce the traffic.

• Any dropouts must notify the nearest course officials.

• Team captains agree that ALL team members and support vehicle drivers have read and fully understood the regulations in this runner's manual.

• Race course closes at 7 p.m.

If it is perceived that slower teams and solos are not on track to complete the course by 7 p.m., the race director reserves the right to close the last three

Exchange Point Facilities

All exchange points have water, a limited amount of snacks, a first aid kit and a drop box for solo runners. Many exchanges also have portable restrooms. Many of the exchange-point coordinators will have phones for emergency use. Personal cell phones WILL NOT have coverage from legs 3-7 due to the lack of coverage in the canyons.

The Finish

Teams and supporters are encouraged to gather at Summit Therapy to greet runners at the finish line. Refreshments will be available. Please join us! Award ceremonies will begin as soon as places are determined.

exchanges however if solos or teams are continuing to make progress along the course we will endeavor to keep the course

Pacing

Teams maintaining a 6-minute-per-mile pace can expect to finish in about 6 hours 12 minutes.
7-minute pace in about 7 hours 15 minutes.
8-minute pace in about 8 hrs. 17 minutes.
9-minute pace in about 9 hrs. 20 minutes.
10-minute pace in about 10 hrs. 22 minutes.

Awards

Team Relay: Ribbons for first place for each team member in all race categories.

Solo: Awards for first in each category.

open for all to finish.

•To repeat: **ALWAYS RUN ON THE LEFT!**

Acknowledgements

The Palouse 100K is a long-standing Palouse Road Runners event. Special thanks to Pullman Regional Hospital and Summit Therapy for their partnership in putting on this race. Thanks also to the Whitman County Sheriff's Office, the City of Pullman, the Pullman Police Department, the Colton Town Marshall and the EMTs and emergency service personnel of Whitman County. Help enable us to be allowed to continue offering this fantastic event by obeying all the race rules and traffic regulations and by treating race personnel and officials with courtesy. We appreciate everyone's participation!

Palouse 100K Run Records

Team Relay

Open: Comfortably Numb Too, 1994, 5:42:09
Women: Desperately Seeking Summer, 2002, 7:26:05
Mixed: Queen Anne Flyers, 1992, 6:22:51
Masters: Tri-State Masters, 1998, 6:30:13
Super Masters: Bigfoot Boys, 2008, 7:49:27

Solo

Open Men: John Cave, 1995, 8:00:17
Open Women: Dori Robertson, 1999, 9:51:38
Master's (M): David Lygre, 1991, 8:54:22
Master's (W): Lisa Bliss, 2012, 9:58:34
Super Masters (M): Eb Engelmann, 1994, 9:18:43
Super Masters (W): Lynne Werner, 2003, 10:48:40

Still need a runner or two? Post a request on the PRR Facebook page.
Questions? washuttleworth13@gmail.com See you April 15!