

## 2022 Odyssey Trail Running Rampage Race Brief

Greetings Odyssey Trail Running Rampage Competitors!

Thank you all for supporting Odyssey Adventure Racing and the sport of trail running. We are excited to have you all come out and participate in our 20th year of holding this event at beautiful [Douthat State Park](#), VA! It is a beautiful area and hope you can stay a day or two to enjoy other parts of the county. It is well worth the stay. We are also thrilled to be part of the [Virginia State Park Series](#) again this year.

We have a beautiful race course laid out for everyone. We see we have a lot of first time runners to this 20th annual Odyssey Trail Running Rampage. We welcome you all and believe you will enjoy the grassroots feel and the way we conduct our events. The count is up to a total of 129 runners. The break down is: 40miler-22 runners; Marathon-26 runners; Half Marathon- 53 runners; 6 Miler- 26 runners.

The friendly folks from the [Millboro Preservation and Culture Association](#) will be providing the yummy home cooked meal! The meal is going to be 1/4 BBQ chicken, pasta salad, roll, drink, and dessert. The Vegetarian Meal option will be 15 Bean Soup instead of chicken.

The timing will be done by [Mountain Junkies](#). A great local group from Roanoke, VA that puts on awesome trail running events also. Check them out. They have one more event this year on 10/22/22- [Into the Darkness Night Trail Run](#)

We've included some vital information about hydration and supplementation at the end of this letter. Regardless of your level of experience, please do take a moment to review it.

Please bring a bladder, bottles, or other fluid vessels for refilling appropriately. We will also have cups at the stations but like to reduce waste whenever possible. Most of you will not require the 100oz bladder recommended in the gear list unless you prefer not to refill at stations. The guide linked below can help you calculate what your personal needs will likely be this weekend.

If you know of anyone else that would like to join us this weekend – as a racer, volunteer, or spectator - tell them to feel free! On-site registration will be available Friday night and early Saturday morning (additional \$10 cash or check only). Volunteers and spectators are welcome to come out for *any* length of time. Many folks bring their mountain bikes and trekking poles- including us - to take advantage of the miles of trails.

Just to give you a little **history**, the half-marathon loop was designed as part of the Odyssey Off-Road Iron –distance Triathlon, which was only one of two in the world that ran multiple years, in which competitors capped off 2.4 miles of swimming and 112 miles of biking with the trail marathon of two 13.1mile loops. Numerous requests for the option to skip the swim and bike and to “just” run the loop led to creation of the Trail

Running Rampage events.

The **Trail Half Marathon**, the **Trail Marathon**, and the **40 mile Trail Ultra** race courses are a loop format which will offer challenging uphill, fast downhill and beautiful views at multiple points on the trail. A loop will have a total elevation gain of 2700' over 13 miles, the majority of which will be gained in the first four miles. Depending on your skill level, you may see up to 2 miles total on each lap that are technical enough to merit walking/hiking vs. running.

The **40 mile Ultra** will entail 3 laps; the **Marathon** 2 laps; and the **Half Marathon** 1 lap.

There will be 2 fully stocked aid stations at miles 9 (mile 1 for the Six Miler) and 11.25 (mile 3.5 for the Six Miler) of each loop. (and thus miles **22, 23.5, 26.2, 35, 36.5, 40**).

They will have Gu Brew, water, flat cola, potatoes and salt, banana halves, and pretzels at each station.

There will be a **water only station at the Tuscarora Overlook cabin** (mile 4, 17, 30). This will have a limited water supply, please plan accordingly. (No vehicle/ATV access. 3 mile hike in.)

The **Transition Area (TA)** is at the finish line and finish of the loop. There will be HEED-Lemon-Lime, water flat cola, potatoes and salt, banana halves at the TA. (mile 0, 13.1, 26.2, 40) The 40 mile Ultra and Marathon racers will be able to leave food and supplies in the transition area. The transition area will be coned, to the left behind the finish line at the base of the mountain. A note to the 40 mile Ultra racers- You must start your last lap by 2:00 pm.

The **Six Mile** Trail race will be a single loop with a few challenging up hills, but mostly rolling terrain. This loop will have almost 1000' of elevation gain. This race will incorporate the last five miles of the other three events' loop with the addition of the Tobacco Hollow Ridge Trail at the start.

The loops for all the events are a little long by 0.3 +/- miles (more plus). There will be no extra charge for the **bonus** mileage!

**There will be 3 pieces of flagging/survey tape before and after every course trail intersection. Stay on the trails marked with the flagging/survey tape. Each mile on the loop will be marked(1-13miles). When the course levels out around mile 3, you will go 0.25 miles and need to make a left turn to go out to the aid station/cabin (then backtrack onto the main trail and take a left).** ALL RUNNERS WILL NEED TO CHECK IN AT THE CABIN ON THE TUSCARORA TRAIL AND AT THE START / TRANSITION AREA ON EVERY LOOP. FAILING TO DO SO WILL MAKE YOU UNOFFICIAL.

**The last 5 miles of each loop will have additional mile markers for the 6 miler (2-5miles).**

[40, 26, 13 Loop Course Map](#)

[40, 26, 13 Loop Course Description](#)

[6 Miler Course Map](#)

[6 Miler Course Description](#)

**Runners BEWARE the trails are open to other foot and bike traffic. Please stay to the right and pass on the left.**

**Here is something you can shoot for the year!**

### **Odyssey Trail Running Rampage Course Records**

(2009 rev. course)

	Time (h:m:s)	Name	Age	Update	Year
6 Mile Female:	0:48:28	Andrea Rodman	32	9/7/2019	2014
6 Mile Male:	0:38:17	Jeremy Bartley	35		2013
Half Marathon Female:	1:50:33	Alisha Ebert	28		2019
Half Marathon Male:	1:31:56	Andrew Budiansky	21		2011
Full Marathon Female:	4:11:27	Gaby Gorman	38		2013
Full Marathon Male:	3:45:32	Graham Taylor	26		2013
Ultra 40 Miler Female:	6:33:59	Allison Bryant	32		2011
Ultra 40Miler Male:	5:40:24	David Hryvniak	27		2012

### **Covid 19**

We recommend everyone to wear a mask and social distance 6 ft apart while checking in at HQ and interacting with other people. At the starting line, masks are optional and remain 6 ft apart. This event is chipped timed so your time will start when you cross the starting line. Please respect everyone's beliefs and comfort level around this topic.

### **Park Fee – applies to ALL visitors:**

**The park service is requiring all race-related vehicles to have a parking pass.** You may pick one up at the main office or small building at main road at main office for **\$7(cash or check)**. If the small building is unattended, you will be on the honor system to place **\$7 (cash or check)** in one of the fee envelopes. Please place the parking pass/fee receipt in your front window. We've been assured they will be on the lookout so please save yourself the expense of a ticket by honoring their request.

### **Parking:**

Parking will be limited. Parking will be available along the road that leads to the Discovery Center and a field to the right as you cross the creek just before you get to the Discovery Center. There are two shelters on the road to the Discovery Center, we

are NOT able to park in front of the shelters.

Additional parking will be available at the Store/Restaurant parking lot on top of the hill.

### **Staging Area:**

Marathoners and Ultrarunners may stage a labeled bag, chair, cooler, etc., if desired, at the start/finish of the loop. The area will be marked with cones.

### **Schedule**

#### **Friday, September 16, 2022**

8:00 – 9:00 pm Racer Registration and Packet Pick up at the Discovery Center at Camp Carson.

#### **Saturday, September 17, 2022**

5:30am On site registration and packet pick up opens at the Discovery Center at Camp Carson. **On site Registration will close 45 minutes prior to the start of each event.**

**Race Brief (Mandatory) 30 minutes before each race. All Runners must be present.**

7:00am **40 Mile Ultra** RACE START at the Discovery Center

8:30am **Marathon** RACE START at the Discovery Center

10:00am **Half-Marathon** RACE START at the Discovery Center

11:30am **Six-Miler** RACE START at the Discovery Center

12:30pm Post-Race Meal starts

1:45pm Awards for 13 & 6 Miler

1:45pm 40 miler Ultra deadline for starting 3rd lap

2:00pm or Shortly after top 3 runner male and female come in- Awards for 26 Miler

3:30pm or Shortly after top 3 runner male and female come in-Awards for 40 Miler

6:00pm Official Race cut-off (all 4 distances)

### **Prizes**

The **top three male and female** in each race will receive Odyssey Headsweat race hat and ALL Finishers will receive an Odyssey Pint Glass or Coffee Mug. The finisher prizes will at the same place you checked in and available for you to pick up when you finish.

### **Post Race Meal**

The post race meal will be available at 12:30. Show your race bib to get it and if you purchased any extra meal tickets you will receive them at check in and will be needed to get you meal.

We will be leaving for the event Thursday afternoon. You can try reaching us by phone 540-444-4422. The cell phone coverage at the Discovery Center is spotty at best.

Thank you all, have a safe trip and GOOD LUCK,

Ronny Angell and your Odyssey Race staff

## **Hydration & Supplementation:**

Hammer Nutrition has an excellent resource, called “Fueling for Success”, that you may download for free

here: [http://www.hammernutrition.com/downloads/fuelinghandbook.pdf?utm\\_source=guidetosuccess&utm\\_medium=link&utm\\_campaign=guidetosuccess](http://www.hammernutrition.com/downloads/fuelinghandbook.pdf?utm_source=guidetosuccess&utm_medium=link&utm_campaign=guidetosuccess)

I’ve copied the hydration and electrolyte supplementation overviews from the handbook below.

Please bring a bladder, bottles, or other fluid vessels for refilling appropriately. We will also have cups at the stations but like to reduce waste whenever possible. Most of you will not require the 100oz bladder recommended in the gear list unless you prefer not to refill at stations. The guide linked above can help you calculate what your personal needs will likely be this weekend.

\*Please note: Electrolyte supplementation MUST accompany your hydration for your own safety and for optimal performance. Consuming large quantities of water without electrolytes can be dangerous, if not deadly.

### **Basic recommendations and summary**

Based on what science has shown us, plus two decades of working with athletes, we have determined the following ranges as ideal for most athletes the majority of the time for maintaining optimum exercise performance:

- Fluids: 20-25 ounces hourly
- Sodium chloride (salt): 300-600 mg hourly (3-6 Endurolytes)
- Calories: 240-280 calories hourly

Of course, there are many individual variations that you will need to consider (age, weight, training/racing stress, fitness, acclimatization levels, weather conditions) to determine what works best for you. Some athletes will need less than these suggested amounts, a handful slightly more. Certain circumstances require flexibility. For instance, hot weather and high-impact exercise, such as the run portion of a long-distance triathlon. Hot weather usually means lower hourly calorie intake, a slightly higher fluid intake, and an increased electrolyte intake. High impact exercise such as running does better with roughly 30%-50% lower caloric intake per hour than what you’d consume during a less jarring exercise such as cycling.

All this said, the above-listed figures make good starting points for determining your ideal intakes for varying conditions and circumstances. We have been publishing this information for a number of years. Sadly, many athletes continue to listen to “consume

what you lose” propaganda, arguing that nutrients and water need to be replaced immediately. This simply is neither true nor possible; fluids, calories, and electrolytes cannot be replaced 100%, or even 50%. As a result of following this flawed advice, athletes continue to experience cramping, vomiting, gastric distress, diarrhea, and other problems. The safe rule of thumb is to replenish at about one-third of loss values, obviously adjusting as conditions dictate.

As you read through the remaining articles, you’ll see this principle applied repeatedly and further details given. It might seem like we’re banging the same drum all the time, but when it comes to fueling, we cannot emphasize enough that less is better than more. Rather than attempting to resolve your fueling requirements by replacing hourly loss with hourly intake, we suggest small doses, generally about a third of what is lost. In conjunction with longstanding research regarding this subject, two decades of successful experience with athletes testifies to the reliability of the “less is best” and “fuel in cooperation with your body” concepts of fueling. Yes, there are people who can complete events on high intakes of fluids, calories, and electrolytes, but the overwhelming majority of athletes are impaired or stopped by such fueling protocols. Athletes who do use less see their fueling-related problems end and their performance improve dramatically. That’s why our banner reads, “Replenish, Don’t Replace.” The real bottom line is what works for you, and we’re pretty darn sure once you get away from those 500-700 calorie and liter-an-hour regimens, your body will perform much better, you’ll feel better, and you’ll get the results you trained for.

#### **HYDRATION OVERVIEW:**

1. Even though it has no nutrient value, **water is the most critical of all your exercise fueling needs.**
2. It is, of course, vital to drink water and prevent dehydration; however, **excess water intake is probably more common and causes worse problems.**
3. **Excess water consumption is especially common among inexperienced and “back-of-the-pack” athletes.** These athletes are prone to a variety of discomforts such as bloating, frequent urination, the effects of electrolyte depletion, and in extreme cases, water intoxication, which can be lethal.
4. **Dehydration most likely occurs in front-running and highly competitive athletes who don’t take the time to properly hydrate, or who overestimate their “toughness.”** Dehydration will severely impair performance, and can easily buy you a DNF and an IV. Not the letters you want!
5. **For most athletes, a majority of the time, an intake of roughly one water bottle per hour (21-24 oz.) will serve you well.** Lighter weight athletes may not need that much, while some larger athletes on a hot day might need to go higher.
6. **If you end a long race or training session with up to a 2% weight**

**loss, you're okay.** More than 3% and you're into noticeable dehydration. No loss, or worse yet, weight gain, would indicate over-hydration.