

Greetings Trail Running Rampage Competitors!

Odyssey has a great weekend in store! We have 3 challenging ,yet rewarding, trail races running simultaneously: the 40 mile Ultra, Trail Marathon, and Trail Half Marathon. The weather looks beautiful for Saturday. Predictions show that the rain will have cleared the area, leaving us with a partly sunny forecast with lows in the 60's and highs in the mid 70's. What a perfect day to race!

All 3 events are part of both the [Trail Runner Trophy Race](#) and [Blue Ridge Cup Series](#). By participating this weekend, you automatically qualify to take part in both series. We'll submit your results to Trail Runner and Blue Ridge has a quick and simple online form in which to submit your own. Lots more info available via the links above.

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). 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.

Required Forms:

Save Trees. Save Time at on-site registration. Please complete your medical and waiver forms online by Thursday night, midnight EST:

Forms for Half Marathon competitors:

[Adult Waiver and Image Release Form](#)
[Medical Form](#)
[Under Age Waiver and Image Release Form](#)

Forms for Marathon competitors:

[Adult Waiver and Image Release Form](#)
[Medical Form](#)
[Under Age Waiver and Image Release Form](#)

Forms for Ultra 40 mile competitors:

[Adult Waiver and Image Release Form](#)
[Medical Form](#)
[Under Age Waiver and Image Release Form](#)

We'll also have blank forms available for you at Douthat, if needed. Thank you!

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 guard shack for \$4. If the shack is unattended, you will be on the honor system to place \$4 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. 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.

Race Course & Race Brief:

I have included the highlights about the race course from the Race Brief just in case you are unable to make it on Friday night. We encourage you to come to the race brief. All competitors and volunteers are included in the Sponsor raffles, but you'll need to be present to win. Big Thanks to **Hammer Nutrition**, **Marathon-Photos.com**, **Headsweats**, and **Trail Runner** for the prizes! There will be a brief race brief at 6:35 Sat. morning. Any additional updates or changes to the race course will be stated at the Fri. and Sat. race brief.

Other Important/Helpful Info. Below:

- **Events Schedule**
- **Event Website link**
- **Race Brief**
- **Course & Aide Station Info. (*Note course change for '09)**
- **Photos by Marathon-Photo.com**
- **Trail Runner Privacy Policy**
- **Lodging**
- **Directions to Douthat State Park (*Note new start/finish/registration location)**
- **Restaurant list for Covington.**

Good luck to everyone and safe travels to the event!

Ronny & Your Odyssey Adventure Racing Team

SCHEDULE:

Friday, September 18, 2009 (@ Discovery Center @ Camp Carson)

6:00 - 8:45pm Competitor Registration and Packet Pick up

9:00pm Race Brief

Saturday, September 19, 2009 (@ Discovery Center @ Camp Carson)

5:30 - 6:30am Racer Registration and Packet Pick up

6:35am brief Race Brief

7:00am RACE START

Noon Post Race BBQ (for competitors and volunteers)

3:00pm 40Miler Ultra deadline for starting 3rd lap.

6:00pm Official Race cut-off (all 3 distances)

Event Website: <http://www.oarevents.com/events/2009/TrailRunningRampage.shtml>

has direct links to [Volunteer Registration](#), [Trail Running Rampage Roster](#) (last updated 9/9/09 – will update again 9/17), [Course Map](#), [Course Description](#), [Marathon-Photos.com at Trail Running Rampage](#), [Newsletter #1-Course Change](#), [Competitor Registration and more](#).

RACE BRIEF Highlights re: Race Course:

*Subject to change

Course Changes for 2009:

This year's events will have you running up Blue Suck Fall trail from the start. Talk about challenging. The good news is you get the big climb out of the way early. The views should be fantastic along the trail with the sun coming over the mountains.

The course stays basically the same as years past, but you will run all of the Wilson Creek Trail. This will allow for more trail and less road with the changes. The Transition Area will be nice and grassy and hopefully more shade. We believe you will like the new start/finish location.

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

Aid Stations: There will be 3 fully stocked aid stations at miles **0, 9 and 10.5, & 13.1** (and thus miles **22, 23.5, 26.2, 35, 36.5, 40**). They will have HEED water, flat cola, potatoes and salt, banana halves, and pretzels at each station. Ultra and Marathon runners will be able to stage supplies at the start/finish of the loop.

There will be a **water only station at the Tuscarora Overlook cabin** (mile 4, 17, 30). This will have a limited water supply, please use sparingly. (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, water and food at the TA. The 40 mile Ultra and Marathon racers will be able to leave food and supplies in the transition area. A note to the 40 mile Ultra racers- You must start your last lap by 3:00 pm.

Course Marking:

ALL racers will need to check in at the Tuscarora Overlook Cabin (mile 4, 17, 30) on EACH lap. The race course will be marked with orange flagging (survey tape) and arrow signs. The trails will be marked with three pieces of flagging before and after a trail intersection with an arrow sign pointing in the direction of travel. There will be a couple of pieces of flagging along the trail you should be on. The course will be well marked and you will receive a copy of the written description, but be sure to familiarize yourself with the trail names and map.

2009 Revised TRAIL RUN LOOP DESCRIPTION for the Odyssey Half Marathon, Marathon, and 40 Mile Ultra Trail Running Races:

(marked course map below and pdf of map linked on website)

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.

Take Blue Suck Falls Trail to Tuscarora Trail.

Take Left onto Tuscarora Trail. Continue on the Tuscarora Trail.

At intersection of the Tuscarora Trail and the Tuscarora Overlook Trail, take a left and go to the overlook and check in at the cabin. Mile 4. Very limited water and food for emergencies here.

Turn around and go back to the intersection of Tuscarora Overlook Trail and Tuscarora Trail and take a left onto Tuscarora Trail.

Continue on Tuscarora Trail to Stony Run Trail. Take Left on Stony Run Trail. Continue on the Stony Run Trail to Locust Gap trail.

Take Left onto Locust Gap trail. Continue on the Locust Gap trail to Beards Gap Hollow Trail.

Take Right onto Beards Gap Hollow Trail. Continue on the Beards Gap Hollow Trail. Aid station at the end of the Beards Gap Hollow Trail at park service gravel road. Mile 9.

Take gravel road to SR 629. At SR 629 take a left, run on the road to access Wilson Creek Trail.

Take Right access Wilson Creek Trail at old chimney stack.

Take Left at old chimney stack onto Wilson Creek Trail. Continue on Wilson Creek Trail to SR 629 at the entrance to the Cabins.

Take Right on SR 629. Take SR 629 to Beaver Dam Campground "B".

Take Left into Beaver Dam Campground "B", go to end of campground to access Salt Stump Trail. Aid station at the beginning of the Salt Stump Trail. Mile 10.5.

Take Salt Stump to Backway Hollow Trail.

Take Left onto Backway Hollow Trail. Continue on Backway Hollow Trail to Huff Trail.

Take Left onto Huff Trail. Continue on Huff Trail to Middle Hollow Trail.

Take Left onto Middle Hollow Trail. Continue on Middle Hollow Trail to Heron Trail.

Take right onto Heron Trail. Continue on Heron Trail.

Cross the bridge at the intersection of Heron Trail and Blue Suck Trail.

Take left to head back to Start/Finish/Transition Area(TA).

The Half Marathoners are done. The Marathoners and 40 Ultra runners will check in at the entrance to the TA. There will be an aid station here. Marathoners and 40 Ultra runners are able to access their supplies for the next loop(s) in the TA. The Marathoners will have one more loop and the 40 Mile Ultra runners will have two more loops.

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.

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>

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.

Hydration Overview

(from *Fueling for Success*, provided by Hammer Nutrition)

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.

Electrolyte Replenishment Overview

1. **Electrolyte needs vary much more widely than any other nutrient,** among athletes in general, and also for the individual athlete training/racing under differing conditions.
2. **You will need to determine your usage for weather conditions, duration, and intensity of exercise.**

Log your consumption and the variables of each training session. Soon you'll know what works best for you under various conditions.

3. Whatever your consumption, **you must use a supplement that includes a full panel of electrolytes**, not just salt (sodium) and potassium.

4. Make sure that your overall dietary intake is LOW SODIUM. Besides contributing to many health problems, **high sodium diets encourage faster sodium depletion during exercise.**

5. **We recommend that as a start, you try 1-3 Endurolytes per hour**, and adjust from there.

6. **For light and/or short duration exercise, the modest electrolyte component in HEED might be sufficient.**

7. NEVER, ever, use salt tablets.

Never.

Official Photographer Marathon-Photos.com:

Marathon-Photos.com is the Official Photographer partner for capturing your exciting moments at the Odyssey Trail Running Rampage.

The "**souvenir for life**" for every participant is only available at **Marathon-Photos.com**

Please make sure you wear your Bib Number on your chest so that we can identify you and you will be able to find your photographs.

You will find your photos within 24-48 hours after the completion of the event; you will be able to search for your photos by either entering your Bib Number or Family name.

Each photo is optionally available either with your finishing time or for instance, as a photo certificate for download or as a printed copy.

We also offer the picture album "Digital Super Pack" at a special price. For one fixed price, we will supply **all** the identified photos of you in these ready-to-print formats either to download onto your computer or on CD: Photo Certificate - Race Time Photo - Commemorative Photo - Original camera file - web ready images.

We wish you a lot of fun at the Odyssey Trail Running Rampage and hope you enjoy your photographs at **Marathon-Photos.com**

Trail Runner Privacy Policy:

Trail Runner magazine collects runners' contact information for use only in communications related to the Trophy Series and *Trail Runner* magazine. *Trail Runner* does not sell or share this information with any outside party. [Name and address are submitted with official results.]

PARKING:

Parking will be limited. Parking will be available along the road that leads to the Discovery Center. There are two shelters on the road to the Discovery Center, we are NOT able to park in front off 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, if desired, near the lower lot at the start/finish of the loop. The area will be marked.

DIRECTIONS:

From I-64, take Exit 27 near Clifton Forge. Turn North onto State Route 629 (highway at exit ramp). Travel north three miles to the park entrance sign and another two miles to the park office. Check in at Park Office regarding map and signage to Discovery Center. See also map pasted at end of this newsletter.

ACCOMMODATIONS:

Please note: Headquarters and race start/finish will be in a new location this season. We'll meet, camp, and start/finish at the Discovery Center at Camp Carson in Douthat State Park. There should be signage leading the way.

You may pick up a map, if desired, at the Park Office (on right after enter park). See also the map pasted at the end of this newsletter.

FOOD:

You'll want to pick up your breakfast Saturday morning on the way or bring it with you. (Odyssey will be providing post race BBQ and chili for participants and volunteers.) There is a restaurant close to check-in and a small pizza place at the entrance to **Douthat State Park**, but it's unlikely they'll be open before race start. There are also restaurants in a 15 mile radius in Clifton Forge and Covington. (see list below)

WEATHER INFO:

Autumn weather is forthcoming! Keep in mind that the higher portions of the course may be 10-15 degrees cooler with a bit more wind. Current forecast (NOAA.gov, Clifton Forge, VA) may be obtained here:

<http://forecast.weather.gov/MapClick.php?CityName=Clifton+Forge&state=VA&site=RNK&textField1=37.8235&textField2=-79.8255&e=0>

WHERE TO GO:

Please do carpool, as able, out of respect for our environmental resources and to help with space constraints at the park itself. Registration (Racer & Volunteer), Race Brief, Volunteer Brief, Race Start/Finish & Headquarters will be at the Discovery Center, near Camp Carson, in Douthat State Park, VA.

LODGING:

Hotels within a half-hour drive can be found in **Covington, Virginia**

The Douthat State park camping sites are sold out.

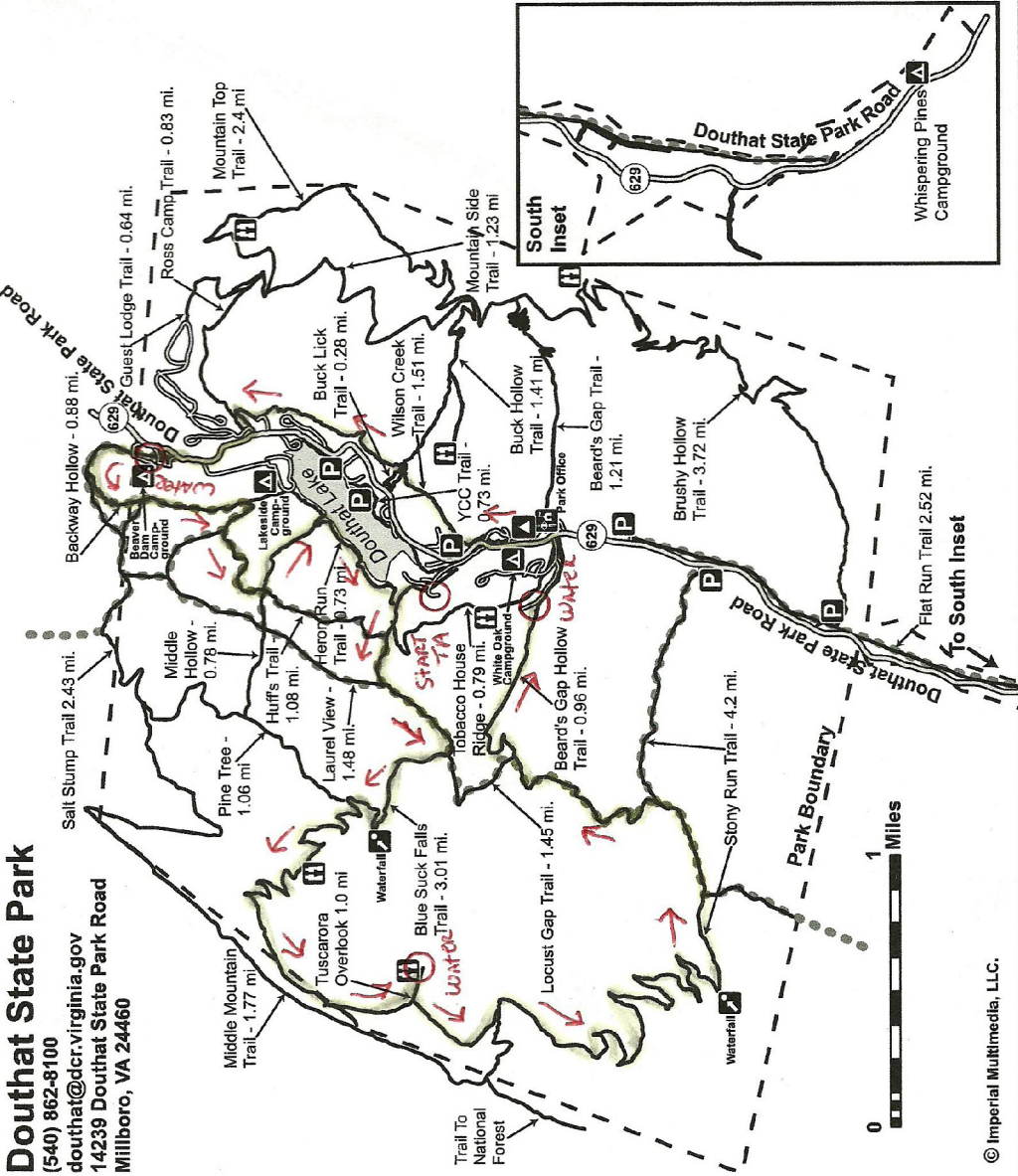
BUCKHORNE HOUSE B & B & FAMILY CAMPGROUNDS-540/862-4502 has campsites available. They are ½ mile from the entrance to the park.

Restaurant list for Covington

Applebee's Grill, 415 Thacker, Covington, VA (540) 965-2163
Arby's, 1410 S. Durant Road, Covington, VA (540) 962-4811
Best Western Mountain View, 820 E. Madison, Covington, VA (540) 962-4951
Cat & Owl Steak & Seafood House, 110 Karnes Road, Covington, VA (540) 862-5808
China House, 335 Thacker Avenue, Covington, VA (540) 965-3888
Chezzers, 117 E. Prospect Street, Covington, VA (540) 962-4399
Court Street Restaurant, 201 Court Avenue, Covington, VA 24426 (540) 965-3333
Cucci Pizzeria, 562 E. Madison Avenue, Covington, VA 24426 (540) 962-3964
D&J Family Restaurant, 904 S. Monroe Avenue, Covington, VA 24426 (540) 962-1874
Debbie's Corner Cafe, 204 W. Main Street, Covington, VA (540) 962-0155
Double C Cafe, 315 R. W. Main Street, Covington, VA 24426 (540) 962-5051
Douthat Lakeview Restaurant, Douthat State Park (540) 862-8111
Eagle Nest Restaurant, Rt. 311, Crows-Hematite 559-9738
Great Wall Chinese Restaurant, 919 S. Craig Avenue, Covington, VA (540) 962-2633
Hardee's, 1122 S. Alleghany Avenue, Covington, VA (540) 962-9257
Harvey's Restaurant, 205 Interstate Drive, Covington, VA (540) 962-3456
Hot Dog House, 115 N. Maple Avenue, Covington, VA (540) 962-4042
James Burke House Eatery, 232 W. Riverside Avenue, Covington, VA (540) 965-0040
Kentucky Fried Chicken, 1240 S. Craig Avenue, Covington, VA (540) 962-3344
Little Caesars Pizza, 919 S. Craig Avenue, Covington, VA (540) 965-8888
Long John Silver's, 1240 S. Craig Avenue, Covington, VA (540) 962-3344
Mama's Pizza, 333 Thacker Avenue, Covington, VA (540) 962-5504
McDonald's Restaurant, Mallow Mall, Covington, VA (540) 962-5600
Michael's New York Style Pizza Carry Out, 127 E. Prospect Street, Covington, VA (540) 962-8500
Nagel's Drive-In, 808 Grayson Avenue, Covington, VA (540) 962-7627
Pizza Hut, 1128 S. Highland Avenue, Covington, VA (540) 962-2159
Potter's House Restaurant, 1217 Lyman Avenue, Covington, VA (540) 965-4000
Quizno's, 204 Westvaco Road, Low Moor, VA (540) 862-7827
San-Juan, Inc., 1005 Valley Ridge Road, Covington, VA (540) 962-2159
Subway, 1019 S. Craig Avenue, Covington, VA (540) 965-3993
The Dugout, 905 Valley Ridge Road, Covington, VA (540) 965-4181
Weese's Restaurant, 907 Highland Avenue, Covington, VA (540) 962-1231
Wendy's Old Fashioned Hamburgers, 1310 S. Craig Avenue, Covington, VA (540) 962-6400

Western Sizzlin, 912 Valley Ridge Road, Covington, VA (540) 962-4991

Douthat State Park
 (540) 862-8100
 douthat@dcr.virginia.gov
 14239 Douthat State Park Road
 Millboro, VA 24460



Trail	Blaze	Mileage	Usage	Difficulty
Backway Hollow	Yellow	0.88	H, B	◆
Beard's Gap Hollow	White	0.96	H, B	◆
Beard's Gap	Blue	1.21	H, B	◆
Blue Suck Falls	Blue	3.01	H, B	◆
Brushy Hollow	Orange	3.72	H, B	◆
Buck Hollow	Blue	1.41	H, B	◆
Buck Lick	Red	0.28	H	◆
Flat Run	Red	2.52	H, B	◆
Guest Lodge	Blue	0.64	H, B	◆
Heron Run	Blue	0.73	H	◆
Huffs	Gold	1.08	H, B	◆
Laurel View	White	1.48	H, B	◆
Locust Gap	Yellow	1.45	H, B	◆
Middle Hollow	Orange	0.78	H, B	◆
Middle Mountain	White	1.77	H, B	◆
Mountain Side	White	1.23	H	◆
Mountain Top	Yellow	2.4	H, B	◆
Pine Tree	Yellow	1.06	H, B	◆
Ross Camp	Orange	0.83	H, B	◆
Salt Stump	Orange	2.43	H, B	◆
Stony Run	Orange	4.2	H, B	◆
Tobacco House Ridge	Yellow	0.79	H, B	◆
Tuscarora Overlook	Yellow	1	H, B	◆
Wilson Creek	White	1.51	H, B	◆
YCC	Blue	0.73	H	◆
N/A	N/A	6 (in park)	H, B, HB	◆

NORTH

- Park Office
- Campground
- Scenic Overlook
- Point Of Interest
- Parking
- Information Station
- Allegany Highlands Multiuse, Equestrian State Trail (shares 6 mi. of Park Trail System)

H = Hiking B = Biking HB = Horseback Riding
 ● = Easy ■ = Moderate ◆ = Difficult

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