

2023 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 21th 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. The trails are in great shape. Please excuse the construction in the field at the Discovery Center. They are replacing the septic lines that feed other areas of the park. We will be making some adjustments to the placement of the transition area and Port A Johns to accommodate this unforeseen maintenance.

We see we have a lot of first time runners to this 21th annual Odyssey Trail Running Rampage. We welcome you all and believe you will enjoy the grassroots feel and the way we conduct our events. We are excited to have a 50K Ultra added to our event weekend. The count is up to a total of 188 runners. The break down is: 50K Ultra-52 runners; Marathon-32 runners; Half Marathon- 68 runners; 6 Miler- 34 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 grilled 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 10/28/28- [Into the Darkness Night Trail Run](#). You will also be able to find the results on their [website](#) by Sunday. It will be Monday before we will be able to post them on our website.

We will have cups at the stations but in an effort to reduce waste please bring a bladder, bottles, or other fluid vessels for refilling appropriately. 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. 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.

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! We can use help Thursday evening carrying water to the top of the mountain for aid station #1 and marking the course by

mountain bike on Friday morning. If you would like to help on Thursday and/or Friday call or text Ronny directly at 540-444-4422 before 1:00pm on Thursday.

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 **50K 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 three 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 **50K Ultra** will entail 3 loops (2-13 mile loop/1-6 mile loop); the **Marathon** 2 loops; and the **Half Marathon** 1 loop. 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. They will have Lemon Lime HEED, 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, 50) The 50K 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 50K Ultra racers- You must start your last lap by 2:30 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. This is also the 3rd loop of the **50K Ultra**.

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. The flagging will be placed on the same side of the trail as the turn. (Ex. If the flagging is on the right side of the trail there will be at right turn at the intersection unless you stay straight at the intersection and you will see 3 pieces of flagging on the other side of the intersection straight ahead.) 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 #1/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).

The **50K Ultra** is two of the [Half Marathon Loop](#) and the [6 Miler Loop](#).

[50k Ultra Course Description](#)

[Half Marathon Loop Course Map with Profile](#) (the **Marathon** does 2 Half Marathon loops)

[Half Marathon Loop Course Description](#)

[6 Miler Course Map with Profile](#)

[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	Update Age	9/7/2019 Year
6 Mile Female:	0:48:28	Andrea Rodman	32	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

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. Please park as close as possible to the next vehicle. Additional parking will be available at the Malone Shelter and the Store/Restaurant parking lot on top of the hill. There is a wooden walk way at Malone Shelter that will lead you down to the lower level that will take you to the Discovery Center. **BE SURE TO HAVE YOUR PARKING PASS.**

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 8, 2023

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

Saturday, September 9, 2023

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.**

6:30am **50K Ultra** and **Marathon RACE BRIEF** at the Discovery Center

7:00am **50K Ultra** and **Marathon RACE START** at the Discovery Center

9:30 am **Half Marathon RACE START** at the Discovery Center

11:00am **Six-Miler RACE START** at the Discovery Center

12:30pm Post-Race Meal starts

1:00pm Awards Ceremony for Marathon, Half Marathon, 6 Miler

2:30pm 50k Ultra deadline for starting 3rd lap

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

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.