

## A NOTE FROM THE GOAT

### **Yo Swamp Runners,**

You signed up to do this, what were ya thinkin'? Seriously, I'm proud of ya already!  
You are the few, the non wimps, those toein' the line at DWD Green Swamp.

You Relay guys/gals, DWD Day is special and with some plannin', you can make it even more stupid and memorable. Get the team theme goin', it adds to the fun. Consider the shock factor when dreamin' up the theme! Make that car a float. Blow us away with yer imagination. I've seen babes in bikini's doin' karaoke from the roof of the car, I've seen rubber butts, boobs and prego bellies. I've seen cammo, neon, fur, feathers, fins and claws. Remember, it's always easier to win a theme award than to run this thing fast!

Traffic should flow fine, with one vehicle per team. It's OK to bring extra vehicles to the start area at the Oswegotchee River/Pasco County Park but park em far out of the way in the north end of the field.

The course is callin', start yer plannin'!

The Head Goat, The Canadian Chick (CC), Swamp Dog, Stumpy the Gator Guy and the rest of the ever faithful hard workin' Dirt Crew Litter.

### ***Now a note from Randy Step, president of Running Fit, just out of goat mode.***

The dirt team is working day & night as we get closer to DWD Day. Our goal is to give you a running experience like no other. This race is more than special to all of us; it's a passion, much like running itself. Please read every page of this information packet to enjoy your DWD running experience to the fullest.

I want to thank the Dirt Team ... the markers, the aid station & exchange crews, parking rats, finish line crew, data entry and every person who makes DWD what it is. It won't come off perfect, it can't, but we will all learn together. The variables are many but the challenge of pulling it off drives us to the core. (Please take this into account when you are lost, pissed off or break something!).

With a full calendar of great events out there, you chose ours and we thank you! We will have some dirt wear for sale to impress the wimps with ... Or to wear to the post race Bar-B-Q!

Yes, run fast and take chances but also look out for yourself and each other as we head into this great adventure,

Randy Step, AKA Head Goat



# DANCES WITH DIRT: GREEN SWAMP 2010

February 13, 2010 – Green Swamp, Florida

Version 2.1

50 Mile: 5:30 AM

50K, 26.2M, 13.1M: 7 AM

Relay 50M: 7:30 AM

**DIRT HEADQUARTERS (START & FINISH) – Pasco County Withlacoochee River Park, Dade City, FL**

**Directions to the Green Swamp Dirt HQ:** In Dade City, take Hwy 301 to River Rd. Head East 5 miles, right on Auton Rd., park is .25 miles on left, enter park and continue 0.7 miles, finally turn right on Big Ma's Way.

Hot Tip: Visit [www.danceswithdirt.com](http://www.danceswithdirt.com) for important details, insights & information.

## The Dirt (Information for dirty dancers)

**Check-In:** Each team captain or designated team member and individual event runner must check in Friday p.m. or Saturday morning, before the start. Number bibs & last minute information will be handed out.

Friday Check-in 4-8 PM, Saturday-race day opens at 4:30 AM. **Try to make the Friday Check-in, for music and fun, come fire up the team and the theme:**

**Official Vehicle Sign:** Must be displayed in rear window!

ONLY ONE VEHICLE PER TEAM OR INDIVIDUAL RUNNER (for runner Support Crew).

**Daily Park Pass:** No park passes required.

**Dirt Numbers:** All runners must wear race number visible on the front. Each team will receive 5 identical race bibs / numbers. Individual event entrant numbers will be different than relay teams.

**Timing Tags:** All individual race entrants will wear timing chips . Only the final relay runner will wear a timing chip, this will come with your numbers.

**Thank the Volunteers & Sponsors:** Running the race is easier!

**Individual Race Runners:** Note to your handlers, support crew, be prepared to assist the volunteers while you hang around. Please obey the parking signs and volunteers, even if they seem irrational!

**Camping:** Available at the start finish area, \$5 per person, includes a port-o-john and a plot of ground ... you get what you pay for! Email [canadianchick@runningfit.com](mailto:canadianchick@runningfit.com) and tell her how many people, for how many nights and when you expect to arrive...

**Hotel:** Hampton Inn, Dade Zephyrhills, 13215 US Hwy 301, Dade City, FL 33525. DWD rate, \$115, until block is filled. Phone: 352-567-5277 Fax: 352-567-5776 Website: [www.dadecityzephyrhills.hamptoninn.com](http://www.dadecityzephyrhills.hamptoninn.com). You must call the hotel directly to take advantage of the special DWD rate!.



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**Awards & Refreshments:** Awards ceremonies Bar-B-Q and refreshments at the finish area 2pm – 6pm for all runners. Post marathon/ultra food (bagels, bananas, muffins etc) available at the finish area for individual event runners...but make sure you return for the BBQ party at 2! Email [canadianchick@runningfit.com](mailto:canadianchick@runningfit.com) if you need additional dinner tickets, for crew, family, friends, pet alligator...\$8/ticket.

**Individual Entrant Race Awards:** Top 5 in each 5-year age group for each event presented immediately when you finish!

**Relay Team Awards:** Top 20% handicapped adjusted teams. Top 3 across the line (unadjusted for handicap).

## **Relay Ceremonies by 5:00 PM.**

Yes, that's just 9 ½ hours after the start, some teams will be out on the course but likely not in the running unless they have a high handicap = old & sexy. If this happens we will have a ceremony just for them

- **Creative Team Vehicle & Theme Awards:** 3 deep! All winning teams get cool stuff. Other surprise awards during the race for cool teams and outrageous behavior. Easier to win than running fast!
- **Tell everyone you meet in Dade City you are there for DWD, maybe they will want us back!**

## **Dirt Safety & Preservation**

Preserve the Dirt! The DNR will be lookin' at the race and wondering why they ever let us in the park. Suggestions: Be nice even if you receive sign language, drive safe and don't wiz in public!

### **RELAY TEAMS:**

- 1 vehicle per team on the course. Exchange parking is tighter than Dick's hatband.
- DWD Vehicle Sign on the back
- No motor homes, rickshaws or busses ... any kind of car will make it on the drive route.
- Follow the parking signs and volunteers. There is a system. Although the engineers think not.

**Vehicle Safety:** The course is designed with ample drive time to reach each exchange with one vehicle.

- Official vehicle signs must be displayed in rear window. This helps us to identify you if we find your lost, injured, and crying teammate or if there is emergency news.
- Trail crosses roads and a small portion is run on the road shoulder, so use common road running etiquette, cars won't stop for you and you can't stop em'.
- Drive Safely. Be on the lookout for runners farting, I mean, darting out of the woods. Be especially nice to any official looking folks who might stop at the exchange and say, "*What in Hell is going on here?*"
- Obey the Speed Limit. Time exists to get to each exchange as long as you decline interviews.

**Exchange Parking:** Parking ... patience and humor is in order.

- Park in the designated areas only. Volunteers will do their best to move you in and out efficiently.
- Each exchange will have specific traffic flow patterns, Ha.
- Parking is not always close to the human exchange so be prepared to get moving.
- Don't run over anyone on your team or competitors at the exchanges or road crossing.
- Stay out of the road, (trail runners seem to forget that they are standing in the middle of the road.)

## DANCES WITH DIRT: GREEN SWAMP 2010

### Runner Safety

- Run Safely: the magnitude of this event does not allow closed roads or stopped vehicle traffic. The course crosses the roads within the park. Do not blindly run across any road; come to a complete stop before crossing. You can make up the time once you have survived the crossing. Do not stop traffic!
- Be aware and stay on the course: The two most common reasons to go off course. 1) Followed the dudette in front of me! 2) I zoned out and missed a turn. 3)The course often leaves a perfectly good trail and heads into the bushes ... yes the turn was marked but ...
- No shortcuts: The map may look like there is shorter way but it could be dangerous or not approved for usage.

**Bikes:** Not allowed on the course by participants, teammates or support. However, you may encounter volunteers on mountain bikes or others unaffiliated with the race.

# DANCES WITH DIRT: GREEN SWAMP 2010

## COURSE MARKING

- The course is marked with survey flags, ribbon and arrow signs.
- The course is marked by Friday (mostly) and finished/checked/remarked throughout race day
- Dirt roads and grassy aid station areas may have chalk, paint & survey flags
- See your individual Race descriptions for the colors. You'll be mostly on Orange with a few exceptions.
- Also please have a look at the "Stupid Trail Tricks" so that you have some idea of what to expect at the confusing parts. It's not so much necessary to remember this stuff; there'll be signage and volunteers to ask.

**Ribbon:** Ribbon is tied to trees, stick flags, signs, benches, poison ivy, vagrants & passed-out volunteers.

- "Continue straight" is marked with continued single ribbons
- Turns will have two ribbons together in the direction of the turn. Example: Right side two ribbons or a series of two ribbons close together, then the course turns right. After the turn, a confirmation ribbon is placed. We also increase the frequency of ribbon as we near the turns. Out on the trails where there is little opportunity to get lost, we mark about every 1/10 mile. As we approach an opportunity for losing it, we'll mark every 50 feet or so.
- If you are confused on the ribbon color, have a piece of ribbon tied on your hand at each aid station.

**Signs:**

- Directional signs (colored arrows indicating direction) are used in certain places to increase likelihood of marking retention (sometimes kids/others mess with us...) and to hopefully reduce confusion. But, ya gotta look at/see them... Like this...



- You might see a "Wrong Way Moron"; you've gotten off the course, **we're trying to tell you that you missed a turn.** Turn back until you locate where you diverged from the course; these signs will be close to the turn you missed. A Wrong Way Moron sign might look something like this:



## DANCES WITH DIRT: GREEN SWAMP 2010

# ULTRA 50K & 50M, MARATHON & HALF-MARATHON

50 Mile: 5:30 AM

50K / MARATHON / HALF-MARATHON: 7:00 AM

Event Switching: No 13.1, 26.2 or 50K switching on race day.

50M Cut-Off Time: The on-target 13-hour finish time is strictly enforced.

50M Pull Times: We really, really, really don't want you out after dark, it's cold and scary in the woods, so you may be asked to take a shortcut or maybe even a ride back to the finish at these points:

- Mile 23, The Decider, going into Colt Creek, **11:20 AM** (Mandatory 50M to 50K Switch)
- Mile 33, The Decider, coming back from Colt Creek: **2:05 PM**. (On this one, you'll probably continue on to Traffic Jam, since it's on the way back to the Start/Finish...)
- Mile 38, Traffic Jam: **3:25 PM**
- Mile 42, Ranch Road: **4:20 PM**

### Mandatory 50M to 50K Switch

When you're at 22.5 miles (The Decider, with 27.5 miles to go, heading east):

If it's after 11:20 AM, you must switch to the 50K.

(We'll give you one of these maps at The Decider if you switch, no worries...)



Flashlights-Headlights: Required for 50 mile 5:30AM start. **Put your name on them, we have enough abandoned headlamps already.** The flashlight/headlight drop zone is at the 5 mile mark at the Start/Finish.

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## AID STATION CHECK-IN

**At EACH aid station inform aid station volunteers that you have arrived with your race number. Holler out your number to wake them up...**

It is absolutely vital that we enter your race number at each Aid Station. Only then will we have a chance to find misplaced runners.

**Drive Route:** See Driving Instructions page.

**Support Locations:** You can view/assist your runner at several places on the course.

50M	50K
<ul style="list-style-type: none"> <li>• Start/Finish: 5, 10 miles</li> <li>• Hunt Club: 15, 19 miles</li> <li>• The Decider, FL471: 22.5 miles</li> <li>• Colt Creek: 27 miles</li> <li>• The Decider (yep,again): 33 miles</li> <li>• Traffic Jam: 38 miles *</li> <li>• Ranch Road: 42 miles **</li> </ul>	<ul style="list-style-type: none"> <li>• Start/Finish: 5 miles</li> <li>• Hunt Club: 10 miles</li> <li>• The Decider, FL471: 13 miles</li> <li>• Traffic Jam: 18 miles *</li> <li>• Ranch Road: 22 miles **</li> </ul>

Marathon	Half-Marathon
<ul style="list-style-type: none"> <li>• Start/Finish: 5 miles</li> <li>• Hunt Club: 10 miles</li> <li>• The Decider, FL471: 13 miles</li> <li>• Traffic Jam: 18 miles *</li> </ul>	<ul style="list-style-type: none"> <li>• Start/Finish: 5 miles</li> </ul>

\* Access to Traffic Jam Aid is on foot from the Start/Finish. You can enjoy a walk and see some of the course weirdness by walking in from the Start/Finish 1.1 miles. This will include with a river crossing and some bushwhacking; follow the yellow markings from the Start/Finish.

\*\* Access to Ranch Road Aid is on foot from the SWFWMD gate on Ranch Road. Getting to Ranch Road Aid requires walking in 1.4 miles on gravel roads: follow the Drive Route to the River Road exchange, continue east on to the SWFWMD gate. Park & continue east on foot 1.4 miles on gravel Ranch Road. Don't turn right on Cumpresco Road; it's hard enough keeping track of the runners...

### Drop Bags:

There's a possibility of some wetness on the course at miles 4 & 6 (50K) / 9 & 11 (50M)

50K Drops	50M Drops
Traffic Jam, mile 6.5	Traffic Jam, mile 11.5
Traffic Jam, mile 18	Traffic Jam, mile 38

## DANCES WITH DIRT: GREEN SWAMP 2010

<b>50 Mile Course</b>						
<b>Leg</b>	<b>Begin at</b>	<b>End at</b>	<b>Color</b>	<b>Len</b>	<b>Total</b>	<b>Description/***Stupid Trail Tricks***</b>
50M.01	S/F	S/F	White	5.0	5.0	firebreak, two-track, some sandy footing
50M.02	S/F	S/F	Orange	5.3	10.3	Excellent trail with small amount of stupid near the end
50M.03	S/F	Hunt Club	Orange	4.6	14.9	First ¾ mile includes river crossing, off-trail, then shell road/two-track * 1.1 miles, continue straight, do not turn right/north onto Florida Trail * 1.2 miles, bear right, do not bear left onto Florida Trail
50M.04	Hunt Club	Hunt Club	Orange	4.2	19.2	Shell road, single track, grassy fields, pine plantation * Lotsa Orange ins & outs here, pay attention to signage/volunteers
50M.05	Hunt Club	Decider	Orange	3.4	22.5	2 miles of firebreak and suspicious 2-track then excellent 2-track * Lotsa Orange ins & outs here, pay attention to signage/volunteers
50M.06	Decider	Colt Creek	Orange	4.7	27.3	Start with a crawl under 471, a mile on Florida Trail, climb gate into Colt Creek then 2-tracks * Orange goes east and west here, you want east: over the fence, south along FL471 * 2.0 miles, climb over gate * 2.2 miles, turn right, don't go straight
50M.07	Colt Creek	Decider	Orange	5.9	33.2	Shell road, tractor road, grassy fields * 3.6 miles stay straight; don't go right, you've been there before * 3.8 miles, climb the gate & head west on the Florida Trail
50M.08	Decider	Traffic Jam	Orange	5.0	38.2	Excellent Florida Trail * Stay on the Florida Trail; it's the single track at the north end of the parking, not the 2-track at the south
50M.09	Traffic Jam	Ranch Road	Orange	3.6	41.7	Excellent Florida Trail * Hang a hard right at the aid station
50M.10	Ranch Road	NW Passage	Orange	4.9	46.7	3 miles of Florida Trail then 2 miles of woody 2-track and shell road
50M.11	NW Passage	S/F	Orange	3.4	50.0	Shell road for a mile then mostly off-trail the rest of the way in

### \*\*\* STUPID TRAIL TRICKS \*\*\*

There will be signage at these points, I just thought you might want a head's up. Follow along on the map to better understand these, maybe...

We'll have signage where the colors change but ya gotta pay attention. Yeah, I know, it's hard to read and run.

## DANCES WITH DIRT: GREEN SWAMP 2010

<b>50 Kilometer Course</b>						
<b>Leg</b>	<b>Begin at</b>	<b>End at</b>	<b>Color</b>	<b>Len</b>	<b>Total</b>	<b>Description/***Stupid Trail Tricks***</b>
50K.01	S/F	S/F	Orange	5.3	5.3	Excellent trail with small amount of stupid near the end
50K.02	S/F	Hunt Club	Orange	4.6	9.9	First $\frac{3}{4}$ mile includes river crossing, off-trail, then shell road/two-track * 1.1 miles, continue straight, do not turn right/north onto Florida Trail * 1.2 miles, bear right, do not bear left onto Florida Trail
50K.03	Hunt Club	Decider	Orange	3.4	13.3	2 miles of firebreak and suspicious 2-track then excellent 2-track * Lotsa Orange ins & outs here, pay attention to signage/volunteers
50K.04	Decider	Traffic Jam	Orange	5.0	18.3	Excellent Florida Trail * Don't cross the fence, turn left onto the Florida Trail at the north end of the parking lot
50K.05	Traffic Jam	Ranch Road	Orange	3.6	21.9	Excellent Florida Trail * Hang a hard right/north at the aid station
50K.06	Ranch Road	NW Passage	Orange	5.7	27.6	3 miles of Florida Trail then 2 miles of woody 2-track and shell road
50K.07	NW Passage	S/F	Orange	3.4	31.0	Shell road for a mile then mostly off-trail the rest of the way in

### \*\*\* STUPID TRAIL TRICKS \*\*\*

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<b>Marathon Course</b>						
<b>Leg</b>	<b>Begin at</b>	<b>End at</b>	<b>Color</b>	<b>Len</b>	<b>Total</b>	<b>Description/***Stupid Trail Tricks***</b>
F.01	S/F	S/F	Orange	5.3	5.3	Excellent trail with small amount of stupid near the end
F.02	S/F	Hunt Club	Orange	4.6	9.9	First ¾ mile includes river crossing, off-trail, then shell road/two-track * 1.1 miles, continue straight, do not turn right/north onto Florida Trail * 1.2 miles, bear right, do not bear left onto Florida Trail
F.03	Hunt Club	Decider	Orange	3.4	13.3	2 miles of firebreak and suspicious 2-track then excellent 2-track * Lotsa Orange ins & outs here, pay attention to signage/volunteers
F.04	Decider	Traffic Jam	Orange	5.0	18.3	Excellent Florida Trail * Don't cross the fence, turn left onto the Florida Trail at the north end of the parking lot
F.05	Traffic Jam	Ranch Road	Orange	3.6	21.9	Excellent Florida Trail * Hang a hard right/north at the aid station
F.06	Ranch Road	River Road	<b>Blue</b>	3.2	25.1	Another mile of Florida Trail , then a mixed mile of off-trail/2-track/shell-road then off-trail for the last mile * Switch to <b>Blue</b> here to make the distance work; if you stay on orange, you'll be doing the 50K ultra, good luck with that...
F.07	River Road	S/F	Orange	1.1	26.2	Off trail back to Start/Finish with a bit of trail and firebreak at the end * OK; switch back to Orange for the last bit back into the Finish

### \*\*\* STUPID TRAIL TRICKS \*\*\*

There will be signage at these points, I just thought you might want a head's up. Follow along on the map to better understand these, maybe...

**NOTE:** You'll be following Orange except between Ranch Road and River Road where you'll follow **Blue**. If you miss the color change, you'll be running maybe 5 miles further...

We'll have signage where the colors change but ya gotta pay attention. Yeah, I know, it's hard to read and run.

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<b>Half Marathon Course</b>						
<b>Leg</b>	<b>Start</b>	<b>Finish</b>	<b>Color</b>	<b>Len</b>	<b>Total</b>	<b>Description/**Stupid Trail Tricks**</b>
H.01	S/F	S/F	Orange	5.3	5.3	Excellent trail with small amount of stupid near the end
H.02	S/F	Traffic Jam	Orange	1.1	6.4	First $\frac{3}{4}$ mile includes river crossing, off-trail, then shell road/two-track * Hang a hard left at the aid station onto the single track Florida Trail
H.03	Traffic Jam	Ranch Road	Orange	3.6	10.0	Beautiful Florida Trail
H.04	Ranch Road	River Road	<b>White</b>	2.1	12.1	$\frac{1}{2}$ mile of shell road then off-trail * Switch to <b>White</b>
H.05	River Road	S/F	Orange	1.1	13.1	Off-trail with a bit of trail/firebreak at the end * Switch back to <b>Orange</b> into the Finish

### \*\*\* STUPID TRAIL TRICKS \*\*\*

There will be signage at these points, I just thought you might want a head's up. Follow along on the map to better understand these, maybe...

**NOTE:** You'll be following Orange except between Ranch Road and River Road where you'll follow **White**. If you miss the color change, you'll be running maybe 5 miles further...

We'll have signage where the colors change but ya gotta pay attention. Yeah, I know, it's hard to read and run.

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## 50 MILE RELAY TEAM INFO

**START: 50 MILE RELAY STARTS AT 7:30 A.M.**

**Check-In: Dirt Headquarters (Start/Finish) – Pasco County Withlacoochee River Park, Dade City, FL 4-8 PM, Sat 5-7:15 AM.**

Team captain or designated team member must check in before the start.

**All waivers must be signed and turned in at check in!**

Numbers & last minute information will be handed out. Come Friday and loosen up the team in a party atmosphere and avoid the insane morning lines. Enjoy the calm before the storm!

### **TEAM STUFF:**

**CAPTAINS OR DESIGNEE MUST BE IN THE CHECK IN LINE BY 7:15 AM RACE DAY!**

Finish Cut Off Time: 5:30 PM, but you can cheat to do it. See below.

Numbers: All runners must wear numbers visible on the front. Numbers vary from individual race runners.

**LAST RELAY RUNNER MUST WEAR TIMING TAG ON SHOE...not in your pocket, behind the potato in your shorts, bra, or any other place you imagine you can keep it.**

**Membership:** Team Members can change up until the start. No changes after the start! Team members must be human even if you're dog follows trails better. Waiver must be signed, team will be disqualified if runner has not signed waiver. Signed waivers to be turned in at check in!

You can run with less than 5 people on a team but not more, heck, you paid for 5. **All must sign a waiver & turn it in! Did we say this?**

**Handicap:** Age and sex handicap for each team member will be added together for the team handicap. This percentage will be deducted from the total finishing time to determine YOUR ADJUSTED HANDICAP TIME. Women receive a 12.5 % handicap in addition to age handicap. Masters men and women receive a 1.0-% handicap for each year over 40 and 1.5% handicap for each year over 50. Example: A 52-year-old woman would get a 23.5% handicap. If everyone else on the team was male and under 41 the team would get a 4.7% handicap (23.5/5) Confused? You should be!

### **AWARDS & POST-RACE EATS:**

Awards are presented to the top 20% handicapped adjusted teams. Ceremonies to take place at 5PM – If you are not out there on the course, or being chased by some critter, please come to the ceremony!

Bar-B-Q served from 2 pm on, you need a meal ticket to chow down! We give each team a total of 5 meal tickets, one for each runner. Email [canadianchick@runningfit.com](mailto:canadianchick@runningfit.com) if you need additional dinner tickets, for crew, family, friends, pet alligator...\$8/ticket.

**MEDICAL:** Write on the back of your race number any relevant information that you want made known to the medical personnel that comes across your body. (Bee stings to Viagra).

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**Injury:** Inform the aid station personnel if you need assistance, relay via other runners if down on course. Please do all you can to help, you are a big part of our medical crew, as a participant, you are first on the scene. We encourage running with cell phones (hold over your head if you fall in the river). We will give you back any lost time for helping! EMS technicians are on the course. Inform volunteers at the exchange point or call 911. Cell-phones will also be at each exchange point, we have a medical crew on site and they will have contact with the exchanges.

**Delayed or Pulled from Race:** EMS staff or the volunteer captains may determine that it is unsafe for you to continue medically. You will not be allowed to continue until the medical concern has been removed. This has happened in the past but rarely. However, your team can leave your sorry butt behind and press on.

### RELAY RULES:

#### Running:

- All runners must wear numbers visible on the front. Each team will have 5 identical numbers.
- All legs must be run in the order presented and to completion (No improvised shortcuts). Determine the strategy to best suit your talents.
- Each team runner is required to run a minimum of 2 legs unless injury occurs. Only one runner per team runs a leg unless injury occurs. See injury substitution below.
- LAST RELAY RUNNER MUST WEAR TIMING TAG ON SHOE...not in your pocket, behind the potato in your shorts, bra, or any other place you imagine you can keep it.
- Follow the markings, not other runners.
- Each leg begins from one exchange point and ends at the next exchange point. While you are running, your team drives to the correct exchange in a timely fashion, sometimes, the leg is a loop and the team does not move, pay attention. There is plenty of time to drive to each exchange point. As you arrive, alert your teammates by screaming and yelling. If you arrive and no teammate can be found, let the aid station captain know and chill out, we will find your directionally challenged team.
- Exchange is made by having physical contact with the next runner in the exchange zone, while people are watching ... Yikes!

**Exchange / Aid Stations:** Some exchange points are also aid stations for the individual event-runners. H2O & First Aid is for all.

**Exchange Check-In: No check-in necessary but** inform volunteers if your runner does not arrive, we can help find them. **Also inform the volunteers if someone who was reported lost becomes found.** Sometimes we can help to find temporarily displaced runners. Thank the volunteers.

**Injury Substitution:** If a member of the team is injured, another team member can complete the leg from the point of injury. If an injured member is out of the race, they cannot run in a later leg. No one other than the original team members can represent the team. An injury substitution is the only allowed non-exchange point exchange. That is, otherwise exchange at exchange points only. Report that you had an injured runner who did not complete 2 legs; we need to remove their handicap before posting results.

**The Course:** See Course marking on how the course will be marked.

Each team receives maps with the running course, auto-route and exchange points marked. Each leg will be from 2 to 7 miles in length. It is up to each team to best utilize each runner. Each team member

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is to run 2 legs. Remember that back to back legs will probably equate to a slower over all time and a high chance of injury. Come up with a plan to start and be ready to change once the whining starts.

**Drive Route:** A specific driving route to each exchange point will be presented to each team and individual runner support staff. These routes are fairly direct and will give you plenty of time to get to a couple points. **(Warning: The drive route may cross the course).** This will allow the runners to avoid your dust and some danger. It is also designed to allow for responsive medical emergencies and management of the race. We do understand that sometimes you may miss a turn because the stench in the vehicle gets intolerable and you have your head out the window and not on the map.

**Medical Emergencies** –In case of serious injury call 911. Cell-phones are at each exchange point. Tell the 911 operator your exchange position. We do have a medical crew on site and they will have contact with the exchanges.

**Good Samaritan Act:** If you pass an injured runner, help them in any way possible. This is not a road race where we can send an ambulance to a downed runner very easily; we must all be a part of the medical team. Please relay information to the volunteer at the next station or others at safety crossings. Time bonus for saving a life! KEEP TRACK OF LOST TIME; WE WILL CREDIT YOUR TIME APPROPRIATELY. Keep track of Samaritan time as a negative on your We Need to Get Home Card.

### **Concurrent Running (THE LEGAL WAY TO CHEAT)**

**Early leaving = Concurrent running.** Letting your next runner start before the runner on the previous leg is finished. Start a watch as the early leaving runner starts. When the early runner starts they must yell out, "I am a cheating bastard!" Stop the watch when the incoming runner finishes. Post the time to the "I am going to Hell for Cheating" Card

### **Teams starting runners must meet the following conditions!**

Early leave (concurrent running) is allowed on legs 3,4,5,6,7,8,9 and 10 if team is slower than 11:30 per mile pace. We announce that it is time to concurrent run at these exchanges and the time is listed on the cheat card.

**Total the times** on the Card and turn in as your team crosses the finish line. This time is added to your official finish time. **Even teams that did not concurrent run turn in a signed and totaled time adjustment, I am going To Hell for Cheating Card at the Finish. Cards not totaled or turned in may face maximum time adjustment, disqualification or be subjected to additional ridicule, maybe torture.**

## DANCES WITH DIRT: GREEN SWAMP 2010

### Relay Team Worksheet

Leg	Start	Finish	Color	Length	Runner
R.01	S/F	S/F	Orange	5.3	
R.02	S/F	Hunt Club	Orange	4.6	
R.03	Hunt Club	Hunt Club	Orange	4.2	
R.04	Hunt Club	Colt Creek	Yellow	5.7	
R.05	Colt Creek	Colt Creek	Blue	5.8	
R.06	Colt Creek	Decider	Orange	5.5	
R.07	Decider	River Road	Blue	7.0	
R.08	River Road	River Road	White	6.0	
R.09	River Road	S/F	Yellow	3.3	
R.10	S/F	S/F	Blue	2.0	

## DANCES WITH DIRT: GREEN SWAMP 2010

# Relay Course Dirtails

### **Leg 1: Spider Web - 5.3 Miles - ORANGE**

#### **Start: Starting Line - Finish: Starting line again!**

This should clear out the night's webs but ya never know. This run is on beautiful trails, as good as it gets, in the final mile we do take you into a cypress abyss with crap footing that could contain some snakes and gators, would you want to start any other way?

### **Leg 2: Gators and Snakes and Hogs, Oh My! - 4.6 - ORANGE**

#### **Start: Start Line – Finish: Hunt Club**

¼ mile on a fire break trail then a hop skip and a jump over the Withlacoochee River. Water is low and gator spotting should be low also. A bit of bushwhack for ¼ mile so expect webs, lousy footing and perhaps a cut from the evil growth here. Onto a bit of dirt road or maybe it's a horse trail, pass the Traffic Jam, bear right on two-tracks and trails for another 3.5 miles.

### **Leg 3: Armadillo Brillo - 4.2 - ORANGE**

#### **Start: Hunt Club – Finish: Hunt Club**

Good Luck getting to the exchange in your car; have you seen that bridge? Now crawl under the barbed wire and tag off. You'll loop around a mix of single/2-tracks (where we can find 'em, otherwise we'll make something up) and roll back into the Camp. Don't get distracted by the snakes or bugs in your path and power through the tall brush that wails away at your arms as you seek the end of the trail travail and retribution on the evil Trail Trash that did this to you.

### **Leg 4: Why Me? - 5.7 - YELLOW**

#### **Start: Hunt Club – Finish: Colt Creek**

Out into the fields/2/singe-tracks for about a mile, then join one of the most beautiful bit of 2-track Swamp Dog has ever seen, tears in the eyes stuff. 'Nuff of that, hit Highway FL-471, crawl under, not so sweet, join the Florida Trail for a bit, use our new ladder to get over the fence, then trails/whatnot the rest of the way.

### **Leg 5: Gator Pit – 5.8 - BLUE**

#### **Start: Colt Creek – Finish: Colt Creek**

Well now, we've let our "friend" Stumpy have his way with us out here, with only the instruction: "find us a nasty loop 'round Colt Creek; don't let anyone get eaten." Don't get lost here 'cause these trails aren't on any maps (except ours!), found out only by getting lost in the park. Follow the access road before you jump over the Colt Creek, watch out for gators, as they have been spotted here (surprise!) then follow the trail around. Some more "trails" follow with questionable footing and even more questionable paths. Once clear, make you way back to your buddies and thank someone you didn't get lost.

### **Leg 6: This Sucks – 5.5 Miles - ORANGE**

#### **Start: Colt Creek Normal – Finish: The Decider**

We're almost done messin' with ya in Colt Creek, now we need to get ya back to the Florida Trail & melt your brain. Follow the tractor trails, jump the fence, head west on the beautiful Florida Trail. Nice day to be out in the woods, eh?

### **Leg 7: Heat Stroke - 7.0 miles - BLUE**

#### **Start: The Decider - Finish: River Rd**

It's long, but it's long. Good tempo run, if a bit long. Starts with the crawl through the spider tunnel, then a nice long run on the Florida Trail. Carry some water, maybe; it's hot & long. The trail is excellent, just about all the way to the end...

## DANCES WITH DIRT: GREEN SWAMP 2010

### **Leg 8: Black Widow – 6.0 miles - WHITE**

**Start: River Rd: Finish: River Rd**

Here's your chance to run the ultra course unless you follow the WHITE marks like you're supposed to. You remembered the Deet, right? Lot's of it, right?

### **Leg 9: High Ground - 3.4 miles – YELLOW**

**Start: River Rd – Finish: S/F**

Single track & double track your way over to the Florida Trail, head south, don't miss the turn back west towards where your buddies are emptying the cooler. Break off into the woods and hopefully you'll find the river crossing 'cause you've got to get over there to the Finish line. Stumpy doesn't recommend crossing elsewhere.

### **Leg 10: Gator Bait – 2.0 - BLUE**

**Start: S/F - Finish: S/F**

Is it hot out yet? This is the widdle baby of the legs with a special added feature to cool you off. Some sandy firebreak stuff then have fun making your way down the west bank/middle/east bank of the Withlacootchee River. Stumpy says to tell Fred, his new gator buddy, he says Hi!

## DANCES WITH DIRT: GREEN SWAMP 2010

# Driving Instructions

### Start/Finish to Hunt Club

Leave parking area, turn left on the park road (Withlacoochee River Rd), 0.7 miles to Auton.

Left on Auton, 3.3 miles to Messick (end of road, don't go into the driveway/field)

Right on Messick, 0.5 miles to Janmar

Left on Janmar, 0.5 miles to US-98

Left on US-98, 1.6 miles to Hunt Club Entrance on left (private drive, we'll have a DWD Exchange sign here)

Left into Hunt Club, through gate, over bridge, 2.2 miles to Exchange/Aid

### Hunt Club to Colt Creek

Return to US-98, 2.2 miles

Left on US-98, 4.4 miles to FL-471

Left on FL-471, 3.8 miles to Colt Creek Park Entrance on right

Right into Colt Creek Park, 0.5 miles to Exchange/Aid

### Colt Creek to Decider Exchange

Return to FL-471, 0.5 miles

Right on FL-471, 0.4 miles to Decider Exchange on right. **PARKING IS NOT ON THE SHOULDER!!!**; **TURN OFF THE ROAD & GET DOWN OFF THE ROAD EMBANKMENT.**

### Colt Creek to Decider Aid

Same as above, plus:

Walk north the 0.3 miles from parking to the Ultra/Marathon Exchange.

### Decider Exchange to River Road Exchange

Left from parking on FL-471, 4.3 miles

Right on US-98, 6.0 miles to Janmar Rd

Right on Janmar, 0.5 miles to Messick

Right on Messick, 0.5 miles to Singletary/Auton

Left on Singletary/Auton, 3.4 miles to River Road

Right on River Road, 0.2 miles to Exchange

### River Road Exchange to Start/Finish

West on River Road, 0.2 miles to Auton

Left on Auton, 0.1 miles to River Park Entrance

Left into River Park, 0.7 miles to Big Ma's Way

Right into Start/Finish/Party area

## DANCES WITH DIRT: GREEN SWAMP 2010

### WE ARE GOING TO HELL FOR CHEATING!

Team Name \_\_\_\_\_

No.	Leg Name	Start Cheating if later than	Left Early	Time Left Early	Time Arrived	Time Adjustment
1	Spider Web					
2	Gators and Snakes...					
3	Armadillo Brillo	9:45 AM				
4	Why Me?	10:30 AM				
5	Gator Pit	11:45 PM				
6	This Sucks	12:45 PM				
7	Heat Stroke	2:00 PM				
8	Black Widow	3:15 PM				
9	High Ground	4:30 PM				
10	Gator Bait					
	Total					

Signed by: \_\_\_\_\_

**IF YOU DO NOT TOTAL THE TIME TO ADD TO YOUR TEAM, AND DO NOT TURN THIS IN WITHIN 5 MINUTES OF YOUR FINISH YOU WILL BE DISQUALIFIED**

#### Concurrent Running (THE LEGAL WAY TO CHEAT)

**Cheatin' = Early leaving = Concurrent running =** Letting your next runner start before the runner on the previous leg is finished.

- Start a watch as the early leaving runner starts.
- When the early runner starts they must yell out, "I am a cheating bastard!"
- Stop the watch when the incoming runner finishes.
- Post the time to the "We are going to Hell for Cheating" Card