

**The 2020**

# **Lake Martin 100**

**100 Mile Endurance Trail Race**

## **Runners Manual**

**The Russell Forest Trail System**

**Russell Crossroads, Alabama**

**March 28th & 29th, 2020**

# Lake Martin 100

## A Message from the Race Director

The Lake Martin 100 was designed from the ground up to be the perfect step-up from a 50K to a 50 mile or from a 50 mile to your first 100 mile trial race. Our goal is your success. We promise to do everything in our power to help you accomplish your goal, whether that goal is to run your first ultra, the 27 Mile Fun Run, or to break 21 hours in the 100. We also pledge to make your race experience *Fun!* The race will be hard. All those beautiful hills become steeper and longer with each successive lap. Those gentle carriage paths become very long about mile 80. But if you have put in enough training miles, you can do it. We will encourage you, push you, help you, and even yell at you if necessary, to get you to the end. We might even let you rest occasionally. If you are ready, you can do it.

For experienced 100 mile runners the lake Martin 100 is no “Walk in the Park.” My Suunto Ambit Vertical GPS watch shows over 14,000 feet of elevation gain. The course is very hilly. There are virtually no trails that could be called flat anywhere on the course. There are also, no big climbs and there are no technical sections at all. Almost all of the hills are less than 100 feet of elevation gain but those small hills are relentless. For those of you that alternate walking and running, you will not need to time the cycles. The hills will tell you where to walk and where to run.

We will start with a few rules from the Lake Martin 100

1. No Whining. (First rule in the Hardrock 100 Runners Manual) You chose to run an ultra, now get it done.
2. No Littering – You will be running on the Russell Forest Trail System, private land owned by the Russell Family of Alexander City, Alabama. We have the privilege of being the only running event allowed on the trail system that is not a Russell Lands event. Please help us stay in good favor with the Russell Family and help us maintain the natural beauty of the trails.
3. Be courteous to other trail users. You will be sharing the trails with other hikers, possibly a mountain biker and you may see a few horseback riders. Normally the horses have right-of-way, but for the race weekend, we runners have the right-of-way. Thank the riders for allowing you to pass.
4. Do Not stash supplies along the trails. There are plenty of aid stations where you can leave everything you will need.
5. Above all, Have Fun! Enjoy the experience and beauty of Lake Martin and the Russell Forest Trail System.
6. Please ignore any references to any race dates other than dates March 28 & 29.

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## Lake Martin 100 - Runner Information

1. Runner Information: The following general notes are to help runners prepare for the Lake Martin 100. However, nothing can prepare you as well as getting out on the course and becoming familiar with the trails and the terrain. Every part of the course is easily accessible from the trailheads making it an easy course to scout in sections. Arrive a day or two early and do a little hiking along the trails. This manual as well as the course description, images of the course and profiles, available on the website will provide additional information.

1.1 The Course: The Lake Martin 100, 50 & 27 are “Closed Courses.” This means, you MUST follow the specified race course. Route finding and cutting corners is not allowed and may result in disqualification. The course is easy to follow and flagging will be sufficient to keep runners on the course if you pay attention. The course is laid out like three “Os” side by side ⇒ “OOO.” Aid stations are located where the “Os” almost touch. See the diagram of the course, Section 4.1.

1.2 The trails in the Russell Forest Trail System: The trails in general are in great conditions. Every trail is easy to run “runnable” for everyone including first time trail runners. There are a lot of roots but the course is almost entirely in the woods. That is why it is called The Russell Forest Trail System. There is absolutely nothing technical anywhere on the course. The course is hilly with beautiful rolling hills from one end to the other but most of the hills are less than 100 feet of elevation gain. The only thing that can actually be called a climb is the trail to up Heaven Hill, the high point on the course, with about 200 feet of elevation gain.

The soil is very sandy and drains rapidly. As long as it doesn't rain hard during or just prior to the race, most runners will be able to keep their feet dry the entire race. There are a few boggy areas but all are very short and can be totally avoided. There are many creek crossings around the course and some trails follow creeks and cross back and forth. All can be crossed without stepping in water if you are willing to take the time to pick your way across. 2014 was the exception. Late winter was very wet, so the trails were waterlogged before race weekend. Race morning as much as 3.5 inches of rain fell in the two hours prior to the start and during the first hours of the race. Need I say more!

1.3 The Weather: This is Central Alabama. Late March can be anything from very hot and humid with temperatures approaching 90 or it can be very cold and wet with temperatures in the 30's. Be prepared for anything. The average temperature range for March 28<sup>th</sup> is 47 deg. to 72 deg. The average chance of rain sometime during a 24 hour period in March is 25%. There is an 18% chance of Thunderstorms in that same 24 hour period. That means there is better than a 50% chance the sky will be clear.

1.4 Route Finding: The Lake Martin 100 is not an Orienteering Adventure. It is a race and our goal is for you to be able to concentrate on racing and not worry about getting off course. That said, you still have to stay focused and pay attention to course marking. The entire course is marked with 4 X 5 Blue Flags. Virtually all of the flags will have DOT reflective tape attached to the flag to make it more visible at night. In some areas these reflective flags will be line-of-sight. You can spot these flags 400 yards away in the dark. We also use small signs, with arrows and DOT reflective tape at critical points on the course where runners could easily make a wrong turn. If you pay attention you will not miss a turn.

## Lake Martin 100 - Runner Information (Continued)

There is the real possibility that something can happen to a few flags or signs. A bike or carriage might knock some down or a child might pull a few up. It's a good idea to have a basic knowledge of the course and carry a map with you during the race, especially the first couple of laps. You can also copy the course description which is a turn-by-turn account of the race course, section 4.3.

1.5 Training: The Lake Martin 100 course is a relative easy and safe course compared to many 100 mile races. There are no 13,000 foot, snow covered passes to cross. There are no traverses through cliff bands where a slip could send you 500 feet down a sheer rock face. There are not even any technical sections where you must negotiate tricky rock covered climbs or descents. You will never be more than about 3 miles from an aid station. This is why there are not qualification requirements for this race. What the Lake Martin 100 does have, is 100 miles to cover on foot from the start to the finish. Most finishers will need 25 to 32 hours to complete the race. This is an unimaginable feat for the vast majority of runners, let alone the general population. The training is the one component we have no control over. It is totally your responsibility to be physically and mentally prepared for the endeavor you are about to embark upon. If you have not run a 100 before I would suggest you do a little research. Hal Koerner has a great book, "Field Guide to Ultrarunning." He knows what he is talking about. "I Run Far" has lots of good stuff on running ultras and 100s. I also have a blog "[Run Your First Ultra](#)" that you might find some worthwhile information in. Good Luck.

1.6 Dropping from the race: Unfortunately, it is as much a part of running 100 mile races as aid stations. A lot of runners drop from 100 mile races. Less than half of the runners that started the 2013 Leadville 100 finish. Oddly enough, only about 31% of the starters at the 2013 Hardrock 100 failed to finish, arguably the hardest 100 on earth (that can be considered a real race.) Both races had perfect weather a rare event in the Colorado Rockies. What was the difference? To get in Hardrock you must have finished, one of 22 of the hardest 100 mile mountain races in the world within the last two years. Yes, there will be a fairly high percent of runners that drop at Lake Martin. But there will be a much higher percent that make it. Don't even let dropping be an option in your mind. Stay focused on finishing.

If you do find it necessary to drop, if you must be pulled from the race, or if you miss a cutoff at The Lake Martin 100, you will not be far from your crew or your car. There are 3 trailheads less than 5 miles from the start and there is the start/finish itself. You are probably never more than two miles from one of the trailhead or aid stations anywhere on the course. If you must stop you can call your crew and they will be able to pick you up at any of the trailheads. Just remember, if you drop, you **MUST** return to one of the aid stations and officially drop from the race by notifying the aid station captain or a race official. Please do not just leave. If we cannot account for a runner we will organize a search and rescue mission with local first responders. They will not be happy if they find you in your hotel room several hours later.

1.7 Carry Water at all Times during the race: The first aid station is a very long 7.26 miles from the start to Heaven Hill Aid Station. It will take you considerably longer than you think to get there. 50 and 100 mile runners **MUST** carry water.



## Lake Martin 100 – Runners Information (continued)

1.8 Cutoffs: Cutoff times will be enforced with exception. Please do not argue with a race official. The cutoffs are set so that if you do miss a cutoff, it would be impossible for you to finish the race under the 32 hours. See the cutoff schedule at 4.4.

### **YOU MUST LEAVE THE AID STATION BEFORE THESE CUTOFF TIME.**

Cutoff Exceptions: We must close all aid stations and the start/finish, per our agreement with Russell Lands, at the times indicated. You have signed a release allowing you to use the Russell Forest Trail System, so in reality, you may continue running. You must understand, if you choose this option, you are “on-your-on” so to speak. If your family or crew accepts responsibility for supporting you, (a crew member must sign a release accepting that responsibility) you may continue as long as you like with exception. If a runner has no crew, the runners must sign the release. There are no exceptions.

You must be off the trails before dark Sunday. This rule is enforced by Russell Lands Security. All of the Russell Forest Trail System trails close at dark and the security people DO patrol the Trail System. The Lake Martin 100 is the single exception to this rule. LM100 Runners are allowed to run overnight on Saturday night of the race. You may NOT be on the trails after dark Sunday night.

1.9 Getting to the Lake Martin 100: Russell Crossroads is located in East Central Alabama near Alexander City. Russell Crossroads is 80 miles southeast of Birmingham, 140 miles southwest of Atlanta and 40 miles northeast of Montgomery.

Montgomery Regional Airport is the closest, 49 miles from Russell Crossroads. This is a small airport with limited daily flights. Link to Google Maps [Driving directions from Montgomery to Russell](#).

Birmingham-Shuttlesworth International Airport: Is an easy drive to Russell Crossroads. Once you get Hwy 280, 4 miles from the airport, it's a straight shot all the way to Alexander City. (Warning – Hwy 280 is Birmingham's worst driving nightmare!) If you arrive late in the day and end up heading south on Hwy 280 after 4:00 PM it could easily take 3+ hour to get to Russell instead of the predicted 1 hour, 45 Minutes.

Link to Google Maps [Driving directions from Birmingham-Shuttlesworth Airport to Russell Crossroads](#).

Atlanta, GA - Hartsfield-Jackson Atlanta International Airport: It's a long drive from Atlanta but usually the traffic isn't too bad since the airport is on the southwest side of town. The airport is 137 miles, 2 hours, 15 minutes from Russell Crossroads. It is the most likely airport to have a direct flight from wherever you live.

Link to Google Maps [Driving directions from Hartsfield-Jackson Atlanta to Russell Crossroads](#).

## Section 2 - Race Week and Lodging

2. Thoroughly plan your race well ahead of Race Day: Plan ahead so you can relax the days before race weekend and be ready to race Saturday Morning. Start planning days or weeks ahead. Make a check list of everything you could possibly need. Have your drop bags planned or packed, your clothes packed, new batteries in flashlights and headlamps and queue sheets ready to go. That way you can relax Friday and be ready to race Saturday morning.

2.1 Schedule of Events: Please read the schedule of events in Section 6. You will need to be aware of where and when you need to check-in, leave drop bags, attend the pre-race briefing and eat dinner.

2.2 Accommodations: You will need to arrange for lodging for yourself and your crew. Camping is NOT allowed anywhere on the Russell Lands property. We have 44 rooms available to rent at Children's Harbor, 3 miles from the race start. These rooms go quickly. Camping at Harbor Lodge is not permitted. [Map to Russell Crossroads from Harbor Lodge](#)

2.3 There are homes available for rent around the lake. Pay very careful attention to the driving distance from rental houses back to the start. Lake Martin is a very large lake with 750 miles of shoreline. A house 3 miles across the lake could be 20 or 25 miles by country road to the start. There are a number of motels in Alexander City ranging from 12 to 15 miles from the start. There is a link on the [Alexander City Hotels](#). Check the website for more options.

2.4 Wind Creek State Park is located about 7 miles from the LM100 start. The park has almost 600 campsites and over 150 on the water. There are also 7 waterfront cabins available. [Camping & Cabins at Wind Creek State Park](#).

2.5 What to Bring: You will need to figure what to bring based on your experience and your speed. You will also need to make adjustments for running solo or with a crew. Of course, the weather is the one variable we cannot depend on to not do what we expect. Temperatures in Alexander City in late March can be as cold as the lower 20s or as hot as 89, the record high. Here is a list of items you might want to consider bringing. Check the forecast before you leave home and remember, there is always a 50% chance the forecast is wrong!

Rain Jacket	Short Sleeve Shirt	Hand Held Water Bottles	Pace Queue Sheet
Rain Hat	Sun Glasses	or Hydration Packs	Aid Stations Supplies
Extra Socks & Shoes	Sun Screen	Extra Batteries	Drop Bags
Gaiters	Extra Flashlight	Duct Tape	Warm Layers
Gloves	Light Jacket	Headlamp / Flashlights	Favorite Race Snacks

**Remember:** Runners must carry water at all times on the course. Bring hand held bottles, hydration belt or hydration Pack.



## Lake Martin 100 - Crew and Aid Stations

3. Crew and Aid Stations: We are guests on the Russell Forest Trail System, private lands owned by Russell Lands and the Russell family. We will be sharing the trails with other users, so be courteous and careful so all can enjoy the weekend on the trails. The following guidelines are for your crew if they decide to meet you at trailheads around the course.

3.1 Do you need a crew: It is certainly not necessary to have a crew or pacers. Some runners prefer to run "Solo." A crew can make your race faster or it can actually slow you down. Sometimes it is a huge motivation to know your wife (in my case) is waiting for you at the next aid station or the finish. It is also great to have someone that can bring a needed item to you at the next aid station, or, if you DNF, retrieve you from the middle of nowhere. The decision is yours.

3.2 Parking: Parking is limited at the trailheads and the start/finish area around the Cabin. We will have designated crew parking areas near the Cabin and all crew vehicles should park in those areas. Please see the map of the [Start/Finish area](#). Do not park in the parking spaces near Catherine's Market. Each runner will be issued a "Crew" parking permit that is to be displayed on your dashboard at all times while in the Russell Lands. You must park in the designated parking areas while at Russell Crossroads. There will be no parking allowed at or near the Stables or on the road leading down to the Stables.

Parking at the trailheads is less of a problem. If the trailhead parking area is full, you may park along the gravel road leading to the trailhead. Pull as far to the shoulder as possible. Do not block any roadways and do not block access to the trailhead. If the weather is nice there will probably be a few horse trailers at the trailhead. Leave plenty of room for them to get in and out. Try to carpool to trailheads whenever possible. Tell your crew to be courteous to everyone they encounter on in the Russell Forest Trail System. Remember, we are guests on private land. You might even meet a member of the Russell Family on the trail.

3.3 Rules for Your Crew: Just a word of warning. It is possible for your crew to get you, the runner, disqualified.

1. Aid Stations are for Runners and Pacers ONLY. Bring supplies, snacks and food for your crew.
2. DO NOT argue with any race official or aid station worker. (You could get you runner disqualified)
3. Crew members must abide by whatever they are told by a race official or the aid station captain.
4. Crew members may NOT drive to Heaven! You may park at Adamson Rd Trailhead and walk to Heaven Hill.
5. Park only in Lake Martin 100 designated parking areas around the Cabin. See the map of the [Start/Finish area](#).
6. Do not be obnoxious at any time to anyone. (It might just be Mr. or Mrs. Russell.) I assure you, they will be around.
7. DO NOT LITTER. (Disqualification!)
8. Do not play loud music that might disturb others.
9. Do not enter the aid station area cordoned off for runners only. Crew may enter the aid station with their runners.
10. Aid Stations supplies are for runners & pacers only. Crew may NOT take anything from the aid station for any reason.
11. After your runners finishes their race, crew members are welcome to join their runner for the post-race food and beverage at the Cabin Grits Bar.



## Lake Martin 100 - Crew and Aid Stations (Continued)

3.4 Giving runners aid: We are fairly liberal as far as providing aid during the race to runners. Since your crew is not allowed to drive to Heaven Hill Aid Station they have two choices. 1) Your crew may carry your personal AS Supplies to Heaven Hill and set up around the AS. It is about a 400 yard hike. 2) Your crew may choose to set up your personal aid station at the Adamson Road Trail Head. Runners must check-in at Heaven Hill aid station 1 and 2. After checking in at Heaven Hill 2, runners may continue to the location of their personal aid station. The same is true for the Cabin Aid Station. Runners must check-in each time through but their crew may have the runner's supplies setup on the road around the Cabin.

3.4.1 Adamson Road Trailhead: Runners will pass through the back side of Adamson Trailhead at about 5 miles after the start of the race on the way to Heaven Hill 1. Crew members can wait for their runner to come through Adamson Rd Trailhead, then hike up to Heaven Hill to set up your aid station. There is plenty of time. After runners make the loop from HH-1 and HH-2 they will pass by Adamson Road Trailhead again, about mile 13.25, heading back to the Cabin. It's easier to set up along the road rather than hike back to Heaven Hill.

3.4.2 Heaven Hill 1 Aid Station: Runners come through Heaven Hill (HH) twice each lap. The first time, HH-1, at about 7.25 miles after leaving the Cabin Start or Cabin Aid Station at the start of each new lap. Runners arrive from the lake side (east side) of the aid station and leave heading back toward the lake to the northeast. Crew should go to the HH aid station and set up a personal aid station on the east side of the aid station. (The AS is on the bald hill so set up beyond the aid station anywhere in the open grassy area. Just ask aid station crew members where to setup.)

3.4.3 Heaven Hill 2 Aid Station: After another 6 miles, runners return to Heaven Hill AS - 2. Runners will arrive on the gravel road from the north and leave heading back up the gravel road to the south. As soon as runners leave HH 2, they pass by Adamson Road Trailhead on Adamson Road. It will be easier for your crew to pack up after HH-1 and set up again at the trailhead. Your crew will have to move the aid station anyway so they might as well haul it back to the trailhead.

3.4.4 Providing Aid at other Trailheads: We do ask that your crew NOT provide aid at any trailhead other than the Adamson trailhead. The Lake Martin 100 has 16 aid station stops. If 100 mile runners spend 5 minutes at each aid station, they will lose 1 hour and 20 minutes over the 100 miles. If your crew meets you, for example, at two additional trailheads each lap, that could cost you as much as 45 minutes more. Crew, please feel free to meet your runner at as many trailheads as you like, but don't let your runner stop. Cheer them through, take pictures and offer encouragement, but don't let them hang around and lose time. The same is true for the Cabin Aid Station. You may pick up your runner's dropbag in advance and prepare an area for the runner. You should calculate about when to expect the runner back into the aid station and have everything ready for the runner. It is a good idea to spread the dropbag contents out on a towel or table. Ask what the runner needs or what you can do. As soon as your runner is resupplied with water and food, get them out of the aid station and on their way. There is cell reception just about everywhere on the course. Runners can let you know when they are near and tell you in advance exactly what they need. It's also a good idea to have a folding chair available, especially if the runner plans to change shoes.

## Lake Martin 100 - Crew and Aid Stations (Continued)

3.5 Pacers: Pacers are allowed for all 100 mile runners after mile 50. Pacers must start and end their pacing duties at one of the Aid Stations. Pacers must sign in at the Cabin or Heaven Hill Aid Station before starting. Pacers must sign a Southeastern Trail Runs Release and a Russell Lands Release before they can use the Russell Forest Trail System. (That means before you start pacing.) If you have more than one pacer, each must sign the release forms. We will have the releases available at both aid stations. You must also notify race officials when you have finished your pacing segment. **ONLY 100 MILE RUNNERS MAY HAVE PACERS!**

3.5.1 Muleing is where the pacer carries the supplies for the runner. This practice is allowed at the Leadville 100 but not at any other 100 I know of. It is not allowed at Lake Martin. Pacers are allowed in the Lake Martin 100 for the purpose of moral support and runner safety only. Of course we cannot see what happens out on the trails but we trust in your honor not to cheat on this anymore than you would cut the course to save a mile or two.

3.6 Drop Bags: Drop bags are allowed at both the Cabin Aid Station and the Heaven Hill Aid Station. Runners may have two bags at Heaven Hill aid station. In effect, you have a drop bag at all Lake Martin 100 Aid Stations. You will stop at each aid station 8 times throughout the race. (There are a total of 16 aid station stops.) It is a good idea to use a bag or box that will be easy to find the supplies you need, since you will be using them over and over. Heaven Hill drop bags must be a reasonable size. Bags for the Cabin can be any size you wish since you or your crew will be the ones moving it/them around.

Drop Bags for Heaven Hill runners should be left at the runner check-in at the Lodge Friday afternoon. If you must drop them off Saturday morning, be sure they are at the Cabin no later than 6:15 AM. Bags at Heaven Hill will be returned to the Stables after the aid station closes. Runners will come through Heaven Hill Aid Station for the last time at mile 88.45. If you will tell aid station personnel that this is your last trip through and will not be back, they will move your bag to a separate location and try to get them back to the Cabin early. Sorry - No guarantees. If you need to leave before the bags are back at the Cabin, go to Adamson Trailhead and walk to Heaven Hill with your bib to retrieve you bag. It's about 300 yards.

3.7 What your crew will need: Remember, you are not the only one that will be on the go for as long as 32 hours. Your crew will be up all night just like you. They will have to deal with all the weather conditions that you do, except they will likely be sitting around for hours waiting. Make your crew's job as easy and comfortable as possible. Some items you should bring for the crew or be sure you crew members have with them are: (Food, Water and Ice if it is hot and a flashlight are especially important.)

Poncho or rain suit	Warm-up suit	Flashlight or Headlamp
Day backpack	Spare batteries	Water bottle
Pen and paper	Sun block	Hat
Gloves	Parka or vest	Dry change of clothes
Snacks/meals	Fluids	Book/magazine to read
This Manual	Sleeping bag	Insect repellent
Cell Phone	Coffee or Coffee Drinks	Back up flashlights



## Lake Martin 100 - Crew and Aid Stations (Continued)

**The supplies at the aid stations are for runners and pacers ONLY.** Please be sure your crew members understand they are not allowed into the aid station tent or inside the cabin area set aside for runners without you, the runner. The same is true for Heaven Hill Aid Station tents. Space is just too limited. Personal aid stations for runners may be set up along the road to Adamson Trailhead or in the trailhead. Do not go past the “NO CARS” sign on the gate leading to Heaven Hill.

RUNNERS, DO NOT GET IN A CAR AT EITHER AID STATION. YOU MAY BE DISQUALIFICATION.

3.8 Aid Station Menu: During the first lap of the 25 mile course the aid stations will start with the basics.

<u>Early Morning through late afternoon</u>	<u>Items added late afternoon and over night</u>
Tailwind Drink Mix	Hot Soup – Vegie & Chicken Noodle
PBJ Sandwiches	Chicken or beef bouillon
Potato chips	**Turkey and Swiss Rollups or Quesadillas
Pretzels	**Cheese Rollups or Quesadillas
Cookies	**Oatmeal packages
Candy	*Hot water to mix with instant drinks
Crackers	**Santa Fe Soup (At the Cabin overnight)
Gels	**Waffles, Bacon, Eggs & Grits
Bananas	
Oranges	
Coca-Cola products	
Water	
Granola Bars	
*Hot chocolate	
*Coffee & Tea	
*Soup	

\*These items will be available early if it is cold. \*\*Items added during the night. This is an example for what food to expect.

Other items available at aid station:

Electrolyte Capsules, Ginger Chews, Emergency medical kits, Blister repair kits, Duct Tape, Sunscreen, Bandages, Vaseline and Lots of encouragement.

3.9 Aid Station Rules:

1. The entrance and exit to the Cabin Aid Station Tent is off limits to crew members if your runners is not present. Please do not enter the tent area before your runner arrives. Crew may enter with their runner to help.
2. The dropbags may be located on the Cabin porch and crew members may pick up your dropbag from the porch before you arrive and get it ready for you. Many bags look alike. Verify it is your runner’s bag by the Bib Number.
3. Take the bag to either side of the aid station, just beyond the entrance and exit and set up you’re area.
4. Do not set up where you will interfere with runners coming into or leaving the aid station.
5. After your runners heads back out on the trials you may return the bag to the dropbag area.
6. Crew members **ABSOLUTELY MUST CHEER FOR ALL RUNNERS WHILE WAITING ON THEIR RUNNER.**  
Nothing raises the spirits of a tired, cold runner, in the middle of the night, than a bunch of people cheering.
7. Cow Bells are welcomed and encouraged.
8. If crew members do not cheer and yell for all runners, your crew will immediately be thrown off the Kowaliga Bridge!!!



## Lake Martin 100 - Crew and Aid Stations (Continued)

### 3.10 Directions to Aid Stations:

3.10.1 The Cabin Aid Station - You will only need these directions once. This is the Start, Finish and Cabin Aid Station. From Harbor Lodge, Exit on the Lodge and turn right on Hwy 36. Drive 3 miles, crossing Kowaliga Bridge and turn left onto Russell Crossroads by the windmill. At the "T" intersection in front of Catherine's Market, turn left. Crew Parking Map Link - [The Lodge to Russell Crossroads](#).

The Cabin Aid Station & Start/Finish from Alexander City. From all hotels show on the map follow Hwy 280 southeast to Hwy 63 and turn right. Drive south on Hwy 63 for 11.1 miles to the entrance of Russell Crossroads and turn right at the entrance. Map link from [Alex. City to Russell Crossroads](#). At the "T" intersection in front of Catherine's Market, turn left. Crew Parking for the Cabin Aid Station: [Cabin Aid Station and Start/Finish area Parking](#).

### 3.10.2 Directions to Adamson Rd Trailhead (Heaven Hill Aid Station):

Drive out of Russell Crossroads and turn left on Hwy 63 heading north. Drive north 1.1 miles to Cyclone Hill Rd (Adamson Trailhead Rd) and turn left onto the gravel road. Drive 0.2 mile and turn left into the trailhead. Park in the trailhead or along the road. Do not block the roadway. Map link to [Adamson Rd Trailhead from the Russell Crossroads](#). Parking for Adamson Rd Trailhead: [Heaven Hill Parking](#).

3.10.3 Wilson Road Trailhead – South end of LM100 course: Drive out of Russell Crossroads to Hwy 63 and turn right. Go south on Hwy 63, 1.7 miles and watch for signs to Wilson Road Trailhead to the right. (You will see the lake ahead when you reach Wilson Road.) Here is a link to the map. Please note, the map shows a power line easement as Wilson Rd. The actual road is at the location of the "B." If you reach Kowaliga Bridge, you went past the turn. Link to [Wilson Rd Trailhead](#).

3.10.4 Willow Point Cut-off Trailhead – North end of course: Drive out of Russell Crossroads and turn left on Hwy 63. Drive 2.8 mile north on 63 to Willow Point Cut-off Rd and turn left. Go .07 mile to the gravel road to Willow Point Cut-off Trailhead. This is a large trailhead so there is plenty of parking. Watch for runners as you drive into and out of the trailhead. If conditions are dry, the road will be dusty. Please go very slow so you don't stir up dust the runners will have to breathe. Link from Russell Crossroads to [Willow Point Cut-off Trailhead](#)

3.11 This is a link to the Russell Forest Trail System Map. It would be a good idea download this map or print the map upon arrival at the race location. I would suggest arriving early enough at Russell Crossroads to familiarize yourself with the area. Runners and crew can drive to all trailheads in about 1/2 hour. Here is the link. [Russell Forest Trail System Map - PDF](#)

[Here is a link to the Russell Lands Trail App](#). I suggest everyone download this app, runners and crew.

## Lake Martin 100 - Crew and Aid Stations (Continued)

A unique feature of running in the Russell Forest Trail System are the Clydesdale Horses used to pull the carriages and stage coach frequently seen on the paths and at Russell Crossroads. They are kept in the corrals around the stable. Please feel free to walk around for a closer look. They are all very friendly. Be sure there isn't a wedding at the stables before entering the area.





## Lake Martin 100 – The Course

4. The Lake Martin 100 will consist of 4 laps on the 25.09 mile course. Each Loop is divided into a north loop and a south loop. The north loop is 18.12 miles and the south loop is 6.97 miles. Runners in all races will run the north loop first, return to the Cabin Aid Station and then run the south loop. Each 25 mile loop will have 4 aid station stops; first and second stops are at Heaven Hill Aid Station, third and fourth are at The Cabin Aid Station. The run will start with 100 yards down a gravel road then shift onto a sidewalk for about 300 yards. At the end of the sidewalk, cross the paved road and enter the gravel road straight ahead. Go left at the “Y” down a long hill. Runners will be on a gravel road and carriage path for the first mile. Everyone will have plenty of time spread out before hitting the single track trails. Runners will be on single track trails for virtually all of the next 10 miles until the Willow Point Cut-off trailhead with the exception of a 2/3 mile section on “Big Way.” Each of the 25 mile loops will have in excess of 3000 feet of elevation gain for a total of 13,000+ feet over the 100 miles. All the hills are very short and most are gentle. There are a few fairly steep hills but they are also short. The only long climb is just over 200 ft. and about one-half mile long. This is the climb up to Heaven Hill and the Heaven Hill Aid Station, about 7.3 miles after leaving the Cabin AS each lap.

There is nothing technical anywhere on the course by northeast Alabama standards. There are several rocky sections where the trail is littered with fist size rocks and there are roots everywhere on the single track trails. The trails do require your attention but you will have plenty of time to enjoy the beauty of the run. Sections of the trail follow the shores of Lake Martin while others follow small creeks draining into the lake. Be sure to keep an eye out for deer.

4.1 Here is a link to the [Lake Martin 100 Course on the Russell Forest Map](#). Here is the Course displayed on a [Terrain Map](#)

4.2 The Course Profile – To see the profile of the entire 100 miles click on the diagram below.





## Lake Martin 100 – The Course (Continued)

**4.3 Course Description:** The following is a detailed, turn by turn, description of the Lake Martin 100 mile course. The description is of one 25 mile loop starting and ending at the Cabin. Most distances are approximate. I have not measured most individual segments of the trails.

### North Section – 18.12 Miles

**4.3.1 Section 1 - Start to Heaven Hill - Aid Station 1 - 7.31 miles:** Runners will leave the Cabin headed north along the paved road, turn left on the sidewalk until it ends. Cross the paved road and enter the Gravel Road straight ahead. Turn left at the “Y” going down the hill. Stay on the gravel roadway as it bends to the left and flattens out. The road starts up a hill heading toward the Stables. Turn right before reaching the Stables and follow an old path along the corral to a carriage path angling left along a creek. Watch for signs directing you to the right, off the carriage path and over the creek on a narrow foot bridge. Cross the bridge and you are on the “Lakeview Trail.” Follow the trail for a little over a mile to the large sign for the “Big Way Trail.” At the sign turn left straight up a short hill, cross the gravel cabin road and enter the “2 Day Loop Trail.”

Stay on the 2-Day Trail for about 2 miles. As you descend a steep hill towards a creek with the lake to the left, watch for the "Dark Valley Loop Trail" to your right. (Do not cross the creek) Turn right onto the Dark Valley trail for a 2.4 mile loop before returning to the 2-Day trail. Dark Valley climbs for about 1 1/4 mile to The Adamson Road Trailhead. Look for the sign directly across the back end of the trailhead directing you back onto the Dark Valley Trail. Follow “Dark Valley” back down the hill to the intersection with the 2-Day Trail. NOTE: About 1/2 mile before reaching the Adamson Road Trailhead and about 1/2 after you start back down the other side of the Dark Valley Loop you will come to the "Big Way" carriage path. This intersection can be a little confusing. The two sides of the Dark Valley Loop pass very close to each other where they cross Big Way. Both sides of Dark Valley are about 75 ft. to your left as you cross Big Way. You will probably see some flagging as well. You will continue straight ahead across Big Way. There will be signs directing you straight ahead on both sides. Just follow the ARROWS. There will also be a “WRONG WAY” between the two trails.

This intersection where Dark Valley meets the 2-Day Trail is easy to miss. The Dark Valley trail follows a Creek for about a mile as you head back down toward the lake. As runners start down a short, steep hill, the lake comes into sight, Dark Valley ends and connects directly back into the 2-Day Loop Trail. Just past the intersection is a large sign. At this intersection, you will turn right and immediately cross the creek to your right and start up a steep hill. If you come to the Lake, you missed the turn.

Continue up the hill away from the creek. You will stay on the 2-Day Loop Trail for one to one and a half miles. The trail will angle uphill away from the lake shore on a fairly steep trail, then traverse through a section that’s below some large rocks. As the trail descends away from the ridge, watch for the “Ridge Trail / Missionary’s Downfall” that turns sharply right up the hill. Turn right onto the Ridge Trail for about 2/3 mile until it intersects with "Big Way." Turn left down Big Way for about 2/3 mile to “Heavenly Loop.” Make a sharp right onto Heavenly and climbs up to the Heaven Hill Aid Station. This hill is the only thing that can be considered a climb on the entire course gaining just over 200 feet in about 1/2 mile.

## Lake Martin 100 – The Course (Continued)

At the top of the large, bald hill, continue straight across the hilltop following flagging to the aid station located on the far side of the hill. NOTE: The actual location of the aid station will be announced at the pre-race briefing Friday Night. If the weather is expected to be good or tolerable all weekend the Heaven Hill aid station will be located on top of the hill adjacent to the "Heavenly Loop" trail sign. If the weather is going to be bad, the aid station may be on the gravel road in the trees below the hill for safety.

4.3.2 Section 2 – Heaven Hill Aid Station 1 to Heaven Hill Aid Station 2 - 5.78 Miles: Leave the Heaven Hill Aid Station and descend a little less than a mile on the north side of the Heavenly Hill Loop. At the bottom of the hill, cross a small bridge and go right at the bottom of the large grassy area on Big Way and cross over Horsley creek. This is Butterfly Crossing. As soon as you cross the creek, turn left on the Horsley Creek Loop Trail and follow Horsley Creek about a mile to the lake. Continue along the lake for a short distance before the trail angles right and circles around through an area that has recently been logged, running on a logging road. You will intersect with "Upper Horsley Creek Trail." This section was logged a couple of years ago and is not easy to follow but it will be very well marked. Turn left onto Upper Horsley and follow it for a little over one mile to the Willow Point Cutoff Trail Head. As you enter the west side of the trailhead you will see a gravel road coming into the trailhead on the opposite side. Angle straight across the trailhead and up that road following flagging and signs. Continue straight up the road for about 100 yards toward the Willow Point Cutoff Road (The Paved road.) Watch of cars along the gravel road. This is the entrance to the trailhead and there will be cars using it during the day and night. (This in one location crew and family will come to cheer on runners.)

Just before reaching the paved road runners will reach several very large rocks (Like 4 feet high) standing upright, marking the entrance to the Big Way Trail. Turn right, through the rocks, onto the Big Way. You are now heading back south toward the start. Follow Big Way about 10 yards and go left on the Frontier Trail. Stay on the Frontier Trail for less than a mile, until reaching a short connector trail that joins into a gravel roadway. Go right onto the gravel road which connects into Green Way. The Green Way roadway is reserved for electric vehicles, bicycles, horses and hikers, and of course, runners. Stay on Greenway Way over rolling hills for a little over 2 miles. After a long, fairly gentle climb, watch for the turnoff on your right leading to Heaven Hill. Turn right on the Heaven Hill road for about 200 or 300 yards to the Heaven Hill Aid Station 2. Again, the exact location of the aid station will be announced at the pre-race meeting.

4.3.3 Section 3 - Heavenly Hill 2 to the Cabin Aid Station 1 - 5.04 Miles: Leave Heaven Hill Aid Station 2 and follow the road back to Green Way and angle to the right, continuing along Green Way to the "Y" where Green Way enters Cyclone Hill Rd. Stay to your left and continue running along Cyclone Hill Rd. until you reach an iron gate. This is the end of Cyclone Hill Rd. Past the gate you will turn right and enter Adamson Rd. Do not continue straight ahead. Follow Adamson Road, past the Adamson Road Trailhead which will be on your right, for 0.4 miles, to O. Z. Hall Road (the paved road.) This is the intersection called "Seven Points." Cross the road and angle to the right into the open grassy area and enter the "Pony Express Trail." The Pony Express trail travels west toward the lake for about 1.5 miles.



## Lake Martin 100 – The Course (Continued)

Before the lake comes into view, the Pony Express Trail makes a left turn and crosses a creek. Immediately past the creek the trail joins another trail at a "T" intersection. Turn left at the "T" and stay on the trail, for approximately one mile heading upstream along the creek in an easterly direction. The trail stays near the creek. Watch for the intersection of the trail on your right to Beechtree Hollow. The Beechtree Hollow sign is about 50 ft. off to your right across the creek from the Pony Express Trail. It's really easy to miss. At this point you leave "Pony Express" and enter the Long Leaf Loop trail heading up a hill and across another Paved Road to the intersection with Big Way West.

Turn right on Big Way for less than a mile to "Beechtree Hollow." At Beechtree Hollow turn left again onto "Carriage Way." Stay on Carriage Way for less than one mile to where it joins another gravel path, probably part of Green Way. Continue along this path to just before the Seven Points intersection. Follow the signs directing you to the right 20 or 30 yards past two other gravel roads and onto the Link Way road. The transition from the Green Way trail to Link Way almost makes a 180-deg. turn. It is now about 1 1/3 miles back to the start/finish and the Cabin aid station. Follow the gravel road past the Old Kowaliga Kilns and up the steep hill to the Paved Road through Russell Crossroads. You will see the SpringHouse Restaurant on your right and Catherine's Market off to your left. Continue straight ahead and cross the paved road, (Spring House Road) and angle left onto the sidewalk heading downhill along a large wall on the left. This is the way you started the race. Follow the sidewalk through the wooded area below Catherine's. The sidewalk winds around and comes out on the road to the Cabin just about 100 yards from the Aid Station Location. This is the end of the 18.12 Mile North Section.

### South Section – 6.97 Miles

4.3.4 Section 4 – The Cabin Aid Station 1 to The Cabin Aid Station 2 - 6.67 Miles: Aid Station 3 and 4 will be located in the large tent set up in front of the Cabin. We will also use The Cabin itself for part of the aid station. There will be a warm fire burning inside overnight. It's a great place to warm up and rest during the night. As you return from the North Loop, follow the signs back to the north end of the Aid Station. Come through entrance on the north end. Aid Station food and drink will be along one side and chairs will be set up on the other. Drop Bags will be located on the porch of the Cabin unless you place your bags elsewhere. Your crew may set up your personal aid station anywhere along the road leading to the Cabin or around the Cabin as long as the location does not interfere with other runners. You will enter through the north end of the tent and leave through the south end and head straight into the woods across Tucker Road. Remember, you must make sure the person recording numbers gets your number.

4.3.5 Chip Timing: The Lake Martin 100 will be timed with a RFID Chip Timing System. The antennas that read the timing chips will be set up under the inflatable arch. Each time you come through the Cabin Aid Station you MUST run under the arch to record the completion of each lap. (You will go under the arch after completing the north loop and after the south loop.) There will be a loud "bling" each time your timing chip is read. If you run through with two or three others, you will not hear a distinct "bling." We recommend spreading out at the arch to be sure your time is recorded. If you go through the arch and do NOT hear a "bling" go to the timing tent or check the monitor to be sure your time was recorded.



## Lake Martin 100 – The Course (Continued)

When you cross Tucker road you enter the "Turtle Back Rock Trail." Follow this trail about 2 miles. Watch for a left turn cutting through the woods. You will step over a small creek and continue about 50 yards. Take another sharp left and enter a wide trail leading off to the left up the hill. Follow the trail for about a half mile until it crosses a gravel road, Creek Trail Rd. Cross the road and enter "Rocky Mountain Loop East." Follow this trail until it joins Big Way and immediately crossed Governor's Island Rd. Stay on Big Way all the way to the Wilson Road Trailhead at the far south end of the course.

As you approach the Wilson Road Trailhead watch for the "Branch Loop West Trail" on your right. Do not actually go into the trailhead itself. Turn right on Branch Loop West and follow it until joining "Rocky Mountain Loop West Trail." Stay left on the Rocky Mountain Trail as it winds around sections of the lake and then, along a large slough. As you reach the end of the slough the trail rejoins the Big Way Trail for about 200 yards before heading back left along the opposite side, north side, of the slough you just came down on the south side. (Stay left on Big Way and watch for the left turn onto the "The Lakeside Loop" as soon as you reach the far side of the slough.) The Lakeside Loop will follow the north side of the slough for a short distance, angle right up a short hill to a gravel road. Turn right on the road for about 200 yards and turn left on another section Big Way. Enter another section of the Lakeside Loop Trail until it joins a carriage path along the lake. Take a sharp right up another road that joins Tucker Road. Follow Tucker Road to the shed straight ahead and the "Hay Barn" on your left. (There is some very old farm equipment at the intersection, including two tractors.) At the intersection, go right, staying on Tucker Road heading up a gentle hill. Follow the road all the way back to the Cabin at the top of the hill. You have now completed the first 25 mile loop of the Lake Martin 100 Course.

### 4.4 Aid Station Cutoff Times:

50 Mile Cutoffs: Cabin Aid Station – Finish - Mile 50.2 – 16 Hours - 10:30 PM

100 Mile Cutoffs: Cabin Aid Station – Mile 75.3 – 25 Hours – 7:30 AM

Cabin Aid Station – Mile 93.3 – 30 Hours – 12:30 PM

Cabin Aid Station – Mile 100.36 – 32 Hours – 2:30 PM

Cutoffs for the 100 are only because of Russell Lands Rules. We must dismantle the finish starting at 2:30 PM. Runners are welcome to continue running and finish the race. You will be considered a finisher and receive a Lake Martin Finisher Buckle. However, you must be off the trails before sunset Sunday evening. The Curfew is enforced by Russell Land's Security and they do patrol the trails. This rule is ABSOLUTE!!

## Lake Martin 100 – The Course (Continued)

4.5 Pace Chart: Click on image to go to Lake Martin 100 website view.

Lake Martin 100 Pace Chart		Distance	Cumulative	9 min/mile	12 min/mile	15 min/mile	17.5 min/mile	17.95 min/mile	19.13 min/mile	Hard Cutoffs	
	Aid Stations	Between	Distance	Pace	Pace	Pace	Pace	Pace	pace	Hours	Time
	The Cabin Aid Station (start/finish)	Start									
1	Heave Hill Aid Station	7.26	7.26	1:06	1:30	1:48	2:06	2:12	2:19		
2	Heave Hill Aid Station	5.92	13.18	2:00	2:36	3:18	3:48	3:54	4:12		
3	The Cabin Aid Station (start/finish)	4.94	18.12	2:42	3:36	4:30	5:18	5:24	5:46		
4	The Cabin Aid Station (start/finish)	6.97	25.09	3:48	5:00	6:18	7:18	7:30	8:00		
5	Heave Hill Aid Station	7.26	32.35	4:54	6:30	8:06	9:24	9:42	10:19		
6	Heave Hill Aid Station	5.92	38.27	5:42	7:49	9:36	11:12	11:24	12:12		
7	The Cabin Aid Station (start/finish)	4.94	43.21	6:30	8:36	10:48	12:36	12:54	13:46		
8	The Cabin Aid Station (start/finish)	6.97	50.18	7:30	10:00	12:30	14:36	15:00	16:00		
9	Heave Hill Aid Station	7.26	57.44	8:36	11:30	14:24	16:48	17:12	18:19		
10	Heave Hill Aid Station	5.92	63.36	9:30	12:42	15:48	18:30	19:00	20:12		
11	The Cabin Aid Station (start/finish)	4.94	68.3	10:12	13:42	17:06	19:54	20:24	21:46		
12	The Cabin Aid Station (start/finish)	6.97	75.27	11:18	15:06	18:48	22:00	22:30	24:00:00	25 hours	7:30 a.m.
13	Heave Hill Aid Station	7.26	82.53	12:24	16:30	20:36	24:06:00	24:42:00	26:19:00		
14	Heave Hill Aid Station	5.92	88.45	13:18	17:42	22:06	25:48:00	26:30:00	28:12:00		
15	The Cabin Aid Station (start/finish)	4.94	93.39	14:00	18:42	23:18	27:12:00	27:54:00	29:46:00	30:00 hours	12:30 p.m.
16	The Cabin Aid Station (start/finish)	6.97	100.36	15:06	20:06	25:06:00	29:18:00	30:00:00	32:00:00		
				Finish at	Finish at	Finish at	Finish at	Finish at	Finish at		
				9:36PM	02:36AM	7:36AM Sunday	11:48AM Sunday	12:30PM Sunday	2:30PM Sunday		

Lake Martin 50 Pace Chart		Distance	Cumulative	9 min/mile	12 min/mile	15 min/mile	17.5 min/mile	17.95 min/mile	19.13 min/mile	Hard Cutoffs	
	Aid Stations	Between	Distance	Pace	Pace	Pace	Pace	Pace	pace	Hours	Time
	The Cabin Aid Station (start/finish)	Start									
1	Heave Hill Aid Station	7.26	7.26	1:06	1:30	1:48	2:06	2:12	2:19		
2	Heave Hill Aid Station	5.92	13.18	2:00	2:36	3:18	3:48	3:54	4:12		
3	The Cabin Aid Station (start/finish)	4.94	18.12	2:42	3:36	4:30	5:18	5:24	5:46		
4	The Cabin Aid Station (start/finish)	6.97	25.09	3:48	5:00	6:18	7:18	7:30	8:00		
5	Heave Hill Aid Station	7.26	32.35	4:54	6:30	8:06	9:24	9:42	10:19		
6	Heave Hill Aid Station	5.92	38.27	5:42	7:49	9:36	11:12	11:24	12:12		
7	The Cabin Aid Station (start/finish)	4.94	43.21	6:30	8:36	10:48	12:36	12:54	13:46	14 hours	8:30 p.m.
8	The Cabin Aid Station (start/finish)	6.97	50.18	7:30	10:00	12:30	14:36	15:00	16:00		
		50.18		Finish at	Finish at	Finish at	Finish at	Finish at	Finish at		
				03:00 PM	05:30 PM	08:00 PM	10:00 PM	10:30 PM	11:30 PM		



## Lake Martin 100 – Medical Guidelines for You and Your Crew

5. Medical Guidelines for Runners, Crew Members and Spectators: You may come across a runner in serious difficulty. The following guidelines are similar to what we give to our aid station volunteers and may be of use to you, should the situation arise.

5.1 **If the condition of the runner is serious or could be serious, CALL 911 FIRST. Then call the RD 205-529-5142**

5.2 Recognize Signs of Trouble:

First, if you encounter a runner that appears to be in distress or is injured, contact race officials immediately at 205-529-5142 or 205-960-1177 so we can get our medical personnel to the location. Call 911 first, if the problem appears serious. Have as much information about situation as possible such as the runner's name and bib number, nature of the problem and the runner's exact location. The following are the most likely problems you may encounter.

5.3 Loss of Consciousness

If you are confronted with a person who is unconscious or semi-conscious, do not attempt to feed them or give them anything by way of mouth. Keep the victim warm and on their side. Call 911 immediately, then contact race officials.

5.4 Common Medical Problems of the Ultra-Runner:

These problems include the collapsed athlete, also known as Exercise Associated Collapse (EAC), hyper/hypothermia, hyponatremia, dehydration, hypoglycemia, altitude sickness, ankle and knee injuries, scrapes, lacerations, and blisters. Exercise Associated Collapse (EAC)

5.4.1 Exercise Associated Collapse (EAC): usually occurs when a person stops running after a long distance; usually after entering an Aid Station or at the finish. Ever had that feeling of dizziness or lightheadedness when you stop running? EAC happens frequently at sporting events. Legs are often referred to as the second heart. While you are running, the blood in your legs is being returned passively to your heart by muscle contraction. When you stop running, it begins to pool in your legs and does not return to your heart to be pumped to your brain and other organs.

Treatment:

EAC can be treated easily by just having the runner lay flat with their legs and hips elevated. This will return blood to your heart and quickly improve blood pressure. Also, when a runner crosses the finish it is wise to continue walking around rather than standing or sitting in one place. If a runner immediately sits down directly after finishing, the next time they stand up they may find themselves in a frightening predicament! However, the collapse of an athlete can also be caused by more serious conditions; especially if it occurs while the runner is moving such as:

- Hyperthermia- body temperature is higher than normal (heat stroke).
- Hypothermia- body temperature is below normal.
- Dehydration- Excessive loss of body fluid.

## Lake Martin 100 – Medical Guidelines for You and Your Crew (Continued)

- Hyponatremia- Decreased concentration of sodium in the blood.
- Hypoglycemia- Deficiency of blood sugar

### 5.4.2 Dehydration:

Dehydration is not usually a cause of serious problems as one might think. The body can lose up to 10% body weight before serious problems occur. Likewise, hypoglycemia has a low percentage of serious problems at sporting events. It can usually be treated easily by drinking or eating something with carbohydrate/sugar. In the case of severe dehydration the person may be lethargic. If they are unable to drink liquids and take in electrolytes then contact race officials and describe the condition. If they are semi-conscious, call 911 immediately.

### 5.4.3 Hyponatremia (Over-hydration) If you suspect Hyponatremia call 911 immediately.

Hyponatremia is a condition where the serum sodium (amount of sodium in the blood) is low. Hyponatremia can be a life-threatening problem.

Symptoms include:

- Headache
- Incoordination
- Lightheadedness
- Dizziness
- Nausea/Vomiting
- Bloating
- Fullness
- Seizures
- Coma

Physical signs of Hyponatremia include:

- Mental Status Changes
- Edema (Swelling) in hands and fingers
- Body Weight gain of >2%
- White sediment on the skin
- Decreased or no urine output

Life-threatening problems developing from Hyponatremia are caused by cerebral edema (swelling of the brain), and pulmonary edema (fluid in the lungs). Both of these conditions are very serious and could result in seizures, coma and death.

Hyponatremia can range from mild to severe. It usually occurs while exercising because of sweating. The body loses precious amounts of sodium through the skin. When sweat evaporates it leaves the white sediment on the skin mentioned above.



## Lake Martin 100 – Medical Guidelines for You and Your Crew (Continued)

Meanwhile, the body tries to compensate by retaining sodium and water from the kidneys. Urine output decreases and in severe cases will stop entirely. While more water is being consumed and no urine is being made, swelling and weight gain occurs.

Mild cases of Hyponatremia can be treated easily by just eating something salty. If it has developed to a serious stage, treatment at the hospital is necessary. If you encounter a runner that exhibits these symptoms, call 911 immediately.

### Prevention: What Can The Runner Do?

1. Pay close attention to the temperature. If you are sweating excessively, make sure you are drinking plenty of water and taking electrolyte capsules or drinking sports drinks, Gatorade and Powerade contain a lot of sodium as well as other electrolytes lost through sweat), or eating salty foods. You can also take Sodium tablets. 1gm/hr was recommended (although you need to pay close attention to how much you are sweating, you may not need as much on a cool day as you would on a really hot day).
2. Try not to take Ibuprofen, Aleve, or other Nonsteroidal anti-inflammatory drugs as (NSAIDS) are hard on your kidneys. You want your kidneys working at their full potential to prevent hyponatremia.
3. Consume only what fluid your body needs, no more and no less. It was suggested to consume less than or equal to 1 Liter of fluid per hour. Those who drink >1-1.5L of fluid per hour can put themselves at risk for hyponatremia.
4. Pay attention to what your body is telling you. Keep track of how much you are drinking and urinating. If you start to have any of the symptoms above, try taking electrolyte caps, eating salty foods and drinking sports drinks to replace the salt you are losing. And please, tell one of the medical personnel that you are starting to feel poorly. They may have some great advice and can help you out of a bad situation before it becomes life-threatening.
5. Don't sit or stand around at the finish. Keep walking for a while after you finish.

Treatment: What Can Medical Personnel Do? Rule out other problems first. Treatment of hyponatremia seems simple, replace the sodium. But it's not that easy. First and foremost the medical crew needs to lay the runner flat with their hips and legs elevated. If EAC is the culprit, this may be all it takes. If the symptoms continue, then you will need to rule out hyper/hypothermia, dehydration, hypoglycemia. This is done by assessing the following:

- Rectal Temp (ear and oral temperatures do not reflect core temperature accurately). Hyperthermia is >104F (keep in mind that normal body temp while exercising can be >102F), Hypothermia can range from 86F-98.6F.
- Systolic Blood Pressure – usually no postural hypotension with hyponatremia (VS can be variable)
- Pulse (hyponatremia / dehydration causes tachycardia, or rapid pulse)

## Lake Martin 100 – Medical Guidelines for You and Your Crew (Continued)

- Hydration status/ Body weight/ Fluid In/ Urine Output (weight loss of up to 10% reflects dehydration, weight gain of >2% could reflect hyponatremia)
- No response to oxygen or fluids; will worsen with more water
- Previous history of collapse, drug use (NSAIDS, insulin)

When other diagnoses are ruled out and hyponatremia is suspected, the first treatment would seem to be sodium replacement via an intravenous (IV) solution. The first choice of IV solution in an emergency situation is Normal Saline (NS) 0.9% Sodium. In most cases, NS is an appropriate choice. However, in hyponatremia cases the human body will stop making urine in attempt to retain sodium. By the time hyponatremia becomes an issue, all urine output can essentially cease. Giving the patient more fluid may result in fluid overload. Hyponatremia can only be confirmed in a hospital setting where blood can be tested and watched closely while sodium replacement is being administered. Although intravenous access should be obtained immediately, it is advised that only anti-seizure medications be administered until the patient is received at the hospital. Then a solution with a high concentration of sodium (3.0% sodium) can be administered. It is very important not to correct the problem too quickly. Sodium replacement is done very slowly to prevent further problems. The bottom line – this patient will need evacuation to a hospital.

### 5.4.4 Disorientation

Disorientation can be caused by many things ranging from exhaustion, to dehydration to hyponatremia. Talk to the runner and try to ascertain if they have been drinking enough water and taking salt tablets. If they are carrying a water bottle (most hold between 16 and 20 oz.) If they are miles from the last aid station and the bottle is almost full, they probably are dehydrated. Contact race officials and describe the situation to our medical staff. Don't leave the runner unattended.

### 5.4.5 Injury:

First of all, don't overreact. Trail runners fall. That goes with the territory. If you see a runner with a bloody elbow or knee walking or running, just ask if they are OK. If they say yes, then just wave as they head off down the trail. If the runner seems to be in pain or is having trouble walking, ask if you can help and contact race officials. Let us know where the person is. We may want to send someone out to check on them. If you think the injury might be serious and the person is no longer able to walk or run then contact race officials. We will have a physician at the Stables or on the race course all during the race. Also call 911 first if you think the injury is truly serious.

### Ankle and Knee injuries

Ankle and knee injuries are very common during ultra-runs due to the rugged trails and terrain encountered on the trails. Most are sprains or tearing of ligaments, but some can be more serious such as fractures. Fortunately, fractures are rare. Treatment for all ankle or knee injuries is rest, ice, compression and elevation of the effected extremity.

If you suspect a fracture, contact medical personnel immediately. If you wrap the extremity, be sure not to wrap tightly and reassess circulation past the injury and/or wrap frequently as swelling may occur.



## Lake Martin 100 – Medical Guidelines for You and Your Crew (Continued)

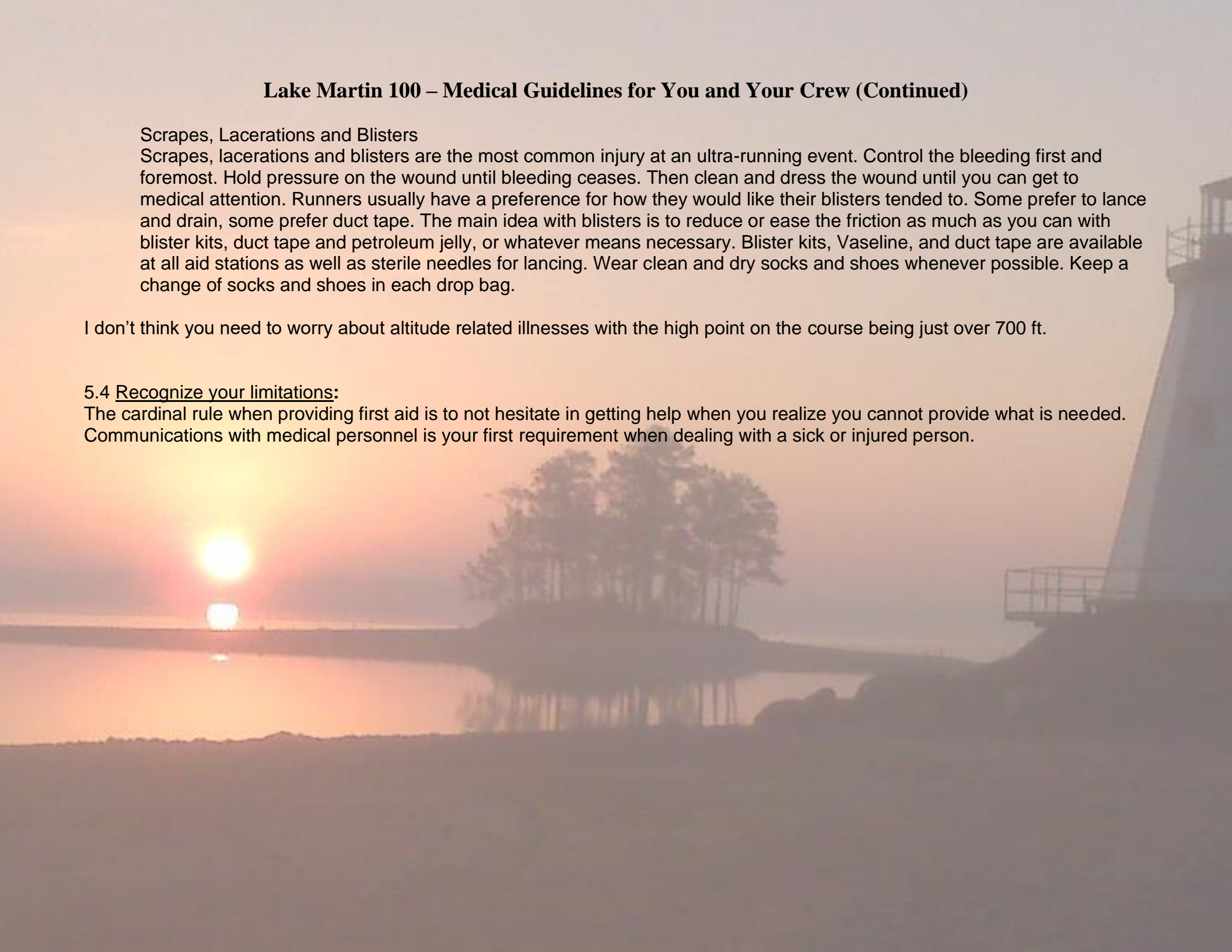
### Scrapes, Lacerations and Blisters

Scrapes, lacerations and blisters are the most common injury at an ultra-running event. Control the bleeding first and foremost. Hold pressure on the wound until bleeding ceases. Then clean and dress the wound until you can get to medical attention. Runners usually have a preference for how they would like their blisters tended to. Some prefer to lance and drain, some prefer duct tape. The main idea with blisters is to reduce or ease the friction as much as you can with blister kits, duct tape and petroleum jelly, or whatever means necessary. Blister kits, Vaseline, and duct tape are available at all aid stations as well as sterile needles for lancing. Wear clean and dry socks and shoes whenever possible. Keep a change of socks and shoes in each drop bag.

I don't think you need to worry about altitude related illnesses with the high point on the course being just over 700 ft.

### 5.4 Recognize your limitations:

The cardinal rule when providing first aid is to not hesitate in getting help when you realize you cannot provide what is needed. Communications with medical personnel is your first requirement when dealing with a sick or injured person.



## Lake Martin 100 – Timeline for Race Week

### 6. Detailed Race Week Timeline:

#### 6.1 Saturday, March 21st through Wednesday, March 25th:

Trail work and trail marking. Sections of the course receive limited use over the winter and some trails will be buried in leaves. Before marking, many trails must be blown clean. Anyone wishing to help is welcome. This is a great way to familiarize yourself with the course.

#### 6.2 Thursday March 26th - Set up Aid Stations at Heaven Hill and the Cabin:

Set up aid station tents and lighting at both aid stations. Set up the start/finish area at the Cabin. Set up the arch and timing system as much as possible. Do a last-minute check of all trails accessible by truck. Set ups the Harbor Lodge dining room for packet pickup and dinner Friday Night.

#### 6.3 Friday, March 27th - 3:00 PM to 5:00 PM (No Late Registration at Harbor Lodge)

Package Pickup for all races will be Friday afternoon at Harbor Lodge at Children's Harbor, 1 Our Children's Hwy, Alexander City, AL 35010. [Google Maps link to Harbor Lodge from Russell Crossroads.](#)

We will accept drop bags for 50 and 100 mile races only, for Heaven Hill Aid Station. You may leave HH drop bags at the Lodge Friday from 3:00 until 5:00 PM during package pickup. Be sure they are properly labeled with Name, Bib # and Aid Station. Drop bags for the Cabin aid station should be taken to the start at the Cabin Saturday morning. Be sure to place dropbags in the proper location. We will have an area designated for Heaven Hill Drop Bags, probably on the porch of the Cabin. Here is map from [Alexander City to Russell Crossroads](#), location of the Cabin at Russell Crossroads. We will not accept dropbags for the 27 mile race. However, 27mile runners are welcome to leave a bag in the Cabin or have supplies in your car. 27 mile runners with crew are welcome to have the crew meet them at Heaven Hill Aid Station, Adamson Rd Trailhead or any other trailhead.

#### 6.4 Friday, March 27th - 5:00 PM

Following package pickup we will serve an outstanding chipotle style Mexican dinner for all runners. The cost is \$13 which includes \$2 gratuity. Logan Cook will prepare the meal on-site. It will be an excellent pre-100 mile race dinner and GOOD! Logan also will be cooking for runners and finishers at the Cabin Aid Station. Following dinner there will be a short race briefing in the Harbor Lodge dining room. We will cover such things as trail marking, course conditions, any last minute changes, etc. and answer any questions. The meeting is NOT mandatory but everyone is welcome and we strongly urge all runners to attend.



## 2017 Lake Martin 100 – Timeline for Race Week (Continued)

### 6.5 Saturday, March 28th – 4:30 to 5:30 AM

Breakfast at Harbor Lodge dining room.

### 6.6 Saturday, March 28th – 5:30 to 6:30 AM

There is NO race day registration. Race packets for the 100, 50 and 27 mile races may be picked up Saturday Morning at the Cabin at Russell Crossroads, the Start area. If you arrive later than 6:30 AM you may not be able to get your race packet until after the race start. Your start may be delayed as much as 15 minutes so please arrive early. All runners may bring drop bags to the Cabin start area Saturday Morning. If you wish to send a drop bag to Heaven Hill aid station (50 and 100 milers only) please have it there by 6:15 AM. Map to [Russell Crossroads](#) and to the [Cabin Start/Finish](#), race start location.

### 6.8 Saturday, March 28th - 6:45 AM: Start of the 100, 50 and 27 Mile Race,

The races will start promptly at 6:45 AM (Sunrise - 6:37 a.m. - Sunset - 7:05 p.m.) If you expect to take more than 11 hours to run the 27 or 50 mile you should have a flashlight or headlamp with you or have one in your dropbag at the Cabin.

### 6.8 Saturday, March 28th – 10:30 PM: Finish - 27 Mile and 50 Mile Race. (16 hour cutoff)

### 6.9 Sunday, March 29th – 2:30 PM: Finish - 100 Mile Race.

Race course will close at 2:30 PM Sunday, March 18th. (32 hour time limit) There will be mandatory cutoffs in place at the start/finish area at the start of the third and fourth laps of the 100. Sunday morning, a hot breakfast will be available at the Cabin for runners as they finish the 100. You and your crew are welcome to enjoy the custom made, hot breakfast.

Awards will be presented as runners finish.

## 7. Contact Information:

Southeastern Trail Runs Office: David Tosch 205-529-5142

Address – Southeastern Trail Runs  
220 Normandy Ln  
Birmingham, AL 35043

Email – [david@davidtosch.com](mailto:david@davidtosch.com)

Please feel free to contact me with questions about the race or Ultrarunning in general. If I don't know the answer I will try to help you find the correct answer.

## 8. Run your First Ultra Blog: [You're First Ultra Blog](#)