

ULTRA NOTE FROM THE GOAT

Yo Dirt Runners,

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

The one rule at DWD that is hard to foller is foller the course, not the runner in front of ya! Yep, all those runners could be going' the wrong way and you could win! Seriously, it can be tricky at DWD; the course leaves perfectly good trails and heads into utter crapola. We mark the turns up big time, but when in the ultra mind zone, there is a chance to zone on past. It's part a trail runnin' so get used to lookin'.

It's a great big beautiful piece of woods to tromp through on the long run; enjoy every step and remember, this is what ya do fer fun!

The course is callin', start countin the days!

The Head Goat, Dirt Diva, Canadian Chick (CC), Swamp Dog, Trail Dog and the rest of the ever faithful hard working' 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 all of this information packet to and you will have a great race.

The information and details of the sections may seem confusing but it will all makes sense as you run. Really, you don't really need to know much of it. We send it more for those who get into course minutia. More minutias can be found at danceswithdirt.com.

Each section runs from one ultra aid station / check in to another. They are in sequential letters and marked in color ribbon, stick flags and signs. The first two sections are in white and will have light devices to help with the darkness. The third section is blue. Thereafter the race is all pink. Ask at the aid station, "What color do I follow?"

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.

And now a word from our sponsors: Saucony Running is supporting this extravaganza for the first time and we thank them. Enjoy the Absopure water! Test drive a car from Suburban Collection and go to Probility Physical Therapy for your aches and pains, or to keep from having aches and pains!

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; wear it with pride! 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 2010
A Running Fit Presentation

16th Annual Hellebration of Ultra & Relay Running Races
Saturday September 11, 2010
HalfMoon Lake Beach, Pinckney State Park, Hell, MI
Ultra 50 Mile & Ultra 50K: 6:15 a.m.
5-Runner Relay 100K: 7:45 a.m.

Do not go where the path may lead, go instead where there is no path and leave a trail.
[Ralph Waldo Emerson](#)

Sponsored by:

Saucony Running Shoes, Gear and Clothing! <http://www.saucony.com/>
Running Fit! www.runningfit.com.
Probility Physical Therapy. Dedicated to helping you *Enjoy Your Life Again!*
www.probilitypt.com.
Absopure Water www.absopure.com
Suburban Collection of Ann Arbor www.suburbanchevroletannarbor.com

Host Area: Michigan Department of Natural Resources, www.michigan.gov/dnr.
Pinckney State Park. 8555 Silver Hill Rd, Pinckney, Mi 48169. 734-426-4913
www.michigandnr.com/parksandtrails. [pinckneymap.pdf](#)

The Dirt

Directions: Hell is in the greater Ann Arbor, MI area, approximately 30 minutes NNW.

- US-23 Exit 49, North Territorial.
- West North Territorial 11.5 miles to Hankerd Rd (State Park Swimming Sign).
- North Hankerd 1.7 miles to HalfMoon Lake entrance.
- West HalfMoon Lake entrance to parking.

Dirt Check-In: Each ultra runner and relay team captain or alternate must check in Friday 5-10 PM or Saturday 5-7 AM before the start. Race number bibs, timing tags & last minute information are handed out.
The Friday Check-in is more relaxed than the Saturday morning insanity!

Dirt Parking & Car Pool: Park in designated areas.
Only One Vehicle per team is allowed to park at HALF MOON. Car pool to the event in one vehicle.
Park & ride lots are at Lee Rd & US 23, I-94 & Chelsea and other convenient locations in the area.

Dirt Passports: Daily state park pass, DWD Vehicle sign and race number(s) are provided in registration packet. They are required to enter locations throughout the weekend.

1. **Daily Park Pass:** On front window to enter park areas throughout the weekend.
2. **Official Vehicle Sign:** Display in rear window all weekend including at the entrance booth at Half Moon!
3. **Dirt Numbers:** Ultra and Relay numbers are different. Each team receives 5 identical race numbers. Race number is worn on front of each runner with visibility needed at the finish, aid stations & exchanges.
4. **Timing Tags:** Timing Tags will be handed out at packet pickup. All ultras and the last relay runner (ONLY) must wear a timing tag to get a time recorded for their event/team.

Thank the Volunteers & Park Rangers: It becomes a long day ... week!

Camping: Modern camping with showers at Bruin Lake (Exchange #11-12, Aid I-J).

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Rustic camping at Crooked Lake (Near Silver Lake Beach, (Exchange #3-4, Aid F-G).

www.midnrreservations.com/campgrounds

Hell Creek Ranch (Exchange #5-6, 7-8, Aid B-C, D-E) may have camping available. 1-800-447-2757.

Hotels: Holiday Inn Express, Brighton, 810-225-4300

Best Western, Whitmore Lake (734) 449-2058 Exit 53 of US-23. Or Check Ann Arbor hotels.

Refreshments: Food including pizza and refreshments at the finish area at Award Ceremonies. Pizza continually delivered to keep it hot (at least we try!).

Awards: Ceremonies at the HalfMoon Lake stage.

- **Ultra Dirt:** The top 5 in 5-year age groups for each event, 50k & 50M. Presented as you finish
- **Relay Team Dirt:** Top 50 handicapped adjusted teams and top 10 across the line (unadjusted time). Relay Ceremonies 5:45 PM exactly...or thereabouts!
Teams still on the course that have a high handicap (= old & sexy) may substantially alter the placement. This may delay the final placement and ceremonies. If all else fails, we will have a ceremony for them.
- **Dirt Passion – formerly Creative Team Vehicle & Theme awards:** 5 creative or psychologically challenged teams will be acknowledged and win cool stuff. First Place award includes free entry into next year. Other surprise awards are presented, bam, during the race based on innovation and passion.

Dirt Safety & Preservation

Dirt ambassadors let the Chi roll. Consideration and positive energy are the greatest attributes the Dirt force can infuse the denizens of Hell. Other park users, roads and trails may not share out spirit. Our objective is applause, no complaints. Breathe deeply if you receive digital sign language or beer cans tossed at you. Drive safely and use discretion in bodily actions and modest moments, (Don't wiz in anyone's yard!)

Vehicles - Ultra: Daily or annual state park permit, (included in packet) on the front window throughout the race. This includes the HalfMoon entrance and the aid station – support points.

- One support vehicle allowed. DWD Vehicle Sign on the back
- Support vehicles on the course are allowed at designated parking zones, Start-Finish, Aid Stations B-C, D-E, E-F,G-H, H-I, I-J, K-L, L-M.
There is no access or parking at Aid Stations A-B or C-D. Hang out at B-C, D-E Hell Creek Ranch. Aid Stations F-G may be difficult for a vehicle to arrive prior to the runner due to distances.
- Please obey the parking signs and volunteers, even if they seem irrational!

Vehicles - Relay: Daily or annual state park permit, (included in packet) on the front window throughout the race. This includes the HalfMoon entrance and the exchange points.

- Meet and car pool to the start, (we got repeat-heimers).
- One vehicle per team on the course. DWD Vehicle Sign on the back and Park Pass on Front.
- No motor homes, rickshaws, busses or PT Cruisers (too ugly).
- Follow parking flow into and out of exchange. There is a system. Although engineers think there is not!

Vehicle Safety: The course is designed with enough drive time in one vehicle. Leg 9 is tight, so get your satanic butt in gear or use the drop off – pick up method.

- Official vehicle signs must be displayed in rear window. This helps us to identify you if we find your lost, injured, and/or crying teammate or if there is emergency news.
- Drive Safely. Be on the lookout for runners darting out of the woods. Be especially nice to any cops who might stop at the exchange and say, "What in Hell is going on here?"
- Trail crosses many roads and a small portion is run on dirt roads, so use common road running etiquette. Watch out for both running and driving morons.

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- Obey Speed Limit. Time exists to get to each exchange as long as you decline interviews.

Exchange Parking: Parking is insane, 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 including one way entrances and exits.
- 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 crossings, (2005 DUH!)
- Stay out of the road, (trail runners seem to forget that they are standing in the middle of the road.) Don't stop traffic, especially in Hell.
- Use drop off – pick up zones in Hell.

Runner Safety

- **Run Safely:** the magnitude of this event does not allow closed roads or stopped vehicle traffic. The course crosses major two-lane roads. 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.
- **No shortcuts:** The map may look like there is shorter way but it could be dangerous or not approved for usage. In 1999, a runner was lost for 4 hours taking a shortcut!
- **Inform aid station –exchange personnel and trail captains of problems.**

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ULTRA 50K & 50 M START: 6:15 A.M

Course has changed from 2009. No early start option as course marking is being completed.

CHECK-IN (Required): Friday 5-10 PM and Saturday 5-6 AM. HalfMoon Beach HQ, Hankerd Rd
Race numbers & last minute information is distributed. Enjoy the calm before the storm!

Dirtails: Ultra course is designed as separate race from the relay and allows 50K or 50 mile switch at the 50K finish. It is a series of sections A to M connected by mandatory Aid Stations, A-B to M-Finish. All sections are to be completed in the presented order. Not all of the ultra sections are the same for the relay.

Flashlights – Headlights: Recommended for Dark 6:15 a.m. start. Put your name on them. The light drop zone is at the first Aid Station, A-B, at 4.8 miles. Lights will be delivered back to the finish area.

Number: Worn visibly on front as it is recorded at each aid station. Ultra numbers are different than relay.

Injury: Inform aid station personnel or via other runners. EMS technicians are on the course. Note runner details, number and specific location. Call 911.

Delayed or Pulled from Race: EMS staff or race 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.

Event Switching: 50K & 50M decision point is at the 50K finish at HalfMoon HQ, You can switch events until 2:15 p.m., the 50Mile cut-off. 50K proceed through the finish. 50M proceed to Aid Station (H-I).

Awards: Each event, top 5 in each 5-year age group. All finishers receive medals.

Course: 2010 Ultra course is different from 2009 – NO THIS SUCKS SWAMP - and extremely independent from the relay.

- **The course is faster, cleaner and better running than 2009.**
- Ultra runners will have high independence from Relay until mile 21. (No conflicting traffic).
- Portions of the Ultra and Relay are run at different times of the day.
- The first 10 miles are fast and fairly flat, second 10 miles are foot challenging. The third 11 miles are hilly but nice running. Section E has the only major water crossings on the 50K. 50 Mile has more wet...see next bullet!
- The last 19 miles of the 50-M are tougher, slower, wetter, muckier, and scratchier. Sections I and K have water crossings.
- Aid stations A-B and C-D are not open to support. Aid A-B at 4.8 miles is mostly a light drop and first aid station. B-C is 2.4 miles later and is a full aid station including fluid refill.
- Aid C-D is a minimalist Aid Station, which may have low supplies and fluids. Aid Station D-E is a full aid stations including fluid refill.
- Aid Stations B-C, D-E and E-F are exchange points later in the day = low traffic. Others are crowded.
- All Aid station entries are split with ultra staying **Left** and **Relay** staying **Right**.
- Sections A, B are in the dark and are marked with **WHITE** ribbon and lighted objectives.
- **Section C is BLUE** to differentiate from Section D and E, pink.
- The rest of the Ultra, Sections D through M are **PINK**.

Cut-Off Times: On-target 13-hour finish time.

- Mandatory 50K finish: Must complete Mile 31 and have started next section by 2:15 p.m. to continue on the 50 mile. Runner is scored as 50K finisher otherwise.
- Must have completed 43 miles and starting next leg (L) by 5:30 p.m. to continue on the course.

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- Must have completed 45.8 miles and starting the last leg (M) by 6:15 p.m. to continue on the course.
- If allowed to start Section M, you are allowed to finish unless it is determined to be unsafe.

AID STATIONS:

Station Check-In: Inform aid station volunteers of race number at arrival. It is vital that we enter your race number at each Aid Station to be able to find displaced runners.

Support Drive Route: A specific driving route to each exchange point is presented to ultra runner for their support team. These routes are fairly direct with ample time to get to the next open aid station point.

Support Locations: Stations A-B and C-D do not have drive access for support.

Sustenance: Special drinks, pretzels, bananas, boiled potatoes, oranges and surprises! Some exchanges will have a cellular phone, warm blankets and friendly people. Others may be miserable and lonely.

Drop Bags: Drop bags will be transported to the following locations. You may want fresh shoes and socks due to river and swamp crossings. Please, no black garbage bags or valuables. By the way, you can buy new Saucony running shoes and socks at Running Fit!

Drop Bag Locations			
Aid Station	Location	Mile Post	Runners
E-F – Hell Store	Behind IScream Store	19.2 miles	50K & 50 Mile Ultra
H-I HalfMoon HQ	Start/finish area	31.0 miles	50 Mile Ultra
K-L Joslyn Lake Rd	Joslyn Lake bug pit	43.2 miles	50 Mile Ultra

At HQ Start: Identify your bag with your name and other identifiers. Place in labeled boxes by Drop Bag Zones E-F, H-I, K-L at the HQ area. We will deliver to the Drop Bag stations.

At The Stations: The Drop Bags will be in the Fresh Drop Bag Area. After usage, place the bag in the “Return to Finish” Dead Bag area. The return bags are taken to the finish area.

At The HQ Finish: Dead bags and flashlights located in the bag finish area.

Marking: Course is marked primarily with ribbon, stick flags and arrow signs.

- The course is marked on Friday and checked/remarked throughout race day.
- Dark areas are marked with variety of light instruments, white ribbon and other items.
- Dirt road and grassy aid station areas may have chalk, paint, and survey flags.
- If confused on the ribbon color, have a piece of ribbon tied on your hand at each aid station.
- Another section may be on the same trail.
- Sections A, B are in the dark and marked with **WHITE** ribbon and lighted objects.
- Section C is in **Blue** to differentiate from Section D and E, pink.
- The rest of the Ultra, Sections D through M is **PINK**. See Color Code, course description for more Dirtails on marking.
- At times a trail may have more than one color. Stay on your color.
- Ribbon is tied to trees, stick flags, signs, benches, poison ivy and vagrants.
- Continue straight is marked with continued single ribbons. Turns have two ribbons together in the direction of the turn. Example: Right side two ribbons or a series of two ribbons, then the course turns right. After the turn, a confirmation ribbon is placed. Some turns may have swoops of ribbon.
- Off-color barrier ribbons and Yellow Caution Tape is used to block Wrong Ways.

Signs: Directional signs are used in certain places to increase likelihood of marking retention. Signs identify “Aid Station / Exchange”. “Wrong Way Moron!” indicates you are off course. Turn back until you locate where you diverged from the course; these signs will be close to the turn you just missed.

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Ultra Course Marking & Support Locations:

2009 DWD ULTRA SECTIONS					
No.	Name	Miles	Cumulative Miles	Color	Support Possible next Aid Station
A-U	Awakening	4.8	4.8	White, Lights, Reflective	NO
B-U	Limbo	2.4	7.2	White Reflective	Hell Creek Ranch
C-U	This Sucks! (Less?)	4.8	12.0	Blue	NO
D-U	Stripper Pole, (Shorter)	3.9	15.9	Pink	Hell Creek Ranch
E-U	Styx, River of Death	3.3	19.2	Pink	Hell Store
F-U	Bad Out of Hell	2.6	21.8	Pink	Time Problem Silver Lake Beach
G-U	Rave Run	3.3	25.0	Pink	Silver Lake Beach
H-U	Poto	6.0	31	Pink	HalfMoon finish
	50K Finish				
I-U	Where's The F'N Bridge	4.6	35.6	Pink	Bruin Lake Boat Launch
J-U	Vertigo	3.8	39.2	Pink	Time Problem Boyce Road
K-U	The Stupid Lake	3.8	43.0	Pink	Joslyn Lake Bugpit
L-U	Don't Get No Better	2.8	45.9	Pink	Time Problem Bartell Rd
M-U	Dirt's Revenge	4.1	50.0	Pink Lights, Reflective	HalfMoon finish
	50 Mile Finish		50.00		

Ultra Course Summary:

Leg No.	Leg Name	Hill Rating 5=high	Poison Ivy 5=high	Grunge Factor	Wetness
A	Awakening	2.0	1.0	Rocks	No
B	Limbo	1.4	2.4	Horse Dump	No
C	This Sucks (Less)	3.3	5.0	Scratchers	No
D	Stripper Pole (Shorter)	3.5	5.0	Slip & Slide	No
E	Styx, the River of Death	1.3	3.0	Wet Dream	Yes
F	Bad Out of Hell	3.2	3.2	Snarky	No
G	Rave Run	3.2	2.0	Scratchers	No
H	Poto	4.5	0.5	Rocks	No
	50K Finish				
I	Where's the F'N Bridge	2.8	3.8	Quicksand, Muck	Yes
J	Vertigo	4.2	4.5	Slammers	No
K	The Stupid Lake	2.9	5.0	Ducks, Fishhooks	Yes
L	Don't Get No Better	2.3	1.5	Raspberries	No
M	Dirt's Revenge	4.0	0.5	Rocks	No

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Ultra Course Dirtails

Section A. Awakening: (White) Distance: 4.8 miles

Start: Half Moon Lake Finish: Doyle Road Crossing Mini Station (Mile 4.8)

Dangerous Road Cross: 2. Nice clean trails, modest hills and fast. Lights and reflective items. Trail volunteers may be helpful after they scare the hell out of you in the dark. Good tempo run despite the dark. Mini Aid Station and Drop Light zone at end. Longer but FAST

Section B. Limbo (White) Distance: 2.4

Start: Doyle Road Crossing Finish: Hell Creek Ranch (Mile 7.2)

Dangerous Road Running: 2. Easy dirt road until Horse Trails. Footing declines but remains fast. Did I mention a FAST section? Last half mile has 2-way traffic with Section E, pink. Shorter but fast.

Section C. This Sucks - Less (Blue) Distance: 4.8

Start: Hell Creek Ranch W Finish: Rail Trail Mini Station (Mile 12.0)

Dangerous Road Cross: 1. 2-way traffic for .95 mile from aid station to Post 5, against Section D, pink. Hard left turn at post 5 heads into resistance running course. Grungy horse trails. Ultra gets to bypass Satan's swamps and we made it shorter. Easy rail trail finish. Mini Aid on Rail to Trail turnoff. Shorter-Faster,

Section D. Stripper Pole - Shortie (Pink) Distance: 3.9

Start: Rail Trail Mini Station Finish: Hell Creek Ranch E. (Mile 15.9)

Dangerous Road Crossing: 1 Wicked hill section early includes the Stripper Pole buttslide and Dirt Ladder hands assisted climb. New scenic Ralph Waldo Emerson trails. RWE has series of ridge running and lake vistas. Watch closely for turns. Last .95mile, from Post 5 to Aid Station is 2-way traffic in opposition of Section C- Blue.

Section E. Styx, the River of Death (Pink) Distance: 3.3

Start: Hell Creek Ranch Finish: Hell Hole (Mile 19.2)

Dangerous Road Crossing =0. First half mile 2-way traffic in opposition of Section B: White. Wet, wet, wet. Dangerous river rocks that cut. Deep holes. The path to Hell is the river of death, Styx. Your tormented soul is ours. Life jacket or swim wings optional. If a shoe comes off, just reach into the mud, there are plenty of them in there. Support shopping in Hell for a souvenir at the party store or I Scream parlor. The store is a good place to mail a postcard for the HELL postmark! Bag Drop zone at end of section.

Section F. Bad Out of Hell (Pink) Distance: 2.6

Start: Back of Hell Store Finish: Silver Lake Beach (Mile 21.7)

Dangerous Road Cross: 1. Nice uphill on road, Nice uphill on whacked trail. Longer whipsaw added for a diversion before casual downhill on Poto trail. Part coincident with Relay 2 - Blue.

Section G. Rave Run (Pink) Distance: 3.3

Start: Silver Lake Beach. Finish: Silver Lake Nob (Mile 25.0)

Dangerous Road Crossings 2. Beginning and end are out and back so opposing runners present. A face to face meeting in blind turn could take an eye out. A beautiful trail run. Most say harder than we think.

Section H. Poto (Pink) Distance: 6.0

Start: Silver Lake. End: Half Moon Lake (Mile 31 & Decision Point!)

Dangerous Road Cross: 2. Long, steady power run. Trail mix of hills, rocks, roots and pickers. Watch out for bikes at your back. Miles and miles of hilly rugged trails. At enter HalfMoon stay to the left along the lake side to 50K finish – 50mile Aid H-I. **50K Finish – 50M Decision allows change of event at this point.**

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Section I. Where's The F'N Bridge? (Pink) Distance: 4.6

Start: Half Moon Lake. Finish: Bruin Lake Beach in Campground (Mile 35.6)

Dangerous Road Cross: 3. Dangerous Boat Crossing: 1.

A classic, our first river crossing in 1999. Nice, undulating trails to the river, (watch for boat traffic!). Then it is wicked. Ropes were added in swamps last year. Quick sand, quick mud, quick, your ass is stuck! Plane crashed in 1999 during Sunday cleanup just to see where we ran! Nice tempo until slow last mile.

Section J. Vertigo (Pink) Distance: 3.7

Start Bruin Lake Beach Finish: Boyce Rd. (Mile 39.3)

New exit from Bruin Lake. Couple of nasty downhill's that may give you vertigo. Portions of nice trail, road, and hill climb, off trail running and a flat ending. Mountain climbs and butt slides in middle. No rivers but some wading through high grass. Open area can be brutally hot.

Section K. The Stupid Lake (Pink) Distance: 3.8

Start: Tortured Soles (Boyce Rd). Finish: Awash in Anguish (Joslyn Lake Rd) (Mile 43.1)

Aquatics Running 101 is taught here. In fact, you are in the class. Failure is not acceptable. Who's stupid? Trail Dog measured the lake with his bike. Many runners lost shoes and finished barefoot, ouch! Not for wimps. One big hill and some great trail after the lake. Pace easier to maintain than it sounds.

Section L. Don't Get No Better (Pink) Distance: 2.8 (Every year on the course)

Start: Awash in Anguish (Joslyn Lake Rd). Finish: The Fates (Bartell Rd) (Mile 45.9)

Shortcut of 2005 is now the course! Good story on name, ask Head Goat or Trail Dog. Hide ripping but tasty raspberries. Good footing, slow if overgrown, very fast if prisoners have cut the grass. Even faster if they are still out there! Pace can be pushed without blowing up.

Section M. Dirt's Revenge (Pink) Distance: 4.1

Start: The Fates (Bartell Rd) Finish: Half Moon Lake (Mile 50.01)

Hilly but with strong tempo run finish. Careful attention to turns as some is sharp, technical and it is a bad time to go off course. Merges with Section H for last $\frac{3}{4}$ mile on the Crooked Lake Trail. As enter HalfMoon stay to the left along the lake side to 50M finish. Relay stays right.

Descriptions & Comments brought to you by people who will not use their real names. If you disagree, it is okay and we really, really care. Have a nice day.