

DIRTY GIRLS RUN http://dirtyrunnerproductions.com/dirty_girls_run/index.html

August 10-12th, 2012

6, 12, 24, 48 Hours & 32k Trail Race

Mansfield, ON

(Approx. 1 hour north of Toronto)

NEW in 2012:

1. 48 hour race!
2. NO award ceremonies on location EXCEPT for the 32k. ALL awards will be mailed to 6, 12, 24 & 48 hour winners.
3. NEW shorter route: 5 mile (8 km) Due to logging activities & loss of trail, the course was shortened for 2012.

Course

Course goes west to east (i.e. original direction)

5 mile/8 km loop on single track (~60%) & double track (~40%) forest trails

Folks describe this course as deceivingly tough - hilly too - all runnable except for the big nasty hill that winners wine about

For timed events, measurement to the 2.5k, 5k and 7.5k marks

Place is determined by number of laps + time for 6,12 & 24 hour races (32k racers must complete full laps, no partial laps counted)

Start Times: 6,24 Hour Events = Saturday August 11th 8 a.m. 32k = Saturday August 11th 8:30 a.m.

Start Time for 12 hour race is Saturday August 11th 8 p.m.

Start Time for 48 hour race is Friday August 10th 8 a.m.

Race kit pickup:

48 hours - Thursday August 9 after 6 p.m. or Friday morning 6:30 a.m. till race start

32k, 6 & 24hr - Friday August 10th after 6 p.m. & again on Saturday August 11th from 6:30 a.m. till race start

12 hr - Same as 32k, 6 & 24 hr AND 6 - 8 p.m. Saturday August 11th

Grounds open:

48 hours - Thursday August 9th AFTER 3 p.m. for tent setup

All other races - Friday August 10th AFTER 3 p.m.

Course Map / Elevation Chart

Tree-covered for 97.7% of your run

Terrain ranking of dirty girls, based on ranking system by Ultra Running Magazine

"Hilly trail with substantial ... roots"

Route on Map My Run:

<http://www.mapmyrun.com/routes/view/59976710>

Race Categories

6,12, 24, 48 hour or 32k SOLO

Award Categories

32k, 6, 12 & 24 hour

Overall male + female

Top male and top female in each 10 year age category (0-39, 40-49, 50-59, 60+) Note: No award duplications with overall winners.

48 hour

Overall male + female

Again, starting in 2012, ALL awards for the 6, 12, 24 & 48 hour races will be MAILED to winners. Results will be posted online several DAYS after the race.

Why the change in award ceremonies?

We use Chip Time to calculate laps however, it is a tedious manual process to implement and cross check the marshal points (2.5k, 5k & 7.5k). Logistics will be more demanding with the addition of the 48 hour race and sleep will be more compromised among organizers. Finalizing results post-event ensures better accuracy.

dirty girl Awards & OUS Points

To qualify for an age category award in one of the dirty girls awards ceremonies, you must run at least three laps in the six hour event; five laps in the twelve hour event, eight laps in the twenty-four hour event and twelve laps in the 48 hour event. For the OUS points series, any distance qualifies you for points in the 6,12, 24 and 48 hour events. For the 32k, you **MUST FINISH THE RACE BY 2 p.m.** to qualify for OUS points.

24 Hour BELT BUCKLE

Runners that do 120km will receive the "Dirty Girl" belt buckle.

If you do not complete the 120km, you will receive the dirty girl medal and you'll have to try again another year.

48 Hour AWARD

The actual "award" for the 48 hour event has not yet been established. The following are the benchmarks for this event:

Under 100 miles - medal

100 miles - belt buckle

200 kilometres - award to be determined

Pacing

24 hour racers - Pacers allowed after 8 p.m. on Saturday August 11th.

48 hour racers - Pacers allowed after 8 p.m. on Friday August 10th. You are ALSO allowed pacers during the day on Saturday (and Saturday night). You **MUST** ensure that you and your pacer leave room on the trails for other racers to pass.

NO OTHER RACE IS ALLOWED AID OF ANY SORT. Please have your pacer sign a waiver upon arrival. Pacers can lead or follow their runner. Pacers may not provide physical support to their runner (i.e. no leaning, no pulling, no teathering). Pacers may not carry gear for their runner. No other devices are allowed to aid the runner. Pacer is allowed to provide service to their runner at aid stations (4k and start/finish).

Please note that any runner that is reported to receive additional aid during sanctioned race hours will be disqualified. Including the 32k, the nature of an ultra race is to complete an arduous physical pursuit under one's own power. Additionally, it is unfair to other runners who finish without aid, except as allowed and outlined in the rules above.

Timing

Chip Timing **STARTS** at 8 a.m. on Saturday. All racers must wear chip to end of their respective race.

48 hour racers **MUST** stop at the start/finish to have a chip device installed as close to 8 a.m. as possible on the Saturday of the race.

Please note that any sound device (e.g. blow horn) **CANNOT** be heard out on the furthest points of the course & therefore runners must run into the finish. Marshals will be stationed at the 2.5k, 5k and 7.5k marks in the forest in the last 30 minutes of the 6, 12, 24 and 48 hour events.

Aid Stations

4k mark + start/finish

All the usual over-abundance of salty, chocolatey treats at the aid stations + HEED (Hammergel) + Water

Please plan your race responsibility - REFUEL regularly. August can be deceptively HOT, despite rain. Carry extra water + electrolytes

St. Johns **AMBULANCE** at start/finish

Bag drop off - scroll below for details

Swag

Really neat-o "stuff" (usually clothing) emblazoned with:- Gals "dirty girl" and Dudes "I did the dirty girls" on the back

NOTE: To be guaranteed to receive your swag on event day, you **MUST** be signed up by July 1st, otherwise, we're guessing your

sex & size!

Finishers' Medal to 6,12 hour, 32k and 24 & 48 hour racers that do not BUCKLE

Volunteers and Incentives

All positions include meal(s) during or after your shift.

Aid Station Lead - Free entry into race of your choosing in the following year

We prefer Leads with 100 mile crewing or running experience. We will work with you on menu preparation and timelines.

4 positions:

2 Leads for Friday 8 a.m. to Saturday 8 a.m. (1. start/finish aid stn 2. 5k aid station)

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Aid Station Crew - Half price entry into race of your choosing in the following year*

We ask of our crew that you be very proactive in looking after runners. Approach runners as you see them coming towards your station & ask what they need. Night vollies can take sleep breaks if desired.

Friday 8 a.m. to 8 p.m. - 2 positions

Friday 8 p.m. to 8 a.m. - 2 positions

Saturday 8 a.m. to 2 p.m. - 6-8 positions

Saturday 2 p.m. to 8 p.m. - 4 positions

Saturday 8 p.m. to 8 a.m. - 4 positions

Timing Crew - Half price entry into race of your choosing in the following year*

Two timers per shift allows breaks/shifts within the period.

Friday - 8 a.m. to 8 p.m. - 2 positions

Friday - 8 p.m. to 8 a.m. - 2 positions

*Alternatively, vollies can choose to redeem their "Volly Voucher" in the same year for free camping. This would be advantageous for a family member that does not run and is planning on volunteering during the day & crewing or cheering their runner during the night. Volunteers may transfer their free/discounted race entry to spouses ONLY. It may not be sold or transferred to friends.

Post-Race Food

Not sure what's cookin' in the kitchen this year, but it'll be good. A runner's gotta eat post race!

Washrooms

Porta potties at start/finish (that's every 5 miles/8 k!)

Registration Fees

Fees include H.S.T. - ya, even ultra dudes are taxed. HST #84292 2668 RT0001

	By April 30th	May 1st - August 8th
32k	\$65	\$75
6 hour	\$70	\$80
12 hour	\$90	\$100
24 hour	\$150	\$165
48 hour	\$200	\$225

NO RACE DAY REGISTRATION

Refund Schedule: 2 weeks before event- NO refunds; 1 month out-50% refund; More than 1 month out-Full refund less \$20 processing fee

NO delaying registration to future years

ALL fees must be paid in CANADIAN dollars starting in 2012

Drop Bags

This service is available for 24 and 48 hour runners only.

CLEARLY mark your ONE drop bag with your first and last name and leave it at the portable at the start/finish by 7:15 a.m. on race morning. Return of drop bags for runners that drop early will occur in coordination with water refill runs throughout the day/evening.

Directions / Accommodations

Mansfield Outdoor Centre - <http://www.mansfieldoutdoorcentre.ca/>

B&B in the Mansfield area - http://www.bbcanada.com/ontario/greater_toronto_area/mansfield

Driving - 937365 Airport Road, Mansfield, ON

<http://maps.google.ca/maps?q=937365+Airport+Road+MULMUR>

+ONTARIO&hl=en&ll=44.201978,-80.045914&spn=0.02492,0.053558&ll=49.891235,-97.15369&sspn=22.974601,54.84375&z=14

Tenting

Tents are setup along the start/finish. Please let us know if you have a campervan/RV as special provisions must be made.

\$20 per person for 6 hour and 32k folks and guests

Fee IS INCLUDED for 12, 24 and 48 hour runners

Note that cost covers 1 crew/pace for 24 and 48 hour runners starting on Friday EVENING

Indoor washrooms and porta potties available

Past Results

Note 1: The course was modified in 2010

Note 2: The dirty girls 6, 12, 24 hour and 32k races are part of two point series: The OUS and The Trophy Series. Official results are posted below and shared with ONLY these two series.

2011 (west-east direction)

24 hour - Lisa Van Wolde 140km, Todd Mickolwin 150km - Results

12 hour - Melanie Boulton 75km, Corey Smith 85km - Results

6 hour - Christine Torres 47.5km, Marc Pelosse 57.5km - Results

30k - Tanya Porcellato 2:54, Mike Tickner 2:23 - Results

2010 *New Course & east-west direction

24 hour - Jen Smith 132km, Ryan O'Dell 170km - Results

12 hour - Laurie McGrath 97.8km, Charles Johnson 92.5km - Results

6 hour - Charlotte Vasarhelyi 45.1km, Peter Taylor 57.8km - Results

30k - Jade Penwright-Holmes 3:01, Mike Tickner 2:23 - Results

2009

24 hour - Sue Lucas 170km, Robert Gryfe 167.5km - Results

12 hour - Iris Cooper 100km, Glen Redpath 120km - Results

6 hour - Lisa Leskien 62.5km, Adam Hill 72.5km - Results

30k - Joan Matthews 2:33, Mike Tickner 2:06 - Results

6 hr Team - 65 km

Leslie Evans, Peter Taylor

24 hr Team - 172.5 km

Scott Garrett, Tim Camick

2008 - Results

24 hour - Theresa McGrath 180km, Jim Orr 195km

12 hour - Lisa Leskien 110km, Geoff Linton 110km

6 hour - Charlotte Vasarhelyi 57.5km, Paul Chenery 60km

6 hr Team - 72.5 km
Chantal Warriner, Krista Bolyea, Tiia Dolson

12 hr Team - 80 km
Paul Bowen-smith, Nanette Bowen-smith

24 hr Team - 217.5 km
Laury Hickling, Trevor Hickling, Kim Pagliaro,
Hilda Barton, Wayne Barton

2007 - Results
24 hour - Laurie McGrath 177.5km, Jim Orr 175km
12 hour - Iris Cooper 92.5km, Geoff Linton 102.5km
6 hour - Tammy Whitehead 43km, Rick Mcdowel 58km

6 hr Team - 62.5km
Leisha Ostrowski, Christopher Gittens, Richard Pady,
Dirk Huyer, Heather Pady

12 hr Team - 127.5 km
Barb Campbell, Rich Ehrlich, Paul Hingorani, Tim Grant

Qualifying Recommendations

dirty girls run is a tough, single & double track 5 mile/8 k looped course with aid stations 4k apart. Temperatures can range from 28 celcius & 94% humidity during the day to 13 celcius at night. Add these conditions to a very rooty, hilly course and dirty girls becomes deceptively tough. In 2011, only 37% of entrants in the 24 hour made 120 kms (the buckle benchmark). We DO NOT ask for minimum qualifying standards, however we HIGHLY RECOMMEND the following as guidelines:

Race	Recommended Qualifier - Other Races	Recommended Qualifier - dirty girls Race
48 hour	24 hour (80k) 100k 100 mile	24 hour
24 hour	12 hour (50k) 50k	12 hour
12 hour	6 hour (32k) 50k	6 hour

6 hour/32k* Trail Race + Half Marathon

6 hour/32k*
Trail races are much different than road in that there is often little room to pass other runners. It is also easy and often frustrating to get lost en route if you're not used to watching for course markings, and to fall often and land on uneven, harsh surfaces (i.e. roots, rocks). Also, with the time required to be spent on trail & the intense weather conditions, new 6 hour and 32k runners often do not have enough experience with proper food and drink intake. We recommend you bring a crew member who can check in on your condition every 5 mile/8 k and be your advocate to eat and drink accordingly. We also recommend that you bring adequate post-race supplies such as warm gear. It has rained almost every year and many folks experience cold after their race simply from going from a state of physical exertion to nothing in the wet weather. It is your responsibility to be prepared for these challenges in an ultra distance/trail race.

Policy on Health and Safety for dirty girls

This policy applies to runners in all events, however, the greatest relevance will be runners in the 48 and 24 hour races.

dirty girls' races do not have qualifying standards yet qualifying "recommendations" (above).

It is highly recommended that potential racers meet the minimum standards to safely finish the chosen dirty girl distance. Additionally, it is expected that runners engaged in ultra distances, particularly the 24 and 48 hour events that take place in the heat and humidity of summer are knowledgeable and experienced in supplying their body with the necessary nutrients and electrolyte/water intake to sustain themselves in these conditions.

24 and 48 hour runners should be aware of the potential health and safety issues they could face at the dirty girls race: extreme fatigue, hyponatremia, over heating and dehydration, nausea and vomiting, cramping to name some of the most common ultra-related occurrences.

To maintain adequate health and safety among participants, the following guidelines will be implemented:

PRE-RACE

1. Weigh-in. The rule of maintaining your body weight within a 3% range will be generally followed throughout the race.

2. We will also record:

a. Name(s) of crew leaders as your primary point of contact, if any.

b. Rough outline of your race plan. We are most interested in any scheduled breaks or planned early finishes. At the same time, we will record the location of your tent/vehicle so that we know you are not lost on course or injured and require assistance in the forest, or if you have left the premises entirely.

DURING RACE

Mandatory health check points where you will be weighed and your general condition assessed:

24 hour racers

- 7:30 to 9:30 p.m. (Saturday)
- post-race (no weigh-in)

48 hour racers

- 7:30 to 9:30 p.m. (Friday)
- 7:30 to 9:30 a.m. (Saturday)
- 7:30 to 9:30 p.m. (Saturday)
- post-race (no weigh-in)

Note:

Please have ONLY your crew leader (if you have a crew) attend the check-in.

Your crew leader should be responsible for recording your fluid and food intake as well as behaviours such as frequency of and changes in urination, vomiting etc. In the absence of crew, you will be responsible for communicating this information with race staff at the checkpoints. Be aware that if you appear in a compromised state and are unable to communicate information that shows you are taking in proper fluids/foods, you will be required to take a break until your condition improves.

If your weight has fluctuated between 3% and 5%, we will caution you and/or your Crew Leader and go over potential strategies to improve your condition.

If your weight has fluctuated more than 5% since your last weigh-in, you will be required to take a MANDATORY BREAK. Along with your Crew Leader (if any), we will go over potential strategies to improve your condition. You will be allowed to return to the course upon showing improvement.

POST-RACE

As noted above, you MUST check-in with us when you declare the finish of your race (alternatively, when the race distance closes). At this point, there is NOT a weigh-in, but along with your Crew Leader (if any), we want to make certain that you are in a stable condition to leave. The general finish process should be:

1. Check-in at Health/Safety tent one last time;
2. Hydrate/Replenish electrolytes;
3. Eat if possible (breakfast is served approximately one hour after the race ends);
4. Rest. The campground is OPEN for as long as you need to rest on the Sunday, post-race. Race organizers are ALWAYS the last to leave.

REFERENCE

Please familiarize yourself and your Crew with the Question & Answer section with Dr. Lisa Bliss on the Western States page for information on common ultra-related running issues:

<http://ws100.com/pguide.htm#xviii>