



Welcome to [Fall Creek 100!](#)

This will be as concise as possible. Everything you need to know should be in here. All updates will be added here at the top. This is a live document.

**All times are in Central Time.**

Your RDs are Scott and Emily.

- Updated drop bag info to specify one bag per runner can be taken to Gilbert Gaul.
- Correct Piney Falls cutoff to 0510 (from 0410)
- Clarified pacers swapping at crew aid stations after mile 50.

# SCHEDULE

Saturday, November 19th

5:30am: Packet Pickup begins at [Eli Field Pavilion by Start Line](#)

6:30am: All race distances begin.

8:30pm: 33 and 50 Mile ends

Sunday, November 20th

2:30pm: 100 Mile ends

## START/PARKING AREA MAP



# COURSE

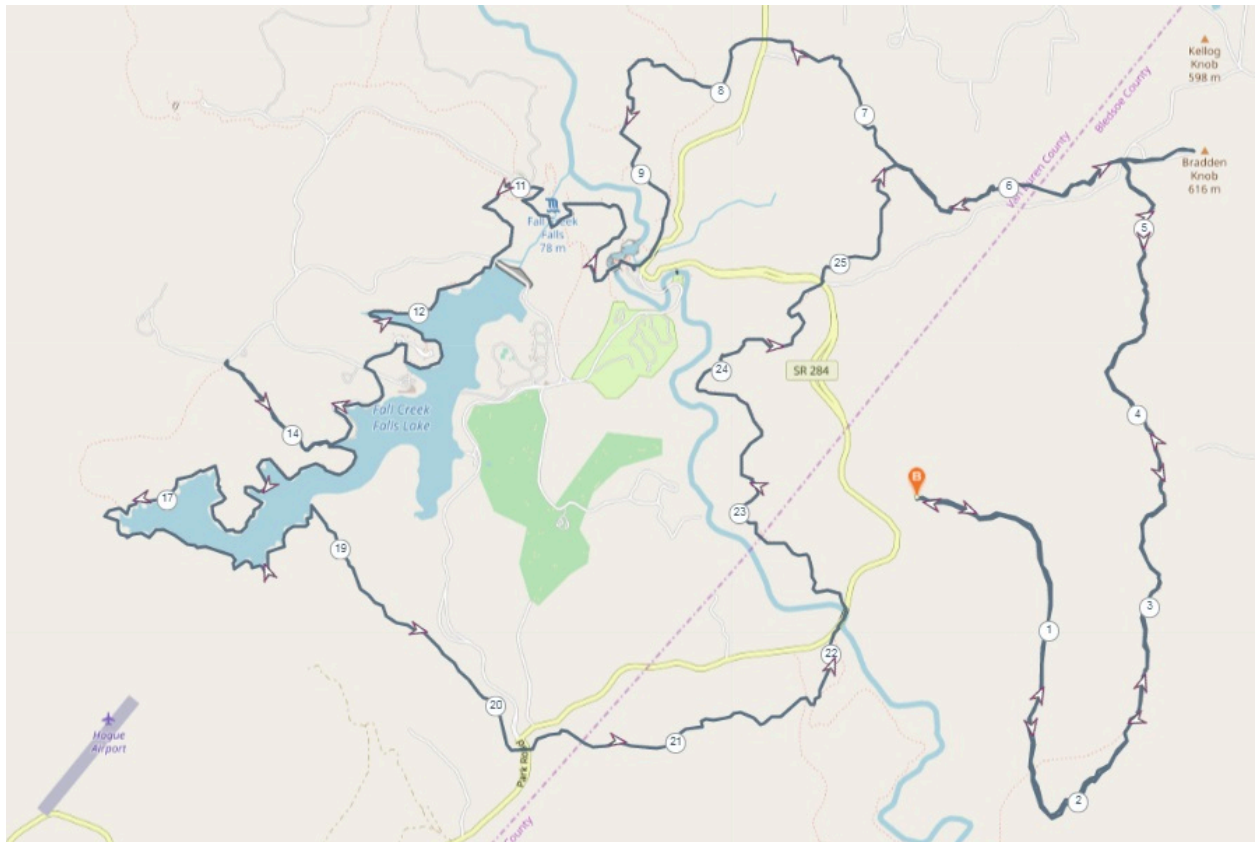
## [LINKS TO GPX FILES](#)

It is strongly recommended you have these gpx files in your phone or watch. The course is easy to follow but having this information available to you in case you start to doubt yourself is always better than not.

**Follow orange reflective flagging, pink signs and orange cones at all times.**

The PlotARoute page that has your course files also does a playthrough of the course. You can use it to get the flow of the course which will also help you understand where you are if you may be confused.

## 33 Miler Specific Information

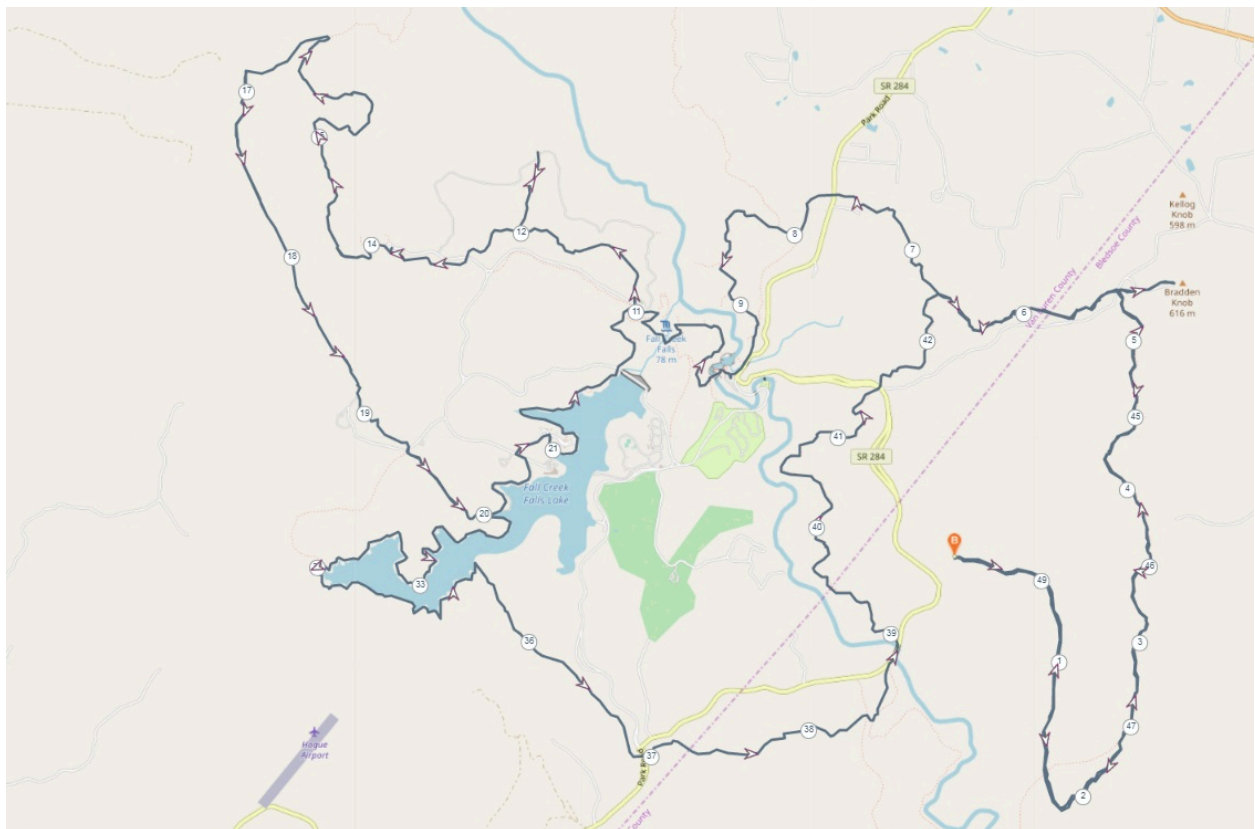


**Mile 11 Turn:** This is where the 33 and 50/100 mile course splits. You will be taking a *LEFT* hand turn here. As a cue, this is only a quarter mile after the Fall Creek Falls Overlook. You will be going counterclockwise along the bike path and along the road to Gilbert Gaul aid station. If you are towards the back of the pack, you may see the front

50/100 mile runners coming the other direction. It's ok! You are going the right way! Their course turned right when you turned left and they are coming back the other direction.

**Mile 27 Firetower:** This is the out and back to the fire tower. When you get to the top, there will be a hole puncher tied to the fire tower. **Punch your bib! This is mandatory to show you went all the way!** It is not necessary to actually go up the firetower; that's up to you.

## 50/100 Miler Specific Information



**Mile 11 Turn:** This is where the 33 and 50/100 mile course splits. You will be taking a *RIGHT* hand turn here. As a cue, this is only a quarter mile after the Fall Creek Falls Overlook.

**Mile 12 & 24 Out and Back (and 62/74 for 100s):** This is your out and back to Millikan's Overlook. There is an orange cone and a sign telling you when to turn around. Go to the cone. It's not necessary to actually cross the road and go to the overlook; that's up to you. This out and back is done each loop. You will always do it.

**Mile 20 & 32 Split (and 70/82 for 100s):** The first time you go through Gilbert Gaul aid station, you will turn left and go clockwise along the lake as you do your Northwest

Loop. If you are going fast, you may see 33 milers coming the other direction. It's ok! You are still going the right way! The second time you go through Gilbert Gaul aid station, you will turn right at this split.

**Mile 43 Firetower (and 93 for 100s):** This is the out and back to the fire tower. When you get to the top, there will be a hole puncher tied to the fire tower. **Punch your bib!** **This is mandatory to show you went all the way!** It is not necessary to actually go up the firetower; that's up to you.

## FLAGGING/ARROWS

Follow orange reflective flagging, pink signs and orange cones at all times.

## AID STATIONS

FALL CREEK 33		
	Mileage	Between
Start	0	
		5.3
Fire Tower	5.3	
		4.2
Nature Center <b>C</b>	9.5	
		4.9
Gilbert <b>C D</b>	14.4	
		7.8
Bridge <b>C</b>	22.2	
		4.7
Fire Tower	26.9	
		6.3
Finish	33.2	

FALL CREEK 50/100		
	Mileage	Between
Start	0	
		5.3
Fire Tower	5.3	
		4.2
Nature Center <b>C</b>	9.5	
		4.4
Piney Falls	13.9	
		5.5
Gilbert <b>C D</b>	19.4	
		6.2
Piney Falls	25.6	
		5.5
Gilbert <b>C D</b>	31.1	
		7.8
Bridge <b>C</b>	38.9	
		4.6
Fire Tower	43.5	
		6.3
Finish <b>C D</b>	49.8	
Repeat		



hüma Gels (4-5 flavors) and hüma Electrolytes will be offered at all aid stations. Flavors will be either lemon lime or raspberry lemonade. hüma is a local company that we have been using personally for years. Click the image for a link to their site and check out their stuff.

Foods you can expect at aid stations: Bananas, Oranges, Fruit Cups, Red Bull, Water, Coconut Water, Coke, Sprite, Ginger Ale, PB&J Sandwiches, Pickles, Bacon, Avocado, Asst. Chips, Asst. Cookies, Fig Newtons, Granola Bars, Gummy Candies, Candy Bars. You can also expect feminine products, duct tape, sewing needles and floss, shoelaces, tums, bandaids and sunscreen.

You need to have a bottle or cup of some kind to take and carry water/liquids. This is a cupless event.

## LOCATIONS

Start/Finish:

[Eli Field Group Camp](#)

Crew Aid Stations:

[Nature Center Aid Station](#)

[Gilbert Gaul Aid Station](#)

[Bridge Aid Station](#)

## PACERS, CREW, DROP BAGS

Pacers can start at mile 50 for the 100s. They are not allowed for other distances. Pacers can swap in and out at crewed aid stations; just one at a time.

Crews can only assist a runner at the designated crew aid stations. If you are caught giving assistance anywhere else on the course, it can be grounds for a DQ. When parking at Gilbert Gaul and the Bridge, be aware of your surroundings and of other crews. Park in a manner that allows others to pass around you easily and safely.

Drop Bag locations:  
Gilbert Gaul  
Start/Finish

Leave drop bags at the start line the morning of the race.  
You are allowed one drop bag to be taken to Gilbert Gaul.

**Label your distance and your name on your drop bag!**

We will go around and pick up 33 miler bags and 50 miler bags after all runners for those distances have been through those aid stations. 100 miler bags will be brought back after all runners have gone through. If you want your bag before that, you will have to retrieve it yourself.



# CUTOFFS/BEING DQ'D/RULES

## CUTOFFS

	Mileage	Mileage Final	Cutoff	Cutoff Pace
Start	0			
Fire Tower	5.3	55.1		
Nature Center C	9.5	59.3		
Piney Falls	13.9	63.7		
Gilbert C D	19.4	69.2		
Piney Falls	25.6	75.4	0510	18:00/mile
Gilbert C D	31.1	80.9	0730	18:30/mile
Bridge C	38.9	88.7	1015	18:45/mile
Fire Tower	43.5	93.3	1215	19:10/mile
Finish C D	49.8	99.6	1430	19:12/mile

There are not aid station cutoffs for 33s or 50s, only the final 14 hour race length. You must be OUT of the aid station by cutoff.

## RULES

When you are running along a road, always run against traffic. This means running on the left hand side so you can see any oncoming vehicles.

Do not litter. If you take something out of the aid station, it is staying with you until the next one.

You must complete the course as it is intended. If you go offtrail, return back to where you left.

Getting the correct mileage (or more mileage) in other ways will not count.



## How to be DQ'd

If you endanger yourself or others.

Littering.

Refusing directions in the event of severe weather or other emergencies.

Being a giant jerk to volunteers, the RDs, Park staff, other runners or anyone else you encounter while participating in the event.

Receiving any assistance from your crew outside of the designated aid stations.

## **Camping At Start**

The start line is in the middle of a giant group camp area. You are free to stay there Friday or Saturday nights. There is a bathroom but not a shower and no RV hookups.