

2014 Dizzy GOAT Race Day Guide

June 21, 2014



The Dizzy GOAT – 3 / 6 / 12 Hour Trail Runs guide

Thank you for choosing to join us on June 21nd. The following guide will help you leading up to the big day and on race day.

Schedule

Friday, June 20, 2014

12 – 6:00 p.m. - Packet pickup at Canfields Sporting Goods (8457 W Center Rd, Omaha, NE 68124 / (402) 393-3363)

Saturday, June 21, 2014

Race Schedule		
12 Hour	6 Hour	3 Hour
7 a.m. – 7 p.m.	1 p.m. – 7 p.m.	4 p.m. – 7 p.m.
<p>Race day packet pickup is available at the start /finish, however please pickup at Canfield's on Friday if possible.</p> <p>All racers must check in at the start/finish no later than 30 minutes prior to each race start. Please allow extra time if you need to pick up your packet.</p> <p>Pre-race briefing will take place 10 minutes prior to the start of each race</p>		

About Schramm Park State Recreation Area

Located at 21502 Hwy 31, Gretna, NE 68028, about 6 miles south of I-80 exit 432, 330-acre Schramm Park SRA is another picturesque Platte River area and home of the exceptional Ak-Sar-Ben Aquarium. Also the site of the state's first fish hatchery (1882), the old hatch house is now a fish management museum, and there is an interesting geologic display nearby. The picnic areas offer spectacular views of the countryside, and there is a 3-mile nature-hiking trail divided into two 1.5 mile segments.

More information on the park and Ak-Sar-Ben Aquarium can be found at:

<http://outdoornebraska.ne.gov/fishing/programs/aquaticed/aquarium.asp>

Family is invited to tour the aquarium during the day. Check in at the front desk for your complimentary entry.

A portion of the proceeds from **The Dizzy GOAT** will go back to Schramm Park

Know that when you run a G.O.A.T.z race that you are contributing to furthering our mission of:

- **Promoting local trails and trail running.**
- **Growing the number of active trail runners in and around Omaha.**
- **Supporting other trail advocacy groups through financial contributions and volunteer opportunities.**
- **Advocating for and encouraging responsible use and upkeep of our trail systems.**
- **Producing a quality trail race or series in conjunction with other groups of similar interests.**

Start/Finish

The start/finish area is on a service road east of the Ak-Sar-Ben Aquarium. We will have porta-potties, a well-supplied aid station with a variety of foods throughout the day (the start/finish aid station will be beverages only until 9 a.m.). You will also have room to place your own chair and supplies in the drop bag area.

Course Description

The Dizzy GOAT course is a 3.25 mile combination of park roads and nature trails. Each loop contains approximately 600 feet of elevation change - the equivalent of 5723 feet for a 50k. You will spend nearly .75 miles on asphalt and 2.5 miles on trails, winding through the park, which include mild climbs and descents – nothing that the casual runner can't run or power-walk. The nature trails have portions of dirt (watch for roots and stumps), crushed limestone, wooden bridges, and grass. There are a number of flat stretches to allow your legs to recover on the move, and benches scattered along the trail in case you need to catch your breath. One of the more challenging parts of the course is a stretch of asphalt road on the east edge of the park called "What the Hill?" This road will be open to 1-way vehicle and 2-way GOAT traffic throughout the day and has an elevation gain/loss of 150 feet in just a quarter mile.



Food will be available every 3.25 miles at the start/finish area. We recommend carrying a hydration device with you at all times, as there will be 2 cupless water stations to refill water during each loop. You should never travel much more than a mile without an opportunity to refill your hydration bottle. Water, Hammer Nutrition Products, TYR, and Pop (Coke, Sprite, Ginger Ale) will be available at the main aid station at the Start/Finish of each loop.

The Dizzy GOAT Concept

The Dizzy GOAT course will be run both directions. Odd numbered loops will run clockwise and be marked with **PINK**. Remember to keep pink flags and tape to *your right*. Even numbered loops will run counterclockwise and be marked with **GREEN** – Remember to keep green flags and tape on your right.

In order to keep track of your laps and direction, all runners will be given a pink silicone wristband at Race Day Check In. **Pink** wristbands indicate odd/clockwise loops, whereas **green** wristbands indicate even/counterclockwise loops. The different colors will allow course monitors to guide runners in the proper direction, as well as help other runners identify with those heading in the same direction.

***** Runners must check in with the time/lap keeper after each loop, where your wristband will be exchanged. Removed bands will be soaked in soapy water, and a clean band of the alternate color will be given for the corresponding next loop. *****



Note: Runners will receive their wristbands at Race Day Check-In. See table above for check-in times of each race. The wristbands are yours to keep at race end.

Finish

All races end at 7 p.m., however; we will allow anyone who leaves the start/finish area by 6:30 p.m. to count the next lap **IF** it is completed by 7:30 p.m.

Awards and Standards

Every runner who maintains a minimum standard at **The Dizzy GOAT** receives our unique finishers' medal. To receive your medal you must do one of two things:

- 1) Stay on course for the entirety of your chosen time frame.
- 2) Run the equivalent of One (1) lap per hour during your chosen time frame.

Example(s): If you are a 3 hour runner and complete 9.75 miles (3 loops) in 2 hours and wish to stop, you've earned your medal. If you are a 12 hour runner and complete 36.75 miles, but remain on course throughout (not including aid station stops) the day; you've earned your medal.

3 Hours	6 Hours	12 Hours
9.75 miles	19.5 miles	39 miles

Parking

Parking at Schramm is limited and is available in the lot south of the aquarium and in smaller lots along the road that runs along the park to the south. Parking for 12 Hour runners will be in the grass adjacent to the service road leading from the start/finish (see photo). 12 Hour runners, please use the second entrance to the park when arriving on Saturday morning. Follow the instructions given by Parking Attendant Volunteers.



The park is open to the public throughout the day. Out of respect for the other visitors, we will leave the row of stalls closest to the aquarium open for them. ***** Please carpool if possible to help lessen the pressure on the park authorities and visitors. *****

Weather

Anyone familiar with weather in the Great Plains knows it can fluctuate wildly. It is bound to be warm on June 21nd. Average temperatures for the area range from a low of 64 to a high of 84 degrees.

It is imperative that you remain hydrated during the day. Hydration means different things for different abilities and fitness levels. While there will be water, Hammer Nutrition, TYR and other hydration on course and at the Start/Finish Aid Station, it is the runners responsibility to provide electrolytes of their choosing to help manage the heat and sweat loss that comes with up to 12 hours of summer running.

Drop Bags

Suggestions for drop bag include: electrolytes, sunglasses, sunscreen, blister kit, anti-chafing, bug spray, change of shoes/socks, special food needs not likely to be covered by the aid station, clothes & chair for post-party, cap, hydration device/bottle.

Pacing

Limited pacing is allowed, however, due to the growth of the Dizzy GOAT we must ask that you have no more than one additional person at a time on the trail with you. This is especially important later in the day when all runners are present.

Please Report to Race Directors

- Questionable behaviors (by runners, volunteers, motorists, other) while on course.
- Any injuries or falls sustained on course.
- Any emergencies.

Please Report to Race Directors or Time/Lap Keeper

- If you wish to take an extended break during the hours of your race.
- If you wish to stop running for the day.
- Any inconsistencies with recording.

Last Words

At **The Dizzy GOAT**, attitude is everything. We are super excited to have you out to play and run at Schramm for the day. Let's respect each other, the trail, and our bodies. Take care of yourselves with proper hydration and fueling and take breaks when necessary. Because the course will be run in both directions, do not run side-by-side unless passing. Allow faster runners to pass to your left. Faster runners: Please indicate that you are trying to pass. **Do not litter in the woods.** Please wait until a water stop or aid station to discard clothes, trash, cups, etc. With this group, it will be hard NOT to have a good time. Please stay for the awards and post-race gathering with food, drink, and all the new GOAT friends you will have made during the day.

*** Please direct any questions between now and race day to info@irunwithgoats.org – Thank you and we'll see you on the 21nd!

Thank You Sponsors!

We would like to thank all of our sponsors, volunteers, and you for helping make **The Dizzy GOAT** happen.

Title Sponsor – Canfield's Sporting Goods

Billy Goat sponsors – Red Dirt Running Company, Nebraska Orthopaedic Hospital, Mama's Pizza, Handyman Joe's

Additional sponsors – Palmer Massage, Midwest Medical Transport, Hammer Nutrition, TYR, Schmitt Chiropractic, AC Nelson

Remember to thank the volunteers on race weekend. They are donating their time to serve you and make this and all of our races a positive experience. Without them, there is no race.



Waldo's Dizzy Goat Survival Guide 10 Tips For Running Success!

By Van DeWald

In just two weeks, many of us will be participating in the Dizzy Goat race at Schramm Park. For many runners, this will be a new experience, something you've never done before. And a few of you may be nervous, excited, anxious, or even nauseous. And, for some of us, we have "been there, done that" before, we are the veterans, and while we may know what to expect, every race is different.

I will say, I am not an expert, far from it. But I have run a bunch of races, dozens of marathons, several ultras including 50k and 50m races, and timed races ranging from 8 hour runs, a couple of 24 hour runs, and a 72 hour run. So whether you're a Noob, a veteran, or somewhere in between, I've got some tips and advice to help you survive the Dizzy Goat, and maybe even thrive! Most of these are probably obvious, but it's good to keep them in mind.

Tip #1. Walk the hills and run the flats and descents. You may be thinking, "What? Walk? I'm not walking, this is a running race." Trust me, the hills may beat us up, and by the end of the day, you may be able to keep going if you walk the hills. Sure, there may be a very small group that runs the entire day. But for most of us, walking when you have to may extend our race just a bit further. No shame in walking if you have to.

Tip #2. Having a goal is great, but you have to be willing to adjust. Don't set a goal that is unreachable, it can be defeating to not hit it. However, don't set your goals too low, because the mind has a funny way of saying you're done when you hit that goal, when in reality, you might be able to do a lot more. This goal should not be based on some arbitrary number, seriously consider your fitness and ability and give it a realistic shot.

Tip #3. Weather can make or break a race. If the weather is great, take advantage of it. However, if the weather is bad, be prepared to make downward adjustments. We can't change the weather; we can only react to it. And your attitude about the weather can have a big impact as well. Negative thoughts have a way of snowballing into something bigger that can ruin the best day. Go with the flow. Adjust. But don't stress about it. What will be will be. If it's raining, adapt and bring a rain poncho. If it's hot and humid, wear less clothing to help you dissipate heat.

Tip #4. While this is a race, and certainly there will be those jockeying for top spot, be supportive of one another. Don't be afraid to talk to each other. If you run up on someone who might be struggling, slow down and check to make sure they are OK. Ask if they need anything. Offer to help them out. Take a short walk break to reassure them that they can do this. Sometimes, even a few encouraging words can make a huge difference. In other words, yes, this is an individual race, but we're also a very tight group that takes care of one another and leaves no one behind. Realize that everyone out there is enduring the same conditions and that we're all in it together.

Tip #5. Whether you sign up for the 3, 6, or 12 hour, at some point, it might suck. Nothing worth doing is ever easy. If it were that easy, then everyone would do it. Expect to have both emotional and physical highs and lows. It's absolutely normal. When you're having a low spot, check your nutrition and hydration. Maybe you just need to get some sugar in you. If you're feeling especially bad, slow down and take a walk break. Get your heart rate back to a comfortable range, let your body get a short recovery, and then try again. If you're riding a good running high and everything is feeling good, ride the wave for as long as you can. Also, don't push yourself

so hard that you puke. However, Shrek was right when he said, “Better out than in.” If your stomach is really upset, sometimes a purge makes you feel significantly better. Also, as the day wears on with each new loop, those hills will seem to get taller, the roots will get bigger, and the tiny stumps will become boulders, so even though you are tired, keep your eyes open!

Tip #6. Your feet take top priority. A simple blister can end a race far too quickly. Even a small pebble, while a nuisance, can turn into a big problem. It takes time to stop and readjust your socks or shoes, or even stop to tape up a blister, etc. But it’s time well spent, and will keep you in the race. Don’t wait until it’s too late. As soon as you feel something out of the ordinary with your feet, take action immediately.

Tip #7. Never quit. If you’re physically able, don’t give up. If you’re having a rough patch, give yourself a few minutes to regroup. Running is as much of a physical challenge as a mental challenge. If you get into a dark spot, don’t be afraid to ask for help. Be honest; tell someone you’re having a rough patch, and that you need help to get through it. Our minds are amazing machines, but they are occasionally our own worst enemy and can convince us to quit when the going gets rough. Don’t listen to the negative thoughts and give in. Our bodies are capable of far more than we think.

Tip #8. On the flip side, if you are physically injured, you must absolutely call it a day. It’s not worth risking additional injury and a longer down time for a race. Listen to your body, be smart, and make a proper determination about your status. Are you just sore and tired, or is something physically hurt? If you’re sore and tired, stop and stretch for a bit and see if you can work through it. Slow down. If you’re physically injured, make the smart call and drop.

Tip #9. Thank the volunteers. Without volunteers, we wouldn’t have races. Volunteers feed us, get us drinks, and ensure that we’re having a good race. Volunteers are life savers, we couldn’t do what we do without them. Volunteers are also our safety net, and should be able to recognize that we might be struggling, and can help get us back on the right track. And volunteering isn’t easy, it can be a monotonous job catering to grumpy or angry runners. So be kind, they are sacrificing their own time for yours, and thank them!

Tip #10. Have fun. Yes, races are serious business. We’ve all trained hard and will be ready to run. And we want to do our best, or even beat a silent competitor or arch rival. But it should also be fun. Smile. Appreciate the moment, revel in how far you’ve come, and that you’re able to do it. Be grateful that you can run. For as much as time and money that we spend on our sport, it can consume us, and we sometimes forget that “it’s just running.” It’s just a hobby. So have fun! Work hard, play harder, but have fun! If you’re not having fun, you’re doing it wrong.

Ok, that’s it. Nothing earth shattering here, but it outlines most of my own approach to running. A timed event is definitely a different animal, especially one that is on a short-looped course. It’s a physical challenge to see how far you can go. But it’s a mental challenge to prove to yourself that you are tougher and stronger than you think you are. See you are the trail!

Van