

## RDL100 Race Plan 2019

Aid Station	Mile	TOD	Cutoff	A/S Plan	My Plan for the next section
Beal's Point	0			Start with BD headlamp & buff, Challengers, warm top/jacket, gloves. Mp3 player. Pack w/4 hours food.	6.5 mi, all paved. Easy downhill but don't brake. Easy and smooth.
Willow Creek	6.5				7.5 mi, part trail. Careful on rocky trail. Stay calm & let people pass if necessary.
Negro Bar	14				4.5 mi, all paved. Smooth & easy. Shuffle uphill or walk if effort too high. Headlamp off in here.
Beal's Point	18.5		10:45 am	Switch packs. Swap light & buff for hat. Ditch warm clothes. Donuts & ginger ale. [Crew: put headlamp in light bag & replace batteries]	4.5 mi. Run easy but don't brake on the nice trail
Granite Beach	23				9.5 mi (meatgrinder). Patience! Focus on good trail and take time where needed in the rocks.
Horseshoe Bar	32.5				3 mi. Still some rocks in 1st mile. Then relax on good trail
Rattlesnake Bar	35.5			Switch packs. Cooling bandana? Change socks/shoes? Avocado wrap & ginger ale.	5.5 mi. Lots of good trail before the climb (net uphill). Pond, Mormon Ravine, then climb.
Cardiac	41				3.5 mi, mostly paved. All uphill. Alternate shuffle/walk but don't use too much effort.
Overlook	44.5		6:20 pm	Switch packs. Swap hat for buff. Take Nao headlamp + BD headlamp from a.m. (backup). Take warm top/jacket, gloves(?). Change socks/shoes? Avocado wrap & coke/red bull. Keith to pace.	4 mi. Mostly downhill. Careful on single track but run smoothly & don't brake on fire road.
No Hands Bridge	48.5		7:30 pm		10.5 mi. Longest section. Patience on single track, then make time on Quarry Road before sundown. Walk uphill but run the smooth trail into ALT. Headlamp goes on in this section.
ALT	59		10:40 pm	Drop bag: one collapsible w/pudding, double shot, restock baggie, backup Nao battery, charger & Garmin/Nao cords, gloves. Charge Garmin.	8.5 mi. Make time on the smooth trail to Brown's Bar. Lots of uphill after: Patience and go as slow as I need to on Goat Hill and then to Hwy 49.
Highway 49	67.5			Put Garmin back on.	3 mi. Mostly downhill. Careful on the technical Luge.
No Hands Bridge	70.5			(May need to change headlamp battery.)	4 mi. Last big uphill! Patience and don't push too hard.
Overlook	74.5		3:25 am	Switch packs (+ one collapsible w/pudding). Change headlamp battery if didn't before. Put used battery on charger. Change socks/shoes? Ramen. Chris to pace. Keith drives Jeep to Beals.	3.5 mi, mostly paved. All downhill. Don't eat so much at aid that I can't run. Focus on running with good form/turnover.
Cardiac	78				5.5 mi. Net downhill. Focus on running strong on the good trail.
Rattlesnake Bar	83.5		6:10 am	Drop bag: one collapsible w/pudding, double shot, restock baggie.	3 mi. Walk uphill but focus on running smooth trail well.
Horseshoe Bar	86.5				9.5 mi (meatgrinder). Focus on smooth trail and make the most of it. Be patient with the rocks. This is the Last hard part.
Granite Beach	96				4.5 mi. Focus and run all you can!
Beal's Point	100.5		11 am		

## **Logistics**

Chris and Keith meet at Beals in afternoon. Leave Keith's car and take Jeep to Overlook. (Make sure to pay \$12 for parking.)

## **Lighting**

Ideally, first battery will last through No Hands/ALT loop, but I may need to change it earlier. (Will pick up 2nd battery in ALT drop bag.) Leave Overlook(2) with fresh battery and old one on a portable charger (in case I need to change again). Black Diamond lamp in morning section. That BD headlamp from the morning will be an emergency backup for nighttime.

## **Garmin**

Portable charger & cord in ALT drop bag. Put on charger at ALT, then back on wrist at Hwy 49.

## **Nutrition**

Roctane all day/night. Food from restock baggies and aid stations as long as I can stand it. Pudding in collapsible bottle starting at ALT (nighttime). Start 20-minute recurring timer at night to encourage eating.

## **Restock Baggies**

*Beals:* (Stocked pack) 4 hours of food.

*Rattlesnake:* 3 hours of food.

*Overlook (1):* 4 hours of food; buff, lights, backup Nao battery; warm top/jacket.

*Overlook (2):* 2 hours of food; collapsible w/pudding; baggie w/Nao cord & strong charger.

## **Drop Bags**

*ALT:* baggie w/ 5 hours of food; collapsible w/pudding; charger + Garmin cord; double shot; gloves.

*Rattlesnake:* baggie w/ 5 hours of food; collapsible w/pudding; double shot.

## **Shoes**

Start w/ Challengers & orthotics. Change to Torrents or change insoles if toes are blistering. Possible shoe change locations: Beals, Rattlesnake(1), Overlook(1), Overlook(2). ALT drop bag has Altra Timps.

## **General instructions before I arrive**

Prepare pack:

Mix 3 scoops Roctane in REI bottle with cold water, add to hydration bladder w/ice (yes, even at night!)

Remove any trash or uneaten food from pack; restock pockets w/food from restock baggie

Make sure side pockets each have a wet wipe (in baggie)

Add collapsible w/pudding @ Overlook(2)

Lay out anything special on crew chair (e.g., hat, cooling bandana, lights)

Make avocado wrap or ramen if applicable. (Not crucial; can substitute or I can eat from aid station.)

Please bring crew bag with shoes/socks/blister kit to all aid stations