



# Last Chance Ultra Rule Book

## December 17-18, 2022



The guidelines outlined in this document are NOT all inclusive and are subject to change, without notice, at any time, at the sole discretion of Heartland Racing Co.

## Table of Contents

About .....	3
Schedule .....	3
Course Description .....	4
Map .....	5
Course Etiquette .....	5
Aid Stations .....	5
Runner Guidelines .....	6
Pacer Guidelines .....	7
Crew Guidelines .....	8
Weather .....	9
Medical Risks .....	9
Timing .....	9
Awards .....	9
Photos .....	10
Family Friendly Events .....	10
Contact .....	10
Parking .....	10

The guidelines outlined in this document are NOT all inclusive and are subject to change, without notice, at any time, at the sole discretion of Heartland Racing Co.

## About

The 2022 Last Chance Ultra is set up to be a challenging and exciting event. Heartland Racing Co. is all about bringing new and growing events to Southwest Missouri. We want to provide a positive race experience to all our athletes, see them challenge themselves, and have fun doing it.

This packet contains nearly all the information you need to know prior to race day. Please read through it carefully.

On December 17<sup>th</sup> many runners are going to head out to run 50 kilometers, 50 miles, OR some crazy folks are even going for 100 miles. On December 18<sup>th</sup>, runners can also participate in a 10 miler. We are offering these crazy distances so we can see what in the world you are made of.

Get ready to earn some sweet swag, eat some bacon, and hopefully freeze your buns off along the way! If you have any questions at all, please reach out to us through email, Facebook messenger, or the contact form on our website.

The race will start at the North Shelter and Stock Lake State Park. Please put these coordinates into Google Maps:  
37.627222, -93.748611

We are so looking forward to seeing you at the event and witnessing you achieve your goals! :)

- Keaton, Alysia, & Scott

# EVENT SCHEDULE

## December 17th, 2022

Ultra Packet Pickup Begins	5am
100 Mile Race Start	6am
50 Mile Race Start	7am
50k Race Start	8am

## December 18th, 2022

10 Mile Packet Pickup	6am
10 Mile Start	7am
Event Cutoff	2pm

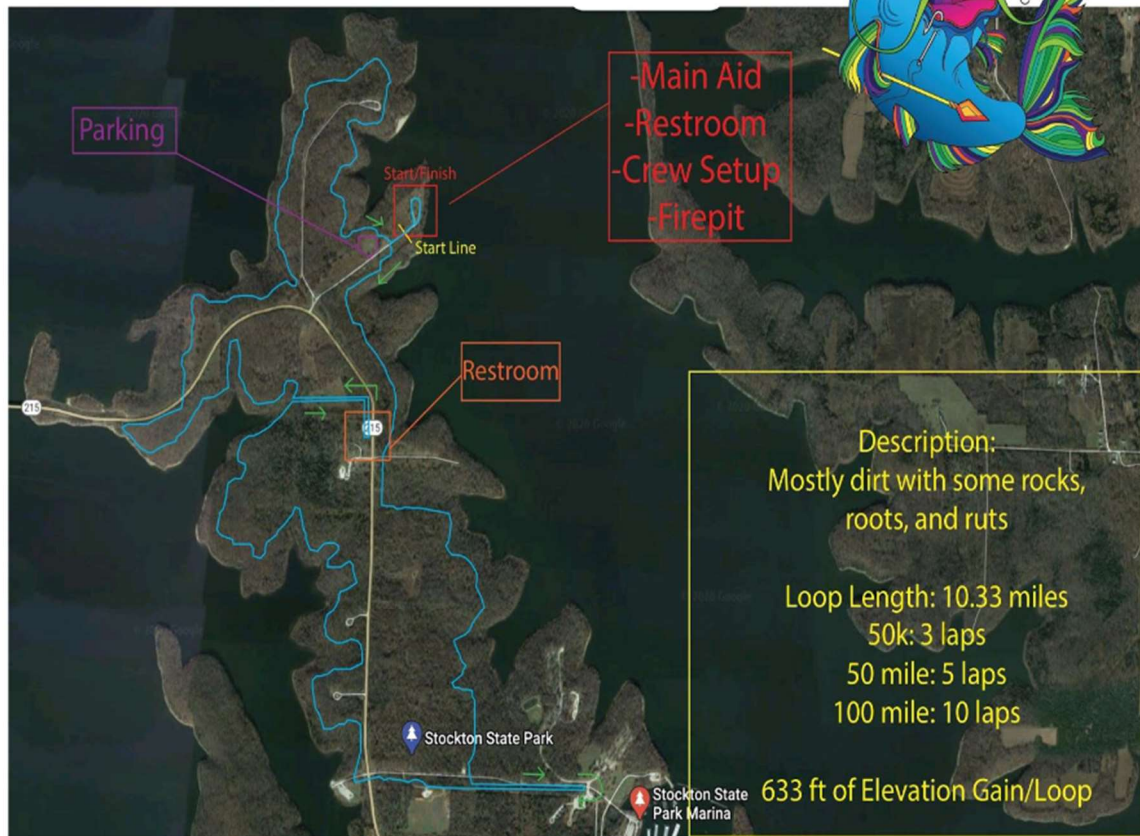


## Course Description

Base Camp will be set up at the Stockton Lake North Shelter. Base Camp includes Start/Finish for all races, area for racers to hunker down and set up their gear / equipment / chairs / etc., post-race and during race food, and where all the action will be happening! The course is a 10.36-mile loop on Lakeview Trail with two doglegs. The main aid station is located at the Start/Finish area of each loop. Near mile 6 you will find a water station to refill your personal hydration. In accordance with the Heartland Clean Green Initiative, this is a cup less race. Each loop has 633 feet of elevation. The terrain is a well-kept mostly dirt trail with rocks, roots, ruts, etc. There will be bathroom access at Start/Finish and near mile 6.

The guidelines outlined in this document are NOT all inclusive and are subject to change, without notice, at any time, at the sole discretion of Heartland Racing Co.

## Last Chance Ultra Event Map 50k, 50mile, 100 mile



### Course Etiquette

Please treat the course and everyone on it with respect and compassion. Everyone working at the race is there to make your race better. Hundreds of hours have been put in prior to the race. We just want to see you succeed and have a positive experience. Be kind.

### Aid Stations

There will be two Aid Stations available during the event. One main Aid Station at the start/finish area and one WATER ONLY Aid Station around mile 6. You should pack and bring everything with you needed to complete

The guidelines outlined in this document are NOT all inclusive and are subject to change, without notice, at any time, at the sole discretion of Heartland Racing Co.

your race. The Main Aid Station will have real-ish food to supplement your race if you are getting tired of your food, need something different, etc. You should not show up and rely on the Aid Station to get you through the event. The Water Aid Station located at Mile 6 will be to refill your own hydration items, this is a cupless race. Crews will have plenty of space to set up at the start/finish area.

### Runner Guidelines

Runner: the participant registered for the timed event

Runners MUST fully adhere to all guidelines/rules. Violations of ANY KIND will be grounds for disqualification with no refund. Heartland Racing Co. reserves the right to pull any athlete from the course and permanently ban from competing in any future Heartland events for any reason deemed appropriate, solely at our discretion. Disqualification can incur on course, after the finish, or many days after the event if an investigation is needed.

Runners MUST check in BEFORE the start of their event. 50k, 50 miles, and 100 mile on Saturday morning, 10 mile on Sunday. Runners will cross the finish line on each loop. Cutoffs will be STRICTLY enforced. Runners crossing the line after the official end time will not be considered an official finisher.

All Runners and their crew will abide by the directions of race staff. Harassment of ANY kind towards any race staff or volunteers (by the runner or ANYONE affiliated with the runner) will not be tolerated and the runner will be subject to immediate disqualification. All attendees involved in the runner's race at any capacity should be well aware of all race rules and procedures to avoid any issues. Runners are held responsible for the actions of their crew, and anyone affiliated with them.

Runners are solely responsible for themselves and their well-being during the entirety of the event. Race Staff and/or volunteers are under no obligation whatsoever to assist with anything involving physical contact with the runner such as, taping feet, massaging legs, etc. In addition, they are not required or expected to provide any medical advice or assistance.

Runners must travel the entire distance by foot. NO EXCEPTIONS. Any breach of this will incur immediate disqualification of the runner.

The guidelines outlined in this document are NOT all inclusive and are subject to change, without notice, at any time, at the sole discretion of Heartland Racing Co.

Each runner must complete the entire course of their own power. No artificial aid.

Runners and crews are responsible for knowing the course route.

Two Cutoffs apply. 32 hours for all distances apply. Runners must complete the event in 32 hours or less to be considered an official finisher. NO EXCEPTIONS. No early starts are allowed. A light is required when dark. All runners must start their last lap by 10:30am on Sunday.

Each runner's official race bib MUST be worn prominently on the front of the body and MUST be easily visible at ALL TIMES. There will be no unofficial runners.

Littering of any kind is STRICTLY prohibited and can result in disqualification.

Runners safety is our primary concern, therefore you MUST communicate with the Race Staff if you leave the course at any time for any reason.

**RUNNERS MUST NOT DROP OUT OF THE RACE BY ABANDONING THE COURSE AND GOING HOME.** If you must drop out, you MUST report to a Heartland Racing Co, staff member, not a volunteer. To report this, you can call, text, or inform in person. You must report your name, bib #, time, and general dropout location. Failure to do this will result in search and rescue costs for you and a minimum of \$100 fine. Athletes will also be banned from any future events if failure to report dropout.

### Pacer Guidelines

Pacer: any individual who accompanies a runner for any distance on the race course. Pacers follow the **same** guidelines as runners.

Pacers must be over the age of 18.

Pacers may accompany the runner starting on loop 5 of the 100 mile race and the 50 mile race. Around loop 5 is when it will be getting dark and lights will be required.

The guidelines outlined in this document are NOT all inclusive and are subject to change, without notice, at any time, at the sole discretion of Heartland Racing Co.

PACERS ON FOOT ONLY. No bicycles, motorized vehicles, or unnatural transportation is allowed.

Pacers should be experienced runners in excellent physical condition and shape. Pacers should have appropriate clothing and supplies, be used to running at night, and familiar with ultrarunning. Pacers must wear a bib.

A light is required during dark running times.

Only one pacer is allowed per runner at any time.

Absolutely no mechanical or unnatural transportation will be given to the runner or pacer unless in a medical emergency.

The pacer may not continue on without an official participant and must stay with their runner at all times, except in the case of an emergency.

Change of pacers may be made only at the start/finish area.

Pacers may not carry supplies for their runner. "Muling" is expressly forbidden.

We will not provide transportation for pacers or spectators to any part of the course for any reason.

### Crew Guidelines

Crew: any individual who provides material/emotional support to a runner in the event.

Everyone associated with the runner in any way must be informed and know the rules of the event. Runners are responsible for the action of their crew and will be held responsible for their crew's actions and may result in disqualification.



### Weather

Missouri weather is a crapshoot. Odds are that it won't be terribly cold or wet, but that judgement depends on what you are used to.

Stockton's average high temperature in December is 44 while the low is 25 degrees. Average snowfall during December is only 1 inch.

### Medical Risks

It is important for the athletes to recognize that this event is a potential physical and mental stress. These include but are not limited to: extreme temperatures, hypothermia, dehydration, renal failures, seizures, disorientation, and total mental/physical exhaustion. Every participant must monitor themselves carefully and thoughtfully. It is important that you are well prepared for this event mentally and physically. Be advised that the online waiver that you signed states that Heartland Racing Co. cannot be sued for any harm that comes to you from participating in this event.

### Timing

The race will be timed with a one-time-use chip attached to the back of your race bib. You may NOT fold, cut, or mutilate your bib in any fashion. If done, Heartland Racing Co. will NOT guarantee the accurate, complete, or any timing of your race; this will also disqualify you from earning any awards or appearing on the results. Reminder that your bib must be placed on the front of your body anywhere in between the waist to sternum.

### Awards

All runners that complete the event will receive a Finishers medal. In addition, the overall male and female in each race will receive an additional award. An award will also go to the person who finishes last in each distance.

### Awards

All runners that complete the event will receive a Medal or Finishers Buckle depending on the distance. In addition, the overall male and female in each race will receive an additional award. An award will also go to the person who finishes last in each distance.

The guidelines outlined in this document are NOT all inclusive and are subject to change, without notice, at any time, at the sole discretion of Heartland Racing Co.

## Photos

Photos will be taken throughout the event and will be available within a few days of the event. Watch for more information details as race day nears.

## Family Friendly Events

All Heartland Racing Co. events are family friendly. Heartland Racing Co. encourages our participants to act in a respectable manner at our events. We reserve the right to request you keep vulgar language and or actions to a minimum in any event. We also reserve the right to ask you to leave the event and disqualify any runner if excessive inappropriate behavior occurs. The State Parks has strongly expressed to us that drunkenness or overindulgence is not allowed on State Park property. If this occurs, we can lose the right to host our events on property. We will not allow our events to be at risk due to a participant's actions. Please always act responsibly.

## Parking

Parking will be available on site at the Baseball Field just a couple hundred feet from the start area and crew setup. Parking Attendants will be available starting at 5:45am until 8am. Any small campers or car setups can be set up in the parking area at your best judgement. Athletes will run near the parking area at the end of their loop. Disruption of athletes in the running area is a disqualification level offense.

## Contact

For any questions relating to registration, timing, events, production, rules, event policies etc.

Keaton Garrett, Owner/Race Director  
417-839-1076 keaton@heartlandracingco.com

For any questions relating to course or rules:

Alysia Maschino / Race Director - 573-746-6002 - [alysia@fundruns.org](mailto:alysia@fundruns.org)  
Scott Page / Race Director - 573-462-0505 - [scott@fundruns.org](mailto:scott@fundruns.org)

The guidelines outlined in this document are NOT all inclusive and are subject to change, without notice, at any time, at the sole discretion of Heartland Racing Co.