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The Cumberland Plateau Stage Race (CPSR) – Layout

Welcome to the CPSR. I would like to start off by saying thank you for choosing this race. Its development is a work of love. It is my hope that you enjoy the race and push yourself. Please know this love of trails is not possible without you and some amazing volunteers. For that, I thank you.

If you have attended a HardWin event before you know the following document is going to be long. I beg you to read it in full and follow all instructions, download all electronic material and **print maps**. It will make a difference in your happiness and success at the race. We have lots to go over, so let's start at the beginning, since the beginning is often the best place to start.

Main Peeps:



John Hardin – Race Director



Ted Towse – Guest speaker



Phil Myer– Timer, AS - Brian Gajus – Awesome RD, timer, and AS worker



James Suh, Becca Jones, Jack Salyes, and Erica Wehrwein — Sweepers, Aid Stations, and helping Hardin with random task.

CPSR

- Date – August 24-26, 2018
- 53ish miles
- Location - [Stoker Coal Rd, Jamestown, TN 38556](http://goo.gl/jRTyiJ) - <http://goo.gl/jRTyiJ>
- Packet Pick –Packet Pickup on the 24h from 12:00 noon - 2:30 pm CST
- Weather – So far the weather looks great. It gets cold at night so be sure to pack some warm cloths. The only thing that could cause delays or cancel the event for a day is lightning. This is due to the fact that I cannot place volunteers at risk. If I see a storm arriving and need to change the start times below then I will make an announcement as quickly as possible.
- Distances:
 - Day one - Green 13.1 miles – Starts at 3:00 pm CST
 - Day two - Orange 26.2ish miles – Starts at 6:00 am CST
 - Day three - White 13ish miles – Starts at 8:00 am CST

Arrival

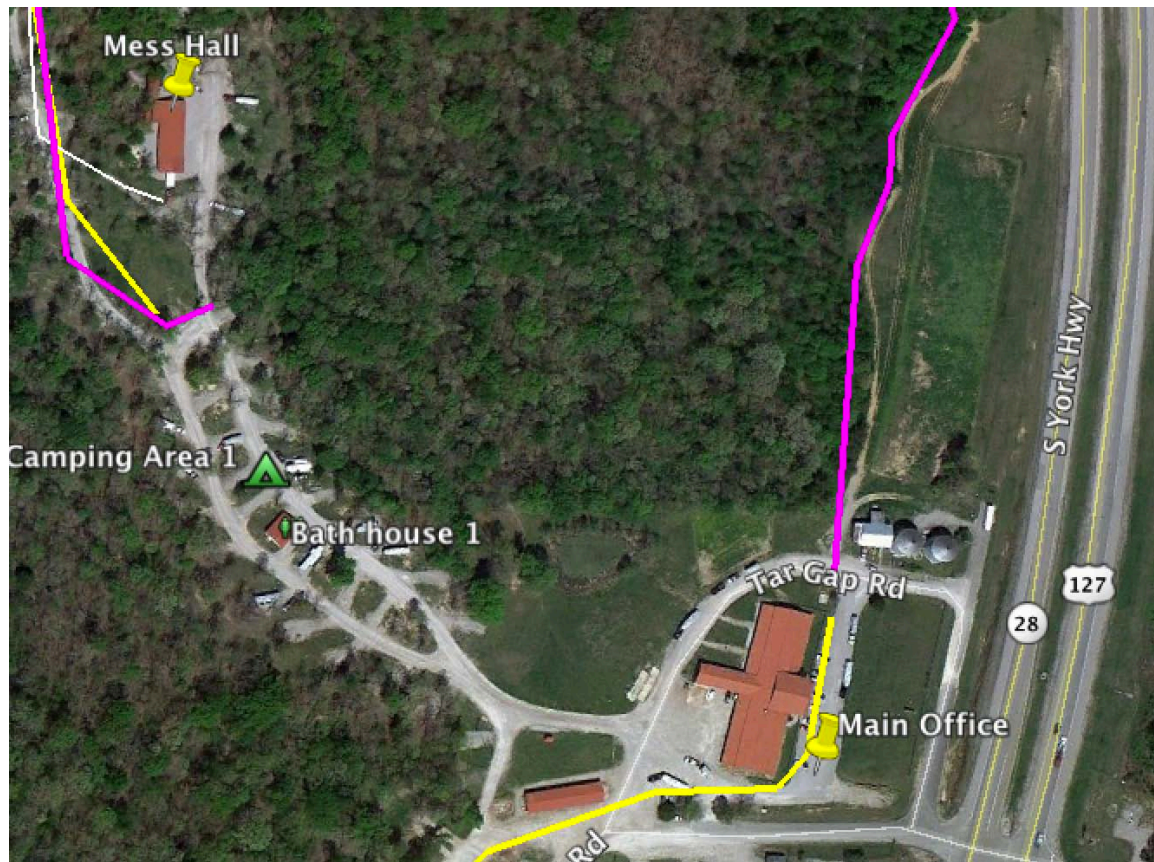
Here are the directions [CLICK HERE](#)



(Note: Two silos and the front of main office)

Once you pull in and pass the stone gates you will go past the first main building (the office) and then look to your right. You will see a gravel driveway heading to some buildings. We will be in the open large building called the mess hall. Look at the image below to get an idea. The gate code to get in at any time is #4536

When coming to the property you can go past the main building and the mess hall is to your right (see overview below). Here you can get signed in and find a camping spot. Each spot has running water and electricity should you need it.



Race Packet

The race packets contain the following for guests or runners:

1. Fancy shirts (runners only)
2. Wristbands (guests and runners) –The managers of the property require that you have armbands on at all times and will be insuring this throughout the race. The color of your armband will indicate if you're allowed on the property, meals, camping, etc.. If your guest is missing an armband be sure to get one at UltraSignup as we want to keep the property owners happy. Please don't put us in a position to say something.
3. Three race bibs. Why three? Notice at the beginning of this letter we stated that each run has a color per day.
 - a. Day one - Green 13 miles – Starts at 3:00 pm CST
 - b. Day two - Orange 20ish miles – Starts at 7:00 am CST
 - c. Day three - White 17 miles – Starts at 8:00 am CST

The bibs are the color of the flags that you will be following that day. Make sure you switch them out each day.

Important Safety Note

Running the Cumberland Plateau Stage Race is dangerous and can be deadly. In some areas you will be far away from medical attention, and civilization. While we do have basic medical personal on call it could be hours to get to you and to a hospital. If you're willing to take these risks and still be humble then we welcome you.

Also please note that HardWin does not usually cancel races under any circumstance. It is our belief that runners should evaluate the risk and determine whether it is safe enough. However, I will hold a race or cancel it for thunderstorms.

Staging Area

Each campsite comes with water and electricity. We have wonderful bathhouses where you can wash up and do laundry (bring coins). These showers are clean, so **please** be sure to keep them that way. **Be sure to bring your own towels and take off muddy shoes before entering.**

Mess Hall

The mess hall is where we will be meeting before each run and for all optional activities. It will be our HQ for all things HardWin. Please also note that all races end at this area.



Recommended Materials

- Due to the hot weather, a portable hydration system must be carried while running.
- Maps: PLEASE PLEASE PLEASE print several copies of the trail map that is attached to this email. Or buy the bandanna map at front office.
- Headlamp – Very important for night time activities and night run
- **A positive attitude**
- Phone with loaded maps – Follow directions attached to this email
- If camping please bring all camping materials - There are several grills throughout and water at each campsite. Make sure you bring a tarp to keep you off the ground should it rain..
- Tall Socks – There is a lot of poison ivy, chiggers, ticks, and thorns at the CPSR. Please get a pair of tall socks and spray them with OFF

- It is somewhat rare to have a confrontation with a wild boar, as they are more afraid of you. Though there are no reports of attacks at the stables it is always best to learn what to do if confronted or charged. For this I can only suggest you go on Google. Fyi I ran into several boars out here, only one has stood it's ground. It was around 250 pounds and we had a 30 min ordeal. At one point the wild animal charged and a fight ensued. Long story short, I got stabbed a few times with it's tusk but I managed and to snap its neck. Just kidding the animal finally went away peacefully. That being said mainly the front-runners will be the ones at risk.
- Drinking Cups – We don't have them so bring your own please
- Off for ticks and gnats – Trust me
- A hat helps with horseflies when you spray the cap and also protects you in the open sections from the sun
- Sunglasses or clear shades. Keeps gnats out of your eyes when you stop moving. Helps with the sun
- **You can buy a bandana map at the store in the office.** They are useful and will not ruin if they get wet. In the past runners traced the trail they would be running with different colored permanent markers. Bring diff color markers if you plan to do this
- When running yesterday while flagging I had the image below setup. I put the map bandana in my hat, which kept gnats out of my ears (drives me crazy), horseflies off my back as I sprayed it with off, and kept the sun off my neck in the large open fields. Every time I had questions, I just pulled out the map on my head. Isn't running in the wild fun!?!?! This setup works really well, especially on the hills when you're walking at a slow pace. That is when the bugs really get after you. Trust me you want this setup.



Flag System – Very Important

The ground flag system can be hard to follow as runners become tired and miss important turns which either lead to them getting lost or placing them ahead or behind in the race. The flags will be a different color each day. Please remember to change out your bib to match the color of the run for that day. There will be several other non-HardWin markings on the trail such as red ribbons or large signs, which do not represent our race and should not be followed. Every now and then you will see an arrow sign that is by us. Please follow the sign's arrowed direction, regardless of what color the sign is.

In open fields the flags will be 25 - 50 yards apart. On the direct single tracks the flags are much further apart because there is less need for them. In fact you will not hardly see any flags on single trail unless there is a turn or another path to choose from. The CPSR requires runners to always stay engaged with the trail and flags. The majority of people that get off course are ones who stop paying attention and just focus on the ground in front of them. This happened to a few seasoned runners last year. It is natural to get in a groove and start assuming where the course is headed, so please keep an eye out for your next flag while watching your footing. **The best thing to do is say out loud at each intersection “The flag color I’m running today is going this direction.” If you take 2 secs to do this, it is pretty hard to get lost. I know this sounds like a lot but it works.**

If a trail has a sign that says CLOSED but you see the flags going through then please follow the flags.

To indicate turns or directions there will be three or more flags grouped together in the direction you should take. Once you go into the turn please be sure to locate your next flag as a 90-degree turn can sometimes hide the direction you should be running. Turns are usually the place where people get off course. Below is a picture to help demonstrate.

Runner approaches three flags to the left, which indicates a turn.



Runner turns left at grouped flags



Please note how easy it would be for the runner to miss the three flags and continue straight.



(White Flags – Actual Course- Runners would turn left on this turn)



(White Flags – Actual Course- Runners would stay straight at this section)

Hiking

First grab a map at the main office to know where you're headed. Hiking is something that everyone can do. While we don't have a specific group outing for this we can point you in the right direction. Base of the Rock is pretty nice. To get there simply take the C, B or A trail from camp. I think A to B would be the quickest.

The waterfalls at Deer Gap are 4 miles away and amazing. More details about the waterfalls are under water activity. Other than that the best overlook trails are – A – H – D – and I. Please let someone know if you plan on hiking and your destination.

Mountain Biking

We do not provide mtn bikes but encourage you to bring them as there is 100 miles of trail to play on. The best trails to ride are H, I, D, and A. You can also ride the marked trails one hour after the runners have left. Please let someone know if you plan on riding and your destination.

Water Fun

Guest are allowed to go anywhere on the property. There are two places for water fun. There is a great rope swing into a blue hole on the L trail. To get there all you have to do is take a car to hoodtown road (very close by) go down the road until you can go no further. 4wd vehicles will do better here but cars are fine as well. It will just make the walk a little longer. Once you park head down the road until you see the L trail sign or just follow the white flags. Once at the river you will head right and cross the river a couple of times. Eventually you will see a large rock with a ladder on it in the middle of a blue hole. Enjoy! It would be best to head down here on Sat before the runners pass by. This way you can cheer them on while having fun!

The second location is the Deer Gap waterfalls located 4 miles to the north on the A trail. If you do not feel like doing an 8 mile hike then simply take a car up to Deer Gap road. Park near the cabins and walk straight down path A. You can find secret path to the top of the waterfall but please be careful. To get to the bottom simply follow the orange flags on the trail.

Games

We will have slack line, horseshoes, corn hole, and spikeball to play. The slack line can throw you so please be careful and do not allow minors on it without watching over them. We will have a waterslide at the finish line and also on a hillside near the finish line.

Food

We will have a total of 4 meals provided by East Fork Stables. **Please note that we do not provide breakfast on any of the days.** We start too soon for the

cooks to get there and most runners want to eat their own breakfast before a run. Please prepare properly for this. We do provide coffee every morning!

Friday – Dinner

Sat – Lunch and Dinner

Sun - Lunch

THE RACE

White Board - Each day all athletes participating in the run will need to place an X by their number on a white board and mark it again once they return from the run. We will go through this once you get there.

Special Flags – Each day there will be a smiley-faced flag on the trail. Whoever finds it and brings it back will get a reward

Friday – Green Run

- Registration – 12:00pm – 2:30pm
- Pre Run Speech – 2:30pm by Mess Hall
- 13.1 mile Race Starts – 3:00pm – 7:00pm
- Dinner – 6:00-8:00pm
- 7ishpm - HardWin Recap Speech after dinner
- Music and beer for the rest of the evening
- John Hardin will talk about his time on the Sheltopee and

The campgrounds will open at 10:00 am. The earlier you get there the better as you can find sweet camping sites in the shade. Registration will open at 12:00 pm and the race starts at 3:00 pm. The reason we are starting this day late is to help people get setup and sunset runs are pretty cool.

The course starts out by the main office building on trail A. From there it heads north up the property on fast flat terrain. Average slope on this part is 4.7% over 4.5 miles. After passing over a waterfall stream you will quickly come to a camp area with flags taking you off to the left and straight off an 80 foot cliff. There is an aid station here to guide you. Enjoy the cliff views and know that you soon will be heading down a 1,000 feet in the valley. Be very careful here and find the small rock pass path that will take you down to the waterfall. Snakes love this area so please also be very careful. Once you pass the waterfall you will head straight downhill on a rocky bottom rutted trail. Watch your footing, as this is a good place to twist an ankle. Half way down you will come to an opening, which leads to the Owens house. You will see this old rustic house but never actually come all the way up to it as a path to the right takes you further down the plateau. Once you reach the bottom it is time to start logging up hill. Save your energy here, as the remainder of the path on top is beautiful west facing overlooks on flat paths. Enjoy the sunset run back!

Quick Notes

- Two aid stations
- Watch out for snakes right after the first aid station as you go down the double sided rock wall and by the waterfall
- This is the most rutted trail due to horse travel so watch your step on the down hills and plan for wet shoes

Optional Activities

There will not be too many activities on this day since it is a sunset run. However guests and runners are free to play volleyball, slack line, hike, swim in river, or just go exploring the massive property if they so choose. We will mainly be around the mess hall listening to music and drinking a few beers.

Saturday – Orange Run – 26.2 miles

- Mess Hall - Pre Race Speech 5:45 am
- Mess Hall – 26.2 Mile Race 6:00 am - 3:00 pm
- Lunch 12:30-3:30pm
- Possible waterfall hike if everyone is feeling up to it
- Dinner 6:30 pm - 8:00 pm - Mess Hall – 7ishpm Guest speaker Ted Towse

This trail will be the hardest run out of the three days. First it heads to the south along the J trail, which is mainly all single track. This will be the place to get your speed in, as the average grade for 5.20 miles is around 2%. 5 miles in you will come to your first aid station. **Be sure to get as much water as you can, as there will not be another one for 7 hard/technical miles.** From here you do a fast technical drop into the East Fork River on rutted dirt roads. Once at the bottom you will see many paths in front of you. You will be taking the K trail to the right. It looks like a flash flood came through and not so much a trail. However it is a trail... kind of. The K trail will start off flat for about a minute then head right back uphill. You will go halfway up the plateau and then level out for 3.5 miles. The trail here has had two tornadoes hit recently. So there are lots of trees on the trail and some of it is overgrown. This trail will not be clean but it is far cleaner than what first year runners had to go through. Find your best path through the fallen trees and carry on. Look for the flags. You will follow this trail along the ridge until you see a large amount of flags going off to the right taking you back on top. Make sure you do not keep going straight on the path with the white flags. **Save** your energy as once you're on the top you will have around 16 miles of beautiful overlooks, short hills, and hot death sand. Shortly after the third AS there is section called the Killing Fields. This is the section that everyone complains about. It is hot, sandy, and miserable. Total you have about 3.5 miles of this in broken sections. The race will end near the mess hall.

I have seen runners become overheated on this run. Some have blacked out, and some have become a little delirious in their thoughts. This usually happens when people reach the top and have no energy left. This puts you at great risk, as runners will be near cliff line that is 200 feet up. If at any point you feel dizzy or too hot then please sit down and wait for the next runner to come to you. Ask them for aid and to get help. Be sure to stay hydrated and prepare yourself for the heat. Wear protective clothing, and carry plenty of water.

For the Saturday only runners we will be doing awarding the first place male and female only.

Quick Notes

- Four aid stations and one water drop
- There is a section that says closed trail but you will see the flags go through. Follow the flags
- K Trail is dirty and has lots of fallen trees
- Save energy for after the climb
- You will run past other flags for the third day on this run.. Be sure to just follow the orange flags.

Optional Activities

- Games
- Slack-line near camp
- Waterfall – We usually take a trip out to a watering hole once everyone gets back in. This will require a car, as it is about 10 miles away.

Sunday – White Run - 13.1

- Pre Race Speech 7:45 am
- Mess Hall-13 Mile Race 8:00 am - 3:00 pm
- 12:00- 2pm pm Lunch
- 1:00 pm Awards

The 13-mile race starts out on the main road and heads west towards the large bluffs of the East Fork River. For 6 miles you will run on top of the plateau weaving in and out of trails to open fields with a gain less than 3%. Like the other races this is a good time to get your speed in. From here it is much like the start of the run except you will be running along beautiful lookouts that you can enjoy along a speedy 6.5 miles of single track.

Quick Notes

- Two aid stations
- Be sure to follow only the white flags or you will go on a very long journey.

Remember your color

Awards

We will be giving out personal awards after the event that will be mailed to each individual:

SOLO

- Male and Female 1st-3rd
- Grandmasters male and female

Saturday Run and Sun run

- Awards for 1st place only per gender

BEHAVIOR

In past events we unfortunately have had a few people do one or more of the following offenses:

- Littering – ALL TRASH should be thrown away. If you are reported or seen littering you will be disqualified
- Yelling or getting upset at volunteers – We will not tolerate anyone being abusive to our volunteers. They are here for basic help and are not responsible for the race layout. We reserve the right to DQ and remove you from all future events if you cannot control your emotions. I have seen runners get upset. This is usually from being exhausted and cranky. If you start to feel cranky just hold your opinion until you're in a more relaxed state. I promise you will have better results with getting your point across. If you have concerns or suggestions please address them after the race to John Hardin at john.hardin@hardwinadventures.com. Or come talk to me, I'm a good listener.
- Cheating – If we catch you skipping the course there will be heavy flogging involved
- Streaking – Only after several beers

Downloading Maps in Google Earth for iPhone and Android

Google Earth iPhone

Make sure you open and keep the map open while in service. Once out of service you will still have your maps (if they remained open) and can still ping a satellite to show where you are.

Step One – Download Google earth app on your phone

Step Two - Open this email on your phone and select the KML file

Step Three – Once selected you have several options to open it. Open the file with Google Earth.

Android will actually let you save the file in your Google earth files so just select the file and save into Google earth.

You can also view the maps on Google at - <http://goo.gl/maps/YHM78>

MEDICAL

We don't mean to scare you but bad things happen. It is best to talk about them than not.

- We advise you to carry a cell phone at all times – Verizon works best but even if you don't have service you can get a small boost when dialing 911
- Each aid station will have a small first aid kit
- Know what to do if bitten by a snake. Know what a poisonous snake and poisonous bite looks like. Know the teeth marks. This can help determine if you need immediate attention once bitten. Please look this up and learn what to do.
- We do not have a medical team at the campsite. We do have some medical personal but if you are badly injured the Jamestown hospital is where you need to get to quickly.

[Nearest Hospital click here](#)

Address: 436 W Central Ave, Jamestown, TN 38556

Phone: (931) 752-5762

Hours: Open today · [Open 24 hours](#)

Dirtbag Out,
John Hardin