



Race Handbook

This handbook contains important information for the Bison 50 Relay. Team captains should be familiar with everything contained in this packet and educate all team members on significant information. It is recommended that all runners read through the handbook to familiarize themselves with rules and safety tips. Most importantly, each participant should study the leg they will run.

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RACE START

LOCATION: Garry Gribble's Running Sports –Topeka location
2130 SW Wanamaker Rd (located in the Westridge Plaza)
Topeka, KS 66614 , (785) 273-1456

START TIME: All relay teams and solo runners will start at 7:15 AM sharp.

WHAT TO BRING:

- At least one team vehicle, fueled up and ready to go
- Well-rested runner #1
- Headlamp or flashlight since the sun does not rise until approx 7:40
- Amenities (bring water and snack food for your vehicle to hold you over along the journey)
- Solo runners should bring their drop bag(s) marked with name and exchange point number where the bag should be left.
- Wear identification- a Road ID or attach the shoe ID provided to your shoe.

WHAT TO PICK UP AT PACKET PICKUP:

- Timing device (velcro band to attach to wrist or ankle) that you will pass to each team member
- Bib Number- the last runners should wear this across the finish line
- Runner Handbook with maps and directions for your support vehicle
- Quick fuel – enjoy pre-race snacks and drinks
- Race packet with shirts and meal tickets (if not picked up prior to race day)

SAFETY INSTRUCTIONS

The following instructions will help keep you safe along the race course. Please read and follow them closely.

RUNNER SAFETY:

- Unless otherwise noted, run **AGAINST** traffic, using sidewalks or trails when available. Be sure to refer to your course maps to know when best to run **WITH** traffic.

- Be aware of traffic and obey traffic laws. Runners do not have exclusive use of the roadway, nor are they exempt from the law. This includes stopping at railroad crossings and traffic lights.

- Personal Music Devices and Headphones
The use of personal music devices with headphones while running is strongly discouraged. If you still choose to use them, you do so at your own risk and must meet the following requirements:
 1. Hear traffic- we suggest using only one earbud
 2. Be aware of the sounds around you
 3. Be able to hear instructions from course officials when speaking at a reasonable tone (not yelling)
 4. Be able to hear train crossing alarms and train whistles.

- Hydration/Nutrition
Staying hydrated is critical to having a fun and successful Bison 50 experience, and avoiding a heat related illness such as dehydration, heat exhaustion, or heat stroke. Teams can ensure their runner's safety by monitoring the condition of their runners before, during, and after each leg. Runners should pre-hydrate before each of their legs, hydrate while running, and rehydrate after each leg. Water should be supplemented with electrolytes such as Gatorade and salt tablets. Handheld water bottles are recommended for all runners and required for Solo participants. Healthy snack food is also encouraged.

AID STATIONS

Each exchange point will have an aid station. These stations are for the benefit of the participant who most recently completed the leg.

What you will find at each station:

- 2 volunteers
- Water
- Gatorade
- Soda
- GU
- Salt tablets
- Snack food
- Basic First Aid
- Porta Potty

If there is something that you think you may need during the race that is not listed above, please bring this with you in your vehicle.

All participants must listen to the directions of the aid station volunteers. There will be plenty of food/drink for all runners.

COURSE MAPS & PARKING

DIRECTIONS:

Each course map will have both running directions and driving directions. Please read these carefully. The driving directions give you a more direct route to the next exchange point, avoiding as many railroad crossings as possible.

PARKING:

Parking may get tight at some of the exchange zones. You will need to park along the road at Exchanges 4, 5, 6, 8, 9. All of these roads are slow, county roads so you shouldn't have to worry about traffic.

General Rules of Parking:

- Park as far off the road as possible
- Do not stand in the road
- Do not park on railroad tracks
- Be respectful of the residents who live near these exchanges
- Have one person stay at vehicle to explain situation to passersby (if applicable)

HOW EXCHANGES WORK:

- The entire team does not have to be at the start. Only your first runners needs to be there but it is nice for them to have a cheering section if the team is there.
- After the start, the team should proceed to Exchange #1
- Park vehicle at Exchange #1
- Send out Runner #2 to the designated exchange zone to meet Runner #1
- Runner #1 gives timing device to Runner #2 within designated exchange zone
- Runner #2 continues on leg 2
- Runner #1 receives appropriate hydration/nutrition before returning to vehicle
- Drive to Exchange #2
- Repeat process for each exchange

LEG 1 – 6.3 MILES

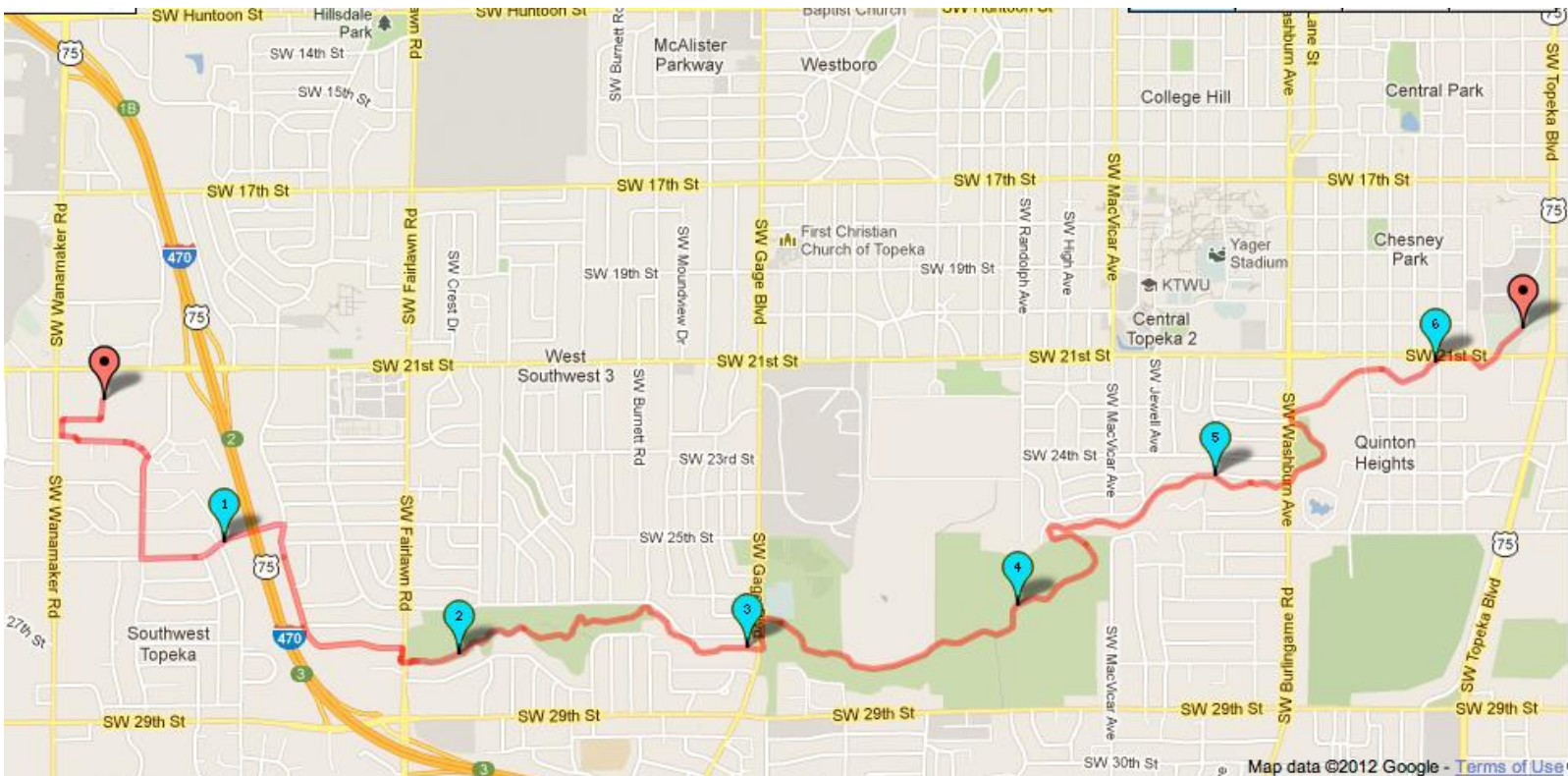
Start at Garry Gribble's Topeka - 2130 SW Wanamaker Rd, Topeka, KS 66614 - heading south.

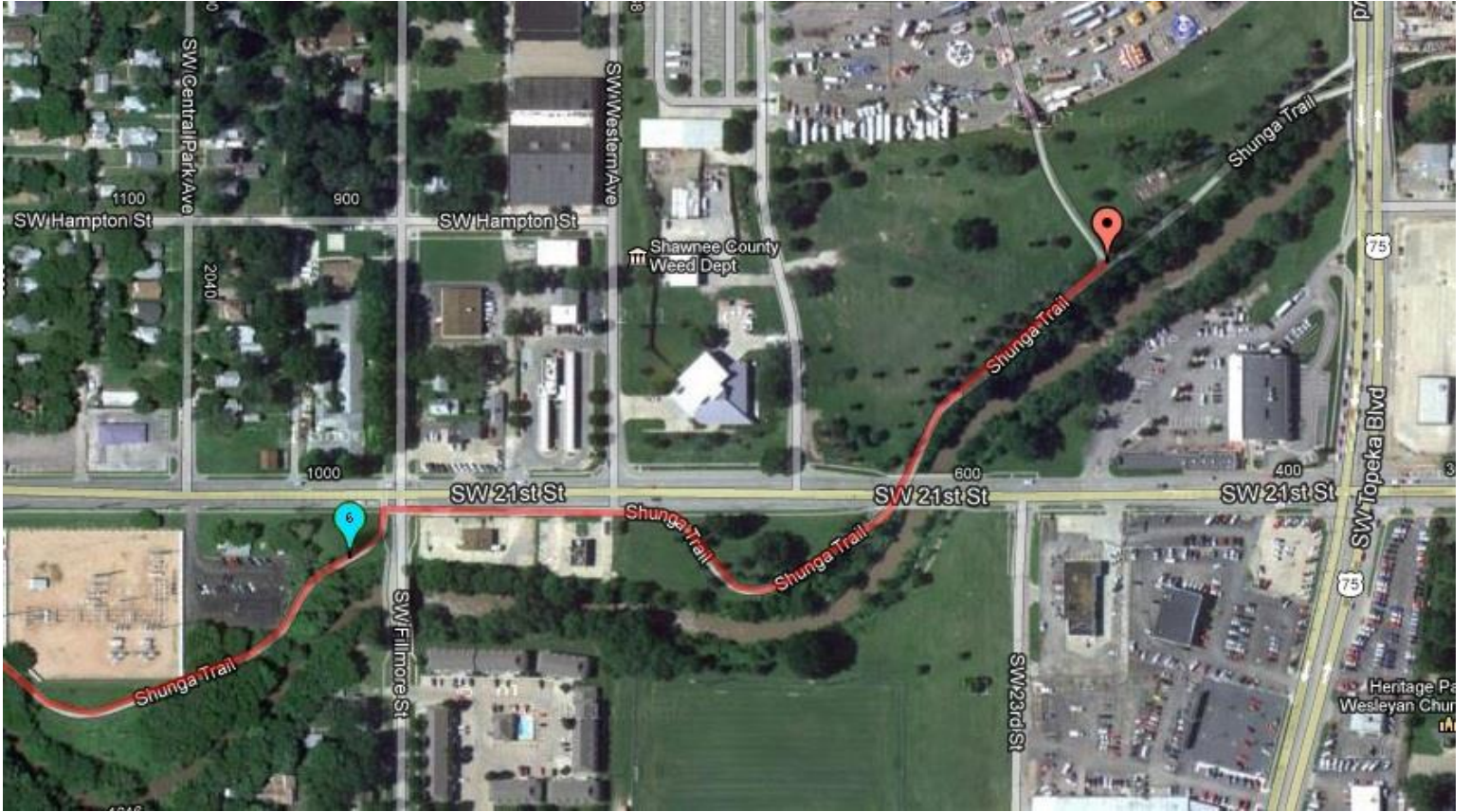
- 0.0 Follow perimeter of parking lot, around Toys R Us, to SW 22nd Park. (paved)
- 0.2 Turn LEFT onto SW 22nd Park. (paved)
- 0.5 Turn RIGHT onto SW Westport Dr. (paved)
- 0.7 Turn LEFT onto SW 25th St. Continue to Follow SW 25th St. over the bridge. (paved)
- 1.2 Turn RIGHT onto SW Belle Ave. SW Belle Ave will turn into SW 28th St. (paved)
- 1.8 Turn RIGHT onto SW Fairlawn, keeping to the Right along the sidewalk. (paved)
- 1.8 Take path to the right of the sidewalk, before you reach the bridge. Follow path under the bridge, connecting to the Shunga Trail. (paved)
- 1.9 Turn RIGHT onto the Shunga Trail. Follow 4.4 mi to exchange point. (paved trail)
- 6.3 Arrive at Exchange 1 on the left.

Driving Directions:

Leaving Garry Gribble's Running Sports, turn RIGHT onto SW Wanamaker Rd. Turn RIGHT onto 21st St. After passing Western Ave, turn LEFT onto Expo Center Drive- toward the Expo Center. Turn RIGHT into the parking lot and follow edge of lot until you see the sidewalk (on the right) to the Shunga Trail. You will see the train car with the letters: Santa Fe 3463 close to the sidewalk. Walk down the sidewalk leading to the trail. The aid station will be along the trail.

Close up Map of Aid Station 1 Area on Next Page.



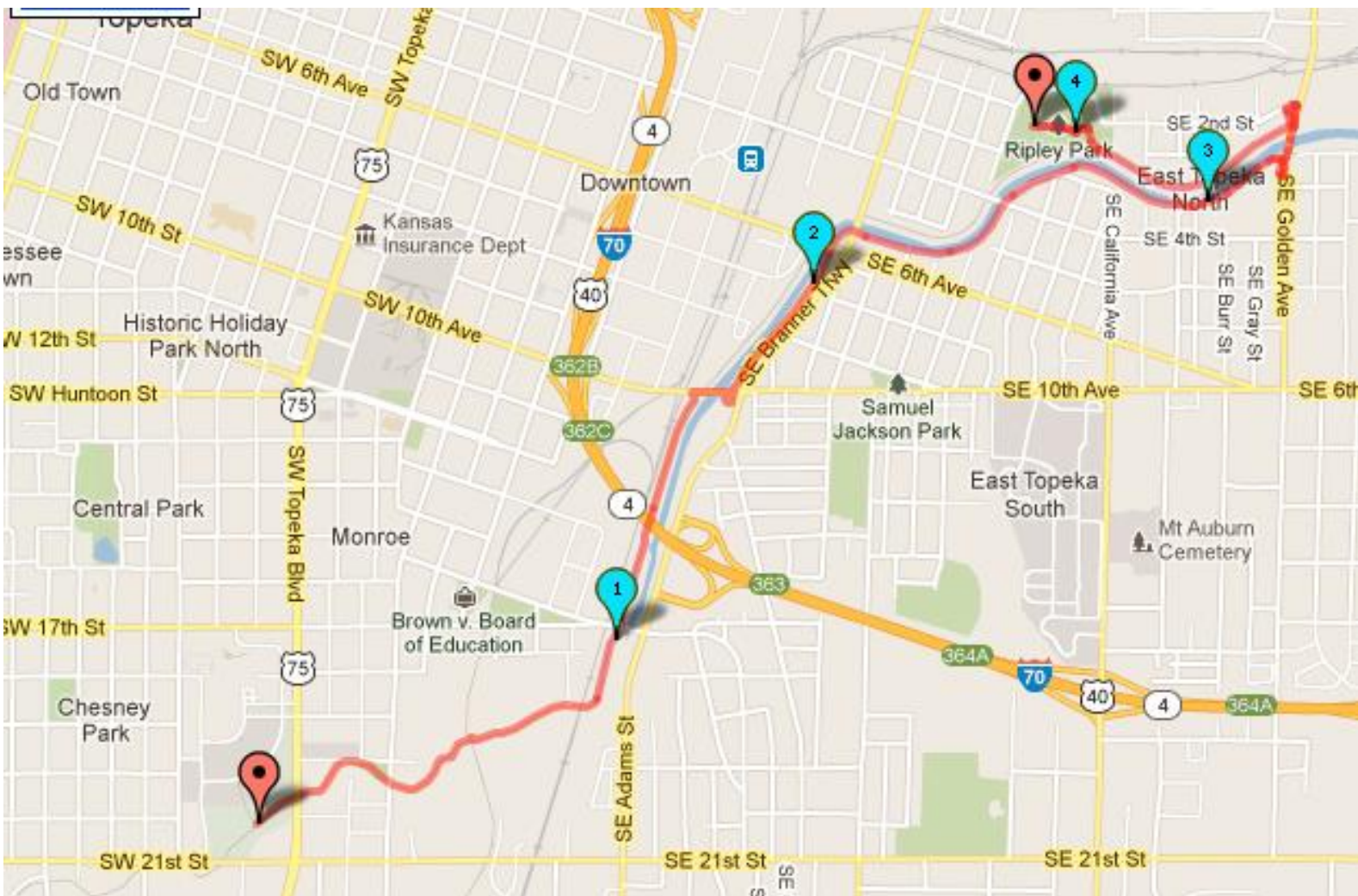


LEG 2 – 4.1 MILES

- 0.0 Depart Exchange 1 continuing east on the Shunga Trail. (paved trail)
- 1.5 Turn RIGHT onto 10th Ave. Stay on the sidewalk. (paved)
- 1.6 Turn RIGHT onto Shunga Trail. Follow around & underneath 10th Ave. Continue on trail for 1.5 mi. (paved)
- 3.1 Turn RIGHT onto path leading to Golden Ave. (paved)
- 3.2 Turn LEFT onto sidewalk adjacent to Golden Ave. (paved)
- 3.3 Turn LEFT onto 2nd St. (paved)
- 3.4 Turn LEFT onto Shunga Trail. Continue 0.5 mi. (paved trail)
- 3.9 Turn RIGHT onto pathway leading into Ripley Park. Follow to exchange point. (paved)
- 4.1 Arrive at Exchange 2 on the right.

Driving Directions:

Leaving the Expo Center parking lot, turn right onto Expocenter Drive, Turn L out of the Expocenter parking, Turn right on Western Ave. Turn RIGHT onto SW 17th St. Turn LEFT onto SW Topeka Blvd. Turn RIGHT onto SW 6th Ave. Turn LEFT onto Branner Trfwy. Turn RIGHT onto 3rd St. Turn LEFT onto Lawrence St. Turn RIGHT into Ripley Park. The aid station 2 will be in the Gazebo.



LEG 3 – 4.4 MILES

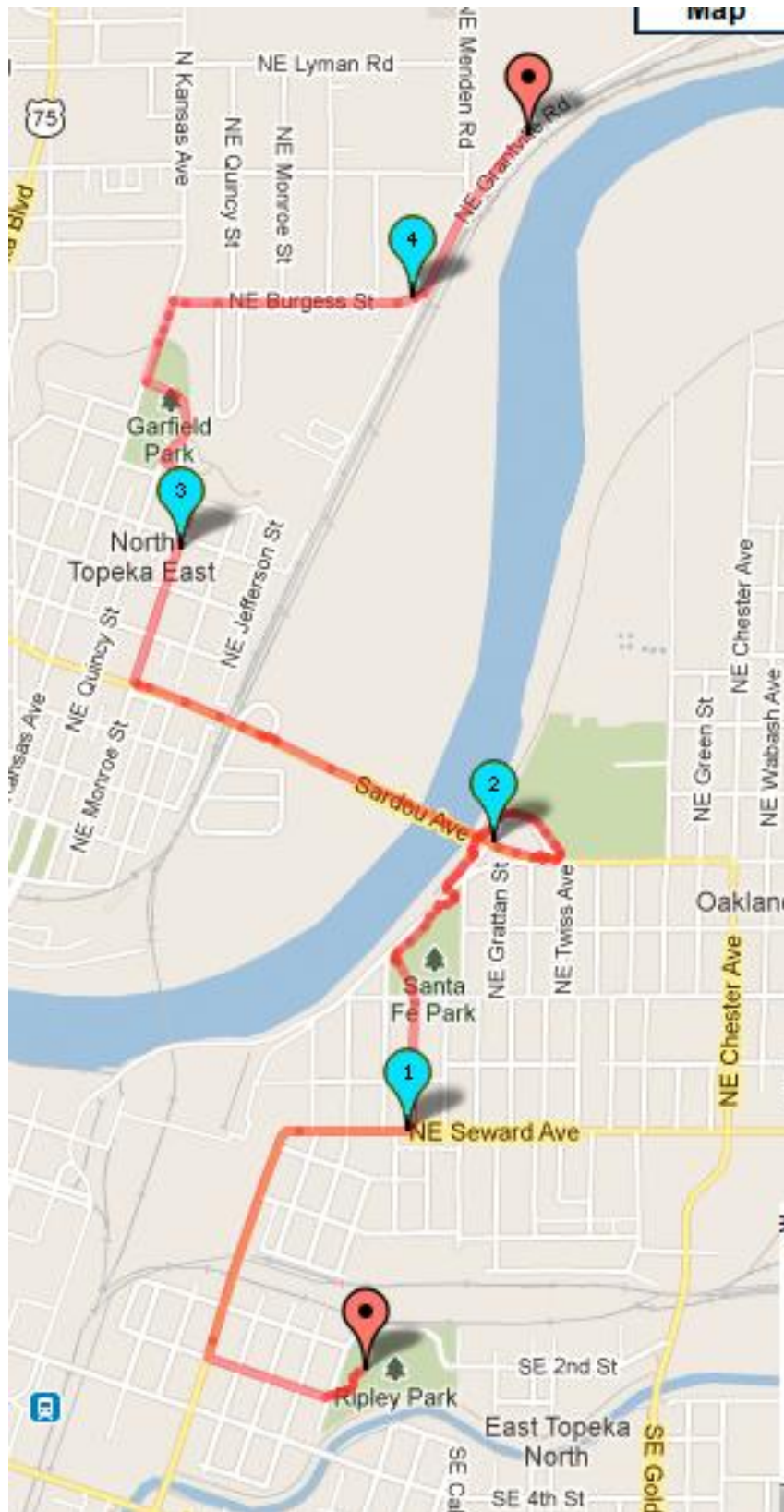
Depart Exchange 2 continuing west on path to 3rd St.

- 0.1 Cross over Lawrence St and onto 3rd St., heading west (paved)
- 0.3 Turn RIGHT onto Branner St. keeping to sidewalk on the right and crossing the bridge. (paved)
- 0.7 Exit sidewalk on the right and continue on Branner St., crossing the street at the bend in the road (Branner St. will turn into Seward Ave.). Keep on the sidewalk on the left. (paved)
- 1.0 Turn LEFT onto Wilson Ave (paved)
- 1.2 Cross over Division St. into parking lot of Santa Fe Park. Cut diagonally through the parking lot to pathway in North corner of the lot. (paved)
- 1.3 Enter pathway (paved)
- 1.5 Cross over River Rd at crosswalk and continue on pathway, keeping to the right at every fork. (paved)
- 1.9 Cross over River Rd continuing west on pathway parallel to Sardou Ave., crossing over the bridge. (paved)
- 2.7 Turn RIGHT onto Monroe St. (paved)
- 3.2 Turn RIGHT into Garfield Park and enter trail. Follow trail through the park. (paved)
- 3.4 Turn RIGHT onto Kansas Ave. Run with traffic on the sidewalk. (paved)
- 3.5 Turn RIGHT onto Burgess St. (paved)
- 4.0 Bear LEFT onto Grantville Rd. Run facing traffic. (paved)
- 4.4 Arrive at Exchange 3 on the left.

Driving Directions:

Leaving the parking lot of Ripley Park, turn RIGHT onto Lawrence St. Lawrence turns into 2nd Street. Turn LEFT onto Golden Ave. Golden Ave turns into Chester at Seward St. Continue straight on Chester St. Turn LEFT on Sardou Ave. Turn RIGHT onto Kansas Ave. Turn RIGHT onto Burgess Ave. Bear LEFT onto Grantville Rd. End at 2015 NE Grantville Rd, Topeka, KS on the left at the Heartland China Building.

Map Next Page

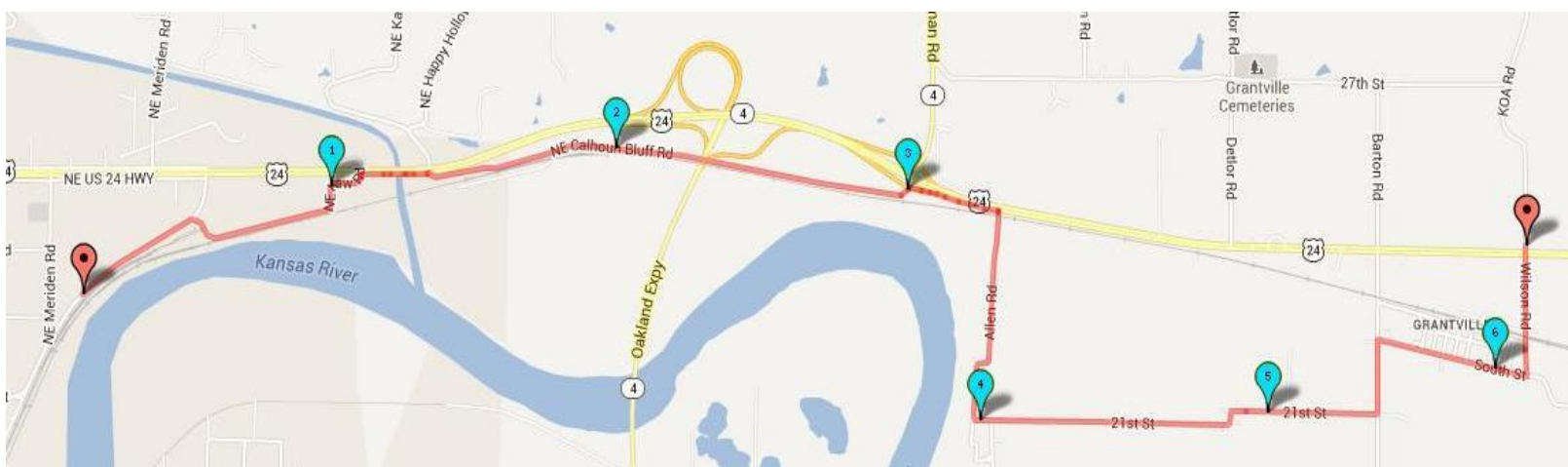


LEG 4 – 6.5 MILES

- 0.0 Depart Exchange 3 continuing east on Grantville Rd. (paved)
- 0.4 Bear RIGHT at the fork, continuing on Grantville Rd. (paved)
- 0.9 Turn LEFT onto Kaw Rd. (paved)
- 1.1 Turn RIGHT onto US-24, crossing the bridge (at discretion of course monitor). Run with traffic and stay on the shoulder. We will have cones here. Wait for traffic to clear and then cross the bridge. (paved)
- 1.3 Turn RIGHT onto Calhoun Bluff Rd. Run facing traffic. (paved)
- 3.0 Turn RIGHT onto entrance ramp for US-24. Continue on US-24. Run with traffic & stay on the shoulder. (paved)
- 3.3 Turn RIGHT onto Allen Rd. (**RR CROSSING**) (gravel)
- 4.0 Continue straight onto 21st St. (gravel)
- 5.4 Turn LEFT onto Barton Rd. (gravel)
- 5.6 Turn RIGHT onto South St. (paved)
- 6.1 Turn LEFT onto Wilson St. (**RR CROSSING**) (paved)
- 6.3 Cross Hwy 24 (at discretion of course monitor). (paved)
- 6.5 Exchange point is on your left in the park area.

Driving Directions:

Head NE on Grantville Rd., following the same direction as the runners. Continue LEFT on Goldwater Rd. Turn RIGHT onto US-24 E. Turn LEFT on KOA/Wilson Rd. Exchange point will be on the left in the park area. Park on the shoulder.

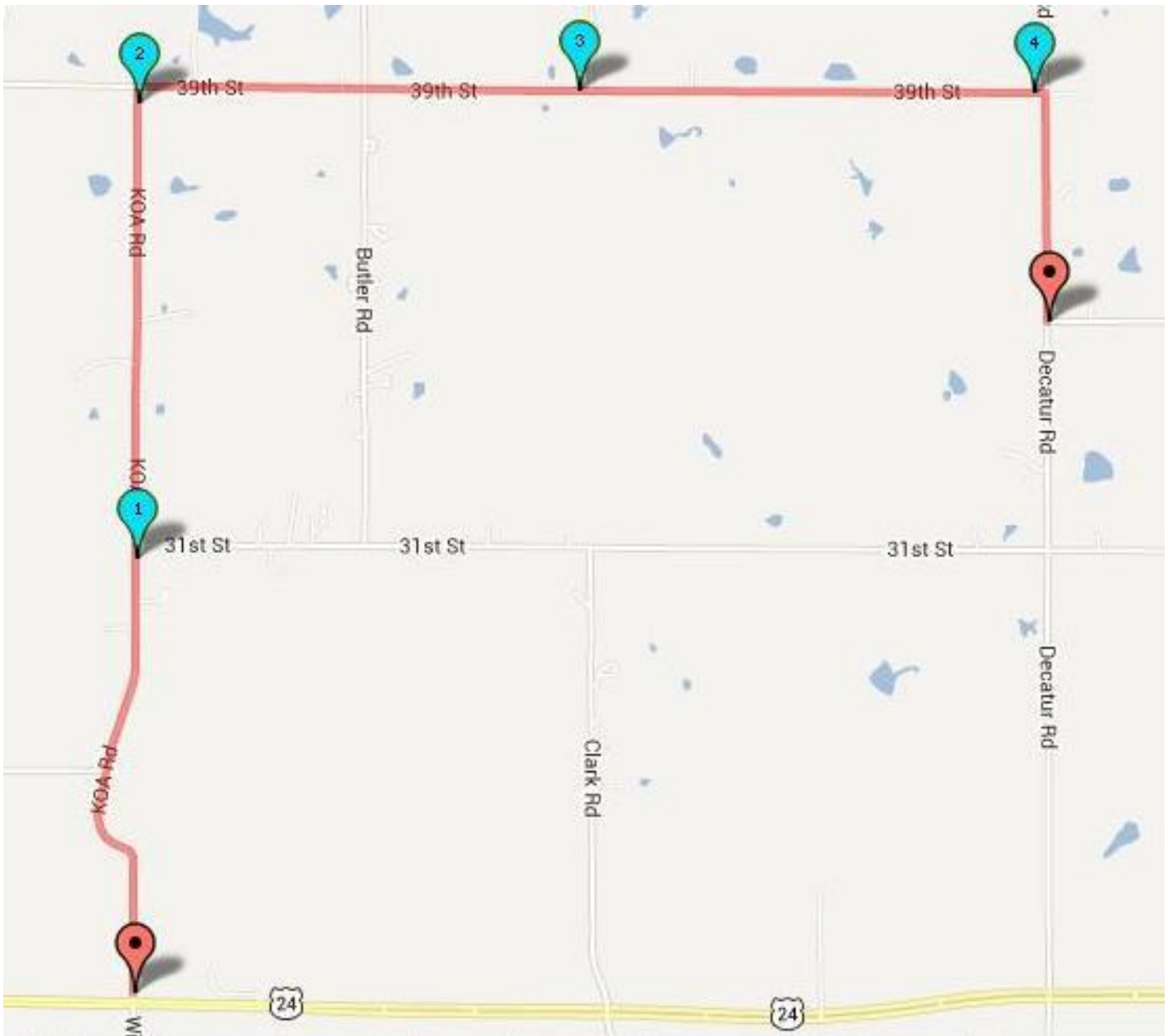


LEG 5 – 4.5 MILES

- 0.0 Depart Exchange 4 continuing North on KOA Rd. (gravel)
- 2.0 Turn RIGHT onto 39th St. (gravel)
- 4.0 Turn RIGHT onto Decatur Rd. (gravel)
- 4.5 Arrive at Exchange 5 on the left at 35th St.

Driving Directions:

Head south on KOA Rd. Turn LEFT onto US-24 E. Turn LEFT on Decatur Rd. End at intersection of Decatur Rd. and 35th St. Park on the shoulder of 35th St.

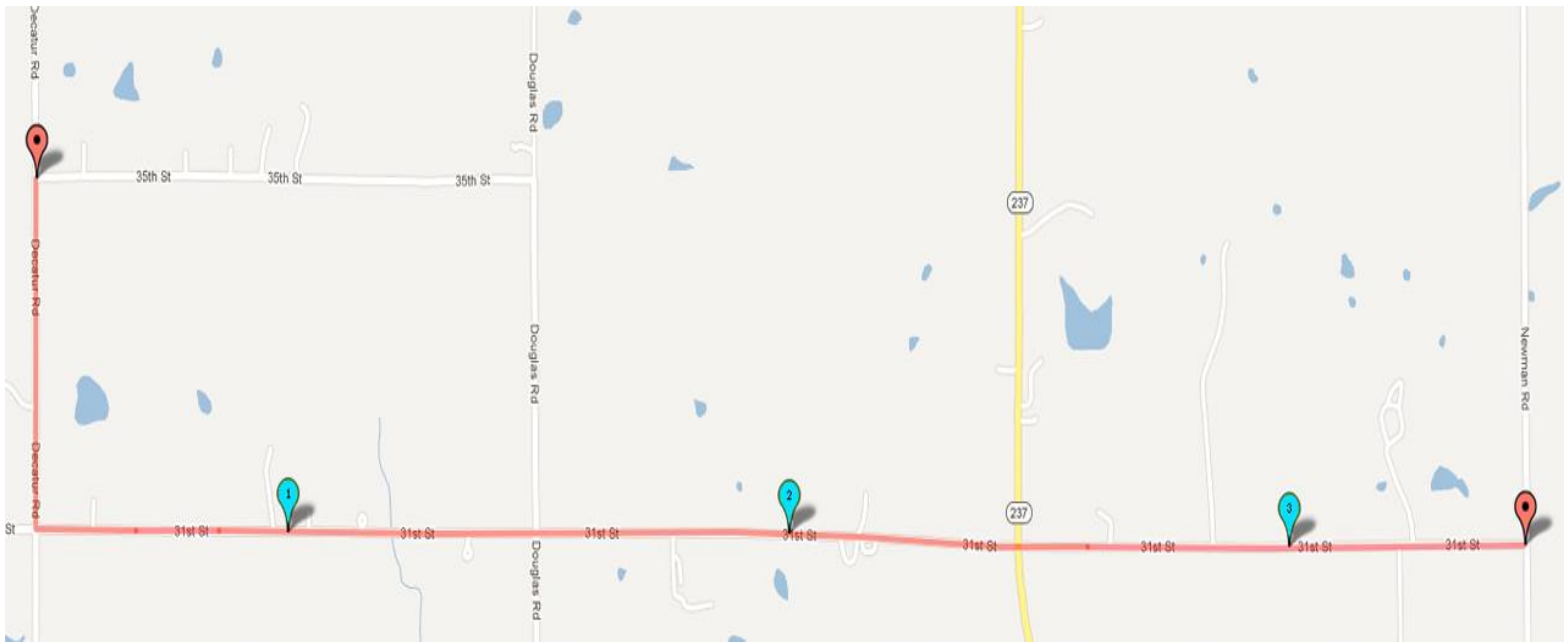


LEG 6 – 3.5 MILES

- 0.0 Depart Exchange 5 continuing south on Decatur Rd. (gravel)
- 0.4 Turn LEFT onto 31st St. (gravel)
- 2.4 Cross over KS-237 **at discretion of course monitor**. Continue on 31st St. (gravel)
- 3.5 Arrive at Newman Rd. Exchange 6 on the left.

Driving Directions:

Head south on Decatur Rd. Turn LEFT onto 31st St. End at intersection of 31st St and Newman Rd. Park on the shoulder of 31st St.

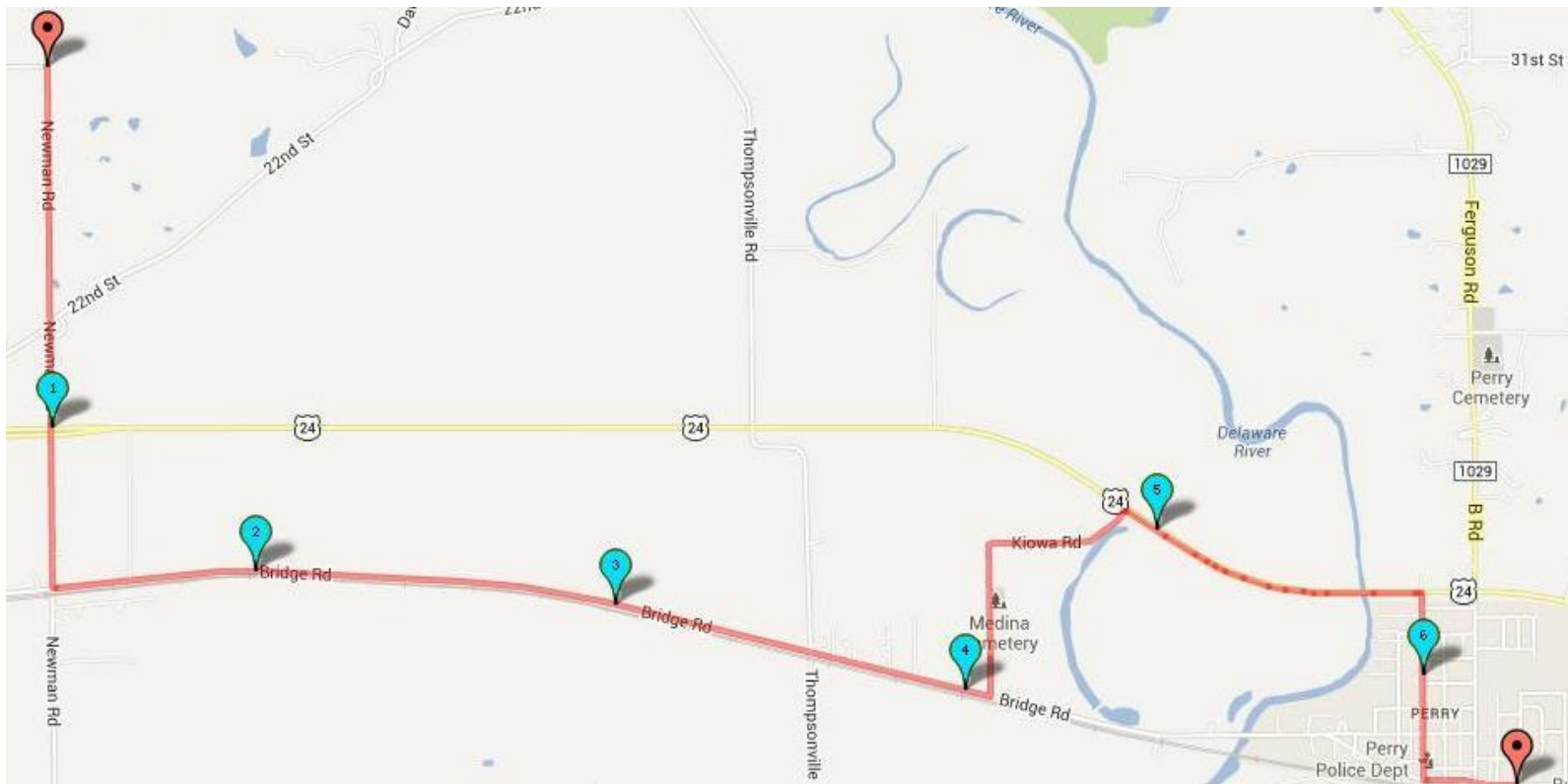


LEG 7 – 6.5 MILES

- 0.0 Depart Exchange 6 heading south on Newman Rd. (gravel)
- 1.0 Cross over US-24 **at discretion of course monitor**. Continue south on Newman Rd.
- 1.4 Turn LEFT onto Bridge Rd.
- 4.1 Continue across the river bridge. There are 2 ft high concrete blocks you will need to go over on both sides of the bridge.
- 5.7 Turn RIGHT at Front Street
- 6.5 Arrive at Exchange 7 on the left.

Driving Directions:

Head south on Newman Rd. Turn LEFT onto US-24 E. Turn RIGHT onto Cedar St (at the stop light). Turn LEFT onto Front St. End at Golden Pizza Company (500 E Front St, Perry, KS) on the right.

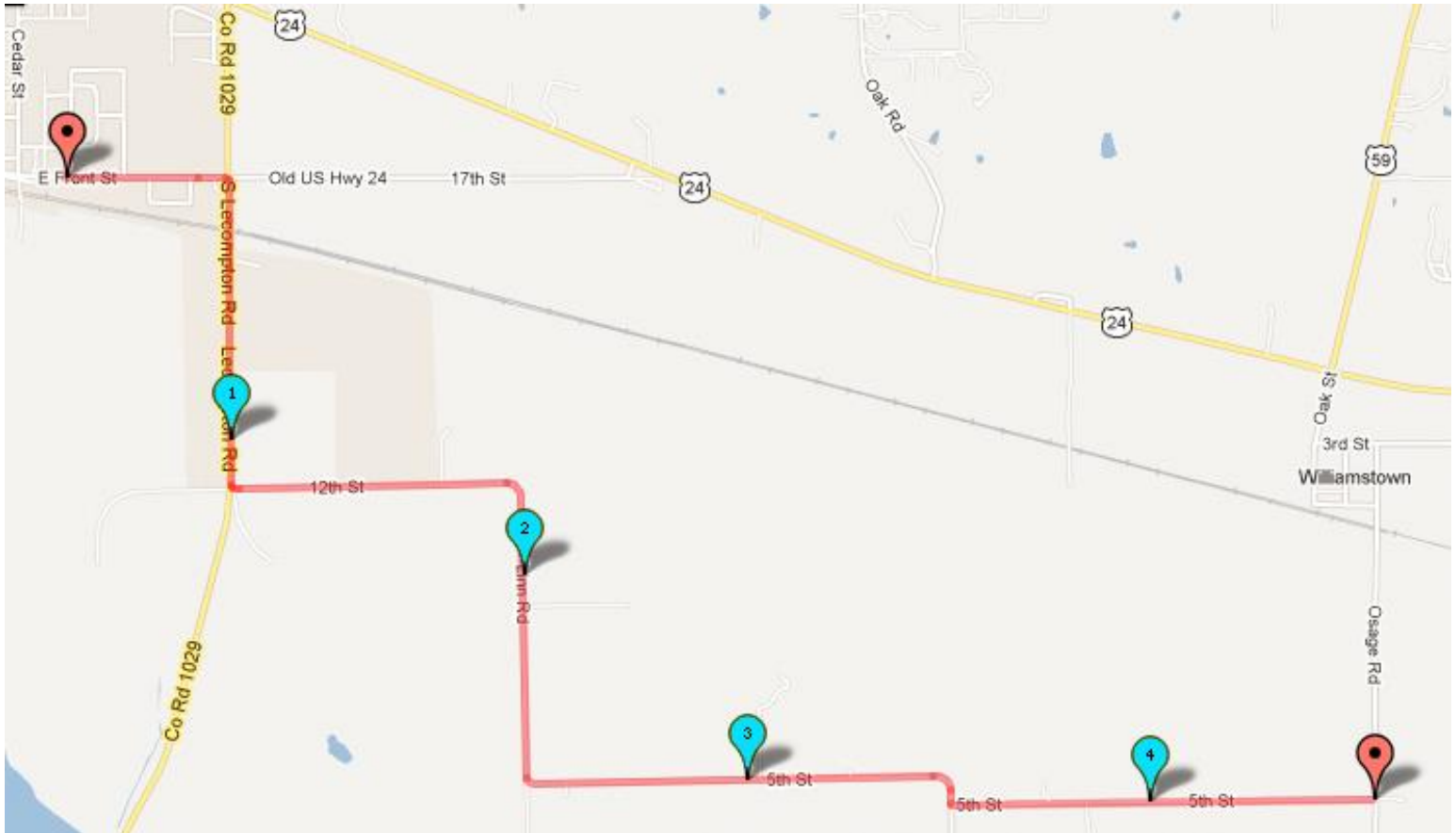


LEG 8 – 4.5 MILES

- 0.0 Depart Exchange 7 continuing east on Front St. (paved)
- 0.4 Turn RIGHT onto Lecompton Rd. Run against traffic. (**RR CROSSING**) (paved)
- 1.1 Turn LEFT onto 12th St. (12th St. turns into Linn Rd). Continue on Linn Rd around the bend. (gravel)
- 2.5 Turn LEFT onto 5th St. Follow around the bend. (gravel)
- 3.5 Turn LEFT to stay on 5th St. (gravel)
- 4.5 Arrive at Exchange 8 on the left.

Driving Directions:

Head east on Front St. Turn LEFT onto Lecompton Rd. Turn RIGHT onto US-24 E. Turn RIGHT onto Oak St/KS-76. Oak St/KS-76 turns left and becomes Railroad St. Turn RIGHT onto Walnut St. (**RR CROSSING**). Walnut St. becomes Osage Rd. End at intersection of Osage Rd. and 5th St. Park on shoulder of Osage Rd.



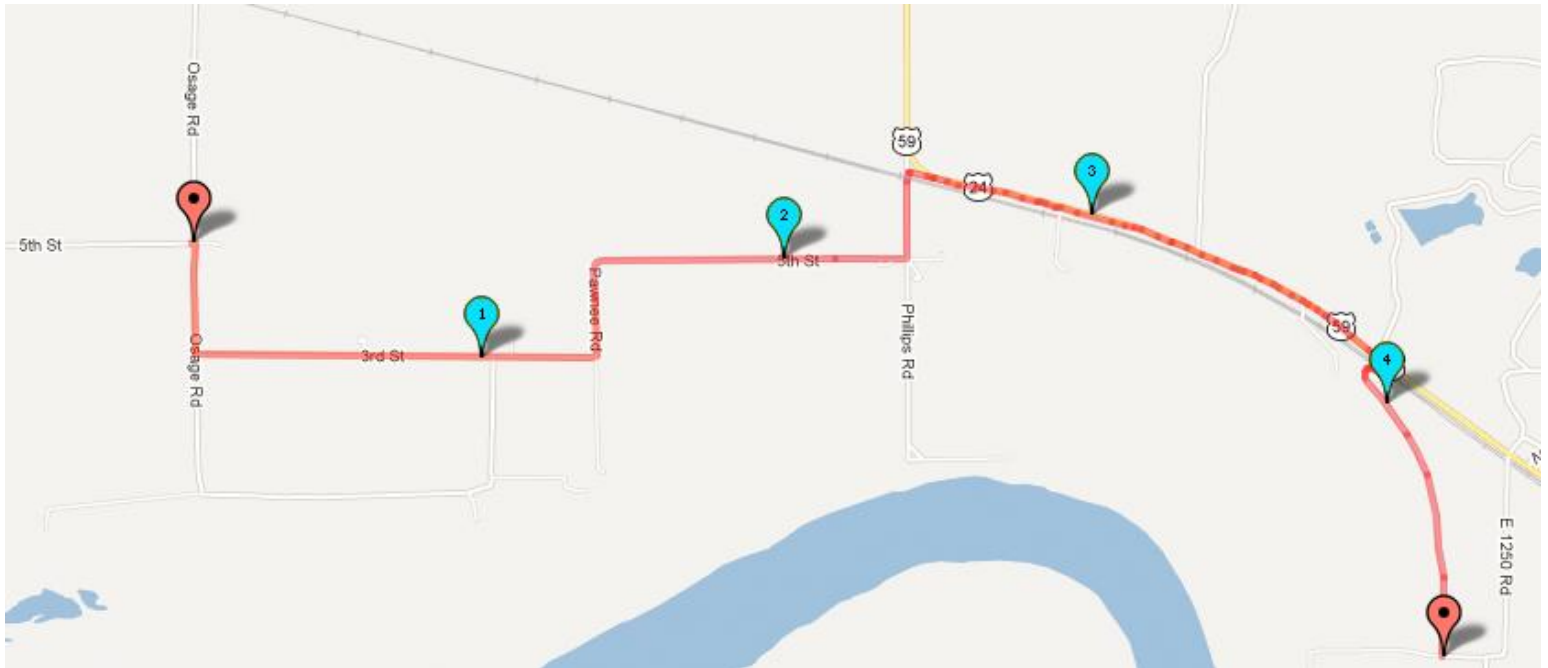
LEG 9 – 4.6 MILES

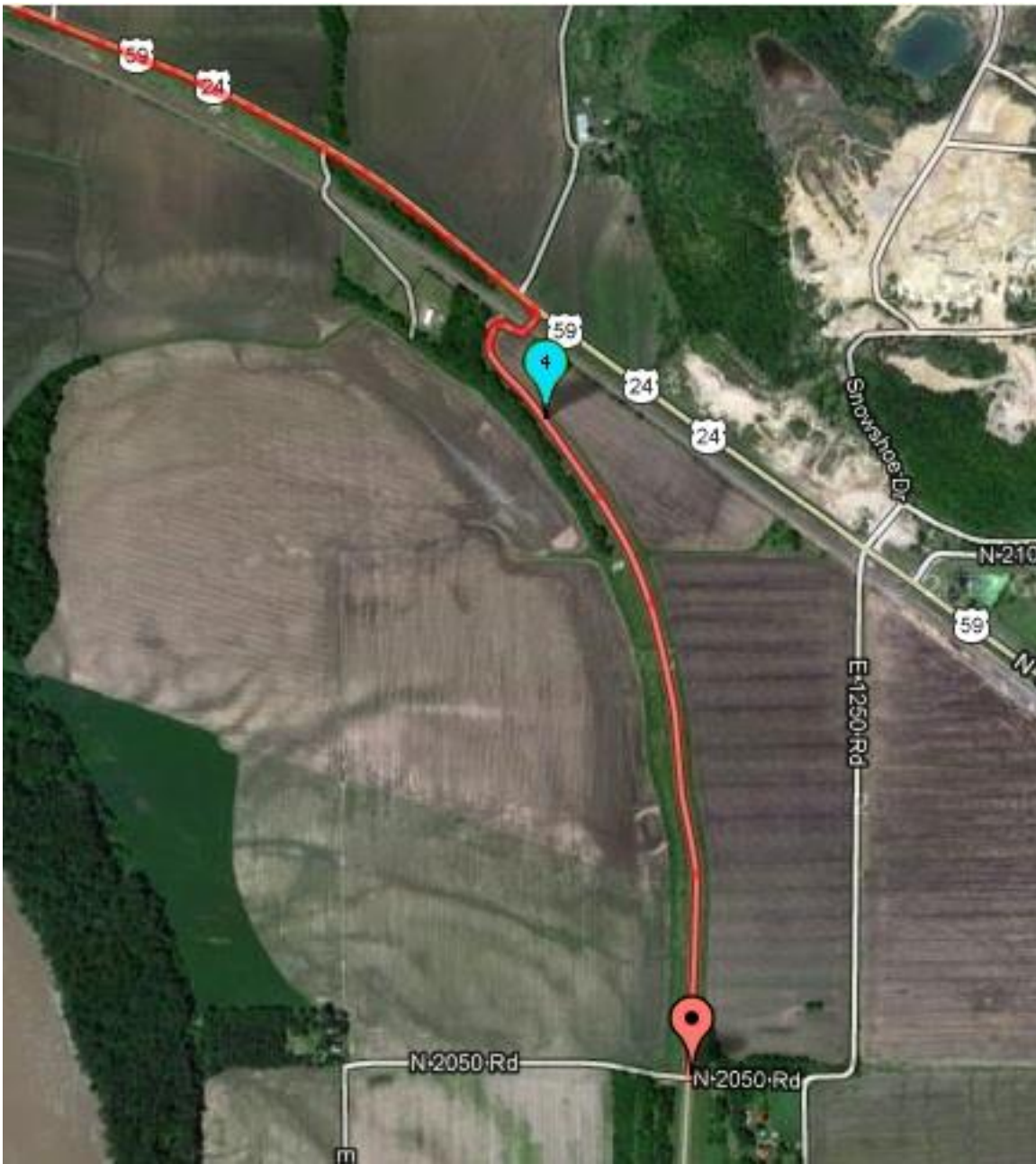
- 0.0 Depart Exchange 8 heading south on Osage Rd. (gravel)
- 0.3 Turn LEFT onto 3rd St. (gravel)
- 1.3 Turn LEFT onto Pawnee Rd. (gravel)
- 1.5 Turn RIGHT onto 5th St. (gravel)
- 2.3 Turn LEFT onto Phillips Rd. (**RR CROSSING**) (gravel)
- 2.5 After crossing the railroad tracks take first RIGHT on side road leading to US-24 (gravel)
- 2.6 Continue on US-24, running with traffic on the shoulder. (paved)
- 3.8 Turn RIGHT onto gravel path (**RR CROSSING**)
- 3.8 Follow path to levee on right. Follow levee to next exchange point. (gravel)
- 4.6 Arrive at Exchange 9 on the left.

Driving Directions:

Head north back the way you came up Osage Rd. Continue onto Walnut St. (**RR CROSSING**). Turn RIGHT at 3rd St. Turn RIGHT at US-24 E. Turn RIGHT onto E 1250 Rd. (**RR CROSSING**). **There is no street sign but we will mark it. 1250 Rd is the first RR CROSSING after you see the turn for the runner's exit off 24 Hwy.** Make slight RIGHT onto N 2050 Rd. The Aid Station is on the Levee. Park on shoulder before you get to the Levee.

Close up Map of Aid Station 9 Location on Next Page.



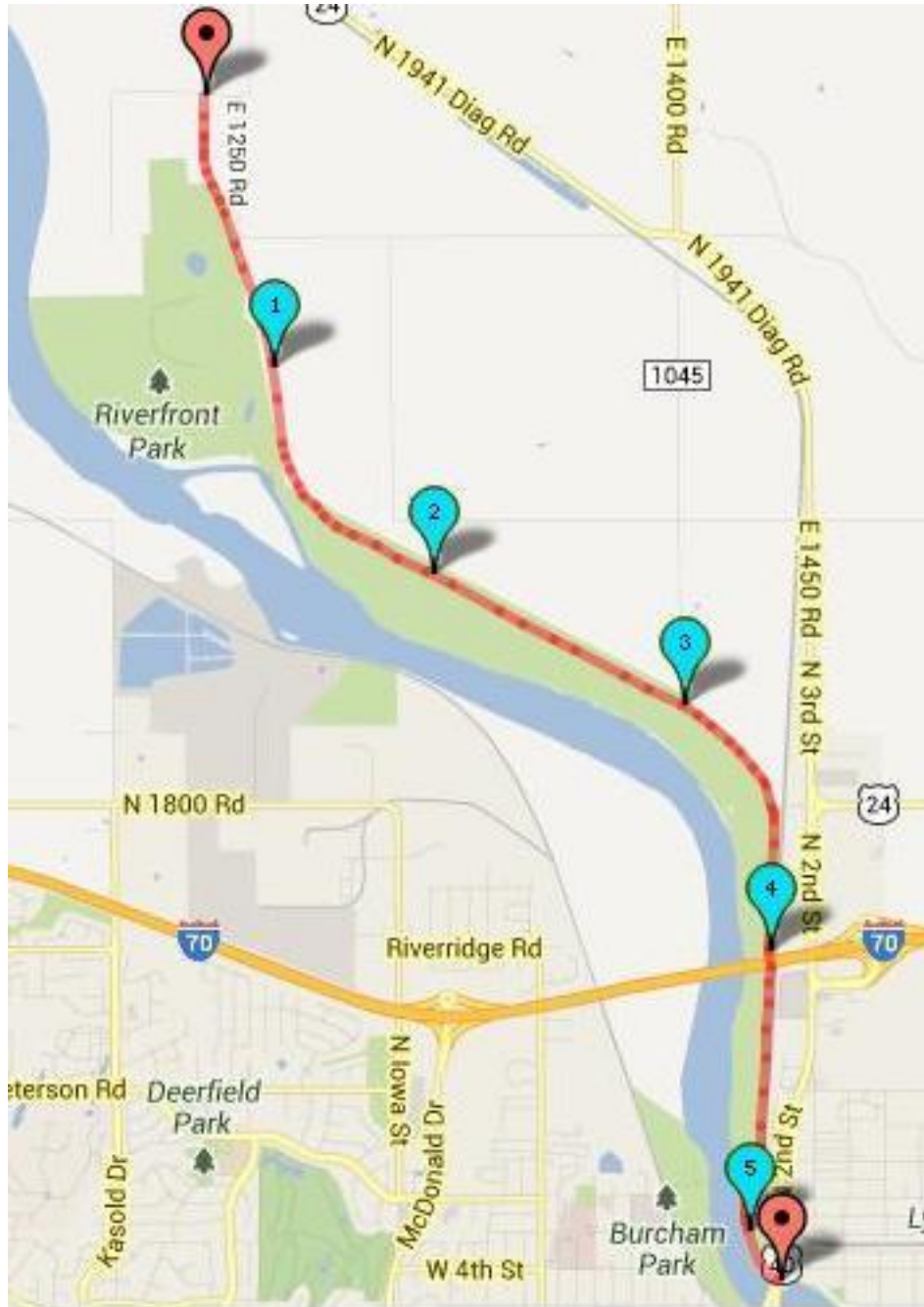


LEG 10 – 5.2 MILES

- 0.0 Depart Exchange 9 continuing south on levee. (chat gravel)
- 5.2 Arrive at FINISH LINE!!!

Driving Directions:

Head east on N 2050 Rd. Turn RIGHT onto E 1250 Rd. Take slight Left onto N 2000 Rd. (**RR CROSSING**). Continue onto US-24 E/US-59 S. End at Burcham Park. Park in parking lot across from the Train Depot and walk to the levee. Go down the sidewalk to the lower level of the levee to the finish line (closest to the river and under the bridge).



FINISH LINE/POST-RACE

PARKING:

When you get to the finish line in Lawrence, park in the Burcham Park parking lot and walk to the levee across the street. Go down the sidewalk to the lower level of the levee to the finish line (closest to the river and under the bridge).

FINISHING TOGETHER:

We strongly encourage team members to meet their final runner a short distance before they get to the finish line and run in together; this creates community and makes for good pictures! However, with the pathway being somewhat narrow, please be respectful and leave room for other runners/teams to pass by. You will receive your finishers pint glass at the finish line. Relay runners will also receive a medal and Solos and Two Person Teams will receive Bison belt buckles at the finish line.

TIMING:

Please place your timing device in the designated bin upon completing the race. Results will be posted at the after party and awards distributed (see next page).

BEER/BEVERAGES:

In addition to your standard post-race refreshments (water, Gatorade, fruit, etc.), we will have beverages at the finish to fill those pint glasses you are getting! We recommend complementing anything you drink (beer or soda) with plenty of water, having just completed a physically strenuous activity.

AFTER PARTY:

Tickets to the after party are included in the registration and will be in your packets. Please bring these tickets to the Mass Street Pub, 728 Massachusetts St, Lawrence, KS 66044, 785-856-2739, to receive your post-race meal. The meal includes: all the Bison Burgers you want, Grilled Chicken, Veggie Burgers, Sausage, Salad, Fruit, Corn, bread and condiments and dessert. You will not walk away hungry!

AWARDS:

All participants will receive a finisher's pint glass at the finish line. Relay teams will also receive a medal and solo and two-person teams will receive a unique Bison 50 belt buckle at the finish line. Awards will be given to the 1st, 2nd and 3rd place overall male and female and fastest teams in each of the three categories – 2 Person Teams, Ultra Teams and Regular Teams. Awards will be distributed at the after party at Mass Street Pub.

SHOWER:

Take your own towel to the Lawrence Community Building (open 9:30 am to 5 pm), 115 W 11th Street, Lawrence, KS, 4 blocks from the after party at Mass Street Pub.

NEED A RIDE:

If you are a Solo runner and need a ride back to Topeka, please go to Mass Street Pub and we will make announcements to find a ride for you. If we cannot find runners going back to Topeka, the race directors will drive you back at the very end of the day.

POST-RACE SURVEY:

Everyone will be e-mailed a post-race survey to give feedback on why they enjoyed the event and what things can be improved for future years. Please take time to complete these surveys as we truly value your opinion and make changes based on your comments!

PHOTOGRAPHS:

Will be taken at the start, finish and along the course by Mile 90 Photography and will be available at www.bison50.com under the results link.