

Rock Cut Trail Runs—10k-25k-50k



General Course Overview:

General Rock Cut Trail Information

- It is run on single track or wider established trails, paved trail, grass, and short pieces of park roads. Trail conditions at times may include rocks, ruts, roots, walnuts, mud, standing water (mud & water only if it rains), steps, tree branches, downed trees pretty much everything you can find outdoors in the Midwest, this is after all a trail race.
- 10k—is an evening trail race you will need headlamp as it will be dark before you finish. If you have never run a trail race or run on trails in the dark this is NOT the place to start. Go practice. 10k starting time means you have no more than 2 1/2 hours to finish as you need to be out of the park before it closes at 10 pm.
- 25k & 50k—the 25k is a single loop, the 50k is a second lap. *Note 10k course has some different parts and turns, if you blindly run along thinking you only need to follow the 10k when doing the 25k route you will run off course. We change this before the 25k starts.*



- [Course Maps & More Information Link](#)

Runner Safety & Awareness

- Run Safely: the park does not allow for closed roads be aware when making road crossings, course crosses roads within the park. Do not blindly run across any road.
- Be courteous and aware that the park is open to other users, you may encounter hikers, bikers, equestrian, and campers. The impression you leave is a reflection on all runners. Do NOT litter it is your responsibility to put things in a trash container or carry them out! All aid stations have trash bags.
- Be aware and stay on the course: The most common reasons to go off course.
 - 1) Followed the guy in front of me!
 - 2) I zoned out and missed a turn.
 - 3) The course often leaves a perfectly good trail and heads into the bushes ... yes the turn was marked but...I decided to follow an unmarked trail for no good reason.
- Look at every trail intersection for markings indicating the direction you need to continue. Pay attention at all times.
- Dogs—are NOT ALLOWED you may not run with your dog as part of the race.
- Ear buds—music or whatever you might be listening to, it is discouraged at the very least leave one out. While we understand those who wish to use please be aware that it can also be a hazard to you and to others who might think they have your attention when they do not.
- Weather—races will be run in the rain. Course conditions will become slippery, be cautious decide if you are capable of running in such conditions.
- Severe Weather—Ultimately decisions may be made that not everyone will be happy with in the case of severe weather or possible severe weather. We have to consider the safety of our volunteers as well as the runners, these matters are not taken lightly so be understanding and supportive as your safety is also being considered.



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Trail Markings

Signage, Ribbons & Flags

- Directional Arrows—lefts, rights & straight ahead
- Ribbons orange & pink (pink have reflectors & will be found on sections of both 10k and 25k where they overlap.
- Pin flags—orange
- Wrong Way Stop You Missed Turn
Depending on location in the park you may see any combinations of trail markers. Once you stop seeing them you have left the course, missed a turn and gone the wrong way.

Note:

We are NOT allowed to use any type of ground marking, paint, or coloring material.



Course Support



- 10k— Friday Night—You must be finished in under 2 1/2 hours or you will not get out of the park before closing. We have to take down finish line and be out of park as well.
- 25k—Saturday—Course if open for 5 hours. For those wishing for more time to complete a 25k the Sunday 25k is supported for 8 hours the same as the 50k
- 50k & 25k Sunday—Course is supported for 8 hours we begin picking the course markings up shortly after the last runner finishes the first loop as we follow the last runners as long as they are making progress that will bring them to the finish in eight hours.

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Trail Markings

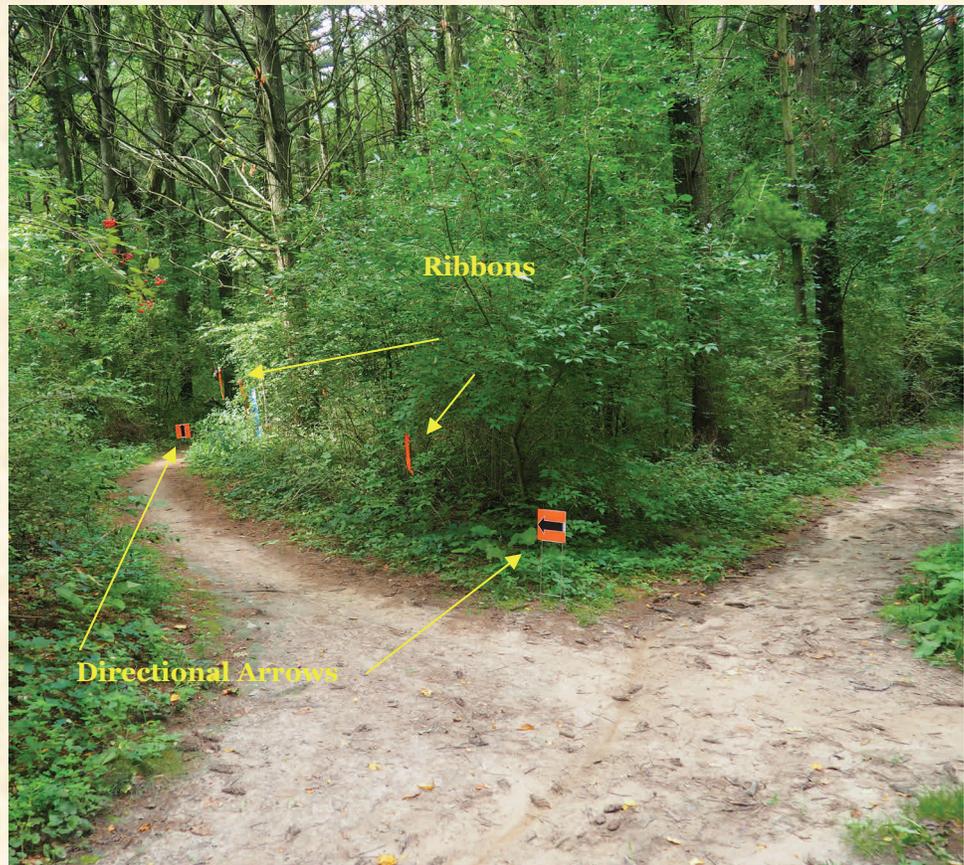
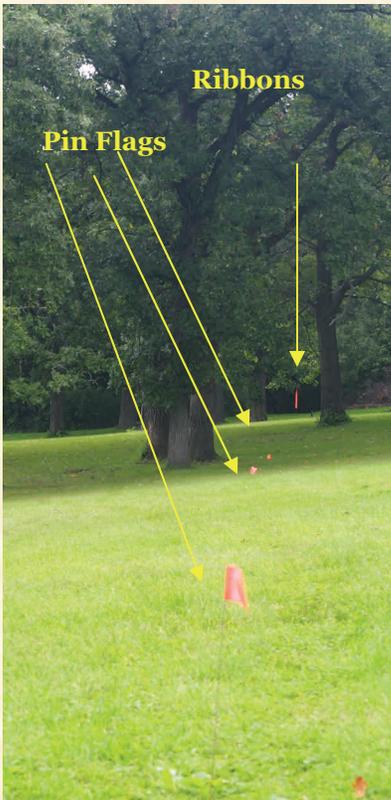
Orange Ribbons



Pink Ribbons



Below Pin Flags & Ribbons used in open area



Above combination of Direction arrows & Ribbons at trail intersection tell you direction to follow.

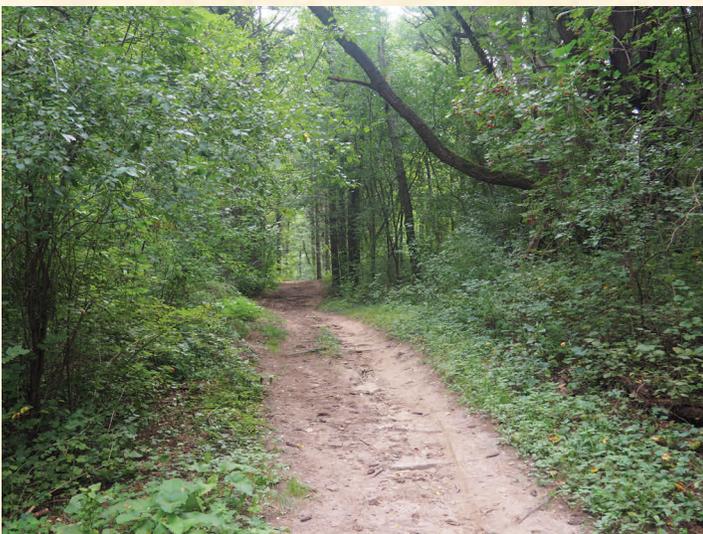


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Sure Sign or shall we say lack of signs that things have gone wrong.

No Ribbons, Pin Flags etc... that should be setting alarms off you are no longer following the course markings you are just running a trail. Always remember generally you are NEVER out of sight of a trail marker. If you run for more than 2 or 3 minutes and have not seen one your alarm system is not working and you have not been paying attention it is time to back track. Do not set off in a new direction just turn around and go back.



Note we use this sign sparingly, at places we know may cause problems or put runners in a situation of not running the correct course. Should you see, do what the sign says.. You ask why not put them everywhere. We would need 100's to cover ever possible mistake, trail races are better than that.