THE 2021 ADU

OFFICIAL ATHLETE HANDBOOK

RACE DAY: AUGUST 13-14, 2021

"COMFORT IS A SLOW DEATH"

WELCOME

to the ADU

The 2021 competition reached capacity in SECONDS. Our little ocean-side tradition has become more and more a major focus of the ultra-running scene here in New England. Why? **Because of you.**

The athletes that toe the line in this race WELCOME the heat. You WELCOME the challenge of a half-trail, half-pavement course. You WELCOME the storms we often weather here in the August. You WELCOME the roots that trip you up at 1:00 AM, and the sun that batters you at 2:00 PM. You WELCOME the quiet of the night at ADU, and the energy of Colt State Park during the day. You WELCOME the highs and lows of an authentic, old-school style ultra, the way our sport was meant to be.

Some say ultra-running is a growing sport. We disagree, as many races seek to attract more runners, gain more sponsors, and grow their exposure, The "ultra" has evolved. We have avoided that evolution, and in doing so, have aimed to stay true to the tradition of our sport. "Unapologetically difficult", simple and small.

Now, as the years tick by, the story of a bunch of hardened, heat-loving ultra-runners and their ocean-side battle each August has slowly spread. The narratives of ambulance rides and hard-earned finishes have earned the attention of other like-minded athletes. The allure of ADU and has grown, and that's because of the authenticity of the people that choose to conquer it. YOU are the story of the this race.

This year we embrace the "Comfort is a Slow Death" mindset. Years of ultra-running have made many of us aware that discomfort is often simply a stepping stone to life's most rewarding moments. We collectively WELCOME the discomfort we'll all endure in a few weeks, for we know the reward on the other side.

WELCOME to the 2021 ADU. Whether this is your first ADU or your 6th, you are part of a small family of like-minded ultra-runners, and we have one hell of a shared adventure coming up. See you at the trailhead.

Anchor Down. Run Long.

JASON R. PAGANELLI
Race Director, ADU

- RACE RULES -

Below are the rules as they stand for the 2021 event. We ask for your understanding and cooperation as we uphold these rules and standards, STRICTLY, at the ADU. They exist to protect the integrity of the competition, and to protect the future viability of the event as we work with the authorities that manage the property on the grounds where the ADU is held, in beautiful Colt State Park.

RACES and START TIMES

All races (6 hour, 12 hour, 24 hour and 100 mile) start at 7:00 PM on August 13th.

6 hour ends at 1:00 AM, 12 hour ends at 7:00 AM and 24 hour ends at 7:00 PM on the 14th of August.

A 6 hour competitor must finish 8 laps to be considered a finisher.
A 12 hour competitor must finish 16 laps to be considered a finisher.
a 24 hour competitor must finish 20 laps to be considered a finisher.

There are NO exceptions to this "finisher" standard.

Finisher's medals are given to all finisher's of each event.

The ONE top performer in each age division (male and female) is awarded in each race.

The overall male and female champion of each race (male and female) will be honored with trophies.

Belt buckles are awarded in a post-race ceremony to anyone that finishes 100 miles and joins the elusive "100 mile club". The current 100 mile club is available at:

https://www.anchordownultra.com/100-mile-club

LIGHTS

It is mandatory that ALL RUNNERS start the race with a headlamp or handheld light on-person. We do anticipate many runners will choose to ditch the lighting if the moonlight of the evening is sufficient. However, it is mandatory to simply START the race and finish the first two loops with a headlamp. Not doing so is grounds for disqualification. After the first 2 loops running with a light is at the athlete's discretion.

- RACE RULES (CONTINUED) -

RUNNER ON-SITE RULE

Due to the loop-style nature of this race, runners can take advantage of down time, soaking up a few minutes of rest in their tent or taking advantage of a support crew member that has some encouraging words. Regardless the reason, there are opportunities to get "off course" and still be competing in the ADU. The "On-Site Rule" simply requires that all athletes remain on-site during the event.

Remaining on-site is defined with the following parameters:

At any given moment during the race, a runner may leave the course and take advantage of their campsite in the "Runner Tent Area". Runner must exit and enter course only through opening in fence at the edge of the main staging area, adjacent to the Coggeshall Aid Station.

Runners may not leave the course at any other portion of the course while the race is in progress, or they risk disqualification at race management's discretion. If a wrong-turn is taken, runner must turn around and re-enter the course at the point of exit, and resume the race.

Runners may not leave the ADU race course or staging area while competing in the event. Leaving the premises will result in disqualification.

Please note that motor-homes are NOT allowed in the park for ADU.

PACERS

The Anchor Down Ultra allows "pacers" in the second half of both the 12 hour and 24 hour events. (No 6-Hour pacers allowed.) In other words, you may have a running friend join you to help you keep pace, make goal and stay in the race.

Pacers can arrive at any time before sunset (if they choose to stay through the night) or after sunrise. However, they may NOT start aiding a competitor until 6 hours into the 12 hour event, or 12 hours into the 24 hour event. Pacers must wear a pacer wrist band given to every 12 hour and 24 hour runner at check-in. Each 12 or 24 hour runner is given only one pacer wrist band, as only one pacer is allowed. Runners may not rotate in and out different pacers. Pacers must wear wrist band at all times to be identified by race and park staff.

- RACE RULES (CONTINUED) -

PACERS (continued)

***Please note, a pacer DOES count as a spectator as well, per the overnight spectator limit of 2. In other words, if your pacer is there for the overnight portion of the event, they must ALSO wear a spectator wrist band showing that they have credential to be in the park overnight. Therefore, a pacer DOES count towards each athlete's 2-spectator max on the overnight portion of the event.

Pacers cannot access aid station food/water/supplies and are asked to keep a distance from aid stations. With 200 runners to monitor, the mission of race-management is to create a successful environment for our 200 ADU runners. As a pacer, you are there to reassure the success of your athlete, as is race management. Having pacers "crowd" aid stations takes away from our staff's ability to give our full attention to each runner as they come in from each lap. Therefore, as a pacer, please bring/carry your own hydration/nutrition and plan for your food/water needs. Your own nutritional and running supplies may be kept with your gear in Tent Village, just behind the main aid station, which you can access while your ADU athlete stops for aid.

Pacers may not mule for runners (aka carry the runner's gear or food.) However, pacers can provide shade for a runner (ie umbrella) or wet them down to minimize the effect of the heat as part of their joint race strategy. A pacer cannot physically help (hold, push, sturdy, etc) a runner at any time.

Lastly, we'd like to thank all of you out there that plan on pacing a runner at this year's Anchor Down Ultra. We share in the mission of making this a memorable adventure for our friends that are brave enough to toe the starting line.

SPECTATORS

The State of Rhode Island is gracious enough to give us special use of Colt State Park during the over-night hours of the event. In cooperation with them in this effort, we have been asked to limit over-night spectators to two individuals, per runner, max, during the overnight portion of the event. (THIS INCLUDES PACERS.) (See pacer rules above.)

All runners registered for the Anchor Down Ultra will be presented with two spectator wrist bands at runner check-in, specifically for spectators. ANYONE IN THE PARK OVERNIGHT THAT IS NOT A VOLUNTEER OR STAFF MEMBER MUST HAVE ONE OF THESE WRIST BANDS ON. This is only for the overnight portion of the event. At sunrise, the park becomes open to the public again. These wrist bands will act as "overnight passes".

- RACE RULES (CONTINUED) -

SPECTATORS (continued)

Spectators must stay on-site, in the tent-village part of the park during the overnight portion of the event. Late arrival into the park, after sunset, will not be allowed for anyone. The gate will be closed and guarded by park staff immediately following sunset. Therefore, your spectators must already be on-site and have their wrist-bands on to be able to stay in tent village during the night hours of ADU. If a spectator is also pacing in the overnight portion of the race (12-hour runners only) they must also be wearing their pacing wrist-band, to be identified as a sanctioned pacer.

Please make sure your friends, family and spectators understand that there is absolutely no alcohol in Colt State Park. Also, motor-homes and campfires are strictly prohibited for ADU. Having a spectator that is not aware of these rules and guidelines is grounds for runner disqualification from the event.

INCLEMENT WEATHER POLICY

Anchor Down Ultra is just that... an ULTRA. We will hold it rain, shine, and absolutely in extreme heat. Runners should be prepared for the challenges presented by this aspect of the race. That being said, there are circumstances in which case we may have to temporarily close the course due to life-threatening circumstances, most commonly, lightning.

In the case of lighting in the area. the RD will make the judgement if a temporary course closure is appropriate. In the event of a temporary course closure, the following guidelines are in place:

- Signage is posted at the main staging area that is visible as runners pass by the start/finish line each loop. Signage will indicate the likelihood of a incoming storm impacting the race with one of the following notes on the course condition: **ALL CLEAR** or **STORMS IN AREA** or **CLOSURE LIKELY** or **CLOSED.**

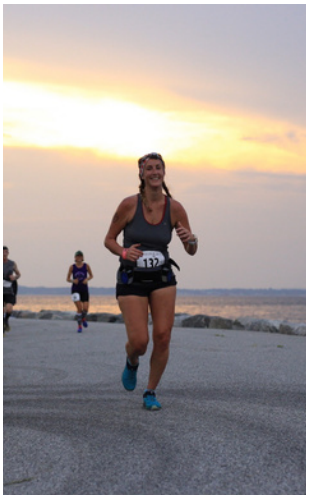
- If the ALL CLEAR sign is up, there are no storms in the region at all. If the STORMS IN AREA sign is up there are storms approaching the greater region that are likely to impact the race at some point. If the CLOSURE LIKELY sign is up there are storms coming directly for Colt State Park. If the CLOSED sign is up, the course is closed until further notice.

- If any chance of storms are forecasted for the coming year's ADU course markers will be handed out at check-in. (*Their use is explained below.)

- Upon the decision of the course closure, both aid stations (on both sides of the course) will simultaneously sound air horns to notify runners that the course has been closed. At this moment no more forward motion counts towards distance gained on the runner's lap. At the moment the air horn is sounded runners are asked to stop at their current location and drop their course marker into the ground to mark their position. At this point they are to take the shortest route back to either their vehicle at the main staging area, OR seek shelter in some of the structures close-by. The timing clock with stop immediately upon the sounding of the horn.

- RACE RULES (CONTINUED) -

INCLEMENT WEATHER POLICY (continued)



- In the case of a course closure, up to 2 hours of clock time will be added to the race/s that were impacted by the weather. In other words, the 6-hour, that was supposed to end at 1:00 AM, might get pushed to a finish time of 3:00 AM at the LATEST. Delays that are more than 2 hours would simply be pushed out to the maximum race-extension time of 2 hours. The new race-end time will be communicated to athletes at the re-opening of the course.

- The race RD will then notify all runners of the "all clear" and give a 20 minute warning before the re-opening of the course. At this time, runners will individually make their way back to their previous location at which the horn was sounded. The re-opening of the course will be sounded by air-horn, at which time the clock will be started again.

TENTS/STAGING AREA

RUNNERS OR SPECTATORS MAY NOT ARRIVE OR SET-UP TENTS UNTIL 1:00 PM ON FRIDAY, AUGUST 13th (6 hours before the race start)

The start and finish lines sit right on a field just yards from the trail where runners start and end each loop. This is just 200 yards or so from where runners will be allowed to park their cars.This start and finish line will also serve as our staging area, so you can set up a tent and "anchor down" any gear you plan on needing for your event. You will pass by this staging area ever single loop, so you will have access to your equipment every 2.45 miles.

Please understand that this park is CLOSED at night, and the State of RI makes a special exception for our endurance event. There is no wandering throughout the park at night, Runners and pacers must be on course. Spectators must have wrist-bands (see spectator rule above) and REMAIN AT TENT VILLAGE DURING THE OVERNIGHT PORTION OF THE EVENT. Not doing so is grounds for disqualification of the runner.

SCHEDULE

Runners may arrive at set up their tents starting at 1:00 PM on the afternoon of Friday, August 13th.

Runner Check-In: Fri, August 13th, 5:00-6:40 PM

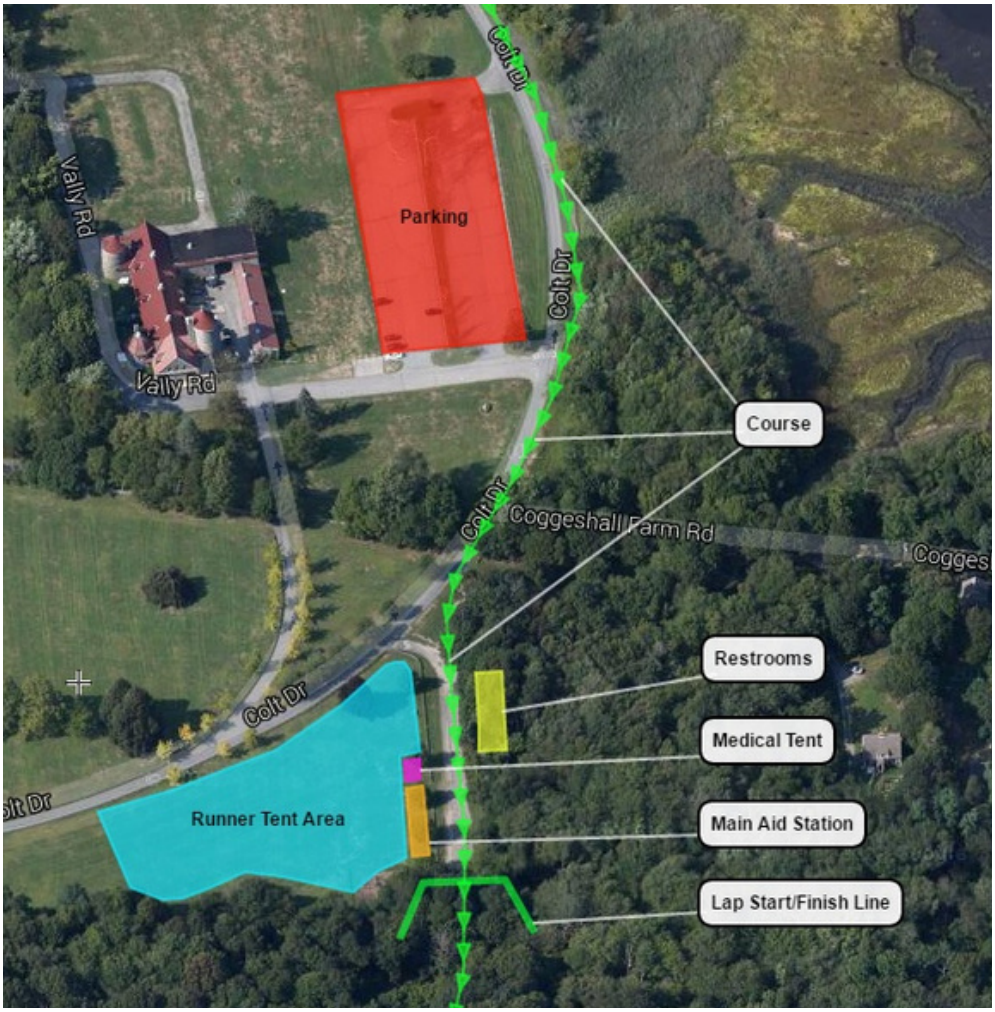
Pre-Race Meeting with RD: Fri, August 13th, 6:40 PM

Pre-Race Picture of all ADU Competitors: Fri, August 13th, 6:50 PM

Race Starts (ALL races): Fri, August 13th, 7:00 PM
6-Hr Ends: Sat, August 14th, 1:00 AM (Awards presented immediately.)
12-Hr Ends: Sat, August 14th, 7:00 AM (Awards presented immediately.)
24-Hr Ends: Sat, August 14th, 7:00 PM (Awards presented immediately.)

ARRIVAL

***IMPORTATNT: Upon arrival to Colt State Park, please proceed directly to "Runner Parking". Please DO NOT pull over to unload vehicles before the designated "Runner Parking". This has been a huge problem in the past, and creates traffic back-ups for people behind you, including patrons of the park and fellow runners. We will have signs reminding all runners of this... but please be warned, not listening to this request is grounds for disqualification. 99% of our awesome community listens and respects this rule and their fellow arriving athletes behind them, but the one or two people that refuse to listen due to the "convenience" factor jeopardize our relationship with the park, and therefore, the race in general. Please proceed right to the runner parking lot and unload there and make the very short walk over to the tent village. Thank you for your understanding!**



COVID-19 PROTOCOL

It's been one hell of a year. We are excited to get back to the ADU. That being said, we need the ADU to be safe competition.

Please DO NOT ATTEND if you have any of the following symptoms: Cough, Shortness of Breath or Difficulty Breathing, Fever or Chills, Muscle or Body Aches, Sore Throat, Headache, Nausea or Vomiting, Diarrhea, Runny Nose or Stuffy Nose, Fatigue, Recent Loss of Taste or Smell.

If you are not vaccinated for COVID-19, we respectfully ask you to wear a mask to the event at all times when not running on the course. If you are fully vaccinated, we invite you to enjoy the event mask-free. If you are at high-risk, we strongly ask you to consider whether it is an appropriate time for you to run in a race of this nature at this time.

Hand sanitizer will be available at race check-in, and readily available at the aid stations. Please use it regularly.

Food choices at aid stations will be more of a "single serve" set-up this year, using cups, plates and bowls to minimize common touch points. Aid Station volunteers will sanitize and clean regularly, and wear gloves while preparing food that needs to be touched. Professional "sneeze guards" will separate aid-station staff from runners, and also separate runners from the food preparation area of the aid station.

A NOTE ABOUT ADU QUALIFICATION, 2022 & BEYOND

The ADU is a race like no-other. And getting into the event has become a race of itself.

Beginning with the 2022 ADU there will be qualification standards that need to be met in order to obtain an entry into the yearly competition. Various things are currently in consideration, including but not limited to previous participation in the early years of the event, ultra-running experience, heat-intensive ultramarathons, etc.

Please note, previous finishers of ADU will be very well positioned for entry going forward. That being said, please follow along as we announce these standards so you can appropriately prepare for future entries. Please stay tuned as we finalize the qualification standards for the 2022 competition. Those standards will be announced soon, here:

https://www.anchordownultra.com/qualification

AID STATIONS

The main aid station doubles as the race staging area, or in other words, the start/finish where you will begin and end every 2.45-mile loop. This will allow runners to set up a tent/chair with their personal supplies, but still have access to the support provided by race staff. Here, we list our shopping list so that you may reference what will already be on site. If there is something that is not on this list that you know is a key in your success please bring that/those item's with you as there are no guarantees outside of this list.

At the main staging area, we'll have the following items:
- Water
- Honey Stinger Energy Gel
- Gatorade
- Coke & Mountain Dew
- Caffeine Tabs
- Salt Tablets
- Advil
- M&Ms
- Gummies
- Peanuts
- Peanut Butter and Jelly
- Pizza (at roughly 11-12:00 PM)
- Chips
- Salted Potatoes
- Pretzels
- Crackers
- Ginger Ale
- Cookies
- Peanut Butter (on spoons)
- Coffee (caffeinated)
- Chicken Noodle Soup
- Orange Slices
- Apple Slices
- Bananas
- Pickles
- For gluten free folks, please note we'll order gluten free cheese pizza. Please provide any other special alternatives you may have that are diet dependent.

The secondary aid station, known as "North Point" will be at the halfway mark of each loop, or at roughly the 1.25 mile mark. This aid station will only have water and Ramen soup for some ocean-side comfort as you reach the half-lap mark.

THAT'S IT. TIME TO ANCHOR DOWN...

We happen to think the ADU is one of the most incredible small communities in the Northeastern endurance scene, and we're grateful you're part of it. Thank you for signing up. We wish you a safe trip to Bristol, RI.

Congratulations on everything you've done to get here. Soon, you'll toe the line and it will all be worthwhile. Then, all there is left to do is RUN LONG.

Rest up, runners. See you soon! Sincerely, Jason R. Paganelli, RD, and the rest of the ADU Crew