

2023 Virtual Race Brief

DEVIL DOG



ULTRAS

DEC. 2 - 3, 2023
PRINCE WILLIAM FOREST PARK, VIRGINIA

www.devildogultras.com

WEEKEND SCHEDULE

FRIDAY

Packet Pickup **1500 to 2000**

SATURDAY

The park opens for
kiss-and-run drop off
and packet pickup **0330**

Satellite parking opens **0400**

100M/K Shuttle 1 departs **0415**

100M/K Shuttle 2 departs **0445**

100M/K Mandatory
pre-race briefing **0545**

100M/K Races start **0600**

50K Shuttle 1 departs **0615**

50K Shuttle 2 departs **0645**

50K Mandatory
pre-race briefing **0745**

50K Start **0800**

Post-race meal begins **1300**

50K Ends **1700**

SUNDAY

100K Ends **0200**

Breakfast starts **0500**
in the Chow Hall

Bunkhouses close **1200**

100-Miler ends **1400**

Park closes **1600**

Hello Runners!

Thank you for your enthusiasm and commitment to join the Devil Dog Ultras. Your dedication to this challenging endeavor is truly inspiring, and we're thrilled to have you as part of this event.



RD's Pat Early, Justin Contois and Wes Fault

As you embark on this journey, we hope your training was rewarding, your strides are strong, and your spirit resilient on race day. We look forward to witnessing your determination and celebrating your achievement at the finish line.

Wishing you the best of luck in your final preparations. Together, let's make this ultra marathon adventure an unforgettable experience. Enjoy every single step!

See you at the finish line!

— Pat, Justin and Wes
Race Directors

PARKING

Parking at Prince William Forest is challenging. We've tried to get the rangers to build us a parking garage.

We're still not sure why they said no. Here's the gouge on where to park and when:

FRIDAY EVENING

For packet pickup (1500 to 2000), everyone will park in the Lot A paved parking lot closest to the Camp Remi Chow Hall (see map) with any overflow parking — if needed — in the Lot B grass field about 0.75 miles away. After packet pickup ends, everyone (except those in the bunkhouse) must vacate the park. Runners and crew will not be permitted to leave vehicles in these parking lots overnight. This means no car camping.

Any runner who does not follow this rule (or whose crew does not) will be disqualified.

SATURDAY MORNING

There is no start line parking. We repeat: There is no—nada, none, zilch, zero—start line parking. Runners have two options for getting to the start line on Saturday morning. (If you're staying in the bunkhouse, you should have received a separate email with your parking instructions.)

OPTION 1: Kiss-and-Run. A crew member or someone who dearly loves you can drop you off at the start line. The Kiss-and-Run opens at 0330 and is located at Camp 5, aka Camp Remi, on Route 619 (Joplin Road), approximately four miles from I-95. Take a right onto Mawavi Road and follow the right fork of the road. Volunteers will be directing traffic on Mawavi Road, so please follow their instructions. On race morning, the Kiss-and-Run vehicles and our shuttle buses will share a narrow park road, so if you are being dropped off, please arrive early and be patient so we can get everyone to the start line safely. We might have to temporarily (and briefly) hold crew cars while the buses are on the park road. Please be patient with volunteers.

DROP BAGS

Runners will be able to leave drop bags for Camp Toofy and Camp Gunny at a designated spot near the shuttle buses. Please take your drop bag for the start/finish with you on the bus to Camp Remi.

Note: Crew cannot park at the start/finish until after 0830. The crew parking lot is about 0.75 mile from the start/finish. This lot fills up fast, so crew are encouraged to set up shop at Camp Toofy. Please see the crew and pacers instructions for more information.

OPTION 2: Shuttle lot. We'll be running shuttles from a satellite lot—located at 14715 Bristow Rd, Manassas, VA 20112—to the start/finish. On race morning, we'll have shuttle bus waves departing from the lot: 0415 and 0445 (100M/K) and 0615 and 0645 (50K). Registered runners should have received an email to sign up for a shuttle time. (If you have not received the email, please contact us.) ***These pre-race shuttles are for runners only.***

Return Shuttles: Throughout and after the race, we'll regularly be running shuttles to take you and your crew back to your car.



MORE PARKING
ON THE NEXT PAGE

MORE PARKING

SATURDAY AFTER THE START

Lot A will be closed to all but volunteer and emergency vehicles. After the start whistle, Lot B will open for crew parking, but keep in mind if we get rain or snow the grass field could get slip-and-slide exciting. We strongly encourage your crew to support you mainly from Camp Toofy's large, paved parking lot.

Please DO NOT park vehicles (this goes for your crew too) on the sides of the park roads. The rangers will mean-mug us, and we really, really don't want to disqualify anyone. Also, we cry when we get mean-mugged.

SATURDAY AFTERNOON TO CLOSE

Runners, family, and crews will be shuttled from the finish back to their cars (in the bunkhouse lot, the Lot B crew lot, or the satellite lot) after they finish as quickly as possible. Keep in mind during busy times it may be a small wait, so please pack appropriately warm clothes and enjoy the delicious post-race breakfast.

At Camp Remi, official Devil Dog vehicles are the only vehicles allowed to drive to Lot A or to the finish line.

If you or your crew drive to the finish line we will be forced to disqualify you.

Absolutely no exceptions. None.

Please don't make us DQ you; it will make us incredibly sad.

DEVIL DOG EXTRAS

TOILETS (AND POO)

Camp Remi has indoor facilities (including showers). Please, please be courteous of other runners and your Devil Dog team who has to clean up on Sunday.

Camp Toofy will have indoor bathrooms. There are also indoor, heated bathroom at the Visitors Center approximately one mile (on course) beyond the aid station.

Camp Gunny has lots of trees.

If you utilize the woods for your potty stop, please follow "Leave No Trace" practices and pack out your toilet paper. Used paper counts as littering, don't leave it.

MEDICAL REMINDERS

Each aid station will have a volunteer medical POC, but think first aid, not a well-stocked backcountry field hospital. These fine folks can give you tape or Band-Aids, but if they feel

you need to level up your medical care, please heed their advice. There will be no over-the-counter painkillers at the aid stations. If you anticipate needing Advil, Motrin, Aleve, etc., please BYOPills.

BUNKHOUSE / SHOWERS EARLY CLOSE

Bunkhouse runners will need to be checked out of the bunkhouse by noon on Sunday. If you think you might finish between noon and 1400 on Sunday, please clear out before the race. We'll have a dry place you can store your sleep gear while you're running. Showers will shut down at 1430 on Sunday.

RESULTS / PHOTOS / FEEDBACK

Results will be posted on UltraSignup and on the Devil Dog Ultras website as fast as we can. We get tired too. Photographers, please send us links to any photo galleries you'd like to make available to the runners.



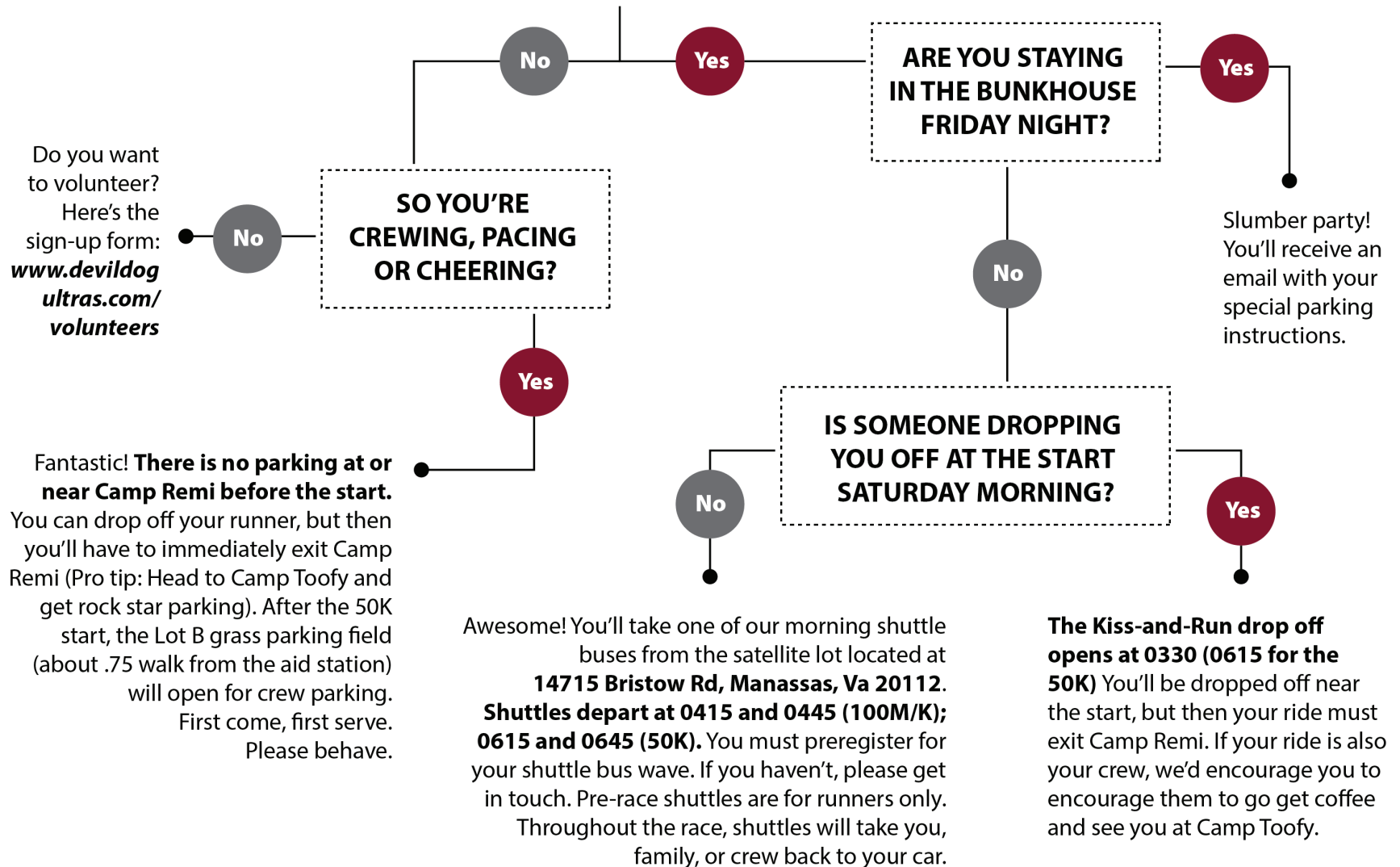
Still Confused?

CHECK OUT OUR PARKING FLOW CHART
ON THE NEXT PAGE

DEVIL DOG ULTRAS **WHERE DO I PARK?** A LOGISTICS LOVE STORY

Start here! →

ARE YOU RUNNING?



Runners are responsible for the actions of their crew, including children and pets. It is the runner's responsibility to make sure his or her crew is familiar with the crew instructions and parking.

RACE RULES

- 1. Be nice** to volunteers, other runners, and crew, and listen to instructions from the race director and aid station captains. If you're rude, you'll be disqualified.
- 2. Do not transfer your bib to someone else.** You must be registered, and you must run with your own bib.
- 3. No littering.** If you litter we'll think you're a terrible person. You'll also be disqualified.
- 4. No alcoholic beverages** are allowed in Prince William Forest.
- 5. Your pup is adorable, but he or she isn't allowed** at the Camp Remi start/finish area or Camp Toofy. (Other pets aren't as cute as dogs, and the rule still applies to them. Bummer.)
- 6. Each runner's number must be displayed on their front** at all times.
- 7. Runners are responsible for checking in** at the start and making sure they're checked in every time they pass through the Camp Gunny, Camp Toofy, and Camp Remi (start/finish) aid stations. It is your responsibility, not the aid station volunteers, to make sure your number is recorded.
- 8. Runners must stay on trail.** If you get lost, you must return on foot to the point where you went off-course and complete the race from there. You may not ride a bear, be carried by Sasquatch, or be teleported by aliens to get back to where you went off-course. Doing otherwise will result in disqualification.
- 9. Runners for the 100k may have a pacer for loop 3. Runners for the 100-miler may have a pacer for loops 3, 4, and 5.** Pacers are not allowed to mule — i.e., carry your stuff — or provide any assistance other than keeping you entertained and safely on trail. Pacers can pick up their runners at Camp Remi and Camp Toofy.
- 10. Runners wishing to drop must do so at a manned aid station** by surrendering their bib to the aid station captain only.
- 11. Every runner is required to use their own illumination device** (preferably a flashlight or head lamp, though the RD may give you a blinky ring) from sundown to sunup.
- 12. Each runner must carry a hydration device that can hold at least 12 ounces of liquid.** Runners without a pack or handheld will be disqualified.
- 13. Changing distances on race day is not permitted.** If you signed up for the 100-miler but only complete three loops, you will be considered a DNF. If you signed up for the 100k but run five loops, you'll be considered a 100K finisher — and insane.

CREW RULES

Failure to follow these rules could lead to disqualification of your runner. We'd really hate to do that, so please read up.

- 1. Speed limits:** All crew vehicles must follow posted speed limits, including the 25mph speed limit inside the park. The rangers will pull you over, and failure to comply could mean crew movement in the park gets severely restricted.
- 2. Aid Station Access:** Crews are encouraged to support their runners from the Camp Toofy aid station (38.558389, -77.342778). Crews are also able to help their runners from the Camp Remi start/finish area (38.573174,-77.418742) only after the race has started. Crews are NOT permitted at the Camp Gunny aid station, and no pets are permitted at any aid station.
- 3. Park Fees:** For those arriving separately from their runner(s), each crew car will need to pay the entrance fee to Prince William Forest Park unless you have a national park pass. (You can pay via smartphone with the park's app.) This fee will cover the car for the duration of the race. Please display your parking pass or receipt at all times.
- 4. Crew Parking:**
 - **Camp Toofy:** Parking at Camp Toofy will be in a paved parking lot at the Telegraph Road pavilion. Please park in a real parking space or our very nice volunteers will ask you to move. If you do not, the park rangers will reward you with a ticket. Overflow parking will be up the hill at the Visitor's Center. It's a short walk to the aid station. (Added bonus: The visitor center has a real, heated bathroom.)
 - **Camp Gunny:** No crew access.
 - **Camp Remi:** Parking at Camp Remi can be challenging, especially if we get any rain (fingers crossed we don't). Once all races have started (after 0830), the Lot B (see map) grass parking lot will open for crew parking. Only one car per registered runner is allowed to park at Camp Remi (Lot B). At Remi, please do not park on the shoulders of the very narrow gravel road. If everyone plays ball, you will not have to wait long to park in Lot B. Our permits — and the safety of runners, crew, and race volunteers — depend on everyone following these rules.
 - **Pro Tip:** We encourage you to support your runner mainly from Camp Toofy. Bring your lawn chairs and non-alcoholic beverages and hang out with the fun Camp Toofy volunteers. When visiting Camp Remi, please support your runner, then move along to free up parking for other crew or those trying to pick up their runners. Keep in mind that it will take most runners (especially 100-milers late in the race) sometimes two hours (or more) to get from Toofy back to Remi, so you do not need to rush over to Remi once they come through.

Thank you

in advance for being
kind and patient
to race staff and to
one another!

BIBS AND TIMING

Here's what we need from you:

- Bibs must be visible and worn on the front.
- When you reach an aid station, do us a favor and call out your bib number. We'll have volunteers writing down numbers at each manned aid station.
- Runner splits will be manually recorded at each aid station and available on www.devildogultras.com.

DROPS AND DNFS

We know it's not always your day, and if you don't make a cut off, or feel you need to stop, we'll be bummed for you, too. Please do the following so we can keep everyone accounted for:

- If you drop at Camp Toofy or Camp Gunny, you **MUST** hand your bib to the aid station captain.
- If you drop at Camp Remi (start/finish area), you **MUST** hand your bib to the fine folks at the timing table.



FOOD

PRE-RACE FOOD

You'll need to BYO Breakfast, but we'll have coffee, tea, and hot cocoa for runners Saturday morning.

AID STATION FOOD

Each manned aid station (Remi, Gunny, and Toofy) will have standard aid station fare such as chips, candy, fruit, soups, sandwiches, soda, and Gatorade. Each will also have specialty hot items and yummy treats you'll dream about (hallucinate about?) loop after loop. We try to accommodate various dietary needs, but if you absolutely must have your Nutella, pickle, and vegan cheese quesadilla, you should consider packing a few—plus any other very specific items in your drop bags.

POST-RACE FOOD

After they get their finishers pocket knives and breachers, 50K and 100K runners will have plenty of hot food waiting for them. As Camp Remi winds down (about 0500) we'll move the finish line party inside to the Chow Hall for all runners, pacers, and crew to enjoy a delicious hot breakfast.

CUTOFFS AND MILEAGE

50K runners must start their second loop by 1400 on Saturday.

100K runners have mandatory cutoffs for Loop 3, 100M runners only have cutoffs on Loop 5.

	AID	DISTANCE	CUTOFFs
Loop 1	Camp Remi	0	-
	Camp Gunny	8.5	-
	Camp Toofy	16.5	-
Loop 2	Camp Remi	22.75	-
	Camp Gunny	28	-
	Camp Toofy	36	-
Loop 3	Camp Remi	42.25	-
	Camp Gunny	47.5	-
	Camp Toofy	55.5	-
Loop 4	Camp Remi	62	-
	Camp Gunny	67	-
	Camp Toofy	75	-
Loop 5	Camp Remi	81.25	25.5 hrs / 0730 Sun.
	Camp Gunny	86.5	27 hrs / 0900 Sun.
	Camp Toofy	94.5	29.5 hrs / 1130 Sun.
Finish	~100.75	32 hrs / 1400 Sun.	

	AID	DISTANCE	CUTOFFs
Loop 1	Camp Remi	0	-
	Camp Gunny	8.5	-
	Camp Toofy	16.5	-
Loop 2	Camp Remi	22.75	-
	Camp Gunny	28	-
	Camp Toofy	36	-
Loop 3	Camp Remi	42.25	13 hrs / 1900 Sat.
	Camp Gunny	47.5	15 hrs / 2100 Sat.
	Camp Toofy	55.5	17.5 hrs / 2330 Sat.
Finish	~ 62	20 hrs / 0200 Sun.	

	AID	DISTANCE	CUTOFFs
Loop 1	Camp Remi	0	-
	Camp Gunny	8.5	-
	Camp Toofy	16.5	-
Loop 2	Camp Remi	22.75	6 hrs / 1400 Sat.
	Finish	~ 32	9 hrs / 1700 Sat.

100-Milers!

You get to ignore these times on Loop 3.

**Farms to Forest
(Loop 1 only)**

**Camp
Gunny Aid**

**CAMP REMI
AID**

**Prince William
Forest Park**

**50K section to the
finish (Loop 2 only)**

Pyrite Mine Overlook

**Goodwill
District**

**Camp
Toofy Aid**



DROP BAGS (100M/K ONLY)

Please label your reasonably sized drop bags with your full name, bib number, and the aid station name. You can leave your drop bags on either Friday evening or Saturday morning:

Friday: We'll have areas at packet pick-up for drop bags for Camp Remi, Camp Gunny, and Camp Toofy.

Saturday: We'll have the same location set up at the start/Camp Remi for drop bag drop off Saturday morning. If you're shuttling in, we'll have trucks for Camp Toofy and Camp Gunny posted in the shuttle lot. Please bring your Camp Remi bags with you.

DROP BAG RETURN

We will make every effort possible during Loop 3 to get 100K drop bags back to the Camp Remi start/finish. Runners, we'll need your help to move your drop bags to a return pile when you're done with them. But we cannot guarantee that drop bags will be collected and returned to Camp Remi until after the cutoff for the 100K and until 11:30 a.m. on Sunday for the 100-milers.

You can collect them at Camp Toofy and Camp Remi at any time, but you will not be able to collect them from Camp Gunny. Any unclaimed drop bags and their contents are considered trash at 1500 Sunday. Only race property is packed and transported out of the Park.

PLEASE DO NOT PUT ANYTHING VALUABLE OR IRREPLACEABLE IN YOUR DROP BAGS.

We will feel really bad if your great-grand nana's family broach gets lost. Or, you know, your cellphone or car keys.



COURSE MARKINGS

The main loop will be marked with hot pink streamers and red/silver reflectors; the 50K one-mile section on Loop 2 will be marked with white ribbons. We'll also have confidence signs (shown above) pointing you toward the specific aid stations. The team will be using blue tape across the ground to mark off wrong-way trails.

GENERAL RULES OF THUMB (PAW):

- Follow red/pink! Don't step over blue.
- If you go more than .5 or .75-mile without seeing a streamer, wait for another runner or back track until you see a marker.
- Two streamers hung closer together mean look for an upcoming turn
- Major turns (or confusing intersections) will have a sign with an arrow