



## 2024 Runner's Manual

Presented By:



**ULTRAVERSE**  
SUPPLEMENTS

## SCHEDULE

72-hour race begins Thursday, May 30th at 4 PM and ends at 4 PM Sunday, June 2nd.

48-hour race begins Friday, May 31st at 4 PM and ends at 4 PM Sunday, June 2nd.

24-hour race begins Friday, May 31st at 4 PM and ends at 4 PM Saturday, June 1st.

12-hour race begins Saturday, June 1st at 6 AM and ends at 6 PM.

6-hour race begins Saturday, June 1st at 6 AM and end at 12 PM.

72-hour runners can come get their packet anytime within 3 hours of the race start. All other runners can come grab their packets any time before their race. We will be there! Please be at least 20 minutes early.



## COURSE

The course will be a combination of mowed pasture and dirt road.

The course will not be overly technical but isn't flat. It has rolling hills, and the mowed pasture is uneven, soft, and challenging. Almost everyone who runs this race for their first time is surprised at how difficult it is.

Participants will run the same 3-mile loop as many times as possible in the time option that they choose.

Additionally, there is the OPTION to take a 4.3 mile dirt road loop every 6 hours. The option is available between the hours of 10:00-11:00 and 4:00-5:00 ONLY. You can start the dirt road loop anytime during this hour. You DO NOT have to finish in that hour. Therefore, if you are back before the top of the hour, you can head out for another dirt road loop. The dirt road is faster, more even (although hilly), and firmer than the pasture, so most people choose to take advantage.

## LOCATION

The Sticks, BFE, the middle of nowhere, or

9700 Rd J Norton, KS 67654

(the last option works the best for GPS)

You will jump off the HWY and drive 3-4 miles of dirt roads to get to the location. Try not to run over any runner's on the dirt roads, they are ours. The roads are fairly well maintained, but they are dirt. They can get muddy...

You can camp (primitive) on the property for free. You are welcome to bring a pop-up for the crew area, but keep in mind that it's highly unlikely you are going to get through more than a couple of days without the wind blowing 30+ mph. The crew area is exposed. Just make sure you have plenty to weight down your pop-ups. 5-gallon buckets work well...you can fill them with water on site. Many people crew out of their vehicles.

Norton, KS is about 9 miles from the course. Norton has a Pizza Hut, Sonic, a Mexican restaurant with grumpy owners, and a hotel.

We will have porta potties and a portable outside (private) shower set up for anyone who would like to use it. There are also shower houses at Prairie Dog State Park, about 10 minutes away. There is also electric camping available at Prairie Dog State Park.

## AID STATIONS

There will be a well-stocked aid station at the start/finish. This aid station will be manned 24/7 for the duration of all events. We will serve ramen/soup/broth at night, and we will cook brunch and dinner. There **will** be whisky and FIREBALL.

[Proxima C](#) is the sole carbohydrate and electrolyte drink of all Ultraverse events. It's the best ultra-running fuel there is!

There is also an unmanned aid station about halfway into the pasture loop that is primarily utilized for drinking Fireball and crying. The Fireball is provided by us. There will be water there as well.

Lastly, there will be a **water only** aid station about halfway into the road loop.

## **HOT MEALS**

### **Thursday**

Dinner – Lasagna and garlic bread

### **Friday**

Brunch – Scrambled eggs, sausage, bacon

Dinner – Taco bar

### **Saturday**

Brunch – Pancakes and bacon

Dinner- Brats and dogs

### **Sunday**

Brunch – Breakfast Tacos

All meals will also have a vegan/vegetarian substitution for those who have notified us.

We will have ramen OR soup (alternating) overnight - sundown to sunup.

Hot meals will be made around 11:00 AM and 6:00 PM

All meals were professionally designed to pair perfectly with Fireball.





**After race meal and party!!!!**

Come party with us “Sticks style” (in the neighbor’s shop) after the race.

Please RSVP for you and crew so we know how much food to buy. Message us, email us, mail us a letter, or just comment on FB.

Will start around 6:00 or 6:30 on Sunday (races end at 4:00). Yes, you are welcome to camp one more night at Ken and Kim’s if you’d like.

We will provide the food (burgers and sides). We will bring some whiskey. If you require any additional beverages, please bring those, or grab them after the race is over. I suppose there will be water available as well.



## **RULES**

75 total participant cap.

Runners can leave the course for as long as they wish between loops to go eat, sleep, cry, or whatever they wish. Runners must check in with an RD before leaving and when returning.

Runners must cross the finish line each loop before heading to their crew area.

You must always wear your bib (front) and ankle chip while running. If you don't wear your chip, your lap won't count.

Runners will get credit for the mileage they accumulate in their chosen race, no matter when they stop.

Only full/complete laps will be counted. If a runner leaves the course for any reason that loop won't be counted.

No interaction with crew anywhere besides the main aid station.

There is limited space on the property. Limit of one vehicle/runner, including crew.

Pacers allowed AFTER 24 hours. No pacers allowed for 6, 12, or 24-hour runners.

You must be 18 years old to run.

You must be 21 years old to drink.

We highly recommend bringing a means to carry water on the course. It could be very hot, and we will not have BOTTLED water.

Only race personnel and volunteers under the main pop-up.

In the case of a severe storm (tornado, lightning) we will wait it out, and put some time on the back end (up to two hours). We will run through about anything else.



### **SWAG AND AWARDS**

Custom, distance-specific belt buckles will be given for all ultra-distances accomplished (50k, 50-mile, 100k, 100 miles, 150 miles, and 200-miles). We also have marathon medals.

All runners, regardless of distance accumulated, will receive a super-cool gender specific Sticks tank top.

24-hour participants who complete 105 miles will receive free entry into the 2025 Eternal Damnation at Hell Creek.

Anyone who completes 200 miles (any duration) will receive free entry into the 2025 Eternal Damnation at Hell Creek.

Free entry into Eternal Damnation can be deferred for a maximum of one year.

Male and female winners in each distance will receive a special award.

Those who accumulate 500 miles lifetime miles at The Sticks will receive a custom award and 40% off all future Sticks registrations. If it looks like someone will reach 1000, don't worry, we will think of something cool when/if the time comes.



## **RUNNING MULTIPLE RACES**

You are welcome to run multiple races at The Sticks! We will even give you a 30% discount on your 2<sup>nd</sup> race. Here are a few things to keep in mind of considering it;

- You can't run in two races at the same time. However, you may end your current race and start another.
- You can't start any race early (you may start late).
- If using the 30% discount you will only receive swag once, but you will receive buckles/finishers items for each race.
- To receive the discount - sign up for one race and email us that you'd like to sign up for another. We will send you a discount code for your 2<sup>nd</sup> registration. We can't refund you if you forget to email us before registering for your 2<sup>nd</sup> race.

## **DEFERRAL AND WITHDRAWAL**

100% credit if canceled within 60 days of the race.

50% credit if canceled within 30 days of the race.

25% credit if canceled within 14 days of the race.

No credit is given for cancellations less than 2 weeks prior to the race. You'll still be listed as DNS if



notification is not given prior to 3 days before the race starts.

Please understand that there are no exceptions to these timelines. Please, don't ask us to make one (we won't).

- Races should be deferred/withdrawn from BY THE RUNNER, rather than by messaging/emailing us.
- You will earn credit for ANY Ultraverse Supplements race, rather than being limited to the race in which you cancelled/deferred.
- The credit will be attached to your Ultr/signup account and will automatically apply the next time you register for an Ultraverse Supplements event. Note - sending an email to us does not initiate the cancellation of your registration. You must do this yourself for the credit to apply. You can do this by signing into Ultr/signup and then going to your registrations and clicking "edit".
- Your credit appears in your registration history under "outstanding credits and coupons".
- Credit will be valid for one year, cannot be "gifted" to another runner, and you must use the same Ultr/signup account in which you originally registered for the race that you withdrew from.

### **THANK YOU TO THE CARTER FAMILY**

This race is made possible by Ken and Kim Carter (Casey's parents). This is their land that you will be running on, and they put a lot of work and maintenance into preparation for this race. Please be courteous to them and their land for their hospitality. They are some of the best people you will ever meet. That being said, you should not believe any of Ken's weather predictions (which he will be making)...you will be disappointed.



## **ADDITIONAL STUFF**

### **The Ultraverse Timed Race Double Thingy (we haven't thought of a good name yet)**

If you sign up for The Sticks and [Front Range Ultra Dayze](#) (FRUD) you will get a 30% discount for whichever race you register for second! Please reach out for your coupon code before registering for the second race. Additionally, you will earn a custom wooden plaque with your TOTAL distance of both races burnt in on-site at FRUD!

The Sticks and FRUD are both timed races but couldn't be much different. FRUD is in Loveland, CO and the course is much faster and flatter. Both will be a great time!

### **Military Discount**

We offer a 10% discount for all of our races to veterans and active military. Please reach out BEFORE registering for your coupon code. And THANK YOU!

### **Kansas Slam**

The Sticks is the 2<sup>nd</sup> required race (of three) to meet the requirements for the [Ultraverse Kansas Slam](#).

### **No Expense-Spared [Ultra-Endurance Supplements](#)**

Looking for an extra boost in training? Aside from putting on races, we (Chase & Casey) both have graduate degrees in nutrition and have developed what we sincerely believe are the best ultra-endurance nutritional supplements on the planet. Check them out!

### **Future Date**

The date for The Sticks may be moved to later in the year in 2025 (indefinitely) due to conflicts with our schedule. This has not been decided yet (nor has the potential date), but if you want in on the early summer edition of the Sticks, this may be the last year to do so!

### **Contact**

If you have questions, please message or email either of your race directors – Chase or Casey Hammond. [info@ultraversesupplements.com](mailto:info@ultraversesupplements.com)