

***** Updated July 12, 2009 *****

BARTLETT PARK ULTRAS at NESBIT PARK

Frequently Asked Questions, and Race Day Information – 2009 edition

CONGRATULATIONS!!! to all the 2008 Bartlett Park Ultra (BPU) finishers. Since this race is a superb training run for the Arkansas Traveller (AT100), it is noted that all seven of the Bartlett Park finishers who entered the 2008 AT100 successfully finished the AT100. WOW!!!

Most of the race info is the same as previous years – however:

- 1) New trail was christened at Stanky Creek on June 28th; great thanks to the Memphis bikers! With the addition of new trail, the race course has been improved as discussed below.
- 2) The \$25 online entry total includes the racesonline entry fee (seen as a \$22.50 race price and a \$2.50 entry fee) so it is actually cheaper to enter online vice mailing a completed entry form.
- 3) Purchase of the Bartlett Park Ultras shirt is optional this year. The shirt is the same as last year – a nice undated 100% polyester running shirt. The shirt cost is \$8 – or \$8.33 total when ordering a shirt when you sign up online. Shirt purchase is optional since many runners have numerous running shirts and are quite happy not to have more. Note the early entry fee ends July 15th.
- 4) The 2009 event will be the last year the race will be held in August. September 11 is the likely race date for 2010.

Utilize the following link to enter online:

http://www.racesonline.com/index.cfm?fuseaction=public.race_detail&race_id=6684

The 2009 Course

Runners will start at the east side of the parking lot (a change from the first two years) and run the blue loop in a clockwise direction and return to the parking lot and the start/finish line. Runners will then run four loops of the combined white, outhouse and new trail (including a .26 mile out and back spur to access the Fire Road aid station (note the new trail is not shown on the page 4 map)). After running these four loops, runners will have reached the 50K (31.4 miles) mark. Runners continuing on to complete 40 or 50 miles will then run two counterclockwise loops of the yellow/blue trails at which point runners will have completed 40.06 miles. 50 mile runners will then run two more counterclockwise yellow/blue loops before finishing the race with another clockwise blue loop – total distance 50.32 miles. The course will be well marked.

Aid station locations:

Start/Finish: 1.6M, 9.05M, 16.5M, 23.95M, 31.4M, 35.73M, 40.06M, 44.39M, 48.72M

Fire Road: 2.07M, 5.88M, 9.52M, 13.33M, 16.97M, 20.78M, 24.42M, 28.23M

Blue Loop: 34.22M, 38.55M, 42.88M, 47.21M,

Frequently Asked Questions

Where is Stanky Creek (ie. Nesbit Park)?

Nesbit Park is located at 5760 Yale Rd in Bartlett, TN. In addition to utilizing www.mapquest.com, one can also view a map of the park by accessing www.memphisrunners.com, clicking on Places to Run, then clicking on Stanky Creek.

Why conduct an event where the runners can run three different distances?

This event is a copy of the Dizzy Fifties event in Huntsville, AL which is also an event in which runners can run 50K, 40 Miles, or 50 Miles on a loop course. To learn more about the Dizzy Fifties, go to www.dizzyfifties.com.

How tough is the course?

Memphis in August is hot and humid. Runners are reminded to run sensibly based on the weather conditions. The good news is that the Bartlett Park trails are almost completely shaded. There is a noticeable difference in the temperature when running on shaded trails vice running in the open in direct sunlight. The trail itself is fairly flat with many twists and turns and

undulations in the trail. There are few rocks on the trail, but there are plenty of roots. Bottom line, the course is very run-able, but the heat and humidity make the race a challenge.

Is it easy to get lost on this trail?

No, the course will be well marked and there are only a small number of cross trails that do not go far anyways.

Will the course be closed to non-race participants?

No, the Nesbit Park trails will still be open to the public. A few bikers and non-event participant walkers/runners should be expected on the course.

Will there be a big back-up at the start as runners try to obtain position on the trail?

Runners will have 250 feet to run through the parking lot before getting to the trail.

Can I utilize a drop bag?

Yes, all runners are allowed to leave a drop bag at the start/finish aid station. Not surprisingly, most runners leave their drop bags at their cars since the run goes through the parking lot each loop.

What goodies will be at the aid stations?

Ice is the most important aid station fare. S-Caps will also be at the aid station. Additionally, the usual ultra grub will be provided, ie. cookies, chips, water, Gatorade, etc.

Are there any cutoffs?

Cutoff for a loop of the white, outhouse, new trail is 9 ½ hours. Cutoff for the yellow/blue loop is 11 ½ hours. Cutoff for the final 50 mile blue loop is 12 1/2 hours.

Will there be much swag?

No – the Bartlett Park Ultras is a low fee, low key event. However, all entrants will receive the Bartlett Park Ultras ice hat – the same outstanding hat provided to entrants in the 2007 event.

Will there awards for first male and female finishers?

No.

Is this an AURA (Arkansas Ultrarunning Association) UTS (Ultra Trail Series) event?

Yes, this event will be a 2009-2010 AURA UTS event. To learn about AURA and the UTS series, log onto www.runarkansas.com.

I don't want to run the race but I would like to volunteer - who do I contact?

Please contact Mike or Kevin at bp.ultras@hotmail.com if you would like to be a race volunteer. Volunteers earn free ultra food and a Bartlett Park Ultras hat or shirt.

Can I run with my dog?

No.

If the race fills up will there be a waiting list?

No.

If I am injured or can't run the race, can I receive a refund?

No.

Race Weekend Information

Packet pickup will be from 6:00 PM to 8:00 PM Friday August 7 at Bartlett Park. Packets can also be obtained race morning at the start/finish line from 5:45 AM until the start at 6:30.

Free 2010 Entry Guesstimate: When you pick up your race number, write down your guesstimate of the total finish time of the first 50K and 50 Mile finishers. The runner who comes the closest to the correct time will earn a free entry into the 2010 Bartlett Park Ultras. This free entry is not transferable. For example, if you believe that the first 50K finisher will run a 4:10 and the first 50 mile finisher will cross the line in 7:35, then you would guess 11:45. For the record, the total time of the 2008 first finishers was 14:06:50.

Parking: Most runners will be able to park in the Yale Road parking lot as seen on the Stanky Creek map. However, some runners will need to park in the overflow parking area. The last page of this document is a good map of Stanky Creek. The main parking lot is clearly seen on Yale Rd. To get to the overflow parking area, simply turn into the park at the intersection of Yale Rd. and Memphis-Arlington Rd. To walk to the start from the overflow parking area, take a left (go southeast) on the trail and head .2 mile to the start or take the Yale Rd. sidewalk and head west .2 mile.

Stanky Creek Map (Page 4 of this document) and directions: The park map clearly shows the existing (as of February 2009) four trail loops – White, Yellow, Blue and Outhouse. Port-o-lets will be placed on the west side of the main parking area near the start line. A link to the area and streets around Nesbit Park (which is labeled as Bartlett Park by Mapquest) is below followed by directions to the park from all points of the compass.

<http://www.mapquest.com/maps/map.adp?formtype=address&addtohistory=&address=Yale%20Rd%20%26%20Memphis%20Arlington%20Rd&city=Bartlett&state=TN&zipcode=38134&country=US&geodiff=1>

Directions:

- 1) If coming from the west, take the Austin Peay exit off of I-240 (exit 8) and head east-northeast towards Millington. Go about one mile. Just past the mall on the right, take a slight right on Yale Rd. Go about 2 1/2 miles and you will see a whole bunch of trees on the left which is the park. The turn to the parking lot can be missed; if you reach the Yale Rd. - Sycamore View Rd. lighted intersection, just take a U-turn and the parking lot will be there 1/4 mile back.
- 2) If coming from Millington or from the north on Route 51, take Route 385 to Singleton PKWY and head south about 6-7 miles. Take a left at the light onto Yale Rd. and the park will be about 1 1/2 miles on the left. The turn to the parking lot can be missed; if you reach the Yale Rd. - Sycamore View Rd. lighted intersection, just take a U-turn and the parking lot will be there 1/4 mile back.
- 3) From I-40 east of town or from south of Memphis, take the Sycamore View Rd. exit (#12) off of I-40 and take the road north about 3.6 miles (note - the road changes name to Bartlett BLVD at some point). Take a left on Yale Rd. and the park will be on the right in 1/2 mile.

Motels: Information on motels close to Nesbit Park and can be found at the following link:

<http://www.mapquest.com/maps/map.adp?formtype=address&latlongtype=findit&address=Yale%20Rd%20%26%20Memphis%20Arlington%20Rd&city=Bartlett&state=TN&zipcode=38134&country=US&latitude=4naZZDtRhrXdGESNoPhqiw%3d%3d&longitude=33LoxzRmtAq2sOqkq2hIUg%3d%3d&cat=Hotels>

Camping: The three known sites closest to Nesbit Park are:

1) Meeman-Shelby Forest State Park has 49 sites. By the way, this is the location of the Swampstomper 50K in January. Phone number is 901-876-5215. Shelby Forest is probably 30-35 minutes from Bartlett Park.

2) Memphis East Campground at 3300 Canada Rd, Lakeland, TN, 901-388-3053. This is 20 minutes from Bartlett Park.

3) The KOA Graceland Campground is at 3691 Elvis Presley BLVD, Memphis, TN 901-396-7125. This place is probably 20-25 minutes from Bartlett Park.

There is no camping at Bartlett Park.

Note: The Memphis East and KOA campgrounds are probably more urban than desired by most trail runners.



Since it is a given that race day will be hot and humid, all runners are reminded to run sensibly based on the weather conditions. Below is the elevation chart of the 2007-2008 course.

