



December 14<sup>th</sup>, 2024

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## Itinerary

### Friday, December 13<sup>th</sup> 2024:

- 3pm - 5:30pm - Packet pick-up at Blanchard Springs Visitor Center.
  - The visitor's center is listed as "Blanchard Springs Caverns" on Google Maps.
    - 704 Blanchard Springs Road, Fifty Six, AR 72533.
  - Drop bags may be dropped off at Packet pick-up.

### Saturday, December 14<sup>th</sup> 2024:

- 5:15-5:45am - All Racers Check-In.
  - Check-In is at the pavilion by the Start/Finish line.
  - Listed as "Blanchard Springs Recreation Area" on Google Maps.
    - Drive all the way to the bottom of the valley and hang a left.
  - Drop bags dropped off at Check-In.
  - **All runners toeing the line must check-in race morning!**
- 5:45am - Final announcements.
- 6:00am - Both Races begin.
- 5:00pm – 35-mile race cutoff.

### Sunday, December 15<sup>th</sup>, 2024:

- 4:00pm – 100-mile race cutoff.

# Local Emergency Services

911 should route your call to Mountain View or Mountain Home

A first aid kit in crew vehicle is recommended.

You may be 1 hour+ from nearest medical help.

Forest Service: 870-269-3228

Sylamore Ranger District Office

7:30am – 4pm Mon-Fri

Blanchard Springs Caverns

9:30am – 5:30pm Sat-Sun

Baxter County Sheriff's Office:

870-425-2400

Stone County Sheriff's Office:

870-269-3825

Nearest Medical Centers:

Start to Cripple Turkey – Stone County Medical Center

870-269-4361

Brush Creek, Twin Creek, and Matney Knob – Baxter County Medical Center

870-508-1000

Note: Cripple Turkey is the most remote trailhead of the race – 30 miles to Stone CO Medical.



Welcome to Syllamo!

Spirit of Syllamo is a tribute to forest legends and a celebration of the wilderness. Syllamo is named after a Creek Indian who hunted the area in the early 1800s. The name was later Anglicized to Sylamore. It is a pristine area for hiking, exploration, cycling, running, and anything outdoors. Over 100 miles of trails continuously span the region. We now designate Syllamo as the mountain bike accessible trails and Sylamore as the hiking/recreation areas. Endurance events using these trails began in the early 2000s and has become an annual pilgrimage for athletes and families. Spirit of Syllamo is an opportunity to experience the whole trail system in a single effort.

The area is a highlands range, described as “broken” by the National Parks Service. By definition, highlands are plateaus carved out by water. It is rugged, dense, and inconsistent. In a single mile, you might traverse a rock garden, soft pine needles, and a sand pit. The next mile might cross a creek, ascend a mountain, then descend to a waterfall. Spirit of Syllamo is almost entirely singletrack trails and combines three separate trail systems. The route was designed by Rusty Harvey and Jake Anderson. Years of planning and exploration went into the creation of Spirit of Syllamo. Special thanks to Rick Zapalowski (Zap) and Steve Kirk, both pioneers of endurance sports at Syllamo.

### **Even Year Course**

The course is divided into 35-mile sections with a total elevation change exceeding 33,000ft (10,000m).

Start to Mile 35ish is a counter clockwise loop on the Syllamo Mountain Bike Trails. It has the widest variety of challenges, including water crossings, rock gardens, rolling hills, buffed-out singletrack, and several sustained ascents/descents. As this is promoted as a mountain bike trail, there are multiple bail outs. This forces runners to stay alert for course markings and turns. The 35-mile distance option covers this section only.

Mile 35 to Mile 70ish follows the North Sylamore Creek Trail & Sylamore Extension to the Ozark Highlands Trail. It is a progressively rolling uphill to the highest points of the race. This section exemplifies the Highlands Region of the Ozarks. Expect to average about 400ft of change per mile in this section, topping out at more than 1,400ft above sea level, and feeling much higher. Climbs are sometimes brutally steep and the terrain becomes more challenging. The rock gardens are bigger, more technical, and more rugged. Topography is often cambered and loose. As runners progress North, it can seem like an entirely different forest.

Mile 70 to 105ish retraces section two. The return is a progressive downhill, but the climbs are steeper and the descents are longer. It is a true test of strength and willpower to make the return after 70+ miles.

## Origins

Spirit of Syllamo began as a no fees, no frills, no aid adventure run. It was part dare, part obsession, and part curiosity between Rusty and Jake to run 100 miles through the Sylamore Ranger District. In 2021, five people ran what is now the even year course. Each person completed the journey with his/her own race plan, minimal course marking, and crew – there were no aid stations or water drops. Additionally, two runners completed the 35-mile option self-supported.

### Even Year Route Beginnings:

- February 27<sup>th</sup>, 2021
  - Rusty Harvey – 33:35
- December 11<sup>th</sup>, 2021
  - Jake Anderson – 28:47
  - James Holland – 32:27
  - Chris Lyle – 33:59
  - Magdalena Casper-Shipp – 37:14
- December 11<sup>th</sup>, 2021 – 35 Milers
  - Bobby Finster – 8:57
  - Melanie Mathews – 8:57
- December 10, 2022 – First official race, registration open to the public.

### Odd Year Route Beginnings:

- February 18<sup>th</sup>, 2023
  - Rusty Harvey – 27:45
- December 9<sup>th</sup>, 2023 – First official race with odd year route, registration open to the public.

# Rules

An approved permit was required to host this event in the Ozark St. Francis National Forest.

These rules are to be enforced for the safety and care of runners, and all parties involved.

## Cut-Off:

100 Mile - 34 Hours – Sunday by 4pm

35 Mile – 11 Hours – Saturday by 5:00pm

Hard cut-off times will be imposed at designated aid stations. **Runners will leave before cutoff or receive a DNF.**

To be absolutely clear – if cutoff is 8:00 and you arrive at 7:59 – you have less than a minute to get back on the trail.

**Mandatory Gear: This means mandatory. Mandatory. Like, no exceptions.**

- **To be carried at all times:**
  - A primary light source with extra batteries.
  - A backup/emergency light source.
  - Emergency blanket or bivy.
  - Emergency whistle.
  - Water bottle or bladder – must hold a total of 1 liter.
- **Must have with crew or in drop bags if you are not carrying:**
  - Rain gear – we will not dictate what type of gear you need but you need items to keep you dry.
    - Use “Fifty Six Arkansas” for weather predictions.
  - Warm gear – again, we will not dictate what type of gear you need.
    - You will be traversing numerous hollows and near water sources throughout the course. It is common to experience high wind on ridges and dramatic temperature changes in hollows. These changes can occur very quickly.
    - Our climate is humid. We suggest moisture wicking materials, warm hat/beanie, gloves, and hand warmers.

**We do not plan to gear check. We don't want to baby sit you... but**

**We may gear check at any point during the race. If you don't have the gear, we will pull you from the race.**

## DNF/Dropping:

- Racers who drop out of the race **MUST** report his/her drop to a race director or aid station captain.
  - Failure to do so could result in a costly search party at the cost of the participant.
    - We will not assume the cost associated with search parties if you fail to report your drop.
  - If you get a ride mid-course, proceed to the **NEXT** aid station. Do not backtrack to aid you've cleared because the next aid station will still be waiting for you.
- Racers who drop at an aid station are not guaranteed a ride right away.

**Rides:**

- If you get a ride – you're out. Car, bicycle, horse, piggyback – you're out.

**Whining:**

- No. Bring your big boy/big girl britches to this one.

**Ties:**

- Should two runners cross the finish line together, they will thumb wrestle to establish dominance.

## General Info

**Wildlife:**

- Most animals are dormant or will run and hide. Larger animals that could be dangerous include black bear, feral hogs, and white-tailed deer. The likelihood of a close encounter is low.

**Aid Station Menus:**

- There are 6 locations, fully staffed with water and nutrition.
- Sick Rock Hollow is unmanned, water only.
- Our aid stations offer typical ultra-race options. We will not promise specific items.
  - Our menu generally includes: Soda, sports hydration, water, gels (or similar), candy, cookies, fruit, and various other whole foods. \*We do not supply NSAIDS or other pain relievers.
  - We usually send a more specific menu in a pre-race email, 1 to 2 weeks before the race.

**Cell Reception:**

- Don't count on it. Internet messaging probably won't work. Phone calls are difficult to get to connect. The best option is text messaging with the time indicated in the text.

**GPX:**

- Route files (GPX files) are provided on our website [www.syllamoevents.com](http://www.syllamoevents.com).

**Racer Tracking:**

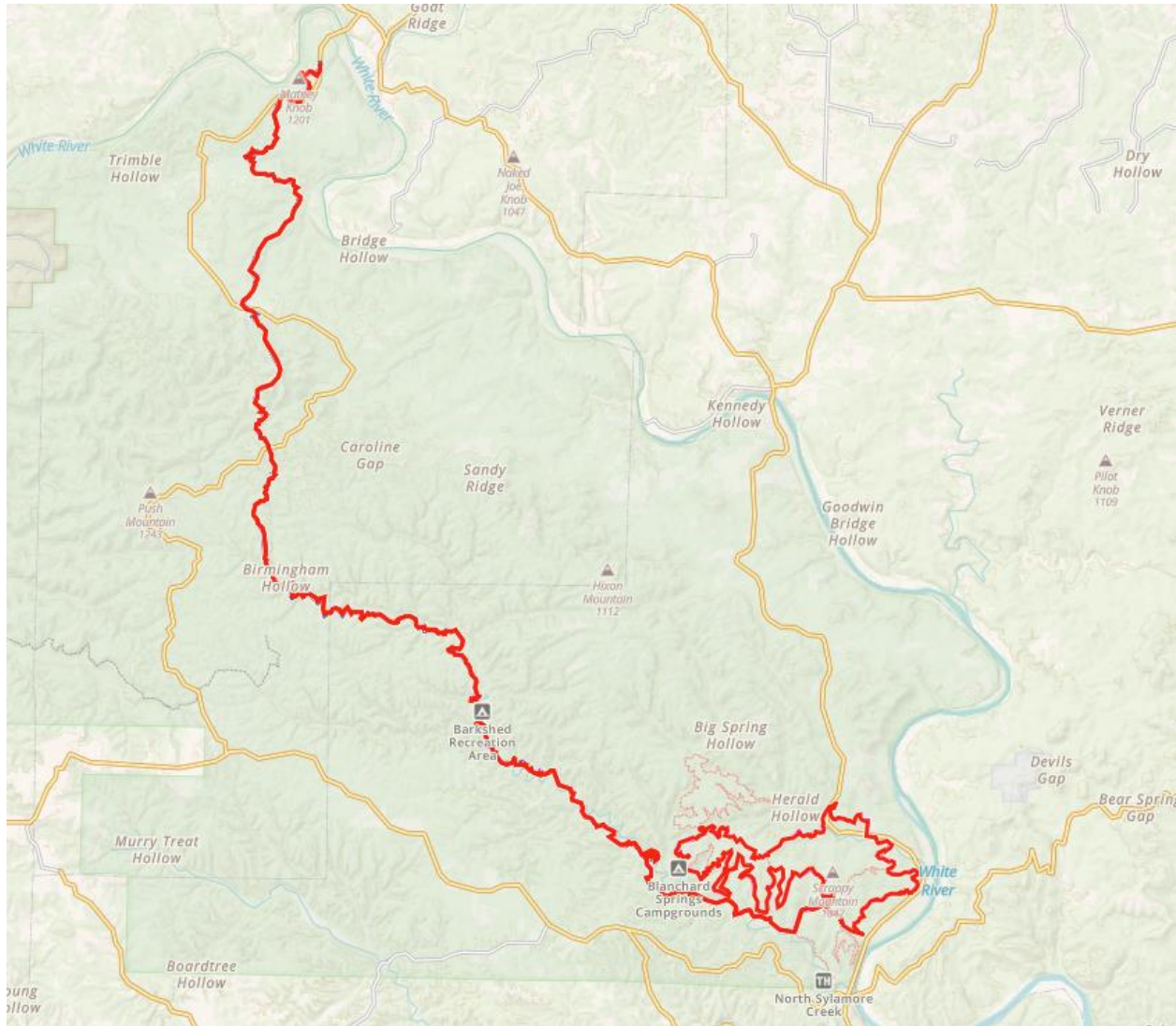
- We do not use runner tracking/live tracking.

**Course Markings:**

- There will be no barricades or tape preventing runners from going off course. Confidence flags will be minimal but provided through a couple of sections. Turns will be marked. There are permanent blazes on trees throughout the course. Runners are expected to pay attention.



## Spirit of Syllamo Even Year Route



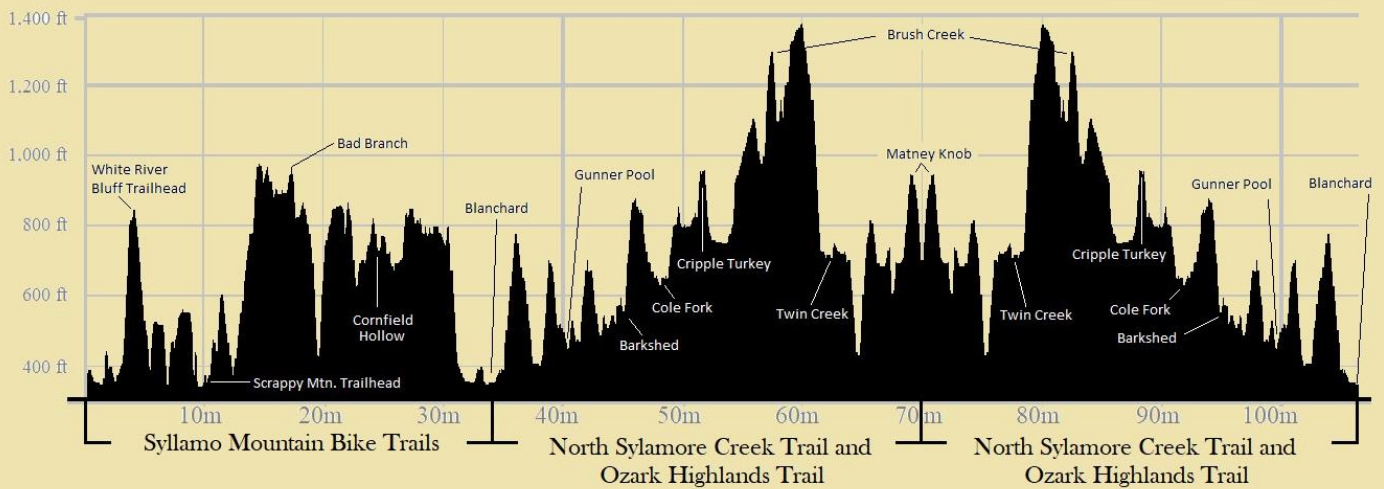
Go to <https://www.strava.com/activities/4869352351/overview> for Rusty's Strava Upload.



*33,000 Ft.  
Elevation Change*

*35 MI/105 MI*

*95 Miles Trail  
10 Miles FSR*



## Trailheads Chart

| Segment Miles | to | Location          | Cumulative | Bathrooms | Cell Reception | Aid/Bag/Crew |
|---------------|----|-------------------|------------|-----------|----------------|--------------|
| 0             |    | Blanchard         | 0          | Yes       | No             | Crew         |
| 4.5           | to | White River Bluff | 4.5        | Outhouse  | Probably       | Crew         |
| 6.3           | to | Scrappy Mtn.      | 10.8       | Outhouse  | Probably       | Aid/Bag      |
| 7.1           | to | Bad Branch        | 17.9       | Outhouse  | Maybe          | Aid/Bag/Crew |
| 13.3          | to | Sick Rock Hollow  | 31.2       |           | Maybe          | Water/Crew   |
| 4.0           | to | Blanchard         | 35.2       | Yes       | No             | Aid/Bag/Crew |
| 5.0           | to | Gunner Pool       | 40.2       | Outhouse  | No             | Crew         |
| 4.2           | to | Barkshed          | 44.4       | Outhouse  | No             | Aid/Bag/Crew |
| 9.2           | to | Cripple Turkey    | 53.6       |           | No             | Aid/Bag      |
| 4.3           | to | Brush Creek       | 57.9       |           | Probably       | Crew         |
| 4.3           | to | Twin Creek        | 62.2       |           | Probably       | Crew         |
| 8.8           | to | Matney Knob       | 71         |           | Yes            | Aid/Bag      |
| 8.8           | to | Twin Creek        | 79.8       |           | Probably       | Crew         |
| 4.3           | to | Brush Creek       | 84.1       |           | Probably       | Crew         |
| 4.3           | to | Cripple Turkey    | 88.4       |           | No             | Aid/Bag      |
| 9.2           | to | Barkshed          | 97.6       | Outhouse  | No             | Aid/Bag/Crew |
| 4.2           | to | Gunner Pool       | 101.8      | Outhouse  | No             | Crew         |
| 5             | to | Blanchard         | 106.8      | Yes       | No             | Finish       |

**Pacers 100 Mile Runners Only:**

- Runners 60 or older may have a pacer from Start to Finish.
- No more than 1 pacer at a time. No more than 1 pacer vehicle left at a single location.
- Pacers will need to sign a pacer waiver. Printable in this form or available at packet pickup.
  - **Sections:**
    - Blanchard to Gunner Pool – 5 Miles
    - Gunner Pool to Barkshed – 4.2 Miles
    - Barkshed to Brush Creek – 13.5 Miles
    - Brush Creek to Twin Creek – 4.3 Miles
    - Twin Creek to Matney Knob Out then Back – 17.6 Miles
    - (Twin Creek and previous sections in reverse, until finish)

**Crewing:** Trailheads are small – 1 vehicle at a single location.

- 35-Mile runners are not allowed crew.
- 100-Mile runners may have crew at locations designated with “Crew” in the Trailheads Chart.

**Drop Bags:**

- Both distances may have drop bags at locations designated with “Bag” in the Trailheads Chart.
- Bags must have runner’s name, bib number and location – they will all go in the same transport vehicle.
  - Please be reasonable with size and weight.
  - Refer to mandatory gear on Page 6

# Spirit of Syllamo Pace Chart

|         |    |                   |            | Course Record | Cutoff       |              |
|---------|----|-------------------|------------|---------------|--------------|--------------|
| Segment |    | Location          | Cumulative | 12:00 Pace    | 14:33 Pace   | 19:06 Pace   |
| 0       |    | Blanchard         | 0.0        | 6:00 AM       | 6:00 AM      |              |
| 4.5     | to | White River Bluff | 4.5        | 6:54 AM       | 7:05 AM      |              |
| 6.3     | to | Scrappy Mtn.      | 10.7       | 8:09 AM       | 8:37 AM      | 9:10 AM      |
| 7.1     | to | Bad Branch        | 17.7       | 9:34 AM       | 10:20 AM     | 11:20 AM     |
| 13.3    | to | Sick Rock Hollow  | 31.0       | 12:14 PM      | 1:33 PM      |              |
| 4.0     | to | Blanchard         | 35.2       | 1:02 PM       | 2:32 PM      | 5:00 PM      |
| 5.0     | to | Gunner Pool       | 40.2       | 2:02 PM       | 3:44 PM      |              |
| 4.2     | to | Barkshed          | 44.4       | 2:52 PM       | 4:46 PM      | 8:00 PM      |
| 9.2     | to | Cripple Turkey    | 53.9       | 4:43 PM       | 6:59 PM      | 11:03 PM     |
| 4.3     | to | Brush Creek       | 57.9       | 5:34 PM       | 8:02 PM      |              |
| 4.3     | to | Twin Creek        | 62.2       | 6:26 PM       | 9:05 PM      |              |
| 8.8     | to | Matney Knob       | 71         | 8:12 PM       | 11:13 PM     | 4:36 AM      |
| 8.8     | to | Twin Creek        | 79.8       | 9:57 PM       | 1:21 AM      |              |
| 4.3     | to | Brush Creek       | 84.1       | 10:49 PM      | 2:23 AM      |              |
| 4.3     | to | Cripple Turkey    | 88.4       | 11:40 PM      | 3:26 AM      | 10:08 AM     |
| 9.2     | to | Barkshed          | 97.6       | 1:31 AM       | 5:40 AM      | 1:04 PM      |
| 4.2     | to | Gunner Pool       | 101.8      | 2:21 AM       | 6:41 AM      |              |
| 5       | to | Blanchard         | 106.8      | 3:21 AM       | 7:53 AM      | 3:59 PM      |
|         |    |                   |            | 21:21 Finish  | 25:52 Finish | 33:59 Finish |

## Cut-Off: 34 Hours

Hard cut-off times will be imposed at designated aid stations.

Runners will leave before cutoff or receive a DNF.

We will not make exceptions. This is for the safety of runners and all individuals at this event.

Note on Course Record time – these times are average pace for the distance, not the actual arrival time.

Note on Cutoff times – a faster pace, around 18:00 minutes per mile is required until Barkshed. Cutoff times are rounded. From Cripple Turkey to the Finish, cutoff times are a 19:06 average pace.

## Course Driving Directions

### Crews:

Print or download this runner's packet. You might not have cell service.

We recommend a 4x4 or AWD vehicle. There's a lot of gravel roads.

Do not rely on Google Maps or cell phone app. Google thinks there are roads that do not exist.

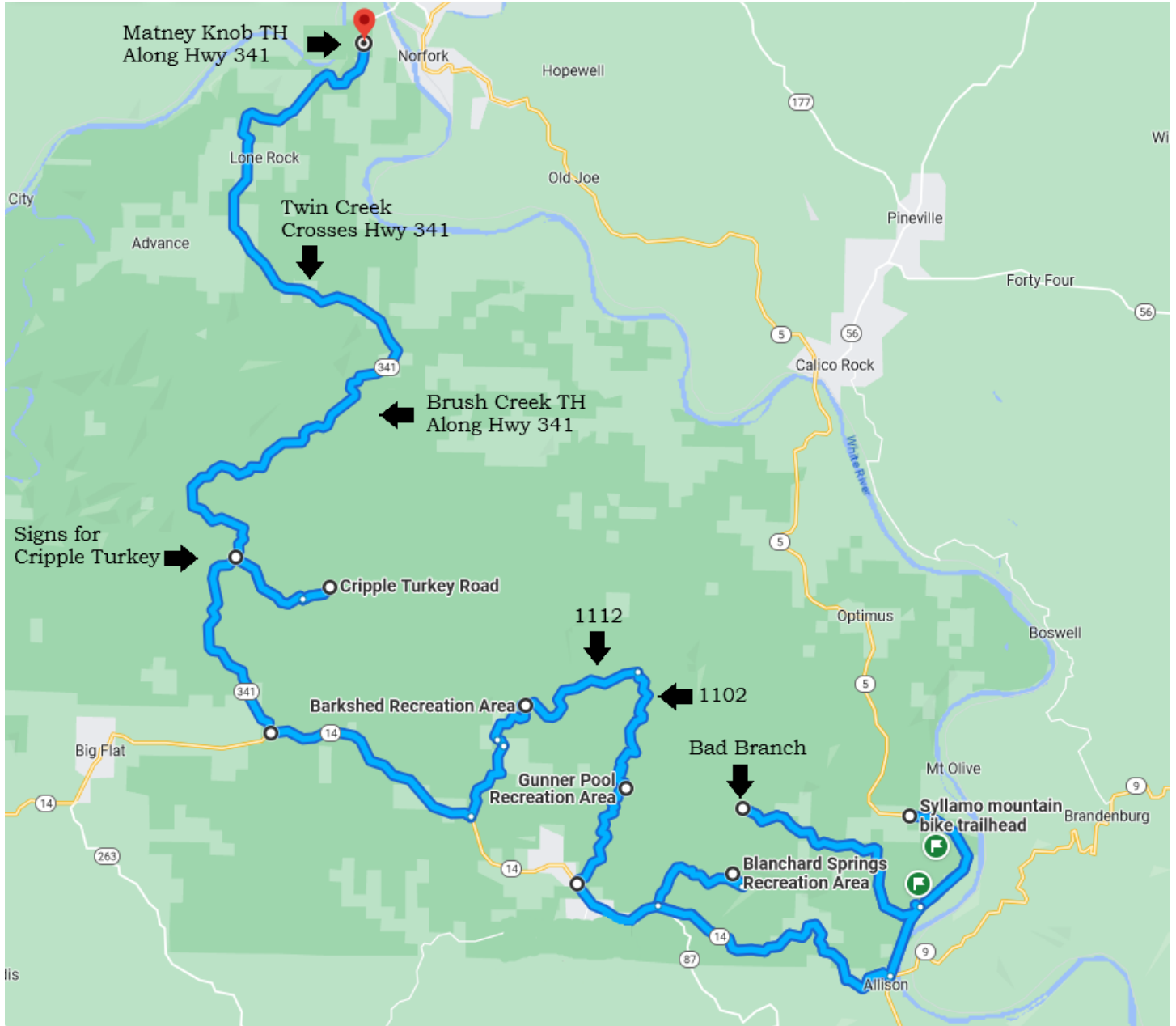
If you manage to get cell service – do not follow GPS. There are a few routes that require serious off-road capability. **FOLLOW OUR DIRECTIONS!**

Have a full tank of fuel. At various locations, it could be over a 1-hour drive to the nearest 24-hour fuel.

- **Start/Finish – Blanchard Springs Recreation Area**
  - Big Pavilion at the bottom of the valley.
- **White River Bluff Trailhead**
  - 12.3 miles from Blanchard / 22 minutes.
    - Leave Blanchard and turn left on Hwy 14 (East).
    - Left on Hwy 5 (North).
    - Left on Green Mtn. Rd. – 1<sup>st</sup> Trailhead Parking.
- **Scrappy Mtn.**
  - No Crew unless reporting a DNF or retrieving your runner if they need to drop.
  - 4.3 miles from White River Bluff Trailhead / 7 minutes.
    - Leave Green Mtn. Rd. the way you came in and turn left on Hwy 5 (North).
    - Trailhead parking is along Hwy 5 on your right-hand side.
- **Bad Branch**
  - 4.3 miles from White River Bluff Trailhead / 12 minutes.
    - Bad Branch Trailhead is on Green Mountain Rd. – there are signs directing you there.
    - This location is not on Google Maps.
- **Sick Rock Hollow**
  - 2.8 miles from Bad Branch / 8 minutes.
    - Drive back toward White River Bluff Trailhead. If you reach White River Bluff Trailhead, you went too far.
    - Look for a small access on the South side of Green Mountain Road. There is a Carsonite post marking the access to the trail. You will have to hike in approximate 0.10 miles.
    - GPS Coordinates – 35.977251, -92128541
  - If you cannot find this location, it is a half mile hike on the Orange Loop, from White River Bluff Trailhead. You will be hiking Orange on the South Side of Green Mtn. Rd, following the trail behind the trailhead kiosk.
- **Start/Finish – Blanchard Springs Recreation Area**
  - Big Pavilion at the bottom of the valley.
- **Gunner Pool**
  - 7.7 miles from Blanchard / 17 minutes
    - Leave Blanchard and turn right on Hwy 14 (West)
    - Look for signs for Gunner Pool on the right-hand side of the road.

- **Barkshed**
  - To reduce congestion on steep, single lane gravel roads, drive to Gunner Pool first and follow this route.
  - 6.6 miles from Gunner Pool / 20 minutes.
    - Cross Bridge at Gunner Pool and follow road 1102, heading North. Google labels this “93”.
    - Turn left on road 1112 and follow this down to Barkshed. Google labels this “1113”.
- **Cripple Turkey**
  - No Crew unless reporting a DNF or retrieving your runner if they need to drop.
  - 13.3 Miles from Barkshed / 35 Minutes.
    - This Location is ONLY accessible from Hwy 341. You cannot get there by vehicle any other way.
    - Google will try to route you on Ashley Rd. DO NOT take this road. It requires a serious 4x4.
      - Cross low water bridge and leave Barkshed.
      - Turn right on Hwy 14 (West).
      - Turn Right on Hwy 341 (North).
      - Turn Right at signs for Cripple Turkey Trailhead.
      - Turn Left at Hiker sign.
        - If there’s rain/muddy conditions, this road can be treacherous.
        - There’s a spot to park and hike in shortly after the hiker sign, if needed.
          - 1 Mile hike.
- **Brush Creek**
  - 18.7 Miles from Barkshed / 35 Minutes.
    - Follow directions to get to Cripple Turkey but pass Cripple Turkey and continue North on Hwy 341.
    - Brush Creek Trailhead in on the right side of the highway and marked by signs.
      - Trailhead is small, can sneak up on you.
      - This location is not on Google Maps.
- **Twin Creek**
  - 5.6 Miles from Brush Creek / 12 Minutes.
    - Continue North on Hwy 341.
      - The trail crosses Hwy 341 just after the Doberman sign.
      - There are Carsonite Posts on both sides of the highway.
        - Park at crossing or just past the crossing at the gravel lot.
- **Matney Knob**
  - 7.9 Miles from Twin Creek / 20 Minutes.
  - No Crew unless reporting a DNF or retrieving your runner if they need to drop.
    - Continue North on Hwy 341.
    - Matney Knob Trailhead is on the left side of the highway, marked by signs. It is easy to spot.

Driving Map – Even Years



Pacer Liability Waiver

In consideration of running in this event: I hereby agree to comply with the rules, conditions and regulations of the event and instructions of the event director. I am aware that trail running can be difficult and hazardous for even well conditioned athletes under the most favorable conditions. I hereby attest and certify that I am physically fit and sufficiently trained for this event and that my condition has been tested by running similar distances. I hereby for myself, my heirs, executors and administrators, waive, release and discharge the event, its directors, its staff, volunteers, sponsors, USATF, Cascade Endurance LLC, all public land agencies, and USDA Forest Service, from any and all claims and/or liability for any damage, for any and all injuries to me or my property, or for liability for damage caused by me or anyone else arising from my participation in this event and related activities. I will assume and pay for my medical and emergency expenses in the event of an accident, illness or other incapacity, regardless of whether I have authorized such expenses.

Pacer's Name: \_\_\_\_\_

Date: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_

Emergency Contact Number: \_\_\_\_\_

I am pacing runner (name) \_\_\_\_\_