

Runner Accountability & On-Course Assistance

Be safe, and be accountable if you do not finish Wulfman's CDT-14K. No matter which end of the trail you exit, **you must check in your race number with a race official so that we know that you made it out.** Otherwise we *will* notice that you are missing, and we will form a search party to look for you.

Please **do not venture away from the trail.** The trail follows a relatively uncomplicated route over nice single-track with only a few minor branches, and your way will be clearly marked, but it is still easy to get lost or injured up there. A lot can happen during a 14K through the woods, and we do not want you to be stranded out there!

The Wulfman always reserved a couple NSAID capsules, which he referred to as his "little buddies," for runs like this one. He might have preferred to dull his aches with a few cans of *Miller Lite*, but the cans didn't fit as nicely into the pockets of his running shorts.

You may also need a little assistance on the course. Should you find that you can no longer continue your run, you will have some options for getting help. **There will be an aid station at ~10K,** and it will be equipped with water, minor first aid, and a cell phone.

What about energy/electrolyte replacement drinks? In previous editions of Wulfman's race, we have offered an "sport" drink at our aid station and at post race refreshment stations. **We will now forego supplying any type of drink with added sugar, carbs or other sweetener.** We realize that this new practice will not be popular with everyone. If you feel that you need this type of product, then you must carry it in your personal hydration system.

There will be a couple first aid providers floating to places where they are most likely needed. They will also be able to contact an ambulance service if necessary. There will be a couple **"sweepers" plodding the trail on horseback** a half hour or more after the last race participant goes off, and they will offer assistance as needed.