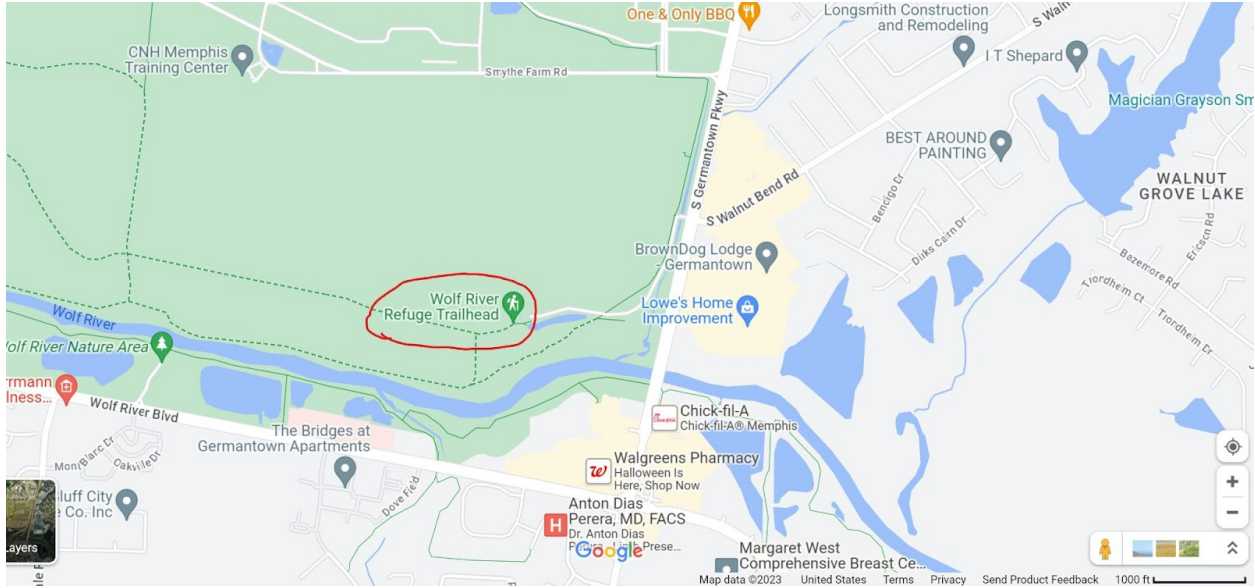




About the Mamba

Memphis' first ever 100 mile race on the Wolf River Trails will be one you don't want to miss. If you are looking to PR your 100 miler or run a sub-24 hour, then this race is perfect for you. It's also the ideal race for first-time ultra runners at any distance! All race distances will end at 5pm on Saturday, November 4. That's 34 hours to finish the 100 miler, 22 hours to finish the 100k, 10 hours to finish the 50k, and 8 hours to finish the 25k. With very little elevation gain, this race will be fast and fun. The race will be mostly on single track trails with half the loop running right along the Wolf River. The course will be a looped course at 14.30 miles long. 7 loops for the 100 miler. 4 loops for the 100k (with a shorter loop at the start), 2 loops for the 50k, and 1 loop for the 25k.



The Mamba 100 will start at the Wolf River Refuge Trailhead with parking on Smythe Farm Rd. There are numerous restaurants, fast food, and shopping places all along Germantown Parkway. There are also several hotels all within 1 mile of the start line. Breakaway Running store is less than a mile away on Germantown Parkway and the staff there would love to see you before you start your Mamba journey. We are glad you're here and we hope you have a memorable run.



Course markings

The course will be marked with orange reflective flags. All flags will be on the right side of the trail. Areas with 2-way traffic will have flags on BOTH SIDES of the trail. Major intersections and other areas will also be marked with signage. The trail is open to the public during the daytime hours and tampering with signs and flags is possible. If you see this, or notice a sign turned wrong then please be responsible and fix it for the benefit of the other runners, and/or notify aid station volunteers.

Night-time: The trails are very dark at night. It is recommended to carry 2 headlights with you in case 1 goes out. If you find yourself with no light then wait on the trails for the next runner. Do not try to find your way in the dark.

Animals: There are numerous deer that live in the trails and you are almost guaranteed to see a few running around. Other wild animals that live in the trails are snakes (although it's highly doubtful you'll see one), rabbits, squirrels, birds, bobcats, and coyotes. Given the high traffic and time of year, it's likely deer will be your only animal companions on race day.

Trail Etiquette: Please be courteous to hikers, other runners, and bikers. Collisions on the narrow trails could be disastrous. If you wish to pass another runner, ask for "On your left" before attempting to pass. Slower runners MUST yield the trail to runners wishing to pass.

Volunteers: We want to thank all our volunteers for their hard work and dedication as they are the driving force behind the race. They will do everything possible to make your

race a success. Please be polite and make a point to thank them. Without the volunteers, there would be no Mamba 100.

Raffle Drawings and Cash Prize: The raffle drawings and cash prizes will be held on Oct. 30th at 7pm in a video. We will email everyone where the video is posted. We will also post it on our Facebook group page: Mamba Trail Runners. Names will be randomly drawn and each runner's name will be in the pool exactly once. You must be present at packet pickup to claim your prize. The prize will be handed to the runner along with their packet pickup bag.

Pre-race Meeting: There will be a video posted on Oct. 30th at 7 pm for all runners, crew, pacers, family, friends, etc. This meeting will discuss everything associated with the race. Please try to watch as we will discuss very important details.

Refund & Deferral Policy

- No refunds after Oct. 1st or bib transfers under any circumstances
- Entry can be deferred up to 2 years for 100% race credit. The deferral must be used within 2 years or it is forfeit (race date subject to change for the upcoming years).
- Please let us know within three days of the race that you can't make it, or you will receive a DNS

Parking

Parking for the race will be at the Agricenter, approximately 0.75 miles from the Start/Finish line. The parking lot area will be on a grass field. Please do not park in the paved parking lot area as this is reserved for an Agricenter event that night. There will be signage on Germantown Parkway to direct runners and crew. Runners/crew will be permitted to drive to the Start/Finish/Aid Station 1 to drop off personal crew materials but must relocate vehicles to the appropriate parking lot after doing so. The parking area will have 24 hour security. The address for parking is 7788 Smythe Farm Rd. Memphis, TN 38120.





Schedule and Age Limits

Packet Pick-up and all race starts are located at the Wolf River Trailhead.

Event	Start Time	Age Limit
2 mile shakeout run	Thursday, Nov. 2, 12:30 pm	—
100 Mile, 100k, 50k, 25k Packet Pickup	Thursday, Nov 2, 1pm-6pm	—
Parking opens up	Friday, Nov. 3rd, 4:30am	—
100 Mile Race Start	Friday, Nov 3 - 7am	18 years old and up
25k, 50k, 100k Packet Pick-up	Friday, Nov 3 - all day	—
100k Race Start	Friday, Nov 3 - 7pm	18 years old and up

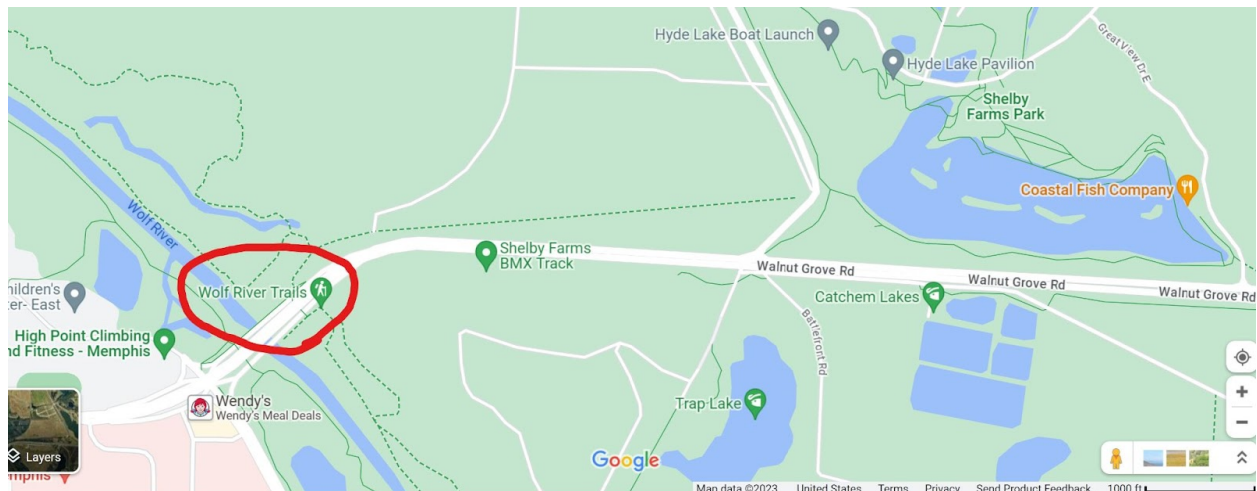
Cafe 127	Friday Nov. 3rd. 5pm - ?	Coffee, tea, pastries, etc.
50k Race Start	Saturday, Nov. 4 - 7am	17 years old and up
25k Race Start	Saturday, Nov. 4 - 9am	17 years old and up
Finish Line Closes	Saturday, Nov. 4 - 5pm	—

Aid Stations

There will be two fully manned aid stations available. Aid stations will feature water and Tailwind Endurance Fuel for hydration options as well as a selection of typical ultra fare such as chips, candy, ramen, sandwiches, etc. Aid stations will also provide Gatorade and a selection of sodas.

Aid Station 1 is located at the Start/Finish line at Wolf River Refuge Trailhead. Each loop will start and end here. This is the only area where drop bags and personal aid stations are permitted. This is also the only area where crew is allowed to crew their runner .

Aid Station 2 is located at the Walnut Grove Trailhead. Runners will encounter this station twice on each loop, at approximately 3.75 miles and 10.25 miles. Crew cannot crew their runner here and no drop bags are permitted. This area is tight and not easy to access. We encourage all crew to remain at Aid Station 1, but you are welcome to see your runner at Aid Station 2. Walnut Grove Rd. is a very heavily trafficked road, so please use extra caution when coming here. Parking is very limited and the dirt road to get here is rough and bumpy. The only way to get to Aid Station 2 is by driving East on Walnut Grove Rd. and turning right down the dirt road, but be careful as cars will be entering Walnut Grove and won't expect you to be turning right to get to the Aid Station. We will have signage at the entrance of Aid Station 2.



Cut-Offs

The Mamba 100 is designed for our runners to finish!

Final Loop	Must LEAVE by:
Aid Station 1	Saturday, 11/4 @ 1p
Aid Station 2 (return trip)	Saturday, 11/4 @ 3:30p

Pacers

Pacers will be permitted for the 100 mile and 100k distances.

- Runners are permitted to have ONE pacer at a time.
- Pacers may ONLY be picked up at Aid Station 1 (Start/Finish). Runners may not pick up or switch pacers at Aid Station 2.
- 100 milers may pick up a pacer at Aid Station 1 (Start/Finish) after completing 4 loops (57.2 miles).
- 100k runners may pick up a pacer at Aid Station 1 (Start/Finish) after completing 2 loops (33.6 miles).



- Pacers may NOT carry water, food, flashlights, clothing or other supplies for their runner. Muling is strictly prohibited.
- Each Pacer must pick up their pacer number and sign a release form at Packet Pickup on Thursday or Friday morning before the race. No pacer can pace without a number and signing the release form.
- Pacers must enter and leave each aid station with their runner and must clearly identify themselves to aid station personnel. Pacers may accept aid at aid stations.
- Pacers may assist their runner with the filling of water bottles or replenishment of supplies at aid stations but may not come into the aid station ahead of their runner, or depart after their runner, in order to speed up the re-fueling process.
- Pacers may carry their own supplies and food.

- If a runner withdraws from the race, the pacer must withdraw as well. No pacer can run without their registered runner.
- The pacer is a companion, not a leader. That is, (and we know this one is hard to enforce, so we hope that you do the honorable thing) the runner is supposed to “lead” and find and follow the course on his/her own. The pacer should always follow the runner.
- While a pacer is allowed, this race can be run without one.

Drop Bags & Crew

100 mile and 100k runners are permitted to set up canopy tents/personal crew materials on Thursday starting at 12pm. Volunteers will be at the trailhead Thursday night, however the trails are open to the public and Mamba is not responsible for items left pre-race start.

Drop bags will only be allowed at the Start/Finish line Aid Station. No drop bags allowed at Aid Station 2. The only place a crew can crew their runner is at Aid Station 1. Crew cannot crew their runner at Aid Station 2 or anywhere else along the course. Crew are allowed to see their runner at Aid Station 2, but the area is very small so please help everyone with parking and traffic control. Drop bags must be clearly marked with the runner’s name, the distance they are running and bib number. A good system is to use duct tape and a marking pen. Writing directly on a plastic bag may smudge. We read the names on the bags to sort them at the aid station. The names are not just there in case the bag is lost. Make your name legible and permanent, please! Please keep the drop bag at a reasonable size (shoe box size). We try to treat your drop bags with care, but we cannot treat them as fragile. Don’t put glass or other breakables in your drop bags.

Runners with luggage for travel may leave their luggage in a specified area at the Start/Finish line. Please have your luggage or bag labeled with you name, bib #, and the distance you're running.

Crew Aid Station 1: Wolf River Refuge Trailhead

From Aid Station 2: Turn right out of the trailhead onto Walnut Grove Road. In approximately 3 miles, bear right onto Germantown Parkway/SR-177 South. The parking area at the Agricenter will be about a quarter mile down on the right.

Crew Aid Station 2: 6605-6625 Walnut Grove Rd, Memphis 38120

From Aid Station 1: Turn right on Germantown Pkwy. Turn right at the second light onto Wolf River Blvd (turns into Humphreys Blvd). Approx 3.4 miles, bear right onto Walnut Grove Road. The trailhead entrance will be on the right approximately 0.4 miles from the turn. GO SLOW! The road to the aid station is quite bumpy and rocky!

Coming from the East: Head West on I-40. Take Exit 10A for 240W. Take Exit 13A-B for Walnut Grove EAST. Drive ~1.2 miles and the trail entrance will be on your right after crossing over Humphreys Blvd. GO SLOW! The road to the aid station is quite bumpy and rocky!

Course Marshals & Trail Markings

For the safety of our runners, we will have four (4) course marshals on the course during the dark hours. They will be on bikes and have blinking red lights to identify them.

The trail will be marked with orange flags and tape with reflective strips. Markings will be on the right side of the trail approximately every 0.1 miles. Areas where there is 2-way traffic will have flags on BOTH sides. Signage will also be present at major turns and intersections.

Rules

Please read carefully. It's every runner's responsibility to know all the rules. These are common rules in ultras and not overly restrictive. Some of these are repetitive from previous sections. In our experience the ultra-community is very trustworthy and intentional breaking of rules is almost unheard of. Problems typically only arise when someone doesn't understand the rules and breaks them unintentionally.



- NO DROPPING DOWN IN RACE DISTANCE DURING THE RACE – As with all of our races, we don't allow "finishes" in distances other than what was signed up for. If you are signed up for the 100-miler, you must complete 100-miles or you DNF.
- No muling – a runner must carry all their own gear, food, water, everything. Therefore, pacers cannot give a runner any of their water, food, etc. anywhere except full/manned aid stations. At full/manned aid stations pacers and crew may assist their runners however necessary.
- No crewing outside full/manned aid stations – Crew cannot help their runner in any way outside of manned aid stations. DO NOT take anything from or give anything to runners outside of manned aid stations (NO ASSISTANCE).
- Trekking poles are allowed but please be courteous to others if using them.

- If you are planning on using a pacer and/or crew, see the “Pacers and Crew” section for a full list of rules.
- Littering of any kind at any aid stations, on the trails, or at the finish line is strictly prohibited.
- There will be a Bib Punch just past the Wolf River Bridge. You must punch your bib each loop or no medal or buckle will be awarded at the end.
- You may not cut the course. You must follow and stay on the trail and course and you may not shortcut it in any way. If there is a flag or marker it means stay on the trail the marker is on. It's your responsibility to know and stay on the course. If you fail to run the course as marked you will not receive an official finish time and will not be eligible for an award – no time adjustments, no exceptions.
- You must complete the course on foot, with no assistance from vehicles, bicycles or animals. No skateboards, scooters, unicycles, hot air balloons, roller skates, sled dogs, or wagons (you get the idea).
- While headphones are fine, please remove your headphones when approaching an aid station. It's impolite not to. Please be aware of your surroundings when a runner approaches you to pass. Be respectful to other runners and make sure you can hear them when they tell you they are about to pass you.
- You are responsible for the behavior of your crew and your pacer. Out of control behavior from crew or pacer could disqualify you from the race. No one wants that and it won't be tolerated at any Mamba Trail Runners race.
- Being rude, discourteous or otherwise annoying race volunteers or staff is grounds for disqualification. Same with being rude or annoying to other runners or anyone else on the course, such as bicyclists, or hikers.
- If you receive an IV, oxygen or break a leg, your race is over. Let's keep all our inside parts on the inside, please!
- No stashing food, drink or other supplies along the course. Drop bags at Aid Station 1 only.
- Generally, no cheating. If you wonder if what you are doing is cheating, it probably is. If you're really not sure, ask us before you do it.