

## SwampStomper FAQs

Q: Ever wondered why it's called the SwampStomper?

A: Unfortunately, the 2007 participants found out. Two weeks of heavy rains flooded the low areas and in some places the creek crossings were (depending on your height – I'm 5'8") waist deep. The good news is ... the water is still so you won't have to fight a current in addition to wading through.

If it is wet, downhills, the banks on either side of the creeks and the bridges that don't have chicken wire will all be VERY slick. Please be careful.

If it is dry, it will be one of the most gorgeous trails in this part of Tennessee.

Q: What is available in terms of bathrooms and a possible place to change clothes once the run is over? Is the lodge enclosed? Heated? How far will we be from our cars?

A: There will be portalets at the lodge. If the weather warrants, we'll have a roaring fire going in the lodge, and we'll string up a couple of blankets to create changing rooms. If you want to leave a bag in the lodge, you can do that, but we won't be responsible for lost or stolen items. The parking area is a stone's throw from the lodge and the lodge is less than 100 feet from the start/finish.

Q: When is the awards ceremony?

A: We will be giving awards as the winners cross the finish line. A drawing for doorprizes will be held while runners are on the course. If your number is drawn, you can pickup your doorprize at the lodge with your finisher's award. Check the list posted in the lodge to see if you won.

Q: When and where is packet pickup?

A: Packet pickup will be held at the Start/Finish (Mississippi River Group Lodge) on Saturday, January 19, from 3 pm until 7 pm and on Sunday, January 20 (race morning) from 6 am until 7 am. Race starts promptly at 7:30 am.

Q: Is there day-of-race registration?

A: No day-of-race registration. We have a cutoff of 150 runners. This number was set by the park supervisor based on the trail condition after last year's event. If we fill up before the race, your name will be added to a "reserve" list. In the event we are notified of cancellations, I'll start at the top of this list and work my way down until the spot is filled.

Q: What time does the race start?

A: 7:30 am CDT

Q: What is the course like?

A: The course is 99% single track. There's only about a 1/4 mile of paved surface at the start and not quite that much pavement at the turnaround. You'll be running on hard-packed dirt with a few really rooty sections and about 6 or 7 steep climbs (see elevation profile). There are a couple of fallen trees, but no rocks to climb over. There are several wooden bridges through the low sections – all but a couple of them are covered with chicken wire so you can still get traction if the wood is wet. The trail has a lot of twists and turns and would be considered fairly technical. If it rains before the race, the course will be slippery. If it rains a lot, it will be downright muddy (see 2007 race photos).

Q: Which way do we go when we reach the intersection of the white trail and the red loop (Feb's Corner)?

A: Always go left ... start on the white, go left at Feb's Corner to get on the red loop; when you get back to Feb's Corner, go left to Poplar Tree Lake; on the way back, go straight back to lodge (stay to your left).

Q: What will the weather be like in Memphis on January 20?

A: Your guess is as good as mine. Go here for averages  
<http://www.cityrating.com/cityweather.asp?city=Memphis>

Q: What are the cutoff times?

A: If you are doing the 50K, you must start the second loop by noon. You must leave Poplar Tree Lake no later than 2:30 pm. Transportation back to the start/finish will be provided for those who don't meet the cutoff time at Poplar Tree Lake.

Q: What kind of course support is available?

A: There will be food, Gatorade and water at the Mississippi River Group Lodge (starting point), at Feb's Corner (mid point) and at Poplar Tree Lake (turnaround point). There will be portalets at the lodge. There are restrooms available at Poplar Tree Lake.

Q: What are the chances of getting lost?

A: Slim to none. We always get compliments on having such a well-marked course. The course will be marked with landscaping flags rather than ribbon tied to the trees. You won't even have to look up to see the marks.

Q: What if the race is cancelled? What is the refund policy?

A: Race director reserves the right to cancel the race if weather conditions are extreme. No refunds. If the race has to be cancelled, entrants will receive free entry in 2009.

Q: Are there campgrounds/cabins at the park?

A: Camping:

49 sites at Dogwood Ridge, each equipped with water & electric outlet, picnic table, grill and a fire ring. Bathhouse with hot & cold showers and restrooms. Dump station for self-contained vehicles.

Rates: \$15.50 per night

Cabins:

5 rustic cabins near Poplar Tree Lake

Rates: \$45.00-55.00 per night

These are usually reserved way in advance, call 901-876-5215 to check availability.