

**Riverlands 100 Runners' Survey Results  
(with comment replies)**

Response:	n	%
I like the current course	10	24.4%
I would prefer a 4 x 25 mile course	26	63.4%
I don't care	5	12.2%
	41	

**Comments:**

1. 4 loops is better than 5 :) and single track is awesome.

*Reply: Our feelings exactly :)*

2. I love the previous course for the joy of seeing all the runners, and being able to run side by side with fellow runners on the ATV track. However, I also love single track, and having more of that sounds nice, too. So, basically, I would be happy no matter what. One concern is that passing on single track is more challenging than passing on ATV trail, for an out and back race, especially as the race continues to grow. If any of the single track could be one direction, that would be cool...sot of loops as part of an out and back.

*Reply: So, the new course would seem the best of both worlds since you only miss out on one mile of the current ATV course (though run it only four times). We were very near our cap for the solo runners and at it for the relay, so there won't be more traffic on the single track. In fact, since the relay teams won't be running the new single track, there will be less people and likely more spread out since the out and back is longer.*

3. I think 4 loops would make the course less repetitive and would make it more interesting with more single track.

*Reply: :D*

4. Love the idea!

*Reply: :D*

5. I think less loops would be better.

Reply: :D

6. I prefer this change depending on how technical the additional single track is. The current single track is very runnable and one of my favorite parts of the course. I will say the hillier back half is not my favorite.

*Reply: So, you still will have the hillier back half, but only see it four times, not five. The new single track is runnable, but does have more elevation.*

7. The singletrack was the best part so yes, please more of it! Would the aid stations remain the same?

*Reply: The end aid stations would be the same. The middle one would shift slightly so that it is about half way for the solo runners. That puts it about 4 miles in for the relay.*

8. You ladies are awesome RD's 🌻

*Reply: Aw, thanks! We love this event and the community it has <3*

9. I love single track

*Reply: Us, too!*

10. I would support more singletrack if it is in good shape (runnable) and it covers ground (not running in circles just to be on singletrack).

*Reply: So, the additional single track is pretty awesome. It is all runnable, though there will be plenty of places runners choose to walk the hills. I bet many would run it all if "just" doing one lap.*

11. I enjoyed the venue as is. Selfishly I'd like to shave a few hours before diving into a more difficult course. However, I'll be there if you all put landmines out there. Thanks for everything!

*Reply: About 25% of the respondents also enjoy the course as it. We appreciate you wanting to better your time, but love that you're will to take on the course not matter which way we go!!!*

12. It is so convenient having the 20 mile course x 5 times and be able to reset oneself at the start/finish each time.

*Reply: We get that. We hope you find you're able to reset yourself with the 25 x 4, if we go with it.*

13. I prefer single track for the run, but also like the idea of sharing w relayers... So I'm on the fence, I'll show up either way!

*Reply: Glad you're on board for either!! You still will have the opportunity to share miles with the relayers. It's only the new single track that is just solo runners.*

14. Would love to see some more single track, this is Maine lets see some more roots and rocks, (i'll regret that at mile 90) but don't get me wrong the current course is great too, change or no change I'll still be excited to come back for a third year

*Reply: We just love everything about this comment!*

15. Though I DNF'd early on the first year, I love'd the course. I'm planning on getting back the horse next year and love single track. I'll run this great event either way!

*Reply: <3*

16. As long as you keep all the awesome volunteers, and a well marked course it will still be a great race event! 😊

*Reply: <3 We love our volunteers too!!!*

17. I really enjoyed the current course. Even though it is challenging, it is great for first timers. Some people did drop out last year so would even more drop if the course is harder? I don't know. I love it the way it is. I will still sign up for next year no matter what!

*Reply: <3*

18. Hello Ladies!!! I do think the course is perfect as is, but I do know many runners love single track. I will say for a course that has less than 10k of climbing, it is a tough course! The extended single track would make it more challenging, but I am sure the feeling of crossing the finish line will always feel amazing... no matter which course you choose.

*Reply: <3*

19. I think 4x25 would definitely be tougher for me mentally but I'd embrace the challenge

*Reply: <3*

20. How would the aid stations work on the new course? Every 5 miles, still?

*Reply: Midway for solo runners. See comment #7*

21. <3 Singletrack

*Reply: <3*

22. Would there be possibility of a 50 mile option?

*Reply: Sorry, but we have an overall cap for runners. Adding the 50 mile option would either reduce the number of teams we allow or the number of solo 100 milers.*

23. Although I hate change, I think this could improve the mental slog of the wider ATV sections!

*Reply: <3*

24. More single track is a great idea!!

*Reply: :D*

25. I think either option would be great! The Legends trail looks difficult though and could see myself stumbling on that over night. If it does change, could that mean we could have a pacer at 50 miles? That would be great if possible!

*Reply: Oooh! Never thought about that...we're thinking :) Most likely, yes!*

26. I guess it depends on which single track you chose for the new course. I actually liked the old course. I didn't mind the 5 laps...so I'm hesitant to change it. Therefore, I vote keep it the same.

*Reply: We respect that. It is a good course.*

27. Less loops and more single track is always good. Plus a course change gives an incentive to come out and do it again.

*Reply: :D*

