

NORTH FORK TRAIL RACE

May 2 9.6-Mile or 16.3-Mile Training Run Instructions and Turn Sheet

May 2, 2015

8:00 a.m.

Shinglemill Aid Station Location (see below)

This will be a very informal training run. We do not have a permit, so this is NOT an organized event—just a bunch of friends out for a run. You will be running one (9.6 miles) loop or two (16.3 miles) loops that are part of the course, but not in the same order you will run them on race day. Shinglemill aid station is mile 20.2 in the 50K and mile 38.2 in the 50 Mile on race day. The first half of your training run takes you toward the finish, and the second half of your run takes you to Shinglemill on the route you will take to get there from the start on race day.

- **THE COURSE WILL NOT BE MARKED.** Print and carry with you the turn sheet and map (it works great to print the turn sheet on one side and the map on the other) in a handy place where you can refer to it often. It is your only guide. There are signs at every trail junction that tell you the names of the trails, so it is easy to navigate with the turn sheet by checking it at trail junctions. (The one exception is when you reach the end of the Morrison Creek Trail at the bottom of the hill—the jeep road is 543/Bufalo Creek Road). DO check the turn sheet at every trail junction. Don't rely on memory or "instinct." At every training run there has been someone who took a wrong turn because they didn't look at the turn sheet. Don't be one of them!
- Ignore any ribbons or markings you see. They are not ours. Follow the turn sheet instructions only.
- **Water:** There will be water at the place where Tramway Creek Trail crosses FS 550 (either with a person there or just stashed—we'll let you know at the start). That will be mile 5.2 in the short course and mile 11.9 in the longer course. Be sure to carry enough water to get you there. Also carry any food you might want.
- When you finish, be sure to check in. If the weather is good, bring a chair and something to eat and drink, and plan to hang around for a while to socialize and talk about our favorite topic—RUNNING!

Directions to Shinglemill: Go to the website www.northfork50.com and locate the directions to the Pine Valley start/finish on the race information page. From Denver or points south on U.S. 285, you will be heading south on Pine Valley Road/Hwy 126. Do not turn into the park at Crystal Lake Rd. in Pine, but instead continue south on Hwy 126 for 7.6 miles to FS 550 (your navigation system may call this Redskin Creek Rd.; look for a big sign for Wellington Lake, Buffalo Creek Recreation Area and campgrounds). Turn R and go 1.5 miles to where Shinglemill Trail crosses the road. The parking area is on the right. If you are coming from the Colorado Springs area, you will be headed north on Hwy 126 and will get to FS 550 7.6 miles BEFORE Pine. Turn L on FS 550 and follow the above directions.

APRIL TRAINING RUN TURN SHEET

9.6 Miles

| | Go: | Total Miles | To: | 50K Miles: | 50M Miles: |
|---|-----|-------------|---|--------------|--------------|
| Start at Shinglemill Aid Station location on FS 550 | | | | 20.2 | 38.2 |
| Head down Shinglemill Trail | 1.4 | 1.4 | Morrison Creek Trail | 21.6 | 39.6 |
| Turn L on Morrison Creek Trail | 1.9 | 3.3 | Buffalo Creek Road/FS 543 (no sign, but this is where your single track ends at a jeep road) | 23.5 | 41.5 |
| Turn L on Buffalo Creek Road/FS 543 | .8 | 4.1 | Buffalo Creek Aid Station location on race day – at junction with Gashouse/Baldy Trails going up to the R | 24.3 14.7 | 42.3 14.7 |
| Continue straight ahead on Buffalo Creek Road/ FS 543 | .4 | 4.5 | Tramway Creek Trail – watch for this as it is easy to miss | 15.1 | 15.1 33.1 |
| Turn L up Tramway Creek Trail (you will cross FS 550 about half way up—there will be water there) | 1.4 | 5.9 | Colorado Trail | 16.5 | 34.5 |
| Turn L on Colorado Trail | 3.6 | 9.5 | Shinglemill Trail | 20.1 | 38.1 |
| Turn L on Shinglemill | .1 | 9.6 | Shinglemill Aid Station | 20.2 | 38.2 |

16.3 Miles

| | Go: | Total Miles | To: | 50K Miles: | 50M Miles: |
|---|-----|-------------|---|--------------|--------------|
| Start at Shinglemill Aid Station location on FS 550 | | | | 20.2 | 38.2 |
| Head down Shinglemill Trail | 1.4 | 1.4 | Morrison Creek Trail | 21.6 | 39.6 |
| Turn L on Morrison Creek Trail | 1.9 | 3.3 | Buffalo Creek Road/FS 543 (no sign, but this is where your single track ends at a jeep road) | 23.5 | 41.5 |
| Turn L on Buffalo Creek Road/FS 543 | .8 | 4.1 | Buffalo Creek Aid Station location on race day – at junction with Gashouse/Baldy Trails going up to the R | 14.7 24.3 | 14.7 42.3 |
| Turn R up Gashouse/Baldy | .1 | 4.2 | Gashouse/Baldy Trail Split | 24.4 | 42.4 |
| Turn R on Baldy | 3.0 | 7.2 | Gashouse Gulch Trail | 27.4 11.1 | 45.4 11.1 |
| Turn L on Gashouse Gulch; in about 2 miles, stay L on Gashouse before the fence and parking area | 3.5 | 10.7 | Gashouse/Baldy junction | 14.6 | 14.6 |
| Stay R down Gashouse/Baldy | .1 | 10.8 | Buffalo Creek Aid Station location on race day | 14.7 | 14.7 |
| Turn R on Buffalo Creek Road/ FS 543 | .4 | 11.2 | Tramway Creek Trail - watch for this as it is easy to miss | 15.1 | 15.1 33.1 |
| Turn L up Tramway Creek Trail (you will cross FS 550 about half way up—there will be water there) | 1.4 | 12.6 | Colorado Trail | 16.5 | 34.5 |
| Turn L on Colorado Trail | 3.6 | 16.2 | Shinglemill Trail | 20.1 | 38.1 |
| Turn L on Shinglemill | .1 | 16.3 | Shinglemill Aid Station | 20.2 | 38.2 |