

NORTH FORK TRAIL RACE

May 18-Mile (or more) Training Run Instructions and Turn Sheet

May 30, 2014

8:00 a.m.

Meadows Aid Station Location

The Meadows aid station is located at the Meadows Campground/Buffalo Trailhead of Colorado Trail turnoff from FS 550, 5 miles west of Highway 126. Take Pine Valley Road/Hwy 126 from U.S. 285 in Pine Junction, going generally south for about 13.5 miles to the right turn onto FS 550. At the turn there are brown and green signs for Buffalo and Meadows Campgrounds and for Wellington Lake. (From the Colorado Springs area, find the directions to Pine Valley on race information page of the race website; look for FS 550 on Hwy 126 about 8 miles BEFORE you get to Pine Valley—there is no sign from your direction.)

This will be a very informal training run on the 18-mile section of the 50 Mile course, with the option of making it longer if you wish (see turn sheet). You will first run miles 31.9 to 33.1, which is also mile 15.1, of the race course to get you to the place where the 50 Mile and 50K courses split on race day. You will then turn around and run miles 15.1 to 31.9 to complete the new 50-mile section.

THE COURSE WILL NOT BE MARKED. Print and carry the turn sheet with you 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. Also familiarize yourself with and/or carry the course map, which you can print from the website. DO check the turn sheet at every junction—at every training run we have had someone who takes a wrong turn because they don't stop to 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.
- **Aid:** The R.D. will have water and limited aid for you at the Meadows aid station location where you start and finish. You will be there at miles 2.4 and 8.4 as well. Be sure to carry enough water from mile 8.4 to get you the next 9.6 miles, as there will be no aid in that section. Also carry any food you might want.

When you finish, be sure to check in. You might want to bring a chair and something to drink and munch on if it's a nice day. It's a lovely place to hang out, and it's always fun to talk with your fellow crazy ultrarunners.

May 30 18-Mile (or more) Training Run Turn Sheet

	Go:	Total Miles:	To:	Miles in 50M Race:
Exit aid station and turn L on Meadows Campground Road	.1	.1	FS 550	32
Turn R on FS 550	.1	.2	Buffalo Creek Road/FS 543 (gated--on your left)	32.1
Turn L on Buffalo Creek Road/FS 543 – through gate	1.0	1.2	Tramway Creek Trail (single track on your right) – STOP! This is where you will split from and later rejoin the 50K course on race day)	33.1 15.1
Turn around and go back on Buffalo Creek/543 toward Meadows (unless you are adding distance—this is where you will do that by continuing ahead)	1.0	2.2	FS 550 – gate and gravel road	16.1
Go through gate and turn R on FS 550	.1	2.3	Meadows Group Campground Road	16.2
Turn L on Meadows Group Campground Road	.1	2.4	Meadows Aid Station at Colorado Trail Buffalo Trailhead parking area on right	16.3
Exit aid station back onto Meadows Campground Road – turn R (uphill)	.5	2.9	Fence at Green Mountain Trail	16.8
Go through gate and continue straight on Green Mountain	3.3	6.2	Colorado Trail	20.1
Turn L on Colorado Trail	1.3	7.5	Green Mountain Trail	21.4
Straight/slight left on Green Mountain (Colorado Trail goes off to the R – do NOT take it)	.2	7.7	Trail junction near fence at upper end of Meadows Campground Road	21.6
Turn R down Meadows Campground Road	.5	8.2	Meadows Aid Station	22.1
Turn L into aid station; then take Colorado Trail connector from aid station (single track uphill by bathroom)	.2	8.4	Colorado Trail (at fence and gate)	22.3
Go straight/R on Colorado Trail (do not go through the gate) – cross road in .3, stay left on Colorado at Redskin Creek Trail junction (the Colorado Trail sign may be missing here—just don't get onto Redskin Cr.), cross rifle range road and go all the way to Wellington Lake Rd. (wide gravel road)	4.7	13.1	Wellington Lake Road (wide gravel road) - Rolling Creek Aid Station location (on race day the aid station will be in the parking area on the far side of Wellington Lake Rd.)	27.0
Turn around and go back on Colorado Trail the same way you came	4.7	17.8	Colorado Trail connector (at fence and gate)	31.7
Go straight/L on Colorado Trail connector (not through gate)	.2	18.0	Meadows Aid Station	31.9

To add distance: Instead of turning around at Tramway at 1.2 miles, just keep going on Buffalo Creek and do an out and back. It is .4 to Gashouse/Baldy junction (makes total run 18.8); 1.2 to Morrison Creek trail (total run 20.4); 1.6 to Shinglemill trail (total run 21.2); 3.1 to Sandy Wash trail (total run 24.2); 3.8 to second Sandy Wash junction (total run 25.6); 4.5 to the parking lot near Hwy 126 (total run 27 miles). Or just make it 23.8 by doing the Green Mountain loop twice.