



June 1, 2019
7:00 A.M.

BPIA Community Hall
Buffalo Creek, Colorado

3,800 Feet Elev. Gain 50K
6,500 Feet Elev. Gain 50 Mile

Race Information

Welcome to the North Fork Trail Race! This is the information you will need to be ready to run the race. Information on registration, the course, aid stations, area lodging and more can be found on the race website www.northfork50.com. **Note that all entries are non-transferable and non-refundable and cannot be rolled over to the following year** (see the Registration page of the website if you have questions about this). 275 entries will be accepted for both races combined, and no wait list will be kept. Please feel free to email or call race director Janice O'Grady if you have any questions that aren't answered here or on the website. Email: janice@northfork50.com. Phone: 303-903-3533.

Race Day Timeline

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| 5:15 a.m. | Parking opens – DO NOT ARRIVE ANY EARLIER |
| 5:30-5:45 | 50 Mile early starters check-in and number and shirt pickup |
| 5:45-6:45 | Regular start time runners check-in and number and shirt pickup |
| 5:50 | Briefing at start line for 50 Mile early starters |
| 6:00 | 50 Mile early start |
| 6:50 | MANDATORY BRIEFING AT START LINE |
| 7:00 | 50K and 50 Mile Start |
| 11:00 | Start of Barbecue (runs until 8 p.m.) |
| 4:05 p.m. | Cutoff at 32.5 miles (Meadows) |
| 5:05 | Cutoff at 36 (50M)/18.2 (50K) miles (Buffalo Creek) |
| 6:20 | Cutoff at 40.5 (50M)/22.7 (50K) miles (Homestead) |
| 7:30 | Cutoff at 44.4 (50M)/26.6 (50K) miles (Homestead) |

BPIA ("Bippy") Start/Finish

The race starts and finishes at the Buffalo Park Improvement Association (BPIA – "Bippy") Community Hall in Buffalo Creek, Colorado, about 50 miles southwest of Denver. See below for directions. The location is on Buffalo Creek Road/FS 543 just off County Road 126.

Directions to Start

The street address for Google Maps, Mapquest or navigation programs is 18050 Buffalo Creek Road, Buffalo Creek, CO. There is a link to Google Maps on the North Fork Ultrasignup page <http://ultrasignup.com/register.aspx?did=58268> . For those who like directions the old-fashioned way:

From the Denver Area: From CO-470 west of Denver take U.S. Hwy 285 south toward Fairplay about 30 miles to the stop light (the only stop light you will encounter on 285) in Pine Junction. At the stop light, turn left (SE) onto Pine Valley Road (County Road 126). Go 9.7 miles down the big hill through the town of Pine Grove to Buffalo Creek. Cross the river (North Fork of the South Platte) and go uphill for a couple blocks to Buffalo Creek Road/FS 543 on the right. There is a sign there for Buffalo Creek Recreation Area Parking. Turn right and immediately turn left onto the dirt track to go down into the field for parking behind and below the Community Hall.

From Bailey, Fairplay or other places south of Pine Junction on U.S. 285: Take 285 to the stop light in Pine Junction and turn right (SE) onto Pine Valley Road (County Road 126). From there, follow the directions above.

From the Colorado Springs Area: Take U.S. 24 west to Woodland Park. At Woodland Park, go north on CO-67 toward Westcreek and Deckers. At Deckers, 67 becomes Highway 126/Deckers Road. Continue on 126 (its name changes to Platte River Road and then Pine Valley Road) to Buffalo Creek. As you come down the big hill into Buffalo Creek, the speed limit reduces to 30 mph and you will see houses along the road. Look for Buffalo Creek Road on the left. It is about 37 miles from Woodland Park to Buffalo Creek, but it will likely take close to an hour, especially in the dark on race morning. Turn left onto Buffalo Creek Road and immediately turn left again onto the dirt track to go down into the field for parking behind and below the Community Hall.

Parking

Parking is in the open field behind and below the Community Hall Building. Turn left on the dirt track on the left immediately as you turn onto Buffalo Creek Road/FS 543. DO NOT park in the gravel Buffalo Creek Recreation Area parking lot, which is beyond the Community Hall. Staff will start directing parking at 5:15 a.m. Please do not arrive before then. If you do get there before the parking staff, stay in your car near the entrance so you can then park where you are directed by the staff. Parking will be tight, so it is important to park where the staff directs you. And please carpool if you can!

Check-In and Number Pickup

Check-in begins on race morning at 5:30 a.m. for 50 Mile early starters and 5:45 a.m. for other runners in the BPIA ("Bippy") Community Hall. You will get your number and T-shirt when you check in. You will also leave your drop bags for Meadows aid station during this time.

Start

The race will start promptly at 7:00 A.M. **At 6:50 a.m. there is a mandatory briefing at the start line** with essential information for all runners. Make your way to the start line by that time. The start line will be on Buffalo Creek Road at the edge of the trees at the far end of the Community Hall parking lot.

Early Start

There will be a 6:00 a.m. start only for those 50 Mile runners who are not confident that they can finish the race within 14 hours. The Colorado Trail water only station at 5.1 miles opens at 7:35 a.m. and will not likely be open yet for early starters. Carry enough water to get you to Shinglemill at 8.2 miles. If you run faster than 14 minutes per mile, Shinglemill will not be open and you should not be taking the early start.

Early starters check in on race morning between 5:30 and 5:45 a.m. and must be at the start line by 5:50 for the briefing. Early starters will not be eligible for age group awards unless there are no finishers in your age group who started at the regular time. Please notify the race director of your intention to take the early start by email at janice@northfork50.com . **You must notify the race director of your intent to take the early start by 8:00 p.m. on Friday before the race**, but sooner is better.

Drop Bags

You can have drop bags at the Meadows aid station at mile 14.7 for all runners (Meadows is also miles 20.7 and 32.5 for 50 Mile runners).

- Leave your drop bags at the signed location outside the Community Hall on race morning.
- You may use anything you want for a drop bag, but make sure it is sturdy, and keep it to a reasonable size. Write your name and your race distance clearly on your bag. You will be responsible for finding your own bag at the aid station, so make it identifiable.
- **IMPORTANT: When you finish with your drop bag at the aid station, you must move it to the area signed "Finished Drop Bags."** The only way race staff will know if you are finished with your bag is if it is in the finished bags area, and only finished bags will be returned to Bippy before the aid station closes.
- The first finished drop bag pickup at Meadows will be at about noon. These bags will be returned to Bippy around 12:30. Finished bags will then be returned throughout the afternoon when race staff get a chance to go out to the aid station. Bags not placed in the finished area at the aid station will be returned at about 4:30-5:00 p.m.

The Course

The 50K and 50 Mile start together, and the course is the same for both races until the Meadows aid station at 14.7 miles. From Meadows, 50 Mile runners will split from the 50K runners and do a 17.8-mile segment and return to Meadows. From there they will complete the same course as the 50K. The 50K is actually about 32.2 miles long. See the Course page on the website for a detailed narrative description of the course and for printable versions of the course directions/turn sheet, elevation profiles, aid station distances and course map.

Course Marking

The course will be marked with surveyor's ribbon, small flags, and signs. The entire 50K course, which the 50 Mile also follows, will be marked in yellow. The extra 17.8-mile segment for the 50 Mile, miles 14.7-32.5, will be marked in orange. Red and white striped ribbons will be placed at junctions on the trails NOT taken, so don't go on a trail marked in red and white stripes. Samples will be shown at the start briefing at 6:50 a.m. Turns will be very well marked, and there will be occasional "confidence" markings in between. Don't turn off the trail you are on unless the course markings clearly tell you to do so. At some trail junctions, there may be ribbons going more than one way, so there will be signs that tell you which way to go. SIGNS ALWAYS GET PRECEDENCE OVER RIBBONS.

If you have doubts about whether you are on course, keep going until you get to the next trail junction. Nearly all trail junctions have signs showing the names of the trails. If there are no course markings at the trail junction, you are off course. Turn around and go back the way you came until you see course markings. NOTE: In 2011, vandals removed markings from a key turn, causing runners to miss the turn. Most runners turned around at the next trail junction when they saw there were no markings, and they got back on course. But some kept going past unmarked trail junctions and did a lot of extra distance. So don't keep going if you get to an unmarked trail junction!

Print out the course map and turn sheet for your distance and carry them with you, just in case. You shouldn't need them, but if something like 2011 happens, you'll be glad you have them.

Aid Stations

There is a printable table of aid stations on the Course page on the website. All aid stations except Colorado Trail at mile 5.1 (which is water only) will have water, GU electrolyte drink, Coke, Sprite, Mountain Dew, GU gels, S!Caps, potato chips, chocolate chip cookies, fig bars, Payday bars, trail mix, Goldfish, gummy bears, pretzels, pickles, bananas, watermelon, cantaloupe, and peanut butter and jelly sandwiches. Most aid stations also bring additional goodies. By late morning, they will also have ice. Aid stations are 4 to 6.5 miles apart. It will likely be warm or even hot in the afternoon, so carry at least one water bottle or a hydration pack. If it's hot and you're moving slowly, it can be a long time between aid stations!

Poles, Earphones, Dogs

Trekking poles are not permitted as they can be dangerous on the single track trails. The course is not technical, and poles are not needed. If you have a medical condition that requires you to use poles for your safety, please email or call the race director for permission.

Earbuds and earphones are discouraged. Please leave your ears free to hear the sounds of nature around you, as well as your fellow runners and aid station workers.

Dogs are not permitted on the trails for the race. Well-behaved dogs on leash are welcome at Bippy and at aid stations.

Trail Rules

- Runners must stay on the marked trail.
- If you must leave the trail for a "nature call," go well off the trail and be sure to bury all waste, including toilet paper. (There are only two toilets on the course—in the Little Scraggy parking area you pass through on the Colorado Trail at about 6 miles and at Meadows.)
- THERE IS ABSOLUTELY NO LITTERING. All trash must go in receptacles at the aid stations. If you leave the aid station with anything, you must carry it to the next aid station. Anyone who violates this rule may be disqualified and prohibited from running the race in the future. If you should see any trash that has been accidentally dropped on the trail, please pick it up and carry it to the next aid station to dispose of it.
- You will likely see other trail users, especially mountain bikers—yield to horses; bikers are supposed to yield to you but you never know. Please be courteous.

Crews and Spectators

Spectators and crews can drive to Shinglemill aid station at mile 8.2 and Meadows at mile 14.7 (also miles 20.7 and 32.5 for the 50 Mile race). 50 Mile crews may also drive to Rolling Creek at miles 25.6 and 27.6.

Crews and spectators may NOT drive to the Gashouse Gulch trailhead, and may not stop anywhere along FS 550. If your family or friends violate this, you may be disqualified from the race. Runners are responsible for their crews and spectators.

Crew instructions and directions to aid stations and a crew map are on the Race Info and Course pages of the website, and you should print them (the map needs to be in color) for your crew. Observers are welcome to run, hike or bike into any of the aid stations. No aid (other

than encouraging words!) may be given outside of aid stations and their adjacent parking areas, and no one may accompany runners at any time other than allowed pacers as provided below.

Pacers

No pacers are allowed in the 50K (except on Buffalo Creek Road as noted below). Runners in the 50 Mile may have one pacer at a time from the Meadows Aid Station at 32.5 miles or at any aid station after that.

Runners in both races may have as many people as they like join them on any part of Buffalo Creek Road in the last .6 mile of the race from Sandy Wash Trail to the finish.

Cutoffs

The following cutoff times apply to runners in both distances:

- Meadows (32.5 miles 50M) – 4:05 p.m.
- Buffalo Creek (36 for 50M, 18.2 for 50K) – 5:05 p.m.
- Homestead (40.5 for 50M, 22.7 for 50K) – 6:20 p.m.
- Homestead (44.4 for 50M, 26.6 for 50K) – 7:30 p.m.

We have to enforce these cutoffs so that we will have everyone off the course by dark. For this reason, runners missing the first cutoff at Homestead at 6:20 p.m. will be directed to continue on to the finish (skipping the 3.9-mile loop) and will not be counted as finishers.

Dropping Out

We keep track of all runners, so if something should happen that makes it necessary for you to drop out of the race, **NOTIFY AN AID STATION CAPTAIN OR GO TO THE SCORING TABLE AT THE FINISH LINE** to let us know you have dropped. If you are unaccounted for at the end of the race, search & rescue may have to search for you and you will likely get the bill.

Switching Races

You can switch from the 50 Mile to the 50K any time **before the race starts**. Please email the race director at janice@northfork50.com to switch. If you are registered for the 50 Mile and decide to drop down to the 50K on race day, you must exchange your number for a 50K number **before the race starts**. No part of your entry fee will be refunded. **YOU MAY NOT SWITCH FROM 50 MILES TO 50K AFTER THE RACE STARTS**. If you start the 50 Mile race, you will not be counted as a 50K finisher if you switch to the 50K course during the race (whether you do so on purpose or by mistake). 32 miles of a 50-mile race is a DNF.

Post-Race Festivities

The barbecue will take place in the Community Hall, with great food and beverages (including Avery beer!) from about 11:00 a.m. until 8:00 p.m. Plan on hanging around after the race to bask in the glow of your accomplishment, socialize and cheer for later finishers. Bring a comfortable chair for sitting outside at the finish. There are tables and chairs inside the building where the barbecue will be served. The post-race barbecue/picnic is free to all runners, families, friends and volunteers.

Awards

- All finishers who have made all the cutoffs on the course and complete the distance they started will receive finishers' awards. NO finish is awarded to 50 Mile starters who run less than 50 miles.
- Awards will be given to the overall male and female winners of each race (who will also receive their first place age group awards).
- Age group awards will be given to the first 3 finishers in the 29 and under, 30-39, 40-49, 50-59, 60-69 and 70+ age divisions. There will also be an award in each race for the first male and female finishers running their first ultra. Early starters in the 50 Mile are not eligible for age group awards unless there are no other finishers in their age group who started at 7:00. Any ties for awards will be broken by coin toss.

Weather

North Fork is normally a warm to hot weather race, though just about anything can happen with the weather in the mountains in June. Keep an eye on the forecast. The average high temperature for Pine in early June is around 75, and the average low is in the low 40s—so you will most likely have a cool start and warm or hot afternoon. Rain showers and even heavy thunderstorms are quite common. BE PREPARED!!

In Case of Cancellation

In the unlikely event the race gets cancelled by the Forest Service or the County due to fire danger, weather, trail conditions or other unforeseen events, we would try to give partial refunds with any entry fees that have not already been used for race expenses, but we cannot promise refunds.