

NORTH FORK TRAIL RACE

April 23 16.3-Mile Training Run Instructions and Turn Sheet

April 23, 2016

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 two loops that are part of the course, but not in the same order you will run them on race day. You will also experience two of the four major climbs of the 50K. 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 (shown in pink on the map), 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 (shown in green on the map). You will also be able to add up to 8 more miles—see the turn sheet for the details.

- **THE COURSE WILL NOT BE MARKED.** Print and carry with you the turn sheet and map in a handy place where you can refer to them often. These are your only guide. There are signs at every trail junction, with a couple exceptions noted in the turn sheet, that tell you the names of the trails, so it is easy to navigate with the turn sheet by checking it at trail junctions. 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.
- **Aid:** There will be water and some goodies (cookies and pretzels or chips) at the Gashouse Gulch Trailhead, about halfway down Gashouse Gulch Trail at 9 miles. If you are adding distance, be sure to take enough water at the aid station to get you to the finish. Also carry any other 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 on Hwy 126 for 7.6 miles to FS 550 (your navigation system may call this Redskin Creek Rd.) There is a big sign at 550 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, and the big sign faces the other way. Turn L on FS 550 and follow the above directions.

APRIL 23 16.3-MILE TRAINING RUN TURN SHEET

16.3 Miles (see below for making the run longer or shorter)

	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	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/Baldy Cutoff (the sign does not say Gashouse, but Gashouse is the trail going left and right; do NOT go straight ahead onto Baldy Cutoff)	27.4 11.1	45.4 11.1
Turn L on Gashouse Gulch (DO NOT go onto Baldy Cutoff)	1.8	9.0	Training Run Aid Station at Gashouse Trailhead (not here on race day) – Check in	12.9	12.9
Continue on Gashouse (ignore Redskin Creek trail)	1.7	10.7	Gashouse/Baldy junction	14.6	14.6
Stay R down Gashouse/Baldy (If you are adding distance, turn L and do an out-and-back here)	.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; cross 550 in about .7	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

You can shorten this to 9.6 miles by skipping the Baldy-Gashouse loop. When you reach the Buffalo Creek aid station location 4.3 miles into the run, continue straight ahead .4 mile to Tramway Creek Trail and follow the turn sheet above from there. You will miss the aid station, so bring enough water for the entire 9.6 miles.

To make the run longer, you can add distance on Buffalo Creek Road (marked with blue dots on the training run map). When you get down to the Buffalo Creek aid station location from Gashouse at 10.8 miles, turn LEFT on Buffalo Creek and do an out-and-back distance of your choice on Buffalo Creek. It is .8 to Morrison Creek Trail on Buffalo Creek (makes the total run 17.9); 1.2 to Shinglemill Trail (makes the total run 18.7); 2.7 to Sandy Wash Trail (makes the total run 21.7); 3.5 to the second Sandy Wash Trail junction (makes the total run 23.3); and 4.1 to the parking lot near 126 (makes the total run 24.5). When you return to the Buffalo Creek aid station location, continue to follow the turn sheet above.

BE SURE TO TELL JANICE IF YOU PLAN TO EXTEND YOUR RUN. You will need to take enough water from the aid station at 9 miles to get you to the finish.