

NORTH FORK TRAIL RACE

May 14 24.8-Mile Training Run Instructions and Turn Sheet

May 14, 2016

8:00 a.m.

Lower parking lot of Pine Valley Ranch Park (see directions to race start/finish on the website)

This will be a very informal training run on the first and last sections of the race course.

- **THE COURSE WILL NOT BE MARKED.** Print and carry the turn sheet and map with you in a handy place where you can refer to them often. They are your only guide. There are signs at every trail junction that tell you 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 cookies, pretzels or chips for you at 12.5 miles into the run at the Gashouse trailhead. **Check in here even if you don't need aid**, as the aid person will stay there until everyone has been accounted for. After getting aid and checking in, continue on Gashouse trail.
- Be sure to carry enough water, as there will only be water for you at the one location at 12.5 miles into the run. Also carry any food you might want.
- When you finish, be sure to find the R.D. in the parking lot and check in. The R.D. will stay at the finish until everyone is accounted for.
- You might want to bring something to drink and munch on at the finish. If it's a nice day, it's a great time to hang around and talk with your fellow runners about our favorite subject – running!

You can shorten the distance to 21.8 miles by turning left on Baldy from Gashouse at mile 14.2 on the turn sheet and going on from the 17.2 mile point on the turn sheet (the right turn onto Baldy).

May 14 24.8-Mile Training Run Turn Sheet

	Go:	Total miles :	To:	Race Miles 50K/50M
Start on Narrow Gauge Trail (near large info sign behind bathroom building)	.3	.3	Buck Gulch Trail	.3
Turn L across bridge onto Buck Gulch	2.8	3.1	Skipper Trail (just before road past info sign)	3.1
Turn L on Skipper	1.4	4.5	Strawberry Jack/Homestead trail junction	4.5
Turn R on Strawberry Jack	.8	5.3	Charlie's Cutoff Trail – this will be the location of the Homestead aid station on race day	5.3
Turn L on Charlie's Cutoff	1.3	6.6	Homestead Trail	6.6
Turn R on Homestead Trail; ignore Raspberry Ridge and Blackjack trails	1.3	7.9	End of Homestead Trail at Sandy Wash/ Miller Gulch junction	7.9
Turn sharp R (almost a U turn) on Miller Gulch Trail (double track)	2.0	9.9	Strawberry Jack Trail	9.9
Continue straight on Miller Gulch (on race day you will turn R here and go to Homestead aid and back to here – you are skipping .4 on this training run)	.2	10.1	Gashouse Gulch Trail	10.5
Turn L on Gashouse Gulch; ignore Baldy Trail in .6 mi and continue on Gashouse	2.4	12.5	Gashouse trailhead – you will see a fence and small parking area – AID HERE for training run only, not on race day	12.9
Continue on Gashouse	1.7	14.2	Baldy Trail junction	14.6
Stay R down Gashouse/Baldy (or to shorten to 21.8 mi., turn L here on Baldy and follow from 17.2 mi. below)	.1	14.3	End of trail at Buffalo Creek Rd/FS 543 – Buffalo Creek aid station location	14.7 24.3 / 42.3
Turn R on Buffalo Creek Rd/FS 543	.4	14.7	Tramway Creek Trail (this is where 50M and 50K split on race day – remember this!)	15.1/33.1
Continue straight on Buffalo Creek Rd. (following the 50M course – 50K turns up Tramway on race day)	1.0	15.7	Gate at FS 550 (wide gravel road)	-- /16.1 -- /32.1
TURN AROUND and go back down Buffalo Creek (pass Tramway)	1.4	17.1	Gashouse/Baldy Trails – Buffalo Creek aid station location	14.7 24.3/42.3
Turn L up Gashouse/Baldy	.1	17.2	Gashouse/Baldy Trail Split	24.4 / 42.4
Turn R on Baldy	3.0	20.2	Gashouse Gulch Trail	27.4 / 45.4
Turn R on Gashouse Gulch	.6	20.8	Miller Gulch Trail (double track)	28.0 / 46.0
Turn R on Miller Gulch	.2	21.0	Strawberry Jack Trail	28.2 / 46.2
Turn L on Strawberry Jack Trail	.2	21.2	Charlie's Cutoff (Homestead aid station location on race day)	28.4 / 46.4
Continue straight on Strawberry Jack; ignore Skipper and Homestead turns in .7 and Park View Trail in 1.5 mi.	2.8	24.0	Buck Gulch Trail	31.2 / 49.2
Turn R on Buck Gulch	.4	24.4	Trail to the right to Pine Lake Loop before you get to the bridge	31.6 / 49.6
Turn R to Pine Lake Loop; stay to right of lake and continue on paved path and across the bridge	.4	24.8	Finish at the big signboard; sign in there or in the parking area	32 / 50