



June 2, 2018

7:00 A.M.

Pine Valley Ranch Park
Pine, Colorado

4,800 Feet Elev. Gain 50K

7,500 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

5:30-5:45 a.m.	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 a.m.	Briefing at start line for 50 Mile early starters
6:00 a.m.	50 Mile early start
6:00, 6:20, 6:35	Shuttle departs from Fire Station to 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.)
3:45 p.m.	Cutoff at 31.9 miles (Meadows)
5:45	Cutoff at 38.2 (50M)/20.2 (50K) miles (Shinglemill)
6:45	Cutoff at 42.3 (50M)/24.3 (50K) miles (Buffalo Creek)
8:00	Cutoff at 46.4 (50M)/28.4 (50K) miles (Homestead)

Pine Valley Ranch Park Start/Finish

The race starts and finishes in Pine Valley Ranch Park, which is located in Pine, Colorado, about 40 miles southwest of Denver. See below for directions. The race start is on the Narrow Gauge Trail, behind the bathroom building at the end of the lower parking lot, near the large information sign. The finish line and post-race festivities will be at the large picnic shelter below the lower parking area.

Note there is no drinking water in Pine Valley, so fill your pack/bottles with enough water to get you to the first aid station before you head to Pine Valley for the start.

Directions to Pine Valley

The street address for Google Maps, Mapquest or navigation programs is 30400 Crystal Lake Road, Pine, CO. There is a link to Google Maps on the North Fork Ultrasignup page <https://ultrasignup.com/register.aspx?did=49328> . 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 5.8 miles down the big hill toward the town of Pine and follow the brown signs to the park. It will be a right turn onto Crystal Lake Road from southbound Hwy 126, and the turn comes immediately after a sharp lefthand curve marked by a flashing warning light. It is about a mile into the park on Crystal Lake Road. If you are directed to the Fire Station to park, continue about a quarter mile past Crystal Lake Road on Pine Valley Road/126 to the Fire Station on your right at 6th street.

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 to the park or Fire Station.

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) toward Buffalo Creek and Pine. It is about 42 miles from Woodland Park to Pine, but it will likely take more than an hour, especially in the dark on race morning. At the far end (not really very far!) of historic downtown Pine Grove, the North Fork Fire Station is on your left at 6th St. Park here or go on about another quarter mile to Crystal Lake Road to see if parking is still available within the park. You will be directed to turn left into the park or to turn around and go back to park at the Fire Station. It is about a mile into the park on Crystal Lake Road.

Parking

The County limits our use of the parking lots in Pine Valley Ranch Park so that other park users will have access. This means many cars will have to park remotely. The first 60 arriving cars will be directed into the park. All remaining cars will park at the North Fork Fire Station in Pine, about 1-1/4 miles from the start/finish. Carpooling is encouraged to help us get as many runners into the park as possible. Someone will be directing you to parking from the intersection of Pine Valley Road/126 and Crystal Lake Road, either into the park or to the Fire Station just down the road.

If you are a volunteer, a 50 Mile early starter or you have a crew that will be dropping you off and then leaving the park right after the start, let the parking staff know that and you will be directed into the park. Your crew must then leave after the start. (The ranger counts parked cars

shortly after the start.) By late morning as faster 50K runners and other early park users begin to exit the park, crews will be able to return and park inside the park.

Shuttle Bus from Fire Station

A shuttle bus will run from the Fire Station to the park at about 6:00, 6:20 and 6:35 a.m. Be aware that if you aren't on the 6:20, you may not have time for a bathroom stop before the start. Allow plenty of time to park, shuttle to the park and check in at the race start. **Bring a bag to the start with everything you'll need at the finish so you won't have to go back to your car until you are ready to go home.**

There is NO return shuttle from the finish. (It is just cost prohibitive—sorry.) After the race, you can hitch a ride to the Fire Station with people leaving the Pine Valley lots (never a problem), or race staff will transport you if needed.

Check-In and Number Pickup

There will be no Friday night check-in this year. 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 lower parking area at Pine Valley Ranch Park. You will get your number and T-shirt when you check in. You will also leave your drop bags for the finish, Buffalo Creek and Meadows 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.

There is no drinking water in Pine Valley. Fill your pack/bottles with enough water to get you to the first aid station before you go to Pine Valley.

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 Homestead aid station at 5.3 miles opens at 7:30 a.m. and will not likely be open yet for early starters. Carry enough water to get you to Homestead the second time at 10.1 miles. 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 finish and at Buffalo Creek and Meadows aid stations as follows:

- Bring a bag for the finish with everything you will want after the race so you won't have to go to your car until you are ready to go home.
- All runners may send a drop bag to the Buffalo Creek aid station, which is mile 14.7 and also mile 24.3 in the 50K and 42.3 in the 50 Mile (so you'll see your bag twice here).
- 50 Mile runners may send a drop bag to Meadows aid station, which is miles 16.3, 22.1 and 31.9 (so you'll see your bag 3 times here).
- Leave your Buffalo Creek and Meadows bags at the signed locations in the parking lot on race morning and your finish bag on the signed table in the large picnic shelter.
- 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 the aid station name 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 bags at the aid stations, you must move them 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 Pine Valley before the aid station closes.
- The first finished drop bag pickup at Buffalo Creek will be at about 1:30, and Meadows first finished drop bag pickup will be at about 2:00. These bags will be returned to Pine Valley at about 2:30. Finished bags will then be returned throughout the afternoon when race staff get a chance to go out to the aid stations. Bags not placed in the finished area at the aid stations will be returned from Meadows at about 4:30 p.m. and Buffalo Creek bags at about 7:30 p.m.

The Course

The 50K and 50 Mile start together, and the course is the same for both races for 15.1 miles. At that point, the courses split, so watch the signs carefully. The 50 Mile runners will do an 18-mile segment and return to the split point, from which they will complete the same course as the 50K. The 50K is actually about 32 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 18-mile segment for the 50 Mile, miles 15.1-33.1, 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 Tramway Creek at mile 33.8 of the 50 Mile (which is self-service 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, saltines, 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 mainly 4 to 6 miles apart. It will likely be warm or even hot in the afternoon, so carry at least one water bottle. If it's hot and you're moving slowly, it can be a long time between 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--a portable toilet at Shinglemill aid station and an outhouse 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

50K: The only aid station that can be accessed by vehicle for the 50K is Shinglemill at mile 20.2.

50 Mile: Crews for 50 Mile runners can drive to Meadows (miles 16.3, 22.1 and 31.9), Rolling Creek (mile 27) and Shinglemill (mile 38.2). It is a long, slow drive on a narrow dirt road to Rolling Creek.

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 or hike 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 the Pine Lake Trail as noted below). Runners in the 50 Mile may have one pacer at a time from the Meadows Aid Station at 31.9 miles or at any aid station after that. Pacers can hitch a ride to Meadows from Pine Valley with aid station support vehicles at 8:00 or 10:30 a.m.

Runners in both races may have as many people as they like join them on any part of the Pine Lake Trail in Pine Valley Ranch Park, the last .4 mile to the finish.

Cutoffs

The following cutoff times will be strictly enforced:

- Meadows (31.9 miles) – 3:45 p.m.
- Shinglemill (20.2 for 50K, 38.2 for 50M) – 5:45 p.m.
- Buffalo Creek (24.3 for 50K, 42.3 for 50M) – 6:45 p.m.
- Homestead (28.4 for 50K, 46.4 for 50M) – 8:00 p.m.

We have to enforce these cutoffs as we are required to have everyone off the course by dark and out of Pine Valley Ranch by an hour after sunset.

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 at the finish line, 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. You might want to bring a comfortable chair, as the only seating in the shelter is the picnic table benches. The post-race barbecue/picnic is free to all runners, families, friends and volunteers.

If you park at the Fire Station, be sure to bring a bag to the start/finish area with everything you will want at the finish so you won't have to go back to your car until you are ready to go home after the post-race festivities.

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.