

## **NORTH FORK TRAIL RACE**

### **Multi-Distance Options Training Run Instructions and Turn Sheet**

April 29, 2017

7:30 a.m.

Meadows Aid Station Location

The Meadows aid station is located at the Buffalo Trailhead of the Colorado Trail, just off Forest Service Road 550. 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.) Go 5 miles on FS 550, a somewhat bumpy gravel road, and turn left on the road to Meadows Group Campground and Buffalo Trailhead. In .1 mile, the parking lot on the right is the Meadows aid station location. There is a bathroom there.

This will be a very informal training run with several distance options on the 50K and 50 Mile courses. You can choose to run:

12 miles on the 9.6-mile Shinglemill Loop (part of both the 50K and 50M), and a 2.4-mile out-and-back from Meadows.

18 miles on the extension that is part of the 50M course only, consisting of a 2.4-mile out-and-back on 550 and Buffalo Creek Road, the 5.8-mile Green Mountain Loop and a 9.8-mile out-and-back on the Colorado Trail.

27.6 miles by combining the Shinglemill Loop and 50M extension.

Any distance in between by combining sections however you want. Look at the turn sheet and the course map (on the website) to figure out what you want to do. You will need to let the race director know your plan before you start.

**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. These are 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 each trail junction. DO check the turn sheet at EVERY junction—don't rely on memory or "instinct." 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 that person!

- Ignore any ribbons or markings you see. They are not ours. Follow the turn sheet instructions only.
- **Aid:** We will have water, cookies, pretzels and chipls for you at Meadows where you start and return multiple times, depending on your chosen route. There will be water stashed for you at the Shinglemill Aid Station location (mile 6.3 of the 12-mile loop). We will let you know exactly where before you start. The farthest you will have to go without water is the 9.8-mile out-and-back on the Colorado Trail section of the 50M extension—be sure to carry enough water if you are running that section. Also carry any food you might want.

Be sure to check in each time you return to Meadows. You might want to bring a chair and something to drink and munch on when you're finished 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.

### Shinglemill Loop

**12 Miles – Miles 14.7-24.3 of 50K (+ out-and-back from Meadows); 31.9-42.3 and 14.7-16.3 of 50 Mile0.**

	Go:	Total Miles	To:	50K Miles:	50M Miles:
Start at Meadows Aid Station (Miles 16.3, 22.1 and 31.9 in race)					31.9
Exit aid station area and turn L on Meadows Campground Road	.1	.1	FS 550		32
Turn R on 550	.1	.2	Buffalo Creek Road/FS 543 (big iron gate on your left next to the creek)		32.1
Turn L on Buffalo Creek Rd/FS 543 – through the gate	1.0	1.2	Tramway Creek Trail – <b>watch for this on your right—it is easy to miss!</b>	15.1	33.1
Turn R up Tramway (you will cross FS 550 about halfway up—continue through the big gate)	1.4	2.6	Colorado Trail	16.5	34.5
Turn L on Colorado Trail	3.6	6.2	Shinglemill Trail	20.1	38.1
Turn L on Shinglemill	.1	6.3	<b>Shinglemill Aid Station</b> location on race day; WATER stashed here for this run	20.2	38.2
Continue down Shinglemill Trail	1.4	7.7	Morrison Creek Trail	21.6	39.6
Turn L on Morrison Creek Trail	1.9	9.6	Buffalo Creek Road/FS 543 (no sign, but this is where your single track ends at a double track)	23.5	41.5
Turn L on Buffalo Creek Road/FS 543	.8	10.4	Buffalo Creek Aid Station location on race day – at junction with Gashouse/Baldy Trails going up to the R	24.3/ 14.7	42.3/ 14.7
<b>Continue straight on Buffalo Creek/FS 543</b> (on race day you will turn R up Gashouse Baldy)	.4	10.8	Tramway Creek Trail	15.1	15.1
<b>Continue straight on Buffalo Creek/543</b> (This is where the 50K and 50 Mile split on race day; 50K turns up Tramway to do the loop you just did; 50 Mile goes straight.)	1.0	11.8	FS 550		16.1
Turn R on FS 550	.1	11.9	Meadows Campground Road		16.2
Turn L on Meadows Campground Rd	.1	12	<b>Meadows Aid Station</b>		16.3

If you are going farther from Meadows or are doing the 50-mile extension first, skip down to the 9<sup>th</sup> line of the 18-mile turn sheet where the asterisks are and start following the turn sheet from there at Meadows Aid Station at 2.4 miles.

Additional miles from Meadows:

Green Mountain Loop 5.8 miles (+12 = 17.8)

Out and back on Colorado Trail 9.8 miles (+17.8 = 27.6) – or turnaround whenever you like to get the miles you want

**50-Mile Runners** who are going 27.6 today should do the 50-mile extension first, skipping the first 2.4 miles, and then the 12-mile loop, as that is what you will be doing on race day.

### 18-Miles – Miles 15.1 – 33.1 of the 50-Mile Course

	Go:	Total Miles:	To:	Miles in 50M Race:
Start at Meadows Aid Station (Miles 16.3, 22.1 and 31.9 in race)				31.9
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) – <b>STOP!</b> This is where you will split from and later rejoin the 50K course on race day)	33.1 15.1
<b>Turn around and go back on Buffalo Creek/543</b> toward Meadows	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	<b>Meadows Aid Station</b> at Colorado Trail Buffalo Trailhead parking area on right	<b>16.3</b>
<b>***If you did or are going to do the 12-mile loop</b> and want to add miles from the 50-mile course, start from here.			<b>Meadows Aid Station</b>	
Exit aid station back onto Meadows Campground Road – turn R (uphill)	.5	2.9	Fence at Green Mountain Trail	16.8
Go through fence 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	<b>Meadows Aid Station</b>	<b>22.1</b>
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 ( <b>do not go through the gate</b> ) – 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	<b>Meadows Aid Station</b>	<b>31.9</b>