

NORTH FORK TRAIL RACE

Multi-Distance Options Training Run Instructions and Turn Sheet

May 6, 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:

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.

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. 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. **If you are doing more than 12 miles, do the miles you want from the 18-mile section first, starting at 2.4 miles where the asterisks are on the turn sheet.** That will make more sense because the 18-mile extension comes before the Shinglemill loop on race day.

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 chips 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.

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

| Do This: | Go: | Total Miles: | To: | Miles in 50M Race: |
|--|-----|--------------|---|--------------------|
| Start at Meadows Aid Station (Miles 16.3, 22.1 and 31.9 in race) Skip the first 2.4 miles if you will be doing the 12-mile section. Go to ***** below. | | | | 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) – STOP! This is where you will split from and later rejoin the 50K course on race day) | 33.1 15.1 |
| Turn around and go back on Buffalo Creek/543 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 | Meadows Aid Station at Colorado Trail Buffalo Trailhead parking area on right | 16.3 |
| ***If you are going to do the 12-mile loop and want to add miles from the 50-mile course, start from here. | | 2.4 | Meadows Aid Station | |
| Exit Meadows aid station 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 | Meadows Aid Station | 22.1 |
| 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 (do not go through the gate) – 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 | Meadows Aid Station | 31.9 |

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.

| Do This: | 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 – watch for this on your right—it is easy to miss! | 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 | Shinglemill Aid Station 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 |
| Continue straight on Buffalo Creek/FS 543 (on race day you will turn R up Gashouse Baldy) | .4 | 10.8 | Tramway Creek Trail | 15.1 | 15.1 |
| Continue straight on Buffalo Creek/543 (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 | Meadows Aid Station | | 16.3 |

Additional miles from Meadows (do the additional miles first before doing the Shinglemill loop):

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.