

## NORTH FORK TRAIL RACE

### 22 to 24.8-Mile Training Run Instructions and Turn Sheet

May 20, 2017

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 that person!
- 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 a chair and 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!

### 22 to 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 (about halfway up Buck Gulch, ignore unnamed bike trails on the left)	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 Homestead	.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	Homestead Trail	9.9
<b>Continue straight</b> 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 straight on Gashouse	2.4	12.5	Gashouse trailhead – you will see a fence and small parking area – <b>AID HERE</b> 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	.1	14.3	End of trail at Buffalo Creek Rd/FS 543 (no sign for Buff Creek here) – Buffalo Creek aid station location on race day	14.7 24.3 / 42.3
Turn around and go back up Gashouse/Baldy (or add distance by turning R on Buffalo Creek – see below)	.1	14.4	Gashouse/Baldy Trail Split	24.4 / 42.4
Turn R on Baldy	3.0	17.4	Gashouse Gulch Trail	27.4 / 45.4
Turn R on Gashouse Gulch	.6	18.0	Miller Gulch Trail (double track)	28.0 / 46.0
Turn R on Miller Gulch	.2	18.2	Homestead Trail	28.2 / 46.2
Turn L on Homestead; ignore Charlie's Cutoff in .2, Skipper and Homestead turns in .9 (trail name changes to Strawberry Jack here) and Park View Trail in 1.7 mi.	3.0	21.2	Buck Gulch Trail	31.2 / 49.2
Turn R on Buck Gulch	.4	21.6	Trail to the right to Pine Lake Trail before you get to the bridge	31.6 / 49.6
Turn R to Pine Lake Trail; stay to right of lake and continue on paved path and across the bridge	.4	22.0	Finish in the parking area and check in	32 / 50

**You can lengthen the distance** to 24.8 by turning right on Buffalo Creek Road/FS 543 at 14.3 miles. It is .4 mile to Tramway Creek trail (where the 50K and 50M split on race day). Today, continue straight on Buff Creek for another mile to the big iron gate at FS 550. Turn around at the gate and head back to the Gashouse/Baldy junction and go back up Gashouse/Baldy, following the turn sheet directions from 14.3 miles.