

Runners Manual

May 19, 2018



JEMEZ MOUNTAIN TRAIL RUNS
L o s A l a m o s • N e w M e x i c o



SATURDAY MAY 19th NOON- 6PM
@ PAJARITO BREWPUB AND GRILL (Parking Lot)
614 TRINITY DRIVE LOS ALAMOS, NM







Introduction:

Welcome to the 13th running of the Jemez Mountain Trail Runs (JMTR). The 50 mile course has undergone major changes from last year. The 50km course will again run the course in the same direction as last year. We are excited to again host this great event and wish you the best of luck. This document details the race but please let us know if you have any additional questions. Please check back closer to the race for updates to this manual.

The races take place in the Jemez Mountains surrounding Los Alamos, NM. Three race distances are offered to the runners; 50 miles, 50 kilometers, and 15 miles. The popularity of this event has increased significantly since our first running and we would like to thank you for your support. We are continuing to improve the execution of this race and any comments are welcome. We would appreciate if you would fill out a survey which will be Emailed to all runners shortly after the event.

Profits from the JMTR are donated to local organizations. The race primarily benefits the Los Alamos High School Cross Country team and the Wally Walters and Aaron Goldman Scholarship Funds. The JMTR also makes donations to local organizations that contribute to the success of the race, including Pajarito Ski Patrol, Volunteer Task Force, Southwest Nordic Ski Club, Pajarito Environmental Education Center, Los Alamos Amateur Radio, Los Alamos Sheriff's Posse, and others.

Changes from Last Year

- There are major changes to the 50 mile course. Please review updated aid station information and course maps for details. Potential changes to the 50 km course and additional changes to the 50 mile course in the event that the forest is closed on race day.
- Some Aid Station locations have changed. Pipeline Aid Station is now located at the intersection of Pipeline road and the Guaje Ridge Trail. The Nail Trail Aid Station has been renamed the Camp May Road Aid Station is now located closer to the Camp May Road.
- Pacers will not be allowed this year because of the 50 mile course changes.

Similar to last year:

- We have a mandatory gear policy. Additional details of this policy are described below.
- There is a smartphone course map with GPS capability that we recommend all runners who will be carrying phone to have. Check out the course web page for installation directions: <http://www.hightitudeathletics.org/course.htm>
- JMTR will have an emergency messaging text system that you can subscribe to.

Sponsors and Volunteers

This race could not happen without generous donations from our sponsors and the efforts of our volunteers. Please patronize our sponsors and thank them for supporting the Jemez Mountain Trail Runs. Our volunteers put in many hours to prepare for the race, staff the aid stations and finish line, and clean up after the race. They do their best to support you during the race so please thank them for their efforts.

Cup Free Race:

Please note that all races will be totally cupless. In past years we had limited cups for soda. There will be **no cups** at the aid stations; runners **must** carry a container with them.

Wildfire Risk

The Los Alamos area is currently in a drought and the area has gotten very little precipitation in the last 6 months. As of April 29th the area is in Stage 1 fire restriction but we expect that the area will be in Stage 2 or total forest closure. All participants and spectators are required to comply with the fire restrictions. Under these conditions, there are restrictions on campfires, off road driving, smoking, and chainsaw use. Please be aware of the restriction in place if you are planning to camp. Under total forest closure, camping is not allowed. Please plan accordingly. Additional information on fire restrictions and what is prohibited can be found here:

https://gacc.nifc.gov/rmcc/dispatch_centers/r2ftc/documents/Fire_Restriction_Chart.pdf

Modified Course in the Event of Forest Closure

As mentioned above, the area is currently in an extreme drought and there is a possibility that a forest closure may be in place on race day because of wild fire risk. The race has gotten permission to run the event on a modified course even if the forest is closed assuming no extreme circumstances (for example, active wild fires in the area). Under a forest closure, the 15 mile event would still run the same course, but the 50km and 50 mile courses would use an alternate course closer to town. Details of these courses will be made available if it appears likely that the forest will be closed on race day. (We are still developing contingency plans).

Wildlife Encounters

Last year the local area experienced an increase in black bear activity. Many bears were seen in and around town. During a trail race in the Valles Caldera National Preserve a runner was attacked by a bear when the runner unexpectedly startled a mother bear with two cubs. The bear attacked the runner to protect the cubs. Since bear activity was observed at many locations along the course, the race is encouraging all runners to wear a bear bell. You can pick up a free bear bell at registration or at the Posse Lodge on race morning.

In case you encounter a bear during the race, be mindful of this advice (taken from the National Park Service website):

- **Identify yourself** by talking calmly so the bear knows you are a human and not a prey animal. Remain still; stand your ground but slowly wave your arms. Help the bear recognize you as a human. It may come closer or stand on its hind legs to get a better look or smell. A standing bear is usually curious, not threatening.
- **Stay calm** and remember that most bears do not want to attack you; they usually just want to be left alone. Bears may bluff their way out of an encounter by charging and then turning away at the last second. Bears may also react defensively by woofing, yawning, salivating, growling, snapping their jaws, and laying their ears back. Continue to talk to the bear in low tones; this will help you stay calmer, and it won't be threatening to the bear. A scream or sudden movement may trigger an attack. Never imitate bear sounds or make a high-pitched squeal.
- **Make yourselves look as large as possible** (for example, move to higher ground).
- **Do NOT drop your pack** as it can provide protection for your back
- If the bear is stationary, **move away slowly and sideways**; this allows you to keep an eye on the bear and avoid tripping. Moving sideways is also non-threatening to bears. Do NOT run, but if the bear follows, stop and hold your ground. Bears can run as fast as a racehorse both uphill and down. Like dogs, they will chase fleeing animals. Do NOT climb a tree. Both grizzlies and black bears can climb trees.
- **Leave** the area or take a detour. If this is impossible, wait until the bear moves away. Always leave the bear an escape route.
- **Be especially cautious if you see a female with cubs**; never place yourself between a mother and her cub, and never attempt to approach them. The chances of an attack escalate greatly if she perceives you as a danger to her cubs.
- **Black Bears:** If you are attacked by a black bear, **DO NOT PLAY DEAD**. Try to escape to a secure place such as a car or building. If escape is not possible, try to fight back using any object available. Concentrate your kicks and blows on the bear's face and muzzle.

Required Gear Policy

The purpose of the mandatory gear policy is to enhance the safety of runners and event staff in the event of inclement weather. History has shown that a fraction of runners are unprepared in the event of bad weather and this ultimately affects everyone. In the event of ongoing or forecasted inclement weather, the race management may require runners to leave the Start and/or the Ski Lodge Aid and Rendija Stations, which are a drop-bag-accessible aid stations, with gear that will keep runners reasonably warm and dry. A waterproof rain jacket with hood, hat, and gloves are highly recommended. Garbage bags are not considered appropriate rain gear. Aid station staff have authority to decide if the mandatory gear requirements are fulfilled and their decision is final. Race management will make the decision what mandatory gear, if any, is required based on actual and forecasted weather conditions. Decisions on mandatory gear required to be carried from the beginning of the race will be made at least 30 minutes prior to the start of the race. The race recommends that appropriate inclement weather clothing is staged in runner's drop bag. Please use your best judgement and come to the race fully prepared for any weather conditions.

Emergency Messaging Text System

This year JMTR will be using an emergency messaging text system. Any runner who has listed a phone number during registration will be automatically enroll in the messaging system. This system will be used to alert runners to any potential hazards during the race and any other important information. This system will also be used to alert runners if they are required to have mandatory gear. If you are planning to carry a cell phone and did not register the number during the registration process, send your cell phone number to jemezruns@gmail.com at least a week before the event and we will add your number to the messaging system. A test text will be sent to all runners who enrolled a week or two before the race.

Course Description:

The course starts and finishes at the Posse Lodge in the town of Los Alamos (see maps below.) The course is closed, meaning that runners are required to follow the specified route. The 15 mile course is run almost entirely on single track trails with small segments on closed jeep roads and pavement. The 50 kilometer and 50 mile courses are run on single track trails, closed jeep roads, and some cross country. Detailed course maps are posted on the race website. <https://www.jemezmountaintrailruns.org/course>

The 15 mile course has a long, steep climb to Guaje Ridge before descending back to the start. Note that sections of the trail on the ascent have loose footing. There is a newly refurbished section of trail going down Guaje Ridge.

The 50 kilometer race has one significant long steep climb to the top of Pajarito Mountain. Runners will start by climbing Gauje Ridge to the ski area. After leaving the Ski Lodge Aid Station there will be a steep 1,000 foot climb directly to the top of Pajarito Mountain and the high point of the race. From the top of Pajarito Mountain runners will begin a long descent eventually passing through Los Alamos National Laboratory enroute to the bottom of Los Alamos Canyon. Runners will then take the Perimeter Trail around town to the Finish.

The 50 mile race will run the 50 km course from the start to the Rendija Aid Station. From there the course will go up Cabra Trail to Guaje Ridge to Pipeline Road. The second time from the Pipeline Aid Station, the course will go down Pipeline Road to the Quemazon Trail. At the bottom of the Quemazon Trail, the course will proceed via the Perimeter Trail to the finish using the same route as previous years.

All three races will provide the participants with great views of the town of Los Alamos and the Sangre de Cristo Mountains. The 50 kilometer and 50 mile runners will also get to see the Valles Caldera National Preserve, spectacular views of the Jemez Mountains, and glimpses of the Sandia Mountains to the south. The approximate distance information is provided in the tables below for all three races. The distance information is shown in miles. The latest course information can be found on the web:

<https://www.jemezmountaintrailruns.org/course>

Jemez 15 Mile				
	Aid Station		Distance	
	From	To	Total	Split
0	Start	Mitchell	4.0	4.0
8	Mitchell	Guaje Ridge	6.4	2.4
2	Guaje Ridge	Cabra	10.7	4.3
1	Cabra	Finish	14.5	3.8
		Total		14.5

Jemez 50 km				
	Aid Station		Distance	
	From	To	Total	Split
0	Start	Cabra	4.6	4.6
1	Cabra	Guaje Ridge	9.0	4.4
2	Guaje Ridge	Pipeline	10.7	1.7
3	Pipeline	Ski Lodge	15.3	4.6
4	Ski Lodge	Camp May Road	21.7	6.4
5	Camp May Road	Quemazon*	26.7	5.0
6	Quemazon	Rendija	29.8	3.1
7	Rendija	Finish	32.1	2.3
		Total		32.1
	*Please note cutoff times below			

Jemez 50 Mile				
	Aid Station		Distance	
	From	To	Total	Split
0	Start	Cabra	4.6	4.6
1	Cabra	Guaje Ridge	9.0	4.4
2	Guaje Ridge	Pipeline	10.7	1.7
3	Pipeline	Ski Lodge	15.3	4.6
4	Ski Lodge	Camp May Road	21.7	6.4
5	Camp May Road	Quemazon	26.7	5.0
6	Quemazon	Rendija*	29.8	3.1
7	Rendija	Guaje Ridge	35.9	6.1
2	Guaje Ridge	Pipeline	38.2	2.3
3	Pipeline	Quemazon*	44.3	6.1
6	Quemazon	Rendija	47.4	3.1
7	Rendija	Finish	49.7	2.3
		Total		49.7
	*Please note cutoff times below			

Note: For the 50km and 50 mile races, there will be limited aid offered at the Cabra Aid Station location (this a full aid station for the 15 mile race only) approximately 4 miles into the race. For the 50 mile runners on the second pass through the Cabra Aid Station, there will be self-service water available. Runners in the 50 mile race can drop headlamps off at the Cabra Aid Station.

Cutoff Times:

- Rendija – 50 mile first pass - 2:30 pm (mile 29.8)
- Quemazon – 7:45 pm (mile 44.3)

More information about cutoff times is described below in the section on “Switching Races, Cutoff Times, and Dropping Out”

Course Marking:

The entire course will be marked before the event. Flags will be used to mark the course with additional use of orange flagging attached to trees and other objects. Some critical spots will also be marked with flour or spray chalk on the ground. The flags are 4 by 5 inch in size, orange in color, printed with the JMTR logo, and attached to a metal wire post. The flags will be placed in the ground along the course. Since most of the course is run on well-worn single track trails and jeep roads, the course will **not** be marked heavily. We will mark as infrequently as every mile for sections of well-worn trails that lack intersections. On sections off trail, flags may be placed as close as 100 feet apart depending on sighting. If you are on an off trail section, you can expect to be within sight of a marker at all times. Trail junctions will be marked immediately before and after the junction. **If**

you run through an intersection and do not immediately see additional flags, retrace your steps to be sure you did not miss a turn. Additional marking of chalk on the ground or signage may be used. Please be extra observant on the ski hill as there are many junctions.



In the past years, we have had problems with people removing the trail markers before the race. This has happened more often on sections of trails that run along town and near trailheads. Elk have also been known to eat the flagging on the off trail segment in the Valles Caldera National Preserve. Runners should be prepared to navigate the course without trail markers.

Every year runners get off course. Usually this is a result of the runner not paying attention and missing trail markers at key junctions. Please be aware of your surroundings and when you come to a trail intersection, look for flags. We purposely mark trail junctions with several flags both before and after the junction. There will be a couple of flags along the trail immediately after an intersection. If you pass a trail junction and do not see any flags, please return to the intersection and ensure that you have not gone off course. Sections of course where one should especially pay attention to trail marking include the Perimeter trail around town and the section of course on the ski area as there are many trail junctions in these sections.

Course Maps

Detailed maps are available on the web site. Please review the map to get familiar with the course route. (<https://www.jemezmountaintrailruns.org/course>).

For runners who will carry a smart phone with them, we highly recommend that you download the Avenza app and associate Jemez PDF map. This will enable you to locate your position and ensure that you are on the course. Details on how to download and install the PDF on your phone are on the JMTR web site:

(<https://www.jemezmountaintrailruns.org/course>)

Aid Station Summary:

There are 11 aid station stops along the 50 mile course and fewer along the shorter races. Descriptions of the aid stations are given in the table below. The limited aid stations will have water and limited food. All runners are **required to check-in** at the aid stations. The race is CUP FREE. There will be **no cups** at the aid station. You will need to use your own container for soda, water, and Tailwind. All runners are recommended to carry a water bottle, hydration backpack, or cup. Full aid stations will typically have the following:

Basic first aid supplies

Water – NO CUPS

Tailwind Endurance Fuel (electrolyte drink) – NO CUPS

VFuel gels: limited supply at the aid stations for the longer races

Soda (various flavors)

Assorted salty foods (pretzels, potato chips, peanuts, etc.)

Fresh fruits (such as oranges, bananas, watermelon, and grapes)

Boiled potatoes with salt for dipping

Candy (M&Ms, hard fruit candy, etc.)

Cookies and Fig Newtons

Sandwiches (nominally PB&J, Ski Lodge AS will have turkey/ham/cheese)

Runners who require special nutritional needs are encouraged to carry supplies with them and use their drop bag located at the Ski Lodge Aid Station and Rendija Aid Station (50 mile first pass through only) to resupply themselves. The Gels supplied by the race are intended to supplement your supplies in case of emergency. Please do not plan to support your nutritional needs with on-course gels.

Pain medications or any over the counter medications will NOT be provided to runners. This includes no ibuprofen or acetaminophen, Pepto Bismol or antidiarrheal, or antihistamines. Runners should carry these supplies, or include them in their drop bag, if they anticipate needing them during the race. First Aid will be available at the Posse Lodge finish line to treat runner injuries. Most other aid stations will also have a trained medical person.

Crews are welcome at accessible aid stations (see table below) to assist their runners. Crews are especially forbidden from meeting runners along West Road as this section of the course passes through the property of Los Alamos National Laboratory. Crews must follow all instructions given by the aid station captain and are asked not to interfere with aid station operation. Pets are not allowed to run on the course but can be with the crew. Please have your pets leashed and obey any requests from the aid station captains. Pets are not allowed in the Posse Lodge at the Start/Finish.

Aid Stations								
	Aid Station Name	Elevation (feet)	Distance of Aid (miles)			Aid	Drop Bag	Crew Access
			50 Mile	50 k	15 mile			
1	Cabra	7,572	4.6	4.6	10.7	Limited	No	No
2	Guaje Ridge	8,855	9.0, 35.9	8.4	6.4	Limited	No	No
3	Pipeline	9,730	10.7, 38.2	10.7		Full	No	No
4	Ski Lodge	9,249	15.3	15.3		Full	Yes	Yes
5	Camp May Road	8,550	21.7	21.7		Full	No	Yes
6	Quemazon	7,759	26.7, 44.3	26.7		Full	No	No
7	Rendija	7,116	29.8, 47.4	29.8		Full	No	Yes
8	Mitchell Trail Head	7,556			4.0	Limited	No	Hike

Packet Pickup and Pre-race Dinner:

We are again using a greener alternative for race packets this year and will not be handing out bags. Written material (i.e. local map, list of restaurants, race flyers, etc) will be available for you to choose from, but bags will not be handed out. Feel free to bring a bag with you to carry your "packet" material.

An advanced packet pickup will be held on Thursday afternoon at Fusion Multisport from 4:00 to 6:00. This store is located at 106 Central Park Square, right across from CB Fox. We hope that local runners and anyone else in town on Thursday can pick up their packet early to reduce congestion during the prerace dinner on Friday. Anyone who picks up their packet early is still welcome to attend the dinner on Friday. Packet pickup will be held at Crossroads Bible Church on Friday evening from 4:30 to 7:00 pm. The runner packet will include the bib number, a t-shirt, and a high-quality race poster depicting an Andy Thien limited edition photo. Packets can also be picked up on race morning from 4:00 to 4:50 for the 50 mile race, 5:00 to 5:50 for the 50km race, and from 6:30 to 7:50 for the 15 mile race.

The pre-race pasta dinner, which will be served starting around 5:00 pm, is free to runners and their guests. The Church hosts the pre-race dinner for us at no cost, so we would appreciate if you could make a donation to them on behalf of your guests. There will be donation containers located in the food serving area. We also request runners bring their own plates, silverware, and cups for the pre-race dinner if possible. This will help reduce the amount of trash generated by our event.

We will give a detailed race briefing starting at 5:45 pm. During and after the first briefing there will be a raffle of lots of great stuff from our local and national sponsors. Runners (or their designee) must be present to win.

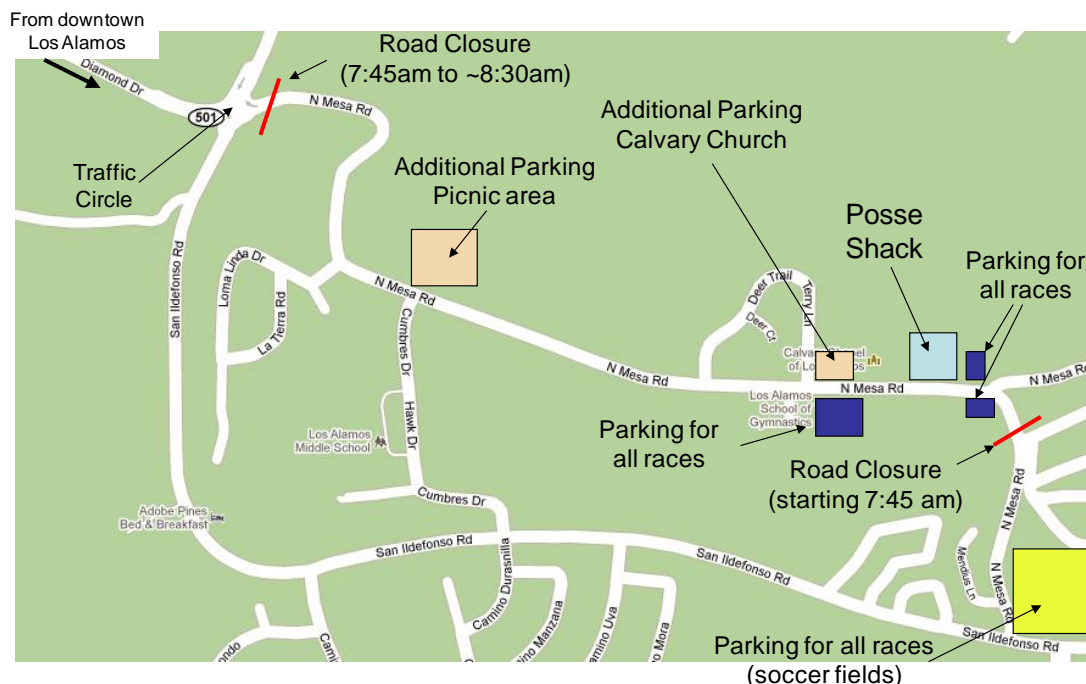
Parking is limited at the Crossroads Bible Church. Once the parking lot for the church is full, it will be blocked off. Additional parking locations can be found both to the East and West of the church. Please see the map below for more details.



Race Day Information:

All runners are required to check in on race morning at least 10 minutes before the race starts (even if you picked up your race information prior to race day). A race official will be inside the Posse Lodge for check in. They will record your bib number so that we can accurately account for all the runners during the races. If you pick up your packet and do not intend to run, please let us know.

North Mesa Road, which runs in front of the Posse Lodge, will be open during the race, except for the start of the 15 mile race. The road will close from the traffic circle at Diamond Drive to east of the Posse Shack starting at about 7:45 am until the 15 mile runners are off the road (we expect this to be about 8:30 am). During this time, anyone needing to reach the start area will have to approach from San Ildefonso Road. Please see the map for more information. Directly in front of the Posse Lodge, there will be some fencing in place to control pedestrian access to the road way. Please be alert to traffic at all times.



Drop Bags:

There are no drop bags for the 15 mile race. The 50 kilometer and 50 mile races allow for a drop bag at the Ski Lodge Aid Station located at the Pajarito Mountain Ski area at mile 15.4. The 50 mile runners will be allowed to have a second drop bag at the Rendija Aid Station only for the first pass through at mile 29.8. Drop bags should be marked with the runner bib number, runner name, and Aid Station name – please remove any labels or markings from previous races. Drop bags should be left in front of the Posse Lodge along the road in the marked location before the start of the race.

The 50 mile runners can drop flashlights at the Cabra Aid Station located 4.6 miles into the race. The flashlights will be returned to the Posse Lodge for collection by the runners. Please label flashlights with the runner's name and bib number. We recommend that all 50 mile runners start with a light. The course is very dark at the start and runs on semi-technical terrain. For 50 mile runners who think that they may finish in the dark, should carry a headlamp from the Rendija Aid Station.

We expect that all the drop bags will be returned to the Posse Lodge at or before 4 pm on race day. Drop bags should be collected on race day – please plan your schedule accordingly. The race is not responsible for returning unclaimed drop bags. Any bags remaining after the race ends can be picked up at the Posse Lodge on Sunday from approximately 11:00-3:00.

Switching Races, Cutoff Times, and Dropping Out:

All 50 mile runners will have the option of changing to the 50 km race at the Rendija Aid Station (first time through at mile 29.8). Any runner switching must alert the aid station captain. They will record your switch and mark both your bib and pull tab. Any runner switching to the 50 km race will not be eligible for top three finisher awards.

There is a 2:30 pm cutoff time at the Rendija Aid Station (first time through at mile 29.8) for 50 mile runners. There is a 7:45 pm cutoff at the Quemazon Aid Station (mile 44.3). There is no cutoff at the finish. Runners who leave the Rendija Aid Station after 1:00 pm must carry a flashlight in case their progress is slowed, resulting in an after dark finish. We recommend having a flashlight in your drop bag if you think you may be leaving the Rendija Aid Station after 1:00 pm.

Any runner who drops from the race **must** contact an aid station captain and give them your name and runner number. The aid station captain will also remove your pull tab from your bib. Aid station personnel will guide you to the nearest trail head. **DO NOT LEAVE THE COURSE BY ANY OTHER ROUTE.** All runners that drop **must** return to the Finish Line (Posse Lodge) and report to race officials. This is to ensure Search and Rescue that all runners have reached safety. Any runner who drops and fails to report to the Posse Lodge may be responsible for search and rescue costs.

Awards and Post Race Festivities:

Awards will be given to all finishers in all races. The 15 mile runners will receive a finisher's medallion upon completion. The 50k and 50 mile finisher awards are available to pick up as soon as the runner completes the race at a designated table inside the Posse Lodge. Please remember to pick up these awards as the race will not be responsible for mailing them to you.

The "50,000 Feet Climbed" pint glass award will be given to multi-year finishers who have successfully achieved 50,000 feet of ascent over all the races. The 50,000 feet qualification amount can be met with any combination of half/15 mile, 50 km, and 50 mile finishes. Runners who have achieved 100,000 feet will receive special pottery.

There will be refreshments and light snacks for all runners after the race. Starting in the afternoon (around 1 pm) there will be local New Mexican cuisine for all the runners. Crews and family are welcome to enjoy the food, but a donation to help offset the cost is encouraged. Everyone is welcome to stay around and enjoy the festivities while cheering on the runners from all the races.

Pacers

Pacers will not be allowed this year because of course modifications and to reduce the number of people on the course.

Runner Safety

If you will be carrying a phone, please ensure that your number is on the emergency notification list. Please add the race official contact number to your cell phone, 505-695-0736.

Stay on the course. If you feel unable to reach the next aid station, either go back to the previous aid station or stay where you are. Both aid stations will be waiting to help you and we will sweep the course to ensure all runners are accounted for. If you encounter a runner who requires assistance, call for help if you have a cell phone. Call race officials for minor incidents and 911 for urgent needs. If you do not have a cell phone proceed to the closest aid station for help. Please report the approximate location of the runner and also the runner's bib number.

Leave the course only at an aid station. Notify the aid station captain and let them give you directions or other help you may need. The aid station captain will also remove your pull tab from your bib. Do not try to navigate your own way back to the Posse Lodge. Many trails do not lead back to town and the terrain is very steep and rough with hazard trees, deadfall, and "bad rock".

If you get lost STOP:

S: Stop. Stay where you are. Sit down and rest.

T: Think about how you got lost. When did you last see a course flag?

O: Observe your surroundings. Can you see or hear any other runners? Can you see any course flags?

P: Plan what to do next. Can you follow your footprints back to the course? If not, stay where you are.

Wildlife in and around Los Alamos are abundant and respectful of humans; we have a long record of peaceful co-existence. Be alert but not afraid. You are most likely to see ravens, herds of mule deer and elk, and individual coyotes. There have been recent bear encounters/sightings in the local area. Many other animals live here but usually stay out of sight such as black bear, mountain lion, bobcat, skunk, rattlesnake, and many, many others. Drive defensively, especially in the early morning and at dusk when herds of mule deer will be crossing roads.

If you plan to carry your cell phone during your run, here are some ways to use your phone as a rescue tool. Put the GPS enabled Jemez PDF map on your phone so that you can see your location and ensure you are on course. Cell service is available on much of the JMTR course, so keep your phone turned on. Before the race, turn on the phone's location services. This activates the phone's GPS chip and ensures your phone has more accurate location data. The GPS chip does draw power but help is near so draining the

phone's battery won't likely be a concern. If you worry about running out of power, turn off social media notifications and do not call friends and family. During the race if you need help and cannot go to an aid station call us (the race emergency contact phone number is 505-695-0736. Put this number in your phone); this will ensure the fastest possible assistance. In the unlikely event you are lost at night, if you hear or see an aircraft searching for you, point your phone's lit display to the aircraft. Searchers using night vision equipment will be able to see the light.

Crew Information:

Crews are welcome to come to some of the aid stations to cheer on and support their runner(s). Because of course changes, the number of crew assessable aid station is limited. Crews are welcome to offer aid to their runners only at the aid station. The aid station supplies are for the runners only. Crews are required to follow any directions given by the aid station staff and should not give instructions or directions to runners. The table below gives information about crew access for the aid stations. Crews are not allowed to stop along West Road to see their runners at the various road crossings. Several of the aid stations do not have vehicle access and require hiking to access them. Most of the aid stations that have vehicle access require a short hike to access them. Crews must not interfere with other runners. Race officials will have limited contact with the aid stations and will not be able to update you on the progress of your runner. The communication system is principally for notification between aid stations and for emergency situations.

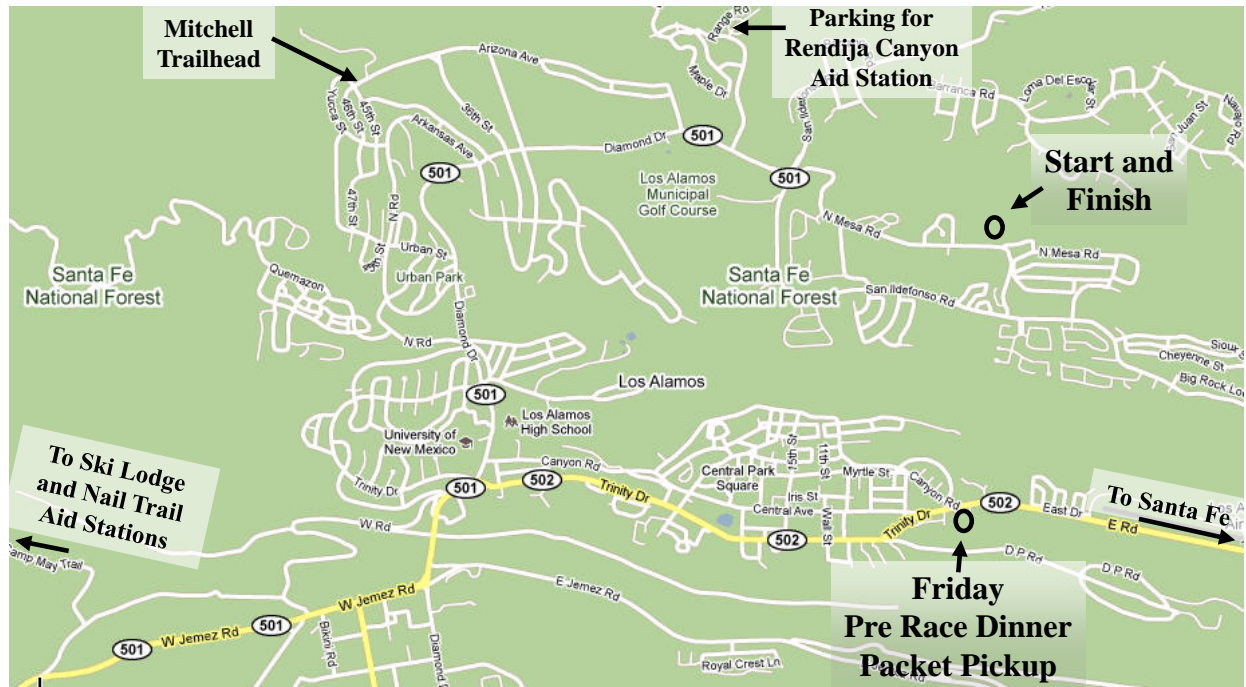
Crew Information for Aid Stations						
	Aid Station Name	Distance of Aid (miles)		Crew Allowed	Vehicle Access	Distance from car
		50 Mile	50 k			
1	Cabra	4.6	4.6	No	No	
2	Guaje Ridge	9.0, 35.9	9.0	No	No	
3	Pipeline	10.7, 38.2	10.7	No	No	
4	Ski Lodge	15.3	15.3	Yes	Yes	0 mi
5	Camp May Road	21.7	21.7	Yes	Yes	0.1 mi
6	Quemazon	26.7, 44.3	26.7	No	No	
7	Rendija	29.8, 47.4	29.8	Yes	No	0.2 mi

Directions to the Aid Stations and Race Locations:

Maps of the Los Alamos area can be found at:

<http://www.mappery.com/Los-Alamos-Street-map>

Los Alamos Area Map

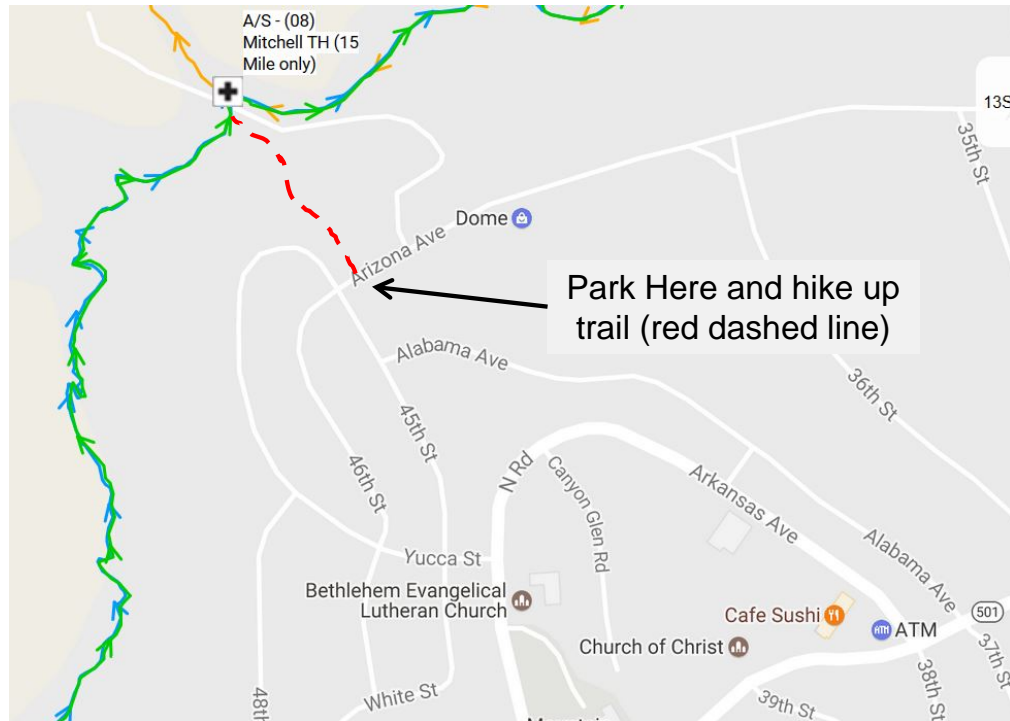


Crossroads Bible Church: The church is located at 97 East Road (NM 502). The church is located on the left hand side of the main road into town (NM502) just before the Y intersection with Canyon Road. Parking is limited. Please walk if you are staying nearby or carpool. Overflow parking is available at multiple locations with a short walk. See map above.

Posse Lodge, start of race: From the Crossroads Bible Church take East Road (NM502/Trinity Drive) west through downtown to Diamond Drive (approximately 2 miles). Turn right on Diamond Drive and continue north to the roundabout. Go straight through the roundabout and up the hill onto North Mesa. The Posse Lodge is approximately 1 mile from the roundabout on the left side of the road. Parking is available on the right side of the road near the playing fields, at the middle school, and at the picnic area. Please be careful when driving on this section – runners will be present. Please obey the directions of our parking director. Again, parking is limited, please carpool if possible. See maps above for start and parking locations.

Mitchell Trail Head (for 15 mile race): From Diamond Drive, turn West (uphill) at the traffic light onto Arkansas Drive at the Shell gas station. Turn right on Yucca Street and go one block then turn right on 45th Street. Turn right on Arizona. The trailhead is on Arizona a few yards from the intersection with 45th Street. Hike approximately ¼ of a mile on the Mitchell Trail to the aid station.

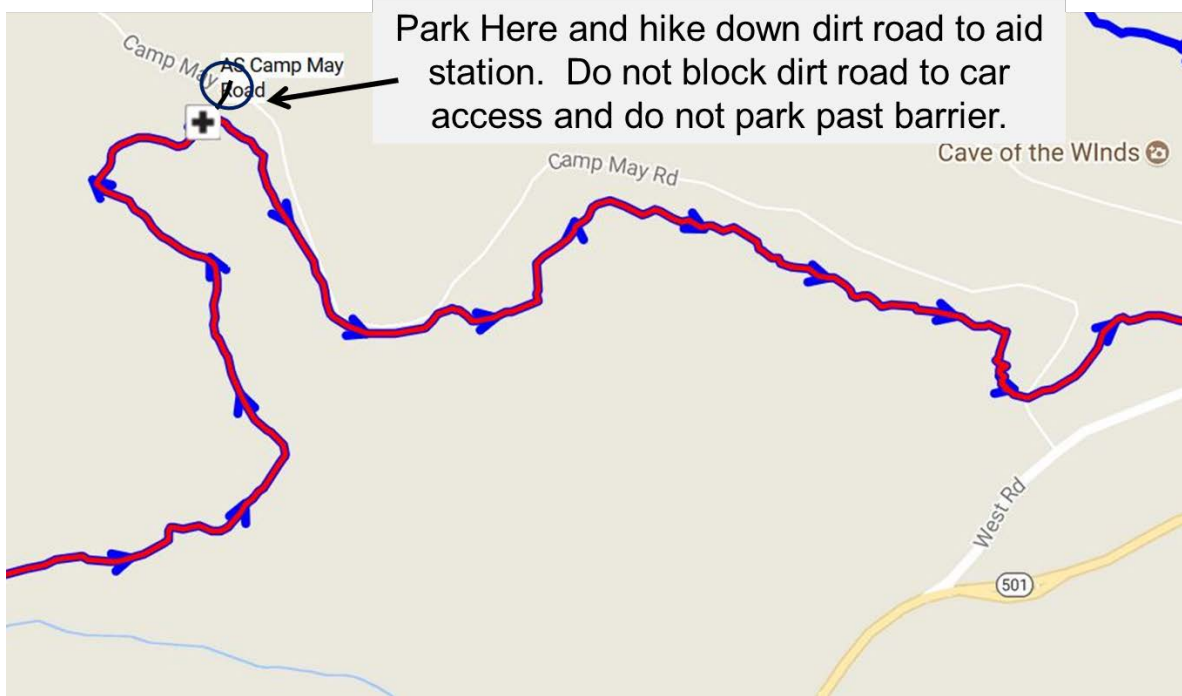
Mitchell Trailhead Aid Station Access Map



Ski Lodge: Take Diamond Drive South and turn right onto West Road (traffic light on Diamond Drive at the hospital just before the bridge). Follow West Road through Los Alamos canyon and turn right at junction for the Pajarito Ski Area (Camp May Road). Drive up Camp May Road until you reach the base of the ski area. The aid station will be on the deck at the ski lodge.

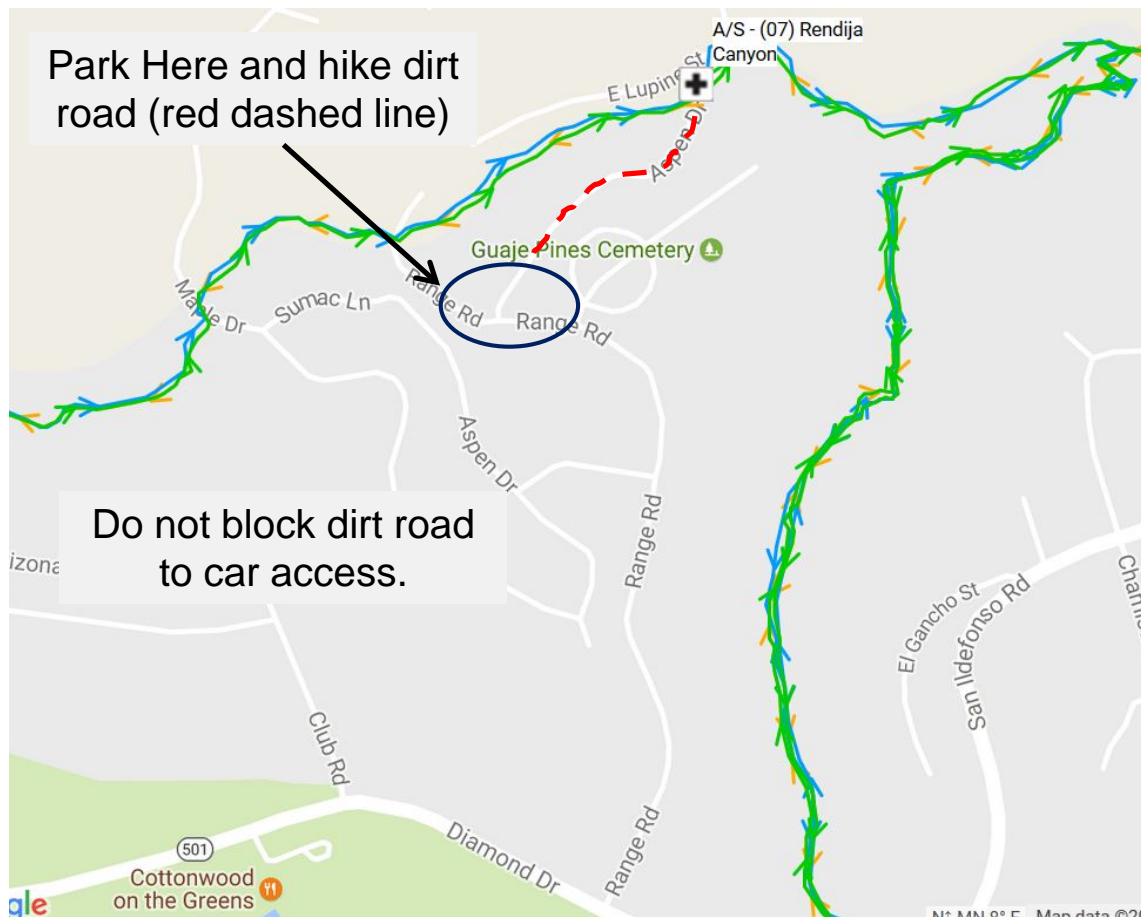
Camp May Road Aid Station: Access to the Camp May Road Aid Station is on a dirt road off Camp May Road. From the Ski Lodge, drive down Camp May Road approximately 2.1 miles to a right turn onto a dirt road. If you are driving up Camp May Road from West Road, the left turn onto the dirt road will be approximately 1.7 miles up Camp May Road. Parking is available along the first ~100 yards of the dirt road. The road will be blocked to car traffic when it merges with the race course. This is where the aid station will be located.

Camp May Road Aid Station Access Map



Rendija Canyon: Take Diamond Drive North from the High School. Turn left onto Range Road (the road next to the fire station across from the golf course). There is a sign for Guaje Pine Cemetery at this intersection. Follow Range Road to the cemetery and park. Walk past the cemetery and turn right onto the dirt road. The aid station will be a short walk down this dirt road (less than ¼ mile).

Rendija Canyon Aid Station Access Map



Rules:

Los Alamos National Laboratory (LANL) rules state no photography or video is allowed while on LANL property. We feel fortunate that LANL allows us to run on its property and request that all runners and spectators please obey this rule and not take photographs while running on LANL property (roughly miles 23 to 25 of the 50k and 50 mile races). We will place signs reminding runners when photography is disallowed and then allowed again.

Do not remove the pull tab from the bottom of your bib. This will be collected at the finish line.

All runners relinquish their claim to photographic copyright during the event. They also relinquish any recourse against the race organization or against any approved partners for the use of runner's image.

No Littering. Please leave trash at the aid stations.

All runners must follow the course precisely. Please exercise caution when crossing roads and obey official's instructions at all times.

All runners are required to check-in with a race official inside the Posse Lodge at least 10 minutes before the start of the race. The race official will record the runners bib number.

All runners must check in and out of each aid station. Let the aid station captain know if you are dropping from the race and report to the finish line officials at the Posse Lodge. If you drop and do not notify an aid station captain and/or fail to return to the Finish Line, you may be responsible for costs of search and rescue efforts.

Crews are welcome to assist their runners at the aid stations only, but please obey all instructions given by the aid station staff. No crew assistance is allowed outside of the aid station locations.

Pacers are not allowed in the 50 mile and 50 km races this year.

Weather:

In previous years, runners have experienced cold, heat, rain, snow, thunder, lightning, and high winds. Although very unusual, there were several inches of snow on the peaks one year and the race was stopped in 2014 because of heavy snow and high winds. Please be prepared!

Average temperatures for mid-May in Los Alamos are lows in the low 40's and highs in the upper 60's. Extreme temperatures for mid-May are the mid 20's for lows and the mid 80's for highs. A day of constant rain is rare in May, but scattered showers and thunderstorms, especially in the afternoon could be a possibility. The weather and temperature conditions are greatly affected by the terrain and elevation. Temperatures will quickly drop by as much as 30 degrees in rain showers. Temperatures will be colder on top of Pajarito Mountain. A temperature difference of 10 to 15 degrees is common between the town site and the ski area. Sunrise is at 5:54 am and sunset is at 8:09 pm.

Travel and Accommodations:

Information on local hotels, restaurants, and other attractions can be found at <http://visit.losalamos.com>. Several hotels are giving discounts to runners. Please check the website for information on hotel deals and on camping in the area. This information is found in the "local information" under the more tab.

Race Weekend Schedule:

Thursday, May 17th at the Fusion Multisport, 106 Central Park Square:

4:00 pm: early packet pickup

6:00 pm: End of early packet pickup

Friday, May 18th at the Crossroads Bible Church:

4:30 pm: Packet pickup begins

5:00 pm: Begin serving pasta dinner

5:45 pm: Race briefing

6:00 ish: Raffle - Runner (or their designee) must be present to win

7:00 pm: End of packet pickup.

Saturday, May 19th at the Posse Lodge:

4:00 am: Packet pickup, runner check in, and drop bag collection for 50 mile race.

4:50 am: Cut off for 50 mile check in and drop bag collection.

5:00 am: Start of 50 mile race.

5:00 am: Packet pickup, runner check in, and drop bag collection for 50 kilometer race.

5:50 am: Cut off for 50 kilometer check in and drop bag collection.

6:00 am: Start of 50 kilometer race.

6:30 am: Packet pickup and runner check in for 15 mile race.

7:45 am: North Mesa Road closed from the roundabout past the Posse Lodge

7:50 am: Cut off for 15 mile check in.

8:00 am: Start of 15 mile race.

12:00 pm: 15 mile Awards Ceremony

1:00 pm: Postrace food and party for all runners

2:30 pm: 50 mile cutoff at Rendija Aid Station first pass for 50 mile runners

3:00 pm: 50 kilometer Awards Ceremony (approximate time)

7:45 pm: Cutoff at Quemazon Aid Station

TBD: 50 mile Awards Ceremony