

# *Runners Manual*

*May 25, 2019*



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



**CB FOX**



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## Introduction:

Welcome to the 14<sup>th</sup> running of the Jemez Mountain Trail Runs (JMTR). The 50 mile course has undergone major changes from last year. The 50km and 15 mile courses will run the same route as previous years. We are excited to again host this great event and wish you the best of luck. This document provides detailed information about the race but please let us know if you have any additional questions. Please check back [on our website](#) closer to the race for updates to this manual.

The JMTR 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 over the years. We're continually improving the execution of this event 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, Southwest Nordic Ski Club, Pajarito Environmental Education Center, Los Alamos Amateur Radio, Los Alamos Sheriff's Posse, and others.

## Changes from 2018:

- There are major changes to the 50 mile course. Please review updated aid station information and course maps for details.
- The location of the Quemazon aid station on the 50km and 50 mile courses has changed.
- Cutoffs specific to the 50km race have been established.
- The pacer policy has been updated. See details below.
- In an effort to reduce waste, we will not have disposable cups at the finish line. All runners will receive a reusable plastic cup with the JMTR logo when they finish the race. Non-runners can either bring their own cup or purchase a cup for \$1.

## Please be aware of the following for your safety:

- 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: <https://www.jemezmountaintrailruns.org/course>
- JMTR will have an emergency messaging text system that you can subscribe to.
- All runners must carry a cup for drinking liquids at the aid stations. No cups will be provided at the aid station.



## 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 both at the aid stations and at the finish line. This means there will be **no cups** at the aid stations; runners in all races **must** carry a container with them. Last year there were reports of runners drinking directly from water jugs at some of the aid stations. This is not acceptable and any runner drinking directly for a water jug will be disqualified. Runners **must** carry a water transfer device.

Every year we generate a lot of waste at the finish line. To reduce the amount of waste this year we will be handing out reusable plastic cups with the JMTR logo when runners cross the finish line. All non-runners can purchase a cup for \$1 or bring their own cup. We will not have disposable cups at the finish line. We also encourage people to bring their own plates and utensils to the start/finish area.

## Wildfire Risk

The winter of 2018-19 has been wet and at this time we do not anticipate any issues for forest restrictions or closures on race day. 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](https://gacc.nifc.gov/rmcc/dispatch_centers/r2ftc/documents/Fire_Restriction_Chart.pdf)

## Wildlife Encounters

The last several years have seen an increase in black bear activity. The race organization encourages runners to make noise or wear a bear bell in areas with thick vegetation as last year bear activity was observed at many locations along the course.

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.

### Mandatory 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 Mitchell Stations, which are a drop-bag-accessible aid stations, with gear that will keep runners reasonably warm and dry. The mandatory gear list is:

- A waterproof rain jacket with hood. Garbage bags are not considered appropriate rain gear.
- Hat and gloves.

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 provided 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](mailto:jemezruns@gmail.com) at least a week before the event and we will add your number to the messaging system. Registration is not guaranteed for runners who sign-up within a week of the race date. A test text will be sent a couple weeks before the race to all runners who are enrolled in this system.

### 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 runners are required to stay on the specified route at all times. 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/off-trail sections. 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.

The 50 kilometer race starts by climbing Guaje Ridge to the ski area and Ski Lodge Aid Station. After leaving the Ski Lodge Aid Station there is a steep 1,000 foot climb directly to the top of Pajarito Mountain (10,400' elevation) and the high point of the race. From the top of Pajarito Mountain runners take a long descent eventually passing through a short section of Los Alamos National Laboratory (LANL) land enroute to the bottom of Los Alamos Canyon. Runners then take the Perimeter Trail around town to the finish line.

The 50 mile race runs the shares the 50 km course from the start to the Quemazon Aid Station (mile 25.4). From there, the 50 mile course goes up the Quemazon Trail to Pipeline Road then descends Pipeline Road and returns to the Perimeter trail. From there runners take the Perimeter Trail to the Mitchell Trail Aid Station. At the Mitchell Aid Station runners will ascend the South Mitchell Trail over Guaje Ridge and descend the steep North Mitchell Trail into Guaje Canyon. Runners then proceed west up Guaje Canyon to the Pipeline Road Aid Station for a second time. From there runners descend Pipeline Road to the Perimeter Trail, back through the Mitchell Trail Aid Station and on to the finish line.

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>

<b>Jemez 15 Mile</b>				
	Aid Station		Distance	
	From	To	Total	Split
0	Start	Mitchell	4.0	4.0
7	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

<b>Jemez 50 km</b>				
	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	12.6	3.6
3	Pipeline	Ski Lodge	15.3	2.7
4	Ski Lodge	Camp May Road	21.7	6.4
5	Camp May Road	Quemazon	25.4	3.7
6	Quemazon	Mitchell	27.9	2.5
7	Mitchell	Finish	32.1	4.2
		Total		32.1
	*Please note cutoff times below			

<b>Jemez 50 Mile</b>				
	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	12.6	3.6
3	Pipeline	Ski Lodge	15.3	2.7
4	Ski Lodge	Camp May Road	21.7	6.4
5	Camp May Road	Quemazon	25.4	3.7
6	Quemazon	Mitchell	31.9	6.5
7	Mitchell	Guaje Ridge	34.5	2.6
2	Guaje Ridge	Pipeline	40.0	5.5
3	Pipeline	Mitchell	47.2	7.2
7	Mitchell	Finish	51.4	4.2
		Total		51.4
	*Please note cutoff times below			

Note: Runners in the 50 mile race can drop headlamps off at the Cabra Aid Station.

**Cutoff Times:**

- Camp May Road – All runners – 3:00 pm (mile 21.7)
- Quemazon – 50 mile runners – 12:45 pm (mile 25.4), if missed can switch to 50km
- Quemazon – All runners – 5:00 pm (mile 25.4)
- Mitchell – All runners - 8:15 pm (mile 47.2)

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. 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 stop and 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 showing which way to go at the 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 and at the end of this manual. 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 10 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. Runners are not allowed to drink directly from water jugs at the aid stations. All runners are required to carry a water bottle, hydration backpack, or cup. Full aid stations will typically have the following:

### **Basic Aid Station 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) - NO CUPS

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 Mitchell Aid Station (50 mile first pass through only) to resupply themselves. The VFuel gels supplied by the race are intended to supplement your supplies in case of emergency and shouldn't be the runner's primary fuel.

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 trained medical personnel.



Crews are welcome at accessible aid stations (see table below) to assist their runners. Crews are expressly forbidden from meeting runners along West Road as this section of the course passes through the property of Los Alamos National Laboratory (LANL). 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	Full	No	No
2	Guaje Ridge	8,855	9.0, 34.5	9.0	6.4	Limited	No	No
3	Pipeline	9,730	12.6, 40.0	12.6		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	7,500	25.4	25.4		Full	No	No
7	Mitchell	7,556	31.9, 47.2	27.9	4.0	Full	Yes*	Yes
*Drop bag at Mitchell only for 50 mile runners on first pass through (mile 31.9)								

#### 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 15.3. The 50 mile runners will be allowed to have a second drop bag at the Mitchell Aid Station only for the first pass through at mile 31.9. 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 at the start/finish area in front of the Posse Lodge along the wooden fence. We will have signs on the fence with the name of the aid station on race morning. Leave your drop bag in the appropriate pile. Drop bags will be returned to piles in front of the wooden fence after the races.

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. 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. All 50 mile runners who think they may finish in the dark should carry a headlamp from the Mitchell Aid Station.

We expect all the drop bags will be returned to the Posse Lodge at or before 5:00 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 12:00pm-3:00pm. They will be in piles by the wooden fence and will not be monitored. If you're concerned about getting your drop bag back, please remember to pick it up on Saturday after you finish your race.



### Switching Races, Cutoff Times, and Dropping Out:

#### **SWITCHING RACES:**

All 50 mile runners will have the option of switching to the 50 km race at the Quemazon Aid Station (mile 25.4). Any runner switching **must** alert the aid station captain. The aid station captain will record your switch and mark both your bib and pull tab. Any runner switching to the 50 km race is not eligible for a top-three finisher award.

#### **CUTOFF TIMES FOR 50 MILE RUNNERS:**

There is a 12:45 pm cutoff time at the Quemazon Aid Station (first time through at mile 25.4) for 50 mile runners. Any runner missing this cutoff can switch to the 50km race. There is an 8:15 pm cutoff at the Mitchell Aid Station (mile 47.2). There is no cutoff for the finish. Runners who leave the Mitchell Aid Station after 12:00 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 Mitchell Aid Station after 12:00 pm. All 50km runner cutoff also apply to the 50 mile runners.

#### **CUTOFF TIMES FOR 50 KM RUNNERS:**

The Camp May Road Aid Station (mile 21.7) will have a 3:00 pm cutoff for all runners. The 50km runners will have a 5:00 pm cutoff at the Quemazon Aid Station (mile 25.4).

#### **DROPPING OUT:**

Runners can only drop out at an aid station. Any runner dropping out from the race **must** contact an aid station captain and give them their 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 that all runners have reached safety and are accounted for. Any runner who drops and fails to report to the Posse Lodge may be responsible for search and rescue costs.

### 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, 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 session will be held on Thursday afternoon, May 23<sup>rd</sup>, in the Training Room at the Larry R. Walkup Aquatic Center from 4:00pm to 6:00pm. The Aquatic Center is located at 2760 Canyon Road. We hope that local runners and anyone else in town on Thursday can pick up their packet early to reduce congestion during the pre-race dinner on Friday and on race morning. Runners who pick up their packet on Thursday are, of course, still welcome to attend the pre-race dinner on Friday evening. Packet pickup and the pre-race dinner will be held at Crossroads Bible Church on Friday

evening from 4:30pm to 7:00 pm. The runner “packet” will include the bib number, a t-shirt, and a high-quality, limited edition race poster depicting a Jim Stein photo. Packets can also be picked up on race morning from 4:00am to 4:50am for the 50 mile race, 5:00am to 5:50am for the 50km race, and from 6:30am to 7:50am for the 15 mile race.

The pre-race pasta dinner, which will be served starting around 5:00pm, is free to runners and their guests. The Crossroads Bible Church hosts the pre-race dinner for us at no cost and we appreciate it 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 helps reduce the amount of trash generated by our event.

We will give a detailed race briefing starting at 5:45pm.

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 note that there is major construction on NM 502 near the church which may impact access to parking areas. Please see the map below for more details.

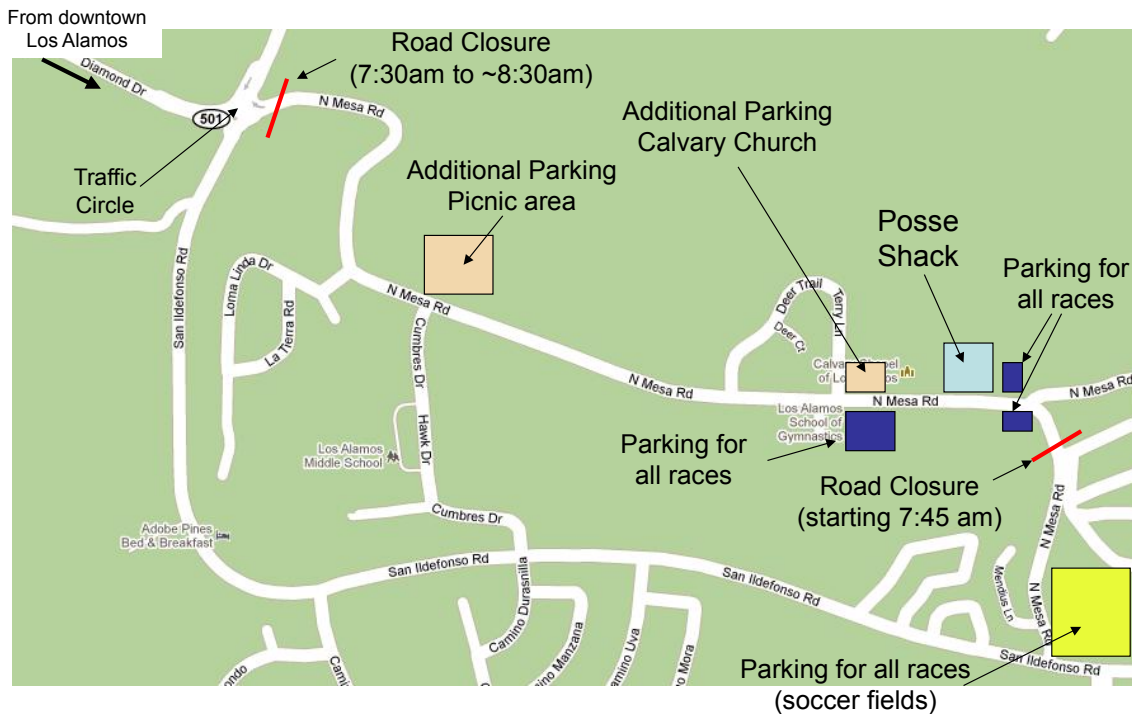


### Race Day Information:

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 closed from the traffic circle at Diamond Drive to east of the Posse Shack starting at about 7:30 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. Please be alert to traffic at all times.



#### Awards and Post-Race Festivities:

Awards will be given to all finishers in all races. All finisher awards are handmade pottery by the Toya family of the nearby Jemez Pueblo. The 15 mile runners will receive a finisher's medallion and the 50k and 50 mile finishers will receive a small pottery bowl. All runners will receive their finisher's award upon crossing the finish line.

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 1:00pm) 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 are not allowed in the 15 mile nor 50 km races. Pacers for the 50 mile course will be allowed to join their runner at the Mitchell Aid Station at mile 31.9 and/or mile 47.2. Please note that there is no crew access until the 2<sup>nd</sup> pass through the Mitchell Aid Station at mile 47.2. For this reason we advise that only runners with experience in mountain running join as a pacer as the pacer will be committed to going ~15 miles.

All pacers must inform the aid station timers that they are pacing a runner upon departure from and arrival into the aid stations.

## 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.

If you must leave the course, 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 JMTR course 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). 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.

<b>Crew Information for Aid Stations</b>						
	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, 34.5	9.0	No	No	
3	Pipeline	12.6, 40.0	12.6	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	25.4	25.4	No	No	
7	Mitchell	31.9, 47.2	27.9	Yes	No	0.2 mi

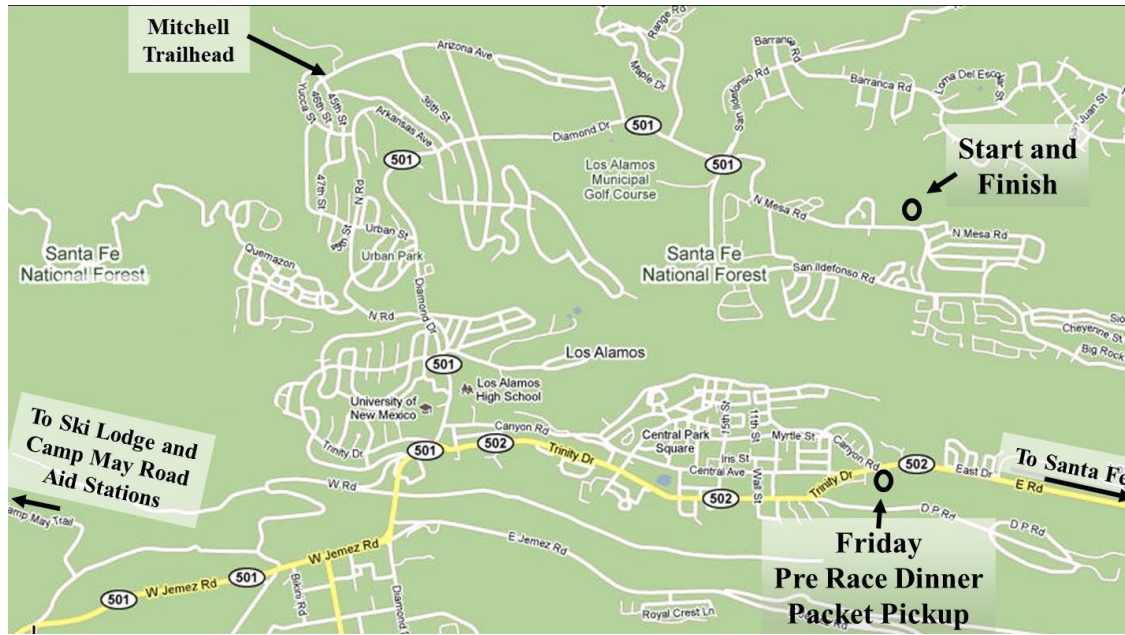


## Directions to the Aid Stations and Race Locations:

Maps of the Los Alamos area can be found at:

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

Los Alamos Area Map

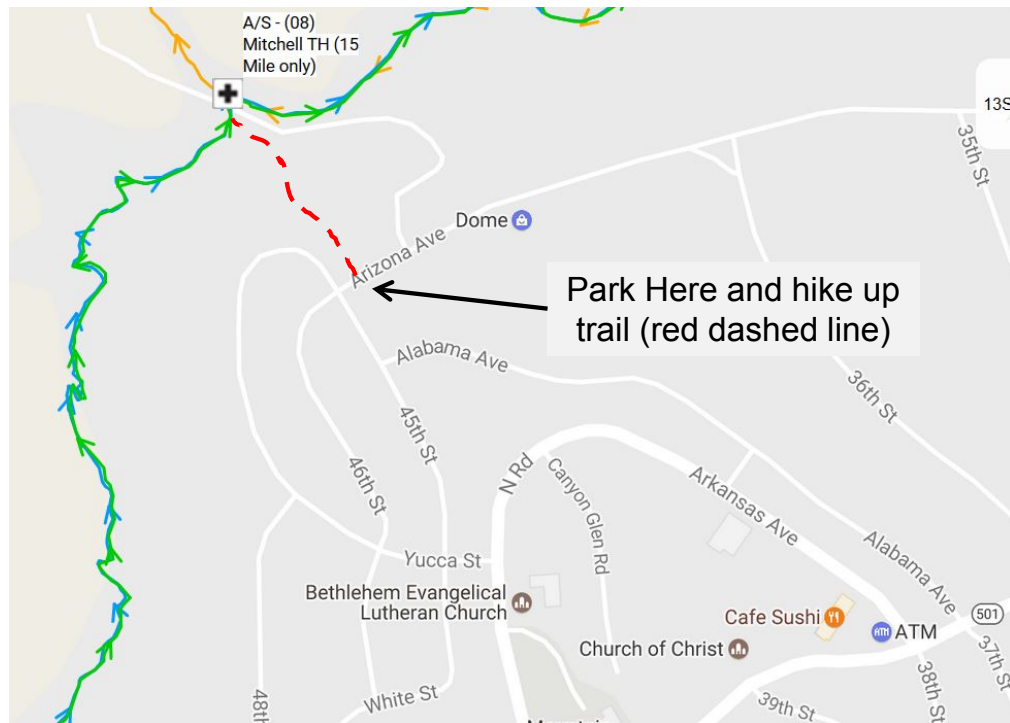


*Crossroads Bible Church:* The church is located at 97 East Road (NM 502). The church is located on the left hand side of the main road into town (NM502) just before the Y intersection with Canyon Road. Parking is limited. Please walk if you are staying nearby or carpool. Overflow parking is available 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:* 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 45<sup>th</sup> Street. Turn right on Arizona. The trailhead is on Arizona a few yards from the intersection with 45<sup>th</sup> 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





### Rules:

Los Alamos National Laboratory (LANL) rules state no photography or video is allowed while on LANL property. We are 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 allowed only in the 50 mile race 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 23<sup>rd</sup> in the Training Room at the Aquatic Center, 2760 Canyon Rd

4:00 pm: early packet pickup

6:00 pm: End of early packet pickup

Friday, May 24<sup>th</sup> at the Crossroads Bible Church:

4:30 pm: Packet pickup begins

5:00 pm: Begin serving pasta dinner

5:45 pm: Race briefing

7:00 pm: End of packet pickup.

Saturday, May 25<sup>th</sup> 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.

7:30 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

12:45 pm: 50 mile cutoff at Quemazon Aid Station first pass for 50 mile runners

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

3:00 pm: Cutoff at Camp May Road Aid Station for all runners

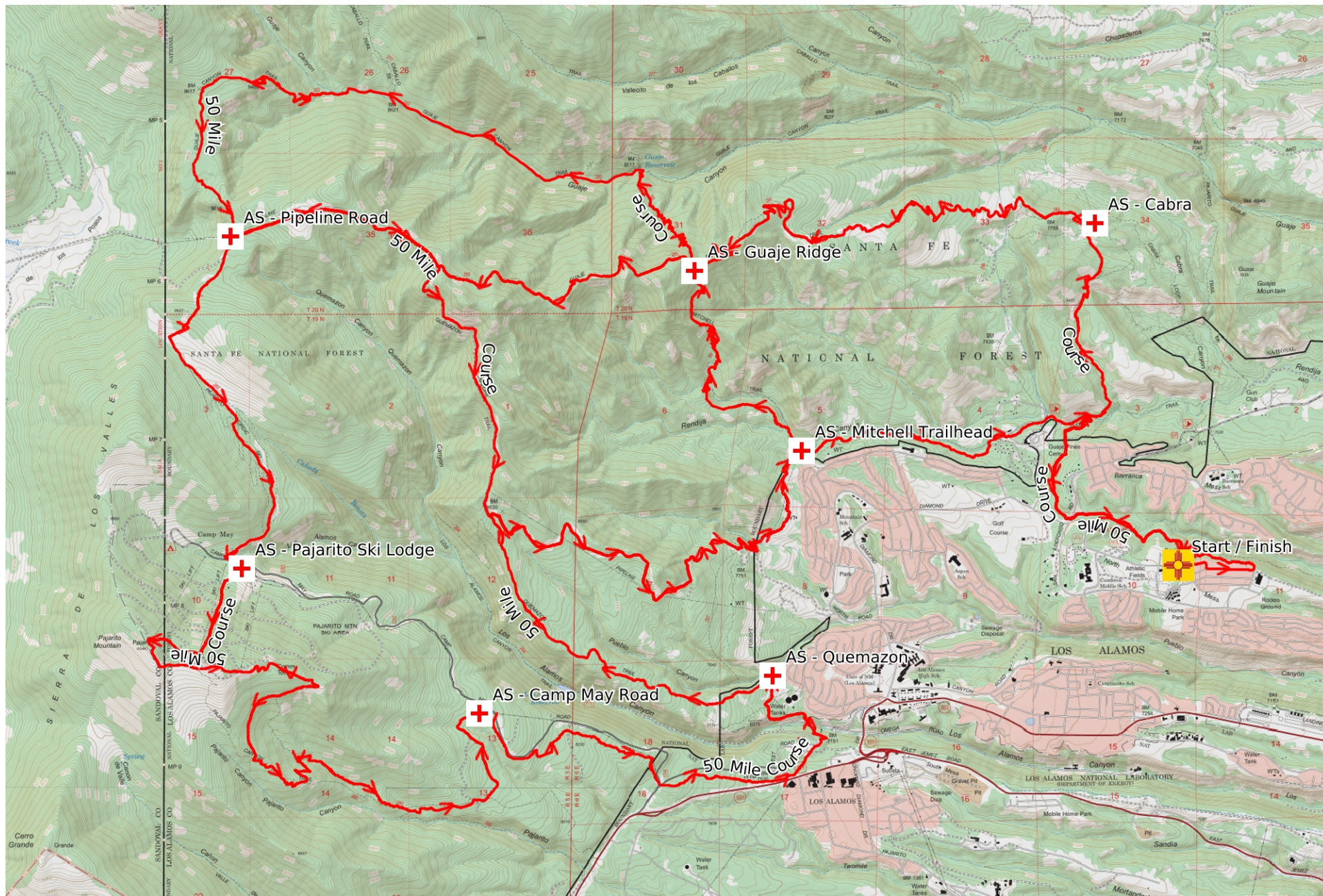
3:00 pm: 50 kilometer Awards Ceremony (approximate time)

5:00 pm: Cutoff at Quemazon Aid Station for all runners

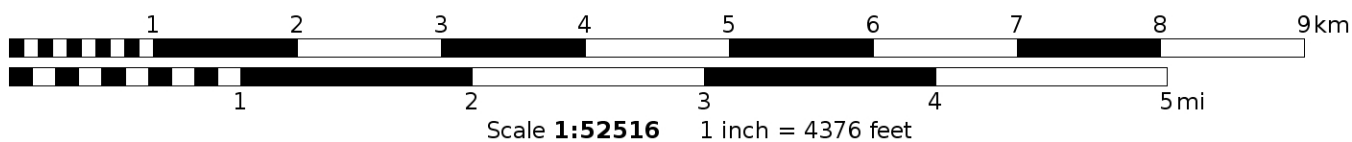
8:15 pm: Cutoff at Mitchell Aid Station for all runners

TBD: 50 mile Awards Ceremony





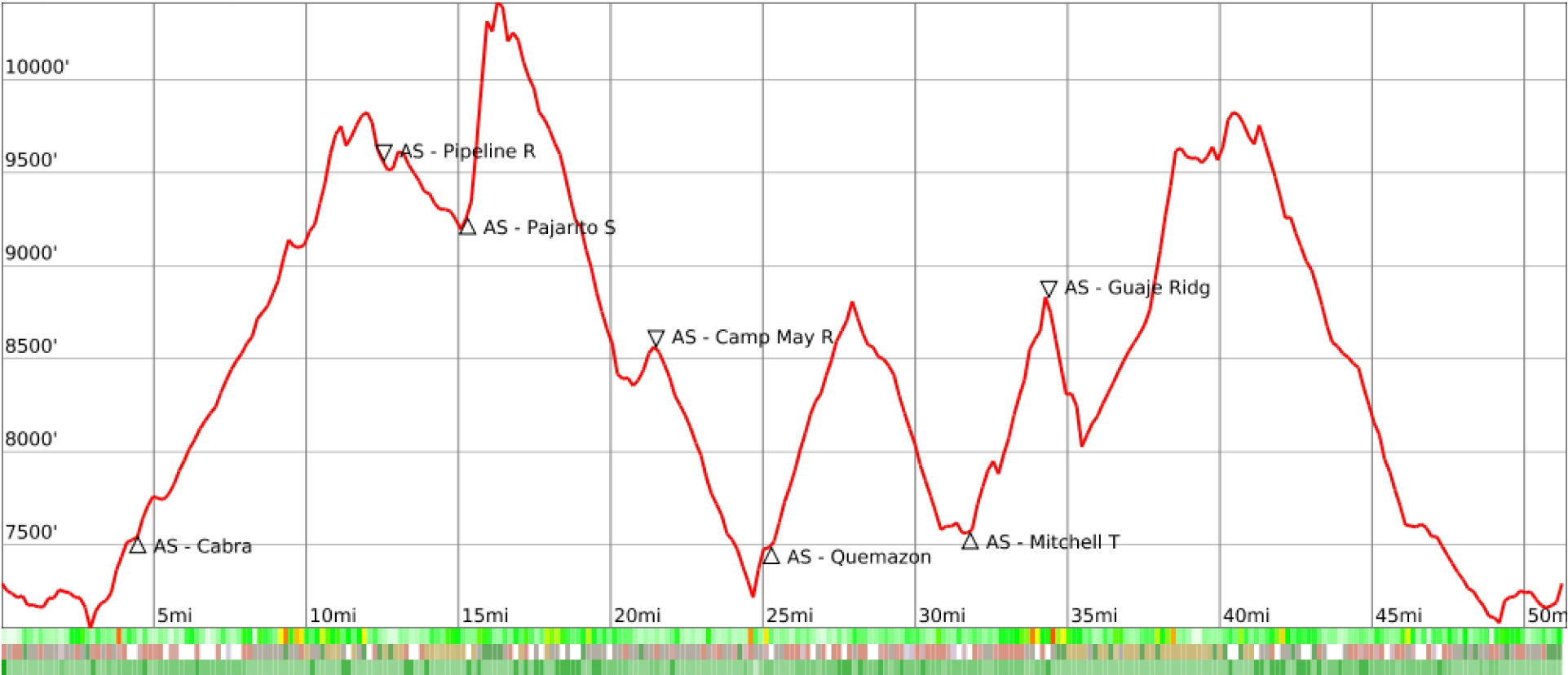
Mercator Projection  
WGS84  
USNG Zone 13SCV  
CalTopo



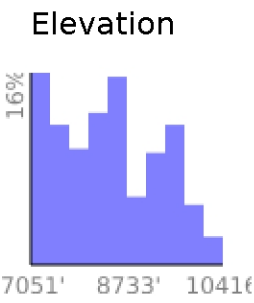


# 50 Mile Course

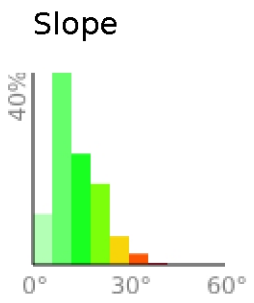
range 7051' to 10413' gain 10026' loss 10026' exaggeration 32.3x



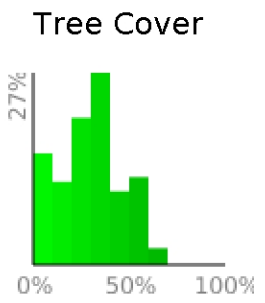
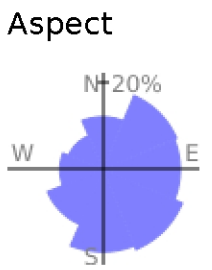
Slope Angle (top), Land Cover (middle), Tree Cover (bottom)



Min 7051'  
Avg 8432'  
Max 10416'  
Delta 3365'



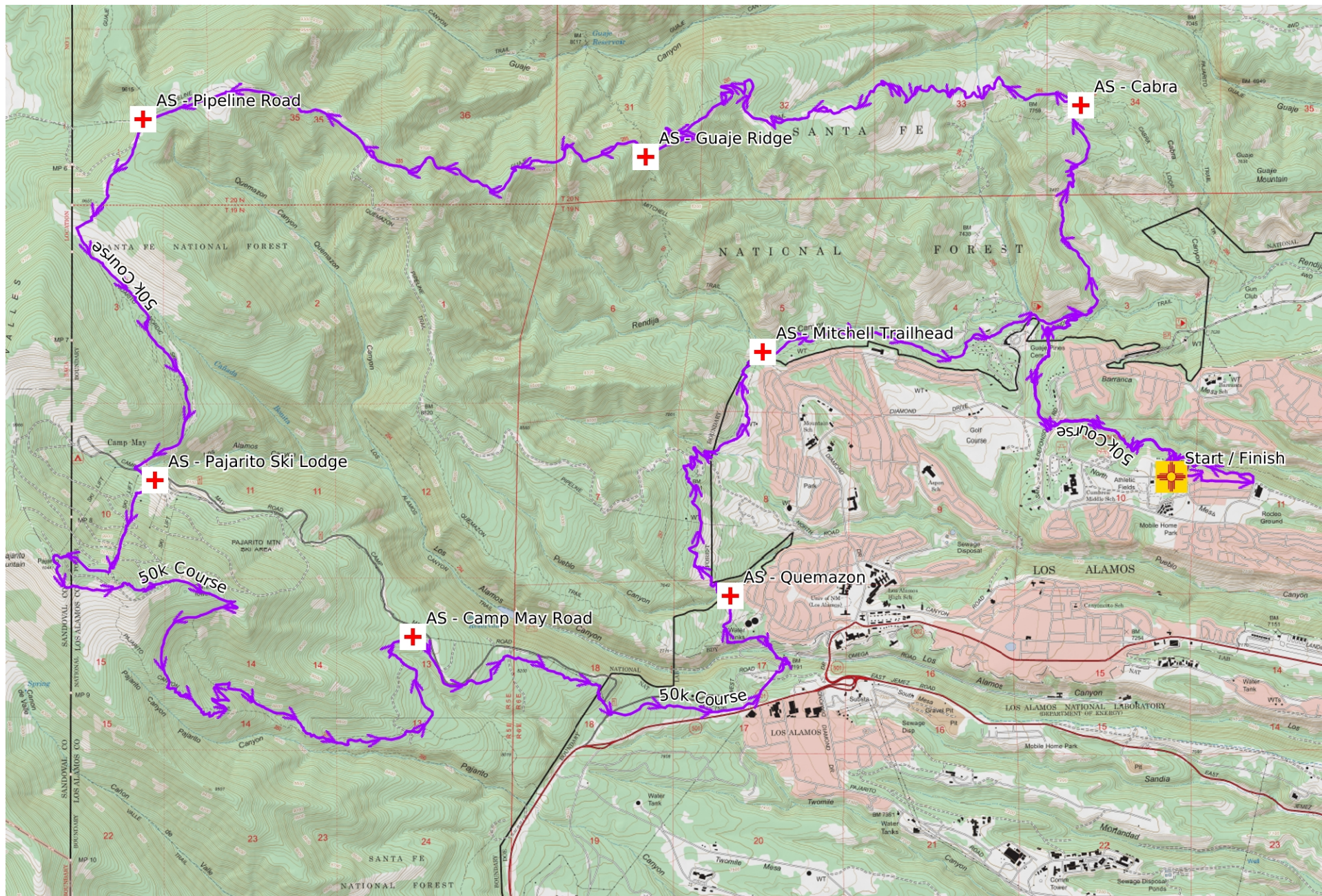
Min 2°  
Avg 13°  
Max 36°



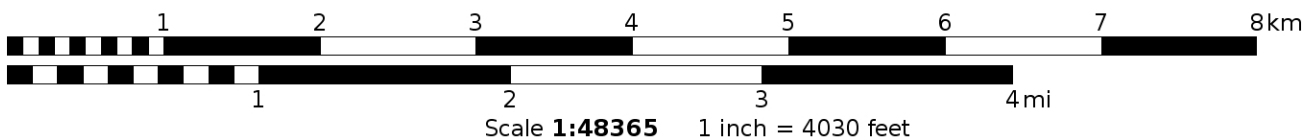
### Land Cover

- Forest 55%
- Shrub 29%
- Grassland 15%





Mercator Projection  
WGS84  
USNG Zone 13SCV  
CalTopo





# 50k Course

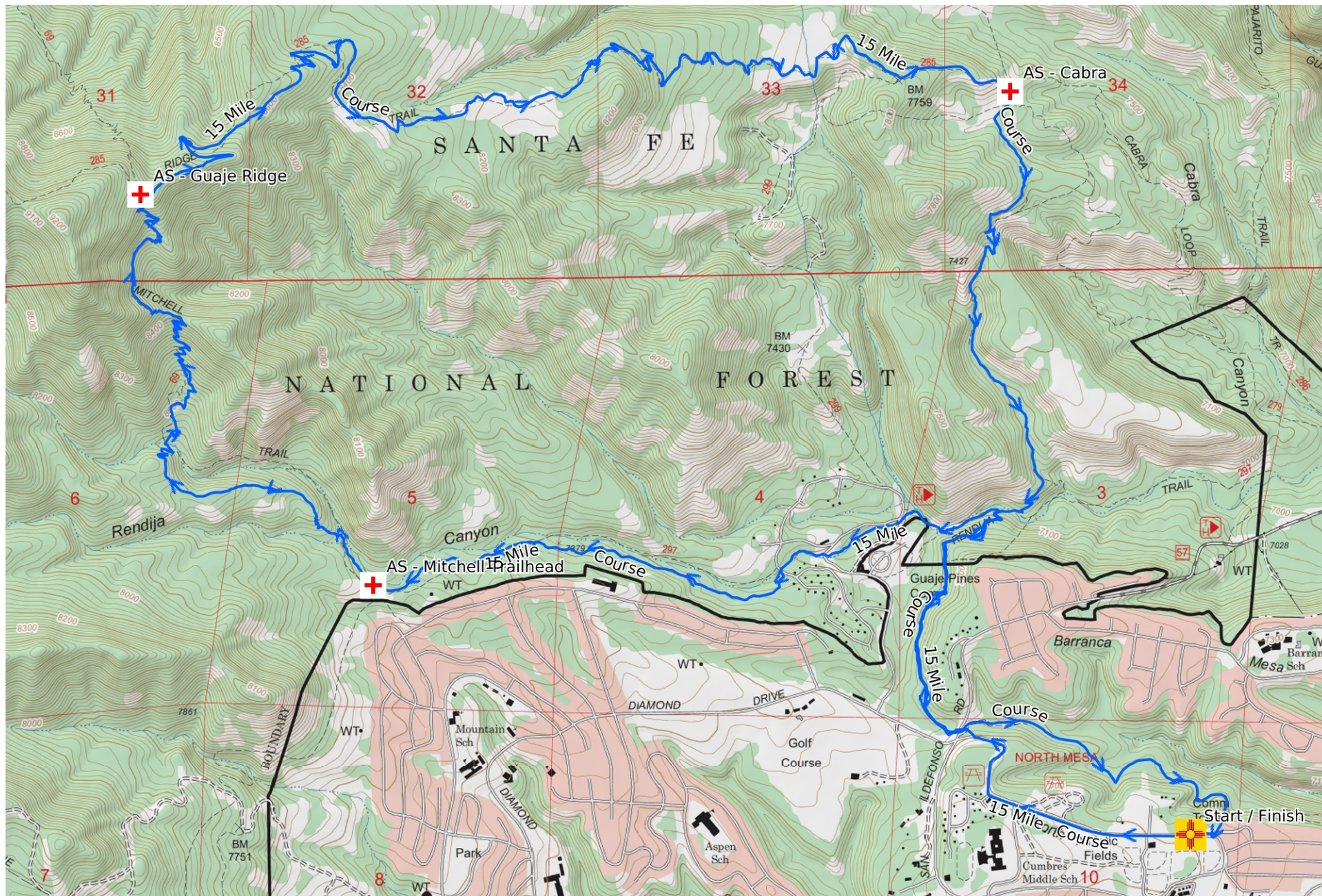
range 7070' to 10430' gain 5932' loss 5932' exaggeration 20.0x



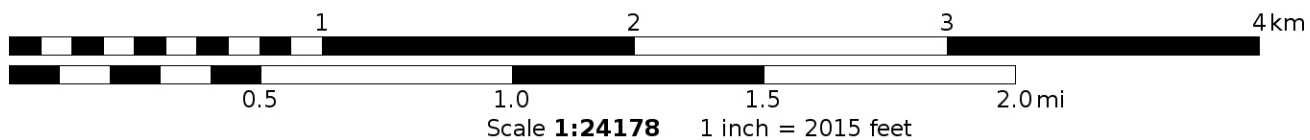
Slope Angle (top), Land Cover (middle), Tree Cover (bottom)







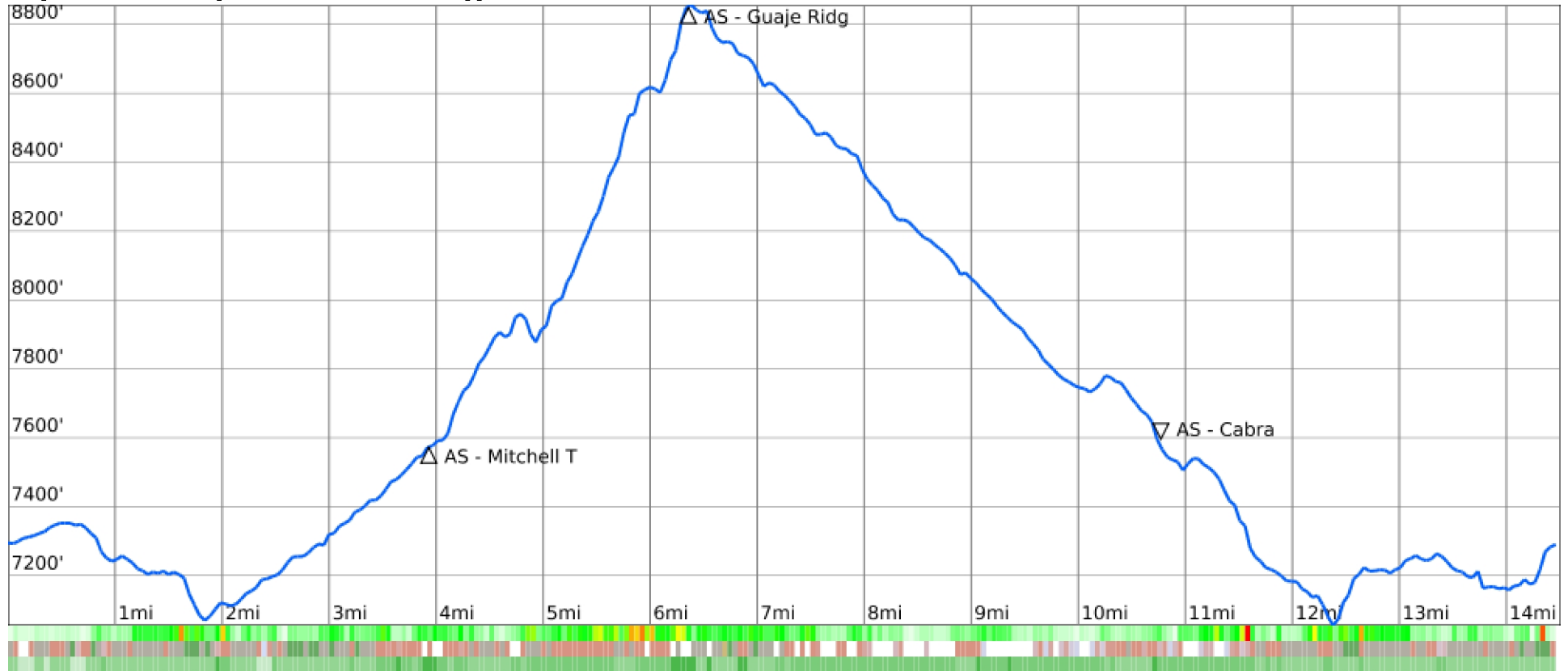
Mercator Projection  
WGS84  
USNG Zone 13SCV  
CalTopo



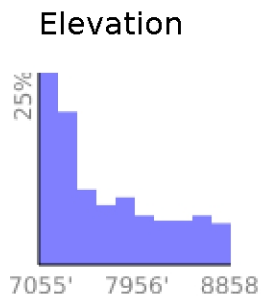


# 15 Mile Course

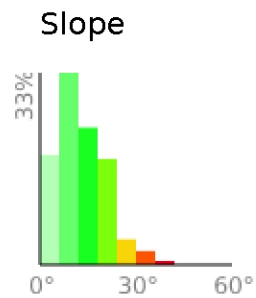
range 7054' to 8855' gain 2539' loss 2546' exaggeration 17.0x



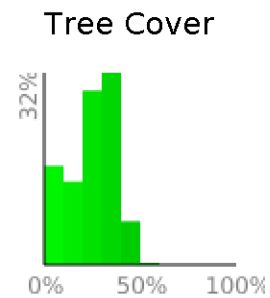
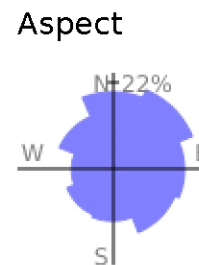
Slope Angle (top), Land Cover (middle), Tree Cover (bottom)



Min 7055'  
Avg 7698'  
Max 8858'  
Delta 1803'



Min 2°  
Avg 13°  
Max 40°



### Land Cover

- Forest 49%
- Shrub 42%
- Grassland 5%
- Developed 3%