

## **KODIAK ULTRA MARATHONS**

Presented by CarboPro Athlete Guide and Race Instructions 100 Mile, 50 Mile, and 50K Ultra Marathon Races August 17-18, 2018 www.kodiak100ultramarathon.com

> Version: Updated July 23, 2018 Updates forthcoming – check back!



## OFFICE OF THE MAYOR

August 17, 2018

Greetings to All From The City of Big Bear Lake, A warm welcome to all of this year's participants in the 5th Annual Kodiak Ultra Marathon. It is an honor to co-sponsor the event, and for our beautiful mountain community to be the site of this 100 mile distance trail run. Our small-town charm, friendly atmosphere and picturesque surroundings provide the idyll environment for the complete loop around Big Bear Valley with a course that tests even the best ultra-runners.

With a rich history of high altitude training our mountaintop community has long been a destination for amateur and professional athletes alike. Southern California's only four-season resort, Big Bear continues to thrive and offer a variety of on and off-road running events to competitors at all levels.

We welcome athletes to our community and encourage you to take in all of the beauty and relaxation our community has to offer while you are here for the Kodiak, take a few moments to explore and discover all the exquisite scenery.

Congratulations and good luck to all participants, the entire community joins me in extending our heartfelt well wishes for a successful race. And we thank you for visiting the Big Bear Valley.

Very truly,

W.E. Jahn Mayor

#### **Race Organization**

Susie Schmelzer - Race Director Harald Zundel - Course Director John Emig – Communications Director

Race management reserves the right to change, modify, or altogether abandon this plan between now and race day due to a variety of reasons such as Forest Service requests, weather, a-ha moments, fire or any other number of issues. Be ready to run 100, 50, or 31 (+ or -) gorgeous, well-marked and supported miles in the forest surrounding Big Bear Lake and you will not be disappointed. We are working hard so that you have every opportunity to earn your finisher buckle or medal. Thank you for choosing the Kodiak 100 for your next adventure!















## 2018 Kodiak Ultra Marathon Schedule of Events

## Thursday, August 16

4:00-7:30pm // Registration OPEN – Big Bear Village - Location TBD

## Friday, August 17

6:00am // Check-in opens for 100 milers starting at 8am (mandatory) - Start/Finish area in the Village Map // Place drop bags next to corresponding Aid Station signs at Start area
7:30am // Mandatory check-in closes, mandatory athlete briefing // All drop bags dropped off. Drop bags will leave the venue at 7:30am!

## 8:00am // 100 Mile START

10:30am // Check-in opens for 100 milers starting at 12pm (mandatory) - Start/Finish area in the Village Map // Place drop bags next to corresponding Aid Station signs at Start area by 11:30am

11:30am // Mandatory check-in closes, mandatory athlete briefing, drop bags leave venue

## 12:00pm // Prize Purse 100 Mile START

4:00pm // Packet Pickup for 50 Mile & Back 50K opens at Finish area Map

7:00pm // Packet Pickup for 50 Mile & Back 50K closes

## Saturday, August 18

2:30am // Shuttles begin to 50 Mile START [Location is tentative awaiting Forest Service Approval. See below.]
3:00am // 50 Mile check-in open – same day bib only pickup is available at start line until 3:30am
4:00am // 50 Mile START [The exact start location is pending Forest Service approval. Start will be near or at the 50-mile point of the 100-mile course, on the North Shore of Big Bear Lake.]

6:15am // Shuttles begin to Back 50K START from the Start/Finish area in the Village.

7:00am // Back 50k check-in open - same day bib only pickup is available at start area until 7:30am

## 8:00am // Back 50k START Map

6:00pm // Award Ceremony & Finish Line Celebration

8:00pm // Course closes

## NOTE: NO onsite registration. Ultrasignup registration closes August 10, 2018.

















#### **COURSE DESCRIPTIONS**

The Kodiak Ultra Marathons offer 3 different distances all on the same course and coinciding with the 100-mile race. All races finish downtown in The Village of Big Bear Lake.

#### THE KODIAK 100

The Kodiak 100 Ultra Marathon is a dream course with a lively Start and Finish downtown in The Village of Big Bear Lake. Runners will circumnavigate the entire Big Bear Valley including a visit to the summit of Sugarloaf Mountain (9,995') and a trip through the rarely visited Siberia Creek Canyon. This is a true mountain 100 miler with a lot of running above 7,000'.

#### **50 MILER**

A gorgeous and challenging course, the 50-mile course joins the 100-mile course near the midway point and follows the same track to the finish. 50 milers will start out on a runnable section on Big Bear Lake's north shore and enjoy views of the lake, alpine forest, and fire damage. The real test will come in the second half where runners summit Sugarloaf Peak at nearly 10,000 ft, then descend Radford Rd with stunning views to the valley floor and San Gorgonio in the distance, then climb up Seven Oaks. Enjoy the cruise down Knickerbocker to finish downtown in the village.

#### **BACK 50K**

The final 31 miles of the 100-mile course starts at the base of Sugarloaf Mountain. You'll first summit Sugarloaf to nearly 10,000 ft, then descend Radford Rd with stunning views to the valley floor and San Gorgonio in the distance, then climb up Seven Oaks. Enjoy the cruise down Knickerbocker to finish downtown in the village.





#### **RULES AND PROCEDURES**

- 1. The Race Director has final authority on any question, rule interpretation, or penalty that may arise during the Kodiak Ultra Marathons.
- 2. All race participants, including crews, pacers and spectators, must comply with all race rules, instructions provided during the pre-race briefing or other race communications, and parking/crew access instructions. Failure to comply may result in disgualification of the runner.
- Each runner must check-in and check-out of every aid station. It is the runner's responsibility to confirm check-out with 3. the aid station.
- Cut-off times will be enforced. Runners must check-out of each aid station at or before the cut-off time. It is the runner's 4. responsibility to know the cut-off times.
- 5. Race management reserves the right to pull any runner at anytime that is off pace to complete his/her distance by the designated cutoff.
- Littering of any kind is prohibited. All runners, crew, pacers, and spectators must pack out any trash or use trash 6. receptacles at the aid stations. Runners are responsible for the actions of their crews and pacers. Future races depend on your cooperation.
- 7. Drop bags must be marked with the runner's NAME, BIB NUMBER, and AID STATION. Drop bags should be a reasonable size. We will try our best to get all drop bags back to the start/finish by course closure. Unclaimed drop bags will not be mailed. Contents will be donated.
- Any runner who wishes to drop out of the race must inform the Aid Station Captain at the nearest aid station and 8. surrender their bib. Runners who leave the race without notifying an Aid Station Captain or the Race Director will be prohibited from participating in future runs. If you don't inform us you are dropping out, we will be forced to start a Search & Rescue effort to locate you.
- 9. No muling. Each runner must carry their own supplies including fluids, food, and gear, while in between checkpoints.
- 10. Runners must follow the marked course at all times. If at any time the runner leaves the course, they must continue from the point where they left the course. Runners may only leave the course on foot.
- 11. You must run the entire, official course. If for any reason you don't cover the entire course in the official and correct mileage order, you will be disqualified without exception. It is always the runner's responsibility to know the course and stay on course. There have been instances of course marking vandalism in past years. Therefore, we recommend carrying a copy of the course map for sections you are not familiar with.
- Pacers may meet their runners at crew accessible aid stations only, except for Holcomb Valley where pacers may be 12. dropped off only. Pacers are allowed in the 100-mile race starting at the Holcomb Valley Aid Station (mile 52). Pacers are allowed in the 50-mile race starting at Bear Mountain (mile 35.6). Only one pacer may be used at a time. It is the runner's and pacer's responsibility to arrange transportation to/from the aid station.
- 13. Crews and spectators must follow all city, county, and state laws while driving and parking. Note that Adventure Pass enforcement may be in effect where posted. Adventure passes can be purchased for \$5 per day at the Big Bear Discovery Center and many outlets throughout the Big Bear Valley.
- 14. Highway crossings Vehicles have right of way at all times. Runners, crews, and spectators are pedestrians and must follow all laws pertaining to highway pedestrian crossings. Use caution when crossing any road.
- 15. If you become injured, do not go off the race course. Stay in place if necessary and alert the next runner to inform the closest aid station of your injury.
- 16. If you become lost, stay where you are on a marked trail. The fastest and easiest way to be found and get back on track









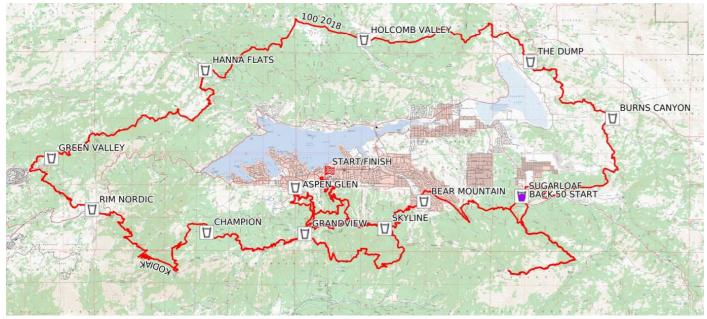


will be to stay on the trail and wait.

- 17. Smoking is not allowed along the course, trail, at any aid station, or at the start/finish area.
- 18. Runners will not be allowed to start after their designated start time. Sweepers will follow behind the last runner and will remove course markings.
- 19. Awards, including finisher medals, and overall awards will be presented on Saturday, August 18<sup>th</sup> at the Awards Presentation at 6pm. We can't guarantee any awards, medals, shirts, and other swag can be mailed. If we mail you these items, there will be a fee!
- 20. Do not park in an empty lot in the City of Big Bear Lake as it is private property. Do not block businesses or driveways. You will be towed, and rather promptly.

#### **COURSE INFORMATION**

#### 100 Mile Course Map



#### Links to interactive course maps:

100 mile: <u>https://caltopo.com/m/1VF6</u>

50 mile: <u>https://caltopo.com/m/9C0J</u> [Note-The start location is pending Forest Service approval. This section may be updated.]

The BACK 50k will be the final 31 miles of the 100 mile course and start at Sugarloaf Aid Station.







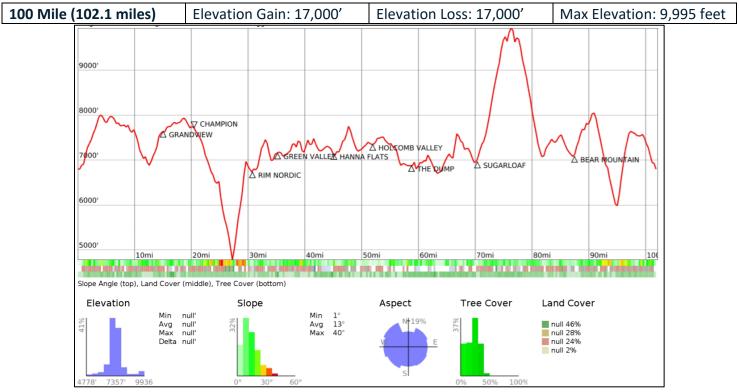




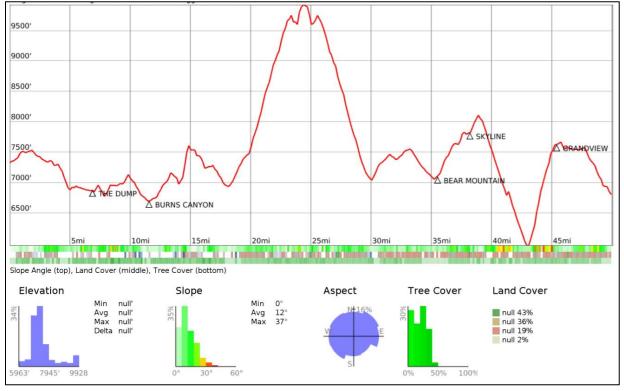




## **Elevation Profile**



50 MileElevation Gain: 8,500'Elevation Loss: 9,400'Max Elevation: 9,995 feet[Note-The 50M start location is pending Forest Service approval. This section may be updated.]





#### **RACE INFORMATION**

#### Aid Stations – 100 Mile

Aid Station	Mile	Crew	Pacers*	Drop Bags	Hard Cut-off
The Village	0	Yes	No	Yes	
Skyline 1	5	No	No	No	
Grandview 1	9.4	No	No	No	
Aspen Glen	12.7	Yes	No	No	12:30 PM (Standard); 4:00 PM (Prize Purse)
Grandview 2	15.3	No	No	No	
Champion Lodgepole	20.7	No	No	Yes	3:30 PM (Standard); 6:30 PM (Prize Purse)
Rim Nordic**	31	Yes	No	Yes	7:30 PM (Standard); 9:30 PM (Prize Purse)
Green Valley	35.5	No	No	No	
Hanna Flats	45	No	No	No	
Holcomb Valley	52	No	Yes*	Yes	
The Dump	59	Yes	Yes*	No	5:00 AM
Burns Canyon	63.5	No	No	No	
Sugarloaf 1	70.5	Yes	Yes	Yes	9:00 AM
Sugarloaf 2	82	Yes	Yes	Yes	2:00 PM
Bear Mountain	87.6	No	Yes	Yes	3:00 PM
Skyline 2	90.4	Yes	No	No	
Grandview 3	97.5	No	No	No	
The Village	102.1	Yes	-	Yes	8:00 PM (Standard); 6:00 PM (Prize Purse)

\*PRIZE PURSE RACE: PACERS ALLOWED AT MILE 69 (SUGARLOAF 1) \*\*PACERS ALLOWED AFTER 6PM AT RIM NORDIC (SNOW VALLEY)-NON Prize Purse Category ONLY

Aid Stations – 50 Mile						Aid Stations – Back 50K						
Aid Station	Mile	Miles to next	Drop Bags	Crew	Hard Cutoff	Aid Station	Mile	Miles to next	Drop Bags	Crew	Hard Cut- off	
Holcomb Valley		7	No	No		Sugarloaf 1	0.0	11.5	Yes	Yes		
The Dump	7	4.5	No	Yes		Sugarloaf 2	11.5	5.6	Yes	Yes	2:00 PM	
Burns Canyon	11.5	7	No	No		Bear Mountain	17.1	2.8	No	Yes	3:00 PM	
Sugarloaf 1	18.5	11.5	Yes	Yes	10:15 AM	Skyline	19.9	7.1	No	No		
Sugarloaf 2	30	5.6	Yes	Yes	2:00 PM	Grandview 3	27.0	4.6	No	No		
Bear Mountain	35.6	2.8	No	Yes	3:15 PM	The Village	31.6	-	Yes	Yes	8:00 PM	
Skyline	38.4	7.1	No	No								
Grandview 3	45.5	4.6	No	No								
The Village	50.1	-	Yes	Yes	8:00 PM							

\*All mileage distances are approximate. Don't expect mileage to exactly match your GPS or watch!











Aid Station food & beverage - We will provide water, CarboPro complex carbohydrate drink, Metasalt electrolyte replacement, assorted fruit, assorted sweets and salty snacks, peanut butter & jelly sandwiches, coke and ginger ale. Night aid stations will have warm foods including boiled potatoes, soup - vegetable broth, chicken broth and chicken noodle, grilled cheese or cheese quesadilla, chili (veggie and non-veggie), and bacon. Note – not ALL foods will be available at ALL aid stations. Additional specific aid station 'specialties' are brought to you by our volunteer team! It is also possible for you to drop a bag at some aid stations, so be sure to pack your own personal nutrition if you don't see it listed here.

CUPS – One cup per runner at each Aid Station. Don't expect a table of filled cups of soda, water, etc. as that contributes to unnecessary waste. Choose a cup and fill it with what you need. Hot items will be in separate cups.

# CarboPro is pure, complex carbohydrates. It will be self-serve. 1 scoop = 100 calories. Mix 1-2 scoops in 20+ oz. of water or your favorite drink. It's tasteless and colorless.

## Packet Pickup

Only runners will be allowed to pick up their race packet, including bib number. Please have ID available. 100 Mile

• Thursday, August 16th – Big Bear Village (*Location TBD*): 4-7:30pm 50 Mile & 50K

- Thursday, August 16th Big Bear Village (Location TBD): 4-7:30pm
- Friday, August 17th Race Headquarters (Start/Finish line) in the Village: 4-7pm
- Saturday, August 18<sup>th</sup>
  - \*50 mile start location 2:45-3:30am
  - \*Back 50k start location (Sugarloaf) 6:45-7:30am
  - \* Check-in/bib distribution only You can pick up your t-shirt and swag after the race at the Finish line. Arrive early if you choose this option.

Lights - Make sure you have a light on you from the start or plan to have one in your drop bag or for your crew to bring to you at an aid station. It is highly recommended that you carry an extra light and/or extra batteries. You and/or your pacer will not be allowed past any aid station if it is dark and you do not have a light.

**Course Markings -** The course will be well marked with orange ribbon and black and white arrows. There will be heavier coverage of ribbons at junctions/turns along with arrow signs. Night section will also include custom reflective markers made by Chris Leo Agen and invested RUNNER!

UTMB Qualifying points - We are excited to announce that the 2018 Kodiak 100 is a qualifying race for UTMB!

Kodiak 100 = 6 points Kodiak 50 Mile = 4 points Kodiak 50K = 3 points

**Drop Bags** – All drop bags must be dropped off 30 minutes prior to your race start. Make sure all bags are labeled with your race number, aid station location, and name.

- 100 mile Place bags next to corresponding signs for each aid station at the Start/Finish venue
- 50 mile Bring your bags with you to the start (Holcomb Valley)
- 50K Bring your bags with you to the start (Sugarloaf)













#### SHUTTLE INFORMATION

A shuttle will be available for the 50 Mile and BACK 50K participants to the start. Runners will take priority on the shuttles before crews and spectators. It is best for crews and spectators to drive to the start. There will be no return shuttles. You also may be dropped off at the start, however no cars may be left parked after the race starts.

#### 50 Mile Shuttle

*Location*: [Tentative-may change to a nearby location] Meadows Edge Picnic Area, 40751 N Shore Ln, Fawnskin, CA 92333, <u>Map</u> [Pending Forest Service approval]

First shuttle departs at 2:30am. The last shuttle will depart at 3:40am. The drive time is approximately 10 minutes one-way. Note – You must find your way back to your car after you finish the race in the Village. It is a 10-minute drive from the Finish.

#### **BACK 50K Shuttle**

*Location*: Start/Finish line in the Village at 7:00am. First shuttle departs at 6:15am. The last shuttle will depart the Village at 7:20am. The drive time is approximately 20 minutes one-way.

#### **RACE LOCATIONS**

100 Mile Start/Finish - Big Bear Village, Village Drive and Pine Knot Ave. Map

PARKING: Bartlett Lot (free). On Bartlett Road in between Big Bear Blvd & Village Drive. Map

#### 50 Mile Start -

PARKING: Meadows Edge Picnic Area [Tentative-pending approval]

50 Mile Finish - Big Bear Village, Village Drive and Pine Knot Ave. Map

Back 50K Start – Sugarloaf Trailhead, Highway 38 & Hatchery Drive. Map

PARKING: No parking at 50K Start

Back 50K Finish - Big Bear Village, Village Drive and Pine Knot Ave. Map

PARKING: Bartlett Lot (free). On Bartlett Road in between Big Bear Blvd & Village Drive. Map

#### AWARDS

All awards will be given out at the Awards Ceremony on Saturday night at 6pm at the Start/Finish area in the Village.

#### 100 Mile

Each finisher will receive a custom Kodiak buckle:

- 1<sup>st</sup> year finisher Kodiak Buckle
- 5<sup>th</sup> year finisher Large Kodiak buckle



Top 3 overall male & female winners will receive a custom carved Bear sculpture.











#### Kodiak 100 Cash Prize Purse

#### Presented by: CarboPro and Big Bear Visitors Bureau

1<sup>st</sup> Place (male & female) - \$2,500

- 2<sup>nd</sup> Place (male & female) \$1,000
- 3<sup>rd</sup> Place (male & female) \$750
- 4<sup>th</sup> Place (male & female) \$500
- 5<sup>th</sup> Place (male & female) \$250

#### 50 Mile

Each finisher will receive a custom medal. Top 3 overall male & female winners will receive a custom carved Bear sculpture.

#### **BACK 50K**

Each finisher will receive a custom medal. Top 3 overall male & female winners will receive a custom carved Bear sculpture.



PACER INFORMATION

Pacers are allowed in the 100-mile race and 50-mile race only. Please see complete rules regarding pacers below. Failure to follow these procedures may result in the disqualification of the runner.

NATURE SMART

CARBOPR

Prize Purse Race: Pacers allowed starting at Mile 69.Kodiak 100: Pacers allowed starting at Mile 52.50-Mile Race: Pacers allowed starting at Mile 35.6.

- Pacers may only join their runner at a crew accessible aid station: The Dump, Sugarloaf, and Bear Mountain.
- Holcomb Valley <u>drop-off only</u>. Pacers can only be dropped off here. There is no parking at Holcomb Valley.
- Rim Nordic (Snow Valley) Runners leaving Rim Nordic after 6pm may have a pacer join them. You may only leave your car along Hwy 18 in the large turnout next to Snow Valley Ski Resort. Do not leave your car parked at Rim Nordic.
- Pacers must be on foot (no bikes) and while you can use multiple pacers, you may only have one at any given time.
- If a pacer drops at a non-crew accessible aid station, they may not be picked up there. They will have to wait and ask
  the aid station volunteers if they can get a ride after the aid station closes. Only use this option in an unplanned and
  unexpected situation.
- You are responsible for the actions of your crew and pacers. Make sure they know the rules.











## **CREW INFORMATION**

We are fortunate to live in an area surrounded by the National Forest. Most of the trails the athletes will be running on are on National Forest land. Please show the utmost respect possible and leave no trace, pack out anything you take in, and if you see something on the ground pick it up. Our goal is to leave this course in better condition than how we found it. Please drive slow and watch for other crews, participants, and users of the National Forest during this event. **Below** are the only spots on National Forest land we have permission for crew access. If you are interested in seeing athletes at additional locations you will need to hike or bike into the forest.

On course crew access is limited to the below aid stations. Please do not try to follow your athletes through the whole course. We are under strict permit regulations from the US Forest Service and have agreed to limit our impact, especially with our vehicles. Additionally, it takes away from the adventure of the course.

- Aspen Glen Mile 12.7
- Rim Nordic (Snow Valley) Mile 31
- The Dump Mile 59
- Sugarloaf Mile 71, 82
- Bear Mountain Mile 88

#### **Aid Station Driving Directions**

**Aspen Glen** – Mile 12.7 - *From The Village/Start & Finish*, follow Village Drive west toward Big Bear Blvd. Turn left on Big Bear Blvd. After ½ mile turn left onto Mill Creek Road. Follow Mill Creek Road for ½ mile until you reach the Aspen Glen Picnic Area. Park in designated parking spots and only along the road where permitted. Obey all sign postings. Adventure passes (\$5) may be enforced here. Map

**Rim Nordic (Snow Valley)** - Mile 31 – *From Aspen Glen,* turn left (west) out of the Aspen Glen parking lot. Follow Tulip Lane to Big Bear Blvd. Turn left on Big Bear Blvd. Follow Big Bear Blvd (Hwy 18) WEST for 9.7 miles until you reach Rim Nordic on the right. No overnight parking at Rim Nordic (use turnout area across the street). Watch for runners entering the aid station. <u>Map</u>

**The Dump** - Mile 59 - *From Snow Valley,* Exit the Rim Nordic Parking area and turn left onto Hwy 18 toward Big Bear (heading east). Drive 7 miles to the traffic light/junction of Hwy 38. Turn left onto Hwy 38. Follow Hwy 38/North Shore Drive (turns into 18) west for 14 miles. Turn right at the Aid station (PCT Trailhead). <u>Map</u>

**Sugarloaf** - Mile 71 & 82 – *From The Dump,* Turn left on to Hwy 18 and follow for ½ mile. Turn hard left on Baldwin Lake Rd. and follow for 4.5 miles (road name changes to Shay Rd). Turn left on left on Hwy 38/Greenspot Blvd. Follow Hwy 38 to Hatchery Drive. Turn left on Hatchery. Park completely off to one side of the road. Watch for runners on the road Hatchery is part of the race course. You will cross Hwy 38 on foot to access the aid station. Use extreme caution while crossing the highway. There is NO parking on the west side of Hwy 38. Bring a flashlight if you will be walking in the dark as this area is a dark forest road with no lights. <u>Map</u>

**Bear Mountain** – Mile 88 - *From Sugarloaf*, Return to Hwy 38 and head west toward Big Bear. Turn left onto Big Bear Blvd. Continue along Big Bear Blvd for 4.5 miles to Moonridge Road. Follow 1 mile until the road splits. Bear right onto Club View Drive. Follow 1 miles to Bear Mountain Ski Resort. <u>Map</u>













**Start/Finish** - Mile 102 – *From Bear Mountain,* Turn right onto Club View Drive, then left onto Moonridge Road. Follow to Big Bear Blvd. Turn left and follow Big Bear Blvd for 1.5 miles to Bartlett Road. Turn left on Bartlett Road. Park in Bartlett parking lot on the right side. Walk to Village Drive & Pine Knot Avenue Race headquarters. <u>Map</u>



## **Prize Purse Race**

In 2018 we are adding a new category to the Kodiak 100 for those who wish to compete for our cash prize purse. You will need to <u>register</u> under this new category to be eligible. The prize purse race will start at 12PM on August 17th and will have a 30-hour cut-off time at 6pm on Saturday (as opposed to the usual 36 hours). Since the finish line will be open for the other races until 8pm on Saturday, those registered in the Prize Purse category may still earn an official finish through 8pm (32-hours), however you will not be eligible for prizes after 6pm (30-hours). Also, pacers will only be allowed starting after mile 69, at the bottom of Sugarloaf Mountain.

## Rules for prize purse eligibility:

- 1. Pacers are permitted starting at mile 69, the bottom of Sugarloaf mountain. Absolutely no muling.
- 2. Crew may only assist you at our crew accessible aid stations. No exceptions.
- 3. The cutoff time for the race will be 30 hours. In addition, there will be a few hard cut-off times at Aid Stations along the way (see Race Manual). If at any time, your pace falls below the 30-hour finish pace, the Race Director can (and probably will) pull you from the course. By signing up for the prize purse eligible category, you are agreeing to stop running if cut-off no arguing with our volunteers please!
- 4. You must run the entire, official course. If for any reason you don't cover the entire course in the official and correct mileage order, you will be disqualified without exception. Therefore, we highly recommend familiarizing yourself with the course maps and coming prepared. There have been reports of course vandalism in the past, especially around Green Valley. While we will add security and extra volunteers in those areas, it is always the runner's responsibility to know the course and stay on course.
- 5. All race rules must be followed in addition to these rules. See the Race Manual for the complete rules.
- 6. Decisions made by the race staff are final. Please don't argue with us –we're volunteers and will do everything we can to create a fair and fun race experience for everyone!

Special Thanks to the City of Big Bear Lake, US Forest Service, Big Bear Search and Rescue, Citizens on Patrol, Big Bear Trails Foundation, RIM Nordic and Open Air Big Bear.











