

TRAVEL TIME FROM LAUREL IS 35 MINUTES WITHOUT TRAFFIC.

DO NOT TAKE FSR201 IT IS IMPASSABLE. BAD CONDITION.

THE MAP PROVIDED ON FACEBOOK AND ATTACHED IS A LONGER WAY BUT ROAD CONDITIONS ARE GOOD ON FR 270 TO FR 213.

EVERYONE MUST CHECK IN ON RACE MORNING AT THE WHITE TENT

IF YOU DROP TURN IN YOUR RACE NUMBER, NOTIFY THE WHITE TENT. MAKE YOUR DECISION CLEAR. IF WE LOOK FOR YOU WITH SEARCH AND RESCUE YOU WILL GET BILLED.

Packet Pickup at the Fairgrounds from 5-7:30 pm Friday night. You may pick up your packet in the morning before the race. We encourage you to pick it up Friday night

RACE NUMBERS – **place on your front chest, waist** or front of right leg. Not on your back. Put it on a garment you wear the whole day. We cannot record splits unless we know your number. Chips will not read sideways.

The Trail is well-marked. It is a well-established worn trail. (SEE MAP FOR DETAILS)

Changing Races - After running to the start/finish on second loop you may elect to move up or down (from 50K to 50 Miles) We will credit you with a finish of the longest run you complete as 20K, 50K or 50M. Tell the white tent at the Start/Finish if you elect to move up or down. It is your responsibility. Persons switching races are not eligible for trophies, and only the 50-mile finishers get a 50 Mile Belt Buckle. Those electing an early 20K start will not qualify for trophies.

The course is not closed to traffic. Be cautious at intersections and on gravel roads. Traffic will be present. Workers are not at any intersections where traffic is present.

Horse riders are present. Let the riders know you are there for your own protection and that of the riders. The handful of runners who use this trail during the year cannot maintain the course without the help of the horse riders. Thank any Forest Ranger you see for the opportunity to run in the Forests.

DISCARD YOUR TRASH AT AN AID STATION. DO NOT LITTER ON THE TRAILS.

IT WILL BE HOT, FOR THIS TIME OF YEAR. CARRYING A BOTTLE IS REQUIRED FOR ALL RUNNERS.

HAVING FUN IS MANDATORY!!

Finally, for all those who keep asking—there is at least one location where you will get your feet wet. Plan accordingly. Additionally, there are muddy sections that are always muddy except mid-summer.