

INSTRUCTIONS FOR MS 50

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 Agricultural Building from 5-7:30 pm Friday night. You may pick up your packet before the start. We encourage you to pick it up Friday night. **Pre-race Meal** starting at 6:00 pm. Please stick around for the discussion and door prizes.

RACE NUMBERS – place on your front chest or waist not on your hip, leg or 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 to be sure the change is noted. 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 hand full 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, CARRYING A BOTTLE IS REQUIRED FOR ALL 50K AND 50M RUNNERS._