

# Trail Rail Run

June 10, 2017

## Runner Instructions Event Weekend

### Runner Rewards

All runners receive a shirt, BBQ lunch by Superior Meats, Bayern Brewing beer (if you're 21+) and an amazing day. Finishers will receive a railroad spike memento. 50-Mile finishers receive a Patagonia Houdini jacket.

### Race Day

Please make sure you get to St. Regis early enough to catch your bus. Parking is in the helipad about a mile from St. Regis Travel Center. Give yourself plenty of time to get from the parking area back to the St. Regis Travel Center. There will be a ten person van shuttling runners between the parking lot and the bus loading zone. **Please do not park in the area of the bus loading zone as it becomes congested very quickly.**

50 Mile Bus to Start Leaves at 5:15 a.m. Montana Time

50K Bus to Start Leaves at 6:30 a.m. Montana Time

30K Bus to Start Leaves at 8:00 a.m. Montana Time

12K Bus to Start Leaves at 9:00 a.m. Montana Time

5K Bus to Start Leaves at 8:30 a.m. Montana Time

\*\*\*Bus times may vary due to road construction, please double check at packet pick-up\*\*\*

Everyone must cross the finish line by 9 pm. In order to assure that happens, runners who don't make the Dominion Trestle by 12:30 pm or the DeBorgia Aid Station by 5:30 pm, will be pulled from the course and returned to the medical tent in St. Regis park to be checked in as "not lost."

There are HAM Operators at every aid station. There are bicycle monitors and ATV monitors on the course. If you need assistance of any kind, don't hesitate to ask these volunteers. They can get to the next aid station and get you help. There will be an ambulance on standby at the DeBorgia aid station.

If you need to quit the race before crossing the finish line, **IT IS IMPERATIVE THAT YOU CHECK IN AT THE MEDICAL TENT WHERE WE WILL MARK YOU AS "NOT LOST."** If we think you are lost we will go looking for you and if that involves anything like helicopters or other things that cost great deals of money, you will be charged. Do not have your spouse come and pick you up and take you home unbeknownst to us. **WE MUST KNOW THAT YOU ARE SAFE AND ON THE COURSE OR AT THE FINISH. IF YOU ARE DONE RUNNING< YOU MUST LET US KNOW AND IT IS YOUR RESPONSIBILITY TO CHECK IN.** We appreciate your understanding in this matter.

Runners, including at least one member of each relay team must go through every aid station. If you're on the railroad grade and decide not to stop in DeBorgia or Haugan, you'll be marked as DNF. You need to go to all aid stations to:

- 1) Be checked in
- 2) Because that is the real distance of the course
- 3) Because who wouldn't want to stop in those great historic railroad towns? It's part of the event!

Yes, we do have a volunteer standing at the aid stations to check your race number off on a sheet as you arrive.

At the finish line you may have a beer if you are 21 or over thanks to Bayern Brewing, and a good meal provided by Superior Meats.

You may see wildlife, including moose. For those of you who aren't familiar, moose can be dangerous. If you see a moose, wait for it to move off the trail before continuing.

## **50 Mile Trail Rail Run Participants**

All 50 Mile Runners must pick up their race packet on Friday, June 9<sup>th</sup>, at the St. Regis Visitor's Center between 3pm and 7pm. You can also pick your packet up race morning in St. Regis, or at the starting line in Mullan, Idaho. Goody bags are not part of the Saturday morning packet pick up. You'll have to get it in St. Regis at the finish.

Everyone must cross the finish line by 9pm. In order to assure that happens, runners who don't make the Dominion Trestle by 12:30pm or the DeBorgia Aid Station by 5:30pm, will be pulled from the course and returned to the medical tent in St. Regis Park.

There are two Drop Bag locations on the course: Aid Station #3 (Mile 20) at Dominion Trestle, and Aid Station #7 (Mile 34) in DeBorgia. You must leave your Drop Bags in St. Regis at the time of packet pick up. On Saturday morning the Drop Bag truck will leave right after the 50K bus departs. Make sure your bags are easily identifiable, well-marked, and closed securely. We are not responsible for any lost or stolen items from drop bags. Drop Bags will be returned to the finish area and ready for you to pick up in the St. Regis Park.

Bus departure to the starting line is 5:15 am\*\* MONTANA TIME (Mountain Standard Time) from the St. Regis Travel Center (Exit 33). You need a bus ticket. You can't miss the St. Regis Travel Center as it is at the 4 way stop when you come off the interstate. You must park near the St. Regis Park and take a shuttle van to the St. Regis Travel Center. Please no parking at the St. Regis Travel Center.

You may also have a Gear Bay that you may leave at the starting line. Gear Bags will be returned to the finish area after your race begins and ready for you to pick up when you finish in St. Regis Park. *We are not responsible for any lost or stolen items from gear bags.*

**IT IS VERY IMPORTANT THAT YOU RECOGNIZE THAT THERE IS A TIME CHANGE AT THE IDAHO BORDER/LOOKOUT PASS.** There is a one hour time difference, with Idaho being Pacific Standard Time and one hour earlier than Montana, which is Mountain Standard Time.

Race Start is 6:00 a.m. IDAHO TIME (Pacific Standard Time), which is 7:00 a.m. MONTANA TIME (Mountain Standard Time).

The race start is in the Snowmobile Parking Lot situated just above Shoshone Park which is a few miles east of Mullan, Idaho (Exit 69). Hopefully you're taking the bus because then you won't have any difficulty finding it.

Aid stations have Heed, water, assorted food and a porta-potty. There are 9 Aid stations along the 50 Mile course. Two of those aid stations are NOT on the railroad grade, and you need to leave the grade and run into Haugan/Savenac and DeBorgia. If you have items that are important to you for your run, carry them or put them in your drop bag.

### **50K Trail Rail Run Participants:**

All 50K Runners must pick up their race packet on Friday, June 9<sup>th</sup>, at the St. Regis Community Center between 3 pm and 7 pm, or Saturday morning at 5am at the St. Regis Travel Center. If you elect for Saturday morning packet pickup, you won't receive your goody bag at that time. You will pick it up at the finish.

There is one Drop Bag location on the 50K course: Aid Station #6 in DeBorgia. You must leave your Drop Bag in St. Regis at the time of packet pick up. Make sure it is easily identifiable, well marked, and closed securely. *We are not responsible for any lost or stolen items from drop bags.*

Bus departure to the starting line is 6:30 a.m.\*\* from the St. Regis Travel Center (Exit 33). You can't miss the St. Regis Travel Center as it is at the 4 way stop when you come off the interstate.

You may also have a Gear Bag that you leave for us at the starting line. Gear Bags will be returned to the finish area after your race begins and ready for you to pick up when you finish. *We are not responsible for any lost or stolen items from gear bags.*

Race Start is 8:00 a.m. MONTANA TIME (Mountain Standard Time).

The race start is at the TAFT exit (Exit 5) off Interstate 90. There is a flat area next to the wetlands and a new building. Hopefully you're taking the bus so you won't have any difficulty finding it. There'll be a cheerful volunteer ready to check you in.

Aid stations have Heed, water, assorted food and a porta-potty. There are 7 Aid Stations along the 50K course. Two of those aid stations are NOT on the railroad grade, and you need to leave the grade and run into Haugan/Savenac and DeBorgia.

You may see wildlife including moose. For those of you who aren't familiar, moose can be dangerous. If you see a moose, wait for it to move off the trail before continuing.

Everyone must cross the finish line by 9 pm. In order to assure that happens, runners who don't make the DeBorgia Aid Station by 5:30 pm, will be pulled from the course and returned to the medical tent in St. Regis Park.

### **30K Trail Rail Run Participants**

30K Runners may pick up their race packet between 3pm and 7pm on Friday, June 9<sup>th</sup> at the St. Regis Community Center, or on Saturday morning 10<sup>th</sup> between 5am – 8am. People choosing to pick up packets on Saturday morning won't receive their goody bag at that time. You can pick that up at the finish.

There are no drop bags on the 30K course.

Bus departure to the starting line is 8:00 am from the St. Regis Travel Center (Exit 33). You can't miss the St. Regis Travel Center as it is at the 4 way stop when you come off the interstate.

You may have a Gear Bag that you leave at the starting line. Gear Bags will be returned to the finish area after your race begins. Gear Bags will be returned to the finish area after your race begins and ready for you to pick up when you finish. *We are not responsible for any lost or stolen items from gear bags.*

Race Start is 9:00 a.m. \*\* MONTANA TIME (Mountain Standard Time).

The race start is at the HAUGAN/SAVENAC exit (Exit 16) off Interstate 90. Turn right on the frontage road and you will see Savenac and a park like area in the front. Hopefully you're taking the bus so you won't have any difficulty finding it.

Aid stations have Heed, water, assorted food and a portapotty. There are 4 Aid stations along the 30K course. One of those aid stations is NOT on the railroad grade, and you need to leave the grade and run into DeBorgia.

You may see wildlife including moose. For those of you who aren't familiar, moose can be dangerous. If you see a moose, wait for it to move off the trail before continuing.

Everyone must cross the finish line by 9:00 pm.

## **12K Trail Rail Run Participants**

12K runners may pick up their race packet between 3pm and 7pm on Friday, June 9<sup>th</sup> at the St. Regis Community Center (Exit 33), or on Saturday morning between 5am-9am.

There are no drop bags on the 12K course.

Bus departure to the starting line is 9:00 am\*\* from the St. Regis Travel Center. You can't miss the St. Regis Travel Center as it is at the 4 way stop when you come off the interstate. The earlier departure time is due to construction that has closed some of the exits which have previously served as the turnaround for the one-direction Ward Creek exit.

You may have a Gear Bag that you leave at the starting line. Gear Bags will be returned to the finish area after your race begins. *We are not responsible for any lost or stolen items from gear bags.*

Race Start is 10:15 am MONTANA TIME (Mountain Standard Time).

The race start is at the WARD CREEK exit off Interstate 90 (Exit 26). THERE IS CURRENTLY CONSTRUCTION AT THIS EXIT. THERE IS MINIMAL ACCESS AND CONSTRUCTION CREWS ARE WORKING WITH US. THE SHUTTLE BUS IS ADVISED.

Aid stations have Heed, water, assorted food and a portapotty. There is 1 Aid station along the 12K Course at Two Mile.

You may see wildlife including moose. For those of you who aren't familiar, moose can be dangerous. If you see a moose, wait for it to move off the trail before continuing.

Everyone must cross the finish line by 9 pm.

Thank you for running the Trail Rail Run 12K!

### **5K Trail Rail Run Participants**

5K runners may pick up their race packet between 3pm and 7pm on Friday, June 9<sup>th</sup> at the St. Regis Community Center (Exit 33), or on Saturday morning between 5am-8am.

There are no drop bags on the 5K course.

Bus departure to the starting line is 8:30 am\*\* from the St. Regis Travel Center. You can't miss the St. Regis Travel Center as it is at the 4 way stop when you come off the interstate. The earlier departure time is due to construction that has closed some of the exits which have previously served as the turnaround for the one-direction Ward Creek exit.

You may have a Gear Bag that you leave at the starting line. Gear Bags will be returned to the finish area after your race begins. *We are not responsible for any lost or stolen items from gear bags.*

Race Start is 10:00 am MONTANA TIME (Mountain Standard Time).

The race start is at the TWO MILE exit off Interstate 90 (Exit 30).

Aid stations have Heed, water, assorted food and a portapotty. There is an Aid station at the start of Course but there are no other Aid stations for the 5K until the finish of the race.

You may see wildlife including moose. For those of you who aren't familiar, moose can be dangerous. If you see a moose, wait for it to move off the trail before continuing.

Everyone must cross the finish line by 9 pm.

Thank you for running the Trail Rail Run 5K!

## **50 Mile Relay Trail Rail Run Participants**

All 50 Mile Relay Runners must pick up their race packet on Friday, June 9th, at the St. Regis Visitor's Center between 3pm and 7pm. You may send your captain. You can also pick your packet up race morning in St. Regis, or at the starting line in Mullan, Idaho. Goody bags and shirts are not part of the Saturday morning packet pick up. You'll have to get them in St. Regis at the finish.

Everyone must cross the finish line by 9 pm. In order to assure that happens, runners who don't make the Dominion Trestle by 12:30 pm or the DeBorgia Aid Station by 5:30 pm, will be pulled from the course and returned to the medical tent in St. Regis Park.

Your first runner may wish to take the bus to the start. Bus departure to the starting line is 5:15 am\*\* MONTANA TIME (Mountain Standard Time) from the St. Regis Travel Center (Exit 33). You need a bus ticket. You can't miss the St. Regis Travel Center as it is at the 4 way stop when you come off the interstate. You must park near the St. Regis Park and take a shuttle van to the St. Regis Travel Center. Please no parking at the St. Regis Travel Center.

You may also have a Gear Bag that you may leave at the starting line. Gear Bags will be returned to the finish area after your race begins and ready for you to pick up when you finish in St. Regis Park. *We are not responsible for any lost or stolen items from gear bags.*

**IT IS VERY IMPORTANT THAT YOU RECOGNIZE THAT THERE IS A TIME CHANGE AT THE IDAHO BORDER/LOOKOUT PASS.** There is a one hour time difference, with Idaho being Pacific Standard Time and one hour earlier than Montana, which is Mountain Standard Time.

Race Start is 6:00 a.m. IDAHO TIME (Pacific Standard Time), which is 7:00 a.m. MONTANA TIME (Mountain Standard Time).

The race start is in the Snowmobile Parking Lot situated just above Shoshone Park which is a few miles east of Mullan, Idaho (Exit 69). Hopefully you're taking the bus because then you won't have any difficulty finding it, but watch for arrows and signs.

Aid stations have Heed, water, assorted food and a porta-potty. There are 9 Aid stations along the 50 Mile course. Two of those aid stations are **NOT** on the railroad grade, and you need to leave the grade and run into Haugan/Savenac and DeBorgia. If you have items that are important to you for your run, carry them or put them in your drop bag.

ONE MEMBER OF EACH TEAM MUST CHECK IN AT EACH AND EVERY AID STATION. We are using the honor system that at least one member of your team runs the entire course. There will be no split times or leg regulations. The final runner – the one who will cross the finish line – will wear the chip for timing.

Please see [http://trailrailrun.com/fun\\_relay\\_questions](http://trailrailrun.com/fun_relay_questions) for additional details!

\*\*Bus leave times may change due to road construction\*\*