

# Trail Rail Run June 8, 2019

## Runner Instructions Event Weekend

### Runner Awards

All runners receive an event t-shirt, BBQ lunch provided by the Trail Rail Run, 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 at the St. Regis Park by the finish line and at the loop by the pond just before the park turnoff, both are less than ½ mile from St. Regis Travel Center.

Give yourself plenty of time to get from the parking area back to the St. Regis Travel Center.

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 9:15 a.m. Montana Time

5K Bus to Start Leaves at 9:30 a.m. Montana Time

\*\*\*Bus times may vary, please double check at packet pick-up\*\*\*

### Cut Off Times:

Everyone must cross the finish line by **9 pm**.

In order to assure that happens, 50 Mile, 50 Mile Relay, and 50K runners must meet the following cutoff times:

**Brimstone Creek Aid Station:** 11:30am  
14.5 miles in 4.5 hours, roughly a 3.22 mph pace

\*Slower pace for 1st cutoff is due to the uphill portion between the start line and Lookout Pass.\*

**DeBorgia Aid Station:** 4:30 pm  
19.5 miles in 5 hours, roughly a 3.9 mph pace

**St. Regis Finish Line:** 9:00 pm  
16.5 miles in 4.5 hours, roughly a 3.6 mph pace

You must be out of the aid station at the published cut-off time, to the second, according to the race clock. Cut-offs will be strictly enforced for your safety! Runners who do not make the cut off times will be pulled from the course and returned to the medical tent in St. Regis park to be checked in as "not lost." No refunds for those who miss cut-off times!!!

## AID Stations:

Not counting the finish line or the 50 Mile starting line, there are 10 aid stations along the Trail Rail Run.

50 Mile Starting Line: Mullan Idaho: 50.5 miles  
Aid Station 1: Lookout Pass: 42.5 miles  
Aid Station 2: Brimstone Creek: 36 miles Cutoff #1  
Aid Station 3: Dominion Trestle: 30.5 miles Drop Bags  
Aid Station 4: Saltese: 25.5 miles  
Aid Station 5: Haugan/Savenac: 19.5 miles 30K Start  
Aid Station 6: DeBorgia: 16.5 miles Cutoff #2 Drop Bags  
Aid Station 7: Henderson: 13 miles  
Aid Station 8: Ward Creek: 7.5 miles 12K Start  
Aid Station 9: Two Mile: 3.5 miles 5K Start  
Aid Station 10: Little Joe Road: --1.5 miles from the finish  
Finish Line: St. Regis Community Park!

Aid stations will be fully stocked with nutritional snacks, HAMMER products, water, moleskin, various medical supplies, and a porta-potty.

There are HAM Operators at every aid station. There are also 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 a QRU on standby at the Savenac/Haugan Aid station and a fully stocked medical tent with an MD and AEMT at the finish line.

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.

Runners, including at least one member of each relay team must go through every aid station. If you are on the railroad grade and decide not to stop in DeBorgia or Haugan, you'll be marked as DNF. You MUST go to all aid stations to: be checked in, because that is the real distance of the course, and 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. **Check in each aid station.** We are tracking you by your bib number, so wear your bib with your number very visible from the front. You may call out your number to the aid station official, be sure you hear confirmation. Not being logged in at an aid station is grounds for disqualification. Also, there are real safety concerns out there on the course, you must let an official know if you drop.

Trekking Poles are allowed for runners. Dogs may be on the trail if they are on a leash at all times and kept out of the way of other runners.

If using headphones please be sure for everyone's safety that one earbud is left out so you can hear what is going on around your surroundings.

You may want to bring water with you as there is quite a distance between some aid stations.

**Crews and Spectators:**

Running crews and spectators may go to the following aid stations only: Mullan, Idaho 50 mile start, Lookout Pass (8 miles), Saltese Trestle (29 miles), Haugan/Savenac (35 miles), DeBorgia (37 miles), Ward Creek (44 miles), Two Mile (47 miles), Little Joe (48.5 miles) and of course the St. Community Park Finish Line!

Please park well off the roads and observe all directions given by flaggers and aid station workers. Speed limits are strictly enforced, seatbelts are expected to be worn on both main and sideroads! If you bring your dog please keep it on a leash and out of the way of other runners.

**Wildlife:**

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

If you feel the need to you may carry bear spray with you.

Please let the next aid station representative or sweeper know if you encounter any large wildlife along the trail.

**Decisions/DNF/Disqualifications:**

All decisions regarding the rules, especially disqualifications, shall be at the discretion of the race officials, who consist of the Race Director, members of the Race Committee.

Aid Station Captains, Medical Volunteers, and Official Sweepers may make a recommendation for disqualification but it must be approved by the Race Director or Race Committee member. An exception to this is a serious injury or illness needing immediate medical attention.

## 50 Mile Trail Rail Run Participants

All 50 Mile Runners must pick up their race packet on Friday, June 7th, at the St. Regis Visitor's Center between 3pm and 7pm. You can also pick your packet up race morning at the St. Regis Travel Center, 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 at the finish line in St. Regis.

There are two drop bag locations on the course: Aid Station #3: Dominion Trestle (mile 20) and Aid Station #7: DeBorgia (mile 34). You must leave your Drop Bags in St. Regis at the time of packet pick up. Late bags will be accepted on Saturday morning at the shuttle bus pickup. 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 the 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 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 make your way to the St. Regis Travel Center. Please avoid 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 am IDAHO TIME, which is 7:00 am MONTANA 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.

There are 10 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.

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 in St. Regis by 9pm. In order to assure that happens, runners who don't make the cut-off time at Brimstone by 11:30 am or the DeBorgia Aid Station by 4:30 pm, will be pulled from the course and returned to the medical tent in St. Regis Park.

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

All 50K Runners must pick up their race packet on Friday, June 7th, at the St. Regis Visitor's Center/Community Center between 3pm and 7pm, 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 line in St. Regis.

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, or the following morning before your shuttle bus leaves. 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 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 must park near the St. Regis Park and make your way to the St. Regis Travel Center. Please avoid parking at the St. Regis Travel Center.

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 am 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.

There are 8 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 9pm. In order to assure that happens, runners who don't make the DeBorgia Aid Station by 4:30 pm, will be pulled from the course and returned to the medical tent at the St. Regis Park.

## 30K Trail Rail Run Participants

All 30K Runners must pick up their race packet on Friday, June 7th, at the St. Regis Visitor's Center/Community Center between 3pm and 7pm, or Saturday morning starting 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 line in St. Regis.

There are NO drop bags for 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 must park near the St. Regis Park and make your way to the St. Regis Travel Center. Please avoid parking at the St. Regis Travel Center.

You may 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 9:00 am 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.

There are 5 Aid Stations along the 30K course. One of those aid stations are 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 9pm.

## 12K Trail Rail Run Participants

All 12K Runners must pick up their race packet on Friday, June 7th, at the St. Regis Visitor's Center/Community Center between 3pm and 7pm, or Saturday morning starting 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 line in St. Regis.

There are NO drop bags for the 12K course.

Bus departure to the starting line is 9:15 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 must park near the St. Regis Park and make your way to the St. Regis Travel Center. Please avoid parking at the St. Regis Travel Center.

You may 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 10:00 am MONTANA TIME (Mountain Standard Time). The race start is at the Ward Creek Exit (Exit 26) . This is a one way exit off of I-90 and is only in the East Bound lane. If you are coming from St. Regis you must drive to the Drexel Exit and turnaround to drive back to the Ward Creek exit. Please take this exit slow as it has a sharp turn. The starting line is just over the bridge on the railroad grade. There is limited parking.

There are 2 Aid Stations along the 12K course.

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 9pm.

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

All 5K Runners must pick up their race packet on Friday, June 7th, at the St. Regis Visitor's Center/Community Center between 3pm and 7pm, or Saturday morning starting 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 line in St. Regis.

There are NO drop bags for the 5K course.

There is 1 Aid Station for the 5K course.

Bus departure to the starting line is 9:30 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 must park near the St. Regis Park and make your way to the St. Regis Travel Center. Please avoid parking at the St. Regis Travel Center.

You may 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 10:15 am MONTANA TIME (Mountain Standard Time). The race start is at the TWO MILE Exit (Exit 30). You will go over the bridge on the South Side of the highway and the race start will be on the railroad grade.

There are no Aid Stations along the 5K course. Please feel free to bring a water bottle.

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 9pm.

## 50 Mile Relay Trail Rail Run Participants

All 50 Mile Runners must pick up their race packet on Friday, June 7th, 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 at the finish line in St. Regis.

There are two drop bag locations on the course: Aid Station #3: Dominion Trestle (mile 20) and Aid Station #7: DeBorgia (mile 34). You must leave your Drop Bags in St. Regis at the time of packet pick up. Late bags will be accepted on Saturday morning at the shuttle bus pickup. 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 the drop bags. Drop Bags will be returned to the finish area and ready for you to pick up in the 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 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 make your way to the St. Regis Travel Center. Please avoid 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 am IDAHO TIME, which is 7:00 am MONTANA 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.

There are 10 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.

**ONE MEMBER OF REACH 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!

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 in St. Regis by 9pm. In order to assure that happens, runners who don't make the cut-off time at Brimstone by 11:30 am or the DeBorgia Aid Station by 4:30 pm, will be pulled from the course and returned to the medical tent in St. Regis Park.

**Map of St. Regis:**

