

17th Annual
McDonald Forest 50K Ultramarathon
An Oregon Trail Ultramarathon Series Race

May 12th, 2012, Saturday
Race Start: 8AM Early Start: 7AM
Forestry Cabin, Peavy Arboretum, Corvallis, Oregon
Runner Check In: 6:00 to 7:30AM

Welcome to the 17th annual McDonald Forest Ultramarathon. Thanks for your support! It is always a pleasure to welcome such a fun group of long distance trail runners to Corvallis. The McDonald Forest 50KM is part of the **Oregon Trail Ultramarathon race series** (<http://www.oregontrailseries.org>).

The race is held in the Oregon State University McDonald Forest, Starker Forest, and City of Corvallis Chip Ross Park. The managers of the OSU Research Forest, Starker Forest and the City of Corvallis Parks and Recreation Department have given permission and support this event. Please obey all forest rules and regulations posted at Peavy Arboretum and throughout the McDonald Forest. This mainly means staying on course, not littering, not smoking and not cutting down trees. The proceeds support local high school cross-country teams, Corvallis Mountain Rescue Unity and OSU Research Forest. Thank you for your support!

Race and Lodging Info: <http://www.mac50k.org>. For lodging, click on Visitor Info, then Visit Corvallis, then Lodging.

DIRECTIONS AND REGISTRATION:

In addition to race morning, packet pickup will be available between **4PM** and **7PM**, the day before the race, **Friday May 11th**, at the **Forestry Cabin, Peavy Arboretum** (Race Start Location: 44°39'37"N, 123°14'18"W). The entrance to Peavy Arboretum is located off Arboretum Road, a left turn off Highway 99, approximately 6 miles north of Corvallis or a right turn off Highway 99, approximately 13 miles south of Monmouth. Our website and ultrasignup have the Google maps location. **All runners must check in prior to the start of the race.**

PARKING:

After entering Peavy Arboretum, stay left! The paved road will turn into a packed gravel road. Follow the parking signs and volunteers to the parking areas near the Forestry Cabin. **Arrive early to avoid a parking delay!** Please follow the instructions of the parking volunteers or we may not be able to use the Forestry Cabin in the future.

COURSE INFORMATION:

At the start the runners will run **1.2 miles** on a logging road to spread out before entering single track trail. This is a challenging **31.3** mile loop course with approximately **6,700** feet of elevation gain. The course is about 18.9 miles of trails and 12.4 miles of logging roads. A very complicated map and directions will be on the web site: www.mac50k.org. Don't panic, the course is extremely well marked with **yellow** ribbons, flour, **yellow** wood signs, **yellow** paper signs and many course marshals.

You will cross a paved road at the Lewisburg Saddle at **6.9 miles** and **26.4 miles**. **Please STOP and walk across this road avoiding all cars. We do not have permission to stop traffic during the race.** This road crossing is a saddle/summit, with limited views in both directions for runners and

automobiles. It is an area where many other forest users (hikers, bicyclists) park and enter the forest. Automobiles will be driving over this saddle/summit with limited views. **Please be careful!** Corvallis Mountain Rescue emergency personnel will be on duty here, at all aid stations and at the finish line.

AID STATIONS:	MILEAGE	MILES2NEXT
# 1 Lewisburg Saddle	6.9 Miles	5.3 Miles
# 2 Bottom of Extendo Trail	12.2 Miles	5.9 Miles
# 3 Dimple Hill	18.1 Miles	4.0 Miles
# 4 Chip Ross Park	22.1 Miles	4.3 Miles
# 5 Lewisburg Saddle	26.4 Miles	4.8 Miles

CUTOFFS:

AS# 3 Dimple Hill 1:00PM Drop Bag

AS# 4 Chip Ross Park 2:00PM

AS# 5 Lewisburg Saddle 3:00PM

The Finish line will close at **4:00PM**.

Drop Bags will be delivered to **Aid Station #3 Dimple Hill (18.1 Miles)**. **Hammer Nutrition** has kindly provided a drop bag that you will receive at packet pickup/registration.

Aid Stations will have; water, electrolyte drink (Hammer Heed), Coke, ice, **Hammer Gel**, potatoes, bananas, pretzels, chips, cookies, **Endurolyte Caps**, and first aid (Vaseline, Advil, Tums and Band-Aids). The electrolyte drink will be **Hammer Heed** from **Hammer Nutrition** and will also be available at the Forestry cabin before and after the race. Ask the aid station volunteers if you need Tecnu for poison oak, or Endurolyte caps, Tums, Advil or foot care.

EARLY START:**

There will be an optional early start at **7AM** for runners concerned about making the cutoffs at the aid stations and at the finish. Please take the early start only if you expect to finish in more than 7 hours. Early starters will be included in the overall race results, but will not be considered for age group recognition, unless everyone in their age group took the early start. Last year there were at least 30 early starters. If you plan to start at 7AM, make sure it is noted on your application, or please email (**dgamroth11@gmail.com**) or call (**503-949-1614**) prior to the race, to assist the race directors in keeping track of the early starter's and their finish times.

**** Early starters who run faster than 7 hours will have their actual finish time listed in the overall results, but their time used for the Oregon Trail race series scoring will be 7 hours. Early starters should not be runners who are trying to avoid the mud and are running under a 7 hour pace. If so, you may miss some course markings or arrive at aid stations before they are set up.**

POST RACE RESULTS & AWARDS:

After finishing the race we would like you to join the other ultrarunners in the Forestry Cabin for home made vegetarian soup, **Great Harvest bread**, cookies, Hansen's fruit drinks and fruit. **Results will be posted often in the Forestry cabin.** The runners who finish 1,2,3 overall and 1,2,3 masters overall (male and female), and ten year age group winners will earn a ceramic mug and will receive the award within an hour after finishing their race. The overall men's and women's winners will also receive a gift certificate. Race results will be available on the website and mailed upon request.

There will be a **"5 Year"** finishers mug awarded to runners who will be finishing the McDonald Forest 50K race for their **5th** year. There will be a **"10 Year"** plate awarded to runners who will be finishing the McDonald Forest 50K Race for the **10th** year. And, there will be a **"15 Year"** plate for the runners who will have finished the McDonald Forest 50K **15** years. See <http://www.mac50k.org/halloffame.htm> for past recipients and for who is "coming up" for these awards.

COURSE RECORDS:

Women

19&under Susan Smith, Corvallis OR 6:07:16
29-29 Evelyn Dong, Bend, OR 4:38:34 **CR!**
30-39 Karen Dewolfe, Corvallis OR 4:49:08
40-49 Meghan Arbogast, Corvallis, OR 4:47:56
50-59 Shirley Kaiser, Beaverton, OR 5:55:26
60-69 Gail Forshaw, Port Coquitlam, BC 6:26:34

Men

19&under Erik Bateham, Corvallis OR 5:17:21
20-29 Scott Jurek, Seattle, WA 4:10:33
30-39 Max King, Bend, OR 3:54:06 **CR!**
40-49 Lanny Gower, Portland, OR 4:08:38
50-59 John Ticer, Eugene, OR 4:24:21
60-69 Eb Engelmann, Salem, OR 5:37:09
70&up Bill Robbins, Corvallis, OR 6:52:56
Walking Sander Nelson, Corvallis, OR 7:09:19

All of the courses have been quite challenging and Penny McDermott is the only person to ever win the race twice. No male has ever won the race twice. The course has had minor and sometimes major revisions from year to year. It could be argued that there are 32 course record holders, one for every year. This year will again be a fast Mac-Lite course!

Women

1996	Kathy O'Hara	4:50:21	2004	Meghan Arbogast	4:47:56
1997	Tia Gabalita	5:21:22	2005	Kami Semick	5:15:48
1998	Janet Stadshaug	5:28:32	2006	Penny McDermott	5:09:45
1999	Tina Boucher	5:07:54	2007	Penny McDermott	4:55:48
2000	Robin Beebee	5:05:19	2008	Evelyn Dong	4:38:34!
2001	Luanne Park	5:07:05	2009	Darla Askew	4:58:07
2002	Barbara Leinweber	5:35:31	2010	Ashley Nordell	4:52:39
2003	Audrey Nelson	5:23:46	2011	Karen Dewolfe	4:49:08

Men

1996	Andy Fecteau	4:14:57	2004	Michael Lynes	4:10:27
1997	Rich Cramer	4:09:29	2005	Brian Morrison	4:39:23
1998	Dave Terry	4:23:44	2006	John Ticer	4:29:43
1999	Scott Jurek	4:10:33	2007	Todd Braje	3:54:58
2000	Nate McDowell	4:18:33	2008	Dan Olmstead	3:56:12
2001	William Emerson	4:14:56	2009	Hal Koerner	4:01:33
2002	Tom Moritz	4:02:23	2010	Neil Olsen	4:13:52
2003	Brandow Sybrowsky	4:17:58	2011	Max King	3:54:06!

We would like to thank **Hammer Gel, Oregon Trail Brewery, and Five Star Sports** for their support of this race. The **volunteers** and the Oregon State University Research Forest make this race possible.

If there is no mud, please don't complain. Have a good time and good fun!
Thanks so much for supporting our race, and please thank every volunteer!
Race Directors - Ken Ward and Dennis Gamroth (503) 949-1614
PO Box 4127, Salem, OR 97302

Race Web Site: <http://www.mac50k.org>

E-Mail: dgamroth11@gmail.com