



Welcome to the 17th annual McDonald Forest 50K! Ken and Dennis have been working very hard to get everything finalized for another fun Oregon Trail Series race for you on May 12th. Your bib number can now be found on the entrant's page at http://ultrasignup.com/entrants_event.aspx?did=14712

It's looking like the course will again be dry and warm this year and it will be another fast year. We require you to carry at least one water bottle or hydration pack with you at all times. The water only aid station at mile 17 will not have cups. You will also be receiving a Hydrapouch (http://www.hydrapouch.com/hydrapouch/using_hp.htm) in your race

packet, we encourage you to clip this on your shorts and use it for fluids at every aid station to reduce our environmental impact. The course is in great shape and is very similar to the last three years. There is one new trail section at about mile 7 (after the first aid station), it is called Ridge Trail. You will be using this trail both directions. There also is a new trail that was necessary due to a huge mud slide on the way to Alpha, this is the new Upper Alpha Trail.

As part of your entry, we will again have 22 oz bottles of Mac Ale (IPA) from Oregon Trail brewery. Don't forget to pick up your bottle on the way out of Peavy after the race. A few of us will be sitting at the south entrance where Peavy Arboretum Rd meets Hwy 99. If you go left out of Peavy and North on Hwy. 99, please don't cry to us that you did not get your beer, we will be enjoying it at the party after the race. Speaking of, if you would like to stay in town for a bit after the race we will be at Clem LaCava's - directions will be available at the cabin.

The race filled for the last two years and this year we were able to add a few more runners so the race is doing well and supporting many teams in the Corvallis area. If you finish the 50K for the 5th, 10th, or 15th time, please don't forget to pick up your special pottery award after the race. The aid stations will be stocked with Hammer gels and Heed, water, and the usual ultra race food – chips, cookies, pretzels, soda, M&M's, potatoes, salt, etc., and you will be treated to some bluegrass and tasty homemade vegetarian soup and Great Harvest bread at the finish. We will again be participating in the Nike Reuse-A-Shoe program, so bring your old running shoes and toss them into the box. Last year the pile filled half a mini-van, good job!

In your race bag you will find your race shirt, a treat from Soltice, a couple of Hammer Gels, a fruit bar from Gorge Delights, and new this year the reusable cup. We saw this at another race and liked the idea. Clipping this onto your waist for any race will help your eco-footprint – no cups!

If nature calls and you need to go off the trail, please leave something next to the trail so if something happens to you or you get lost we know where to start looking. Corvallis Mountain Rescue will be at the race again this year. Also, if you decide to quit anywhere out on the course, you must let an aid station captain or Mountain Rescue volunteer know. If you have not done so already, check the website for detailed race information under 50K Entry or Confirmations. You can find directions to the race, crew directions, aid station distances, etc. <http://mac50k.org>.

We will be very busy this week so please only e-mail in the event of an emergency.

We look forward to seeing everyone May 12th, ready to have fun and race!

Dennis & Ken, Mac 50K co-RD's