

21st Annual McDonald Forest Ultramarathon 50K

Oregon Trail Ultramarathon Series Race

May 14th, 2016, Saturday
Race Start: 8AM Early Start: 7AM
Forestry Cabin, Peavy Arboretum, Corvallis, Oregon
Runner Check In: 6:00 to 7:45AM

Welcome to the **21st 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.

Please notify us by email at dgamroth11@gmail.com if you will be unable to run the race this year.

The race is held in the Oregon State University McDonald Forest and Starker Forest. 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. It also means that **hikers and horses have the right of way**. The proceeds support local high school cross-country teams, Corvallis Mountain Rescue Unit and OSU Research Forest. We appreciate your support!

DIRECTIONS AND REGISTRATION:

In addition to race morning, packet pickup will be available between **4PM** and **7PM**, the day before the race, **Friday May 13th**, at the **Forestry Cabin, Peavy Arboretum** (Race Start Location). 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 has the Google maps location. **All runners must check in prior to the start of the race.**

PARKING:

PARKING IS GOING TO BE TIGHT AGAIN THIS YEAR, PLEASE ARRANGE CARPOOLING. 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, please follow the instructions of the parking volunteers or we may not be able to use the Forestry Cabin in the future.

COURSE INFORMATION:

The course is different from the route last year. We expect that you will like our changes. You must carry a water bottle. Please go to the website mac50k.org for more details.

At the start the runners will run **1.2 miles** on a logging road to spread out before entering a single track trail. You will need to carry a water bottle or hydration pack as there is an 8.5 mile section with no aid in this beginning section. The course is **31.3 miles** long. This is a loop course with approximately **6,800** feet of elevation gain. The course is approximately 20.4 miles of trails and 10.9 miles of logging roads. A map and directions are on the web site: <http://mac50k.org/course.htm>. The course is extremely well marked with **yellow** ribbons, flour, plastic and wooden signs and many course marshals.

You will cross a paved road at the Lewisburg Saddle at **8.5 miles** and **26.2 miles**. **Please STOP and**

walk across this road. We do not have permission to stop traffic during this 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 at the finish line and at all aid stations.

AID STATIONS:	MILEAGE	MILES2NEXT
# 1 Lewisburg Saddle	8.5 Miles	5.7 Miles
# 2 Dimple Hill	14.2 Miles	6.4 Miles
# 3 Bottom of Extendo Trail	20.6 Miles	5.6 Miles
# 4 Lewisburg Saddle	26.2 Miles	5.1 Miles

CUTOFFS:

- # 2 Dimple Hill **12:00PM Drop Bag**
- # 3 Bottom of Extendo Trail **1:30 PM**
- # 4 Lewisburg Saddle **3:00PM**

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

Drop Bags will be delivered to **Aid Station #2 Dimple Hill (14.2 Miles).**

Aid Stations will have; water, electrolyte drink (HAMMER HEED), Coke, ice, **HAMMER Gel**, potatoes, bananas, pretzels, chips, cookies, **Succeed Caps**, and first aid (Vaseline, Tums and Band-Aids). Ask the aid station volunteers if you need Succeed caps, Tums 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 should not be runners who are trying to avoid the mud and running under a 7 hour pace. If so, you may miss some course markings and arrive at aid stations before they are set up. You will not be eligible for age group awards unless only early starters are in your age group.**

POST RACE RESULTS & AWARDS:

After finishing the race we would like you to join the other ultrarunners in the Forestry Cabin for home made vegan soup, **Great Harvest bread**, cookies, 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 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 on Ultrasignup.

There will be a "**5 Year**" finisher's mug awarded to runners who will be finishing the McDonald Forest 50K race for their **5th** year. There will be a "**10 Year**" plate, a "**15 Year**" bowl and a "**20 Year**" Urn for your old ashes upon finishing the McDonald Forest 50K the appropriate number of years.

All of the course records including the winners from all of the past years are available on the website at: <http://mac50k.org/results.htm>

We would like to thank **HAMMER NUTRITION and Mazama Brewing** for their support of this race. The volunteers, Starker Forests 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 luck!

Thanks so much for supporting our race!
Race Directors - Ken Ward & Dennis Gamroth
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