

22nd Annual McDonald Forest Ultramarathon 50K

A 2017 [Trail Runner Trophy Series](#) Race

May 13th, 2017, Saturday
Race Start: 8AM Early Start: 7AM
Forestry Cabin, Peavy Arboretum, Corvallis, Oregon
Runner Check In: 6:00 to 7:45AM

Welcome to the 22nd annual McDonald Forest Ultramarathon 50K. We appreciate your support!

Please notify us by email at macforest50k@gmail.com if you will be unable to run the race this year.

Corvallis Area Trailrunners is the 501(c)(3) public charity that distributes the race proceeds which support local middle and high school cross-country teams, the Corvallis Mountain Rescue Unit and the OSU Research Forest.

The race is held in Oregon State University's McDonald Forest and on Starker Forest land. Please obey all forest rules and regulations posted in Peavy Arboretum and throughout 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*.

DIRECTIONS AND REGISTRATION:

In addition to race morning, packet pickup will be available between **4PM** and **7PM** the day before the race, **Friday May 12th**, at the **Forestry Cabin in 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. Yellow signs with black lettering will be located on Highway 99 and Arboretum Road. Our website also has the [Google maps location](#). **All runners must check in prior to the start of the race.**

PARKING:

PARKING WILL BE TIGHT AS USUAL; 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 follow the instructions of the parking volunteers or we may not be able to use the Forestry Cabin in the future.

***** PLEASE NO RACE ENTRANT OR SPECTATOR PARKING AT GATE 500 IN PEAVY ARBORETUM (signs and volunteers will be present to direct you) *****

COURSE INFORMATION:

The course is different from the route used last year. As in previous years, you must carry a water bottle due to long sections without aid. This year the race will also begin a transition to become cup-less. Please see the description below and/or [course page](#) for more details.

At the start, 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 a 7.6-mile section with no aid to start the race. This is a loop course that is **31.7 miles** long with approximately **6,800 feet** of elevation gain. The course is approximately 20.5 miles of trails and 11.2 miles of logging roads. Maps and directions are on the [course page](#). The course is extremely well marked with **pink** ribbons, flour, plastic and wooden signs and many course marshals.

You will cross a paved road at the Lewisburg Saddle at **7.6 miles** and **25.7 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 cars. It is an area where many other forest users (hikers, bicyclists) park and enter the forest. Cars 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 | 7.6 Miles | 5.2 Miles |
| # 2 Bottom of Extendo Trail | 12.8 Miles | 4.3 Miles |
| # 3 Water Only | 17.0 Miles | 3.0 Miles |
| # 4 Dimple Hill (drop bag) | 20.0 Miles | 5.7 Miles |
| # 5 Lewisburg Saddle | 25.7 Miles | 6.0 Miles |

CUTOFFS:

| | |
|-----------------------------|-----------------|
| # 2 Bottom of Extendo Trail | 11:30 AM |
| # 4 Dimple Hill (drop bag) | 1:30 PM |
| # 5 Lewisburg Saddle | 3:00 PM |

The Finish Line will close at 4:00PM

Drop Bags can be dropped off at the start and will be delivered to **Aid Station #3 Dimple Hill (20.0 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. Aid stations will have a minimal amount of cups this year.

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 (macforest50k@gmail.com) or call (**541-224-4009**) 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 run 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 homemade vegan soup, **Dave's Killer bread**, cookies, drinks and fruit. **Results will be posted often in the Forestry Cabin.** 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 should receive the award very soon after finishing their race. Prize money will also be awarded as follows:

- \$100 to 1st Overall Female and Male
- \$100 to 1st Masters (40+) Female and Male
- \$50 for breaking any course or age group record

Race results will be available on the website and on Ultrsignup. All course records including winners from previous years are available on the [results page](#).

There will be "**5 Year**" finisher mugs, "**10 Year**" plates, "**15 Year**" bowls and "**20 Year**" urns for your old ashes awarded to runners who finish the race for the appropriate number of years. This year's potential 5, 10, 15 and 20 year Hall of Fame entrants can be found on the [Hall of Fame page](#).

All finishers 21 and older will receive a **finisher beer** brewed and bottled by **Mazama Brewing**. Don't forget to pick up your beer after you leave the race. It will be available at the [southern intersection of Arboretum Road and Highway 99](#) as there is NO alcohol allowed on Oregon State University property.

LOST & FOUND, EXTRA SHIRTS:

There will be a Lost & Found in the Forestry Cabin including items left at last year's race. There will also be a few race shirts available from previous years.

We would like to thank **Squirrel's Nut Butter, Injinji, Dave's Killer Bread, HAMMER Nutrition, and Mazama Brewing** for their support of this race. And thank-you to the volunteers, Starker Forests and the Oregon State University Research Forest for making this race possible.

Mud is not in short supply this year! Have a good time and good luck!

Thanks so much for supporting our race!

Race Directors – Anne Miller and Mike Rosling

(541)224-4009

4345 SW Agate Avenue, Corvallis, Oregon 97333

Web Site: mac50k.org

E-Mail: macforest50k@gmail.com