

The 25th McDonald Forest Ultramarathon 50K

Saturday May 8th, 2021

Race Start Waves: 7:00 AM, 8:00 AM, 8:30 AM, 9:00 AM

Forestry Cabin, Peavy Arboretum, Corvallis, Oregon

Runner Check In: see [wave assignments](#) spreadsheet

After an extra year of waiting, welcome to the 25th McDonald Forest Ultramarathon 50K. We appreciate your support during these unprecedented times!

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 PACKET PICKUP:

In addition to race morning, packet pickup will be available between **3PM** and **6PM** the day before the race, **Friday May 7th**, 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](#).

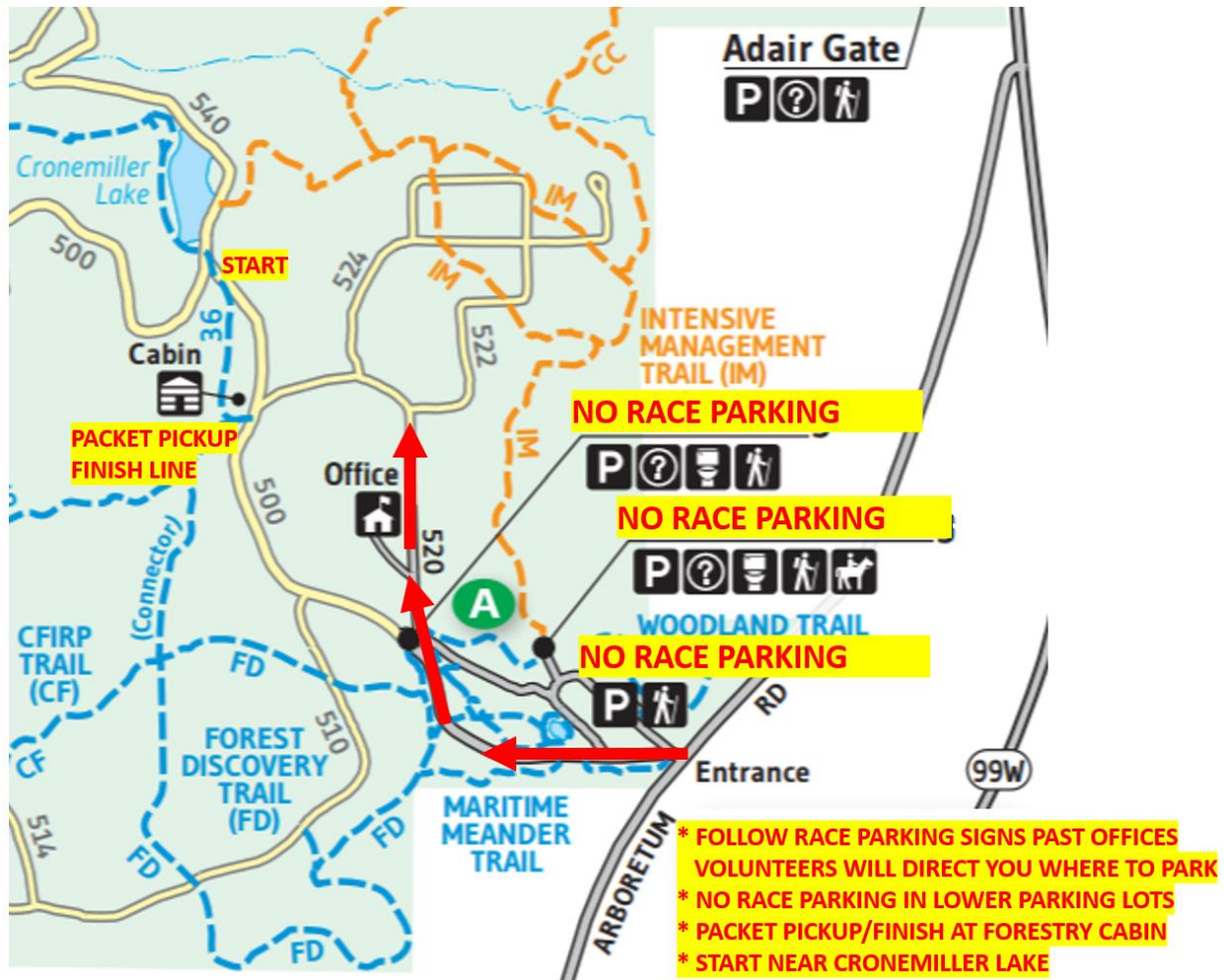
We strongly encourage Friday packet pickup if it is possible for you. It will help speed up the check-in process on race morning. **ALL runners must still check in prior to the start on race day.**

Check-in on race morning will include a temperature check, COVID waiver completion, bib and chip pickup. The [waiver](#) can be filled out ahead of time and brought with you to packet pickup (Fri or Sat). Printed waivers will also be available to fill out on site if necessary. **If your temperature is above 100.4 F on race morning, you will not be allowed to participate.** This year, we are using reusable timing chips to accommodate the wave start. This timing chip must be returned when you finish. **If not returned, runners will be charged \$85 for replacement.**

ARRIVAL and 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. **Please** follow the instructions of the parking volunteers or we may not be able to use the Forestry Cabin in the future. **You will be asked to park along the 522, 524, and 500 roads.**

Parking Map



A wave start is being used to minimize the size of gatherings at packet pickup and the start/finish. Unlike years past, there will be a separate **packet pickup (Forestry Cabin)** and **start area (near Cronemiller Lake)** to stage runners.

Wave assignments are set with specific times for entry into the packet pickup area and the start area. **Please do not enter these areas early! If you arrive and park early, please stay in your car.**

Wave 1: Start 7:00 AM, enter packet pickup area 6:15-6:50 AM, move to start 6:50-6:55 AM.
Wave 2: Start 8:00 AM, enter packet pickup area 7:15-7:50 AM, move to start 7:50-7:55 AM.
Wave 3: Start 8:30 AM, enter packet pickup area 7:50-8:20 AM, move to start 8:20-8:25 AM.
Wave 4: Start 9:00 AM, enter packet pickup area 8:20-8:50 AM, move to start 8:50-8:55 AM.

SAFETY/ COVID PROTOCOLS

Runners who come across a serious trauma injury or any internal (abdominal/chest/head) pain should dial 911. It is not an issue if more than one person calls 911. Also call Anne Miller @ (541)224-4009 (this number is on the back of your race bib). Note course mileage when you call. Course marking signs will include approximate mileage to aid CMRU in reaching injured runners.

COVID PROTOCOLS

- No spectators or crew at start/finish or in aid station boundaries
- Masks/face coverings that cover your mouth and nose will be required at the start/finish line area, at aid stations, and when within 6 feet of another forest user/runner.
- Aid stations - Put your mask over your mouth and nose before you reach the aid stations, use hand sanitizer, keep your distance from other runners. Be prepared to fill your own bottles/bladders after using hand sanitizer. Aid Station volunteers will be masked and gloved
- When passing other runners, call out ahead, pull up your mask and put in a little surge; while being passed, pull up your mask and politely let the other runner pass you

COURSE INFORMATION:

This year's course was designed to minimize two-way traffic. As in previous years, you must carry a water bottle due to long sections without aid and now cupless aid stations. Please see the description below and/or [course](#) page for more details.

Due to the wave start, runners will quickly enter single-track trail. This is a loop course that is **31.5** miles long with approximately **7,000** feet of elevation gain. The course is approximately 21.4 miles of trails and 10.1 miles of logging roads. Maps and directions are on the [course](#) page. The course is extremely well marked with **orange** ribbons, flour, plastic and wooden signs and many course marshals.

You will cross a paved road at the Lewisburg Saddle at **7.8 miles** and **26.3 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	7.8 Miles	6.0 Miles
# 2 Dimple Hill	13.8 Miles	6.0 Miles
# 3 McCulloch Peak (drop bag)	19.8 Miles	5.3 Miles
# 4 Top of Knucklehead Trail (water only)	25.1 Miles	1.2 Miles
# 5 Lewisburg Saddle	26.3 Miles	5.2 Miles

CUTOFFS:

# 2 Dimple Hill	1:15 PM
# 3 McCulloch Peak	3:00 PM
# 5 Lewisburg Saddle	5:00 PM

Drop Bags can be dropped off at packet pickup and will be delivered to **Aid Station #3 McCulloch Peak (19.8 Miles)**. Drop bags will be returned to packet pickup as soon as is possible by race staff.

Full Aid Stations will have water, electrolyte drink (HAMMER HEED), Coke, ice, HAMMER Gels, pre-packaged snacks, S-Caps, and first aid (Squirrel's Nut Butter, Tums and Band-Aids). Ask the aid station volunteers if you need S-Caps, Tums or foot care.

POST RACE RESULTS & AWARDS:

Our biggest sadness is that we cannot have our typical post-race celebration this year as we have in years past. Only minimal food and drink will be available. Please come prepared.

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. 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

Ideally, awards will be handed out as runners finish, but due to the need for wave starts, some awards may need to be delivered/mailed.

7:00 AM starters will not be considered for age group recognition unless everyone in their age group took the 7:00 AM start.

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

There will be “**5 Year**” finisher mugs, “**10 Year**” finisher plates, “**15 Year**” finisher bowls, “**20 Year**” finisher urns, and for the first time, “**25 Year**” finisher holy grails for achieving ultrarunning immortality awarded to runners who finish the race for the appropriate number of years. This year's potential 5, 10, 15, 20 and 25 year Hall of Fame entrants can be found on the [Hall of Fame page](#).

All finishers 21 and older will also receive a **finisher beer** brewed 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.

Finally, we would like to thank **Injinji**, **HAMMER Nutrition**, and **Mazama Brewing** for their support of this race. And thank you to the volunteers, **Starker Forests** and **Oregon State University Research Forest** for making this race possible.

We hope you have a good time and good luck!

Thanks so much for supporting our race!

Race Directors – Anne Miller and Mike Rosling

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