



# **BIGHORN TRAIL 100 RACE PACKET**

## **ESSENTIAL RACE NOTES**

Download the free It's Your Race app to your mobile phone. This mobile app will provide a detailed schedule with maps and directions to the race venues. In addition, the app has great features including places to visit, dining in Sheridan, lodging information, interactive course maps, athlete tracking and results! No need to visit the results tent, just check your results on your phone! Just visit your mobile app store and download the "It's Your Race" app. Once downloaded, launch the app and type "Bighorn" in the event search bar.

For your safety and the safety of our volunteers, all cutoff times are strictly enforced. You must wear your race number so that it is clearly visible at all times to our race personnel. It should be worn on your chest for accurate split times, live tracking and finish times (Splits and live tracking provided for the 100M and 52M only).

Should you need to drop from the race at one of the aid stations, please notify the personnel available, and give them your race number for confirmation. All race officials, Search and Rescue, Medical Staff, as well as all aid station captains have authority to make decisions regarding your continuation in the race, and their advice must be strictly followed.

Drop bags are due at scheduled times. No drop bags are allowed on the buses. Parking at Dry Fork Aid Station is in a designated parking area, and vehicles are not allowed down in the aid station. This is also true for those crewing a 100 miler. It is a short walk down, and there will also be a shuttle available if needed.

The course is marked with orange wire, orange flags, green arrow signs, glow sticks, and reflective tape. As a participant, you are responsible at all times to follow the provided markings. The Bighorn Trail Run is in remote mountains, and cell service is not available. WYO Timing does a great job providing tracking, however, due to the challenges presented by the remoteness of this course, tracking is not a guaranteed method for family/crew to find their runner. Sheridan Area Search and Rescue volunteers track runners in and out of every aid station.

Should your crew drive into the Footbridge Aid Station, be aware that there are 2 creek fords to drive through. The second is quite deep. Do not attempt to drive to Footbridge without a high clearance vehicle. There is a designated area to park and a short walk to the station. Please help us by following these rules and allowing our volunteers the space

to help all our runners.

Crew parking at the Jaws Aid Station is limited, please be sure to pull off on the right side in a manner so vehicles as large as a bus may pass. Please follow all parking signs.

We are not able to make any changes to your distance, and you are responsible to run the event for which you registered. No changes will be made at packet pick-up. Entries are NON-TRANSFERABLE. ID is required to receive your packet and race number. Friends, family, etc. are not allowed to pick up your packet. You are responsible to run the distance for which you chose to register. If you disregard this rule and participate in a distance that you did not register for, you will be disqualified.

Course etiquette is expected and you should yield to any runner that is catching you from behind, let them pass by stepping to the upside of the trail so that they may continue at their pace. The faster runner does have the right of way, and would be appreciative of your yielding to them. This is true for horses as well, and others that may be on the trails. Course etiquette also applies to your trash. Please carry it out with you.

Check the web-site or the It's Your Race mobile app for the most current information, any possible changes and for activities, restaurants and destinations to visit in the Sheridan Area. Please familiarize yourself and your crew with all the rules of Bighorn which are also posted at our web-site, [www.bighorntrailrun.com](http://www.bighorntrailrun.com), and listed below in this race packet.

The course should be in great condition, which at Bighorn includes, rocks, roots, stumps, fallen trees, shoe-sucking mud, snow, swamps, single track, steep hills, fantastic aid stations, moose, deer, elk, mountain lions, bears, grouse, rattlesnakes, thunder and lightning, great volunteers, cold nights, sunny warm afternoons, and many other conditions, obstacles, and wild life. It will be an adventure for you and we hope it gives you many memories to cherish and carry with you always. Services available at the finish line include, Medical, Race Information, Results, Picnic, Massage, Beer Garden, Music and more.

Thanks for choosing Bighorn for your adventure, and we are looking forward to your arrival and participation in our race.

Welcome, and safe travels to our wild and scenic Bighorn Mountains! We do hope you have a great time while visiting our area!

# **DIRECTIONS TO THE START**

The entrance to the Tongue River Canyon Road is on the northeast side of the Tongue River Bridge on Hwy 14 as a driver enters Dayton coming west from Ranchester. Take the Tongue River Canyon Road proceeding upstream on the northeast side of the Tongue River. Go left at a junction approximately 2.5 miles from Dayton and proceed on the Tongue River Canyon Road approximately 1 mile further to the Amsden Fishing Access area in the Tongue River Canyon (a primitive outhouse will be noted on your right). The start will occur on the Tongue River Canyon Road by the big cottonwood tree where the road turns toward the north wall of Tongue River Canyon at the west end of the fishing access area (approximately 1.25 miles from the Tongue River Canyon Trailhead).

## **BIGHORN TRAIL 100 COURSE DESCRIPTION**

The course is an out-and-back with the starting point on the Tongue River Canyon road approximately 1.25 miles from the Tongue River Canyon trailhead of trail #25 and approximately 3.5 miles from Dayton at the Tongue River fishing access parking area. Access to the start will be along the Tongue River Canyon road from Dayton. The runners proceed westerly along the gravel Tongue River Canyon road to the Tongue River Canyon trailhead of trail #25. Participants will then ascend Tongue River Canyon on the trail #25 to climb out of the canyon on an intersecting trail to Horse Creek Ridge. Runners will descend into the Sheep Creek drainage on the trail crossing Sheep Creek to access 4-wheel drive Road #198. They will precede westerly in the Sheep Creek drainage along trail and 4-wheel road #201 to access road #168 (Freeze Out Road) at the head of Camp Creek. Crossing road #168, they will descend the Camp Creek drainage on the trail and gravel road #168 to the intersection of 4-wheel drive road #149 with road #168 (Head of the Dry Fork). The participants will then descend the Dry Fork drainage along 4-wheel drive road #149 to its intersection with trail #4 (Dry Fork Trail) at Miller Creek. They will continue northerly on the trail #4 to cross the Little Bighorn River footbridge at the intersection of trail #4 with trail #50 (Little Bighorn Trail). From that point (Little Bighorn River footbridge), the runners will ascend the Little Bighorn River drainage on the trail #50 crossing road #14 (Devil's Canyon Road) and descend the Porcupine Creek drainage on the trail to the turn-around point at Jaws Trailhead. The runners will subsequently return in the opposite direction on the same course to the starting point in the Tongue River Canyon. From that point, the runners will continue to descend the gravel Tongue River Canyon road to the finish at Scott Park in Dayton.

The elevation at the starting point of the Bighorn Trail 100 is approximately 4090 feet with the runners ascending the Tongue River drainage to Horse Creek Ridge at approximately 7450 feet at 7.5 miles (first 1.25 miles rough gravel road, then 6.25 miles trail). Runners then descend on the trail to the Upper Sheep Creek crossing at approximately 7450 feet at 8 miles and continue 1/4 mile to the fully supplied Upper Sheep Creek Aid station. The course subsequently ascends in a rolling fashion (3 miles trail, 1.25 miles 4-wheel drive trail/road) to Camp Creek Ridge at approximately 7854

feet at 12.25 miles. Participants then descend (0.5 miles trail, 0.75 miles gravel road) to the first crew/drop bag aid station at approximately 7480 feet at the Freeze Out Road saddle of Dry Fork Ridge at 13.5 miles. Subsequently, the course descends the Dry Fork drainage on a primitive 4-wheel drive jeep trail in a rolling fashion to the fully supplied Kern's Cow Camp Aid station at approximately 6600 feet at 19.5 miles. The course continues on the east face of the Dry Fork Canyon on a scenic, rolling trail to Bear Hunting Camp with limited supplies at approximately 6800 feet at 26.5 miles. Runners then descend on a steep trail into the Little Bighorn Canyon to cross the Little Bighorn River on a footbridge at approximately 4590 feet at 30 miles (a fully supplied crew/drop bag aid station point). The course then ascends 3.5 miles on the trail to Cathedral Rock, a limited aid station then continues through the scenic Little Bighorn Canyon passing by Leaky Mountain to Spring Marsh at approximately 6920 feet at 40 miles. Runners continue to ascend via trail through the Wagon Box Creek, Duncum Creek, and then into Elk Camp limited supply aid station. The course then continues to Willow Creek drainage to cross Devil's Canyon Road on the Bighorn Mountain divide at approximately 8951 feet at 47 miles. The course then descends the Porcupine Creek drainage (0.5 miles trail, 0.5 miles jeep trail) to a turn-around point at Jaws Trailhead (a fully supplied crew/drop bag aid station) at approximately 8800 feet at 48 miles.

Runners return on the same course crossing the Bighorn Mountain divide at the trail crossing of Devil's Canyon Road at 49 miles, descending by Spring Marsh at 56 miles, and continuing to descend to the Little Bighorn River footbridge at 66 miles (a crew/drop bag aid station). The course then ascends the Dry Fork drainage going through Bear Hunting Camp at 69.5 miles, Kern's Cow Camp at 76.5 miles, and exits the Dry Fork Drainage at the Freeze Out Road saddle of Dry Fork Ridge (a crew/drop bag aid station) at 82.5 miles. Participants ascend to Camp Creek Ridge at 83.75 miles, descend the Sheep Creek drainage to the upper Sheep Creek crossing at 88 miles, and summit Horse Creek Ridge at 88.5 miles. The course then descends the Tongue River Canyon drainage to the Tongue River Canyon Road trailhead at 94.75 miles. Runners then descend the gravel Tongue River Canyon Road 1.25 miles going past the starting point of the race. Participants continue to descend on the Tongue River Canyon Road an additional 3.5 miles to Dayton crossing the Tongue River on a footbridge adjacent to U.S. Highway 14. They then cross U.S. Highway 14 in Dayton to finish 0.5 miles later at Scott Park in Dayton.

Trail markings will consist of frequent orange flagging tape attached to trees, bushes, and rock. Some orange flagging tape will be attached to wire flags in meadow areas. Lime arrows will be used at a few junctions on the course. Some of the orange flagging may have reflective tape applied to aid in visualization of the ribbon when traversing the course during the night. There will be occasional glow sticks used on the section of the course between Kern's Cow Camp and Jaws Trailhead. Elk have been known to devour the markings on sections of this course in the past within 48 hours of the markings having been placed despite the best efforts of race management. The race committee reserves the right to respond to potential safety contingencies posed by potentially adverse weather conditions or other course conditions to make "last minute" course changes. If any such course changes were required, they would be fully briefed at the Friday pre-race briefing.

# AID STATIONS

<b>OUTBOUND Station</b>	<b>Distance</b>	<b>Type of Station</b>	<b>Elevation</b>	<b>Crew/Pacing</b>	<b>Drop Bag</b>	<b>Medical Check</b>
START	0M	MINIMAL	4275'	N/A	NO	NO
TONGE RIVER TH	1.25M	MODERATE	4240'	NO	NO	NO
LOWER SHEEP CREEK	3.5M	MINIMAL	5025'	NO	NO	NO
UPPER SHEEP CREEK	8.5M	MODERATE	7450'	NO	NO	NO
DRY FORK RIDGE	13.4M	MAJOR	7480'	YES	YES	YES
COW CAMP	19.5M	MODERATE	6600'	NO	NO	NO
BEAR CAMP	26.5M	MINIMAL	6800'	NO	NO	NO
SALLY'S FOOTBRIDGE	30M	MAJOR	4590'	YES	YES	YES
CATHEDRAL ROCK	33.5M	MINIMAL	5080'	NO	NO	NO
SPRING MARSH	40M	MODERATE	6920'	NO	NO	NO
ELK CAMP	43.5M	MINIMAL	7430'	NO	NO	NO
JAWS TRAILHEAD	48M	MAJOR	8800'	YES	YES	YES
<b>INBOUND Station</b>	<b>Distance</b>	<b>Type of Station</b>	<b>Elevation</b>	<b>Crew/Pacing</b>	<b>Drop Bag</b>	<b>Medical Check</b>
ELK CAMP	52.5M	MINIMAL	7430'	NO	NO	NO
SPRING MARSH	56M	MODERATE	6920'	NO	NO	NO
CATHEDRAL ROCK	62.5M	MINIMAL	5080'	NO	NO	NO
SALLY'S FOOTBRIDGE	66M	MAJOR	4590'	YES	YES	YES
BEAR CAMP	69.5M	MINIMAL	6800'	NO	NO	NO
COW CAMP	76.5M	MODERATE	6600'	NO	NO	NO
DRY FORK RIDGE	82.5M	MAJOR	7480'	YES	YES	YES
UPPER SHEEP CREEK	87.5M	MODERATE	7450'	NO	NO	NO
LOWER SHEEP CREEK	92.5M	MINIMAL	5025'	NO	NO	NO
TONGUE RIVER TH	94.8M	MODERATE	4240'	NO	NO	NO
HOME STRETCH	98M	MODERATE	4040'	NO	NO	NO
SCOTT PARK FINISH	100M	MAJOR	3970'	N/A	YES	NO

# TRACKING AND RESULTS

Bighorn Trail Run and WYO Timing are proud to bring you, your families and crew, updated athlete tracking. While on the course, you will pass through 5 timing points. These timing points are Dry Fork Out, Footbridge Out, Jaws, Footbridge In and Dry Fork In. Your race bib will have a chip attached that will capture a time when you pass through each of these points. Your friends and family back home will be able to see your progress on-line at [itsyourrace.com](http://itsyourrace.com). Crew members will be allowed to access our tablets and computers at these timing points in order to see your progress. At the finish, there will be several kiosks and computers set up in the results area for your convenience. You may also check results on your mobile devices from the It's Your Race app.

It is very important that your race bib is on the outside of your clothing in order for these times to be accurate. If you put on outerwear during the night, please move your bib to the outside of your clothing. If you shed your outerwear, be sure to move your race bib back. Chips are best read from your chest. If you choose to place your race bib on your shorts, there is a chance a time may not be captured.

Please keep in mind, the updated athlete tracking via [itsyourrace.com](http://itsyourrace.com) is dependent upon our internet service at the timing points. This race travels through very remote areas. There are many variables involved in achieving a consistent internet connection in mountain conditions. Updated athlete tracking is provided as an extra service for your friends, families and crew. Ultimately, Search and Rescue staff at all aid stations are keeping track of where you are on the course at all times.

## AWARDS

The overall male and female winners will each receive a distinctive first place award. Overall second place and third place male and female finishers will also receive a special award. All finishers will receive a finisher award. Age group winners of male and female will also receive first, second and third. Any finisher in under 24 hours will be inducted into the Rusty Spurs Club and will receive a special award.

# BIGHORN TRAIL 100 PERFORMANCE RULES

1. There will be no unofficial runners.
2. Each runner's official race number must be worn prominently on the front of the runner throughout the entire race.
3. Runners must follow the marked trail at all times. Any runner departing from the trail must return to the point of departure on foot before continuing to proceed on the course.
4. Each runner must complete the entire course on foot under his/her own power.
5. Runners may not store supplies of any kind along the trail.
6. Runners are responsible for the actions of their crews and pacers. Everyone associated with the race must comply with all Race rules, regulations issued by the Race Director in pre-race memos and at the pre-race briefing on Friday, and all parking and access instructions, or risk disqualification of the runner.
7. Each runner must be checked IN and OUT of all manned checkpoints.
8. All cut-off times will be strictly enforced. Runners must be checked OUT of the checkpoint by the cut-off time.
9. All runners must undergo brief medical checks at designated checkpoints. Additional monitoring of individual runners may be required at the discretion of the Aid Station captain, medical personnel Search and Rescue or race officials. Refusal of the runner to cooperate may result in immediate disqualification. The Aid Station captain, medical personnel, Search and Rescue, or race officials have the complete authority to evaluate the condition of any runner at any time, and to determine whether the runner may continue.
10. Each runner and any pacer should strongly consider taking a minimum checklist of equipment and safety clothing with them from the Little Bighorn River at Sally's Footbridge Aid Station at 30 miles on their way out on this course to ensure in their safety in ascending the Little Bighorn Canyon in the evening or at night. In past years, the Bighorn Trail 100 was held in near perfect to somewhat warm conditions; and yet many participants experienced significant hypothermia in their ascent of the Little Bighorn Canyon due to night chill and the predictable canyon headwinds. This canyon is isolated with very limited access points making any needed rescues extremely difficult and complicated. Sudden thunderstorms or snowstorms can unpredictably occur at any time in the Bighorns especially in the late evening hours. The list includes a minimum of 1) three working flashlights (additional spare batteries suggested), 2) a long sleeve moisture wicking material shirt, 3) long tights or long weather pants, 4) a nylon jacket or similar type of upper shell, 5) a plastic emergency poncho 6) gloves, and 7) headwear (a stocking cap, balaclava, or some type of hood).

11. Injection of fluids or drugs (intravenous, intramuscular, or subcutaneous) during the race will result in immediate disqualification.
12. Littering of any kind is prohibited. Please respect the natural beauty of our countryside and forest to allow our continued use of this course.
13. Runners, pacers, and crews must use approved Forest Service techniques for human waste disposal if they are required to relieve themselves in the "wild".
14. Runners, pacers, and their crews must refrain from any act of bad sportsmanship.
15. Smoking is not permitted at any of the checkpoints or along the trail.
16. Any runner who is unable to finish the race must personally inform the Aid Station captain or Search and Rescue at the nearest checkpoint of his/her decision to withdraw. He/she must give his/her race number issued at the pre-race check to the Aid Station captain at that time. The surrender of the race number by the runner to the Aid Station captain or Search and Rescue serves as an official notice of a runner's withdrawal from the race.
17. The runner is responsible for any "search" costs incurred by their participation in this event if an emergency search procedure is activated including searching for runners classified as "lost" caused by noncompliance with withdrawal procedures from the race listed in #16 above.
18. The entrant is responsible for any costs incurred by them, their pacers, or their crew for medical treatment or medical evacuation during their participation in this event.
19. A pacer (pace runner or safety runner) is any individual who accompanies an entrant for any distance greater than 100 yards at one time. One pacer at a time may accompany each runner from the Little Bighorn River footbridge aid station going out (30 miles) to the Finish of the race.
20. Vehicles are not allowed on the Tongue River Canyon Road from the Trailhead to the finish at Dayton Park. We encourage you to meet your runner by either walking, running, or biking on the road. A crew runner may accompany the competitor on the final course section into the park, but must only do so on foot, and may not do so on a bike.
21. Each pacer must sign a waiver release prior to pacing a runner. These will be available at the pre-race briefing and at Packet Pick-up.
22. Pacers must be at least 18 years of age. Specific exceptions to the age requirement may be made in advance of the race by the Race Director with a guardian's signature.
23. Each pacer must wear the official pacer bib of the entrant he/she is pacing. One pacer bib is provided per entrant at race check in. The official pacer number must be transferred between pacers if duties for one runner are to be shared. If a pacer becomes unable to continue the race, the official pacer number must be given to the runner, so that subsequent pacers will be properly identified.
24. Each pacer must clearly identify themselves when passing through checkpoints so that race personnel know exactly who is on the trail and where. Pacers must stay with their runners at all times, except in the case

- of emergency. If the runner withdraws from the race, and the pacer wishes to continue, the pacer must remain at the Aid Station until another runner enters the Aid Station and requests the services of a pacer. The pacer may not continue on without an official race participant.
25. Pacers must enter (CHECK IN) and leave (CHECK OUT) each Aid Station WITH their runners.
  26. Runners are to carry their own supplies and pacers are to carry their own supplies. No mechanical or physical assistance may be given by the pacer to the runner at any time.
  27. A crew member is defined as any individual who provides material support to a runner in the event. Crews may meet runners and assist them only at aid stations specifically designated for crew access or in specific crewing areas defined below. Crews must wait to assist their runner at such an aid station until after the official check-in and medical evaluation (where applicable).
  28. Crews must adhere to instructions of all aid station personnel, including requests to vacate a certain area of the checkpoint.
  29. Crews must stay within a 100-yard radius of the aid station while attending to their runners. EXCEPTIONS: Crews may assist runners 1) at Camp Creek Ridge on Freeze Out Road at 12.25 miles (going out only); 2) at the Bighorn Mountain Divide on Devil's Canyon Road both at 47 and 49 miles; and 3) on Tongue River Canyon Road (as long as the Crew accessed Tongue River Canyon Road on foot or bike) from Tongue River Trailhead at 94.75 miles through to the Finish at Scott Park in Dayton.
  30. Crews are strongly encouraged to use only one vehicle per runner at designated crew access locations to minimize congestion, facilitate parking, and adhere to ecological principles. Aid Stations with a designated area parking for crews required include Dry Fork Ridge (out and in), Footbridge (out and in) (read information carefully in the Crew Access directions below), and Porcupine Ranger Station. Crews must never park in such a way as to block traffic, block access to the trail or checkpoint, or block other parked cars. Vehicles who are found to be blocking traffic, access, or other cars will be towed at the owner's expense.
  31. Crews must always drive at safe speeds! Our course access roads are curvy (many graveled) in mountainous terrain and treacherous if traversed at too high of a speed.

# **PACERS**

A pacer (pace runner or safety runner) is any individual who accompanies an entrant for any distance greater than 100 yards at one time. One pacer at a time may accompany each runner from the Little Bighorn River Footbridge aid station (out mile 30, in mile 66), from Jaws Trailhead (48 mile and turn-around point), and from Dry Fork Aid Station (mile 82.5 going in) to the Finish of the race. An entrant over the age of 60 or with special medical conditions (cleared by the Race Director in advance) may be paced from the start.

Each pacer must sign a waiver release prior to pacing a runner. These will be available at the pre-race briefing and at Registration. You may also pick them up from aid station captains at Dry Fork, Footbridge and Jaws Trailhead. Pacers must be at least 18 years of age. Specific exceptions to the age requirement may be made in advance of the race by the Race Director with a guardian's signature. Each pacer must wear the official pacer bib of the entrant he/she is pacing. One pacer bib is provided per entrant at race check in. The official pacer number must be transferred between pacers if duties for one runner are to be shared. If a pacer becomes unable to continue the race, the official pacer number must be given to the runner, so that subsequent pacers will be properly identified. Each pacer must clearly identify themselves when passing through checkpoints so that race personnel know exactly who is on the trail and where. Pacers must stay with their runners at all times, except in the case of emergency. If the runner withdraws from the race, and the pacer wishes to continue, the pacer must remain at the Aid Station until another runner enters the Aid Station and requests the services of a pacer. The pacer may not continue on without an official race participant. Pacers must enter (CHECK IN) and leave (CHECK OUT) each Aid Station WITH their runners.

# **DROP BAGS**

Run management will provide transportation for separate packages of supplies to the locations specified on the Race Checkpoints chart. Packages must be secured tightly, labeled clearly with the runners name and entry number, and deposited at the appropriate collection aid station for each location at registration on Thursday, June 18 by 6pm. Drop bags will be collected after the aid station closes for the final time and taken to the finish at Scott Park on Saturday. Drop bags not collected by the runners on Saturday at the finish will be available behind the Sport Stop on Sunday from 8:30am-11:00am.

## **LOST AND FOUND**

The Bighorn Trail 100 cannot be responsible for the personal effects of any participant. Items left at aid stations will be collected by the aid station personnel assigned to that location and placed with the drop bags at the finish line on Saturday and at the awards breakfast on Sunday. Unclaimed items will be donated to charity.

## **BIGHORN TRAIL 100 MEDICAL INFORMATION**

All runners will be weighed at the racer check in and asked for updated medical information that might be germane to their participation in this race. The starting weights will be appended on the participant's race number along with pertinent weight parameters and significant medical information. Periodic medical checks of the participants consisting of weighing and mental acuity will be performed at designated medical checkpoints during the event (Jaws and Dry Fork checkpoints). Mental alertness will be screened at all manned aid stations.

A weight loss of 3% indicates that significant dehydration has occurred and the runner will be encouraged to hydrate back to their pre-race weight. At 5% weight loss, the runner may be nearly exhausted and may be held by the aid station until adequate hydration can be established by the runner. A 7% loss of body weight may be grounds for mandatory withdrawal from the race due to the high risks of heat exhaustion or hypothermia while on the course and the increasing risk of dangerous impairment of body functions.

Weight gain may also be problematic indicating retention of water with the corresponding risk of dilutional hyponatremia and possible seizures. Runners over 3% of their starting weight will be queried further regarding their fluid intake and urination history with particular attention directed to a participant who has not been urinating during the event. Runners over 5% of their starting body weight may likely be held for closer monitoring and possible mandatory withdrawal from the race because of the risks of hyponatremia and seizures from excessive water retention during an ultramarathon event.

It is important for the participant to recognize the potential physical and mental stresses which may evolve from participation in this race. The runners may be subject to extreme temperatures of heat and cold, hypothermia, heat stroke, kidney failure, seizures, low blood sugar, disorientation, injury, falling rock or trees, wild animal or reptile attack, or even death from their participation in this event.

Adequate pre-race conditioning is mandatory and a participant should not run the race if they have not been able to prepare adequately to run safely. Hypothermia and heat illness will be significant risks in this race. Both can cause nausea, dizziness, and mental confusion. Impending heat stroke may be signaled by a decrease in sweating and goose bumps and can progress to collapse in a short period of time. The diagnosis of why a runner is nauseated requires careful consideration of temperature conditions at the time of illness, altitude, and race pace to arrive at corrective measures. Proper race pace is crucial. A runner must be careful not to exceed their own physiologic thresholds which may vary according to temperature, altitude, terrain, and conditioning. High altitudes above 7000 feet coupled with strenuous exertion may produce various degrees of altitude sickness. This can lead to severe lung and brain swelling which without treatment could even lead to death. Treatment for altitude sickness is rest and descending to a lower altitude. Altitude sickness can be prevented with altitude acclimation, proper fluid and electrolyte intake, and proper pace.

Injuries from falling both on even or rough trail, hazards of running in possible snow conditions, falling rock or trees, and injuries related to adverse encounters with wildlife exist for the participant taking part in this race. Vehicle hazards, common fatigue, getting lost, and being far from medical help, treatment, and evacuation are just some of the other risks associated with participating in the Bighorn Trail 100. It is crucial that the runner has physically prepared himself/herself to safely participate in this race, stays mentally alert, stays adequately hydrated and nourished during the event, and is mentally prepared to withdraw at an appropriate time if he/she can not safely continue.

## **CUTOFF TIMES**

<u>Dry Fork Ridge</u>	<u>13.4M</u>	<u>Outbound</u>	<u>3:00PM</u>
<u>Sally's Footbridge</u>	<u>30M</u>	<u>Outbound</u>	<u>8:30PM</u>
<u>Jaws Trail Head</u>	<u>50M</u>	<u>Turn-Around</u>	<u>4:00AM</u>
<u>Sally's Footbridge</u>	<u>66M</u>	<u>Inbound</u>	<u>10:00AM</u>
<u>Dry Fork Ridge</u>	<u>82.5M</u>	<u>Inbound</u>	<u>3:00PM</u>
<u>Upper Sheep Creek</u>	<u>87.5M</u>	<u>Inbound</u>	<u>4:30PM</u>
<u>Tongue River TH</u>	<u>94.8M</u>	<u>Inbound</u>	<u>6:30PM</u>
<u>Scott Park Finish</u>	<u>100M</u>		<u>8:00PM</u>

## **COMMUNICATION/EMERGENCY PROCEDURES**

All participants will be checked in by their race number at the start of the race by race management and will be checked in/out of all manned aid station checkpoints along the course. Sheridan Search and Rescue will provide communications support at all the manned aid stations. The communications personnel will be provided an accurate list of all starters and their race number. Each participant will have a check in/check out time recorded at each manned aid station with the information radioed to the next aid station to aid in accounting for each runner during the event. A trail sweep will be conducted at the appropriate time along each section of the trail. If the sweep fails to account for any runners, race officials will notify standby groups for an emergency search. If an emergency search is activated, any emergency search costs will be the responsibility of the entrant including any emergency search costs generated by the entrant failing to properly withdraw from the event by turning in their race number to the Aid Station captain at the closest aid station.

## **CREW ACCESS LOCATIONS**

Crew access locations during the event include the start, Camp Creek Ridge intersection with Freeze Out Road (out only), Dry Fork Ridge Aid Station (out and in), Little Bighorn River Footbridge Aid Station (out and in), Little Bighorn Trail course intersection with Devil's Canyon Road (out and in), Jaws Trailhead, and from the Tongue River Canyon trailhead to the Finish (in). Detailed crew access directions will be available at the pre-race briefing on Friday at 9:00 AM in Scott Park in Dayton and rules regarding crew access at specific crew access locations will be reiterated. Crew access from the Tongue River Canyon trailhead (94.75 miles) on Tongue River Canyon Road to the Finish will only be by foot or bike because of congestion on Tongue River Canyon road. Crew access to Dry Fork Ridge Aid Station (in) on Saturday will have parking restrictions. Crew access to Jaws Aid Station will require an approximately 1/3 mile one way walk from a designated parking area.

Crew access to the Little Bighorn River Footbridge Aid Station (out and in) is difficult due to the distance to the mouth of the Little Bighorn River Canyon and the fact that there is limited parking in the canyon. Crews should expect at least 25 minutes to navigate the 2 mile section of rocky, rough, primitive road into the canyon to the designated crew parking area. From that crew parking area, crews will need to walk  $\frac{3}{4}$  miles to access the Footbridge Aid Station. A

high clearance vehicle is recommended for accessing the Little Bighorn River Footbridge Aid Station and carpooling is suggested. It will take a crew approximately a minimum of 2.5 hours to go between Dry Fork Ridge Aid Station and the Footbridge Aid Station both out and in, and 3 hours travel time from the Jaws Aid Station.

Approximate travel times that should be considered by entrants and their crews at this time assuming good road conditions and no construction delays are as follows:

Start to Camp Creek Ridge (12.25 miles)	1.25 hours by car
Camp Creek Ridge to Dry Fork Ridge (13.5 miles)	5 minutes by car
Dry Fork Ridge to Footbridge Aid Station (30 miles) ¾ mile shuttle/walk in (good clearance auto needed last 2 miles)	2.5 hours by car +
Footbridge to Course x'ing of Devil's Cyn Road (47 miles) ¾ mile shuttle/walk out	2.5 hours by car +
Devil's Cyn Rd x'ing to Jaws (48 miles)	10 min by car + 1/3 mile walk in
Jaws Trailhead to Devil's Cyn Rd x'ing (49 miles) walk out	10 min by car + 1/3 mile
Devil's Cyn Rd x'ing to Footbridge Aid Station (66 miles) mile shuttle/walk in	3 hours by car + ¾
Footbridge to Dry Fork Ridge Aid Station (82.5 miles) ¾ mile shuttle/walk out	2.5 hours by car +
Dry Fork Ridge to Scott Park Finish Area (100 miles) by car	1.25 hours

Crews may provide aid to their runner at any point on the course after the Tongue River Canyon Trailhead (94.75 miles) to the finish as long as they have not driven on the Tongue River Canyon Road to access their runner. They may walk, run, or bike on the Tongue River Canyon Road to access their runner and must return via the same manner.

# CREW DIRECTIONS

There are printable directions with photographs on the website at the following link: <http://www.bighorntrailrun.com/100m/100mcrewinformation.html>.

1. To the 100 mile start: The entrance to the Tongue River Canyon Road is on the northeast side of the Tongue River Bridge on Hwy 14 as a driver enters Dayton coming west from Ranchester. Take the Tongue River Canyon Road proceeding upstream on the northeast side of the Tongue River. Go left at a junction approximately 2.5 miles from Dayton and proceed on the Tongue River Canyon Road approximately 1 mile further to the Amsden Fishing Access area in the Tongue River Canyon (a primitive outhouse will be noted on your right). The start will occur on the Tongue River Canyon Road by the big cottonwood tree where the road turns toward the north wall of Tongue River Canyon at the west end of the fishing access area (approximately 1.25 miles from the Tongue River Canyon Trailhead).
2. To the Head of the Dry Fork (Dry Fork Ridge): Take Hwy 14 from Dayton and proceed up the mountain to Burgess Junction. At Burgess Junction, take a right on Forest Service Road #15 (Dayton Gulch Road) proceeding past Burgess Ranger Station and eventually crossing Fools Creek at approximately 5 miles. Shortly after crossing Fools Creek, take a right on Forest Service Road #168 (Freeze Out Road) and proceed approximately 5 miles to the Head of the Dry Fork Aid Station which is located at the intersection of Forest Service Road #149 and Forest Service Road # 168 (Freeze Out Road).
3. To Sally's Footbridge Aid Station in the Little Bighorn River Canyon: From Dayton, cross the Tongue River Bridge at the eastern aspect of town and turn north on Wyoming Hwy 343 proceeding 5.2 miles to the intersection of Wyoming Hwy 345 (old US Hwy 87). Turn left on Wyoming Hwy 345 and proceed past Parkman, WY, going into Montana at 5.9 miles where you enter the Crow Indian Reservation and continue on this highway until you reach the Littlehorn Road just south of Wyola, MT, at 15 miles. Turn left on the Littlehorn Road, cross the railroad tracks and proceed west on the Littlehorn Road toward the Bighorn Mountains crossing the Little Bighorn River at 9.7 miles, having the pavement change to gravel at 10.5 miles, crossing the Little Bighorn River at 12 miles, and encountering a cattle guard at a 4-way junction at 15.85 miles. The 4-way junction has a sign by the cattle guard erected by the Wyoming Game and Fish Dept which is brown stating the road going past the cattle guard provides public access through private lands, please stay on established roads. Proceed through the cattle guard, taking this primitive road into the mouth of the Little Bighorn River Canyon. You will ford a creek at 0.45 miles, ford a second creek at 0.6 miles, reenter Wyoming at a primitive sign noting that you are at 45 degrees Latitude, and cross the Little Bighorn River on a bridge at 1.5 miles. Continue on

the northern side of the Little Bighorn River where you will encounter an area where we wish crews to park at approximately 2.5 miles. Be careful not to block the road when parking and do not block the private bridge crossing to the cabins on the south side of the Little Bighorn River when parking in this area. Park well off the road; but be careful you don't high center your vehicle on scattered rocks in this parking area. Parking is very limited further up the canyon and is reserved for aid station/emergency access vehicles. After parking, proceed by foot approximately  $\frac{3}{4}$  mile distance from the designated parking area up the canyon on the primitive road to reach the Footbridge Aid Station. You will go past the Wyoming Game & Fish Patrol Cabin area shortly before you encounter the Footbridge Aid Station.

4. To Devil's Canyon Road Crossing: Take Hwy 14 from Dayton and proceed up the mountain to Burgess Junction. Take Hwy 14A from Burgess Junction towards Lovell approximately 18.7 miles and turn right on Devil's Canyon Road (previously known as Sheep Mountain Road). Go north approximately 2 to 2.5 miles to where the 100 mile course crosses Devil's Canyon Road.
5. To Jaws Trailhead: Take Hwy 14 from Dayton and proceed up the mountain to Burgess Junction. Take Hwy 14A from Burgess Junction towards Lovell for approximately 20.7 miles to turn right on Forest Service Road #13 which is just prior to the road going to the Medicine Wheel and is just prior to Hwy 14A starting to descend off the mountain. Go on Forest Service Road #13 in a northerly direction proceeding past Porcupine Campground on your left at approximately 1.9 miles. Cross over Porcupine Creek and go approximately  $\frac{1}{2}$  mile further, to encounter Jaws Trailhead, continue going straight. Park in the parking lot of Jaws Trailhead or on one side of the road, as indicated by signage, outside of the fenced grounds and walk into Jaws Trailhead where you will encounter the aid station.

<b>Thursday, June 14, 2018</b>		
PACKET PICKUP	Packet Pickup: Black Tooth Brewery	12:00-6:00 PM
100M DROP BAGS DUE	Old Co-Op Building	6:00 PM
100M Pasta Social	Ole's Pizza	4:00-8:00 PM
Black Tooth Brewery Welcome Bash	Black Tooth Brewery	5:00-8:00 PM
<b>Friday June 15, 2018</b>		
Pre Race YOGA	Scott Park, Dayton	7:00 AM
Final briefing (100M only)	Scott Park, Dayton	8:00 AM
Bighorn Trail 100 Start	Amsden Fishing Access, Tongue River Road	10:00AM
PACKET PICKUP (52M, 32M, 18M)	Black Tooth Brewery	12:00- 6:00 PM
DROP BAGS DUE (52M, 32M) by 6:00 PM	Old Co-Op Building	12:00-6:00 PM
Spaghetti Dinner	Ole's Pizza	4:00-8:00 PM
Black Tooth Brewery Welcome Bash	Black Tooth Brewery	5:00-8:00 PM
Movie in the PARK (The Hard Way)	Scott Park, Dayton	9:00PM
<b>Saturday June 16, 2018</b>		
52 Mile K-Mart & Holiday Inn Buses leave	K-Mart and Holiday Inn, Sheridan	2:40 AM
52 Mile Bus leaves	Tongue River High School in Dayton	3:15 AM
52 Mile Race starts	Jaws Trailhead	5:00 AM
32M Bus leaves	Tongue River High School in Dayton	6:00 AM
32M Race starts	Dry Fork	8:00 AM
18M Bus leaves	Tongue River High School in Dayton	8:00 AM
18M Race starts	Dry Fork	10:00 AM
Post-Race Picnic	Scott Park in Dayton	12:00 to 8:00 PM
18M Awards	Scott Park in Dayton	4:00 PM
32M Awards	Scott Park in Dayton	5:00 PM
100M Awards	Scott Park in Dayton	6:00 PM
52M Awards	Scott Park in Dayton	7:00 PM
Finish Cutoff Time	Scott Park in Dayton	8:00 PM