



**BIGHORN 18M**

**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, and results! No need to visit the results tent, just check your results on your phone! 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.

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 for the 100M, 52M, and 32M. No drop bags are allowed on the buses. Parking at the 18 Mile start is in a designated parking area, and vehicles are not allowed down in the aid station. 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. Sheridan Area Search and Rescue volunteers track runners in and out of every

aid station.

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), as well as 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 18M starts at 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. There will be an intersection shortly after the Ranger Station. Take a left here. The road proceeds on and eventually crosses 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). The Check In/Start is located in designated parking area ¼ mile above Dry Fork where the buses will be dropping participants off. There will be portable restrooms here for your convenience. Please be sure to check in with the race officials before the start.

## **18M COURSE DESCRIPTION**

Course elevation at the start: 7650 feet.

The directions and distances are estimated.

The 18M course begins at the designated parking area above the HEAD OF THE DRY FORK aid station and proceeds up the Freeze Out road, following trails and a gravel road cresting on Camp Creek Ridge at 7854 feet. It then descends down Sheep Creek drainage to 7,300 feet on a four-wheel drive road. At about 4 1/2 miles you will reach the fully supplied UPPER SHEEP CREEK aid station. Next is the summit of Horse Creek Ridge at 7,450 feet, following trails and primitive four-wheel drive roads, which will then drop you into Tongue River Canyon. Take a moment to view the canyon and the distant plains before you descend the trail through seas of wildflowers.

LOWER SHEEP CREEK aid station at mile 10 and 5025 feet, is a good place to fill one bottle before entering the sometimes hot canyon below. Continuing on to the TONGUE RIVER aid station at mile 12 1/2 and approximately 4240 feet you will leave the trail and run on a relatively flat gravel road for the remainder of the distance. At about mile 15 is the final aid station, HOMESTRETCH aid station. Continue on and just as you are entering Dayton you will cross the Tongue River on a rustic footbridge. Runners then cross Highway 14 and proceed into town making a left onto 3rd street. Go one block and make a left onto Broadway and into Scott Park where the FINISH and picnic gala await you.

### **18M AID STATION LOCATIONS**

(All elevations are estimated)

<b>Aid Station</b>	<b>Distance</b>	<b>Cutoff Time</b>	<b>Elevation</b>	<b>Drop Bag</b>
Dry Fork Ridge	Start	10:00AM	7480	No
1. Upper Sheep Creek	5 Miles	4:30PM	7450	No
2. Lower Sheep Creek	10 Miles	None	5025	No
3. Tongue River TH	12.2 Miles	6:30PM	4240	No
4. Homestretch	15.5 Miles	None	4040	No
5. Scott Park/Finish	18 Miles	8:00PM	3970	Yes

# Energy and Hydration Product

GU hydration, and gel will be provided at every aid station, including water. Endurolytes will also be provided at all aid stations. GU chews will be provided at limited aid stations.

## 18M COURSE 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. 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 Friday afternoon, 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.
9. 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. Injection of fluids or drugs (intravenous, intramuscular, or subcutaneous) during the race will result in immediate disqualification.
11. Littering of any kind is prohibited. Please respect the natural beauty of our countryside and forest to allow our continued use of this course.
12. Runners must use approved Forest Service techniques for human waste disposal if they are required to relieve themselves in the "wild".
13. Runners must refrain from any act of bad sportsmanship.
14. Smoking is not permitted at any of the checkpoints or along the trail.
15. 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, and give them your race number for confirmation.
16. The runner is responsible for any "search" costs incurred by their participation in this event if an emergency search procedure is activated. This includes searching for runners classified as "lost" caused by noncompliance with withdrawal procedures from the race listed in #15 above.
17. 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.
18. No pacers allowed. A pacer (pace runner or safety runner) is any individual who accompanies an entrant for any distance greater than 100 yards at one time. 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.
19. Vehicles are not allowed on the Tongue River Canyon Road from the Trailhead to the finish at Dayton Park. **IF YOUR CREW DRIVES ON TONGUE RIVER ROAD TO THE TRAIL HEAD, YOU WILL BE DISQUALIFIED, ABSOLUTELY NO EXCEPTIONS!** 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.
20. Runners are to carry their own supplies. No mechanical or physical assistance may be given to the runner at any time.

## **LOST AND FOUND**

The Bighorn Wild and Scenic Trail Run 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. However, if you are missing an item, and leave your name and address on the form provided, with the appropriate postage, we will return the item to you if it is found.

## **AWARDS**

The overall male and female winners will each receive a distinctive award. First, second and third place winners of each age division will receive an award. All participants who finish the race will receive a special finishing award at the finish line.

## **MEDICAL**

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

## **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 number to the Aid Station captain at the closest 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