



100M

# Participant Handbook

Brought to you by



*\*\*\*Please print this handbook prior to your arrival. The race team does NOT provide handbooks at anytime before or during the event. Access to Internet and cell service is very limited once you leave Sheridan/Dayton areas due to the remote location of our event. \*\*\**

## Table of Contents

Greeting .....	3
Meet Our Team .....	4
Contact Us .....	4
Driving Directions to Sheridan/Start/Finish .....	5
Packet Pick-Up .....	6
100-Mile Race Day Details .....	7
Course Rules... ..	8
100-Mile Pacer Rules .....	9
100-Mile Crew Rules.....	10
Crew Driving Directions.....	11-12
100 Mile Drop Bag Regulations & Recommendations .....	13
100-Mile Aid Stations/Distances/Cut-Offs/Time Predictor .....	14
Aid Station Chart and Offerings .....	14
100-Mile Course Description .....	15-17
Medical .....	18
Communications & Emergency Procedures .....	18
Runner Tracking.....	19
Awards .....	19
Lost and Found .....	19
Schedule of Events.....	20

Greeting from your Bighorn Trail Run planning team!

Thank you for choosing Bighorn Trail 100 as your ultimate mountain adventure! We welcome you with western hospitality and extend our most cordial invitation to a remote rugged test of your endurance. The Bighorn Team looks forward to your arrival and participation in this event.

The Bighorn Mountain Wild and Scenic Trail Runner's Handbook, in conjunction with the website, should provide all the information you need to plan for your race. Please review this information thoroughly. All participants are required to know and understand the contents of this handbook and relay them to crew, pacers, and family members. This handbook contains details that may be updated or changed prior to race day. **We strongly encourage you to revisit this document after June 1 for the most accurate information. Also, we advise you to print this handbook prior to your arrival. The race team does NOT provide handbooks at any time before or during the event. Due to the remote location of our event, access to internet and cellular service is very limited once you leave Sheridan/Dayton areas. Crew, pacer, and family members will not be able to access the internet in remote areas of the course.**

The Bighorn Trail 100 is an epic mountain endurance adventure, crossing through Little Bighorn and Tongue River areas of the Bighorn National Forest. Participants have 34 hours to navigate this remote, technical out-and-back course (average 2.94 mph). Mother Nature provides over 20,500 feet of ascent and 20,750 feet of descent testing the most seasoned ultra-runners with 76 miles of technical single-track trail, 16 miles of rugged 2-track jeep trail road, and 8 miles of gravel road. The Bighorn Trail 100 is one of the classics, demanding you to reach deep to your core of mental and physical fortitude.

The Bighorn Course includes, rocks, roots, stumps, fallen trees, shoe-sucking mud, snow, swamps, single track, steep hills, fantastic aid, 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 and we hope it gives you many memories to cherish and carry with you always.

Services available at the finish line include, Finish Aid (drinks and light snacks), Medical and Physical Therapy, Race Information, Awards, Results, Post-Race Barbecue (included for participants available for purchase for pacers, friends and family), Concessions (including ice cold drinks, light snacks, and treats available for purchase), Beer Garden, Live Music, Shuttle Services to Parking Areas and Showers (off site at Tongue River High School), and more.

We wish you safe travels to our wild and scenic Bighorn Mountains!



## Meet Our Team

**Race Director** - Michelle Maneval - All general race questions. [powers22270@yahoo.com](mailto:powers22270@yahoo.com)

**Co-Director/Registrar** - Cheryl Sinclair - All questions concerning race registration including bus tickets. [racedirector@bighorntrailrun.com](mailto:racedirector@bighorntrailrun.com)

**Sponsorship Coordinator** - Becky Lineman - All Sponsorship  
[beckysportstop@yahoo.com](mailto:beckysportstop@yahoo.com)

**Course Director** - Karen Powers - all questions regarding course marking and/or info not represented on the website. [karen@actaccess.net](mailto:karen@actaccess.net)

**Co-Course Director** - Keri McMeans [keribighorn@gmail.com](mailto:keribighorn@gmail.com)

**Results/Questions & Concerns** - Melanie Green [emigreen@rocketmail.com](mailto:emigreen@rocketmail.com)

**Mailing Address:** The Sport Stop C/O Bighorn Trail Run, 208 N Main  
Sheridan WY 82801

Email is best method of communication - Calls can be made to The Sport Stop 307-672-5356 which is a Sponsor of the event. Please ask for Karen Powers or Michelle Maneval or leave a message and your call will be returned. Calls can be received 9am - 5pm mountain daylight time.

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## DIRECTIONS TO SHERIDAN START/FINISH

**From Billings, Montana - 130 miles** - Take I90 East passing through Hardin, MT, Continue on I90 to Sheridan's 3 exits. For Packet pick up take 5<sup>th</sup> Street, which is the 2<sup>nd</sup> exit.

**From Casper, Wyoming - 149 miles** - Take I25 North to Buffalo, WY, then merge onto I90 West following the signs to Sheridan's 3 exits. For packet pick up take 5<sup>th</sup> Street, which is the 2<sup>nd</sup> exit.

**From Rapid City, South Dakota - 259 miles** - Take I90 West through Spearfish, SD, Sundance, WY, Gillette, WY, and Buffalo, WY, to Sheridan's 3 exits. For packet pick up take 5<sup>th</sup> Street exit which is the 2<sup>nd</sup> exit.

**From Denver, Colorado - 426 miles** - Take I25 North through Fort Collins, Cheyenne, WY, Casper, WY to Buffalo WY, merge onto I90 West following the signs to Sheridan's 3 exits. For packet pick up take 5<sup>th</sup> Street, which is the 2<sup>nd</sup> exit.

**Directions to Dayton, WY from Sheridan, WY - 23 miles** - Finish, 100 Mile start, and bus loading zones are in Dayton. Take I90 West, exit 9 for US-14 W toward Ranchester-Dayton/Greybull-Lovell/Yellowstone-Teton National Parks. Continue on US-14 through Ranchester to Dayton

**Packet pick-up location** - Packet pick-up is in Sheridan at Best Western Sheridan Center: 612 North Main St, Sheridan WY 82801.

**Directions to SCOTT PARK - 100 mile pre-race meeting/ FINISH AREA** - Once entering Dayton, Wyoming, watch for a life size ELK STATUE (2<sup>nd</sup> Ave) make a left turn, follow 2<sup>nd</sup> Ave 1 block and make a left into Scott Park.

**Dayton, WY Parking Regulations and Instructions:** No participant, crew, or pacer parking in the park after the 100M has started. Observe and respect all parking requests and signage posted by the Township of Dayton and its residents.

**Directions to the 100M Start** - The entrance to the Tongue 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 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 Canyon Road. The start will occur on the Tongue Canyon Road near the Russell Bridge.

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## 100 MILE PACKET PICK-UP

**Who/When/Where:** All participants are required to attend packet pick up on June 13, 2019 between 10am - 6pm at our partner hotel Best Western Sheridan Center: 612 North Main St, Sheridan WY 82801. **In the event of delayed packet pick up, reservations must be made in advance, in writing (via e-mail) with the race director after June 1, 2019.**

**Reservations can be made by emailing [racedirector@bighorntrailrun.com](mailto:racedirector@bighorntrailrun.com) Late check-in will be expected to sign final waiver, medical check and pick up bib. Full packet pick up will NOT be available at LATE check in. Full race packet can be claimed at finish awards station. IMPORTANT - LATE CHECK-IN WILL NOT BE ABLE TO USE DROP BAGS.**

**What To Bring:** Yourself, your picture ID, any medical information you would like us to keep on file, your pacers (to sign waivers and get bib/ this can also be done on course), drop bags, an optional \$5 donation to Sheridan Area Search and Rescue for their unwavering willingness to support this great event. Your donation helps cover the costs of supplies used on the course and fuel to transport the team to aid stations. Don't forget... bring some grit to show us you have the drive and will to finish this bad boy! **Picking up a packet for another participant is strictly prohibited.**

**What to Do:** Sign final waivers, pick up your assigned race number and check that your timing chip is activated, register pacers (can also be done on course), claim your "race swag", label your drop bags with the provided color coded tape, and load your drop bags onto the correct trailers. After finishing all of your check in duties, be sure to go to The Sport Stop (208 N Main) and/or Foot of the Bighorns to claim the free mesh running hat they are providing to participants, then head over to the Bighorn Welcome BASH at Black Tooth Brewery. All of these locations are conveniently located within a 5-block area that is easy to find on foot.

**Medical Check-In:** Certified medical personnel will do a brief medical assessment and history. Weight and blood pressure measurements are optional and will be available if you choose.

**100 Mile Drop Bag Drop Off:** Bring your drop bags to packet pick-up unlabeled. After picking up your packet containing your race number, proceed to drop bag drop off area outside in the parking area. Labeling supplies will be provided and volunteers will help you label your bags in the correct color tape for the station. You are responsible to load your own drop bags onto the appropriate aid station trailer. For more information and drop bag regulations please see the drop bag section on page 14 in this handbook.

**It's Your Race App:** Visit your mobile app store and download the free "It's Your Race" app to your mobile phone. Once downloaded, launch the app and type "Bighorn" in the event search bar. This mobile app will provide a detailed schedule with maps and directions to the race venues. Keep in mind, internet service is required to use the app and it will not work in remote areas. Be sure to print all directions and maps. In addition, the app has great features including places to visit, dining in Sheridan, lodging information, interactive course maps, athlete tracking and results. Check your race results in this app. **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. 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. Ultimately, Sheridan Area Search and Rescue volunteers track runners in and out of every aid station and are keeping track of where you are on the course at all times. Please do not be alarmed if your runner tracking does not move for long periods of time, as this is a result of lost internet tracking in the remote area where your runner is located.**

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## 100 MILE RACE DAY DETAILS

**100 Mile Pre-Race Meeting:** An informational meeting will be held at Scott Park in Dayton, WY at 8AM. This meeting will go over details including last minute announcements and changes, course descriptions and changes (should there be any), updates from the course marking team, setting up Crew/Pacer Car Pools, and a Q&A time. We highly recommend that anyone pacing or crewing be in attendance. The meeting is at Scott Bicentennial Park in Dayton, which also serves as the finish. Buses to the start line will leave shortly after the meeting. The race start is 2.5 miles away from Scott Park and we recommend taking the shuttle. Spectators may ride the shuttle also.

**100 Mile Parking:** Dayton is a very small Community and the number of vehicles the race brings to this community of 700 can be overwhelming. Bighorn cherishes its opportunity to hold the finish in the beautiful Scott Park and the Race Team requests you observe and respect all parking regulations to ensure future access. Overnight parking or camping is not allowed in Scott Park. Camping reservations can be made for Foothills Campground and TRVCC in Dayton. Please see travel and lodging details on our website for a complete list of lodging options. The town of Dayton added a gravel parking lot just outside the park specifically for 100 Mile participant parking. Overflow parking can be on the public roads, however, we ask you pay close attention to all signs posted by the Town of Dayton or its residents. There will be a shuttle on race day assisting runners back to their cars. Crew, pacers, and family members are allowed to park in Scott Park during the 100 Mile meeting as long as the vehicles are vacated after the start. On June 15 (the finish), there will be a 10-minute loading/unloading area at Scott Park but NO parking is available. We highly encourage parking at Tongue River High School and using the shuttle service to Scott Park. This is a 1-mile distance.

**100 Mile START Shuttle and Parking:** The 100 Mile start is on Tongue Canyon Road at 10am. Shuttle buses to the start area from Scott Park are available after the meeting ends, approximately 8:30am. The shuttle bus is available to 100 Mile participants, crew, spectators and families. The bus drops riders off about 200 yards from the start area. Shuttle buses will return spectators to Scott Park after the start. If you choose to drive to the start you will be required to park according to parking attendants instructions - on ONE side of the road. Expect to walk a significant distance to the remote start area (1-2 miles).

**100 Mile START check in:** All 100 milers starting the event are required to check in their timing chip (located on the back of race number) at the start line before the start countdown and show that they are carrying a cup or bottle for our cup-less aid stations. Look for ORANGE check in wind flags and banners at the start line.

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## BIGHORN COURSE RULES

- **Entries are NON-TRANSFERABLE.** Picture ID is required at packet pick-up at which time a non removable wristband will be placed on participants wrist. This wrist band must be shown at race check-in at the start under the 16 foot ORANGE wind flag, along with a collapsible cup (provided in packet) or bottle that holds liquids in order to start the race. Bighorn is a cup-less race. Failure to show these 2 items will result in a non-start.
- **No non-entered runners.** People choosing to run “unofficially” in the event are considered a BANDIT. Bandits will be excluded in participating in any Bighorn event in the future. In addition, if a bandit is on course with another participant entered in the race, that participant will be disqualified and banned from participating in Bighorn in the future as well.
- Each runner’s official race number must be worn prominently on the front chest area throughout the entire race. Any deviation may result in not logging a time at an aid station check in, or at the finish.
- Runners must follow the marked trail. Any runner departing from the trail must return to the point of departure on foot before continuing to proceed. Staying on course is the participants responsibility, therefore there will be **NO exceptions** or changes to a participant’s time should he/she get off the marked trail. Deviating from the marked trail without backtracking will result in disqualification from any division award.
- Each runner must complete the entire course on foot under his/her own power.
- Runners may not store supplies of any kind along the trail.
- Each runner must be checked IN and OUT of all manned checkpoints.
- All cut-off times will be strictly enforced. Runners must be checked OUT of the checkpoint by the cut-off time. Cut off times will NOT be adjusted for any reason once the 100 mile is in progress (10 am on Friday) Arguing, whining, foul language, or any form of bad sportsmanship toward an Aid Station Captain or any race volunteer will not be tolerated. Any form of this will disqualify you from returning to Bighorn in the future.
- Absolutely no injection of fluids or drugs (intravenous, intramuscular, or subcutaneous) during the race.
- DO NOT leave your dog in the vehicle while participating in this event. If you have not made prior arrangements for pet care while participating, please leave your dogs at home.
- No littering. Packout all trash. Use proper toileting etiquette. Runners, and crews must use approved Forest Service techniques for human waste disposal.
- If a participant chooses to not continue, it is their responsibility to turn in their race number to the Aid Station Captain.
- NO MULING. Runners must carry their own supplies at all times.
- No pets are allowed on the course except on Tongue River road. Certified service animals must be approved by Race Management before June 1.
- Runners are responsible for their own behavior and the actions of all crew / family including, but not limited to, reckless driving, parking and access regulations during the race, and general “bad sportsmanship”. All crew must follow race rules mandated by the race organization. Smoking and illegal drugs are prohibited at aid stations and along the trail. Failure to adhere to all rules and regulations risk disqualification. Crew choosing not to follow rules set forth by race organization will result in having their participant disqualified.

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## 100 MILE PACER RULES

**Pacer:** (pace runner or safety runner) An individual who accompanies a runner for a distance greater than 100 yards. **Pacer bibs** are available at packet-pickup or from the aid station captains at Sally's Footbridge, Jaws Trailhead and Dry Fork Ridge.

- Pacers are only allowed to accompany 100M runners. There are no pacers allowed for the 50M, 32M or 18M distances with the exception of Tongue River Road as long as they travel in on foot or bike. No Vehicle travel on TR road.
- **All pacers must carry a source to hold personal liquids. There are no cups on course.**
- 100 mile participants may use a pacer beginning at mile 30. One pacer at a time may accompany each runner from the Little Bighorn River footbridge aid station going out (30 miles) to the Tongue River aid station. We allow more than one pacer from Tongue River aid station to the finish.
- One pacer at a time may accompany each 100M runner starting from Sally's Footbridge Outbound (mile 30), Jaws Trailhead (Turn-around, mile 48), Sally's Footbridge Inbound (mile 66), and Dry Fork Ridge Inbound (mile 82.5). An entrant over the age of 60 or with special medical conditions (MUST be cleared by the Race Director in advance by June 1) may be paced from the start and/or use a service dog (MUST be cleared by the Race Director in advance by June 1)
- Crew/Pacer/Spectator vehicles are not allowed on the Tongue River Canyon Road from the Trailhead to the finish. Foot traffic and bicycles are permitted, along with dogs on a leash.
- Each pacer must sign a waiver release prior to pacing a runner. These will be available at the pre-race briefing, Packet Pick-up and pacer access points on the course. Family members accompanying runners on Tongue River Road are not required to have a pacer bib.
- Pacers must be at least 16 years of age. The Race Director with a guardian's signature may make exceptions to the age requirement in advance of the race.
- Each pacer must wear the official pacer bib. Search and Rescue keeps track of all runners and pacers. If a pacer becomes unable to continue the race, the official pacer number must be turned in to the aid station captain so that S&R can remove them from the active list.
- Pacers must enter (CHECK IN) and leave (CHECK OUT) each Aid Station WITH their runners. Each pacer must clearly identify themselves when passing through checkpoints so that race personnel know exactly who is on the trail and where. For example, a pacer will state "runner # and pacer in/out" as you enter and exit aid stations.
- **NOMULING.** Runners are to carry their own supplies and pacers are to carry their own supplies at all times. The pacer may give no mechanical or physical assistance to the runner at any time.
- Pacers must stay with their runners at all times, except in the case of emergency. The pacer may not continue on without an official race participant.
- No drop bags for pacers. If a pacer needs supplies they must put it into the participant drop bag.
- Aid Station food and drinks (including water) is for the consumption of race participants. Pacers may use the aid station supplies while on course with a registered participant. Please refrain from using aid station supplies while waiting for runner.
- No dogs permitted within aid station boundary. The race pre-approves some overnight volunteer owned dogs at stations.

**Due to crowd control problems in aid stations the following regulations are strictly enforced:**

- **Sally's Footbridge** - Parking is 3/4 mile from station. Please wait for your runner in the designated waiting area and crew your runner in the designated crewing area. Please observe all posted signs and verbal crew and pacer rules stated by aid station volunteers. Sally's is a remote aid station, which takes a significant amount of time to drive to and a 4 wheel drive vehicle is recommend.
- **Dry Fork**- Please obey all parking regulations set up by race officials. On Friday until early morning parking is allowed to the aid station on the right hand side of the road upon arrival ONLY. On Saturday beginning at 5 am parking is restricted to the parking area 1/4 mile from the station. Crew cars must be moved out of the aid station area by 5 am. All crewing must be done in the designated crew area. All runners must check in to the station upon **arrival and departure**.
- **Jaws** - Due to limited space inside the aid station tent, crews and pacers cannot wait for their runner inside. There is a waiting area outside with a campfire. This is a nighttime aid station and temperatures are often below freezing. Crew and pacers must be prepared with winter clothing. We recommend the following for anyone waiting at Jaws: winter coat, hat and gloves, winter socks and boots, thermos with hot drinks, personal food and water. When runner comes into Jaws, 2 crew members will be allowed into the tent with them. Please follow posted parking regulations upon arrival using the right hand side of the road.

## 100M CREW RULES

- A crew member is any individual who provides support to a participant.
- Crew may meet participants at aid stations specifically designed for crew.
- Crew must adhere to all parking restrictions, instructions at aid stations, and obey all aid station personnel including requests to vacate an area of a checkpoint.
- Crew must allow participant to check in to the aid station and go through all medical evaluations before taking them out of the station to be crewed.
- Crewing must be done within 100 yards of the aid station and participants must return to the aid station to check out with timing before continuing, with the exception of 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.
- 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 or family who drive a vehicle on Tongue River Canyon Road will subject their runner to disqualification
- Crews are allowed 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 Jaws Trailhead. 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.
- Crews must respect speed limits. Our course access roads are curvy (many graveled) in mountainous terrain and treacherous if traversed at too high of a speed.
- No drop bags for pacers. If a Pacer needs supplies they must put it into the participant drop bag.
- Aid Station food and drinks including water is for the consumption of race participants. Pacers may use the aid station while on course with a registered participant. Please refrain from using aid station supplies while waiting for runner to come in.
- No dogs permitted within aid station boundary, however the race pre-approves some volunteer owned dogs at some stations in order to keep the volunteer.

### **Due to crowd control problems in aid stations the following regulations are strictly enforced:**

- Sally's Footbridge - Parking is 3/4 mile from station. Please wait for your runner in the designated waiting area and crew your runner in the designated crewing area. This is a remote aid station, which takes a significant amount of time to drive to.
- Dry Fork- Please obey all parking regulations set up by race officials. On Friday until midnight parking is allowed to the aid station on the right hand side of the road **ONLY**. On Saturday beginning at midnight parking is restricted to the parking area 1/4 mile from the station. All crewing must be done in the designated crew area. All runners must check in to the station upon arrival and departure.
- Jaws - Due to limited space inside the aid station tent crew and pacers cannot wait for their runner inside. There is a waiting area outside with a campfire. This is a night time aid station and temperatures are often below freezing. Crew and pacers must be prepared with winter clothing. We recommend the following for anyone waiting at Jaws: winter coat, hat and gloves, winter socks and boots, camping chairs, thermos with hot drinks, personal food and water, and maybe a sleeping bag or blankets.. When runner comes into Jaws, **2** crew members will be allowed into the tent with them. Please follow posted parking regulations upon arrival using the right hand side of the road.

## CREW DRIVING DIRECTIONS

We recommend downloading and printing Crew Directions with Photos (pdf) prior to coming. Race management will NOT provide printed copies of this document. For Crew Directions with Photos go to our website [www.bighorntrailrun.com](http://www.bighorntrailrun.com) Under “Runners” choose 100M, select crew and select Crew Directions with Photo tab (PDF) Download button.

Crew access locations during the event include the starting point, Dry Fork Ridge Aid Station (out and in), Sally's 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 Canyon Trailhead to the Finish. Detailed crew access directions will be available at the packet pick-up 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 Canyon Road to the Finish will only be by foot or bike because of congestion on Tongue Canyon road. Crew access to Dry Fork Ridge Aid Station (in) on Saturday will have **parking restrictions/designated areas**. It is a short walk and a shuttle is available if needed.

1. To the 100 mile start: The entrance to the Tongue Canyon Road is on the northeast side of the Tongue River Bridge on Hwy 14 as a driver enters Dayton heading west from Ranchester. Take the Tongue 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 Canyon Road approximately 1 mile further to the Amsden Fishing Access area in the Tongue Canyon (a primitive outhouse will be noted on your right). The start will occur on the Tongue Canyon Road by the big cottonwood tree where the road turns toward the north wall of Tongue Canyon at the west end of the fishing access area (approximately 1.25 miles from the Tongue 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. NOTE- Sally's Footbridge is in a very remote area. 4 wheel drive or at very least a high clearance vehicle is recommended. There are 2 creek crossings driving in. Crews should expect at least 30 minutes to navigate the 3-mile section of rocky, rough, primitive road into the canyon to the designated crew parking area after driving to the aid station road. Plan 2-hours drive from Dayton, 3 hours from Dry Fork, and 3.5-4 hours from Jaws. Carpooling is appreciated and can be coordinated after the pre-race briefing. If you plan to drive to Sally's Footbridge please offer any extra space in your vehicle to Pacers going there to wait for their runner.

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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 Little Horn Road just south of Wyola, MT, at 15 miles. Turn left on the Little Horn Road, cross the railroad tracks and proceed west on the Little Horn 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 and states 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 continue driving past the entrance to the Porcupine Ranger Station (do not drive into the entrance of Porcupine Ranger Station). Proceed left up the hill past the entrance to Porcupine Ranger Station for about  $\frac{1}{4}$  mile where you will turn left into the parking lot for Jaws Trail head at approximately 2.5 miles. Park in the designated areas for crew at Jaws Trailhead. Obey all signs posted by Race Management. Please keep the entrance to Jaws Trailhead clear for traffic and runners.

#### **Approximate driving times during fair weather conditions**

- Dry Fork Ridge to Sally's Footbridge Aid Station 3 hours by car +  $\frac{3}{4}$  mile shuttle/walk (good clearance auto needed last 2 miles)
- Sally's Footbridge to JAWS Trailhead 3.5 hours by car +  $\frac{3}{4}$  mile walk out
- Jaws Trailhead to Sally's Footbridge Aid Station 3.5 hours by car +  $\frac{3}{4}$  mile walk in
- Sally's Footbridge to Dry Fork Ridge Aid Station 3 hours by car +  $\frac{3}{4}$  mile shuttle/walk out
- Dry Fork Ridge to Scott Park Finish Area 1.5-2 hours by car

## 100M DROP BAG REGULATIONS & RECOMMENDATIONS

- DROP BAGS ALLOWED FOR THE 100, 50, & 32 ONLY! Drop bags are due at scheduled times. (by 6 pm)
- Drop Bag Size Regulation: We allow drop bags up to the following size, approximately 22" x 14" x 9" or 56 x 35 x 23 cm. For reference, this is the same size as the airline carry-on luggage.
- Drop bags must be soft sided. No coolers, tubs, or buckets. Please be considerate of size, as they all need to fit on the cargo trailers.
- Bighorn provides specific colored tape that coincides with each aid station for organizational reasons. Please do not label your bags prior to your arrival. After checking in at packet pick up, proceed to the drop bag drop off location outside. Volunteers will assist you in labeling your bags with the correct colored tape.
- Head of the Dry Fork and Footbridge Drop Bag Locations: 100 milers may have separate outbound and inbound bags or combine the bags into one. Label the bags accordingly if you choose to have 2 drop bags at those aid stations.
- No Pacer drop bags. Pacers must put items into participant drop bag if needed

### Recommendations and Hints

- Participants: We recommend placing a drop bag at drop bag locations even if you have a crew. Be prepared in case your crew has unforeseen issues delaying their arrival to crew locations, or does not make it to a station. These stations are remote and we have often seen crew miss their runner due to long driving times and accessing stations in remote areas in the dark. Being prepared is key to finishing Bighorn, and relying on crew instead of a drop bag has ended many runners race.
- We strongly recommend taking a minimum checklist of equipment and safety clothing from Sally's Footbridge Aid Station, mile 30. Participants experience temps below freezing in their ascent of the Little Bighorn Canyon due to night chill and canyon headwinds. The canyon is isolated with very limited access points making rescues extremely complicated. Sudden thunderstorms or snowstorms can unpredictably occur at any time in the Bighorns especially in the late evening hours.
- Use a garbage sack or plastic bag liners inside drop bags to keep critical items such as clothing from getting wet. Drop bags may be exposed to unexpected thunderstorms or snowstorms at the aid station.
- Recommendation for packing your drop bag: Plan your race for best and worst case scenarios. Figure out what to put in your drop bag according to your time predictions. Mountain weather is unpredictable and temperatures dip below freezing in Little Horn Canyon at night. Pack cold weather clothing (wicking long sleeve top, tights, gloves and a beanie, waterproof shell with a hood, waterproof pants, lights and batteries, nutrition, and emergency plastic poncho) in each drop bag location. You will have wet feet. Between mud, snow, ground moisture and creek crossings it is inevitable. It may seem like overkill, but we recommend 2 socks in Dry Fork, 2 in Sally's Footbridge, and 1 at Jaws so you have an option to change to dry socks if you want to. Dry shoes are recommended as well if you have finicky feet! On the flip side, you may want warm weather clothing in your Sally's Footbridge and Dry Fork drop bag for the return.
- Separate items in your drop bag by category to easily find your supplies. Consider using separate plastic bags for small items or specific categories. Place a list of "absolutely can't leave the aid station without" items in your bag so you don't forget critical items as you leave. Lights are needed in the nighttime sections of the 100-mile. Be sure to have spare batteries/lights at Sally's Footbridge and Jaws.
- Aid stations will not give out any medications such as ibuprofen or acetaminophen. Aid stations will not stock sunscreen or bug spray for participants so pack those items in your drop bags.
- Drop bags will be available to be claimed in the designated area at Scott Park finish area in Dayton. Please know that your drop bag may not return until the aid station closes. Dry Fork drop bags come in last. We try to send them down as they are used, but they may not show up until after 5 pm on the supply trailers coming in from the station after closing and tearing down. All drop bags and supplies left on course will be taken to the designated area at the finish at Scott Park on Saturday for pick up until 8:30 pm. PLEASE do your best to wait around to collect your drop bags at the finish to keep race personnel from having to re-handle them. NOTE - Race personnel will be forced to load any unclaimed drop bags into U-haul trailers at 8:30 pm therefore, they will not be available to be claimed after 8:30 pm. Drop bags not collected on Saturday at the finish will be available behind the Sport Stop in Sheridan on Sunday June 16 from 8:30am-11:00am.

# 100 MILE AID STATION, CUT-OFFS, & TIME PREDICTOR

Outbound Aid Stations	Distance	Elevation	Assistance	Crew/Pacers	Drop Bags	Medical Check	Cutoff Time
Start	0M	4275"	Moderate	N/A	No	No	
Tongue River Trailhead	1.25M	4240"	Minimal	No	No	No	10:25AM
Lower Sheep Creek	3.5M	5025"	Minimal	No	No	No	
Upper Sheep Creek	8.5M	7450"	Moderate	No	No	No	
Dry Fork Ridge	13.4M	7480"	Major	Yes	Yes	Yes	3:00PM
Cow Camp	19.5M	6600"	Moderate	No	No	No	
Bear Camp	26.5M	6800"	Minimal	No	No	No	
Sally's Footbridge	30M	4590"	Major	Yes	Yes	Yes	8:30PM
Cathedral Rock	33.5M	5080"	Minimal	No	No	No	
Spring Marsh	40M	6920"	Moderate	No	No	No	
Elk Camp	43.5M	7430"	Minimal	No	No	No	
Jaws Trailhead	48M	8800"	Major	Yes	Yes	Yes	4:00AM
Inbound Aid Stations	Distance	Elevation	Assistance	Crew/Pacers	Drop Bags	Medical Check	Cutoff Time
Elk Camp	52.5M	7430"	Minimal	No	No	No	
Spring Marsh	56M	6920"	Moderate	No	No	No	
Cathedral Rock	62.5M	5080"	Minimal	No	No	No	
Sally's Footbridge	66M	4590"	Major	Yes	Yes	Yes	10:00AM
Bear Camp	69.5M	6800"	Minimal	No	No	No	
Cow Camp	76.5M	6600"	Moderate	No	No	No	
Dry Fork Ridge	82.5M	7480"	Major	Yes	Yes	Yes	3:00PM
Upper Sheep Creek	87.5M	7450"	Moderate	No	No	No	4:30PM
Lower Sheep Creek	92.5M	5025"	Minimal	No	No	No	
Tongue River Trailhead	94.8M	4240"	Moderate	No	No	No	6:30PM
Home Stretch	98M	4040"	Moderate	No	No	No	
Scott Park Finish	100M	3970"	Major	N/A	Yes	No	8:00PM

**Aid Station offerings** - People who have been to Bighorn before know we have some of the BEST aid stations in the Ultra event world. Following are just a few things you will see on course, but prepare to be amazed by what these stations pull off on supplies! It will "BLOW YOUR MIND" the detail they go to for your comfort during the race.

Minimal - These stations are packed in on foot and will offer- water, hydration drink, trail mix, pretzels, granola bars, candy, nuts, jerky, some gel packets.

Moderate- These stations are usually accessed by ATV or horseback- water, hydration drink, trail mix, chips and crackers, cookies, granola bars, candy, nuts, fresh fruit, soda.

Major- Fully accessible by vehicles - water, hydration drink, meat and cheese roll ups, sandwiches, soup, chips, fresh fruit, soda, cookies, candy, nuts, jerky, and lots of special items.



## BIGHORN MOUNTAIN TRAIL 100 MILE COURSE DESCRIPTION

**Course Markings:** The course is marked with orange ground flags, hanging orange flags, green arrow signs, glow sticks, and reflective tape, and eco-safe white powder (lime) arrows on paved roadways. As a participant, you are responsible for following the provided markings at all times. Do not deviate from the marked trail.

The Bighorn Mountain Trail 100 is an epic mountain endurance adventure crossing through Little Bighorn and Tongue River areas of the Bighorn National Forest. Participants have 34 hours to navigate this remote, technical out-and-back course (average 2.94 mph). Mother Nature provides over 20,500 feet of ascent and 20,750 feet of descent testing the most seasoned ultra-runners with 76 miles of technical single-track trail, 16 miles of rugged 2-track jeep trail road, and 8 miles of gravel road. The Bighorn 100 is one of the classics, demanding you to reach deep to your core of mental and physical fortitude.

The Bighorn 100 begins where the scenic Tongue River has carved out an impressive canyon located approximately 1.25 miles from the Tongue River Canyon Trailhead and 3.5 miles from the Town of Dayton on Tongue Canyon Road (4275 ft). Runners begin their outbound journey with views of steep cliffs rising overhead, refreshing glimpses of the Tongue River, and spectacular views of the iconic limestone formation, locally known as 'The Needle', as they make their way on a gravel road to the Tongue River Canyon Trailhead (trail #25, 4240 ft, mile 1.25 outbound, mile 94.8 inbound). Tongue River Valley Community Center provides water to top off your bottles here on the outbound trip.

The Trailhead is the gateway to the noble Bighorn Mountains and first remote aid station, Lower Sheep Creek (5025 ft, mile 3.5 outbound, mile 92.5 inbound). Thank the Burlington Northern volunteers and their crew for packing in supplies by foot for your mountain trek. They are a steadfast group of folks and will be there on the inbound miles welcoming you on your final footsteps towards the finish. The water for this station is all hauled in by horse pack string the week before the race, which is quite a site.

Meandering along the Tongue River Canyon Trail, runners begin a challenging ascent through a sea of Spring Lupine, Balsam Root, and the Wyoming state flower the Paint Brush to Horse Creek Ridge (7450 ft, mile 7.5 outbound, mile 88.5 inbound). This is Bighorn's first introduction to one of many grueling climbs and rugged technical trails. The heat can be brutal in the canyon leading to DNFs later in the race. Move conservatively taking in fluids early and often.

Cresting Horse Creek Ridge offers an opportunity for runners to peer over the wild terrain they have covered before making the steep, yet short descent into the Sheep Creek Drainage. A rustic footbridge crossing Sheep Creek guides runners along single-track trail and 2-track trail until reaching Upper Sheep Creek Aid Station. This dedicated aid station's captain and crew travel all the way from Rapid City, SD! They arrive here early and stay late, keeping the cool vibes going for the duration of the event. Send them some energy on your outbound trip and they will pay it back in full wearing grass skirts and coconut bras (yep even the guys) as you pass by the next day! Exchange "Mahalo" before you leave (road #198, 7450 ft, mile 8.5 outbound, mile 87.5 inbound).

Head west over the next 3 miles of rolling single-track trail and 1.25 miles of 2-track trail (road #201). Camp Creek Ridge rises to approximately 7854 feet and 12.25 miles into the race. Kick back a little while descending through Camp Creek drainage on narrow single-track trail leading to a short section of gravel road where roads #168 and #149 greet one another and welcome runners to the saddle of the Dry Fork Ridge Aid Station on Freeze Out Road (road #149, 7480 ft, mile 13.5 outbound, mile 82.5 inbound). This is one of three major aid stations along the course offering crew, drop bags, and pacer (inbound only). It is no small feat to manage this aid station, so please pay your gratitude to the dedicated Dry Fork Family for offering their services for 25 years!

It is likely you will feel the toll the past 13.5 miles of ascent and weather conditions have taken on you. Remain calm, be smart, trust your training and remember to gear down giving yourself time to take care of your needs.

While descending into the Dry Fork drainage, don't forget to bring your eyes off the trail and take in the wide-open scenery and appreciate the sights. Over the next 6 miles of primitive, red dirt, 2-track trail, this drainage has spectacular views of elk meadows and small creek crossings. Short sections of steep uphill and downhill will work the legs as you settle into a sensible rhythm moving towards the next aid station, Kern's Cow Camp.

Kern's Cow Camp Aid Station reveals the next breathtaking section of single-track trail on Dry Fork Trail at Miller Creek (trail #4, 6660 feet, mile 19.5 outbound, mile 76.5 inbound). The cow camp, aptly named after the Kerns family who used this primitive camp while tending to their summer cattle herds, can be seen to your left after you leave the aid station. The crew made this station the famous "bacon station" way back when there were no bacon stations. They were on to something that is now commonly used on other courses.

Relentless forward motion pushes runners on to a dilapidated stock tank approximately 3 miles after Kern's Cow Camp. Enjoy a short yet well needed opportunity to rest while filling water bottles with fresh spring water (tested and safe to drink). This forested single-track trail is a beautiful yet challenging stretch as it traverses the east face of the Dry Fork Canyon to Bear Camp Aid Station (6800 ft, mile 26.5 outbound, mile 69.5 inbound). Give a kind word of gratitude to Stacy, Bighorn's original race director, and her husband Roger! Their energetic team packs supplies up 2200 ft of ascent humbly labeled "the haul". Head north down a treacherous section of Bighorn's infamous shoe sucking mud and steep single-track trail. Go with the flow, but remind yourself it is still early in the race, and saving your quads on this downhill will serve you later. The trail crosses the Little Bighorn River into a major crew/drop bag/pacer aid station, Sally's Footbridge (trail #4 intersects Little Bighorn Trail #50, 4590 feet, mile 30 outbound, mile 66 inbound).

Sally's Footbridge named for an old friend of Bighorn who passed away in 2015, now captained and staffed by a team from the local YMCA, is a full menu, well stocked, aid station with plenty of volunteers to help make you comfortable. It is even rumored you may find a treat or two here from McDonald's. Take a brief break, re-hydrate, consume some well-needed calories, and grab some warmer gear and your headlamp for this next section. Heeding this advice will pay dividends in the "long run" as this next section can dish out a hefty swing in temperature and darkness approaches quickly in the mountains. You may need your light if you leave Sally's Footbridge later in the day.

Ascending once again, Little Bighorn Canyon pulls runners up arduous rocky trail 3.5 miles to Cathedral Rock Aid Station (5080 ft, mile 33.5 outbound, mile 62.5 inbound). This crew provides a remote yet essential selection of aid that they have packed in on foot. They are known for their "hot and ready" soup! It is crucial to top fluids off at Cathedral Rock as the next aid station, Spring Marsh, is a solid 7 miles away. Be sure to give your gratitude to the volunteers who filter that water by hand.

The Little Horn Canyon is a standout with grand views of the Little Bighorn River juxtaposed with mighty canyon walls creating softness where your feet fall between the two extremes. Take in the beauty of your surroundings and glide through secluded single track-trail and wooded hideouts opening to meadows that host Wyoming's wildlife. 150 yards before crossing Leaky Creek you might notice a sign announcing your approach underneath Leaky Mountain. Look to your right and you'll see why it was appropriately named Leaky Mountain. Hold on tightly to a secure hand rope while crossing over a SLIPPERY rustic log bridge aiding runners to safety over Leaky Creek.

Continuing up the Little Horn Canyon, warm and welcoming bon fires prepared by aid station volunteers invite runners to Spring Marsh Aid Station (6920 feet, mile 40 outbound, mile 56 inbound). Spring Marsh is situated next to a fresh mountain spring providing the Bighorns' finest water. Yes, we tested this spring water too! The location of this aid station exposes runners to Mother Nature's temper and participants can experience some threatening weather conditions. Thank this crew for braving the conditions to offer aid at Spring Marsh. The aid station captain John is an accomplished Iron Man competitor who believes in giving back to fellow athletes. Join us in wishing him luck as he travels to Nice France the day after the race to compete in a full Iron Man.

The Bighorns begin to cast their blankets of shadows beckoning nighttime adventures as runners ascend single-track trail through Wagon Box Creek and Duncum Creek. After passing through an Aspen grove, a steep yet short ascent may deliver a glimpse of the next remote aid station. Give Captain Matt and his team a friendly HOWDY when you pass through Elk Camp (7430 ft, mile 43 outbound, mile 52.5 inbound). This limited aid station is hosted by a rough and tumble group of real cowgirls/cowboys and their trusty equine friends. Your supplies made it here through the art of horse packing skills. They serve up a special "banana" entree and those who've had it in the past can attest to the magic it creates.



Runners continue ascending the Willow Creek drainage crossing Devils Canyon Road on the Bighorn Mountain Divide (8951ft, mile 47 outbound, mile 49 inbound). Most of this section will be traveled during the dark hours but, know even in the darkness, the Bighorns do not disappoint on the gift of scenery. Following single-track trail and a short section of road at a slight descent through Porcupine Creek drainage, it is clear the turn-around point, Jaws Trailhead, peaks around the next bend in the trail (8800 feet, mile 48). This fully supplied aid station with access to crew, drop bags, and pacers is complete with experienced aid station volunteers. The Jaws team readily await the opportunity to equip each individual runner with mental and physical encouragement for their return. Camp chefs are known for their yummy cheese quesadillas, grilled cheese sandwiches, and of course HOT SOUP. Take care of your needs at Jaws and enjoy the moment of realizing your half way to the finish line! 2 Crew and pacers are allowed to be inside the Jaws aid station when you are there, but for crowd control reasons, they will be required to wait outside the tent in the crew and pacer waiting area until you arrive at Jaws. There will be a warm fire and lots of camaraderie in the waiting area. Tell them musical instruments and campfire songs are likely to bring them if they have them! Please make sure your crew is prepared for freezing temperatures, long wait times, and that they come prepared with personal food and drinks as there are no food services near Jaws. Revitalized from Jaws Aid Station, runners head out following their previous footsteps on the same course returning through the following aid stations:

Elk Camp - mile 52.5 elevation 7430

Spring Marsh - mile 56 elevation 6920

Cathedral Rock - mile 62.5 elevation 5080

Sally's Footbridge mile 66 elevation 4590 - drop bag station

Bear Camp - mile 69.5 elevation 6800

Kerns Cow Camp - mile 76.5 elevation 6600

Dry Fork - mile 82.5 elevation 7480 - drop bag station

Upper Sheep Creek - mile 87.5 elevation 7400

Lower Sheep Creek - mile 92.5 elevation 5025

Coach Maze and the Tongue River Cross Country team will welcome you to Tongue River Trailhead. Our organized Aid Station Captain Karla keeps this aid station fully stocked providing essential aid and encouragement for your return (4275 ft, mile 95). The last five miles of gravel road reveals itself as a means to an end. Leaving the Tongue Canyon Trailhead, the Tongue River guides runners along gravel road to Home Stretch Aid Station (4240 ft, mile 98). Thank the Schwend family for hosting the final Aid Station on their beautiful groomed lawn, and make sure to leave with a refreshing, icy cold otter pop in your hand. Continue on to one last rustic footbridge adjacent to U.S. Highway 14. You will feel emotion bubbling, as the finish is only a ½ mile away and well-wishers line the roadway. Cross U.S. Highway 14 into Dayton making a left onto 3rd St. and another left onto Broadway to a memorable culmination of an experience only the human spirit can realize as you cross the FINISH LINE and reunite with family and friends to celebrate at Scott Park in Dayton (3970 ft, mile 100) Have a snack, grab a nap, take the shuttle to Tongue River High School for a shower, lounge on the soft well-kept grass in the park, enjoy a local BEER and some live music, partake in the post-race BBQ featuring Wyoming beef burgers and giant hotdogs, (or veggie burger if you prefer) and hang out for awards! You have just completed a magnificent journey you will never forget!

*\*\*\*Please print this handbook prior to your arrival. The race team does NOT provide handbooks at any time before or during the event. Access to Internet and cell service is very limited once you leave Sheridan/Dayton areas due to the remote location of our event. \*\*\**

## BIGHORN TRAIL 100 MEDICAL INFORMATION

- It is important for the participant to recognize the potential physical and mental stresses, which may evolve from participation in this race. 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.
- Medical personnel will be dispersed along the course. Verbal medical evaluations will take place for every participant at Dry Fork, Sally's Footbridge, and Jaws. If medical personnel have concerns for your health and safety after verbally assessing you, they may ask to attend to you further. The goal of Medical personnel and all aid station volunteers is to get you safely to the finish line. They will help you make any decisions that involve your health and safety in completing the race. Keep in mind, the safety of our volunteers is very important to us and a decision to continue resulting in having to be rescued could put those volunteers in danger while rescuing you.
- 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 the right pace for the athlete.
- 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 event, stays mentally alert, stays adequately hydrated and nourished during the event, and is mentally prepared to withdraw at an appropriate time if he/she cannot safely continue.

## COMMUNICATION & EMERGENCY PROCEDURES

- All participants will be checked in by their race number at the start 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 and pacer 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.

## RUNNER TRACKING

- Live Results and tracking made possible by Advanced Communication Technology and It's Your Race. ACT provides satellite internet communications for the Bighorn Trail Run, bringing the world wide web to the most remote areas of our Bighorn Mountains solely for the purpose of providing live streaming web results to the It's Your Race platform.
- 100M, 50M, 32M splits display in MILITARY TIME OF DAY
- 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 and worn on the front 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. Chips are best read from your chest. If you choose to place your race bib on your shorts or cap, there is a chance a time may not be captured.
- 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. If there are internet variables the tracking system will not be available and a runner may look like it hasn't moved for a time period. Ultimately, Search and Rescue at all aid stations are keeping track of where you are on the course at all times. Please relay this to family and friends that may worry.

## AWARDS

We award first, second, and third place overall finishers for men and women in each event (100M, 50M, 32M, 18M). First, second, and third place in each age division will also receive awards. Our awards are engraved river rocks native to the Bighorn Mountains. 100 Mile finishers who finish under 24 hours will be inducted into the "Rusty Spurs Club" and given a special award. ALL 100 Mile finishers will receive a belt buckle and finisher award. ALL finishers of the 50M/32M/18M will receive an award unique to their event. Bighorn recognizes the following age divisions for men and ladies in each race: 19 & Under, 20-29, 30-39, 40-49, 50-59, 60-69, The "Bob Hayes" 70 and over award.

## LOST & 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. Unclaimed items and drop bags not claimed at the race can be searched for behind The Sport Stop on Sunday morning between 8-11 am. Items needing claimed after the race can be done by email to [racedirector@bighorntrailrun.com](mailto:racedirector@bighorntrailrun.com) Shipping costs fall upon the participant.

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## SCHEDULE OF EVENTS

### June 12, 2019

- 5-8 PM Bighorn Happy Hour - Luminous Brewery Sheridan WY
- Previous race footage will be shown. Live music and food truck will be available

### June 13, 2019

- 12-6 PM Packet pick up all distances at Best Western Sheridan Center, Sheridan WY
- 12-6 PM Drop bag drop off Best Western Sheridan Center, Sheridan WY (NO LATE DROP BAGS)
- 4-8 PM - Bighorn Trail Run WELCOME BASH at Black Tooth Brewery Sheridan WY. 6pm showing of "How to run 100 miles" co-star Jason Syme will speak after the showing, music, food trucks.

### June 14, 2019

- 8 AM 100 mile pre-race briefing Scott Park Dayton, WY
- 8:45-9:15 AM 100 mile start buses depart Scott Park Dayton, WY
- 10 AM 100 mile START
- Noon - 6 PM Packet pick up all distances at Best Western Sheridan Center, Sheridan WY
- Noon - 6 PM Drop bag drop off Best Western Sheridan Center, Sheridan WY (NO LATE DROP BAGS)
- 4-8 PM - Bighorn Trail Run WELCOME BASH at Black Tooth Brewery Sheridan WY. Live music, food trucks

### June 15, 2019

- 2:45 AM 50 mile bus departs Best Western Sheridan Center (SEPERATE TICKET MUST BE PURCHASED AT PACKET PICK-UP)
- 2:45 AM 50 mile us departs Holiday Inn (SEPERATE TICKET MUST BE PURCHASED AT PACKET PIK UP)
- 3:15 AM 50 mile buses depart Tongue River Community Center
- 5 AM 50 mile Start - Devils Canyon Road start area
- 6 AM 32 mile buses depart Tongue River Community Center
- 8 AM 32 mile Start - Dry Fork start area
- 8:30 AM 18 mile buses depart Tongue River Community Center
- 10:30 AM 18 mile start - Dry Fork start area
- Noon - 8 PM Finish Celebration and Picnic - Scott Park Dayton, WY
- Drop Bag retrieval Scott Park volleyball court Dayton, WY
- 12-8 PM Dayton Shuttle bus runs to Tongue River Community Center
- Noon-8pm Start bus items left on bus retrieval and 50 mile start items are at Community Center

### June 16, 2019

- 8-11 AM The Sport Stop and Foot of the Bighorns Open Sheridan WY (drop Bag retrieval available behind store)