



18M

Participant
Handbook

Brought to you by



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

Table of Contents **2**

- Greeting3**
 - Meet Our Team..... 4
 - Contact Us 4
- Driving Directions to Sheridan/Start/Finish5**
- Packet Pick-Up6**
- 18-Mile Race Day Details.....7**
- Lost and Found 7**
- Course Rules... 8**
- 18-Mile Crew Rules9**
- 18-Mile Course Description9**
- 18-Mile Aid Stations/Distances/Cut-Offs/Time Predictor 10**
- Medical 11**
- Communications & Emergency Procedures11**
- Timing/Results 12**
- Awards 12**
- Schedule of Events..... 13**

Thank you for choosing Bighorn Trail Run 18 mile as your ultimate mountain adventure! We welcome you with western hospitality and extend our most cordial invitation to a test of your endurance. The Bighorn Team looks forward to your arrival and participation in our race.

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 family members and spectators. It 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 the 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 18 mile is an epic mountain endurance adventure crossing through the Tongue River areas of the Bighorn National Forest. Participants have 10 hours to navigate this remote technical course.

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 wildlife. 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 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

Co-Director/Registrar - Cheryl Sinclair - All questions concerning race registration including bus tickets. racedirector@bighorntrailrun.com

Sponsorship Coordinator - Becky Lineman - All Race Sponsor questions
beckysportstop@yahoo.com

Course Director - Karen Powers - all questions regarding course marking and/or info not represented on the website. karen@actaccess.net

Co-Course Director - Keri McMeans keribighorn@gmail.com

Results/Questions & Concerns - Melanie Green 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 3 exits. For Packet pick up take 5th Street, which is the 2nd exit.

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

From Rapid City, South Dakota - 259 miles - Take I90 West through Spearfish. SD, Sundance, WY, Gillette, WY and Buffalo, WY to Sheridan 3 exits. For packet pick up take 5th Street exit which is the 2nd 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 3 exits. For packet pick up take 5th Street, which is the 2nd 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/FINISH AREA - Once entering Dayton, Wyoming watch for a life size ELK STATUE (2nd Ave) make a left turn, follow 2nd Ave 1 block and make a left into Scott park. **Dayton, WY, Parking Regulations and Instructions:** No parking in the park after the 100M race has started. Please observe and respect all parking requests.

Directions to the 18M 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.

18 MILE PACKET PICK-UP

All participants are required to attend packet pick-up on June 13 OR June 14, 2019 between 10AM-6PM at our partner hotel Best Western Sheridan Center: 612 North Main Street downtown Sheridan. **Entries are non-transferable** and picture ID is required to check in, at which time a non-removable wristband will be placed on your wrist. This band, along with a collapsible cup (provided in race packet) or bottle to hold liquids on the course must be shown on race day at the start in order to start the race.

Picking up a packet for another participant is strictly prohibited. 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 Late check-in will be expected to sign final waiver, pick up race number and bus ticket if pre-purchased, and receive the wristband required to start. Full packet pick-up will NOT be available at LATE check-in. Full race packet can be claimed at finish awards station.

Where: Best Western Sheridan Center 612 N Main Street, Downtown Sheridan Wyoming.

What To Bring: Yourself, Your picture ID, any medical information you would like us to keep on file, and 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!

What to Do at packet pick-up: Sign final waivers, pick up your assigned race number and non-removable wrist band, check that your timing chip on the back of your race number is activated, and claim your "race swag". After finishing up 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.

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. 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!

18 MILE RACE DAY DETAILS

18 Mile Start Bus: Saturday, June 15, 2019

Buses depart Tongue River Valley Community Center TRVCC from Dayton, WY at 8:30 am SHARP Restrooms will be available prior to departure courtesy of TRVCC

18 Mile Parking: Runners may park vehicles in the Tongue River Valley Community Center parking (TRVCC) lot or in the adjacent parking lot of the Tongue River High School. Carpooling is recommended. NO parking will be allowed during the day at the finish area of Scott Park. There will be a shuttle run by TRVCC available from Noon-8 pm to assist participants back to their cars.

Items Left on Bus: Participants MAY leave items on the bus such as clothing and bags containing personal items. All items left on the start bus must be labeled and placed in the front of the bus. These items will be returned to TONGUE RIVER VALLEY COMMUNITY CENTER where the bus loads in the morning. Items will be placed outside for pick-up and are subject to weather.

18 Mile Start: 10:30 AM - The 18 mile starts at Dry Fork Start Area. The parking area is a short walk to the start line. If you plan to drive to the start, obey all signs put out by race management and parking attendants.

18 Mile Finish Parking: Dayton is a very quaint small town 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 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. 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. 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.

LOST & FOUND - Post Race Supply Recovery

Bighorn Trail Run cannot be responsible for the personal effects of any participant. Any items left or found on the course will be placed in the drop bag recovery area at Scott Park on Saturday. Please do not leave items at aid stations as these volunteers have an enormous amount of supplies to bring in and many would have to backpack it out. Any unclaimed items not claimed at the finish can be searched for at The Sport Stop on Sunday morning between 8-11 am. Items needing claimed after race weekend can be done by email to racedirector@bighorntrailrun.com Participant are responsible for shipping costs.

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 each 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. 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 from participating in any Bighorn event in the future. In addition, if a bandit is on course with a knowing participant entered in the race, that participant will be disqualified and banned from participating in Bighorn in the future.
- 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. 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. Cutoff 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.
- 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. Pack out 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 that participant’s responsibility to turn in their race number to the Aid Station Captain.
- NO Pacers allowed in the 50, 32, 18 mile race. Family and friends may accompany a runner from Tongue River Trailhead to the finish. No vehicular travel is permitted on Tongue River Road. Foot traffic, bicycles, and dogs on a leash are permitted on the road. If a runner’s crew / family drives on Tongue River Road, the runner will be disqualified.
- 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. Volunteer dogs may be pre-authorized by race management.
- 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 risks disqualification. Crew choosing not to follow rules set forth by race organization will result in having their participant disqualified.

18 MILE CREW RULES

- A crew member is any individual who provides support to a participant.
- Crew may only meet participants along Tongue Canyon Road which is the last 5 miles. No vehicles are allowed on Tongue Canyon Road.
- Crew must adhere to all parking restrictions, signage put out by race management, parking attendants, and traffic control. Aid station personnel at Dry Fork may request to vacate an area for crowd control reasons.
- Crew must allow participant to check in and out of Tongue River Aid Station upon arrival and departure.
- Crew may provide aid to their runner at any point on the course after the Tongue River Canyon Trailhead (final 5 miles) to the finish as long as they have not driven on Tongue River Canyon Road to access their runner. They may walk, run, or bike on the Tongue Canyon Road to access their runner and must return via the same manner.
- Crew or family who drive a vehicle on Tongue Canyon Road will subject their runner to disqualification
- Crews must respect speed limits. Our course access roads are gravel, curvy and in mountainous terrain and treacherous if traversed at too high of a speed.
- No dogs permitted within aid station boundary. The race pre-approves some volunteer owned dogs at some stations. Well-mannered and controlled dogs on a leash are allowed on Tongue Canyon Road and in Scott Park finish area

BIGHORN MOUNTAIN TRAIL 18 MILE COURSE DESCRIPTION

Course Markings: The course is marked with orange wire, orange flags, green arrow signs, glow sticks, and reflective tape. As a participant, you are responsible for following the provided markings at all times.

Course elevation at the start: 7650 feet.

These directions and distances are estimated. A final description will be available at the pre-race briefing.

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)

Aid Station	Distance	Cutoff Time	Elevation	Drop Bag
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

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. 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. Please remember that the Volunteer aid stations worked really hard to get the supplies to the station and please be grateful for what they brought, after all they can't have everything.

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 18 MILE 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. If medical personnel have concerns for your health and safety, they may ask to attend to you. 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 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 Run. 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 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 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.

TIMING/ RESULTS

- Live Results 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.
- Bighorn Trail Run and WYO Timing are proud to bring you and your family and friends live results. Your friends and family back home will be able to see your finish time online at itsyourrace.com. At the finish, there will be several kiosks and computers set up in the results area for your convenience where you may check your result, or you can 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.

AWARDS

We award the top first, second, and third place overall finishers for men and women in each event (100M, 50M, 32M, 18M). 1st, 2nd, 3rd place in each age division will also receive awards. Our awards are engraved river rocks native to the Bighorn Mountains. **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.

Awards Ceremony Schedule: (Times could be delayed) Saturday June 15, 2019

Bighorn cannot give any Age Division awards early. If you are not going to be there to collect your award, please ask someone from your town to collect it for you or make arrangements and pay for shipping costs at the INFORMATION DESK centrally located in Scott Park.

18 mile awards	4 pm
32 mile awards	4:45 pm
Rusty Spurs (100 mile under 24 hour awards)	5:30 pm
Bighorn Slam Awards (completed all 4 Bighorn distances)	5:45 pm
1000 miles of Bighorn Awards (completed 10 100 mile distances)	5:55 pm
100 mile awards	6 pm
50 mile awards	6:45 pm

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 at Best Western Sheridan Center, Sheridan WY (NO LATE DROP BAGS)
- 4-8 PM - Bighorn Trail Run WELCOME BASH at Black Tooth Brewery Sheridan WY. 6 pm 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 at 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 (SEPARATE TICKET MUST BE PURCHASED AT PACKET PICK UP)

- 2:45 AM 50 mile bus departs Holiday Inn (SEPARATE TICKET MUST BE PURCHASED AT PACKET PICK-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
- 1-8 PM Dayton Shuttle bus, runs to Tongue River Community Center
- Start bus items left on bus retrieval is at Community Center
- 4-8 PM Fremont Toyota Awards Ceremony, Scott Park Podium (near band shell)

JUNE 16, 2019 8-11 AM The Sport Stop open in Sheridan, WY (drop bag retrieval available behind store)