



32M

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. ****

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Thank you for choosing Bighorn Trail 32 Mile 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. 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 Mountain Trail 32 Mile is an epic mountain endurance adventure crossing through the Tongue River areas of the Bighorn National Forest. Participants have 12 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 Lieneman - All Sponsorship
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 32M Start - The 32M 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 at the designated parking area above Dry Fork Aid Station. There will be portable restrooms here for your convenience. Please be sure to check in with the race officials before the start.

32 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 St, Sheridan WY 82801. Entries are non-transferable and picture ID is required to check in at which time a non-removable wristband will be put on your arm. 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. **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. **IMPORTANT - LATE CHECK-IN WILL NOT BE ABLE TO USE DROP BAGS.** Picking up a packet for another participant is strictly prohibited.

What To Bring: Yourself, your picture ID, any medical information you would like us to keep on file, drop bags, 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: Sign final waivers, pick up your assigned race number and check that your timing chip is activated, 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 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.

32 Mile Drop Bag Drop Off: Bring your drop bag 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 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. In addition, the app has great features including places to visit, dining in Sheridan, lodging information, interactive course maps, athlete tracking and results! No need to visit the results tent, just check your results on your phone! **Athlete tracking via itsyourrace.com is dependent upon 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.**

32 MILE RACE DAY DETAILS

32 Mile Bus and Parking: Saturday, June 15, 2019 - 6:30 AM 32 Mile buses depart Tongue River Valley Community Center (TRVCC) in Dayton, WY. Parking is available at TRVCC or in the adjacent parking lot of Tongue River High School. Carpooling is recommended. There is NO parking allowed at the Finish Area of Scott Park.

Restrooms TRVCC provides restrooms inside the building prior to departure. They will also have COFFEE!

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 THE FRONT OF TONGUE RIVER VALLEY COMMUNITY CENTER where the bus loaded that morning. Items will be placed outside for pick-up and are subject to weather.

32 Mile Start: 8 AM at Dry Fork Start Area. There is a very limited amount of parking at the 32 mile start so riding the start bus is highly recommended. Start buses have been instructed to wait at the start and keep their bus warm so participants can stay on the bus until the start. If you are being dropped off at the start, please obey all parking signs put out by race officials and all parking attendants. Parking will be available in a lot 1/3 mile from the start area. Please stay on roadways, do not park where your vehicle could scar the ground.

There will be porta pottys at the start but very limited shelter. We advise participants to keep warm, dry clothing on until the start if needed, then leave it on the bus to be taken to TRVCC for pick up.

All participants MUST check in and show the required wrist band and cup or bottle for personal consumption of liquids during the race at the start under the 15 foot tall orange check-in flag. BIGHORN IS A CUPLESS RACE. No cup and wristband=No Start.

32 Mile Finish 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 the 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 is allowed on public roads, however, we ask you pay close attention to all signs posted by the Town of Dayton and/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 available inside the park. We highly encourage parking at TRVCC/Tongue River High School and using the shuttle service to Scott Park. This is a 1-mile distance.

BIGHORN COURSE RULES

- **Entries are NON-TRANSFERABLE.** They cannot be traded or sold. Picture ID is required at packet pick-up at which time a non-removable wristband will be placed on participant's wrist. This wrist band must be untampered with and 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. 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.
- 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 Canyon Road. Foot traffic, bicycles, and dogs on a leash are permitted on the road. Any runner's crew / family that drives on Tongue Canyon 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 Canyon Road. Certified service animals must be approved by Race Management before June 1. Volunteer dogs may be pre-authorized by race management to be at an aid station.
- 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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32 MILE CREW RULES & CREW ACCESS

- A crew member is any individual who provides support to a participant.
- 32 mile crew members may meet participants at Dry Fork aid station which is 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 for crowd control reasons.
- 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 on the course.**
- Crew may provide aid to their runner at any point on the course after the Tongue River Canyon Trailhead 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.
- Crew is allowed only one vehicle per runner at designated Dry Fork crew access to minimize congestion, facilitate parking, and adhere to ecological principles. Dry Fork has a designated parking area parking for crews and spectators. Crew must never park in blocking traffic or block access to the trail or checkpoint, or block in other parked cars. Vehicles that 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 dogs permitted within aid station boundary, but are ok on a leash 100 feet from the aid station and in parking areas.

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

- Dry Fork- Dry Fork will be using a parking area for spectators and crews that is 1/3 mile away from station. There is a shuttle to the station for those who need assistance. Spectators and crews will be asked to wait outside the aid station boarder for their runner. Once the runner comes in the aid station will allow 2 crew members inside the boundary with them.

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 Under "Runners" choose 100M, select crew and select "Crew directions with Photo (PDF)" Download button.

32 mile crew access is the same as the START, so you will only need driving directions to Dry Fork.

32M DROP BAG REGULATIONS & RECOMMENDATIONS

- A DROP BAG ALLOWED FOR THE 32 mile at Dry Fork.
- Drop bags are due at scheduled times (6pm) and must be put on the drop bag trailer at packet pick-up.
- No drop bags are allowed on the start buses. Items taken to start at Dry Fork will be brought back down. You cannot leave your drop bag at Dry Fork before the start.
- Drop Bag Size Regulation: We allow 32 mile drop bags the size of a small duffel bag or string pack.
- Drop bags must be soft sided. No coolers, tubs, or buckets.
- Bighorn provides specific colored tape that coincides with each aid station for organizational purpose. Please do not label them prior to your arrival. After checking in proceed to the drop bag drop off location outside. Volunteers will assist you in labeling your bags with the correct colored tape.
- Runners are responsible for loading their drop bag on the Dry Fork trailer when properly labeled.

Recommendations and Hints

- 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. Pack dry socks and shoes in case you want to change, a poncho or rain shell, hot weather clothing for the descent into the canyon, sunscreen, and any foods or drinks that you rely on that could ruin your race if the aid station was to run out. Separate items in your drop bag by category to easily find your supplies. Consider using separate plastic bags for small items or specific categories to keep things organized in your drop bag.
- Aid stations will not stock sunscreen or bug spray
- Aid stations will not give out any medications such as ibuprofen or acetaminophen.
- 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. **ITEMS left on the start bus can be retrieved from Tongue River Valley Community Center where the bus originated.**

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BIGHORN MOUNTAIN TRAIL 32 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.

The 32M course begins at the HEAD OF THE DRY FORK designated parking area and proceeds north and to your left climbing about 500 feet up the 4-wheel drive road. Panoramic views in all directions will greet you as you follow the ridge to Riley Point. If you look down to your left you are viewing the Dry Fork Drainage where later you will be joining the 50-mile course for the remainder of the race. At about 6 miles the course drops steeply for a mile into Miller Creek before reaching the COW CAMP AID STATION, at mile 7 and 6750 feet. This is where you join the 50-mile course.

The aid station is fully supplied for the 6-mile gradual climb back to the HEAD OF THE DRY FORK aid station at mile 14. After leaving the aid station the course proceeds up the Freeze Out road, following trails and a gravel road cresting on Camp Creek Ridge at 8,100 feet. It then descends down Sheep Creek drainage to 7,300 feet on a four-wheel drive road. After running about 5 Miles from the Dry Fork station you will reach the fully supplied UPPER SHEEP CREEK aid station (18 mile checkpoint). Next is the summit of Horse Creek Ridge at 8,000 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 24 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 26.2 and approximately 4375 feet you will leave the trail and run on a relatively flat gravel road for the remainder of the distance. At about mile 29 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.

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 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.

32M Aid Stations

Elevation at the start is 7650'

(All elevations are estimated)

Aid Station	Distance	Cutoff Time	Elevation	Drop Bag?
Dry Fork Ridge	Start	8:00AM	7650	No
Riley Point	6 Miles	None	8900	No
Kern's Cow Camp	9 Miles	None	6800	No
Dry Fork Ridge	14 Miles	3:00PM	7650	Yes
Upper Sheep Creek	19 Miles	4:30PM	7420	No
Lower Sheep Creek	24 Miles	None	5025	No
Tongue River Trailhead	26.2 Miles	6:30PM	4375	No
Home Stretch	29 Miles	None	4250	No
Scott Park Finish	32 Miles	8:00PM	4150	Yes

BIGHORN 32 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 verbally assess your condition and ask you some questions. 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.

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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 aidstation.

TIMING/ RESULTS

- 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 worldwide 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 split times 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 a timing point when you pass through Dry Fork. 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. Crew members will be allowed to access our tablets and computers at these timing points in order to see your progress. At the finish, there will be several kiosks and computers set up in the results area for your convenience. You may also check results on your mobile devices from the It's Your Race app.
- It is very important that your race bib is on the outside of your clothing in order for these times to be accurate. If you put on outerwear during the night, please move your bib to the outside of your clothing. If you shed your outerwear, be sure to move your race bib back. Chips are best read from your chest. If you choose to place your race bib on your shorts, there is a chance a time may not be captured.
- Updated athlete tracking via itsyourrace.com is dependent upon our Internet service at the timing points. This race travels through very remote areas. There are many variables involved in achieving a consistent Internet connection in mountain conditions. Updated athlete tracking is provided as an extra service for your friends, families and crew. Ultimately, Search and Rescue staff at all aid stations are keeping track of where you are on the course at all times

LOST & FOUND

The Bighorn Trail Run cannot be responsible for the personal effects of any participant. All dropped or lost items will be placed with the drop bag clam area in Scott Park on race day including items left at aid stations. Unclaimed items not claimed at the race can be searched for at The Sport Stop on Sunday morning between 8:30 - 11 am. Items needing claimed after the race can be done by email to racedirector@bighorntrailrun.com Shipping costs fall upon the participant.

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, 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 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)