



50Mile
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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Greetings from your Bighorn Planning Team

Thank you for choosing Bighorn 50 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 our race.

The Bighorn Trail Runners 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, 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 the internet and cellular service is very limited once you leave Sheridan/Dayton areas. Crew, and family members will not be able to access the Internet in remote areas of the course.**

The Bighorn Trail 50 Mile is an epic mountain endurance adventure crossing through Little Bighorn and Tongue River areas of the Bighorn National Forest. Participants have 15 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

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

Sponsorship Coordinator- Becky Leineman – all questions concerning Sponsorship- beckysportstop@yahoo.com

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, CO, 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, WY, 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 50M Start - The 50M begins 2 miles east of Jaws Trailhead on Forest Service Road #14. 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 FS #14 (previously known as Sheep Mountain Road). Go north approximately 2 to 2.5 miles to where the 50-mile course start is located. Upon departure do not turn around, proceed on FS Road 14 to intersection. Turn Left on FS #133 . Continue on this road past JAWS Trailhead, and approx. ¼ mile, turn right at intersection (do not go into Porcupine Ranger Station) and make a left on road #13 cross an bridge over Porcupine Creek and continue approx. 2 miles s to HWY 14A. Make a left to return to Dayton or access, Sally's Footbridge, or Dryfork Aid Station.

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50 MILE PACKET PICK-UP

Who/When/Where: 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. **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, and pick up race number and bus ticket if applicable. 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, 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! **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, 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 as a gift 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.

50 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 in this handbook. (page 10)

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 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.**

50 MILE RACE DAY DETAILS

50 Mile Shuttle and Parking: Saturday, June 15, 2019 - 3:15am 50 Mile buses depart Tongue River Valley Community Center (TRVCC) from Dayton, WY. Parking is available at TRVCC or in the adjacent parking lot of the 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!

For convenience there is a separate bus ticket available for the 50 mile start taking participants from Sheridan Holiday Inn or Best Western Sheridan Center to TRVCC to catch the start bus. We offer this bus so that participant's family or runner friends do not have to take them to Dayton to catch the bus at 2:30 in the morning. It is a one-way bus and tickets can be purchased for this bus at packet pick up. This bus is not pre-sold and subject to availability.

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 loads in the morning. Items will be placed outside for pick-up and are subject to weather.

50 Mile Start: 5am 50 mile Start - Devils Canyon Road Start Area. There is a very limited amount of parking at the 50 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 on one side of the road to allow bus and traffic passage. 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, and then leave it on the bus to be taken to TRVCC for pick up.

All participants MUST check in and show the required 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. There will be NO CUPS on the course.

50 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 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 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.
- 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 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. Pack out all trash. Use proper toileting etiquette. Runner's, 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 Pacers allowed in the 50 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 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.
- 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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50 MILE CREW RULES & CREW ACCESS

- A crew member is any individual who provides support to a participant.
- Crew may meet participants at Sally's Footbridge and/or Dry Fork. Parking restrictions apply at both access points. Crew is required to follow all parking regulations including signage set out by race officials and parking attendants at these aid stations. Tongue River Trailhead can be accessed on foot or bicycle. Crew or family who drive a vehicle on Tongue Canyon Road will subject their runner to disqualification.
- Crew must allow participant to check in the aid station before taking them out of the station to be crewed. Crew must make sure the runner checks OUT of the station upon leaving after taking them out to be crewed.
- Crewing must be done within 100 yards of the aid station. Crews will be allowed inside the aid station when the runner is there. Crew waiting areas will be in affect while waiting for runner to come in.
- Crew is 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 parking area parking for crews required includes Dry Fork Ridge (out and in), Footbridge (out and in) (read information carefully in the Crew Access directions below). Crews must never park in such a way as to block traffic, block access to the trail or checkpoint, or block other parked cars.
- Crew must respect speed limits. Our course access roads are curvy (many gravel and wash boarded) in mountainous terrain and treacherous if traversed at too high of a speed. Wreck-less driving by crews is highly dangerous and frowned upon and risk disqualification of their runner.
- No dogs permitted within aid station boundary. The race pre-approves some volunteer owned dogs at some stations.
- Smoking, and illegal drugs, are prohibited at aid stations and along the trail.
- Crew / family are responsible for their personal actions and represent a registered participant in the race. Crew members are expected to act responsibly and adhere to race rules including, but not limited to, reckless driving, parking and access regulations during the race, arguing, whining, complaining, or using foul language to an Aid Station Captain or any volunteer, and general "bad sportsmanship". All crew must follow race rules mandated by the race organization. Failure to adhere to all rules and regulations risk runner disqualification.

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.

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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.

- 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). Dry Fork Ridge to Scott Park Finish Area is approximately 1.25 hours by car

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.

*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.

100M/50M/32M DROP BAG REGULATIONS & RECOMMENDATIONS

- DROP BAGS ALLOWED FOR THE 100, 50, & 32 ONLY!
- Drop bags are due at scheduled times. No drop bags are allowed on the buses.
- 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 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.
- 50 Mile Participants: Even if you don't think you need drop bag supplies, we recommend placing a drop bag at drop bag locations to store unneeded items.

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.
- 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 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. 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.
- Aid stations will not give out any medications such as ibuprofen or acetaminophen.
- Aid stations will not stock sunscreen or bug spray.
- 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 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 on race day 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. **Drop bags left on the shuttle bus can be retrieved from Tongue River Valley Community Center where the bus originated.**

BIGHORN MOUNTAIN TRAIL 50 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: 8800 feet, the directions and distances are estimated.

The 50 Mile course begins at Devils Canyon Road (Forest Service Road #14). At this point, the trail joins trail #50 (Little Horn Trail) and starts to descend into the Little Horn drainage. Here is where you start your adventure on the original Little Horn Trail #50. The trail crosses several small creeks as you drop into Willow Creek then Duncum Creek drainages. Panoramic views and splendid seas of wildflowers greet you as the trail descends into the Wagon Box drainage.

After dropping about 1000 feet in 8 miles SPRING MARSH Aid Station #1 awaits your arrival. The supplies are limited there as it is accessible only by foot; so all supplies have been packed in. As the trail descends the Little Bighorn Canyon to Leaky Mountain Creek you might notice a sign about 150 yards after crossing Leaky Creek. At this sign turn and look to your left and you'll see why it was appropriately named Leaky Mountain. As you descend deeper into the canyon excellent views are afforded of the lower parts of the Little Bighorn Canyon and the confluence of the Dry Fork Canyon coming in from the south. Another limited aid station called CATHEDRAL ROCK Aid Station #2 at 5080 feet and 15 miles into the course is awaiting your arrival.

Continuing down to SALLY'S FOOTBRIDGE Aid Station #3 at 18 miles and 4590 feet you'll find your drop bag at the fully equipped aid station. It is advisable to have dry socks and shoes in your drop bag here. After crossing the Foot Bridge, you begin a major climb up the Dry Fork reaching BEAR HUNTING CAMP Aid Station #4, a limited aid station at mile 21 1/2 and approximately 6800 feet. The course then levels off slightly to the KERN'S COW CAMP Aid Station #5 at 28 miles and approx. 6600 feet. This is the course junction where you join the 32m course. You'll continue on together climbing up to the HEAD OF THE DRY FORK Aid Station #6 at mile 34 and approx. 7480 feet. This is your second and final drop bag cache.

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 7854 feet. It then descends down Sheep Creek drainage to 7225 feet on a four-wheel drive road. After running about 5.5 miles from the Dry Fork station you will reach the fully supplied UPPER SHEEP CREEK aid station (39 mile checkpoint). Next is the summit of Horse Creek Ridge at 7450 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 44 1/2 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 46 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 49 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.

50M Aid Stations
Elevation at the start is 8800'
(All elevations are estimated)

Aid Station	Distance	Cutoff Time	Elevation	Drop Bag?
1. Devil's Canyon Road	Start	5:00AM	8800'	No
2. Elk Camp	3 miles	none	7430'	No
3. Spring Marsh	6 Miles	None	6920'	No
4. Cathedral Rock	12.5 Miles	None	5080'	No
5. Footbridge	16 Miles	10:00AM	4590'	Yes
6. Bear Camp	19.5 Miles	None	6800'	No
7. Kern's Cow Camp	26.5 Miles	None	6600'	No
8. Dry Fork Ridge	32.5 Miles	3:00PM	7480'	Yes
9. Upper Sheep Creek	37.5 Miles	4:30PM	7450'	No
10. Lower Sheep Creek	42.5 Miles	None	5025'	No
11. Tongue River Trailhead	44.5 Miles	6:30PM	4240'	No
12. Home Stretch	47 Miles	None	4040'	No
13. Scott Park Finish	50 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, 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 50 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. 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 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 50. 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.

LOST & FOUND

The Bighorn Trail 50 cannot be responsible for the personal effects of any participant. The aid station personnel assigned to that location and placed with the drop bags at the finish line on Saturday will collect 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.

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 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 internet 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 2 timing points. These timing points are Footbridge and Dry Fork. Your race bib will have a chip attached that will capture a time when you pass through 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 device from the It are 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

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 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)