

Born To Run Ultra Marathon Runners Guide

Weekend of April 16, 2022

<https://goo.gl/maps/aVLHBJ1xd1F2kdHm8>

Please read this guide thoroughly and carefully. It is important. The answers are here.

Welcome

Congratulations! You are registered in the 2022 Born To Run Ultra Marathon Extravaganza and you are about to have a life changing experience.

The Born To Run Ultra Marathon is first and foremost a trail run, but it is also much, much more. Please arrive early and be prepared for a magical weekend of trail running on a private cattle ranch in beautiful Northern Santa Barbara County. I hope that you will enjoy the Born To Run event as much as we have enjoyed preparing it for you.

Please download, print, read and bring this document with you to the ranch. The answers are here.

Questions or suggestions

luisescobar150@gmail.com

See you in Los Olivos California!

Luis Escobar, Race Director

Private Event

- The Born To Run Ultra Marathon is hosted on a private property and is not open to the public.
- This event is open to registered participants and immediate crew only.

Five Simple Rules

Please read and recognize the five event rules. If you can not follow all 5 of these simple rules you are not welcome to attend this event. These rules apply to EVERYONE who enters the ranch property.

- No refunds, transfers or deferrals. Do not ask. The answer is no.
- Respect the Ranch, close the main gate, 5 mph speed limit, no littering, no open fires.
- Camp dues, \$10.00 per person, per day, payable in cash, upon arrival.
- Respect each other, be kind or leave.
- No smoking in or near the Main Camp and Main Stage area.

Friends and Sponsors

Welcome the 2022 Born To Run event friends and sponsors:

Hammer Nutrition

Patagonia

Squirrel's Nut Butter

Runners For Public Lands

Marvelous Mud

LUNA Sandal Company

Pickle Juice Sport
GoSleeves

Professional Photography Services

Michelle Evans Photographer

<https://venturasalt.smugmug.com/>

Event Start Dates and Times

Wednesday, April 16

12:00pm Four Day Start

Friday, April 15

6:00pm 100 mile Start

Saturday, April 16

7:00am 60 mile, 30 mile, 10 mile Start

12:00pm 0.0km Start

Sunday, April 25

12:00pm Final cut off for all events, course closed, event is over. See you next year.

Directions To The Ranch

1. In the town of Los Olivos California, navigate to the corner of HWY154 and Figueroa Mountain Road.
2. Travel north on Figueroa Mountain Road to the Ranch Access Gate located three (3) miles from the corner of HWY154 and Figueroa Mountain Road in Los Olivos Ca.
3. GPS to Access Gate: 34°42'28.4"N 120°06'43.5"W
4. Google maps to Ranch Access Gate: <https://goo.gl/maps/aVLHBJ1xd1F2kdHm8>
5. The Ranch Access Gate will be located on your right hand side. The gate will be marked with a large sign that reads: RUN
6. The gate will appear to be locked. The gate IS NOT LOCKED. The gate is clipped from behind.
7. Open the gate. Drive onto the property. Close and clip the gate behind you.
8. There are loose cattle on the ranch. Do not let the cattle out of the gate.
9. CLOSE THE GATE BEHIND YOU. Leave all gates as you found them. This is very important ranch etiquette.
10. From the Ranch Access Gate follow the dirt road for 1/4 mile to Runner Check In Area. It will be on the top of the hill on your lefthand side. Our staff will give you final directions to the Main Camp from that point.

Ted Chamberlin Ranch-house

4155 Figueroa Mountain Rd, Los Olivos, CA 93441

Use this address as a reference only. **DO NOT GO TO THE RANCH-HOUSE.** Do not disturb the ranchers, this is very important. If you end up at the ranch house, you have gone too far. Turn around and go back towards town.

Enter and exit the property at the Ranch Access Gate only. Follow the directions below.

Arriving on the Ranch

Upon arrival at Runner Check In please be prepared with the following two (2) items. These

two items are required from everyone who enters the ranch gate. This is not negotiable and not a request. These two items are mandatory. Thank you in advance for your understanding and cooperation.

1. **Waiver** - Everyone entering the ranch property must arrive with a printed and signed Participant Waiver. Follow this link to view and download the Participant Waiver <https://allwedoisrun.com/>No waiver, no entry, no exceptions.

2. **Camp Dues** - Everyone entering the ranch property must pay camp dues. \$10.00 per person, per day. This \$10.00 is not included in your registration fee and is payable upon arrival at Runner Check In. Camp dues apply to everyone, no camp dues, no entry, no exceptions.

Schedule of Events

Wednesday, April 13

8:00am - Runner Check In Opens to 4 Day Runners and registered crew ONLY. If you are not registered in the 4DAY please do not arrive prior to 8:00am on Wednesday, April 13. Please do not contact me and ask for an exception. The answer is no. The gate and runner check in will open to 4DAY runners and their registered crew only at 8:00am on Wednesday, April 13, 2022.

11:30am - Mandatory 4DAY runner pre-race meeting at Main Camp.

12:00pm - 4DAY start

4:00pm - Group Discussion: History of the California Missions with Patrick Sweeney at Main Camp. Bring four beers.

6:00pm - Runner Check In closes. Ranch gate closes. Please do not arrive after 6:00pm on Wednesday, April 13.

Thursday, April 14

8:00am - Runner Check In Opens to all participants.

8:00am - Hippy Yoga at Main Camp. Everyone welcome, bring your mat.

3:00pm - Beer On The Run live podcast recording with Jack and Clint. Main Stage.

4:00pm - Group Discussion: Trail runner's guide to California native flora and fauna with Patrick Sweeney at Main Camp. Bring four beers.

5:00pm - GLo Happy Hour with Greg Lowe at Hippy Camp. Everyone is welcome. Cowboy hats are mandatory.

6:00pm - Live Music with The Participants at Hippy Camp. Everyone is welcome. Cowboy hats are mandatory.

7:00pm - Runner Check In closes. Ranch gate closes. Please do not arrive after 7:00pm on Thursday, April 14.

Friday, April 15

8:00am - Runner Check In Opens to all participants.

8:00am - Hippy Yoga at Main Camp. Everyone welcome, bring your mat.

12:00pm - Buckle Parade. Bring and wear and share a story about your favorite souvenir belt buckle, Main Camp

1:00pm - Pre-Race Runner Meeting with Luis Escobar

2:00pm - Tarahumara Bola Races with Lorena Ramirez and Family at Main Camp

3:00pm - Meet Randall Gingrich and Luis Martinez of Tierra Nativa at Main Camp

4:00pm - Group discussion: Quiet Reflections with Patrick Sweeney at Main Camp. Bring four beers.

5:00pm - BTR Fashion Show with Rob McCool at Main Camp
5:30pm - Mandatory 100 Mile pre-race meeting at Main Camp
6:00pm - 100 Mile Start
7:00pm - Live Music with American Mile

Saturday, April 16

4:00am - Runner Check In opens to all registered participants.
7:00am - 60 mile, 30 mile, 10 mile START
9:00am - 10 mile awards ceremony
10:00am - Born To Adapt 3 Hour Challenge START
11:30am - 30 mile awards ceremony
12:00pm - 0.0km START (Mandatory, all 0.0km participants to the start line)
1:00pm - Pole Dancing with Kelly Druce and Steffi Ketzler
2:00pm - BTR Benefit Auction with auctioneer, John Glines. All proceeds to benefit <https://runnersforpubliclands.org/>
2:30pm - Wrestlemania World Championships / Lucha Libre BTR Style with Chris Ruiz
5:00pm - 60 mile awards ceremony
7:00pm - Live Music / BTR Prom with Brass Mass

Sunday, April 25

12:00pm - Course closes. Final cut off for all distances.
1:00pm - Event ends. Everyone must depart the property.
See you next year.

Weather

Mild Springtime temperatures should be ideal for camping and trail running. Expect highs in the mid 70s and lows in the mid 40s. Follow Los Olivos Ca weather here: [Los Olivos Weather](#)

Course

- 100% dirt, ranch road and single track trail.
- Course map and elevation profile, none. There is no map.
- 2 single direction loops that start and end and meet in the center.
- You will pass your vehicle every 10 miles. You are welcome to self crew out of your vehicle.
- Loop one is approximately 10 miles with +1600 feet of vertical gain. Loop one is marked with Pink ribbon.
- Loop two is approximately 10 miles with +2100 feet of vertical gain. Loop two is marked with Yellow ribbon.
- Striped ribbon indicates turns.
- Blue is bad. Blue ribbons indicate where not to go. Don't pass Blue ribbons.

Water Stations

- Located approximately every 5 miles.
- Minimally staffed.
- Minimal support.
- Supplied with water and commercially packaged Hammer Nutrition products only.
- There will be no cooked foods available at the water stations.

Aid Station

- Main Camp Aid Station located at mile 0 and mile 10.
- Fully staffed, 24 hours per day, 12:00pm Wednesday thru 12:00pm Sunday.
- Water, ice, fruit, Hammer Nutrition Products, hot water, instant hot pour over foods, oatmeal, noodles, coffee, coco, tea and commercially packaged candy and snacks.
- Pickle Juice Sport Drink
- There will be no cooked foods. Plan accordingly.
- Black coffee will be available 24 hours a day. Bring your own cup, sweetener and creamer.

4DAY Runner

- You will have 24 hour access to the Water and Aid Stations as described above.
- You may park your vehicle and set up your personal camp close to the trail / road.
- You may aid out of your personal vehicles and camps.
- You will pass the Main Camp Aid Station and your personal camp every 10 miles.
- Main Camp Aid Station volunteers will assist with your personal meals as available.

Timing and Results

- Professional chip timing services provided by Negative Split Running Company.
- Official race results will be provided by Negative Split Running Company.
- Results will be published approximately 48 hours following the event at www.ultrasignup.com and www.allwedoisrun.com
- All disputes, additions and corrections will be conducted by Negative Split Running Company.
- It is the runner's responsibility to check in to the timing booth at the conclusion of each loop.
- Failure to check in at the timing booth at the end of each loop will result in No Time or DQ from the event.

Awards

- Special awards will be presented to the first over all male and female finisher in each distance.
- Finishers awards will be presented to all finishers.
- Awards will be presented at the time of finishing. There will be no awards ceremonies.
- Finishers awards do not apply to the BTR0.0km distance however all BTR0.0km participants will receive a Blue Ribbon at 12:00pm on Saturday, April 24.

Food & Coffee for Purchase

- Cash Only
- Privately owned, food truck will be on the property and available Thursday thru Sunday.
- Coffee Service provided by Prescription Roaster 6 am-10 am on Friday, Saturday, and Sunday.
- Speciality diets, restrictions and menu options will vary. Plan accordingly. If you need something special....bring it with you.

Lost and Found

- We have no lost and found.
- We only have lost.
- Don't want to lose it, please don't bring it.
- We will not be responsible for any lost items.
- We will not mail lost items to you after the event.
- Please do not ask...I don't know where it is.

Emergency Medical and First Aid

- First Aid will be available at the Main Camp. Ask for Medic, Jim Fraser or call 818-624-5130
- Closest Emergency Medical Facility - Santa Ynez Valley Cottage Hospital Emergency 2050 Viborg Rd, Solvang, CA 93463 (805) 688-6431

Overnight Camping on the Ranch

- First come, dispersed, primitive, dry camping is \$10.00 per person, per day. Payable upon arrival.
- Trailers, motorhomes, tents, car camping, all welcome.
- Overnight camping is limited to registered participants only.
- If you are not a registered participant, please do not plan on camping on the property.
- You will be directed to the camping location upon arrival.
- Please help me preserve the future of this event and follow this limited camping request.
- Questions and suggestions, contact me directly luisescobar150@gmail.com

Event Information and FAQs

- Cupless event - There will be no disposable cups at the water and aid stations. Plan accordingly. Carry your own water bottle at all times.
- Running up or down - No. You must start and finish the distance that you are registered in. There will be no changing your distance after the event has started.
- Bib numbers must be worn and visible on the front of your body at all times during your run.
- Dogs on course - No.
- Drop bags - Limited to 4DAY and 100 mile runners only. Clearly mark your bags with your name and bib number. Bring your bags to the start / finish area one hour prior to your start time. We will transport your drop bags to the water stations for you. Do not put anything of value in your drop bags. Drop bags will be transported back to the Main Camp Area on Sunday morning. We will not mail drop bags after the event.
- Pacers - 4DAY and 100 mile runners only.
- Runner to runner aid - Ok
- Trekking poles - Ok
- Crewing and Aid out of your personal vehicle - Yes.
- This is a private working cattle ranch. It is not a public park or campground. Be prepared for a rustic ranch experience including loose cattle on and around the course.
- Vehicles on course - No
- Bicycles on course - No

- Is there poison oak on the course? - Yes
- Is there wildlife on the course? - Yes
- Are there rattlesnakes on the ranch? - Yes, big ones.
- Cell reception - Not reliable. Don't count on it.
- Running water - No
- Portable toilets - Yes
- Please remove all of your trash.
- Leave No Trace. Do not leave anything on the trail, especially and specifically poop and toilet paper.

Top 10 Things To Bring To Born To Run

1. Cowboy hat - MANDATORY...bring it, wear it.
2. Bundle of firewood to share
3. Printed, signed Participant Waiver
4. \$10.00 camp dues
5. One gallon of water and food for your personal use.
6. Running specific pack or hydration vest.
7. Running specific water bottle or cup to carry on the run. There will be no cups at the Water Stations and Aid Station.
8. Toilet paper. There never seems to be enough.
9. First aid kit for personal use.
10. Open mind and open heart. Be kind.

Born To Run Store

8:00am - 6:00pm Wednesday - Saturday at Runner Check In
AllWeDolsRun hats

- Beverly's custom handmade tie-dyed BTR shirts
- AllWeDolsRun Kleen Canteen cafe cups
- AllWeDolsRun shirts
- Born To Run belt buckles
- Cowboy hats

Future AllWeDolsRun Events

Greenhorn Ranch Trail Run and Camp - May 21, 2022
Quincy, California.

China Peak Running Festival - August 21, 2021
Lakeshore California.

Back On The Ranch Trail Run - October 1, 2022
Los Olivos California

Copper Canyons Endurance Run - October 26, 2022
Cerrocahui, Mexico

Tierra Redonda Ranch Trail Run - November 29, 2022
Paso Robles California

Road Dog Podcast

- Please listen to and help support the Road Dog Podcast <https://roaddogpodcast.com/>
- Casual conversation with interesting people from within the global endurance community.

AllWeDolsRun Social Media

Instagram @_allwedoisrun

Facebook AllWeDolsRun

#_allwedoisrun

#borntorunultras

#btr2022

#roaddogpodcast