# WELCOME TO BACK ON THE RANCH TRAIL RUN 2022 SAND CREEK / CHAMBERLIN RANCH LOS OLIVOS / SOLVANG CALIFORNIA

34°41'52.4"N 120°09'04.8"W
Zaca Station Rd, Solvang, CA 93463
Google Maps Coordinates to Ranch Access Gate <a href="https://goo.gl/maps/icCwvJGeFhoNcnSk8">https://goo.gl/maps/icCwvJGeFhoNcnSk8</a>

## **DATE AND TIME**

Saturday, October 1, 2022 7:00am - 24 hour run start 8:00am - 12 hour run start 9:00am - 6 hour run start 10:00am - 3 hour run start

#### **DIRECTIONS**

To Ranch Access Gate / Zaca Station, Road Los Olivos California - There is no physical address, follow the GPS coordinates and directions below.

Google Maps Coordinates to Ranch Access Gate https://goo.gl/maps/icCwvJGeFhoNcnSk8

GPS Coordinates to the Ranch Access Gate 34°41'52.4"N 120°09'04.8"W 34.697889, -120.151322

From the intersection of HWY101 and HWY154 navigate to Zaca Station Road. Continue 0.9 miles north on Zaca Station Road to the Ranch Access Gate. The gate will be on your left hand side, it will be marked with a sign that says, RUN. <a href="https://goo.gl/maps/icCwvJGeFhoNcnSk8">https://goo.gl/maps/icCwvJGeFhoNcnSk8</a>

Open the gate. The gate will appear to be locked. THE GATE IS NOT LOCKED. Enter the ranch.

CLOSE THE GATE BEHIND YOU. Watch for livestock. Do not let the cattle out! Follow the dirt road north for 2.5 miles. The road will be marked with ribbon on the left side. Follow the ribbons for 2.5 miles to the camp / staging area.

Drive slowly. Watch for livestock. Do not create dust. Speeding and or aggressive driving will lead to disqualification.

## **WAIVERS**

Everyone who enters the ranch property must read and sign a waiver. The waiver is a release of liability and Covid-19 risk acknowledgment. Signed waivers are required for everyone on the property including runners, friends, family, crew, volunteers and staff. No waiver, no entry, no exceptions. Download waiver here: <a href="https://allwedoisrun.com/">https://allwedoisrun.com/</a>

## **WEATHER**

Be prepared for pleasant weather. Historic October average temps in Los Olivos California 73 high / 54 low. https://www.weather.gov/

### COURSE

2.3 mile loop. 95% dirt, ranch roads and single track trail, single direction, approximately two mile loop. Elev Gain / Loss: 302 ft, -301 ft Max slope: 22.1% -18.5% Avg Slope: 4.9% -4.7% Course will alternates direction every 3 hours. There is no course map, do not ask.

### **AID STATION**

Every 2.3 miles. Water, ice, soda, commercially packaged snacks and Hammer Nutrition products. Please plan accordingly.

#### **RULES and FAQ**

Fires - no

Pacers - no

Friends and family - yes, everyone is welcome

Dogs on course - no

Vehicles on course - no

Hiking on course - yes

Ear phones - yes

Trekking poles - no

Drop bags - no

Runner to runner aid - yes

Running up or down - no (You must start and complete the distance that you are registered in.

You may change your registered distance at runner check in anytime PRIOR to 6:00am,

Saturday, October 1, 2022)

Portable Restrooms - yes

Running water - no

Trash - no, there will be no trash facilities. Please take your trash off property when you leave the ranch.

Food and drink for purchase - no

Child care - no

Hazards - Be prepared for cattle, dust, heat, wildlife, snakes, coyotes, insects, dogs, wild pigs, poison oak and unstable footing.

### **RACE FORMAT**

Complete as many 2 mile laps as possible within the allotted 3, 6, 12 and 24 hour periods. 12 hour runners may opt for a daytime or night time 12 hour segment. (8:00 am to 8:00pm on Saturday or 8:00 pm Saturday to 8:00 am Sunday). A 100 mile option is available for any 24hr runner who has completed 86 miles by 7:00 am on Sunday. Those runners may continue until reaching 100 miles or 12:00pm Sunday, October 2, 2022.

# **TIMING**

Manual timing method. This not a chip timed event. Upon completion of each loop you must check in at the timing booth. At that time, you must announce your name, bib number and distance. Additionally, upon completion of your run you must present your bib number tear off tab and hand it to the timing official.

It is your responsibility to check in at the completion of each loop. Failure to check in will result in no time and or DQ.

### **AWARDS**

All participants will receive a 50/50 cotton souvenir tee shirt and Marvelous Mud Finishers Amulet. 100 mile finishers will receive a 5x7 inch commemorative plaque engraved with your name and 100 mile finish time. Plaques will be mailed following the event.

Special awards for top male and female finishers in each distance. Awards will be presented to the top finishers 30 minutes following the conclusion of the run.

#### **RESULTS**

Posted at <u>www.ultrasignup.com</u> and <u>www.allwedoisrun.com</u> with in 48 hours of the event.

#### **MEDICAL**

First Aid Kits will be available at each Aid Station. EMT will be on site and available at the Main Camp Aid Station Nearest Hospital - Santa Ynez Cottage Hospital 2050 Viborg Road, Solvang, CA 93463 (805) 688-6431

### **CAMPING ON THE RANCH**

Everyone is welcome to camp on the ranch. There is no additional fee. Camper may arrive anytime after 12:00pm noon on Friday, September 30, 2022. No reservation required.

#### **SCHEDULE**

Friday, September 30 12:00pm - Ranch gate opens to all participants. 3:00pm - Optional, early runner check in opens.

## Saturday, October 1

Ranch Gate Opens 5:00am. Please do not arrive prior to 5:00am on Saturday, October 1, 2022. Please plan to arrive at least one hour prior to your designated start time.

5:00am - Ranch Gate Opens 6:00am - Runner Check In Opens 7:00am - 24 hour run start 8:00am - 12 hour run start 9:00am - 6 hour run start 10:00am - 3 hour run start 1:00pm - 3 mile run ends 3:00pm - 6 hour run ends 8:00pm - 12 hour run ends

Sunday, October 2 7:00am - 24 hour run ends 12:00pm - ranch closes / event ends

\*Times subject to change.

## **TOP 10 THINGS TO BRING**

Cowboy Hat Lawn Chair - Bring your personal chairs. Shade - EZUp canopies, beach umbrellas, etc. Water - Bring at least two gallons of water per person. Ice - Bring an ice chest full of clean ice for your personal use. Sun Screen - Protect yourself. Appropriate Clothing - Be prepared for heat and cold. Toilet Paper - There never seems to be enough.

# **PROFESIONAL PHOTOGRAPHY**

Michelle Evans <a href="https://venturasalt.smugmug.com/">https://venturasalt.smugmug.com/</a>

# **NUTRITION PROVIDER**

Hammer Nutrition <a href="https://hammernutrition.com/">https://hammernutrition.com/</a>

# AllWeDoIsRun FUTURE EVENTS

https://allwedoisrun.com/

# **QUESTIONS & SUGGESTIONS**

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