

2024 Born To Run Ultra Marathon Runners Guide

May 15-19

[Born To Run Ranch Los Olivos California](#)

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

Welcome

Congratulations! You are registered in the 2024 Born To Run Ultra Marathon Extravaganza.

I'm excited. Are you excited? Let's do this!

The Born To Run Ultra Marathon is a trail run and much, much more. Arrive prepared for a magical weekend of trail running on a private cattle ranch in beautiful Northern Santa Barbara County.

Please download, print 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

Q&A Pre-Race Runner Meeting

Join us for the pre-race [Runner Meeting](#)

Friday, May 10, 2024

5:30pm Pacific

<https://us02web.zoom.us/j/8420553231>

Attending this meeting is strongly suggested but not required.

This meeting will be recorded and available. Link to the recorded meeting will be available at

[AllWeDolsRun](#)

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 registered family, and registered crew only.

Additional Days for Purchase

You are welcome to arrive anytime after 8:00am on Wednesday, May 15.

The ranch is available to you anytime after 8:00am on Wednesday, May 15 however, your Runner and Guest registration fees included a specific number of days on the ranch.

Additional days can be purchased upon arrival for \$35.00 per person.

Purchase additional days at Runner Check In.

Hours of Operation

THE RANCH GATE WILL CLOSE EVERY NIGHT AT 8:00PM

No entry after 8:00pm. You can depart the ranch at any time but you cannot return until the gate opens at 8:00am. Security guard will be on duty.

Gate Hours

Wednesday, May 15 - 8:00am to 8:00pm

Thursday, May 16 - 8:00am to 8:00pm

Friday, May 17 - 8:00am to 8:00pm

Saturday, May 18 - 4:00am to 8:00pm

Camp Dues

\$10.00 per person, per day payable in cash upon arrival at Runner Check In.

Camp dues include entry to the ranch, overnight camping and event activities.

Camp dues apply to registered runners, registered guests and anyone who enters the property.

Simple Rules

These rules apply to EVERYONE who enters the ranch property. If you can not follow all of these rules you are not welcome to attend this event.

- No refunds, transfers or deferrals.
- The Ranch Gate will be open from 8:00am to 8:00pm Wednesday - Friday and 4:00am Saturday. No entry after 8:00pm. The gate will be closed and secured.
- 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.
- Bring a printed, signed Participant Waiver. <https://allwedoisrun.com/>
- Respect each other, be kind or leave.
- No smoking in or near the Main Camp and Main Stage area.
- Livestock friendly dogs are welcome at your personal campsite. No dogs on the course. Dogs must be on leash at all times.
- No open fires at any time. Camp stoves are ok.

Friends and Sponsors

Welcome the 2024 Born To Run event friends and sponsors:

[Brixton](#)

[Hammer Nutrition](#)

[LUNA Sandal Company](#)

[Tanri Sunscreen](#)

[Marvelous Mud](#)

[Prescription Roasters](#)

[Pickle Juice Sport](#)

[GoSleeves](#)

Professional Photography Services

[Michelle Evans Photographer](#)

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

[Tyler Tomasello Photographer](#)

Event Start Dates and Times

Wednesday, May 15

12:00pm Four Day Start

Thursday, May 16

12:00pm Three Day Start

Friday, May 17

6:00pm 100 mile Start

Saturday, May 18

7:00am 30 mile, 20 mile and 10 mile Start

Sunday, May 19

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](https://goo.gl/maps/aVLHBJ1xd1F2kdHm8)
5. Traveling north on Figueroa Mountain Road 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 left hand side. Our staff will give you final directions to the Main Camp from that point.

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 this [Ranch Access Gate](https://goo.gl/maps/aVLHBJ1xd1F2kdHm8) only 34°42'28.4"N 120°06'43.5"W

Arriving on the Ranch

Upon arrival at Runner Check In please be prepared with the following. 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 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 cash, per person, per day. Camp dues are not included in your registration fee and are payable in cash upon arrival at Runner Check In. Camp dues apply to everyone, no camp dues, no entry, no exceptions.

3. **Cowboy Hat** - BTR tradition, everyone is encouraged to wear a cowboy hat while on the ranch. A cowboy hat will be your ticket to participate in many of the events and activities. Cowboy hats by [Brixton](#) will be available for purchase at the Main Camp.

Schedule of Events

Wednesday, May 15

8:00am - Runner Check In Opens to all registered participants. The [Main Gate](#) and runner check in will open to registered participants and crew at 8:00am on Wednesday, May 15.

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

12:00pm - 4DAY start

4:00pm - Freshman Beer Mile with Patrick Sweeney at Main Camp. Everyone is welcome, bring four beers and your cowboy hat..

8:00pm - Runner Check In closes, ranch gate closes. No entry after 8:00pm.

Thursday, May 16

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

9:00am - Born To Flow Yoga with Jenessia at Main Camp. Everyone is welcome, bring your mat.

11:30am - Mandatory 3DAY runner pre-race meeting at Main Camp.

12:00pm - 3DAY start

2:00pm - Wine Tasting Party at Runner Check In. Everyone is welcome. Bring a glass and snacks to share.

4:00pm - Junior Varsity Beer Mile with Patrick Sweeney at Main Camp. Everyone is welcome, bring four beers and your cowboy hat..

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

6:00pm - Live Music with Adam Lopez. Everyone is welcome. Cowboy hats are mandatory.

8:00pm - Runner Check In closes, ranch gate closes. No entry after 8:00pm.

Friday, May 17

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

9:00am - Born To Flow Yoga with Jenessia at Main Camp. Everyone, welcome, bring your mat.

12:00pm - Tarahumara Bola Races with Michael Miller of Copper Canyons Endurance Runs.

1:00pm - Blessing of the Runners / Land Acknowledgment / [Peace and Dignity Run](#) with Elena Rios and Marcos Vargas at Main Camp.

2:00pm - Mas Loco Family Reunion and Parade. Main Stage. Everyone is welcome.

3:00pm - Pre-Race Runner Meeting with Luis Escobar at Main Stage.

4:00pm - Junior Varsity Beer Mile with Patrick Sweeney at Main Camp. Everyone is welcome, bring four beers and your cowboy hat.

5:45pm - Mandatory 100 Mile pre-race meeting at Main Camp.

6:00pm - 100 Mile Start.

7:00pm - Live Music with Morganfield Burnett.

8:00pm - Runner Check In closes, ranch gate closes. No entry after 8:00pm.

Saturday, May 18

4:00am - Runner Check In opens to all registered participants.

7:00am - 30 mile, 20 mile, 10 mile START.

9:00am - 10 mile awards ceremony.

10:00am - Born To Adapt 3 Hour Challenge START

10:30am - 20 mile awards ceremony

10:45am - 30 mile awards ceremony

12:00pm - Main Camp Activities
2:00pm - BTR LEGO race
3:00pm - Sock Wrestling World Championship
4:15pm - 100 mile awards ceremony
5:30pm - Samantha and Patrick wedding ceremony. Main Stage. Everyone is welcome.
7:00pm - Live Music with Brass Mash
8:00pm - Runner Check In closes, ranch gate closes. No entry after 8:00pm.

Sunday, May 19

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 <https://caltopo.com/m/6P0R7>
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- 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 +1000 feet of vertical gain. Loop one is marked with Pink ribbon.
 - Loop two is approximately 10 miles with +1400 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.
 - The course may vary, conditions dependent.

Water Stations / Cupless

- 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 / Cupless

- 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, cocoa, 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.

3DAY and 4DAY Runners

- 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.
 - 100 Mile Finisher - Achieve 100 miles and receive a Born To Run 100 Mile Buckle.

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 and corrections will be conducted by the 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.

Awards

- Special awards will be presented to the first over all male and female finisher in each distance.
- Finishers medals will be presented to all finishers.
- Awards Ceremony schedule listed above.

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

- There is no lost and found.
- There is only 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.

Emergency Medical and First Aid

- First Aid will be available at the Main Camp.
- Closest Emergency Medical Facility - Santa Ynez Valley Cottage Hospital Emergency 2050

Viborg Rd, Solvang, CA 93463 (805) 688-6431

Overnight Camping on the Ranch

- Registered participants and registered guests are welcome to camp on the ranch.
- First come, dispersed, primitive, dry camping is \$10.00 per person, per day.
- Trailers, motorhomes, tents, car camping, all welcome.
- There are no designated campsites. You will be directed to the camping location upon arrival.

Rental Trailer Deliveries

- Rental trailers can be delivered anytime after 12:00 pm on Tuesday, May 14 and should be picked up prior to 1:00pm on Sunday, May 19.

Questions and suggestions, 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.
- 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 while on course.
- Dogs on course - No.
- Drop bags - Limited to 4DAY, 3DAY 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, 3DAY and 100 mile runners only. • Runner to runner aid - Ok
 - Pacers should be registered guests. Guest registration [here](#)
- Trekking poles - Ok
- Crewing and Aid out of your personal camp & 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 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 cattle on the course? - Yes
- Are rattlesnakes on the ranch? - Yes, big ones.
- Cell reception - Not reliable. Don't count on it.
- Running water - No
- Portable toilets - Yes (bring toilet paper)

- Please remove all of your trash.
- Leave No Trace. Do not leave anything on the trail, especially and specifically poop and toilet Paper.

Top 12 Things To Bring To Born To Run

1. Cowboy hats are highly suggested. Cowboy hats by [Brixton](#) will be available for purchase at the Main Camp.
2. Bundle of firewood to share. Bring it to the Main Stage.
3. Printed, signed Participant Waiver. <https://allwedoisrun.com/>
4. \$10.00 per person, per day.
5. One gallon of water per person, per day 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. **Donate one bottle of Pinot Noir or GSM to the ladies at Runner Check In.**
11. Donate one flag that represents you, your home state or country. Bring your flags to the Main Stage upon arrival.
12. Open mind and open heart. Be kind.

Future AllWeDolsRun Events

[Greenhorn Ranch Trail Run and Camp](#) - June 8, 2024

Quincy, California.

[Cool Summer Night Run](#) - July 6, 2024

Cool California

[China Peak Running Festival](#) - September 17, 2023

Lakeshore California.

[Back On The Ranch Trail Run](#) - October 1, 2023

Los Olivos California

[Copper Canyons Endurance Runs](#) - October 26-31, 2024

Cerocahui, Mexico

[Sierra Tarahumara Adventure Camp](#) - December 15-22, 2024

Urique Chihuahua Mexico

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

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#borntorunultras

#btr2024

#roaddogpodcast