

Born To Run Ultra Marathon Runners Guide

Weekend of April 24, 2021

Welcome

Congratulations! You are registered in the 2021 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 more. Please arrive early and be prepared for a magical weekend of trail running on a private cattle ranch in beautiful Northern Santa Barbra County. I hope that you will enjoy the Born To Run event as much as I have enjoyed preparing it for you.

Born To Run 2021 will be unique. This event will be smaller than in the past. The focus of Born To Run 2021 will be on running. Most of the additional activities have been reduced or eliminated.

We are grateful and appreciative to present this event during these challenging times and we look forward to restoring Born To Run back to its fully glory in 2022. Until then, let's all enjoy this opportunity to run together in a safe and respectful way.

Please download, print, read and bring this document with you to the ranch. The answers are here. If not, feel free to contact me with specific questions or suggestions at luisescobar150@gmail.com

See you in Los Olivos! Luis Escobar, Race Director

Covid-19

This event will follow many of the guidelines set and required by the CDC, Santa Barbara County Public Health Department and the Race Directors Alliance. Many of the usual BTR activities and overnight camping will be limited or eliminated this year. Please help me preserve the event and follow the requests and requirements listed below, it's important.

Thank you in advance for your understanding and cooperation with the following.

- Participant numbers have been limited.
- Spectators are discouraged and or not allowed.
- Face covering required when necessary. Bring an appropriate face covering.
- Face covers will be distributed to all participants and will be mandatory at water stations, aid stations and main camp areas.
- Physical distancing required when necessary.
- Race start times have been staggered.
- Water Stations and Aid Stations will practice "no touch" procedures.
- Hand washing stations at the Main Camp Aid Station.
- Hand sanitizers available at the water stations.
- The number of staff and volunteers at Water Stations and Aid Stations will be minimal.
- Single direction looped course format to reduce runner interaction.
- There will be no organized pre and or post event gatherings and or activities.
- Overnight camping has been limited.
- Participants are encouraged to depart the property immediately following the conclusion of their event.
- No loitering.

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 their immediate crew only.

Friends and Sponsors

Please help me welcome the 2021 Born To Run event friends and sponsors

Hammer Nutrition

Patagonia

Squirrel's Nut Butter

Marvelous Mud

LUNA Sandal Company

Tyler Tomasello Photographer

Pickle Juice Sport

Kaori Photo

Santa Barbara Running Company

rabbit running apparel

Professional Photography Services

- Tyler Tomasello Photographer
- Kaori Photo

Event Start Dates and Times

Wednesday, April 21

12:00pm Four Day

Friday, April 23

6:00pm 100 mile

Saturday, April 24

7:00am 60 mile

8:00am 30 mile

9:00am 10 mile

12:00pm 0 mile

Sunday, April 25

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

Directions To The Ranch

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.

1. In the town of Los Olivos California, navigate to the corner of HWY154 and Figueroa Mountain Road. 34°40'04.1"N 120°06'53.9"W
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/dnmQvNpw68dkJZdg6>

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.

Arriving on the Ranch

Upon arrival at Runner Check In please be prepared with the following three (3) items. These three items are required from everyone who enters the ranch gate. This is not negotiable and not a request. These three items are mandatory. Thank you in advance for your understanding and cooperation.

1. Everyone entering the ranch property must wear an appropriate face covering at Runner Check In, Main Camp area, all water stations and aid station. No face covering, no entry, no exceptions.

2. 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.

3. Everyone entering the ranch property must pay \$10.00 camp dues. This \$10.00 is not included in your registration fee and is payable upon arrival at Runner Check In. No camp dues, no entry, no exceptions.

Schedule of Events

Wednesday, April 21

9:00am - 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 9:00am on Wednesday, April 21. **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 9:00am on Wednesday, April 21, 2021.

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

12:00pm - 4DAY start

6:00pm - Runner Check In closes. Ranch gate closes. Please do not arrive after 6:00pm on Wednesday, April 21.

Thursday, April 22

10:00am - Runner Check In Opens to 100 Mile Runners and their registered crew ONLY. If you are not registered in the 100 Mile Run please do not arrive prior to 10:00am on Thursday, April 22. **Please do not contact me and ask for an exception. The answer is no.** The gate and runner check in will open to registered 100 mile runners and their registered crew only at 10:00am on Thursday, April 22, 2021.

7:00pm - Runner Check In closes. Ranch gate closes. Please do not arrive after 7:00pm on Thursday, April 22.

Friday, April 23

7:00am - Runner Check In Opens to 100 Mile Runners and their registered crew ONLY. If you are not registered in the 100 Mile Run please do not arrive prior to 7:00am on Friday, April 23.

Please do not contact me and ask for an exception. The answer is no. The gate and runner check in will open to registered 100 mile runners and their registered crew only at 7:00am on Friday, April 23.

5:30pm - Mandatory 100 Mile pre-race meeting at Main Camp

6:00pm - 100 Mile Start

Saturday, April 24

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

7:00am - 60 mile start

8:00am - 30 mile start

9:00am - 10 mile start

12:00pm - 0.0km start

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 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.
- 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 +2100 feet of vertical gain. Loop one is marked with Green ribbon.
- Loop two is approximately 10 miles with +1600 feet of vertical gain. Loop two is marked with Orange ribbon.
- Striped ribbon indicates turns.
- Blue is bad. Blue ribbons indicate where not to go. Don't pass Blue ribbons.
- Course map available at www.allwedoisrun.com

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, 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 and no cut fruit. 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.
- There will be a 4DAY Runner dedicated shelter, stove, table and chairs available to you near the Main Camp Aid Station. Use this area to cook your personal food during the event.
- 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 for Purchase

- Privately owned, licensed and insured food trucks will be on the property and available Wednesday - Saturday.
- Hours of operation may vary but they should be open for business approximately Wednesday - Friday 11:00am to 7:00pm, Saturday 7:00am to 7:00pm.
- 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 loose 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 were 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](tel:8056886431)

Overnight Camping on the Ranch

- Covid concerns and our agreement with the property owners limits overnight camping this year.
- Overnight camping is limited to 4DAY and 100 mile runners and their registered crew only.
- If you are not registered in the 4DAY or 100 mile, 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 wore 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 - bring it, wear it and you will receive a special gift at runner check in.
2. Appropriate face covering.
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.

Future AllWeDolsRun Events

Greenhorn Ranch Trail Run and Camp - May 8, 2021
Quincy, California.

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

La Cuesta Ranch Trail Run - September 11, 2021
San Luis Obispo, California.

Copper Canyons Endurance Run - October 27, 2021
Cerrocahui, Mexico

Road Dog Podcast

- Please listen to and help support the Road Dog Podcast
- Casual conversation with interesting people from within the global endurance community.

AllWeDolsRun Store

- AllWeDolsRun related gear available for purchase.
- AllWeDolsRun Store

AllWeDolsRun Social Media

Instagram @ allwedoisrun

Facebook AllWeDolsRun

#_allwedoisrun

#borntorunultras

#btr2021

#roaddogpodcast