

## **Greenhorn Ranch Trail Run and Camp Runners Guide 2021**

### **Date**

Friday, May 7 and Saturday, May 8, 2021

### **Location**

Greenhorn Ranch

2116 Greenhorn Ranch Rd, Quincy, CA 95971

<https://greenhornranch.com/>

### **Covid-19**

This event will follow many of the guidelines set and required by the CDC and the Race Directors Alliance. 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.
- Face covering required when necessary. Bring an appropriate face covering.
- Face covers 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 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.

### **Event Friends & Sponsors**

Fleet Feet of Sacramento

HOKA ONE ONE

Hammer Nutrition

Patagonia

Squirrel's Nut Butter

Tyler Tomasello Photographer

Pickle Juice Sport

Drymax Socks

Greenhorn Ranch

### **Professional Photography Services**

Tyler Tomasello Photographer

### **Schedule of Events**

Friday, May 7

7:00am - Ranch Opens to all participants

7:00 - 9:00am - Breakfast for purchase at Chuck House \$5.00 per person

12:00-1:30pm - Lunch for purchase at Chuck House \$10.00 per person

2:00pm - Runner Check In Opens at the Sheriffs Office

4:00pm - Pre-Race Runners Meeting at Lakeside Lawn

5:00pm - Special Guest Speakers Patrick Sweeney and Tattoo Mike Rose present, “Musings of the Old West with Soft Guitar Music” at Lakeside Lawn

6:00-7:30pm - Dinner for purchase at Chuck House \$15.00 per person

7:00pm - Social Hour at the Saloon

### Saturday, May 8

6:00am - Runner Check In Opens at the Sheriffs Office  
7:00 - 9:00am - Breakfast for purchase at Chuck House \$5.00 per person  
7:00am - 50km Start at the Sheriffs Office  
8:00am - 25km Start at the Sheriffs Office  
9:00am - 5km and 10km Start at the Sheriffs Office  
11:00am - Awards Ceremony Presented by HOKA ONE ONE at Lakeside Lawn  
12:00-1:30pm - Lunch for purchase at Chuck House \$10.00 per person  
5:00pm - Final cut off. Race course closes to all distances.  
6:00-7:30pm - Dinner for purchase at Chuck House \$15.00 per person  
7:00pm - Social Hour and the Joe Tomaselli Band at the Saloon

### Sunday, May 9

7:00 - 9:00am - Breakfast for purchase at Chuck House \$5.00 per person

### **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 property. This is not negotiable and not a request. These two 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, Start / Finish 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.

### **Lodging**

Cabin and room lodging reservations contact Cynthia Carreon (530)283-0930

### **Camping**

Primitive, dispersed, car and tent camping available at the start / finish area. Tent and car campers, RVs, motorhomes, etc are all welcome. No reservations required. \$10.00 per person, per day. Payable upon arrival at the Ranch Main Office.

### **Emergency Medical**

Nearest hospital is Plumas District Hospital  
1065 Bucks Lake Rd, Quincy, CA 95971  
(530) 283-2121  
First Aid Kits available at each Water Station

### **Weather**

Highs mid 60s Lows mid 30s  
10 Day Forecast

### **Course**

- 5km - Out and back. Elevation gain 560 ft.
- 10km - Single direction loop. Elevation gain 1466 ft.
- 25km - Single direction loop. Elevation gain 3896 ft.
- 50km - Two single direction loops. Elevation gain per loop 3896 ft.

- 100% dirt, ranch roads and single track trail.
- 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](http://www.allwedoisrun.com)

### **Cut Off Times**

5km - 5:00pm

10km - 5:00pm

25km - 1:00pm (approximately 3 miles per hour / 20 minute miles)

50km - First loop 12:00pm. Second loop 5:00pm. (approximately 3 miles per hour / 20 minute miles)

### **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.

### **Timing and Results**

- 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.
- Results will be published approximately 48 hours following the event at [www.ultrasignup.com](http://www.ultrasignup.com) and [www.allwedoisrun.com](http://www.allwedoisrun.com)

### **Food for Purchase**

- Provided by the Greenhorn Ranch
- Breakfast 7:00 to 9:00am Friday, Saturday and Sunday - \$5.00 per person payable at the Chuck House
- Lunch 12:00 to 1:30pm Friday and Saturday - \$10.00 per person payable at the Chuck House
- Dinner 6:00 to 7:30pm Friday and Saturday - \$15.00 per person payable at the Chuck House
- Vegetarian options available

### **Awards**

- 11:00am - Awards Ceremony Presented by HOKA ONE ONE at Lakeside Lawn
- Special awards will be presented by HOKA ONE ONE to the first over all male and female finisher in each distance.
- Finishers awards will be presented to all finishers at the conclusion of their event.

### **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.

### **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.
- Pacers - No.
- Drop bags - No.
- Runner to runner aid - Ok
- Trekking poles - Ok
- Crewing and Aid out of your personal vehicle - Yes.
- This is a private working horse 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 - Yes at the lodge.
- Portable toilets - Yes at the start finish only.
- Please remove all of your trash.
- Leave No Trace. Do not leave anything on the trail, especially and specifically poop and toilet paper.
- Dogs on the Ranch - Livestock friendly dogs on leash are welcome.
- Children, family and friends on the Ranch - Absolutely! The Greenhorn Ranch is a family friendly location. Everyone is welcome.

### **Top 9 Things To Bring To Greenhorn Ranch**

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. One gallon of water and food for your personal use.
5. Running specific pack or hydration vest.
6. Running specific water bottle or cup to carry on the run. There will be no cups at the Water Stations and Aid Station.
7. Toilet paper. There never seems to be enough.
8. First aid kit for personal use.
9. Open mind and open heart. Be kind.

### **Future [AllWeDolsRun](#) Events**

[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](#)

[#greenhornranchtrailrun](#)

[#roaddogpodcast](#)