



Information Packet

Mt. Si 50-Mile and 50Km Runs

Sunday April 10, 2011

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For additional Information visit our Web site

MtSiRelay.com



Information Packet

Mt. Si 50-Mile and 50K Runs

April 10, 2011 6:00 a.m. 50 mile start (5:00 a.m. early start), 8:30 a.m. 50K start

Getting to the Start

The 50M and 50K courses start and finish at Snoqualmie Elementary School, 39801 SE Park St Snoqualmie, WA. To get to the start go east from Seattle on I-90. Take exit ramp #27. Make an immediate left turn at the end of the exit ramp and go under I-90 and then take an immediate right turn heading east on SE North Bend Way (follow signs to Snoqualmie). Go one mile downhill on North Bend Way and make a left turn at the sign to Snoqualmie. Immediately after the left you will see three roads that join together. Veer right onto Meadowbrook Way SE. Go 0.8 miles north (downhill) on Meadowbrook Way SE. Go straight 1/2 mile after crossing Railroad Ave (Hwy 202) passing Mt Si High School on your left. In another 1/4 mile make a right onto SE Park St. Snoqualmie Elementary School will be 1/4 mile on your right. From west bound I-90 take exit #31. Proceed 1.4 miles on Hwy 202 (N Bend Blvd S) and turn right on Boalch Ave. NE. Proceed another 1.7 miles on Boalch and the School/start will be on your left. For those leaving their cars parked all day at the event it would be helpful if you could park at Centennial Field - City of Snoqualmie Park located immediately after (east) of the elementary school.

Rules

There will be an 11 hour cutoff rule for 50-Mile runners (12 hours for those that elect to take an early start) and 8.5 hour cutoff rule for 50K runners. One can still complete the course if they are running slower than the cutoff pace, but volunteer support, aid stations, and the finish line support will close based on cutoff pace. 50-Mile runners who estimate it will take them 11 to 12 hours to complete the run should take an early start (5:00 a.m.) by request prior to race day.

Runners can have support provided by friends and family members anywhere along the course provided they do not interfere with traffic or other runners. A runner can have one support person run or ride a bike support them starting at mile 20 (50-Mile runners), mile 21 (50 K runners) provided the runner or biker does not interfere with other runners or traffic. Mountain bikes and cross bikes can easily ride the trail, narrow tire street bikes will have difficulty. If a runner drops out prior to the finish they **must** notify the finish line. Call the race headquarters cell phone at 206-276-1635.

Once aid stations close a pacer is strongly recommended for any runners that want to continue.

Traffic

Generally there will be little traffic on the course, but there are a few roads that runners will cross that do have traffic. Runners are required to watch for traffic and yield to ALL vehicles. Our volunteers are not allowed to stop traffic and we do not have enough police support to stop traffic at all intersections. When it comes to traffic, ***use caution as you would on a training run.***

Course

50K Solo Course see web map <http://www.gmap-pedometer.com/?r=735495>

50 Mile Solo Course see web map <http://www.gmap-pedometer.com/?r=2607297>

(Note: last 30.7 miles same as 50K course)

With three exceptions the course is common with the relay course that will be run simultaneously. The name Mt. Si Ultra is a little misleading. You run at the base of Mt Si not up it!

The 50K course is 95% trail with about 1000 feet of elevation gain and loss. The 50K run starts at 8:30 a.m. and merges at the 19.4 mile location of the 50-Mile course. The 50-Mile run is 88% on trail with 1400 feet of elevation gain and loss. The 50-Mile run starts at 6:00 a.m. Both the 50-Mile and 50K runs start and finish at Snoqualmie Elementary School.

The course is on the Snoqualmie Valley and Iron Horse Trails. The course provides views of the Cascade foothills and the Snoqualmie and Tolt Rivers. The 50-Mile course follows city roads and the trail from the town of Snoqualmie north to Fall City and to the South edge of Carnation where the runners turn around and run east to North Bend. At the 19.4 mile mark, in the town of Snoqualmie, the 50-Mile runners will be joined by the 50K runners and head to Rattlesnake Lake via the Snoqualmie Valley Trail and then to Olallie State Park via the Iron Horse Trail. Here they will make a U-turn at an aid station and head back to the finish at Snoqualmie Elementary School. The trail is old railroad grade. It has a gentle grade and is generally wide with some crushed rock, but usually is packed dirt and grass. The steepest climb is from North Bend to Rattlesnake Lake, which is 450 feet over five miles.

Drop Bags

50-Mile Runners

Each 50-Mile runner can have two runner-supplied drop bags. One at the 5.7/14 mile aid station and one at the 29 mile aid station. Drop bags should be clearly marked with the race number and runner's name. Sturdy containers/bags should be used. Drop bags should be deposited at the start line on the day of run prior to 6:00 AM. They will be transported to the aid stations by volunteers and at the end of race will be returned to the finish line for runner pickup. Drop bags from the 5.7/14 mile aid station will be returned to the finish line by 11:00 a.m. Drop bags from the 29-mile aid station will be returned to the finish line by 1:00 p.m. **(Note: mile 29 drop bags will leave the aid station at 12:30 p.m., so if you cannot make mile 29 by 12:30 take an early start)**. Drop bags should be picked up at the finish line.

50K Runners

Each 50K runner can have one runner-supplied drop bag at the 10/21 mile aid station. Drop bags should be deposited at the start line at Snoqualmie Elementary School on the day of run prior to 8:30a.m. Drop bags will be returned to the finish line by 1:00p.m. The 21-mile drop bags will leave the aid station at 12:30 p.m., so **if you do not make mile 21 by 12:30 p.m. your drop bag will be gone (talk to the Ultra Director prior to the start of run if you will not make the 12:30 PM cutoff and wish to have a 21 mile drop bag)**. Drop bags should be picked up at the finish line.

Aid and Water

Aid stations are located on the 50-mile course at 5.7, 14, 20, 29, 34, and 40 miles. Self-service water at 10, 24, 47 miles. Portable toilets at 2 (look left), 18 (look right), 22, 29, 40 and 47 miles. Aid stations are located on the 50K course at 10, 15.5, and 21 miles. Self service water at 5 and 28 miles. Portable toilets at 3.2, 10, 21 and 28 miles. Bathrooms will be open before and after the run at Snoqualmie Elementary School. Unfortunately showers are not available at the school. It is strongly recommended that runners carry a fluid bottle and any food they think necessary to support themselves between aid stations.

Anticipated temperatures for day of race are 57 °F normal high, 41 °F normal low, 85 °F record high, and 29 °F record low. Sunrise is at 6:23 AM, sunset at 7:57 PM. Statistically there is approximately a 50 % chance of measurable rain on race day.

50K Aid Stations Food and Fluids

(subject to change – check the final list at Packet Pickup)

Mile 5.3

Self service water, bananas

Mile 10 (Aid Station Closes at 12:30 PM)

Water, Pepsi, GU2O sport drink, GU gel, potatoes, cookies, potato chips, bananas, peanut butter and jelly sandwiches, drop bag #1 (drop bag leaves aid station at 12:30 PM)

Mile 15.5 (Aid Station Closes at 1:40 PM)

Water, GU2O sport drink, Clif Shot Bloks, potatoes, potato chips, bananas

Mile 20.1 (Aid Station Closes at 3:00 PM)

Water, Pepsi, GU2O sport drink, GU gel, potatoes, cookies, potato chips, bananas, peanut butter and jelly sandwiches, drop bag #1 (drop bag leaves aid station at 12:30 p.m.)

Mile 27.7

Self service water, cookies, bananas

Finish

Water, fruit, and snacks

50-Mile Aid Stations Food and Fluids

(subject to change – check the final list at Packet Pickup)

Mile 5.7

Water, Pepsi, Ultima sport drink, potatoes, cookies, potato chips, bananas, drop bag #1

Mile 9.9

Water, bananas

Mile 14.

Water, Pepsi, Ultima sport drink, potatoes, cookies, potato chips, bananas, drop bag #1

Mile 20.4

Water, GU2O sport drink, Shot Bloks, potatoes, cookies, potato chips, bananas

Mile 24.3

Self service water, bananas

Mile 28.9 (Aid Station Closes at 12:30 PM)

Water, Pepsi, GU2O sport drink, GU gel, potatoes, cookies, potato chips, bananas, peanut butter and jelly sandwiches, drop bag #2

Mile 34.4 (Aid Station Closes at 1:40 PM)

Water, GU2O sport drink, Cliff Shot Bloks, potatoes, potato chips, bananas,

Mile 39.9 (Aid Station Closes at 3:00 PM)

Water, Pepsi, GU2O sport drink, GU gel, potatoes, cookies, potato chips, bananas, peanut butter and jelly sandwiches

Mile 46.7

Self service water, cookies, bananas

Finish

Water, fruit, and snacks

Additional Information

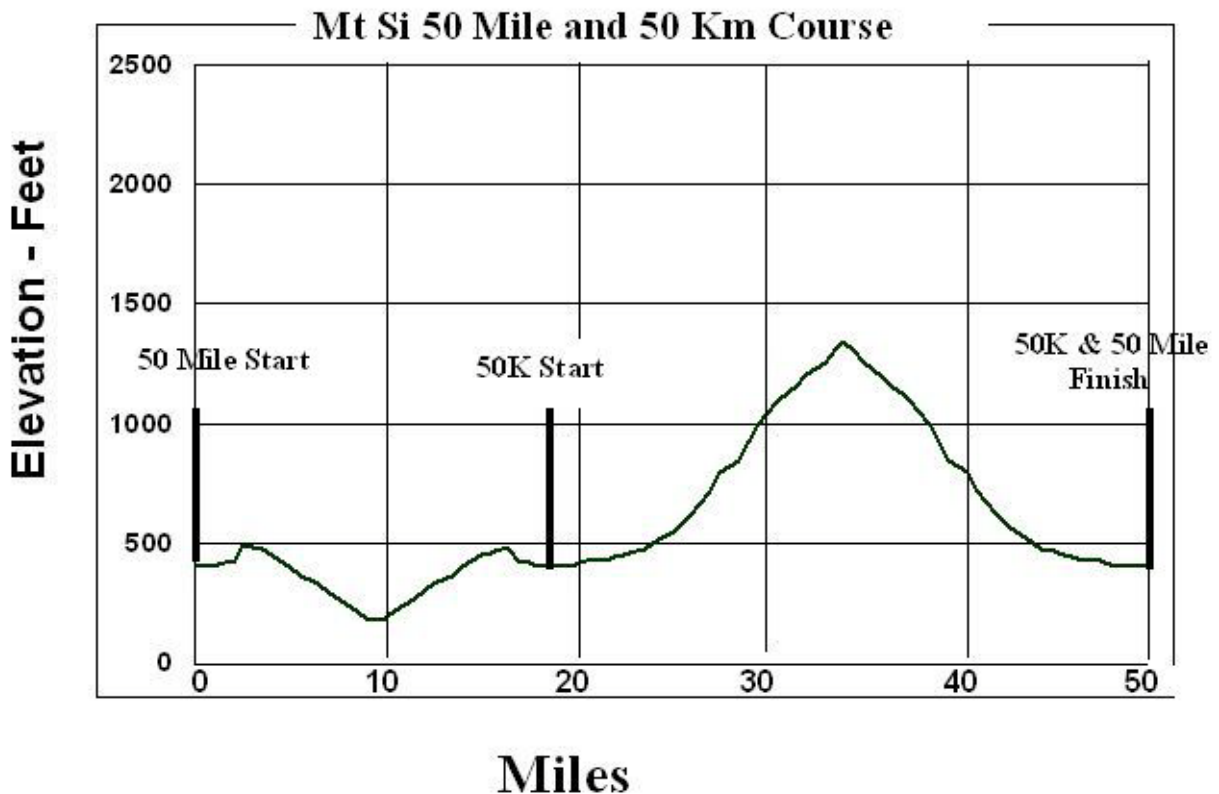
Pre-registered runners can pick up their run packet at Everyday Athlete, 11829 98th Avenue NE, Kirkland, from Noon to 4:00 p.m. on Saturday, April 9th, or at Snoqualmie Elementary School on day of race (prior to 6:00 a.m. for 50-Mile runners, prior to 8:30 a.m. for 50K runners).

Late entries can register and pick up information packets at packet pickup on April 9, unless the quota is reached and registration is closed. There will be no day of race registration.

Once registered, a runner may switch from the 50-Mile to the 50K run (or vice versa) prior to the day of race. This can be done by sending a request to the mtsirelay@frontier.com by April 8, or in person at packet pickup on Saturday April 9, 12 - 4 p.m.

This is the 28th running of the event. For results back to 1983, go to: <http://mtsirelay.com/results.html>

For questions - Email: mtsirelay@frontier.com
- call Eastside Runners/Mt. Si Relay at 206-276-1635



Please visit our presenting sponsor



www.kirklandeverydayathlete.com
425-821-4301



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