



Information Packet

Mt. Si 50-Mile and 50Km Runs

Sunday April 29, 2018

Revised 3/26/18

For additional information please visit our website
mtsirelay.com



Information Packet

Mt. Si 50-Mile and 50K Runs

April 29, 2018 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 #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. The 5:00 a.m. early start is only for runners expected to run slower than a 12 minute per mile pace or runners may beat the aid stations being set up.

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 to 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 finish line officials. Call the race headquarters cell phone at 206-999-3060.

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 police support to stop traffic at intersections. When it comes to traffic, **use caution as you would on a training run.**

Course

Overview course map (PDF) is in this document or can be viewed at mtrsirelay.com/ultras.html

50K Solo Course, see web map <http://www.mapmyrun.com/routes/view/977083497>

50 Mile Solo Course, see web map <http://www.mapmyrun.com/routes/view/1293595117>
(Note: last 30.7 miles same as 50K course)

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 Trail and John Wayne Pioneer Trail (Iron Horse State Park). The course provides views of the Cascade foothills and the Snoqualmie and Tolt Rivers. The 50-Mile course follows small town and rural roads from Snoqualmie, then north onto the trail, past Fall City and to the South edge of Carnation, where the runners turn around and run southeast 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 the Twin Falls Trailhead near Olallie State Park via the John Wayne Pioneer trail (Iron Horse State Park). 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 and packed dirt. The steepest climb is from North Bend to Rattlesnake Lake, which is 450 feet over five miles. **Note: If your friends will visit Twin Falls Trailhead to see you during the run, a Washington State Discover pass is required to park at the trailhead lot. This is the turnaround spot for all ultras, reached by spectators via Exit 38 on I-90.**

Drop Bags

50-Mile Runners

Each 50-Mile runner can have two runner-supplied drop bags: one at the 5.7/14.0 mile aid station and one at the 28.9 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 5.7/14.0 mile aid station will be returned to the finish line by 11:00 a.m. Drop bags from the 28.9-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 28.9 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 10.0/21.0 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 21.0-mile drop bags will leave the aid station at 12:30 p.m., so **if you do not make mile 21.0 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 21.0 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, 9.9, 14.0, 20.4, 22.1 (opens at 9:30am), 24.4, 28.9, 34.4, 39.8, 44.4, 46.6 and 48.4 miles. Portable toilets at 5.7, 14, 22.2, 24.4, 28.9, 34.4, 39.8, 44.4 and 46.6 miles. Aid stations are located on the 50K course at 1.5, 5.5, 10, 15.5, 21, 25.5 and 27.8 and 29.5 miles. Portable toilets at 3.3, 5.5, 10.1, 15.5, 21, 25.5 and 27.8 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 about 60⁰ F normal high, low 40's F normal low. Sunrise is on April 24 is 6:00 a.m., sunset is 8:10 p.m. Statistically there is just under a 50 percent chance of measurable rain on race day.

50K Aid Stations Food and Fluids

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

Aid Station 4/12 - Mile 1.5/29.5 (closes at 3:30pm)

Water, Soda, GU2O sport drink, GU gel, potatoes, cookies, potato chips, bananas

Aid Station 5/11 - Mile 3.3/27.8 (doesn't open until 9:30am so not open for 50K runners on the way out) (becomes self service water only at 3:00pm)

Water, Soda, GU2O sport drink, GU gel, potatoes, cookies, potato chips, bananas

Aid Station 6/10 - Mile 5.5/25.5

Water, Soda, GU2O sport drink, GU gel, potatoes, cookies, potato chips, bananas

Aid Station 7/9 - Mile 10.1/21

Water, Coke, 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.)

Aid Station 8 - Mile 15.5

Water, Soda, GU2O sport drink, GU gel, potatoes, cookies, potato chips, bananas

Finish: Water, fruit, cookies, candy, bagels, hot chocolate plus much more!

50-Mile Aid Stations Food and Fluids

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

Aid Station 1/3 - Mile 5.7/14

Water, Soda, GU2O sport drink, GU gel, potatoes, cookies, potato chips, bananas, drop bag #1

Aid Station 2 - Mile 9.9

Water, GU2O sport drink, cookies

Aid Station 4/12 - Mile 20.4/48.4 (closes at 3:30pm)

Water, Soda, GU2O sport drink, GU gel, potatoes, cookies, potato chips, bananas

Aid Station 5/11 - 22.2/46.6 (opens at 9:30am)(becomes self service water only at 3:00pm)

Water, soda, GU2O sport drink, GU gel, potatoes, cookies, potato chips, bananas

Aid Station 6/10 - Mile 24.4/44.4

Water, soda, GU2O sport drink, GU gel, potatoes, cookies, potato chips, bananas

Aid Station 7/9 - Mile 28.9/39.8

Water, Soda, GU2O sport drink, GU gel, potatoes, cookies, potato chips, bananas, peanut butter and jelly sandwiches. Drop bag #2 (drop bag leaves aid station at 12:30pm)

Aid Station 8 - Mile 34.4

Water, Soda, GU2O sport drink, GU gel, potatoes, cookies, potato chips, bananas.

Finish: Water, fruit, cookies, candy, bagels, hot chocolate plus much more!

Additional Information

Pre-registered runners can pick up their run packet at Everyday Athlete, 264 Central Way, Kirkland, from Noon to 4:00 p.m. on Saturday, April 28th, 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).

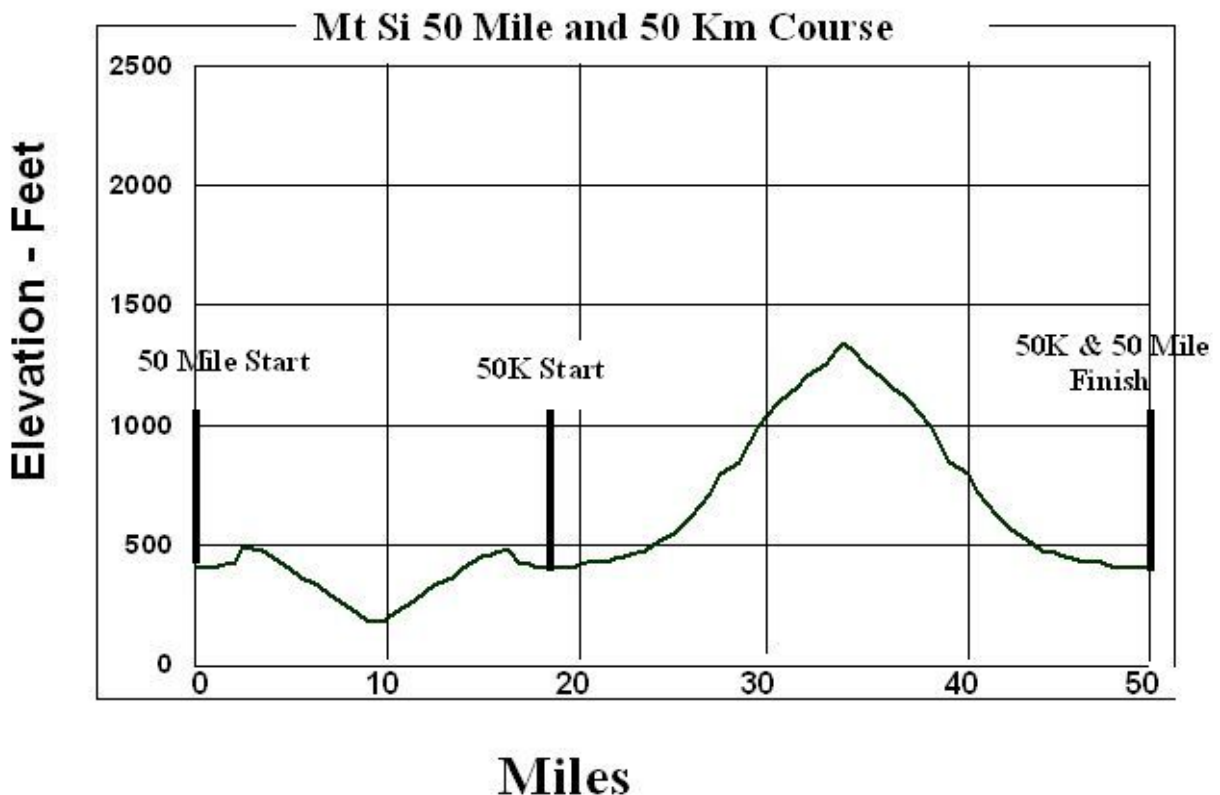
Late entries can register and pick up information packets at packet pickup on April 28th, unless the quota is reached and registration is closed. There will be no day-of-race registration.

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 at ImAthlete by logging into your account by April 27th, or in person at packet pickup on Saturday April 28th, 12 - 4 p.m.

2018 marks the 36th year running of the event. For results back to 1983, go to: <http://mtsirelay.com/results.html>

For questions - Email: info@mtsirelay.com

- Call the race director at 206-999-3060



Mt. Si Ultras Course Map

Aid stations and drop bags

	Location	50M distance in miles	50K distance in miles	Notes
Aid #1	356th Ave. Fall City	5.7	-	50M Drop Bag #1
Aid #2	50M Turnaround	9.9	-	Mini-station
Aid #3	356th Ave. Fall City	14.0	-	50M Drop Bag #1
Aid #4/12	Mt. Si Golf Course	20.4/48.4	1.5/29.5	Full station until 3:30pm
Aid #5/11	Two Rivers School	22.2/46.6	3.3/27.8	Opens at 9:30am. Close 3pm.
Aid #6/10	North Bend Way	24.4/44.4	5.5/25.5	Full station
Aid #7	Rattlesnake	28.9	10.1	50K drop bag/50M bag #2.
Aid #8	Twin Falls Trailhead	34.4	15.5	Full station
Aid #9	Rattlesnake	39.8	21	Drop bags leave at 12:30pm



website: mtsirelay.com
email: info@mtsirelay.com

Please visit our presenting sponsor



www.kirklandeverydayathlete.com
425-821-4301



Mt. Si Relay & Trail Runs
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