

# October 2<sup>nd</sup> Whitefish Trail Legacy Run 50k

## Event information:

Hello 50k runners!

My name is Alan, and I am your race director for the Whitefish Trail Legacy Run 50k! We are so lucky to host this event this year and appreciate your support of conservation, education, and recreation in our community 😊. We would like to thank Whitefish Credit Union for being Title Sponsor of this event. Geek out on the information below, including COVID precautions and mandatory items. Race day is **SATURDAY, OCTOBER 2nd at 7:00am**. If there are any major changes to the course and/or weather forecast, I will send another email next week. Otherwise we'll see you at packet pick up!

### MANDATORY THINGS:

- You **MUST** physically check in with Competitive Timing in Depot Park before the start. We need to know who is actually on course and who is still snoozing.
- You **MUST** attend a pre-race meeting at 6:50 at the starting line. We will go over final course details, review bear safety, tell a few jokes.....it will be fun.
- You **MUST** physically check in at the Village and Summit Aid Stations or you will disqualify. There will be a dedicated volunteer marking down your bib number, so we can keep track of everyone's general location. It's a safety issue, AND we are providing LIVE split results at the Summit. These will be uploaded to Competitive Timing's website for friends and family to track your progress.

### PACKET PICK UP (2 locations and dates)

- FRIDAY October 1st – 3:00pm - 7:00 pm in the Gazebo in the SE corner of Depot Park. ([510 Railway St, Whitefish, MT 59937](#))
- SATURDAY October 2nd – 6:00 am - 6:30 am in Depot Park downtown Whitefish ([510 Railway St, Whitefish, MT 59937](#))

### RACE START AND FINISH/TIMING

- The race will start promptly at 7:00 am in Depot Park in Downtown Whitefish ([510 Railway St., Whitefish, MT 59937](#)).
- We will have a MANDATORY pre-race meeting at 6:50am for all runners. **Again this is mandatory.**
- The race will end at the same location in Depot Park with a cutoff time of 5:00pm
- The 4<sup>th</sup> aid-station at the Whitefish Mountain Resort Village (~mile 20) will have a cut off time of 3:00pm.

### PARKING

- We recommend parking in the FREE City parking garage located at **1<sup>st</sup> Street East and Baker Avenue**. The covered garage is one block from the start and finish. Other parking is available in the FREE parking lot immediately north of the Whitefish Public Library.

COURSE\*\*\*

1. GPS files of the course are attached to this email in KMZ and GPX formats. These can be uploaded to various Apps. Here is a link to the course on Strava:
  - o <https://www.strava.com/activities/2659428786/overview>
2. The course measures approximately 30.7 miles with 5,083' of climbing (small variations in length and vert to be expected with varying GPS devices).
3. Courses will be marked with **BLUE** fluorescent flags, caution tape, blue signs, blue chalk, and other blue flagging.
4. Sunrise on race day is 7:45 am, so headlamps are recommended for the first two miles through lighted City Streets.
5. Runners will come across 5 aid stations throughout the 50k course. They will be fully staffed and stacked with PLENTY of goodies such as Hammer Nutrition products, HOT soup, snacks, candy, pickles, mustard, chips, BACON, tomato juice, music, costumes, etc. Here are the details and splits for all aid stations:
  - o Start line (Depot Park) to AS 1 (Reservoir TH): 2.49 miles, 223' up, 108' down
  - o AS1 to unstaffed Water Drop (Bob Cedar/Whitefish Trail Intersection): 4.88 miles, 1260' up, 279' down
  - o Unstaffed Water Drop to AS2 (WMR Village): 2.85 miles, 633' up, 56' down
  - o AS2 to AS3 (Big Mountain Summit): 4.61 miles, 1942' up, 13' down
  - o AS3 to AS2 (WMR Village): 5.71 miles, 449' up, 2365' down
  - o AS2 to unstaffed Water Drop (Bob Cedar/Whitefish Trail Intersection): 2.79 miles, 184' up, 764' down
  - o Unstaffed Water Drop to AS1 (Reservoir TH): 4.88 miles, 279' up, 1260' down
  - o AS1 to Finish (Depot Park): 2.49 miles, 108' up, 223' down
6. We will provide a BAG DROP for Aid Station 2 at Whitefish Mountain Resort Village (visited twice at ~10 miles and again at ~20 miles). If you have special, personal items for this aid station, we will transport YOUR bag from Depot Park to and from this aid station only. We expect all runners to finish with all items they start with, unless you have a BAG DROP at aid-station 2. Please bring your bag to the Bag Drop table in Depot Park labeled with your name (we will have duct tape and sharpies available).
7. The course will enter a mountain-top, alpine environment above 6,000 feet. We expect runners to dress appropriately for the weather and to be self-sufficient outside aid stations. DO NOT WEAR COTTON...it kills. Here is the [point forecast](#) for the very tip top of the mountain. You will only be above 6,000' feet for about 5 miles of the course. Snow, fog, rain, sun, hail, and wind are all possible.
8. \* Final Course layout subject to change without notice prior to race day. Blizzards, forest fires, yetis, Forest Service permit requirements, and/or construction could alter the race course. Final course layout will be appropriately marked and announced during the pre-race meeting.
9. NOTE: Portions of the uphill route at Whitefish Mountain Resort are DOWNHILL designated mountain biking trails. During race day, these trails will be closed to downhill bikers, but until then, please respect the rules. Whitefish Mountain Resort is now closed for their summer, lift-accessed season. Trails are still open for public use.

#### COVID-19 Precautions.

- Due to Covid-19, all double-overhead high-fives will transition open-air fist pumps. Here are some [alternatives approved by the WHO](#) 😊. In all seriousness...let's all do our best to stay healthy and support our local healthcare workers.

- We ask that if you have COVID symptoms, please do not race. In the event, you become sick prior to the event, we will happily defer your registration to next year.
- If you are not vaccinated against Covid-19, please wear a mask if you cannot appropriately distance yourself from others.
- To stay consistent with other regional races, masks are now required at the race start. Your free neck gaiter/buff would be a great option that you would likely use throughout the race. Once you are spread out a bit on course, you can take your mask/buff down for the rest of the day. We will have a masks available at check in.
- We are providing a starting window of ~15 minutes to allow runners to spread out. Your time will not start until you cross the starting mat, so feel free to hang back if you want to further spread out.
- Aid-stations will be 'contactless' from a runner perspective. Volunteers will be dispensing food, goodies, water, HEED, and good cheer! When you enter an aid-station, simply let a volunteer know what items you would like, and they will serve you. Thanks for your cooperation and understanding!
- The post-race awards and finish celebration will be limited to discourage crowding. We'll have grab and go lunches, snacks, drinks, and Hammer Nutrition will be set up with Recoverite. We'd love to have a raging party to celebrate your success, but this year just isn't the right year.
- Hand sanitizer will be available at all check-ins and aid-stations. Please use it!

#### Oktoberfest CANCELLED

- The Great Northwest Oktoberfest has been cancelled this year. Our awards ceremony and post-race celebration will be limited to help prevent spread of Covid-19. See more details below.

#### GIVEAWAYS AND AWARDS

- All runners will receive a custom race buff and Klean Kanteen pint glass.
- All Runners will be chip timed by Competitive Timing, with a split at the summit aid station. Splits will be posted live to Competitive Timing during the race. We will provide a link, so you can send out to your fans.
- Top FIVE overall male and females will receive an amazing, custom ceramic beer stein and other prizes donated by REI. Awards and podium photos will be presented shortly after the 5th place runner finishes.
- All finishers will receive a custom 50k finisher patch.

#### SAFETY

- To practice important bear safety, we strongly recommend against wearing earbuds and listening to music during the race. We recommend making noise, especially at blind corners. Singing showtunes is recommended, but occasionally shouting "Hey Bear!" will work too 😊.
- This course travels through grizzly bear habitat and bear spray is recommended. We have extra bear spray if you would like to borrow one.
- As per our permit requirements, the course will be swept for carcasses the day prior to the event.
- Please review [THESE BEAR SAFETY TIPS](#) prior to race day.
- If you are injured during the race, seek help from fellow runners, course volunteers, and aid station volunteers. Call 911 in the event of an emergency. Most of the course has great cellphone service.
- Dogs (both off and on leash) are not allowed to participate in the race.

## RAFFLE!

- Because the Whitefish Trail Hootenanny was cancelled earlier this year, we are hosting an additional raffle. Need not be present to win, and winners will be announced on Sunday October 3<sup>rd</sup>. Prizes include two roundtrip tickets on Alaska Airlines and a season ski pass to Whitefish Mountain Resort. If you would like to buy tickets, they can be purchased [on our website](#) OR at the race.

## VOLUNTEERS

1. We still need fun and motivated volunteers for both race days! If you have a family member interested to help out, have them fill out this [Google Form](#), and we will be in touch to coordinate details.