

The 28th McDonald Forest 50K

Saturday May 4th, 2024

Race Start: 8AM Early Start: 7AM

Forestry Cabin, Peavy Arboretum, Corvallis, Oregon

Runner Check In: 6:00 to 7:45AM

Welcome to the 28th McDonald Forest Ultramarathon 50K. We appreciate your support!

Please notify us by email at macforest50k@gmail.com if you will be unable to run the race this year.

Corvallis Area Trail Runners is the 501(c)(3) public charity that distributes the race proceeds which support local middle and high school cross-country/track and ski teams, Team Dirt, the Corvallis Mountain Rescue Unit and the OSU Research Forest.

The race is held in Oregon State University's McDonald Forest and on Starker Forest land. Please obey all forest rules and regulations posted in Peavy Arboretum and throughout McDonald Forest. This mainly means staying on course, not littering, not smoking and not cutting down trees. It also means that *hikers and horses have the right of way*.

DIRECTIONS and PACKET PICKUP:

In addition to race morning, packet pickup will be available between **3PM and 7PM** the day before the race, **Friday May 3rd**, at the **Forestry Cabin in Peavy Arboretum** (Race Start Location). The entrance to Peavy Arboretum is located off Arboretum Road, a left turn off Highway 99, approximately 6 miles north of Corvallis or a right turn off Highway 99, approximately 13 miles south of Monmouth. Yellow signs with black lettering will be located on Highway 99 and Arboretum Road. Our website also has the [Google maps location](#).

ALL runners must still check in prior to the start on race day.

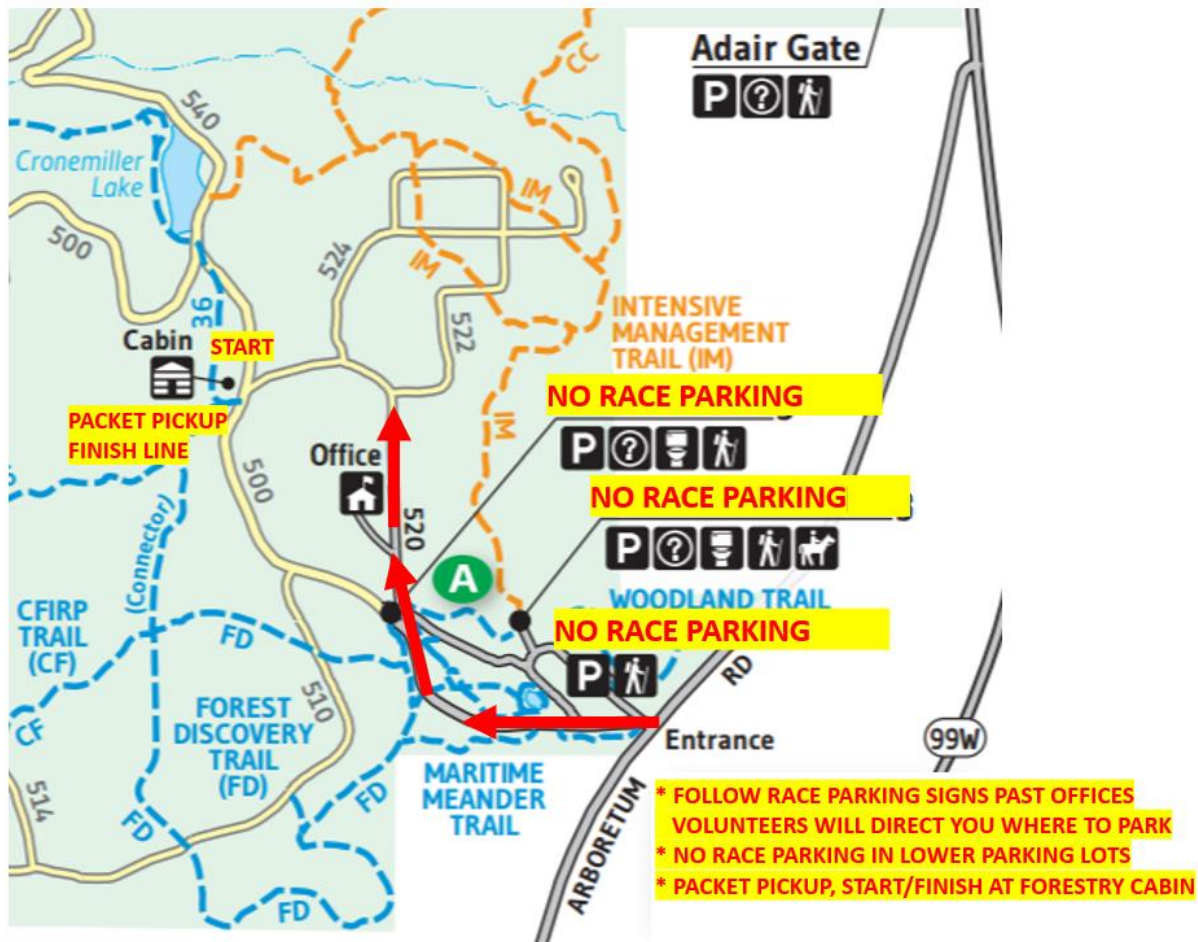
Check-in on race morning will include bib (if not picked up Friday) and chip pickup. As we did last year, we are using reusable timing chips. This timing chip must be returned when you finish. *If not returned, runners will be charged \$85 for replacement.*

The Mac 50K will also be serving pasta at the Forestry Cabin from **6-7pm on Friday**. Please bring your own plate and utensils. You are welcome to bring beverages but please remember no alcohol is allowed in McDonald Forest or the Forestry Cabin. The pasta dinner is free for all runners. If you would like to make a donation, it will support local HS XC teams, Corvallis Mountain Rescue Unit, and local trail building.

ARRIVAL and PARKING:

After entering Peavy Arboretum, stay left! The paved road will turn into a packed gravel road. Follow the parking signs and volunteers to the parking areas near the Forestry Cabin. **Please** follow the instructions of the parking volunteers or we may not be able to use the Forestry Cabin in the future. **You will be asked to park along the 500, 522, and 524 roads.**

Parking Map



SAFETY PROTOCOLS

Runners who come across a serious trauma injury or any internal (abdominal/chest/head) pain should dial 911. It is not an issue if more than one person calls 911. Also call Anne Miller @ (541)224-4009 (this number is on the back of your race bib). Note course mileage when you call. Course marking signs will include approximate mileage to aid CMRU in reaching injured runners.

COURSE INFORMATION:

The course is different from the route used last year. As in previous years, you must carry a water bottle due to long sections without aid and cupless aid stations. Please see the description below and/or [course page](#) for more details.

At the start, runners will run ~**1.5 miles** on logging roads to spread out before entering a single-track trail. You will need to carry a water bottle or hydration pack as the longest distance between aid stations is 6.6 miles. This is a loop course that is **31.6 miles** long with approximately **6,500** feet of elevation gain. The course is approximately 21.3 miles of trails and 10.3 miles of logging roads. Maps and directions are on the [course page](#). The course is extremely well marked with **orange** ribbons, flour, plastic and wooden signs and several course marshals.

You will cross a paved road at the Lewisburg Saddle at **5.8 miles** and **25.5 miles**. **Please STOP and walk across this road. We do not have permission to stop traffic during this race.** This road crossing is a saddle/summit, with limited views in both directions for runners and cars. It is an area where many other forest users (hikers, bicyclists) park and enter the forest. Cars will be driving over this saddle/summit with limited views. **Please be careful!**

Corvallis Mountain Rescue emergency personnel will be on duty at the finish line and at all full aid stations.

AID STATIONS:	MILEAGE	MILES2NEXT
# 1 Lewisburg Saddle	5.8 Miles	5.3 Miles
# 2 Dimple Hill	11.1 Miles	4.7 Miles
# 3 Water Only	15.8 Miles	3.1 Miles
# 4 McCulloch Peak (drop bag)	18.9 Miles	6.6 Miles
# 5 Lewisburg Saddle	25.5 Miles	6.1 Miles

Cutoff times will be strictly enforced out of respect for our volunteers. Please consider taking the early start (7:00AM) if you are concerned about making cutoffs.

CUTOFFS:

# 4 McCulloch Peak	1:20 PM
# 5 Lewisburg Saddle	3:30 PM

Drop Bags can be dropped off at packet pickup and will be delivered to **Aid Station #4 McCulloch Peak (18.9 Miles)**. Drop bags will be returned to packet pickup as soon as is possible by race staff.

Full Aid Stations will have water, electrolyte drink (HAMMER HEED), Coke, ice, HAMMER Gels, potato chips, pretzels, almond butter & jam sandwiches, bananas, oranges, potatoes, S-Caps, and first aid (Squirrel's Nut Butter, Tums and Band-Aids). Ask the aid station volunteers if you need S-Caps, Tums or foot care.

EARLY START:

There will be an optional early start at **7AM** for runners concerned with making cutoffs at the aid stations. Early starters will be included in the overall race results, but will not be considered for age group recognition unless everyone in their age group took the early start. In years past, there have been 30-40 early starters.

RACE RESULTS & AWARDS:

Live tracking of runners at all full aid stations and just prior to the finish will be available on race day via my.raceresult.com. An updated link will be sent to registered runners as soon as it is available.

After finishing the race, we would like you to join the other ultrarunners in the Forestry Cabin for homemade vegan soup, **Dave's Killer Bread**, cookies, drinks and fruit.

Runners who finish 1,2,3 overall and 1,2,3 masters overall (male and female) and age group winners will earn a ceramic stein/mug. Prize money will also be awarded as follows:

- \$100 to 1st Overall Female and Male
- \$100 to 1st Masters (40+) Female and Male
- \$50 for breaking any course or age group record

NOTE: 7:00 AM starters will not be considered for age group recognition unless everyone in their age group took the 7:00 AM start.

Final race results will be available on the website and on Ultrasignup. All course records including winners from previous years are available on the [results](#) page.

As is tradition, there will be “**5 Year**” finisher mugs, “**10 Year**” finisher plates, “**15 Year**” finisher bowls, “**20 Year**” finisher urns, and “**25 Year**” finisher holy grails for achieving ultrarunning immortality awarded to runners who finish the race for the appropriate number of years. This year's potential 5, 10, 15, 20 and 25 year Hall of Fame entrants can be found on the [Hall of Fame page](#).

All finishers 21 and older will also receive a **finisher beer** brewed by **Oregon Trail Brewery**. Don't forget to pick up your beer after you leave the race. It will be available at the [southern intersection of Arboretum Road and Highway 99](#) as there is NO alcohol allowed on Oregon State University property.

LOST & FOUND, EXTRA SHIRTS/SWEATSHIRTS/SLEEVES:

There will be a Lost & Found in the Forestry Cabin including items left at previous years' races. There will also be a few race shirts and sleeves available from previous years for purchase.

Finally, we would like to thank **5 Star Sports, Dave's Killer Bread, HAMMER Nutrition, Injinji, Oregon Trail Brewery, First Alternative Co-op, and Trader Joe's** for their support of this race. And thank you to the volunteers, **Starker Forests**, and **Oregon State University Research Forest** for making this race possible.

We hope you have a good time and good luck!
Thanks so much for supporting our race!

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