

# 19<sup>th</sup> Annual McDonald Forest Ultramarathon 50K

## Oregon Trail Ultramarathon Series Race

**May 10th, 2014, Saturday**  
**Race Start: 8AM Early Start: 7AM**  
**Forestry Cabin, Peavy Arboretum, Corvallis, Oregon**  
**Runner Check In: 6:00 to 7:30AM**

Welcome to the **19<sup>th</sup> annual** McDonald Forest Ultramarathon. Thanks for your support! It is always a pleasure to welcome such a fun group of long distance trail runners to Corvallis. The McDonald Forest 50KM is part of the **Oregon Trail Ultramarathon race series** (<http://www.oregontrailseries.org>).

**Please notify us by email at [dmagmroth11@gmail.com](mailto:dmagmroth11@gmail.com) if you will be unable to run the race this year. This will allow us to free a spot in the race for a person on the waitlist.**

The race is held in the Oregon State University McDonald Forest, Starker Forest, and City of Corvallis Chip Ross Park. The managers of the OSU Research Forest, Starker Forest and the City of Corvallis Parks and Recreation Department have given permission and support this event. Please obey all forest rules and regulations posted at Peavy Arboretum and throughout the McDonald Forest. This mainly means staying on course, not littering, not smoking and not cutting down trees. The proceeds support local high school cross-country teams, Corvallis Mountain Rescue Unity and OSU Research Forest. Thank you for your support!

Race and Lodging Info: <http://mac50k.org/> Click on Visit Corvallis, then book a hotel.

### **DIRECTIONS AND REGISTRATION:**

In addition to race morning, packet pickup will be available between **4PM** and **7PM**, the day before the race, **Friday May 9th**, at the **Forestry Cabin, 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. Our website has the Google maps location. **All runners must check in prior to the start of the race.**

### **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. **Arrive early to avoid a parking delay! Please, please** follow the instructions of the parking volunteers or we may not be able to use the Forestry Cabin in the future.

### **COURSE INFORMATION:**

**The course is very different from the route in recent years. We expect that you will like our changes. You must carry a water bottle. Please go to the website [mac50k.org](http://mac50k.org) for more details.**

At the start the runners will run **1.2 miles** on a logging road to spread out before entering a single track trail. It is 8.5 miles to the first aid station, but we will have a water only table set up at mile 4.8. The course is **31.3 miles** long. This is a loop course with approximately **6,800** feet of elevation gain. The course is approximately 20 miles of trails and 11.3 miles of logging roads. A very complicated map and

directions are on the web site: <http://mac50k.org/>. The course is extremely well marked with **yellow** ribbons, flour, wooden signs and many course marshals.

You will cross a paved road at the Lewisburg Saddle at **8.5 miles** and **26.4 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 automobiles. It is an area where many other forest users (hikers, bicyclists) park and enter the forest. Automobiles 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 aid stations.

<b>AID STATIONS:</b>	<b>MILEAGE</b>	<b>MILES2NEXT</b>
# 1 Lewisburg Saddle	8.5 Miles	5.7 Miles
# 2 Dimple Hill	14.2 Miles	6.5 Miles
# 3 Bottom of Extendo Trail	20.7 Miles	5.7 Miles
# 4 Lewisburg Saddle	26.4 Miles	4.9 Miles

#### **CUTOFFS:**

- # 3 Dimple Hill **12:00PM Drop Bag**
- # 4 Bottom of Extendo Trail **1:30 PM**
- # 5 Lewisburg Saddle **3:00PM**

The Finish line will close at **4:00PM.**

Drop Bags will be delivered to **Aid Station #2 Dimple Hill (14.2 Miles)**. GU has become the hydration and gel sponsor for the entire Oregon Trail Series this year. They will kindly provide a drop bag that you will receive at packet pickup/registration.

Aid Stations will have; water, electrolyte drink (GU Brew), Coke, ice, **GU Gel**, potatoes, bananas, pretzels, chips, cookies, **Succeed Caps**, and first aid (Vaseline, Advil, Tums and Band-Aids). Ask the aid station volunteers if you need Tecnu for poison oak, or Succeed caps, Tums, Advil or foot care.

#### **EARLY START:**

There will be an optional early start at **7AM** for runners concerned about making the cutoffs at the aid stations and at the finish. Please take the early start only if you expect to finish in more than 7 hours. 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. Last year there were at least 30 early starters. If you plan to start at 7AM, make sure it is noted on your application, or please email ([dgamroth11@gmail.com](mailto:dgamroth11@gmail.com)) or call (**503-949-1614**) prior to the race, to assist the race directors in keeping track of the early starter's and their finish times.

**\*\* Early starters who run faster than 7 hours will have their actual finish time listed in the overall results, but their time used for the Oregon Trail race series scoring will be 7 hours. Early starters should not be runners who are trying to avoid the mud and running under a 7 hour pace. If so, you may miss some course markings and arrive at aid stations before they are set up. You will not be eligible for age group awards unless only early starters are in your age group.**

#### **POST RACE RESULTS & AWARDS:**

After finishing the race we would like you to join the other ultrarunners in the Forestry Cabin for home made vegetarian soup, **Great Harvest bread**, cookies, drinks and fruit. **Results will be posted often in the Forestry cabin.** The runners who finish 1,2,3 overall and 1,2,3 masters overall (male and female), and age group winners will earn a ceramic mug and will receive the award within an hour after finishing their race. The overall men's and women's winners will also receive a gift certificate. Race results will be available on the website and mailed upon request.

There will be a **“5 Year”** finisher’s mug awarded to runners who will be finishing the McDonald Forest 50K race for their **5<sup>th</sup>** year. There will be a **“10 Year”** plate awarded to runners who will be finishing the McDonald Forest 50K Race for the **10<sup>th</sup>** year. And there will also be a **“15 Year”** plate for the runners who will have finished the McDonald Forest 50K **15** years. There will be a prize drawing before the race for any items contributed by our great sponsors and the winners will be posted in the Forestry Cabin prior to the start of the race.

All of the course records including the winners from all of the past years are available on the website at: <http://mac50k.org/>

We would like to thank **GU, Mazama Brewing, and Five Star Sports** for their support of this race. The **volunteers, Starker Forests** and the **Oregon State University Research Forest** make this race possible.

If there is no mud, please don’t complain. Have a good time and good luck!

Thanks so much for supporting our race!  
Race Directors - Ken Ward & Dennis Gamroth  
(503) 949-1614  
PO Box 4127, Salem, OR 97302

**Web Site:** [mac50k.org](http://mac50k.org)

**E-Mail:** [dgamroth11@gmail.com](mailto:dgamroth11@gmail.com)

**Series Web Site:** <http://www.oregontrailseries.org>