

LUMBERJACK ENDURANCE RUNS

**100M 100M 50M
Pt. Gamble, Wa
April 10th and 11th, 2010**

ALL PROCEEDS BENEFIT THE WEST SOUND WILDLIFE SHELTER

Time of Events: Friday afternoon camping will be open at the airfield in Port Gamble (Gate 6)

Saturday 7:00 a.m. registration pick up

7:30 a.m. pre race meeting

8:00 a.m. race starts

Sunday 2:30 p.m. 100 mile race awards

Aid Stations: 3 total, there will be typical ultra food: potatoes, bananas, chips, cookies, candy, PB+J, soup, Hammer HEED, Hammer gels, etc. (you can leave drop bags at start/finish if you need something special)

Time Limit: 30 hour time limit (negotiable depending on how runner is doing)

Pacing: Pacing is allowed after dark (or after 50 miles)

Awards: 1st, 2nd, 3rd place Male and Female to 100 milers, 100 kilometers, and 50 milers. Something for 100 M finishers

Entry Fee: \$50 includes short sleeve tech shirt, some swag from sponsors, bbq, beer, and soda.

Camping: There will be camping available at the start/finish, but no running water (¼ mile from Pt. Gamble)



Course: The course is eight 12.5 mile loops with 3 aid stations per loop (start/finish included). It is a mixture of single track and dirt roads (about 70% / 30%). There are no large climbs, but definitely lots of ups and downs. There is approximately 1500 ft per loop for a total elevation gain of 12,000 feet. **marked with chalk arrows, tape, and glow sticks at night**

The course starts out with a little downhill and flat to .75 mile and then starts climbing the Babcock Trail for about ¾ of a mile to top out on G1300. South on G1300 and then starts single track through Ewok Forest, Fun Forest, Forbidden Forest and back onto G1000 to the first aid station, at about mile 4.

Jump back onto some really new single track, across G1510, across G1500 and onto Crooked Tree trail. Out of Crooked Tree, left onto Bear Alley and across G1600 into some more single track. Right onto G1700 for a ¼ mile and left onto Alder trail, through the water bogs and down Drop trail. Out of Drop trail take a right on G1920, out to G1900 and take a right, down to Bobsled trail. Take a very quick left turn and follow trail to Derailer. Take lower Derailer and stay right all the way down to G1900. Head up G1900 to Upper Mirkwood and take a right into the woods. Head straight ahead onto Azkaban trail. Exit the trail and find yourself at the second aid station, about mile 9 1/2.

From here it is a straight run, up and down, on G1200 until you get to G1000. Head down the hill all the way to G1100 and hang a left. Go about ½ a mile more, then hang a right onto Beaver Pond trail and ½ mile to the finish.