



PARTICIPANT GUIDE

Zane Grey 50 Mile Endurance Run

Mogollon Rim, Tonto and Apache-Sitgreaves NF, Arizona

April 27, 2019, 5:00 a.m.

Executive Rules Summary

We hope you read this manual in its entirety, but here is a summary of what we think are the important points! It is our goal to provide you a safe, well-organized and spectacular running experience. In order to do this, we ask that you help us by abiding by these guidelines.

1. No whining.
2. No dogs at any aid station, the start or the finish line.
3. The Run Director has final authority on any question that may arise during the Zane Grey Highline Trail 50.
4. Your bib number should always be visible from the front. Do not pin it on your back, your hat, your pack or under your jacket.
5. You must leave each aid station by the posted cut-off time. If you return, it will be assumed you have abandoned your run attempt.
6. No littering.
7. No stashing of supplies along the course and no accepting aid except within 400 yards of a designated aid station.
8. You have agreed to be pulled for medical and safety reasons if it is determined that such action is in your best interest.
9. Aid station captains have the authority to act on behalf of the Zane Grey Highline Trail 50 Mile run management.
10. Pacers may begin pacing their runner at the Two Sixty Trailhead on the return (mile 45.3).
11. Runners departing Two Sixty Trailhead (mile 45.3) after 5:00 p.m. must have a working flashlight in order to continue.
12. Enjoy yourself!



Introduction

Welcome to the twenty-ninth running of the Zane Grey Highline Trail 50! This manual provides Zane Grey runners and their crews with information to help in preparing for the 2018 run weekend and the run. Over the past years our run has greatly matured, and we are looking forward to the best run yet.

Run Organization

At the center of all run organization is the Run Director (RD), Joe Galope. He has authority for all activities during the run and will ensure it goes smoothly. At all times during the run, he or his designee can be reached via the Amateur Radio Network or in person along the course.

Runner Information

The following are some general notes to help runners prepare. However, nothing can prepare you as well as getting out on the course and becoming familiar with the terrain and run conditions. This manual as well as the course description, images of the course, profiles, runner list, and other information is also available on the Zane Grey Home Page at: <http://www.zanegrey50.com>

The Course

The course is closed. That means that runners are required to follow the specified route. The course starts and finishes at the Rim Top Trailhead on top of the Mogollon Rim, just off the Hwy 260 near Woods Canyon Lake. The route is an out and back turning around at the Tonto Fish Hatchery. This is a course change from previous years due to the damage done during the 2017 Highline Fire. There are now dozens of ultra-runners who have a good working knowledge of the course. Many of them are more than willing to lie about the course details and difficulty. Many runners also have written their web accessible impressions of the run. This may be the most rugged trail you will ever have run. Expect obstacles that will include but are not limited to rocks, fallen trees, rocks, foliage overgrowth, rocks, massive erosion, rocks, river crossings and the occasional rock.

The Weather

Prepare for any kind of weather. Keep in mind you will be running at altitude. Typical weather is chilly in the morning, hot during the day and then cold after the sun goes down.

Training

You are responsible for being trained well enough to endure this trail safely. That is why we impose entry qualifications on runners. This is definitely a "post graduate" run, and not just a harder or higher version of some other trail 50 miler. It is up to you to devise a training program that will get you to the end of the Highline Trail in condition to participate in what can be a very enjoyable experience. Honey Albrecht and others will be in the area ahead of time, finalizing and marking the course. A good way to learn about this year's course is to participate in this process. Contact her (see list at end) for more information.

Route Finding

This is not an orienteering event. We intend that you be able to concentrate primarily on running. However, remoteness, weather, animal, and people problems on the course make this problematic at best. We will mark the entire course before the run; however, it is the runner's responsibility to pay attention. There are numerous sections where the trail just "disappears". Pay attention. The course will be marked with orange surveyors' tape with black polka dots to indicate the correct route. Blue and white ribbon will be used to indicate that you are OFF COURSE. We will also have reflective markers in the last 5 miles of the course.



ON COURSE



OFF COURSE

Fauna and Flora

The altitude range of this run is 6,500 to 7,620 feet. Forests of aspen, pine, and spruce are common. Animal life may be encountered. Stay clear of elk, they can be ornery at times. Bears (black, not grizzlies) are present, though very seldom seen. Mountain lions may also be encountered. The rule with these critters is to back off slowly, stand tall and raise your arms to appear larger. Try to avoid getting between any animal and its young. If you are attacked, defend yourself - a sharp whack with a stick might discourage the animal - after all, there is plenty of smaller prey out there.

Dropping Out

While no one likes to contemplate it, there may come a time when it is smarter for you to drop out than to continue. Also, you may miss the cutoff times or be pulled for a medical reason. While you are likely to be upset at that time, you must inform the run organization that you are not continuing. Please locate a radio operator or aid station captain and inform them of your withdrawal. Also, it may be very hard for us to arrange transportation for you from your dropout point to the finish. You may have to wait many hours for this, as we may have to coordinate a vehicle via radio. All we can promise is a best try effort.

Cutoff Times

Cutoff times will be strictly enforced. They are provided in this guide and will be posted at each aid station, so there will be no ambiguity. The aid station captain is given the authority to enforce the cutoff times. The following is the rule:

YOU MUST LEAVE THE AID STATION BEFORE THE CUTOFF TIME

If you "check out" and then come back into the aid station after the cutoff time, you are considered to have abandoned your attempt at the run. We do not like splitting hairs so finely, but wish to prevent past problems from recurring. These rules are being made clear to all, so that our aid station personnel (who also get tired and confused late at night) can concentrate on helping runners, and not on sharpening their debating skills. You are all experienced ultra-runners. We have developed these cutoff times based on previous years' results, and they are quite generous. If you miss the cutoff time, your chances of finishing are low; please try to be mature enough to recognize this. Do not debate cutoff times with the aid station personnel! Even if you badger one of them into letting you go on, the Run Director still has the authority to deny listing you as a finisher. In addition, we may bar from future runs anyone who disobeys rules and threatens their safety or the safety of the aid station personnel. We have to convince the search and rescue organization, as well as the administrators of the forest service, that we are doing what is reasonably possible to make this a controlled event (note, we didn't say "safe" event).

Bib Number

Your bib number should always be visible from the front. We would recommend pinning it to a leg of your shorts. It may get covered up by pinning it on your shirt if you plan on wearing layers at different times of the run. Runners are tracked entering and exiting aid stations by their bib number. It is very important that we are able to keep track of everyone.

Crew and Aid Station Protocol

We are guests in the National Forest through which we run. We have to share this land with other users so that we may all safely enjoy our weekend in the mountains. The following guidelines were prepared to help your crew if you decide to have somebody meet you around the course.

Do You Want a Crew?

Before deciding on a crew, you must understand that runners are responsible for and accountable for all the actions and behaviors of their crew and pacers before, during, and after the run. Please consider carefully if you really want to have a crew for this run. Runners are not allowed to accept aid between aid stations. Any runner who takes aid where they should not, may be disqualified. We will try to make sure that, with the available aid station supplies and your drop bags, you will be able to compete without worrying about a crew.

This is not to say that we don't want your crews to enjoy the mountains - far from it. Part of the reason for coming to the area is to get up into the high country, but we would prefer that people do it without the pressure of trying to beat runners to the next aid station, trying to meet schedules, etc. A good way to be involved is to volunteer to help at an aid station. We could always use more hands, because some of these aid stations are going to be open a long time. Contact us at HLT50Mile@gmail.com if your crew would like to do this. They will be better able to follow your progress, as each aid station will be connected via radio to the others.

Crew Rules at Zane Grey Aid Stations

The purpose of the Zane Grey Aid Stations is to give each runner aid in their attempt to reach the finish line. As long as crews share this purpose they are welcome at the **CREW ACCESS** aid stations. If a crew chooses to ignore the following guidelines then their runner is at risk of being disqualified.

The 10 Zane Grey Crew Commandments

1. The aid station captain is in charge of the aid station. It is up to them as to how the aid station will be organized and where crews will be allowed.
2. Crews are allowed into the aid station only when their runner and pacer are present.
3. Pets are not allowed in the aid station.
4. Children are allowed within an aid station **ONLY** under the **DIRECT** supervision of an adult. This includes the start & finish.
5. Food, drink, blankets, medical supplies, etc. at the aid stations are provided for the comfort of and use by the runners and their pacers only.
6. Crews are asked to help us protect the fragile environment that we utilize. Please pack out all trash and equipment when you leave.
7. Excessive noise, raucousness, and partying are not part of an effective aid station. Please save your celebrations for when your runner crosses the finish line!
8. Pacers may meet their runner at Two Sixty Trailhead on the return only.
9. Crew may give runners aid within 400 yards of the aid station. Please do not go out on the course and give aid between aid stations nor should runners or their crew stash aid for runners along the course.

Parking

At the start/finish at Rim Top Trailhead, nose-in parking only. No trailers, oversized vehicles, or trailers. You may park these across the highway at the Mogollon Rim Visitors Center.

In some instances, parking is scarce and roads are very narrow. Parking may be difficult or impossible. Please be considerate. Remember there are many vehicles on these roads in the summer, and some of these vehicles are quite large. Make sure all road sections, switchbacks, and intersections can be safely negotiated by other vehicles. Cooperate with posted signs and with aid station personnel if they ask you to move your vehicle.

Giving Your Runner Aid

Runners may receive aid from their crew **ONLY** within 400 yards either side of those aid stations at which crew access is allowed. If your crew gets to an aid station early, we suggest they locate your drop bag, open it and check the contents, and set them out ready for use. Keep in mind that your crew must not interfere with the aid station volunteers and this means that crews are not allowed in the central core of an aid station unless the runner is present.

Runners in Vehicles

Runners are not allowed to take a ride in a vehicle where it advances their progress or compensates for runner error. If they do, they are considered to have abandoned their attempt at the run. They will not be allowed to continue, and if they do, they will not be listed as finishers, and risk being barred from entry in future runs. Runners may, after checking into an aid station, rest and get warm in a STATIONARY vehicle. Once you have checked out of the aid station you may not get back into any vehicle. If you do so, you will be disqualified.

Drop Bags

Runners are allowed to provide three drop bags. We will transport them to Two Sixty Trailhead, See Canyon and the Fish Hatchery. Please be sure to label your bags with your name, bib number, and the appropriate aid station. An aid station representative will pick these up at the starting line on race morning and transport them to the aid station locations. After use, make sure any recoverable items are packed in the bag and that others are properly trashed. Place the bag at the designated location for transportation to the finish line. We will make every effort to get your drop bag back to the finish line as quickly as possible. Drop bags not claimed at the finish line will be available to be picked up from Kohl's Ranch on Sunday from 7:30 a.m. to 7:45 a.m. in the parking lot next to the U-Haul truck.

Pacers

Pacers are allowed to accompany runners from Two Sixty Trailhead to the finish. **A RUNNER MAY HAVE ONLY ONE PACER.**

Aid Station Menu

Below is the list of items purchased for aid stations. Not all aid stations may have all items at all times. If there is something specific you need, put it in your drop bag. Energy gels will not be provided.

- Jelly
- Peanut Butter
- Bread
- Tortillas
- Vegetarian Beans
- Potatoes
- Bananas
- Oranges
- PB Pretzels
- Sourdough Pretzels
- M&M's
- Peanut M&M's
- Trail Mix
- Gummy Worms
- Dates
- Choc Chip Cookies
- Oreos
- Potato Chips
- Ginger Snaps
- Swedish Fish
- Coke
- Mountain Dew
- Ginger Ale
- Lemon Lime Gatorade
- Water and ice
- Crystallized Ginger
- S-Caps Endurolytes
- Salt
- Tums
- Squirrel's Nut Butter (anti-chafing)

SCHEDULE

Friday, April 26th

**Kohl's Ranch Lodge, 202 Kohl's Ranch Lodge Rd, Payson, AZ 85541.
In the loft above the main lobby**

4:00 – 8:00 p.m. Race number, packet pickup begins

There is no event organized pasta dinner—just a packet pickup.

Saturday, April 27th

Rim Top Trailhead

4:00 – 4:45 a.m. Check-in and race number pick up & drop bag drop off

5:00 a.m. RACE START!

5:41 a.m. Sunrise. The first four miles are very smooth, you can get away without using a flashlight.

Runner cutoffs:

6:45 a.m. Two Sixty Trailhead (mile 6.9)

8:45 a.m. See Canyon Trailhead (mile 14)

Noon Fish Hatchery (mile 26)

4:00 p.m. See Canyon Trailhead (mile 38.2)

6:30 p.m. Two Sixty Trailhead (mile 45.3)

7:06 p.m. Sunset. Runners leaving Two Sixty Trailhead after 5:00 p.m. MUST have a flashlight with them

9:00 p.m. Last runner expected to finish at Rim Top Trailhead

Sunday, April 28th

Kohl's Ranch Lodge

7:30 – 7:45 a.m. Drop bags that were not picked up at the finish may be picked up from the back of the rental truck at Kohl's Ranch. Many runners will be having breakfast at The Zane Grey Country Restaurant at Kohl's Ranch at 8:00 a.m.

Directions to aid stations

Start/Finish Line – Rim Top Trailhead

From the intersection of Shea Blvd & Hwy 87, it is 91 miles to the Rim Top Trailhead and it takes approximately an hour and half to get there. Take the Beeline Highway (Hwy 87) north to Payson. Once into the town of Payson, turn right on Hwy 260 East towards Show Low/Holbrook. In another 29 miles, you will turn left on the Rim Road (FSR300), which is shortly after milepost 282. There's a sign saying to "Woods Canyon Lake". Do not speed through the town of Star Valley. Also watch for elk.

Mile 6.9/45.3 Aid Station – Two Sixty Trailhead

Same directions as above, however the aid station is just off of Hwy 260 and 3.5 miles BEFORE the Rim Road. The Two Sixty Trailhead is after mile post 278 on Hwy 260.

Mile 14/38.2 Aid Station – See Canyon Trailhead

In the town of Christopher Creek is the Tall Pines Market at 1101 Christopher Creek Loop. Across the street from the market is Forest Road 284. Take Forest Road 284 up 1.6 miles to See Canyon Trailhead. This is an unimproved dirt road, and parking is limited at the trailhead. Nose in parking only. Carpool if you can.

Mile 22/30.2 Aid Station – Horton Creek

*** NEW FOR 2019 *** We are adding an aid station at the Horton Creek crossing. This is aid station is in accessible for crew. Volunteers will have to hike in several miles to this aid station. The water source from this aid station is the natural spring which is then filtered. This is a water only aid station.

Mile 26 (turnaround) Aid Station – Tonto Fish Hatchery

This site is 17 miles northeast of Payson. From Payson, travel 16 miles east on State Hwy 260. Just east of mile marker 268 at Kohl's Ranch, turn left (north) on Forest Road (FR) 289. The actual aid station will be located at the actual Fish Hatchery 500 meters further up the road than in year's past. Do not park in the upper Fish Hatchery parking lot, this needs to remain available for Fish Hatchery visitors.

Elevation Profile



CLIFF NOTES FOR THIS RUN:

- Pick up your packet on Friday between 4 and 8 p.m. at Kohl's Ranch
- Check in at starting line between 4 -4:45 a.m. at Rim Top Trailhead
- Three drop bags can be left, for miles 7/45, 14/38 & 26 (please label your bags!).
- It takes runners 3-4 hours to get between See Canyon and the Fish Hatchery. Don't leave there without enough food and fluids for 4 hours!