

Noble Canyon Runner Information Packet

www.noblecanyon50k.com

Race Day Dates, Times and Location:

- Race Day Sept 16th 2023, **start times: 50K at 6:30am, 15K at 7:30am.**
- Race briefing for the 50K at 6:15am. Race start 6:30am
- Race briefing for the 15K at 7:15am. Race start 7:30am
- Race Venue is located at [8631 Pine Creek Road Pine Valley, CA 91962](https://www.google.com/maps/place/8631+Pine+Creek+Road+Pine+Valley,+CA+91962)
- Race parking opens at 5am and is on site at the Start/Finish venue. **Follow parking personnel as they will direct you into the parking area.**

Schedule of Events:

- Bib/Shirt pickup opens at 5am under the tent. All runners must check in to receive bibs and race swag. **Bib pick will be by “last name” look for the row for the first letter of your “last name” and check UltraSignUp to find your bib number.**
- **Bibs have a Timing Chip on the back. Do not bend/fold the timing chip.** It may cause the chip to fail. (See below)



- **Swag Pickup.** Your bib will be marked as you receive your gear. The shirt size you ordered will be what is given to you. Any exchanges will happen after you've completed the race based on availability.
- Race Time Limits:
 - 50K – 9h 35m
 - 15K – 3 hours. (10am) (although you will not be DNF'd if you're more than 3 hours)

Food Vendors:

We will have our food vendor on site starting about 10 am. All food is free for racers and staff. No racers will need to pay for food. All others \$10 per plate.

Kalifas Comidas (Elsa)

Free for all racers and staff. Please use the tear off on your bib as your meal ticket.

The Course:

The 2023 course will start at 8631 Pine Creek Rd and run approximately 1 mile north along Pine Creek Rd (the asphalt road) to the Noble Canyon trail-head area.

50K Course:

Outbound you will take the main Noble Canyon trail all the way to the top. **You will NOT pass through the Hammer's Hideaway Aid Station on this first pass.**

Follow the Main Noble Canyon trail to the first aid station Big Tree, followed by Penny Pines at the top.

Leaving Penny Pines aid station carefully cross Sunrise Highway then turn RIGHT onto the Pacific Crest Trail (PCT). After about 4 miles again turn RIGHT leaving the PCT and connecting with the Big Laguna trail system. This trail drops you into the Rat Hole aid station!

Leaving Rat Hole by crossing Sunrise Highway and continuing on the Big Laguna Trail. Follow the maps westbound to Big Laguna Lake. Now you will stay right and go around the EAST side of Big Laguna Lake. Follow the maps to the tricky left onto trail #5 which will connect you again with the main Noble Canyon trail.

Head back down the main Noble Canyon trail. You'll get aid again at **Big Tree aid station** then the Pine Creek Road aid station aka **Hammer's Hideaway Aid Station**

Hammer's Hideaway Aid Station is a short 0.25 mile out-and-back. Then you'll retrace your steps back to the finish at the Finish Area!

15K Course:

Outbound you will take the main Noble Canyon trail. **You will NOT pass through the Hammer's Hideaway Aid Station on this first pass.** Continue following the Main Noble Canyon trail until you reach the 15K Turn Around sign. We will have staff at that point to check bib numbers and make sure you don't go too far up the trail. After the turn around continue back down for $\frac{3}{4}$ of a mile to the Hammer's at Pine Creek aid station signs, you will make a right turn up to the aid station. After check in, back track the way you came and head right down Noble Canyon trail the same way you came up to the finish line. There is no cut off time for this race at the aid station. Easy, not easy....

Course Markings:

There will be pink/orange marking ribbon and directional arrow signs. **Confidence ribbons approximately every 3-4 minutes running time.** Do not run more than 10 minutes if you don't see a ribbon. If you don't see one, turn around and retrace your track until you confirm you are on course. If you get off course, you must return to where you left the course on your own and re-enter the course.

Safety:

Runner Safety is our number one priority.

1. Runners are required to verbally check out at every aid station for tracking.
2. *Bibs must be visible from the front.* You'll be stopped and required to re-pin your bib if we cannot clearly read it from the front. Verbally announce your bib # for confirmation. Make sure the aid station has you checked in.
3. If for any reason you decide to quit, you must notify the Aid Station Captain and turn in your race bib. We'll have to send out Search and Rescue for any runner not accounted for at a cost to the runner of up to \$6000 per hour.
4. There's cell phone reception for most carriers over 80% of the course. Texting is available over 80% of the course. Highly recommend you carry a cell phone and put it on "Airplane Mode" to save battery life.
5. **Cut off times are firm!** If you leave an aid station within 1 hours of cut off, the aid station may have closed behind you and your best bet is likely to continue forward. As such, **DO NOT GO FORWARD** unless you are sure you can make it to the next station.
6. While we have taken every precaution to keep you safe, ultimately, **you** are personally responsible for yourself. Make smart/informed decisions and don't take risks that jeopardize your safety and welfare.
7. Listen to Aid Station Volunteers. They are extremely experienced ultra-runners who know this sport and are here to help you. **Please thank your volunteers at every aid station.** Some of them will be on the course and in the mountains as long as you're running the course. This event would not be possible without our family of volunteers.
8. Several ribbons and double ribbons indicate a turn. Be vigilant. It's highly advisable for you to carry the turn-by-turn directions located on the race web site maps section. Don't blindly follow a runner or pacer assuming they are paying attention or assuming they know the course. This often leads to more than one runner getting lost.
9. It can be over 100 degrees during the day. Keep your body cool and make sure you're taking in adequate hydration and nutrition.
10. We're in the mountains and share the trails with mountain lions, coyotes, bees, rattlesnakes, stinging caterpillars, gnats, ticks, and poison oak, all of which **have** been encountered during the race. Be vigilant and carry any prescribed medications (epi-pen, Benadryl, etc.) that may be applicable to you. Buffs and trail gaiters can also be useful to reduce pesky gnats and foxtails.
11. **Follow the official course.** If you get lost or off course, you must return to the point you left the official course (on your own) and continue from that point on.
12. **Runners YIELD to all cars** when crossing roads. Obey road crossing marshals. They are there to help you cross safely. **Do Not Stop Traffic!!!!** Wait until it is safe to cross.
13. **Aid Station Cut-Off Times are firm and non-negotiable.** Runners must leave the aid station before the official cut-off time or they will be withdrawn from the race.
14. **Runners must turn their race bib in to the Aid Station Captain for accountability if they withdraw from the race or do not make a mandatory cut off time.**
15. The Aid Station Captain is in charge of the aid station. Do not argue with his or her authority or decisions. **Any runner who doesn't abide by the Aid Station Captain's**

directives, or is disrespectful to any volunteer faces disqualification. Again, be nice to our volunteers, they are here for you!

- 16. **This is a NO CREW or PACER race.** No crews are allowed at any aid station. Failure to abide can result in runner disqualification. We are limited with parking and only allow aid station volunteers to park in designated areas. Please share the trail with other users, including mountain bikers. We share these trails.....we don't own them.
- 17. No Littering. Please pick up anything you see. Sometimes people may inadvertently drop something. Be kind and help out.
- 18. No drop bags. We will not be transporting drop bags to any aid station. Carry all you need. We will have plenty of food and fluids at each aid station. Skratch Labs Hydration and Muir Energy gels are provided among other goodies.

Cut Off Times:

Noble Canyon 50K Aid Stations

<u>AS Name</u>	<u>GPS</u>	<u>Miles Between</u>	<u>Cum Miles</u>	<u>Open (time of day)</u>	<u>Cutoff (time of day)</u>	<u>Cutoff (Hours)</u>
START: Creekside Ranch			-	5:00 a.m.	6:30 a.m.	
Big Tree1	32°53'45.67"N 116°28'59.80"W	8.3	8.3	7:15 a.m.		
Penny Pines	32°54'20.47"N 116°27'27.47"W	2.7	11.0	7:45 a.m.	10:00 a.m.	
Rat Hole	32°53'8.32"N 116°25'57.40"W	4.8	15.8	8:15 a.m.	11:30 a.m.	
Big Tree2		6.5	22.2			
Hammer's Hideaway	32°52'1.38"N 116°30'54.80"W	4.9	27.1	9:45 a.m.	2:45 p.m.	
FINISH: Creekside Ranch		4.0	31.1	10:15 a.m.	4:05:59 p.m.	9:35

CANYON

TRAIL RACES

50K/15K