2021 Race Guide

June 5th

Buffalo Creek, Colorado

BEARCHASE RACE SERIES

https://www.northfork50.com/

From The Staff...

With 2020 in the past, the Bear Chase Race staff is focused and looking forward to getting the running community back on its feet and all of you to the starting line! We are excited to welcome veterans and newcomers alike to our races, and our goal has always remained to provide a positive and fun race experience, no matter your ability or experience.

Last year we added another goal – to be a positive example for the running community and to do things "the right way" during restrictive times. We asked you to take on the task of helping us to achieve this goal and could not have received a better outcome. Your patience, understanding, and willingness to support our COVID protocols contributed to successful events (albeit limited) at Chase the Moon and Rock Hawk, without incident.

Thankfully, our 2021 COVID safety protocols have been relaxed to align with CDC, state & county guidelines. We also continue to follow recommendations from our medical team at the University of Colorado Hospital, along with best practice inputs from Colorado Event Task Force Committee, and other events nationwide. And, while our events will feel a little more like normal, each runner is encouraged to take additional precautions as needed for individual personal comfort.

We are grateful and honored to have you running alongside us this year and thank you for joining us at the Bear Chase Race Series events. We wish you all you all a safe, enjoyable, and memorable race experience on the trails!

~ David Manthey, Race Director

~ Karen Craig, Assistant Race Director

~ Chad Wilson, Assistant Race Director

COVID

Protocols

All runners, volunteers, and spectators must adhere to the protocols stated below while in attendance at the 2021 Bear Chase Race Series events. It is the responsibility of each race attendee to exercise additional personal precautions as needed for individual comfort.

- Do not participate or attend if you have tested positive for COVID-19 or are exhibiting symptoms related to COVID-19, or have had symptoms within the two weeks prior to the race
- If you begin to exhibit symptoms related to COVID-19 during the race, leave immediately, and notify the race director via E-mail
- Make a conscious effort to maintain physical distancing in the Start/Finish area and aid stations
- Face coverings are recommended in the Start/Finish area when unable to maintain physical distancing
- Face coverings are not required on course, but runners should clearly communicate when passing each other so that the runner being passed can step to the side of the trail
- Staggered start times and a rolling start may be used to aid physical distancing at the start, and to spread everyone out on the course
- Aid station volunteers will wear face coverings and gloves, and serve fluids & nutrition in a “no touch” manner
- Anyone seen intentionally ignoring safety protocols or being disrespectful to runners, volunteers, or staff will be disqualified and asked to leave immediately

Course Rules

In no particular order

- Runners must stay on designated marked trails at all times, unless nature calls.
- Runners must have their bib and bracelet visible throughout the race.
- Absolutely no littering. All trash must be disposed of before leaving the aid station. Otherwise must be carried to the next aid station or finish line.
- No pacers allowed.
- Crew support is allowed only in designated areas.
- Dogs are not permitted on the race course. Well behaved dogs are allowed with crews.
- Be respectful of other trail users. Trails are open to public during the race.
- Follow standard trail etiquette - pedestrians yield to horses, bikers yield to pedestrians
- This race is considered “cup-free”. Runners must carry a hydration container.
- Runners are required to respect wildlife by not approaching, feeding, or harming wildlife.
- Please be courteous to volunteers and staff. They are helping you to succeed.

Race Overview

Date/Start Times	Saturday, June 5th 50M: 7:00am 50k: 7:30am
Location	Buffalo Creek 18050 S Buffalo Creek Rd Pine, CO 80470
Packet Pick-Up	5:45am at the Start/Finish. We strongly recommend arriving early, and a valid photo identification is required.
Parking	Adjacent to the Start/Finish, with overflow & spectator parking at St. Elizabeth's Catholic Church.
Carpooling	Please help reduce traffic in Buffalo Creek and ease parking by carpooling.
Toilet facilities	Port-o-potties will be at the Start/Finish area and on-course at most of the aid stations.
Aid Stations	Seven aid stations are on course to support your run. The 50K accesses them six times, and the 50M nine times.
Pacers/Crew Support/ Spectators	Pacers are not allowed for either race distance, however family/friends may run in to the finish with their runner for the final mile along Buffalo Creek Rd. Crew support is only allowed at designated aid stations and areas on the course.
Drop Bags	Runners wanting to have a drop bag on course at the Buffalo AS should clearly identify their bag and leave it for transportation at the Start/Finish. Drop bags will be returned to the Start/Finish area periodically throughout the race and must be collected by 9pm.
Silicon bracelets	**NEW THIS YEAR** Each runner will receive a colored silicone bracelet, matching the color of the course markings they are to follow. The bracelet must be worn throughout the race to aid runners, staff & volunteers with course navigation. 50K – **BLUE** bracelet 50M – **ORANGE** bracelet (will be exchanged for a **BLUE** bracelet at second visit to Buffalo Aid Station)

Leave No Trace

To minimize trash on the trails, North Fork 50 is a CUP-FREE RACE. This means paper cups will not be provided for water and will only be used for Gatorade and soda. All runners will be responsible for carrying their own refillable hand-held bottle or hydration system.

Aid stations will have limited trash receptacles and are reserved for runner use. We ask crew and spectators to abide by "pack it out" principles, to include dog poop bags.

Race Overview

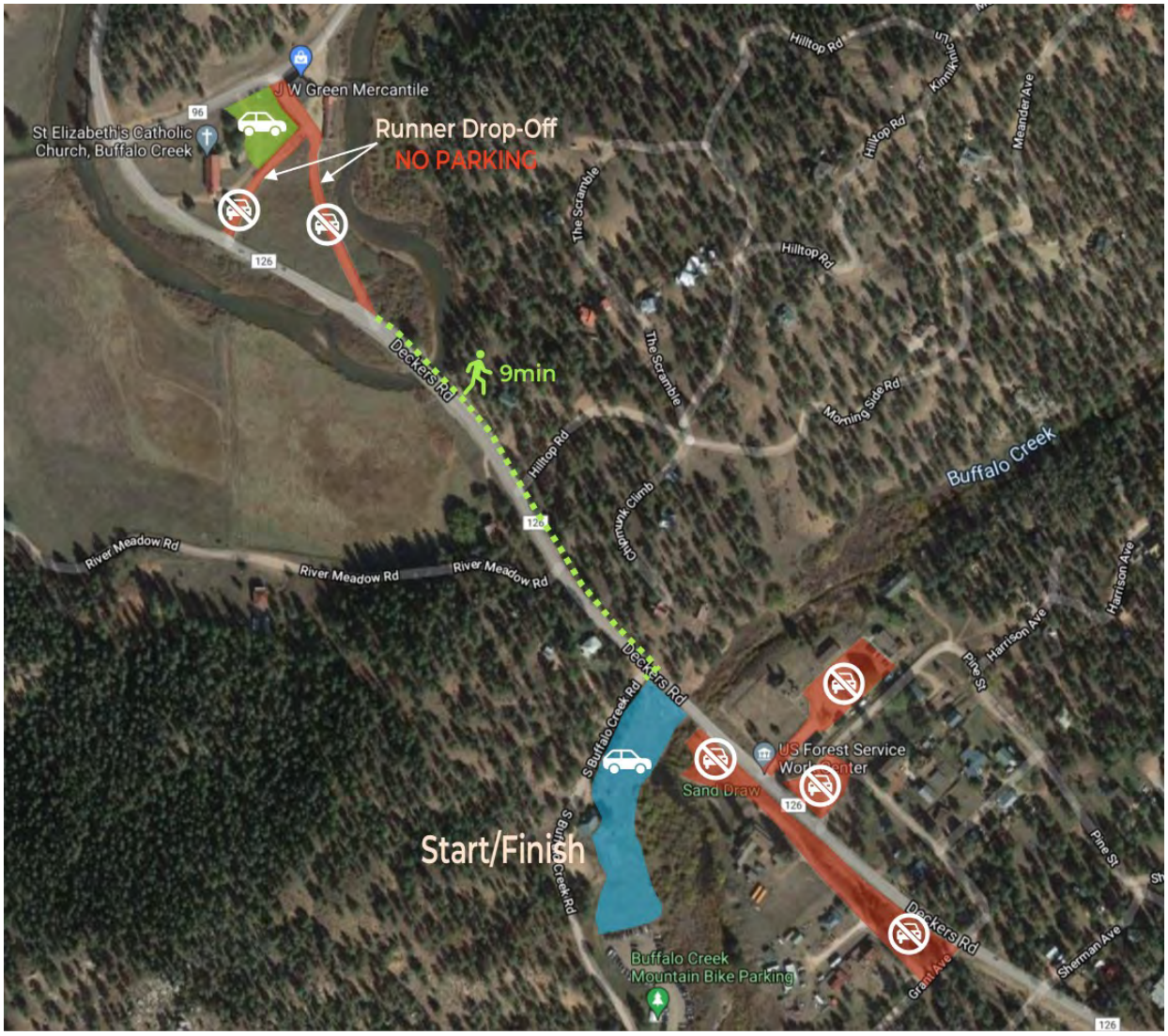
Parking

We highly encourage car-pooling for the North Fork 50, to include crew and spectators, due to the limited space available at the start/finish area.

Parking for the North Fork 50 will be available at two locations:

- Start/Finish - Available at 5:00am. Vehicles parking in this area (volunteers and staff are exempt) will not be allowed to leave before 9:00am. Utilize the St. Elizabeth's parking for short-term parking.
- St. Elizabeth's Catholic Church - Available at 6:00am. Nine minute walk to Start/Finish area

Runner drop-off will be at St. Elizabeth's. We can not accommodate drop-off at the start/finish area due to safety and traffic flow reasons. Do not drop-off along the side areas near the start/finish area as these are private properties, and out of courtesy to the residents. Additionally do not drop-off along Deckers Rd as this may cause congestion. County sheriffs will be in the area to monitor traffic.



Course Timing

Timing

Timing services are provided by Hal Sports. Please do not fold, crumple or alter your bib as that may damage your timing chip and render it unreadable by the timing mats.

Course Cut-Offs

For safety, runners must stay ahead of the designated cutoff times. Runners who arrive at an aid station after the cutoff will not be allowed to continue.

Course cut-offs for all race fields are:

50K (Start 7:30am) - Average Course Pace 29:15/mile				
Aid Station	Cut-Off Time	Course Distance	Distance to Next	Required Pace to Next
Buffalo	5:15pm	18.3	4.3	16:17/Mile
Miller Gulch	6:25pm	22.6	3.7	16:13/Mile
Miller Gulch	7:25pm	26.3	5.5	17:16/Mile
Finish	9:00pm	31.8	100ft to beer	

50M (Start 7:00am) - Average Course Pace 16:43/mile				
Aid Station	Cut-Off Time	Course Distance	Distance to Next	Required Pace to Next
Buffalo	5:15pm	36.7	4.3	16:17/Mile
Miller Gulch	6:25pm	41	3.7	16:13/Mile
Miller Gulch	7:25pm	44.7	5.5	17:16/Mile
Finish	9:00pm	50.2	200ft to BBQ	

Drop Out

Any runner needing to drop out during the race must go to the nearest aid station and notify race crew of intent to drop out, or notify staff at the start/finish area. Failure to do so may lead to an unaccounted status at the end of the race resulting in deploying search and rescue, with the runner responsible for the cost of this effort.

Race Fields

50M		
Start Time	7:00am	
Course Color	**ORANGE (Miles 1-36.7)**	**BLUE (Miles 36.7-50.2)**
Finish Cut-Off	9:00pm	
Crew Support	Crew support is allowed at the following aid stations • Scraggy • Shinglemill • Buffalo • Rolling Creek Runners receiving crew support outside of these areas are subject to disqualification	
Pacers	Pacers are not allowed Runners observed with pacers are subject to disqualification	
Drop Bags	Drop Bags will be available at the Buffalo Aid Station	
Important Course Notes	• Mile 5.6: Immediately after the first Aid Station (Scraggy) the course splits and 50M runners will run straight through the trailhead parking lot to the Scraggy Trail. (50K runners will stay right on the Colorado Trail.) The courses rejoin 10.9 miles later, just before entering the Shinglemill AS. • Mile 18.9: Leaving the Buffalo AS, runners will follow the Colorado Trail for approx. 0.6M to the intersection with Redskin Creek Trail. 50M runners will stay to the left, following the orange markings on the Colorado Trail. (If you follow the blue markers to the right on the Redskin Creek Trail, you will wind up missing the out/back section to Rolling Creek AS and will be DQ'ed!) After reaching the Rolling Creek AS, 50M runners will return back on the Colorado Trail all the way to the Buffalo AS. • Mile 36.7: Upon returning to Buffalo AS for the second time, 50M runners will check in and exchange your orange bracelet for a blue bracelet. When leaving Buffalo AS, 50M runners will now follow blue course markings for the duration of the race (taking the right turn onto Redskin Creek Trail).	

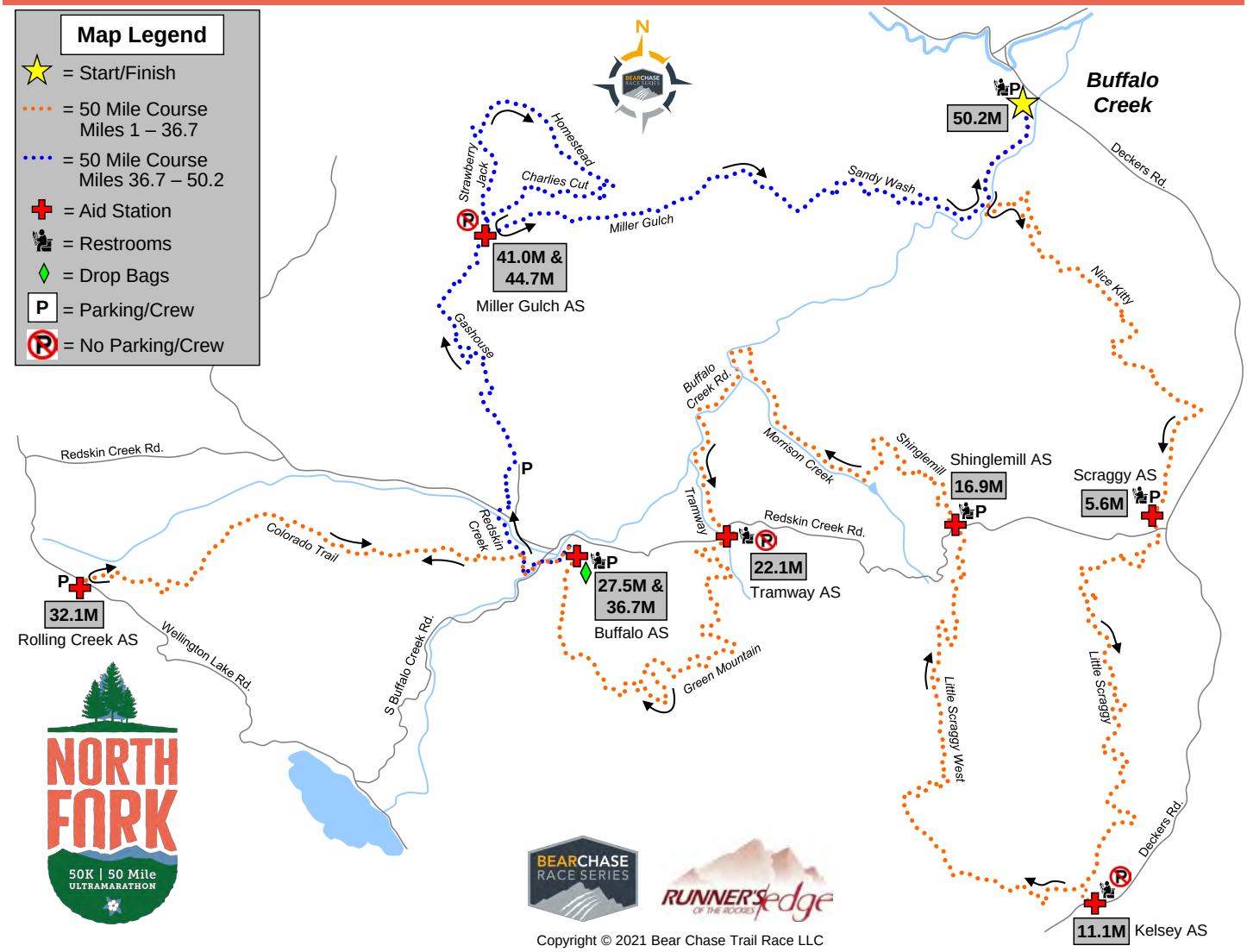
Detailed course maps by section are provided at the end of this guide

WRONG WAY!

RED and WHITE ribbons indicate wrong way.

Race Fields

50M Course Overview



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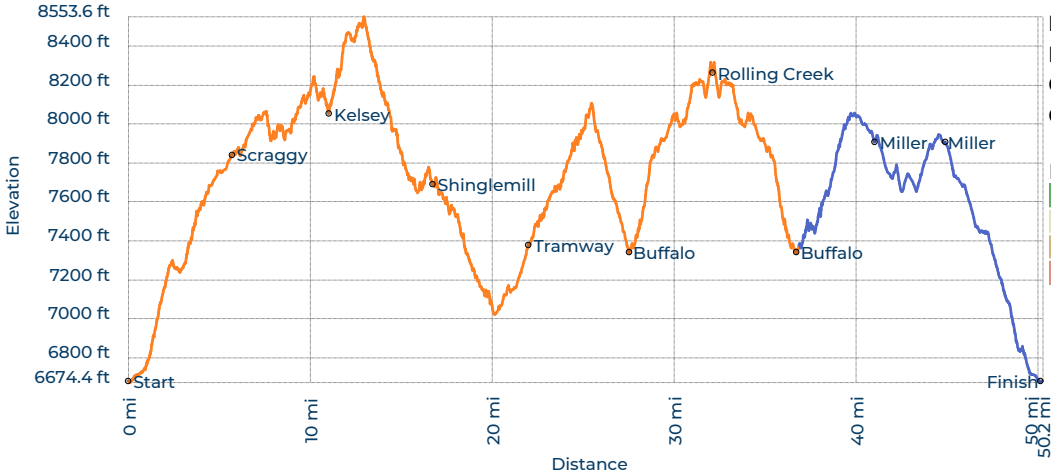


Elevation Data
Min/Max: 6674'/8553'
Gain/Loss: 5970'/-5969'
Change: 11,939'

Land Cover
- Forest 78%
- Grassland 13%
- Shrub 4%
- Developed 3%

STRAVA
Course Link

Race Fields

50K	
Start Time	7:00am
Course Color	**BLUE**
Finish Cut-Off	9:00pm
Crew Support	Crew support is allowed at the following aid stations • Scraggy • Shinglemill • Buffalo Runners receiving crew support outside of these areas are subject to disqualification
Pacers	Pacers are not allowed Runners observed with pacers are subject to disqualification
Drop Bags	Drop Bags will be available at the Buffalo Aid Station
Important Course Notes	• Mile 5.6: Immediately after the first Aid Station (Scraggy) the course splits and 50K runners will stay to the right on the Colorado Trail (50M runners will run straight through the trailhead parking lot to the Scraggy Trail). The courses rejoin 2 miles later, just before entering the Shinglemill AS. • Mile 18.9: Leaving the Buffalo AS, runners will follow the Colorado Trail for approx. 0.6M to the intersection with Redskin Creek Trail. 50K runners will stay to the right, following the blue markings onto Redskin Creek Trail. If you follow the orange markers to the left on the Colorado Trail, you will wind up with bonus miles!

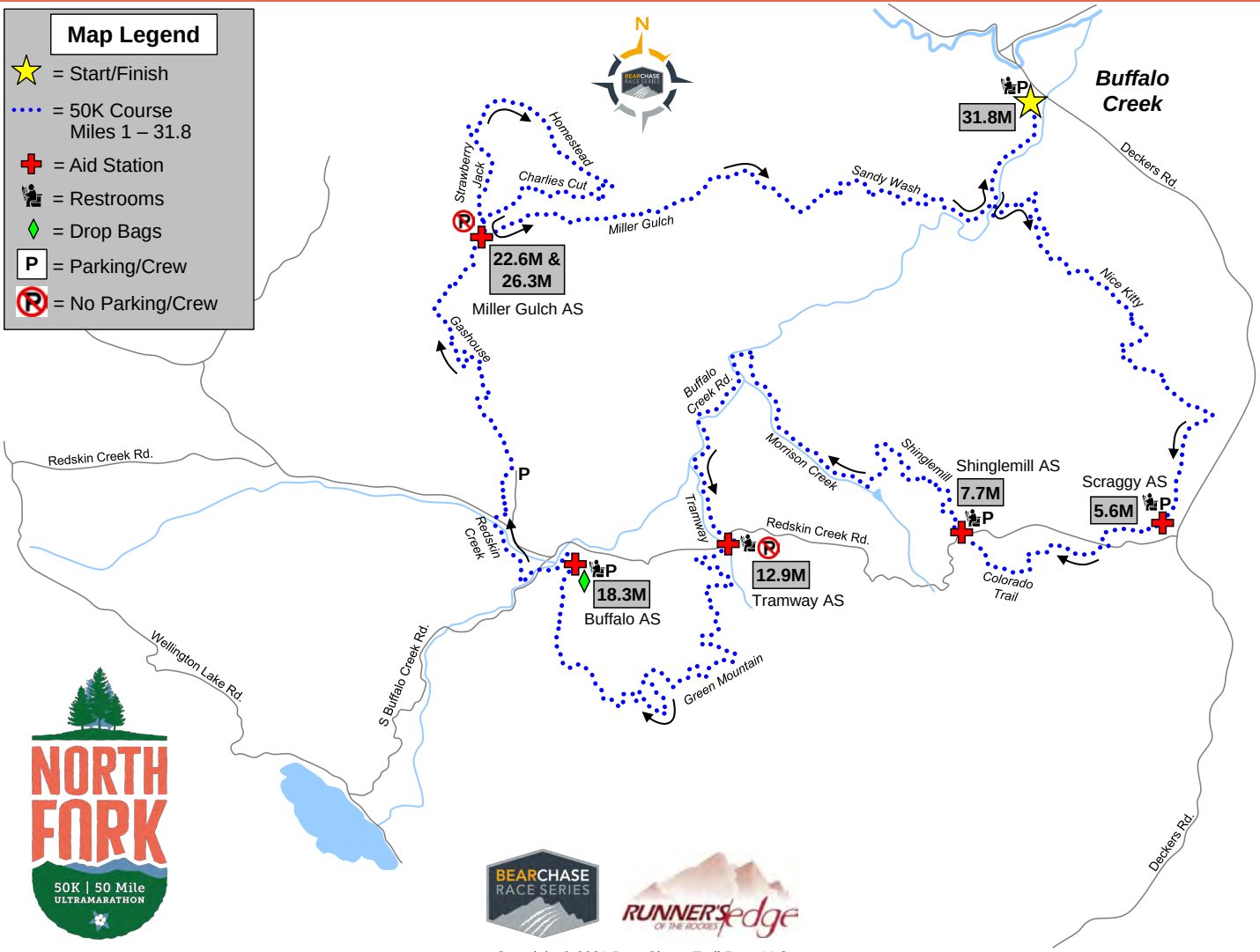
Detailed course maps by section are provided at the end of this guide

WRONG WAY!

RED and WHITE ribbons indicate wrong way.

Race Fields

50K Course Overview



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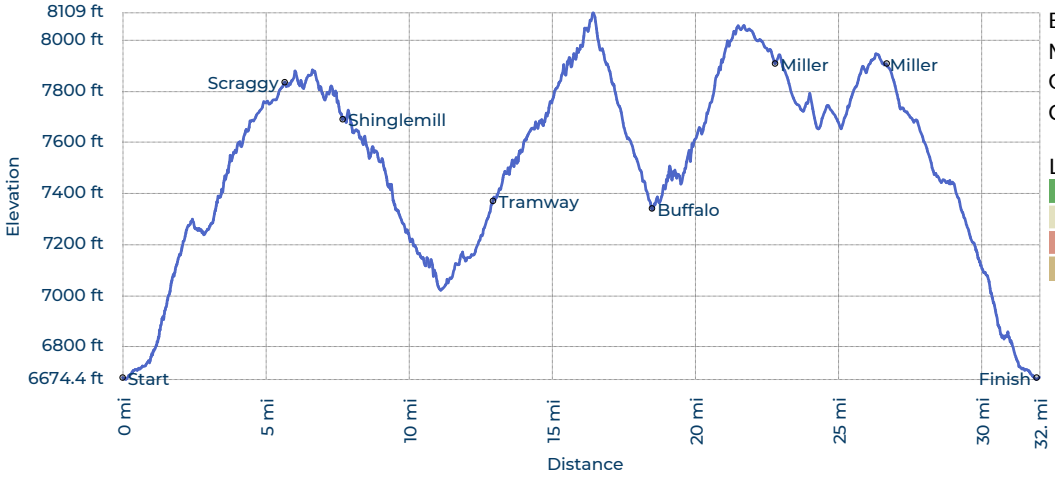


Elevation Data
Min/Max: 6674'/8109'
Gain/Loss: 3550'/-3548'
Change: 7,098'

Land Cover
- Forest 69%
- Grassland 21%
- Developed 5%
- Shrub 4%

STRAVA
Course Link

Aid Stations

Overview

There will be a total of seven aid stations along the NF50 course, with five on the 50K course and seven on the 50M course.

Scraggy Aid Station will only have hydration options. All other aid stations will offer the following:

Hydration

- Water
- Gatorade
- Soda

Food

- Chips/Crackers
- Pretzels
- Pickles
- Cookies
- M&Ms
- Skittles
- Gummies
- Bite-Size Snickers
- Watermelon
- Oranges
- Bananas
- Honey-Stinger Gels
- Bean and tortilla rolls
- PB&J mini-sandwiches

Crew/Spectators

Crew/spectator access will be available only at the following aid stations:

- Scraggy
- Shinglemill
- Buffalo
- Rolling Creek (50M Only)

Each access site is open to the public during the race. All crew and spectators are expected to follow all National Forest posted rules and regulations, to include parking restrictions, and be courteous to other users of the area. Those observed violating these rules will be asked to leave the area.

- IMPORTANT - Crew parking is not allowed in undesignated areas along Redskin Creek Rd (550)

Drop Bags

- Before the race start, leave your drop bag at the signed location in the parking lot adjacent to the Community Hall building ("Bippy").
- You may use anything you want for your drop bag (spike bag, small duffel, etc.) but make sure it is sturdy and keep it to a reasonable size.
- Write your name, bib number and race distance clearly on your bag (sharpie on duct tape works well). You will be responsible for finding your bag at Buffalo AS, so make it identifiable.
- When you finish with your drop bag at Buffalo AS, you must move it to the "BACK TO FINISH" area, as this is the only way race staff will know which bags need to be returned to the Start/Finish before the aid station closes at 5:15pm, when the remaining bags will be returned.
- Drop bags will be returned to the Start/Finish area periodically throughout the race beginning at Noon, and must be collected by 9pm.

Aid Stations

Aid Station Details

50K

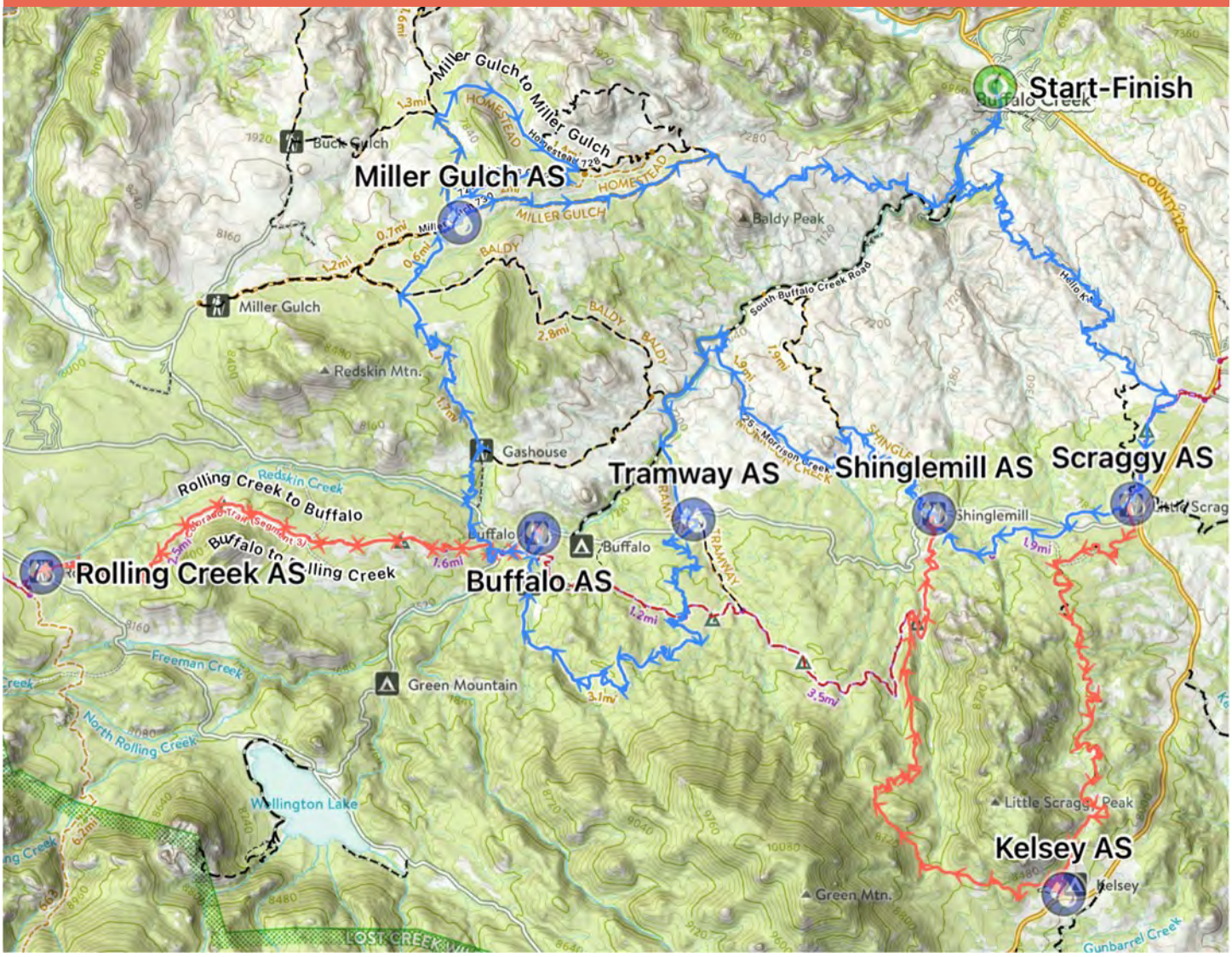
Aid Station	Offerings	Course Distance	Distance to Next	Restrooms	Crew Access	Drop Bags	Google Location
Scraggy	Water Only	5.6M	2.1	Yes	Yes	No	Scraggy TH
Shinglemill	Hydration/Food	7.7M	5.2M	Yes	Yes	No	Shinglemill TH
Tramway	Hydration/Food	12.9M	5.4M	Yes	No	No	
Buffalo	Hydration/Food	18.3M	4.3M	Yes	Yes	Yes	Buffalo TH
Miller (1st)	Hydration/Food	22.6M	3.7M	No	No	No	
Miller (2nd)	Hydration/Food	26.3M	5.5M	No	No	No	

50M

Aid Station	Offerings	Course Distance	Distance to Next	Restrooms	Crew Access	Drop Bags	Google Location
Scraggy	Water Only	5.6M	5.5M	Yes	Yes	No	Scraggy TH
Kelsey	Hydration/Food	11.1	5.8M	Yes	No	No	
Shinglemill	Hydration/Food	16.9M	5.2M	Yes	Yes	No	Shinglemill TH
Tramway	Hydration/Food	22.1M	5.4M	Yes	No	No	
Buffalo (1st)	Hydration/Food	27.5M	4.6M	Yes	Yes	Yes	Buffalo TH
Rolling Creek	Hydration/Food	32.1M	4.6M	No	Yes	No	Rolling Creek TH
Buffalo (2nd)	Hydration/Food	36.7M	4.3M	Yes	Yes	Yes	Buffalo TH
Miller (1st)	Hydration/Food	41.1M	3.7M	No	No	No	
Miller (2nd)	Hydration/Food	44.7M	5.5M	No	No	No	

Aid Stations

Aid Station Locations



Medical and Safety

Medical Response

North Fork Fire Rescue is responsible for coordinating and providing all medical responses during the race. The medical staff will be located at the Start/Finish area. Runners experiencing a medical emergency on course will need to go to the nearest aid station, timing checkpoint, or report the emergency to a passing runner. Race staff will communicate with the medical team to determine appropriate response action. Medical evacuations will only be reserved for serious or critical medical needs such that the injured party can not physically move under their own ability. Tiredness, sore feet, or a splinter is not a reason for an evacuation.

Runner Safety

All runners should follow general safety precautions as one would take while training on trails in remote areas.

Course Terrain

Some sections of the North Fork 50 course are considered technical. Expect loose and rocky terrain with uneven surfaces.

Vehicle Traffic

Some short areas of the course will be on forest service roads. Be alert of vehicles traveling on these roads.

Wildlife

Runners are required to respect wildlife by not approaching, feeding, or harming wildlife. Race participants observed violating this rule are subject to race disqualification.

Post Race

Post-Race BBQ

We are excited to announce we have partnered up with the Dumb Friends League for this year's North Fork 50 BBQ charity partner.

Several amazing League volunteers will be in the start/finish area during the race grilling hamburgers, hotdogs, and veggie burgers, serving these with various sides to all runners, while raising awareness for the league mission.

Dumb Friends League®
COMPASSION ALWAYS

Crew and spectators may also enjoy the BBQ in appreciation for a minimum $5 or more donation per meal to the League. Both cash and electronic methods will be accepted. The volunteers will also have information about the League and all they do for homeless and neglected animals, and rumor has it, some gifts for you and your furry family member… no, we are not talking about Aunt Edna… So stop by the "Bippy" community house, say hi to the volunteers, learn about the Dumb Friends League, and feed your stomach.

Beer and seltzer from Avery Brewing, non-alcoholic beer from Athletic Brewing, Bing Energy, and various soft drinks and water will be on ice waiting for you to enjoy in celebration with your BBQ meal.

Dumb Friends League Mission Statement:

Our Mission: Working with our compassionate community, we will end pet homelessness and animal suffering.

About the League:

The Dumb Friends League is an animal shelter in Colorado that rescues animals and offers pet adoption, veterinary services and more. Meet your new best friend today by visiting ddfl.org!

Awards

All finishers completing their registered course will receive a commemorative award recognizing thier accomplishment.

Special awards will be given for

- Top 3 finishers in each distance
- Age group awards will be given to top 3 in each age group

Special Thanks

Volunteers

The race staff spend numerous hours and long nights coordinating and preparing for each race of the Bear Chase Race Series. However, this effort does nothing to lead towards a successful event without our volunteers. They are what makes each race remarkable by working tirelessly to ensure each runner is supported and has the best opportunity to succeed in crossing the finish line.

Be sure to thank the volunteers during the race who are supporting you to make your North Fork 50 experience fantastic. If you have friends and family who would be interested in volunteering, please have them sign up at:

North Fork 50 Volunteer

Supporters

Floyds of Leadville

Avery Brewing Boulder, CO

Athletic Brewing Co Non-Alcoholic Brews

Bing Beverage

Honey Stinger

AOV Inc

HAL Sports

UltraSignup

Race Communication Supported by

ABØPC Park County Radio Club

Talk The Rockies
Service excellence in two way radio communications

Fire Rescue
North Fork
Fire Rescue

Forest Service US Department of Agriculture

CU Sports Medicine

Runner's Edge of the Rockies

Tunnel to Towers Foundation

Dumb Friends League
Compassion Always

project purple
A World Without Pancreatic Cancer

Bear Chase Race Series

Director: David Manthey

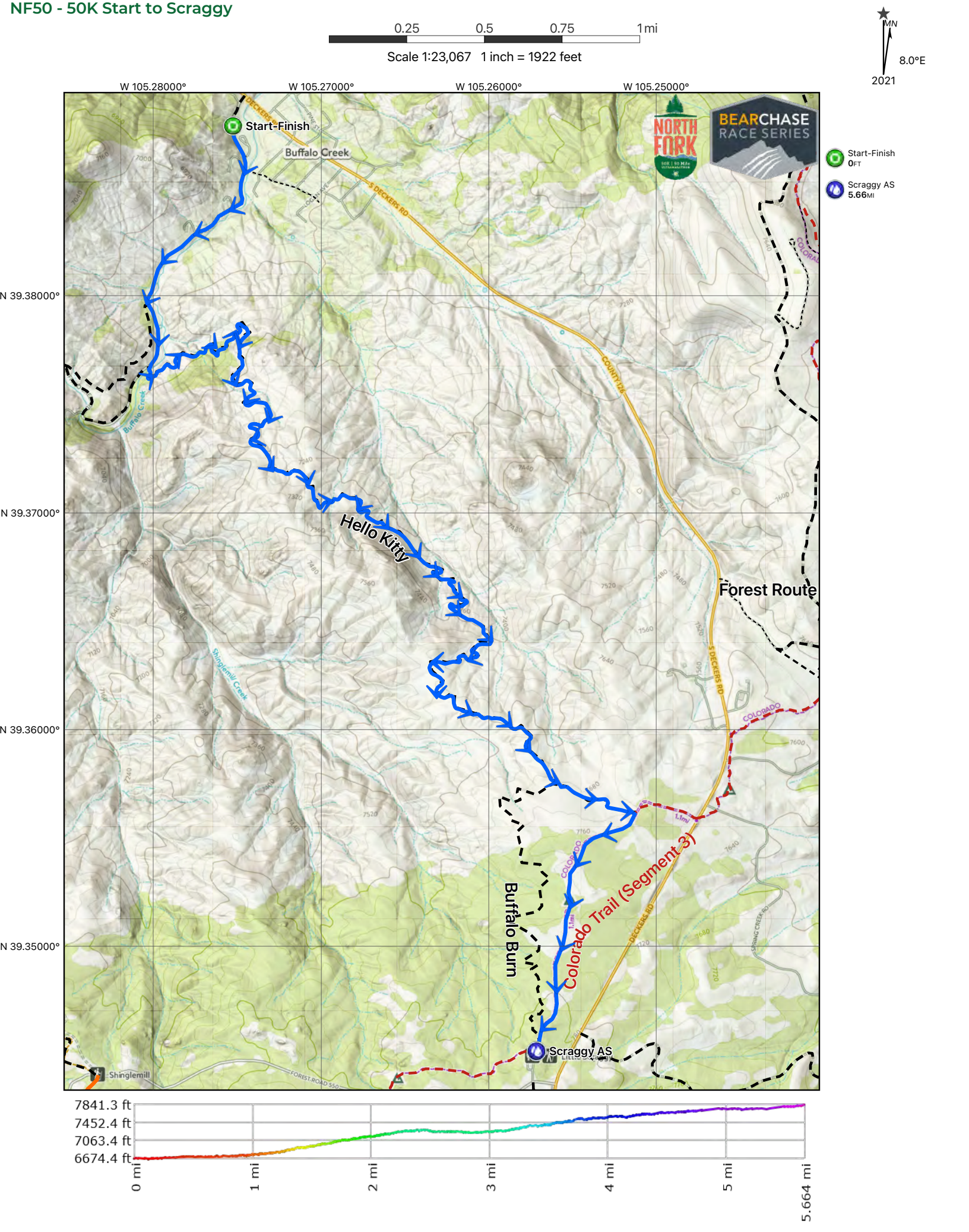
coach@runnersedgeoftherockies.com

303.320.EDGE (3343)

www.BearChaseRaceSeries.com

50K Detailed Maps

NF50 - 50K Start to Scraggy

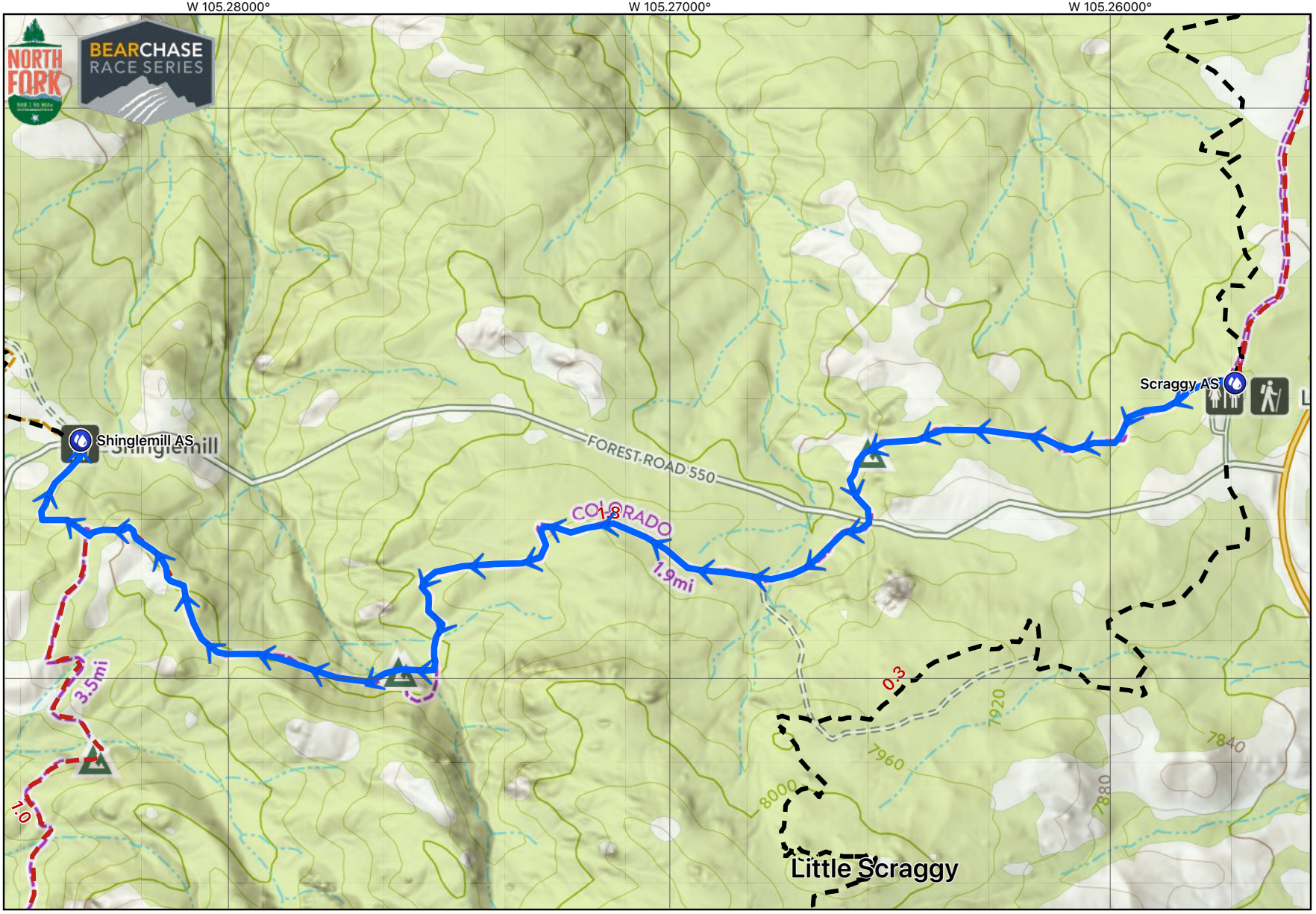


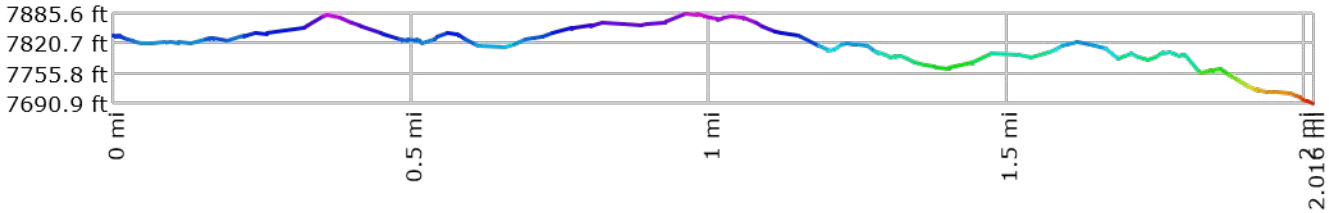
NF50 - 50K Scraggy to Shinglemill

0.25 0.5 0.75 mi

Scale 1:11,029 1 inch = 919 feet

MN 8.0°E 2021



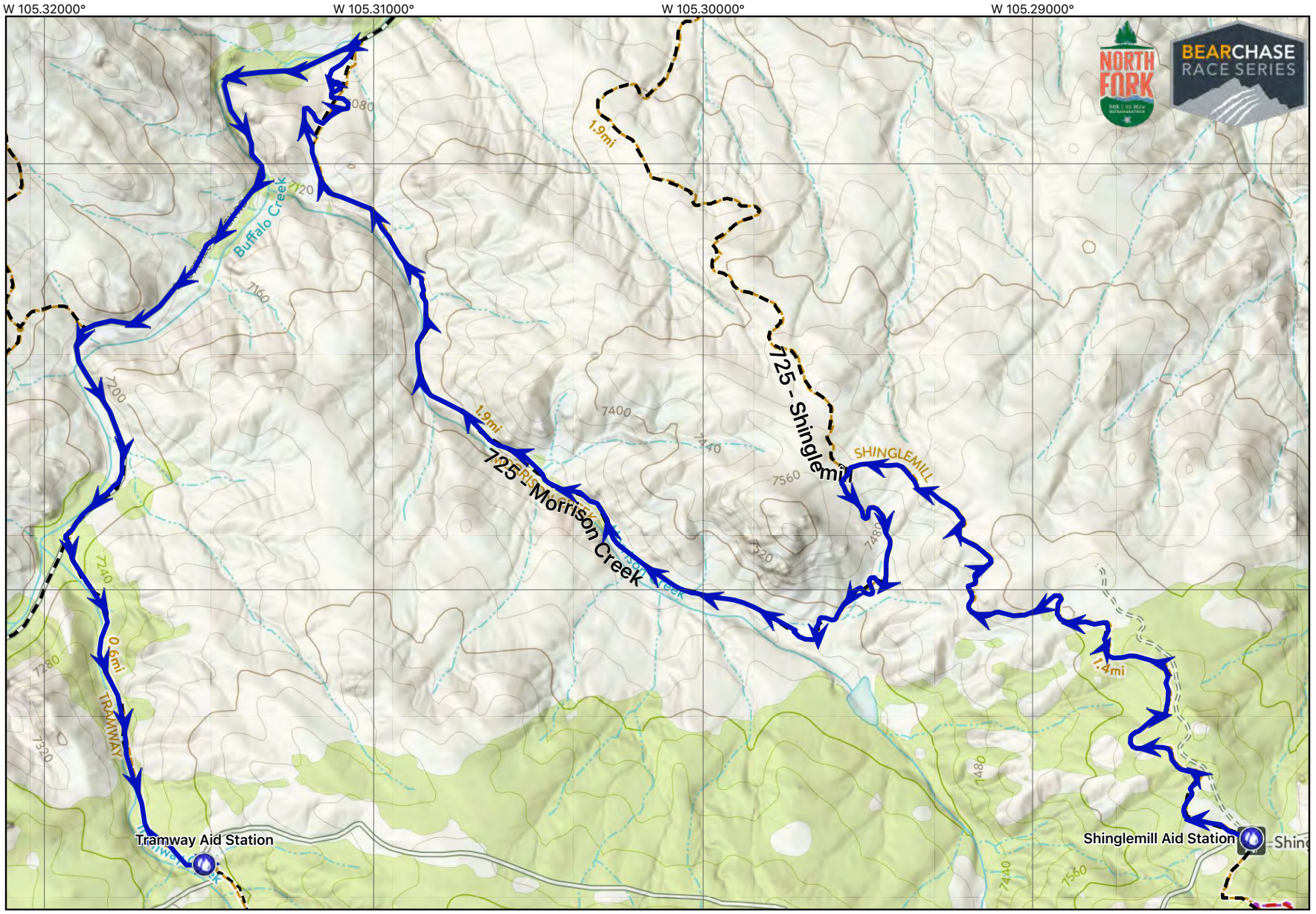


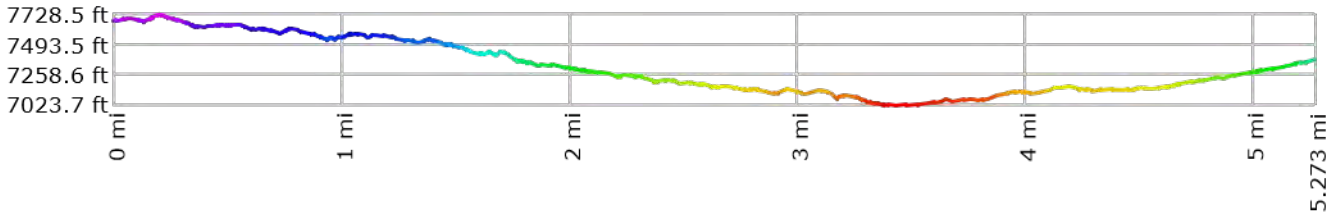
NF50 - 50K Shinglemill to Tramway

0.25 0.5 0.75 1mi

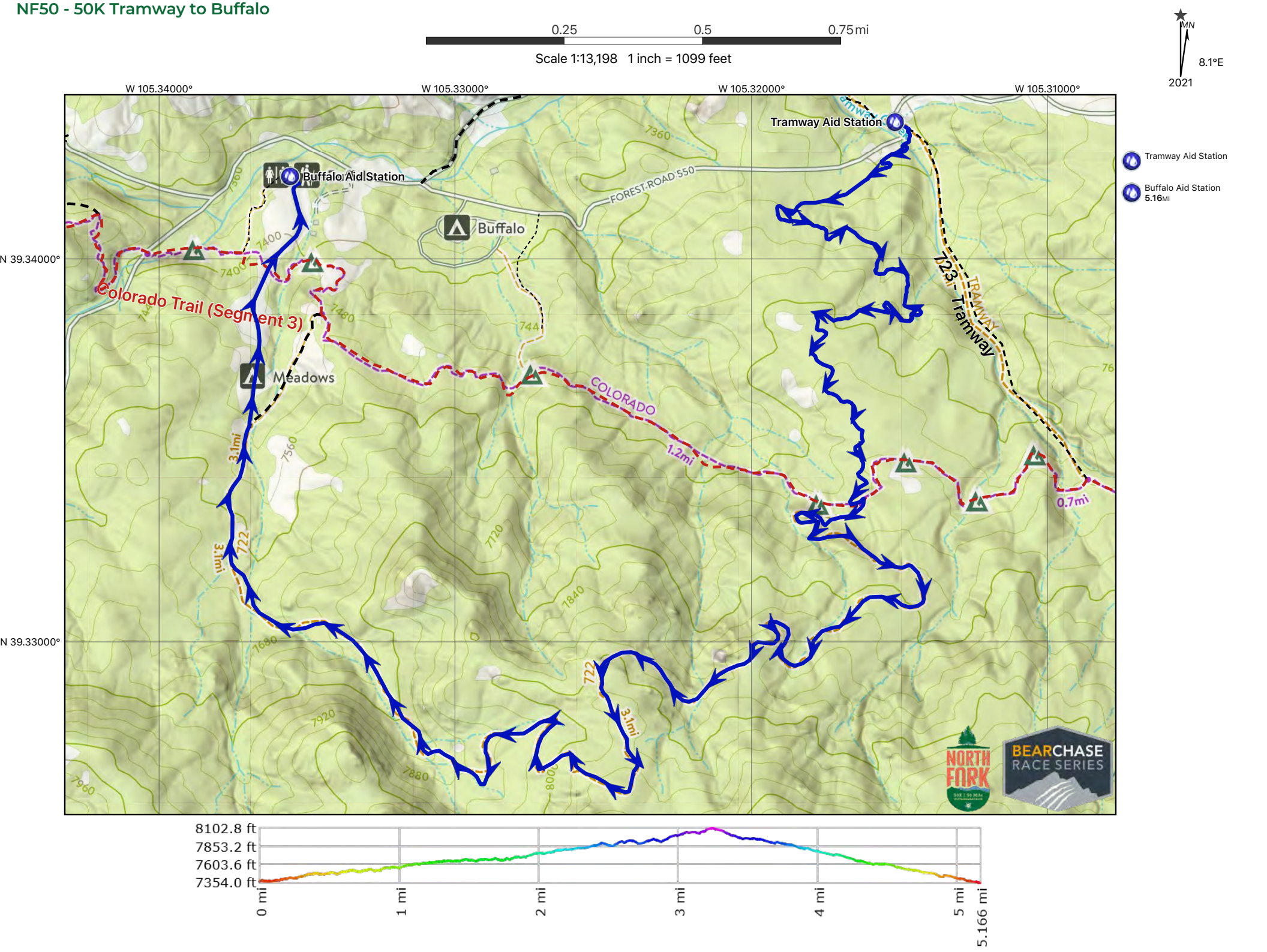
Scale 1:14,714 1 inch = 1226 feet

MN 8.0°E 2021

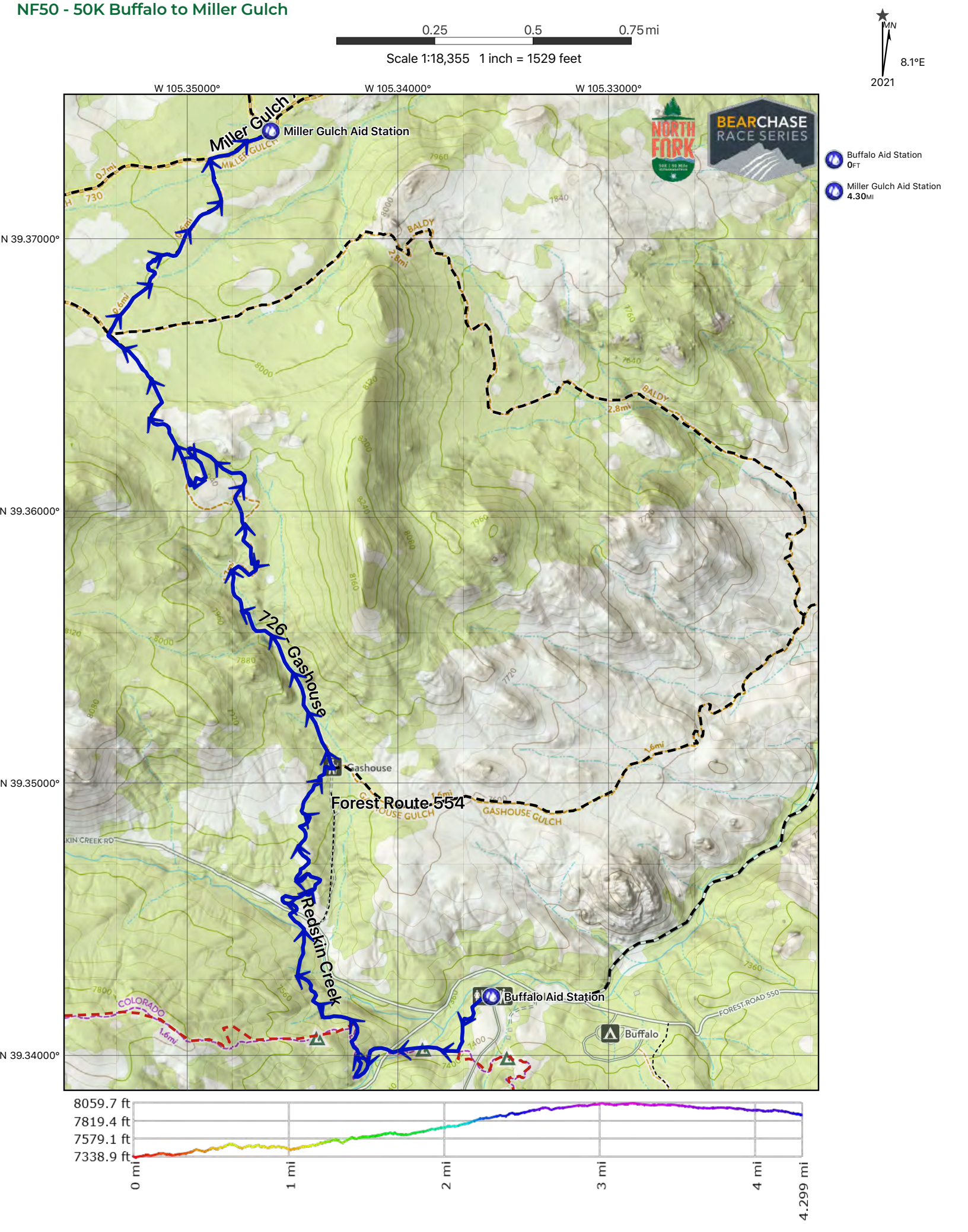




NF50 - 50K Tramway to Buffalo



NF50 - 50K Buffalo to Miller Gulch

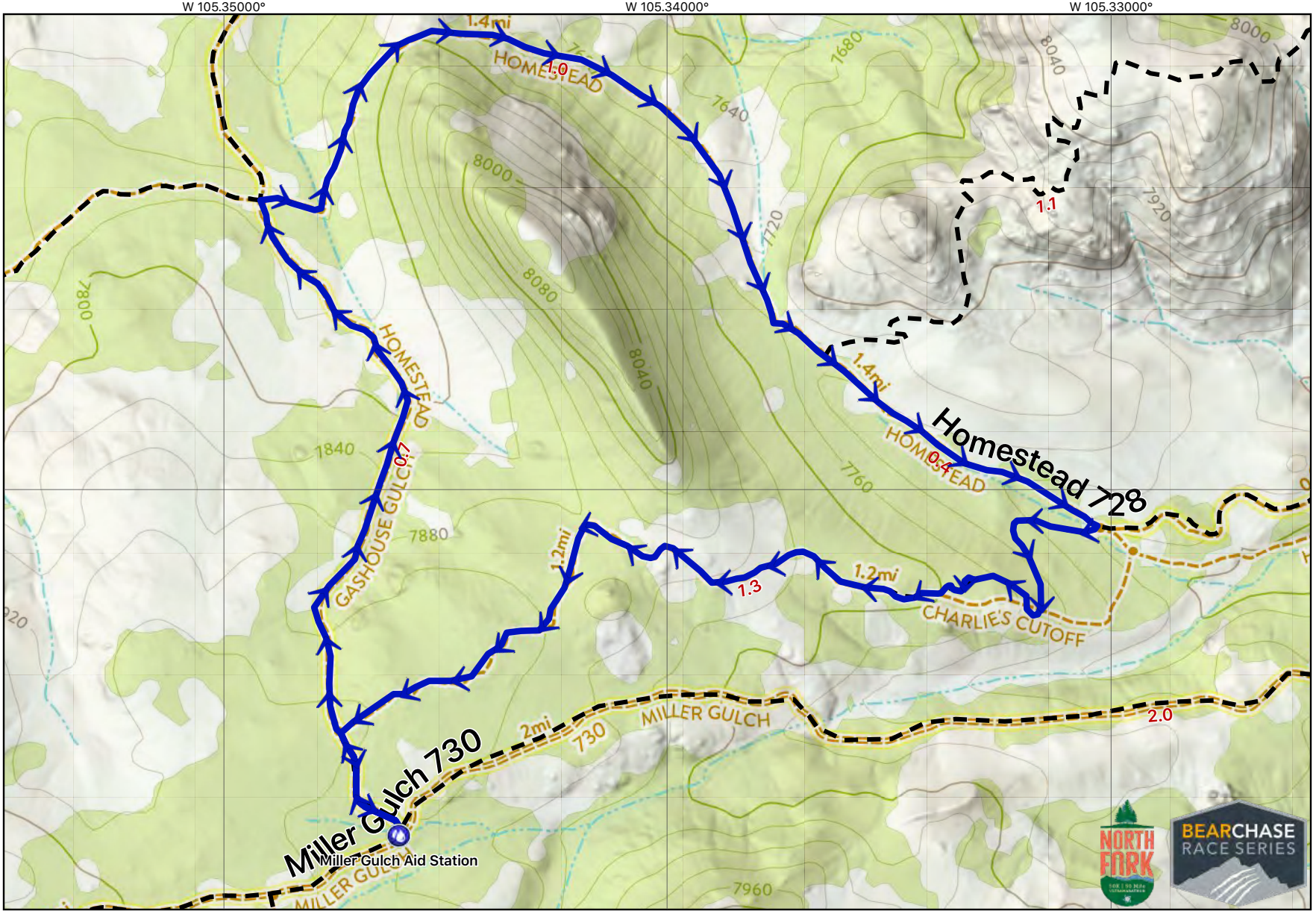


NF50 - 50K Miller Gulch to Miller Gulch

0.25 0.5 mi

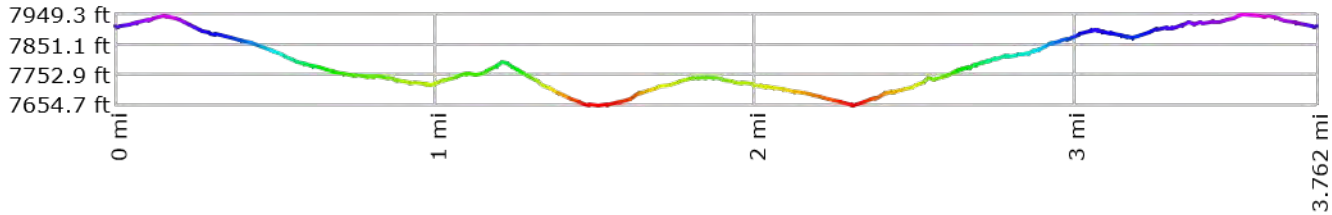
Scale 1:10,950 1 inch = 912 feet

MN 8.1°E 2021

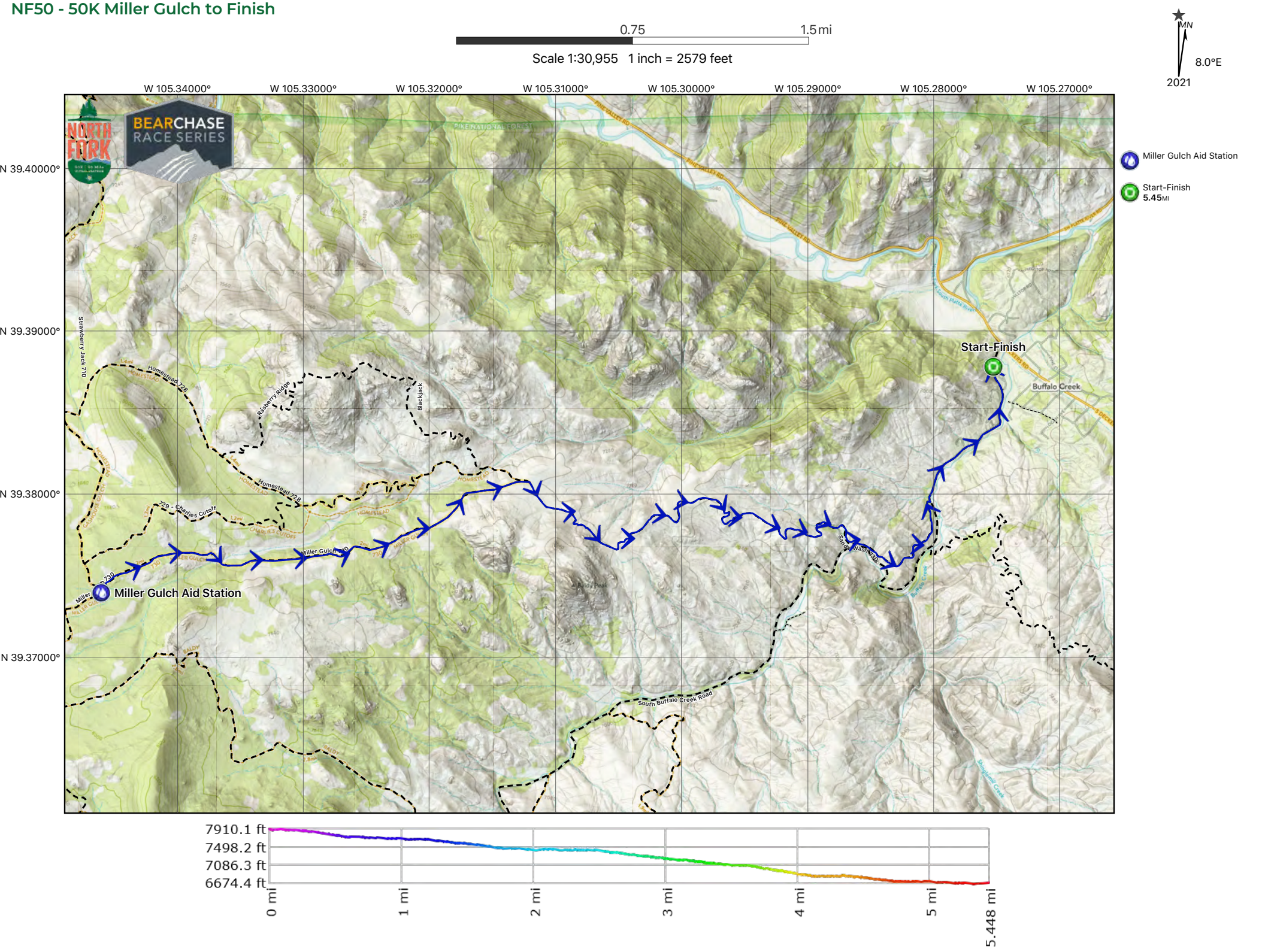


Miller Gulch Aid Station

Miller Gulch Aid Station
3.76MI



NF50 - 50K Miller Gulch to Finish



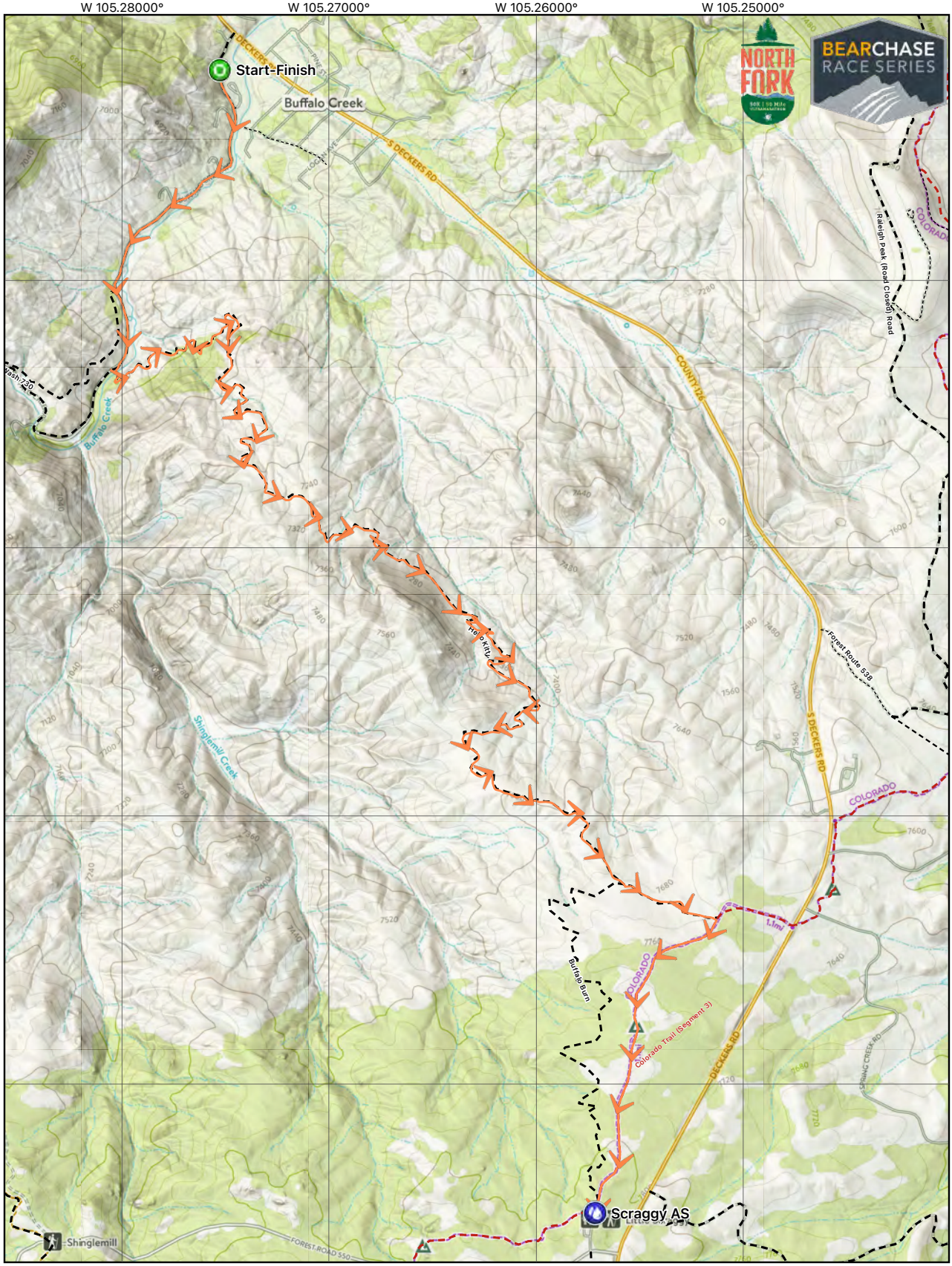
50M Detailed Maps

NF50 - 50M Start to Scraggy

0.25 0.5 0.75 1 mi

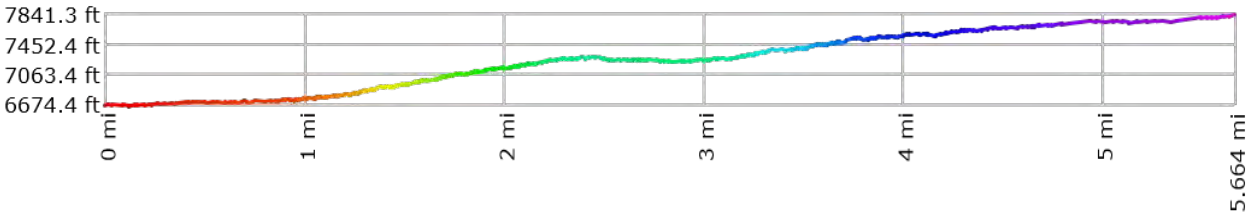
Scale 1:23,355 1 inch = 1946 feet

MN 8.0°E 2021

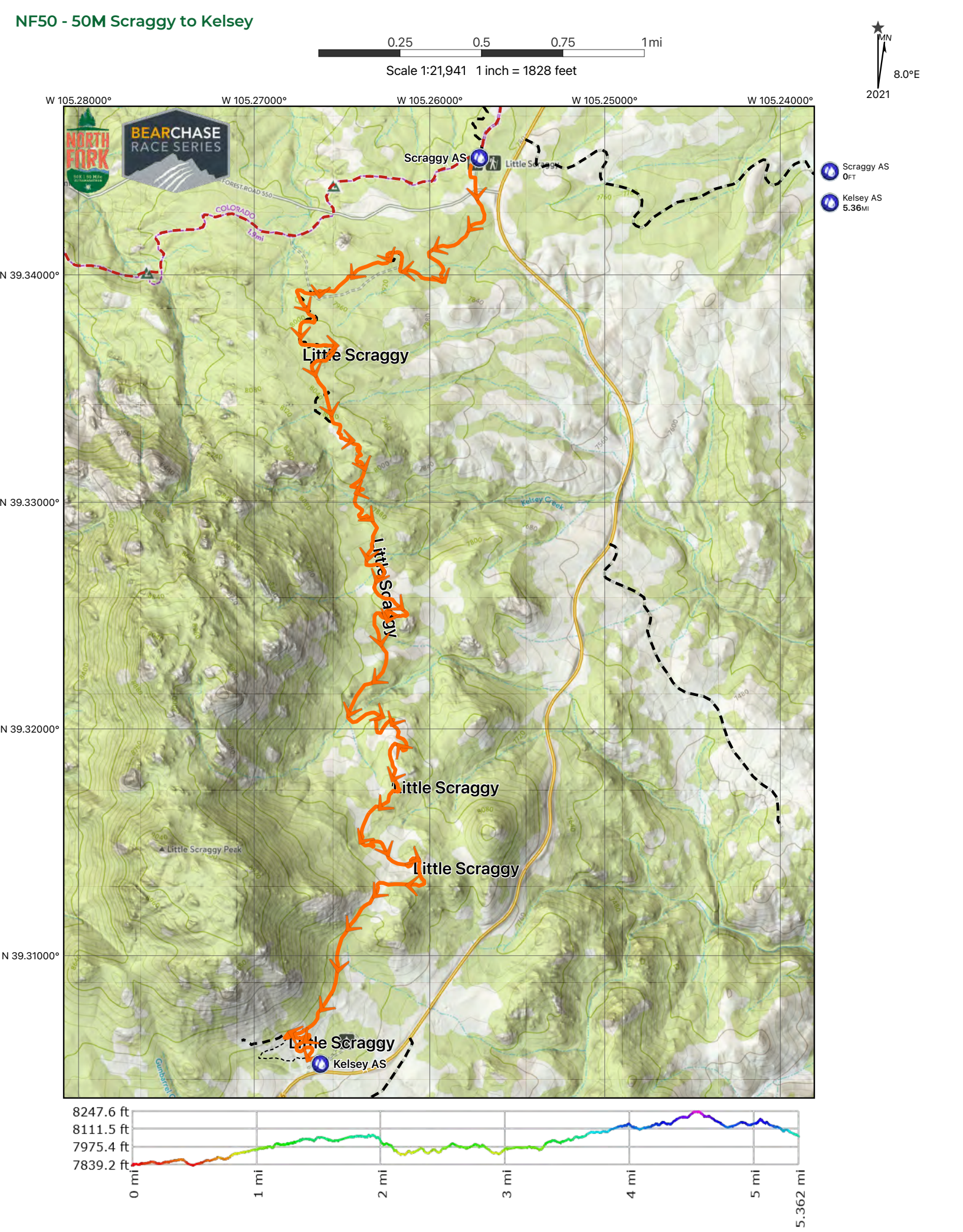


Start-Finish 0FT

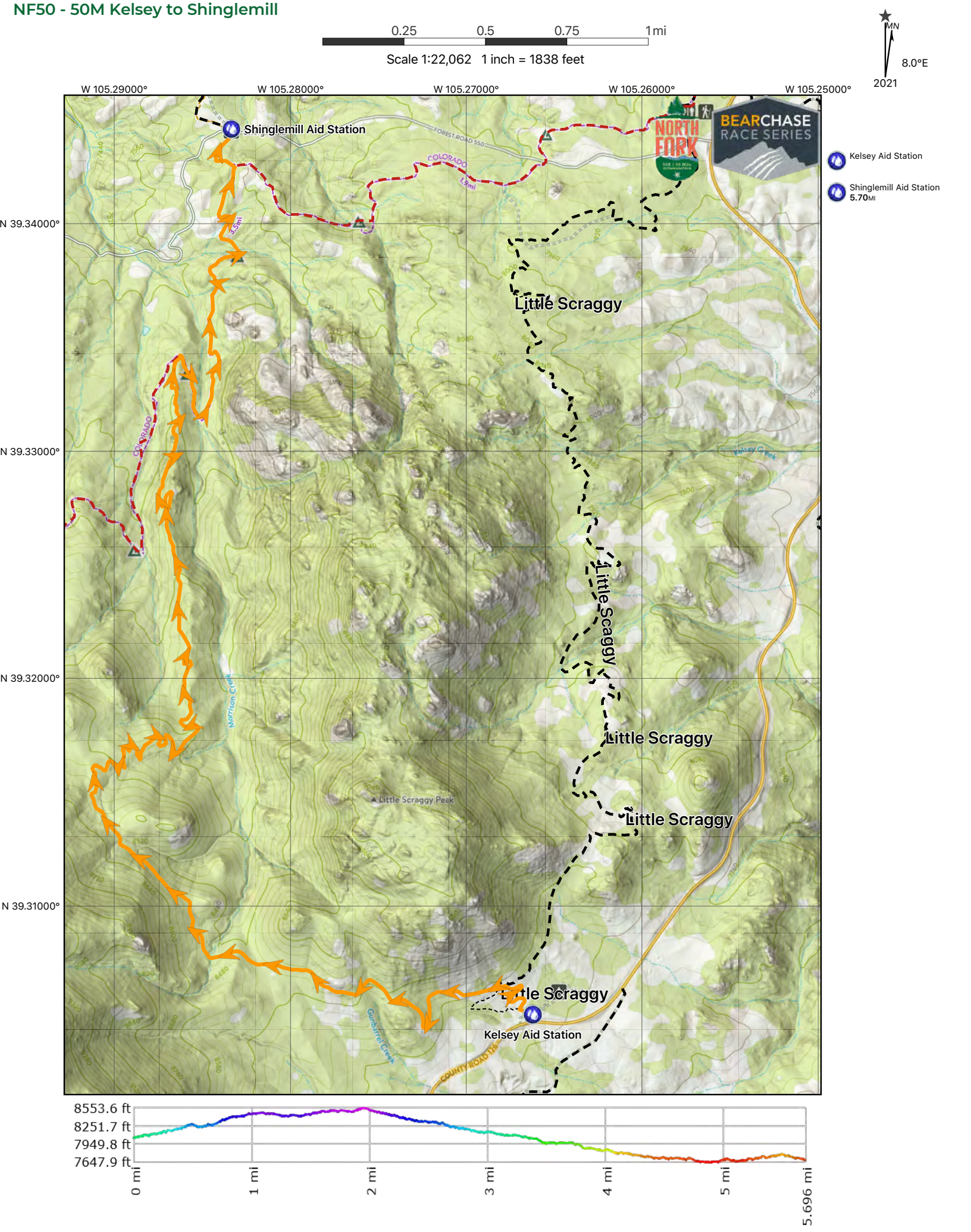
Scraggy AS 5.66MI



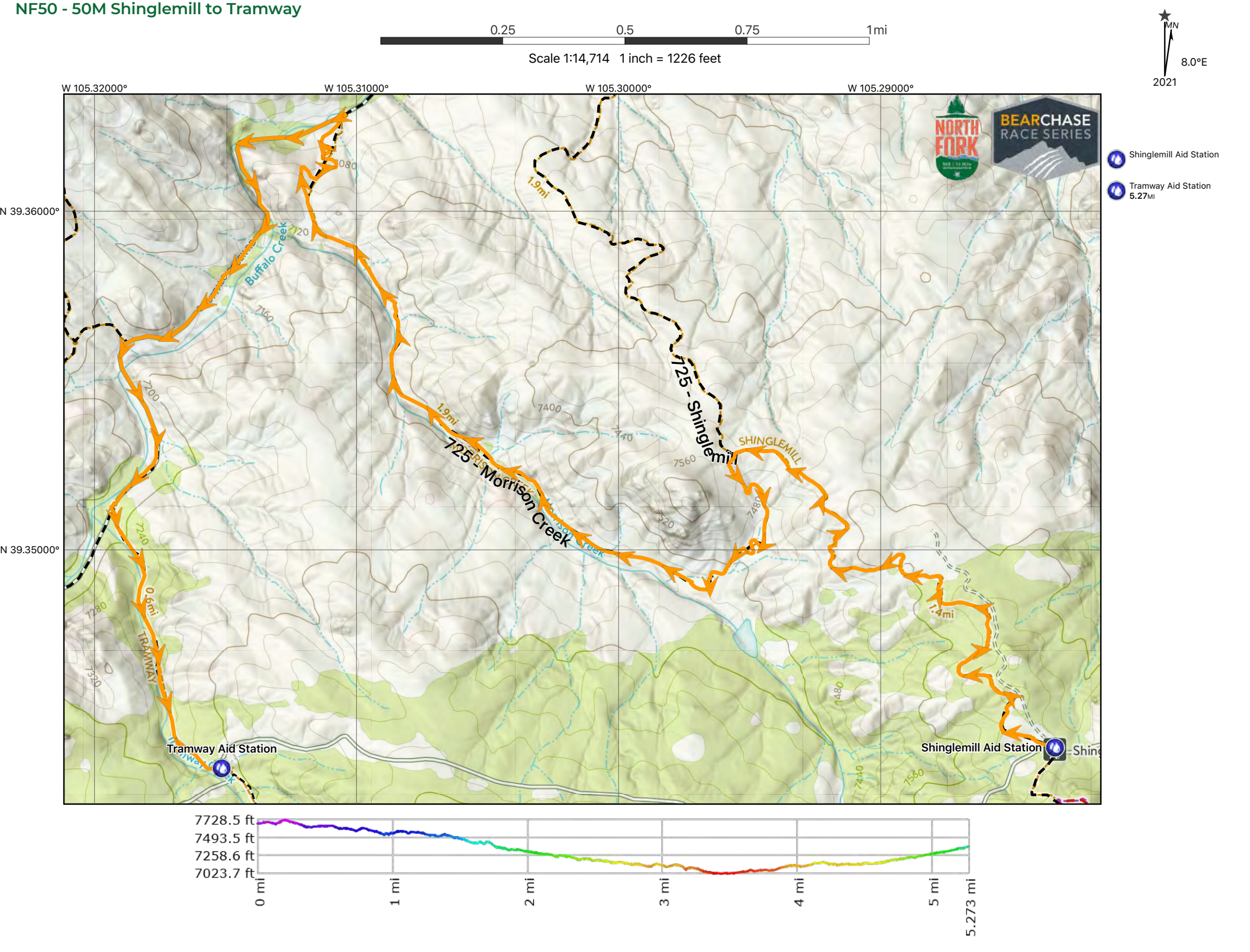
NF50 - 50M Scraggy to Kelsey



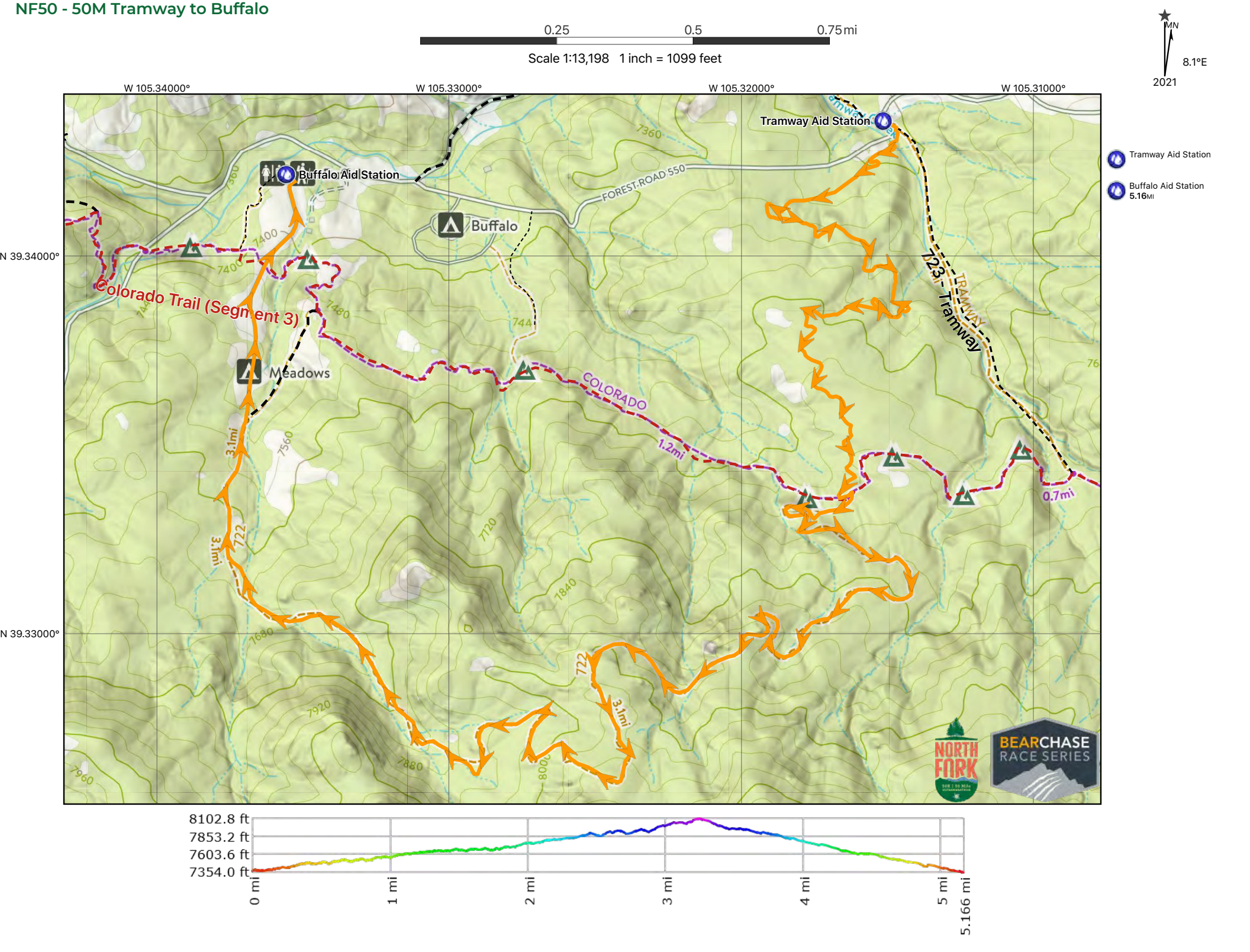
NF50 - 50M Kelsey to Shinglemill



NF50 - 50M Shinglemill to Tramway



NF50 - 50M Tramway to Buffalo

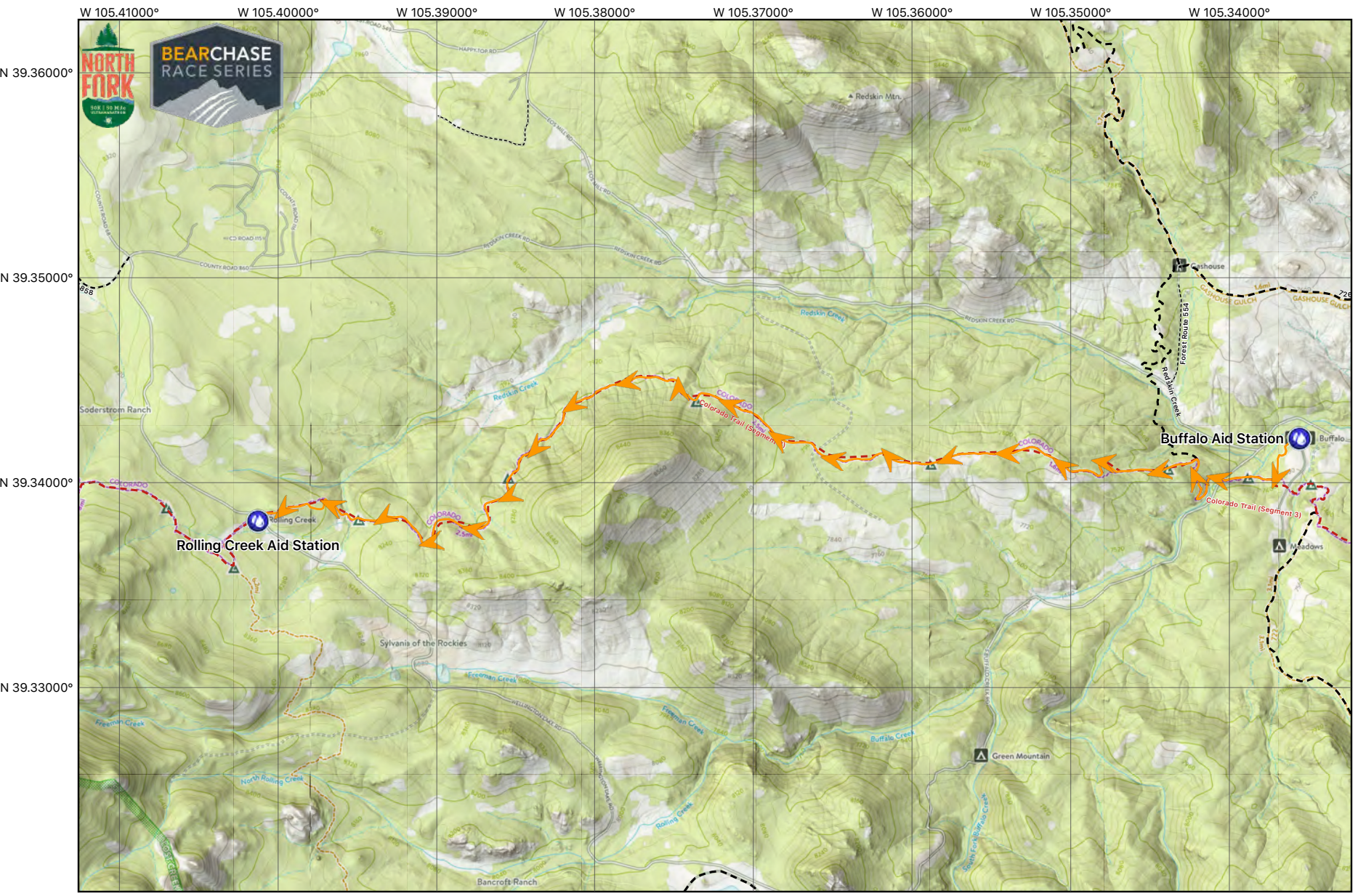


NF50 - 50M Buffalo to Rolling Creek

0.75 1.5 mi

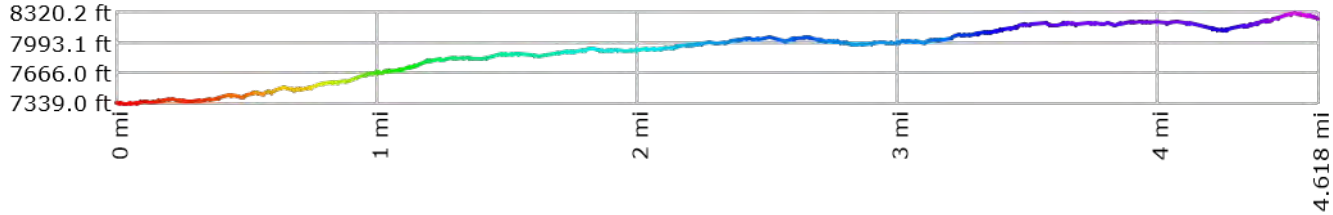
Scale 1:29,874 1 inch = 2489 feet

MN 8.1°E 2021



Buffalo Aid Station

Rolling Creek Aid Station
4.62MI

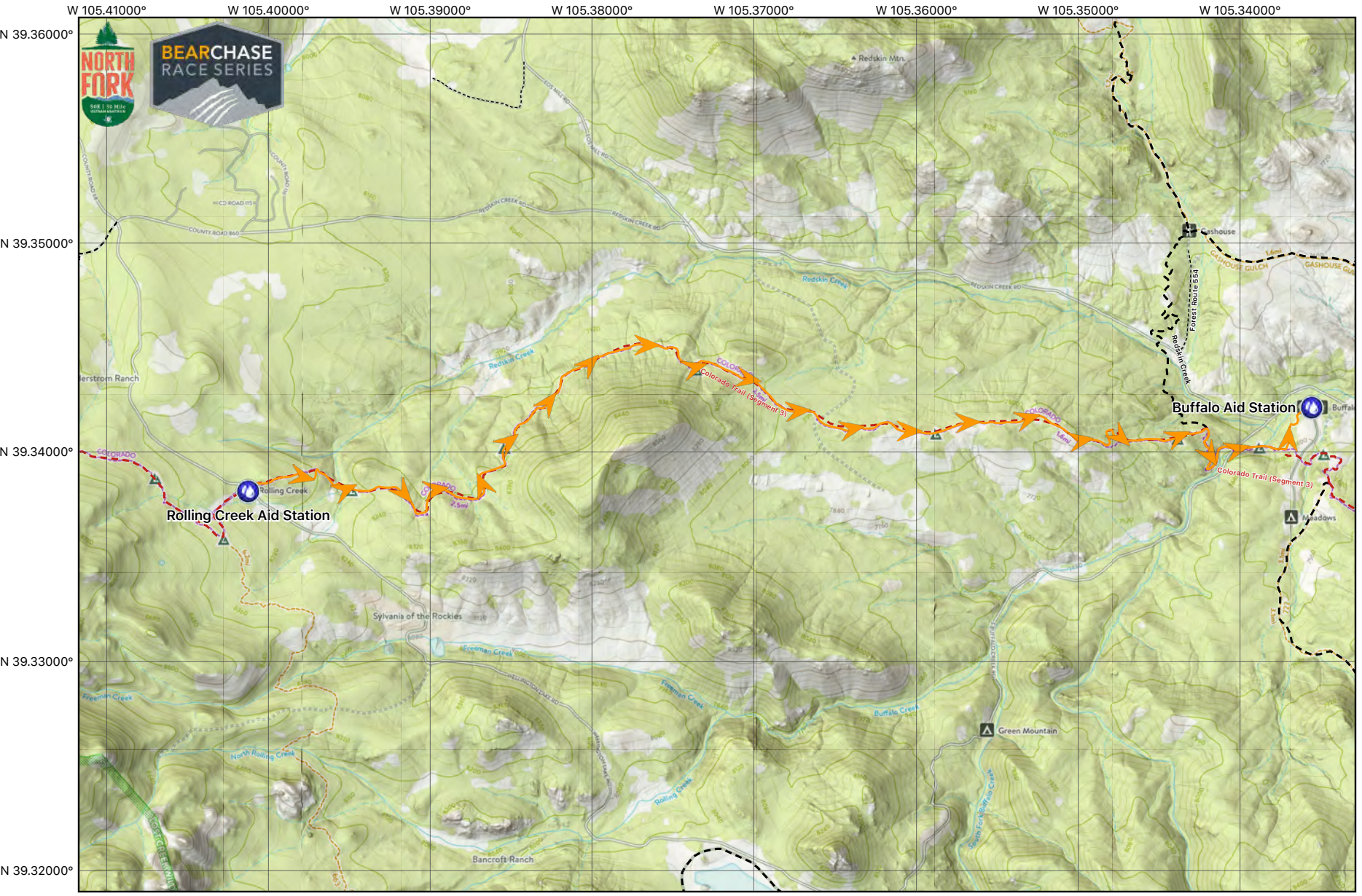


NF50 - 50M Rolling Creek to Buffalo

0.75 1.5 mi

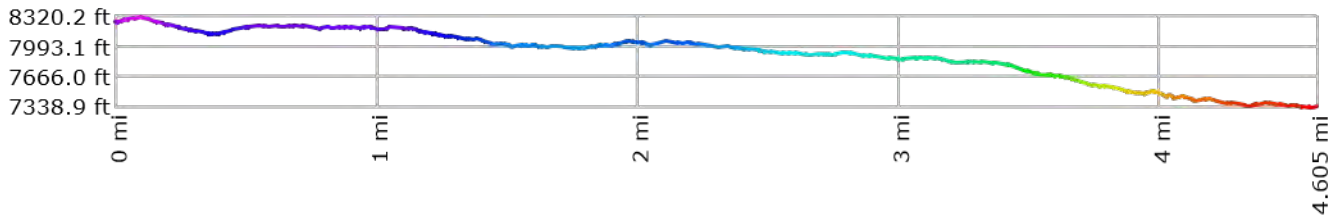
Scale 1:29,346 1 inch = 2445 feet

MN 8.1°E 2021

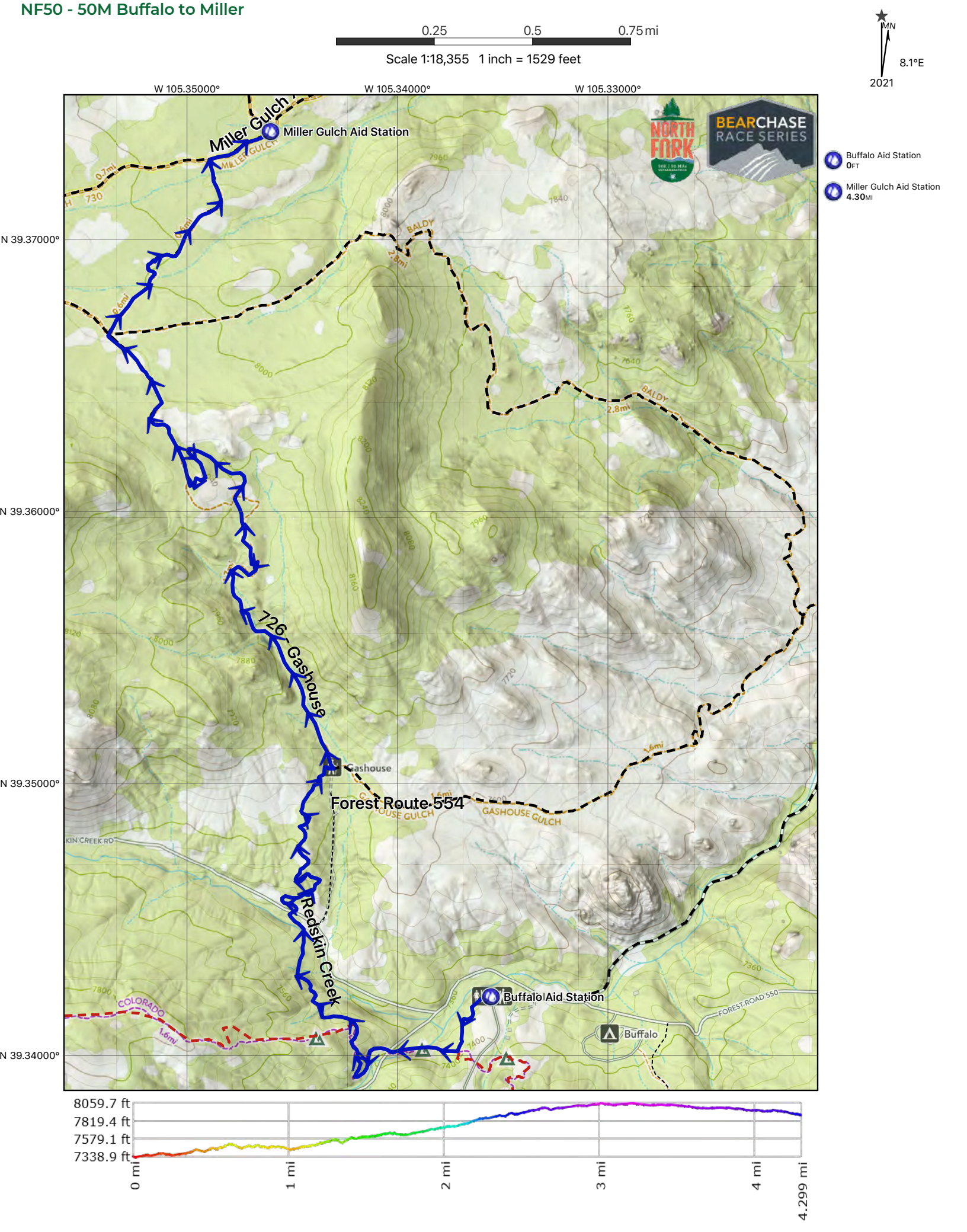


Rolling Creek Aid Station

Buffalo Aid Station
4.60MI



NF50 - 50M Buffalo to Miller

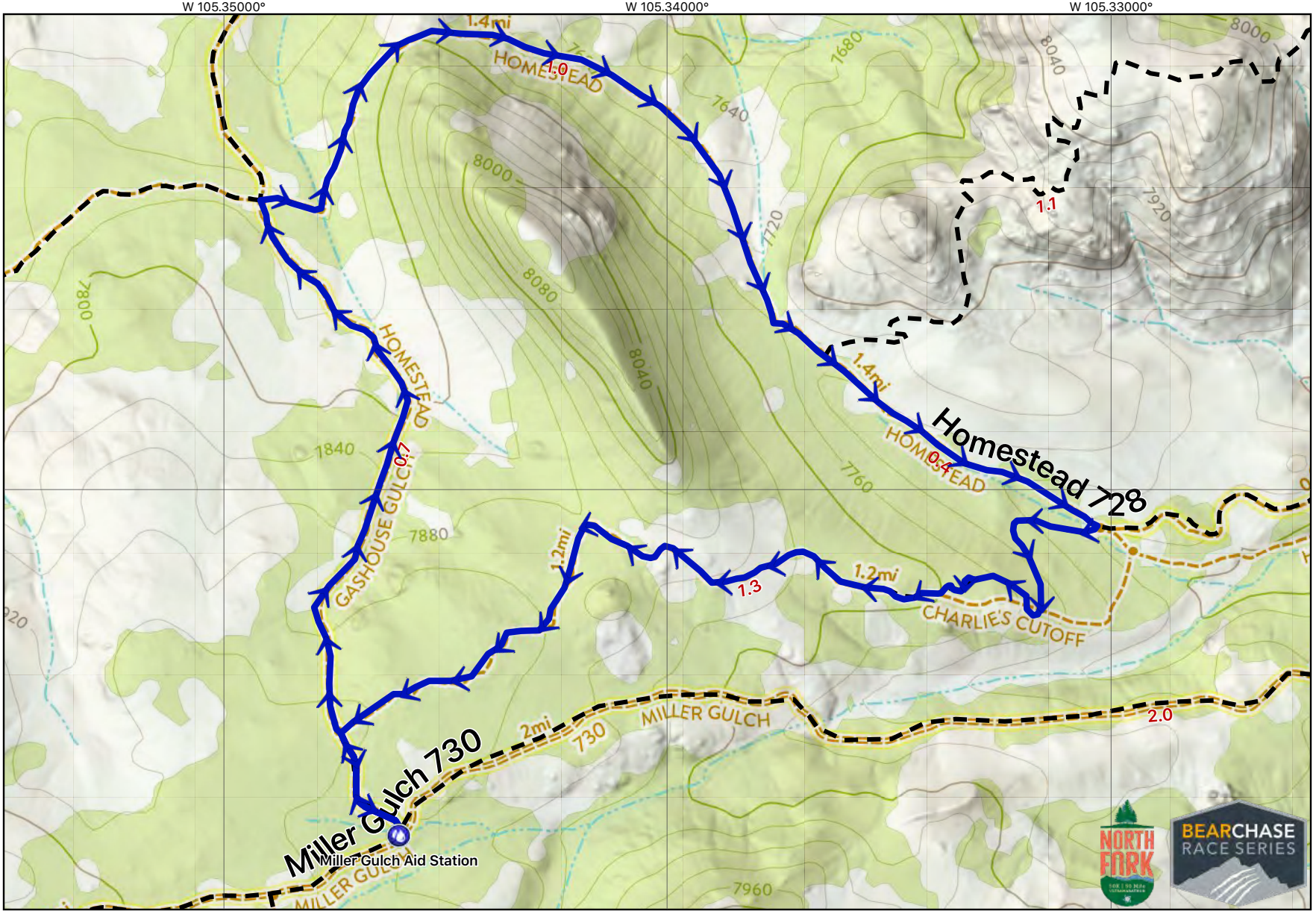


NF50 - 50M Miller to Miller

0.25 0.5 mi

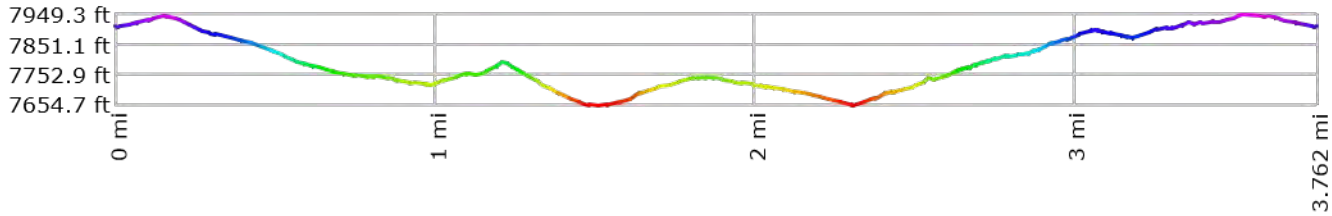
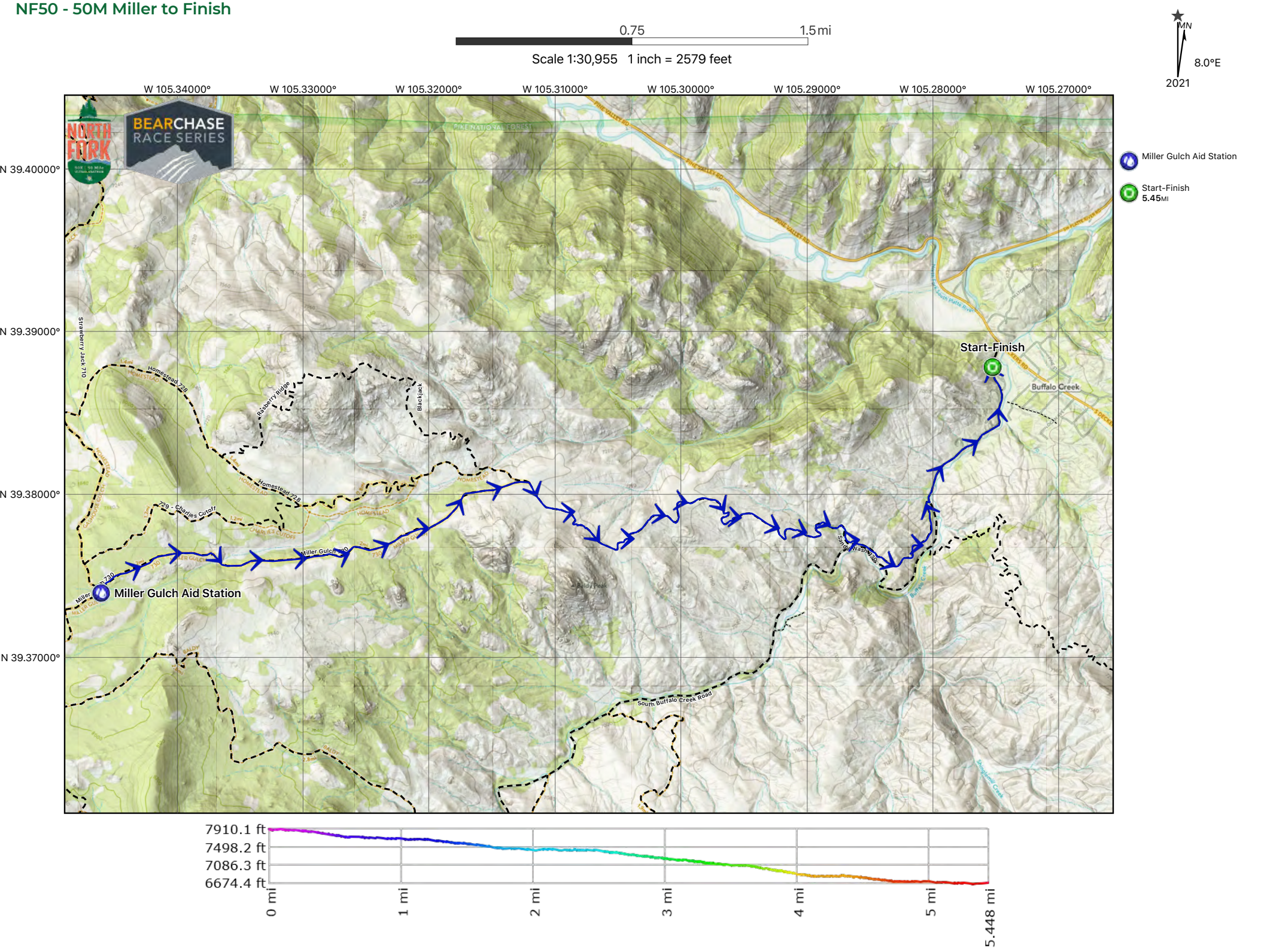
Scale 1:10,950 1 inch = 912 feet

MN 8.1°E 2021



Miller Gulch Aid Station

Miller Gulch Aid Station
3.76MI



NF50 - 50M Miller to Finish