



PARTICIPANT GUIDE

Zane Grey Highline Trail 50 Mile Endurance Run

Pine Trailhead to Trailhead 260 along the Highline Trail

April 25, 2015, 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. Please leave them at home.
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.
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. Crew or pacers are not to access the Hell's Gate Aid Station (mile 23.5)
11. Pacers may begin pacing their runner at the Fish Hatchery (mile 33) or See Canyon (mile 44).
12. Runners departing See Canyon (mile 44) after 5:00 p.m. must have a working flashlight in order to continue.
13. Enjoy yourself!



Introduction

Welcome to the twenty-fourth 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 2014 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 (KG7GYE) 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 at the Pine Trailhead at the very west end of the Highline Trail, just south of the town of Pine, Arizona. The run finishes at the very east end of the Highline Trail at Trailhead 260, just past the town of Christopher Creek, AZ. The run will go west to east along the entire length of the Highline Trail, below the Mogollon Rim. 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

The event route is entirely on the Highline Trail #31. We start on the far west end, run the entire length, and finish on the east end. Period. We access no other trails. If you find yourself on a trail other than the Highline Trail, you are off route. There are permanent trail markers that have been put up by the forest service, that enable you to follow the entire course without any additional marking at any time without getting lost if you pay attention. In addition to the forest service markings, we add additional marking to aid you in finding your way. However, every year people get lost no matter how well it is marked. If you think you can just put your head down and run, you are wrong. If you don't pay attention, you will go off course. If you find yourself off course, stop turn around, and go back to where you think you went off course. 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 surveyors tape. Constant diligence is required to stay on course. We will also have reflective markers in the place for the last 6 miles.

Here are what the permanent forest service markers look like. They exist all year long:

REFLECTIVE DIAMONDS NAILED TO TREES



SIGNS THAT SAY "HIGHLINE TRAIL" OR "#31"



POSTS WITH "HIGHLINE TRAIL", A DIAMOND, OR #31



In addition to the permanent trail markers, we will be putting up course marking ribbon

Race Route (Orange Ribbon with black polka dots):



Wrong way (blue & white striped):



Fauna and Flora

The altitude range of this run is 5,300 to 6,900 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 CUT-OFF 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). If they are concerned that we are not taking reasonable steps, we may lose our ability to put the run on in future years.

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 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. We also have a link setup on the website and Facebook page. 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 station. 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. In your vehicle? Sure, but please keep them restrained at all times.

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.
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. There are no bathroom facilities at most aid stations. Please keep this in mind and help us protect this part of the country.
8. 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!
9. Pacers may meet their runner at Fish Hatchery or See Canyon only.
10. 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

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 five drop bags. We will transport them to Camp Geronimo, Washington Park, Fish Hatchery, See Canyon and (of course) the finish line. 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 the Quality Inn (formerly Best Western Payson Inn) on Sunday from 7:30 a.m. to 7:45 a.m. in the parking lot next to the Uhaul truck. Drops bags should be **NO LARGER** than a shoe box.

Pacers

Pacers are allowed to accompany runners from Fish Hatchery to the finish. Any runner over 60 years old may have a pacer for the whole distance. Pacers may meet their runner **ONLY** at crew access aid stations. Pacers **MUST** check in and out at the aid stations. This means leaving their names before heading off with their runner. This is to ensure that we know how many people are out on the course at all times. **REMINDER:** Pacers are responsible for getting themselves to and from aid stations. Vehicles and non-pacer crewmembers are **NOT** allowed at Hell's Gate Canyon Aid Station (mile 23.5). Finally, **A RUNNER MAY HAVE ONLY ONE PACER AT A TIME.** New for 2014: All pacers must wear a "Pacer" bib identifying who they are. Pacer bibs are available at registration and from the Fish Hatchery and See Canyon Aid Station Captains.

Aid Station Menu

Below is the minimum that we plan to have at aid stations.

Energy Replacement Drink (Lemon Lime GU20), Sandwiches, Pretzels, Potato chips, hard candies, cookies, soda crackers, energy gel (GU), bananas, cola, water and ice.

SCHEDULE

Thursday, April 23rd iRun Shop, 4730 E. Indian School Rd., Phoenix

4:00 – 7:00 p.m. Race number & packet pickup with a Finisher's Clinic hosted by Ian Torrence, James Bonnett & Honey Albrecht starting at 6:00 p.m. Between the three of them, they have 3 race wins & 25 finishes.

**Friday, April 24th Quality Inn Conference Center (formerly Best Western Payson Inn),
801 N. Beeline Hwy (Hwy 87)**

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

There is no event organized pasta dinner. Just a packet pick-up

Saturday, April 25st Pine Trailhead

4:00 – 4:45 a.m. Check-in (Mandatory) & Drop bag drop off

5:00 a.m. RACE START!

5:41 a.m. Sunrise. It'll be dark out when you start, so don't forget your flashlight.

Runner cutoffs:

7:30 a.m. Camp Geronimo (mile 8)

10:00 a.m. Washington Park (mile 17)

Noon Hell's Gate Canyon (mile 23.5)

3:00 p.m. Fish Hatchery (mile 33)

6:30 p.m. See Canyon (mile 44)

7:06 p.m. Sunset. Runners leaving See Canyon after 5:00 p.m. MUST have a flashlight with them

9:00 p.m. Last runner expected to finish at Trailhead 260.

Sunday, April 26th Quality Inn parking lot

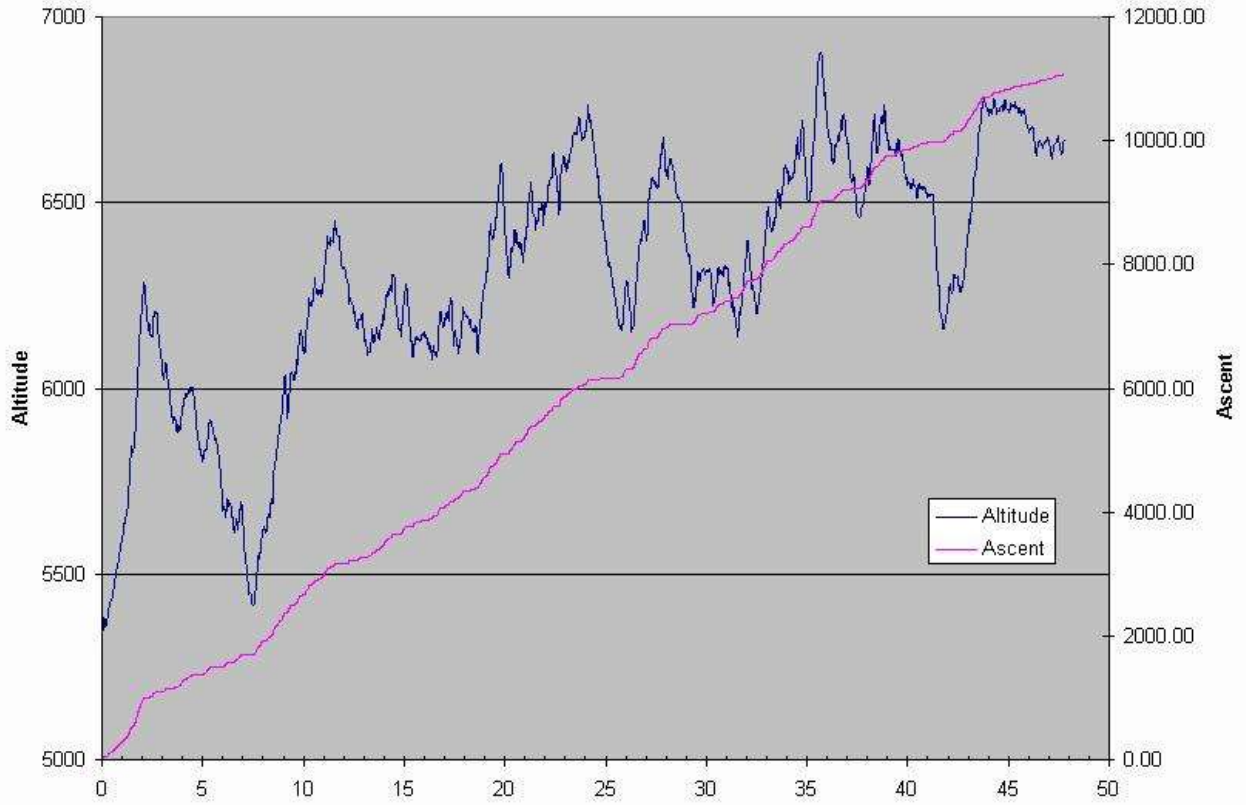
7:30 – 7:45 a.m. Drop bags that were not picked up at the finish may be picked up from the back of the rental truck at the Quality Inn, 801 N. Hwy 87, Payson.

Directions to crew accessible aid stations

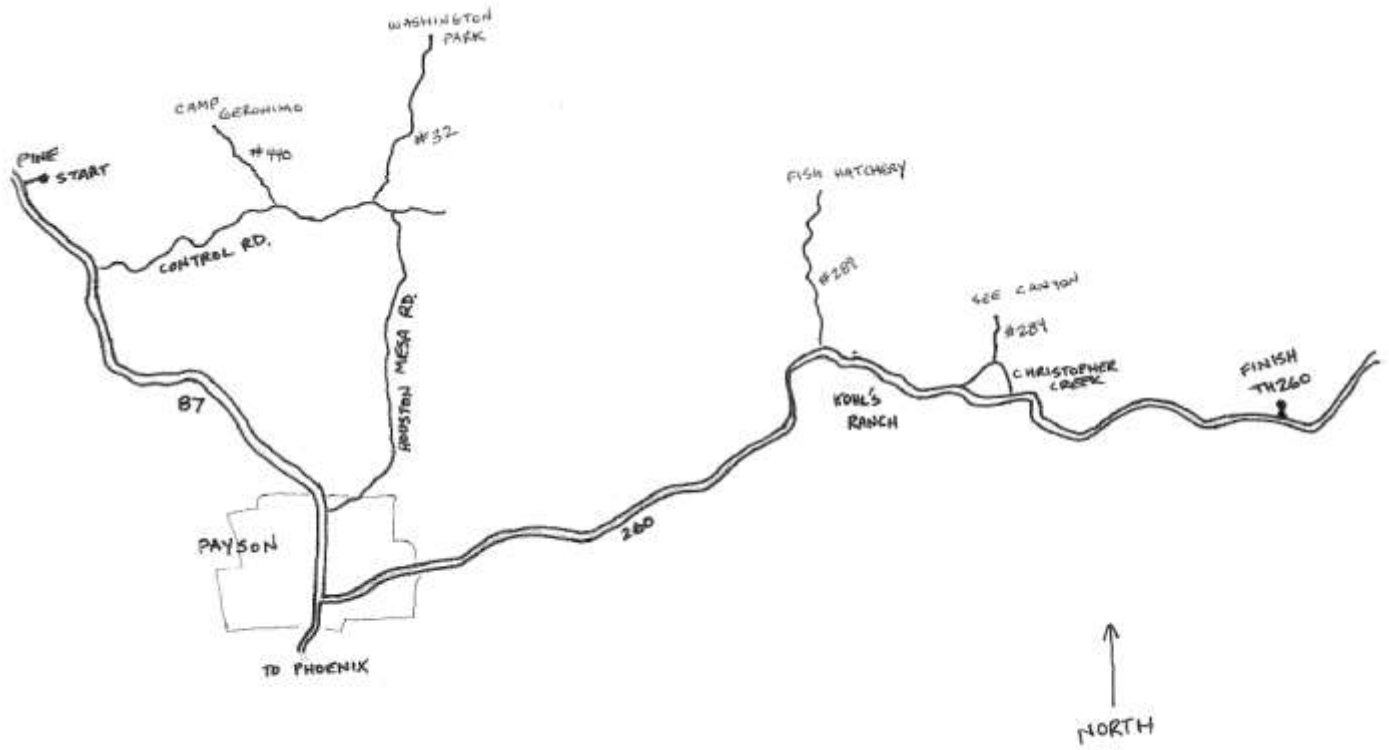
Start Line	Pine Trailhead
	From Payson, take Hwy. 87 North for about 13 miles. Look for the sign for the Pine Trail head on your right just after the road curves right.
First Aid Station	Camp Geronimo
(8 mile mark)	From the Pine Trailhead, take Hwy. 87 south about 2 miles to the Fire Control Road (Forest Service Road #64). Head East on the Control Road about 5.5-miles to FS #440. Turn North on FS #440 and drive about 3 miles to trailhead.
Second Aid Station	Washington Park
(17 mile mark)	<u>From Camp Geronimo</u> , return to the Control Road and take it East about 3.5 miles to FS #32. Turn North on #32, through the community of Washington Park and follow signs to Washington Park Trailhead. <u>From Payson</u> , take Hwy 87 north to Houston Mesa Rd. (just after the roundabout by Home Depot). Take Houston Mesa Rd. about 10-miles to the Fire Control Road (FSR #64), and turn West (LEFT) to FSR #32. Turn North on #32, through the community of Washington Park and follow signs to Washington Park Trailhead.
Fourth Aid Station	Fish Hatchery
(33 mile mark)	From Payson, head East on 260 for about 16-miles to FS #289. Drive north 4 miles to the trail head, just before the entrance to the fish hatchery.
Fifth Aid Station	See Canyon
(44 mile mark)	Take 260 East to the Old Hwy 260 to the town of via Christopher Creek. Turn north on FS #284, towards the town and drive 2 miles to trail head.
Finish Line	260 Trailhead
(51 mile mark)	About 5 miles east of Christopher Creek on Highway 260, between mile posts 278 and 279. Roughly 27 miles east of Payson.

Elevation Profile

Zane Grey 50M



CREW DRIVING MAP



NOT TO SCALE

CLIFF NOTES FOR THIS RUN:

- Pick up your packet on Friday between 4 and 8 p.m. at Best Western Payson Inn
- Check in at starting line between 4 -4:45 a.m. at Pine Trailhead
- Five drop bags can be left, for miles 8, 17, 33, 44 and the finish.
- Start with a flashlight, it'll be dark. You should probably have a flashlight and warm gear in your mile 44 drop bag.
- No drop bags or crews at the mile 23.5 aid station.
- It takes runners 3-4 hours to get from the 33 mile aid station to 44 mile aid station late in the afternoon. Don't leave there without enough fluids for 4 hours!

Contacts:

Race Director:	Joe Galope	HLT50Mile@gmail.com
Trail Marking:	Honey Albrecht	honey.albrecht@gmail.com
Trail Work:	Justin Lutick	jlutick@cox.net