



The Madison Marathon - Montana
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JULY 24, 2011 4TH ANNUAL MADISON MARATHON RUNNER INFORMATION PACKET

SATURDAY, JULY 23

EARLY CHECK-IN AND LATE REGISTRATION (IF AVAILABLE*) – ENNIS, MONTANA

- Saturday, July 23, 2011
- 4:00-6:00 PM
- Runners check in, sign waivers, receive bib number, and collect SWAG
- Peter T's Park, Front lawn of First Madison Valley Bank, 213 East Main Street, Ennis Montana
- *If the race has not capped out, runners can still register to run the race until 200 runners (the maximum allowed by the US Forest Service permit) have been signed up.
- **Pre-Race Dinner** – Specific details TBA, but it will be from about 5:00 to 7:00 PM and coincide with early race check in. All runners, spouses and family of runners, friends, and community residents are welcome. The dinner will be hosted by a Madison County nonprofit organization for a nominal fee per person. This is an opportunity to meet other runners and support a local organization.

SUNDAY, JULY 24

RACE DAY CHECK-IN – STAGING AREA OF RACE (FOR REGISTERED RUNNERS)

- Sunday, July 24, 2011
- 7:00 to 8:00 AM
- Clover Meadows Campground, Beaverhead Deerlodge National Forest, Madison County

SUNDAY, JULY 24 - RACE TIME AND DATE

- **Morning Shuttle Bus:** The shuttle bus(es) will leave from Ennis High School for the staging area at Clover Meadows at 5:45 AM. This bus is for runners who do not want to drive their cars up to the race course.
- **Race Day Registration:** Registration, signing of race waivers, collection of SWAG, and other details will be from 7:00 to 8:00 AM at Clover Meadows for those who did not register the previous day in Ennis.
- **Shuttle to Starting Line:** The shuttle buses will leave from Clover Meadows for the starting line beginning at 8:00 AM for the approximately 30 minute drive to the starting line.
- **Race Start:** All runners will start the race at 9:00 AM.
- **Half Marathon Winners Awards Ceremony:** The awards ceremony for all half marathon runners will begin at approximately 12:00 noon.
- **First Shuttle Bus Return:** The first bus to return to Ennis, only if there is more than one bus, will leave Clover Meadows at approximately 1:00 PM
- **Full Marathon Winners Awards Ceremony:** The awards ceremony for the full marathoners and team marathoners will begin at approximately 2:30 PM.

- **Second Shuttle Bus Return:** The second shuttle bus (or the single shuttle bus if there is only one bus) will return to Ennis from Clover Meadows at approximately 3:30 PM.
- **Staging Area Clean Up:** Volunteers will begin to breakdown and clean up the staging area/finish line beginning at 4:00 PM.
- **Last Call For Runners:** The race director of the Madison Marathon will potentially be the last person standing. He would like to leave Clover Meadows at approximately 6:00 PM. Though there is no official time limit, it is desired that all runners will have completed the race by 6:00 PM which means nine hours to finish the race.

IMPORTANT: There is VERY limited cell phone coverage in the Gravelly Range. There is no coverage available at Clover Meadows, but it can be picked up at various points along the route. Call 406-682-5923 or 406-570-4531 if you need additional directions PRIOR to race day.

This race is operated under special use permit with the Beaverhead-Deerlodge National Forest. Madison County Economic Development Council, Inc. is an equal opportunity provider.

STAGING AREA

Clover Meadows Campground, Beaverhead Deerlodge National Forest (Directions below.)

This large meadow is the staging area, the race day registration area, as well as the race's finish line. There is a forest service outhouse toilet along with portable toilets that will be brought up for the race, but there is no running water. The entire race will be held on National Forest Service land in the Beaverhead Deerlodge National Forest.

Parking: There will be a designated parking area next to Clover Meadows campground. All runners should park their vehicles in this area. Just follow the signs. Please do not park within Clover Meadows campground because it will crowd the finish line.

Carpooling is recommended. The race directors will arrange carpooling as available and also charter a shuttle bus from Ennis to take runners to Clover Meadows. The bus will leave from Ennis High School at about 5:45 AM. The ride up to the staging area will take approximately 1.5 hours.

For campers: Tent campers should park in the designated parking lot and then set up their tent in Clover Meadows (the parking spot and camping spots are less than 50 yards apart). For RVs and trailers, they should park their vehicles in the designated areas in Clover Meadows. There are other camping options along the route (see more details below).

Note: In order to minimize the potential for adverse interactions between bears and people, special food and refuse storage requirements are enforced on the Madison Ranger District. See requirements under Camping Options below.

Starting Line: The starting line is 13.1 miles away from Clover Meadows and all runners will be shuttled to the starting line. Depending on the number of runners and teams, team marathoners could be on their own to get to their relay points or a specific van could be used for all marathon team runners (more details below).

DIRECTIONS TO CLOVER MEADOWS CAMPGROUND

The best and quickest way to get to the Clover Meadows is via Call Road. We will do our best to post signs and directions along the route to the staging area.

CALL ROAD DRIVING DIRECTIONS TO THE STARTING LINE AT CLOVER MEADOWS

From Ennis, get on Highway 287 and drive west as if you are going to Virginia City but you will turn left towards the Varney Bridge about two miles outside of Ennis. From this turn-off drive towards, but not all the way to, the Ennis Fish Hatchery on Varney Bridge Road. The distance from Ennis to the turn-off

to the Ennis Fish Hatchery is about 10 miles. Keep to the left at the Ennis Fish Hatchery turn-off and drive on the Call Road which passes through the Bar 7 Ranch and eventually leads you to national forest service land (it is about 10 miles to the national forest service gate from the Bar 7 Ranch). You will be on Road 292, but will be following signs that will lead you to Road 290. The race is on Road 290. Shortly after you pass the headquarter gates to the Bar 7 Ranch, you will make a big climb to get on top of the ridge where you will enter the Beaverhead Deerlodge National Forest at a well-marked gate. There are several forest service signs along the way. Look for Madison Marathon signs as well. From the National Forest gate, keep driving and following the signs until you reach Clover Meadows (about 15 miles). The climb up from the Bar 7 Ranch is a bit rough, but passable in a standard car. The road on top of the ridge is in good shape all the way to Clover Meadows. There will be small signs along the way pointing you in the right direction. Keep an eye out for them to be sure you're on the right track.



NOTE: Allow a minimum of one hour and twenty minutes to get to Clover Meadows from Ennis, Montana. If there is heavy rain on Saturday, July 23rd, please allow for more time as the road may be slick. The road is in generally good condition (i.e. you do not need a four wheel drive or even a vehicle with high clearance), but it is gravel the entire length and narrow in certain areas. There are a lot of high hills to climb, but the race director could easily get up there in his Toyota Corolla.

BUSSING, CARPOOL OPTIONS AND/OR REQUIREMENTS

The MADISON MARATHON is being run on National Forest Service land under a special use permit. A key criteria for receiving the permit is that the race will not create any negative impacts on the land and the environment. Last year, we successfully made zero impacts on the route and the area. Thank you to all runners, volunteers and race supporters! We look forward to repeating the same success this year.

Our biggest concern is the impact of vehicles if we reach our maximum participation of 200 runners. The parking area at Clover Meadows accommodates approximately 50 vehicles. Depending on the number of registered runners, you may receive an email encouraging you to carpool with other runners or park your vehicle in Ennis and take the shuttle bus to the staging area. We will be in touch on this issue and we kindly ask that you cooperate with our requests.

Shuttle Bus: There will be a shuttle bus(es) to take runners from Ennis to the staging area. These same buses will be used to shuttle runners from the staging area to the starting line. Runners can park their cars in the parking lot of the Ennis High School. The shuttle buses will leave Ennis at 5:45 AM. They will return to Ennis based on the schedule detailed above. There will be no charge to take the shuttle bus in either direction though runners will be asked to reserve a seat.

LEVEL OF RUNNER SUPPORT

We learned a lot from the first three MADISON MARATHON'S. We got some things right and some things wrong. Thank you to everyone who gave us some tips after last year's race.

Just like last year, the MADISON MARATHON will be a limited support race. There will be food and water stations, portable toilets at the start, finish, and along the course, volunteer crews with EMT and First Responder experience, timers, and mile markers. Please do not expect a high level of runner support like other marathons can offer. The logistics and distance from the town of Ennis makes this kind of support very difficult. In addition, we have to be careful about impacting the environment since it is at a high altitude, remote, and on National Forest Service land.

We encourage runners to carry their own timing devices, water bottles and food/gels as needed. **BE AWARE AND PREPARED:** This is a high altitude race. All runners will start the race at over 9,200 feet and within a few miles peak at 9,600 feet before leveling off and finishing at 8,550 feet. The average elevation along the course is over 9,000 feet above sea level.

Some information and tips on running at high altitudes can be found at the following links:

<http://www.mamashealth.com/run/high.asp>
http://findarticles.com/p/articles/mi_m0NHF/is_9_20/ai_96254887
<http://www.pponline.co.uk/encyc/0323.htm>
<http://answers.yahoo.com/question/index?qid=20070610181813AAr8KXa>

IMPORTANT: All runners will be required to sign a waiver before running the race. If these waivers are not signed, the runner will not be allowed to run the race. She/he will have their fees returned.

- As part of our permit the last two years and this year as well, the Forest Service required us to distribute the following information on sheep and sheep dogs found on the Gravelly Range.
- The race director has seen these sheep dogs and they are extremely large animals! The advice provided by the Forest Service is very good. The race director will contact the shepherds in the area prior to race day to request them to move their sheep away from the road on race day.

CAUTION FROM THE US FOREST SERVICE: SHEEP GUARD DOGS

This is a Great Pyrenees Guard Dog. These types of Dogs are in use as Sheep Guard Dogs on top of the Gravelly Mountains. They are trained to guard the sheep. They will chase you if you run. If you have a dog with you, the guard dog may see it as a threat to the sheep. They are not pets. The sheep herders have little control over them. They may be seen anywhere.

If you come upon one or it comes up to you. STOP, stand still, let the dog sniff you and check you out. Tell it to "GO TO THE SHEEP" It will then most likely wander away. WAIT for the dog to move off and leave a far distance. Then resume your travel. DO NOT RUN or BIKE when the dog can see you. DON'T FEED IT, DON'T TRY TO PET IT!



This is kind of scary advice to "Don't run" when you are running a race. We will make all possible efforts to meet up with and talk to the shepherds on the range and inform them of the route so hopefully no one will come across one of these dogs.

In addition, though the dirt/gravel road is in good shape and this race is not a trail run, runners need to be aware of the road conditions and be careful to not twist an ankle, trip over a stone, or somehow fall off the road. Second, there is likely to be wildlife and other animals along the route. While we don't expect a grizzly bear attack, there are grizzlies in the area. In 2009, a participant following his team saw a lone wolf watching the runners and pacing along the tree line just above the road. Eventually, the wolf came down onto the road, but no runners were nearby. Also in 2009, Eric Huff, the winner of the men's marathon that year, spent the night before the race on the Gravelly Range and saw within the view finder of his spotting scope a grizzly, coyote, mule deer buck, and an elk just below Black Butte peak. There will no doubt be a lot of wildlife along the route, but there should be little reason to worry about this. More likely, runners will come across cattle or sheep (or the big dogs) and they will probably not quickly move out of the way and runners who come near calves could get butted.

Remember that this is a very high altitude race which is likely to lead to exhaustion sooner than normal for even the more experienced runner. Please keep yourselves well hydrated and be aware of what your body is telling you. Finally, be aware of ATVs and other vehicles that may be on the road because this is a public road and also quite popular among the ATV and motorcycle crowd. We will erect signs warning drivers of a 'Race In Progress' at all the appropriate intersections.

CAMPING OPTIONS

For those of you who have not been on the Gravelly Range, it is incredibly beautiful. Aside from acclimating yourself to the elevation in order to get ready for the race, it is an enjoyable place to camp for a night or two. There are several camping options right along the course route as well as very near the route. You will have to haul your own water to the sites. You will also have to observe 'leave no trace' camping ethics such as building fires in existing fire rings only, burying all human waste, packing everything out, and storing all food and refuse properly.

FOOD AND REFUSE STORAGE REQUIREMENTS

In the Daytime - all food and refuse must be acceptably stored or attended. Attended means that someone is within 100 feet and in sight of accessible food and refuse.

At Night – unless being transported, eaten or prepared to be eaten, all food must be properly stored. Refuse must also be properly stored.

To be properly stored food, refuse and other attractants must be secured in an enclosed hard sided vehicle (including pick-up camper shell or horse trailer); a certified bear resistant container; or suspended at least ten feet clear of the ground at all points and four feet horizontally from any supporting tree or pole.

Items requiring proper storage – anything (excluding unflavored water and bailed hay) that can be eaten to provide nourishment, including soft drinks, canned food, alcoholic beverages, pet food, processed livestock feeds and grains, personal hygiene products, and refuse, including empty food and beverage containers.

There are some forest service cabins available for rent. The Forest Service rents these out through its website at www.recreation.gov. You will need to key in the state and the time frame and review the options. According to the Forest Service office in Ennis, there are cabins at Black Butte, West Fork, Wall Creek, and Vigilante which are relatively near the race route, in particular Black Butte and West Fork. You need to reserve these and pay for them with a credit card.

There are two campgrounds in the area. Clover Meadows is not just the staging area and finish line for the race, but it is also a campground. There is one outhouse toilet and a few fire rings for building fires. This is a free campground and no reservations are required. Cottonwood Campground is on the Ruby Road leading up to the Gravellys. It is also free with no reservations required.

Finally, dispersed camping is allowed in the Gravelly Range only at sites identified by a wooden or fiberglass post with a tent symbol as shown in the photo below. This means you can camp at the obvious site behind the sign. These signs are generally a few yards off the side of the road and easy to spot. You can only use an existing fire ring to build your fire and you must observe all leave no trace camping ethics.



We have identified tent sites (there could be more that we did not find) at the following locations along or near the race route coming from the Call Road and heading towards Clover Meadows and the starting line of the race:

- The first site is about one mile from the entrance to the Beaverhead Deerlodge National Forest as you climb up the Call Road from Ennis. It will be on your right. This site is about 12 miles from Clover Meadows.
- The next site is at the junction of Road 292 and Road 290. Road 292 is the Call Road that you will take up to the course from Ennis. Road 290 is the road that the race will be held on. From here, you are 10 miles from Clover Meadows.
- The next two sites are just a few miles further along Road 290 heading towards Clover Meadows Campground. They will be on your right side as you drive towards Clover Meadows.
- The next place to camp along this road will be Clover Meadows campground itself.
- A few miles past Clover Meadows, heading south, there is another campsite on your left side.
- The last site identified is at the starting line for The Madison Marathon. It is past Black Butte Mountain and will be on your left as you come down the hill. Since it is the starting line of the race, we will have set up porta-johns on this site the day before the race.

THE RACES

There are three race categories: full marathon, half marathon, and team marathon (four runners). All runners will start at the same place and at the same time. The race will start at 9:00 AM.

There will be no turn-around point for the half marathon runners. It will be a straight 13.1 mile run from the starting line to Clover Meadows.

There will be a turn-around point for the team and full marathon. It will be 6.55 miles past Clover Meadows where runners will turn around and run back to the finish line at Clover Meadows. So the team and full marathon runners will have a 19.65 mile straight shot followed by a 6.55 return on the same route to the finish line.

The team marathoners (team of four runners) will have relay points at 6.55, 13.1, and 19.65 mile markers. These relay points will be well marked. The team of four runners must split evenly the race into these four sections. Depending upon the number of team marathoners, the teams will be entirely on their own in terms of getting to the relay points or they will be required to be shuttled to each relay point. We will contact team runners directly when this decision is made.

THE COURSE ROUTE

Ready to run the Highest Road Marathon in America? This race is going to change your life. It all starts right at the base of Black Butte Mountain at an elevation of about 9,200 feet. This is not a trail run. The entire race will be run on the Gravelly Range Road or Road 290 as it is listed on most maps. This road is gravel/dirt and in quite good condition. A normal car can easily drive on the road without any problems other than a few areas with potholes. There should not be any large concern about twisting an ankle because of the condition of the road. However, obvious caution should be the rule.

The Forest Service has maps of the Beaverhead Deerlodge National Forest. For this area, view or purchase Broom Trail Ridge and Big Horn Mountain Quadrangle in the Montana-Madison County map series. These maps are available at Shedhorn Sports in Ennis and most likely many other sporting goods stores in Montana.

FIRST MILE

Elevation: 9,190

Unfortunately or perhaps fortunately, the race starts with a short but steep uphill climb. The good part is you will be running straight towards Black Butte Mountain (elevation 10,546), a huge mountain that dominates the sky line. The road quickly tops out and is flat for about the next mile as you run past this incredible mountain.

MILE 2

Elevation: 9,370

This is a good long downhill. Within the first half mile or so, Black Butte will mostly be behind you. In front of you is a very long looking climb towards Monument Ridge, the highest point on the race course at around 9,600 feet. The prevailing winds tend to come from the South. So, if it is a windy day, you should have a nice tail wind. In 2008, the race director spooked a black bear near the road on this section of the race. It was running pell mell (as if in training?) for the woods.

MILE 3

Elevation: 8,990

The downhill run continues to the road junction which then turns into a decent flat section before the start of a very long uphill to Monument Ridge. The country is quite open and has a vast 'Big Sky Country' look about it. Since it's early in the race, you will probably not be too tired. Instead, you will be so thankful that you decided to put this marathon on your calendar. It's fantastically beautiful.

MILE 4*Elevation: 9,120*

The big uphill begins though there is a slightly flat area before the really steep climb. The country opens up and Monument Ridge is a clear goal that is very much in view. The 2008 female marathon winner, Kathy Wilkinson, saw some sheep grazing on the mountain sides at this juncture and it reminded her of scenes from *This House of Sky*, a novel by Ivan Doig, one of Montana's most well known writers. Be aware of sheep again this year and, of course, of the Pyrenees Sheepdogs.

MILE 5*Elevation: 9,350*

This section is all uphill as runners do what they can to get to Monument Ridge (the highest point on the course at 9,600 feet). On top of the ridge, runners will get very long range views of the road once traveled and enormously long and steep valleys ahead just in case you needed reminding that you are running a marathon at over 9,000 feet in elevation. There will most likely be a photographer near the Monument Ridge sign so you can get your picture taken if you wish.

MILE 6*Elevation: 9,480*

This section is either flat or slightly downhill for about half a mile and then flat or slightly uphill for the rest of the mile. Runners will go through large open meadows with Black Butte behind you and very open country ahead. You are basically on top of a ridge with incredible views in all directions. At the 6.55 mile mark, team marathoners will change runners. Much of this section is at 9,600 feet in elevation which is the highest point on the route.

MILE 7*Elevation: 9,340*

There is a steep climb of about a half mile followed by a long, flat area that skirts the top of the ridge. Runners will parallel the top part of the ridge and have excellent views of the Madison Range. Though the Madison Range is about 30 miles away on the other side of the Madison Valley, they are crystal clear on a sunny, haze-free day. Runners top out at over 9,300 feet and cross a large bowl.

MILE 8*Elevation: 9,340*

On this stretch, enjoy the panoramic views that this portion of the run provides. The course still skirts along a large bowl and is mostly flat with a slight climb in the middle portion of the mile. The views to both the East and the West are fantastic.

MILE 9*Elevation: 9,300*

This mile is entirely downhill. However, it provides an excellent view of a good uphill to come. The best views here are mostly to the West and the Snow Crest Mountains and Ruby Range.

MILE 10*Elevation: 8,990*

The first part of this section is half uphill and half downhill. The course seems to put a long uphill climb further down the road right into your face. There are more great views to the West of ranges across the valleys. On a clear day, you can see for a hundred miles. This mile is a really an up/down, up/down section.

MILE 11*Elevation: 9,050*

There is about a half mile uphill at the beginning of this mile. It then flattens out on top and is followed by a good stretch of downhill. This location offers a great view of Sphinx Mountain which is across the valley in the Madison Range. Its elevation is just under 11,000 feet and it has a 'Matterhorn' look about it with snow on top pretty much year round. There is also a good view of the final stretch of road to the finish line for the half marathon at Clover Meadows.

MILE 12*Elevation: 8,790*

The start of this mile is somewhat flat and then goes down quite steeply over the second half of the mile. This is the final downhill towards Clover Meadows and the finish line for the half marathoners. Runners will descend into some tree stands which should offer some cool air assuming that it is a sunny on race day. The course will flatten out for the final push home for the half marathoners.

MILE 13*Elevation: 8,550*

This mile has a slight uphill and then is all flat and goes mostly through the trees. In 2008, the race director saw three moose, lots of antelope and a black bear near this section of the course. Congratulations! You have just completed the highest half road marathon in America. You're ready to take on the world. For full and team marathoners (for team runners this is a relay point), congratulations to you as well – you're halfway finished with the highest road marathon in America.

MILE 14*Elevation: 8,650*

This part of the course is mostly flat with some slight uphill sections. The views change a bit as runners are moving further north and the land opens up a bit more. However, there are forested areas that you will run through.

MILE 15*Elevation: 8,700*

This is quite open country that is mostly flat with some slight but quite long uphill sections. The view to the east and the Madison Range is good in certain sections. The open meadows offer the best perspective on the wild flowers of the area. Hopefully our late July start of the race will mean the flowers will still be in bloom.

MILE 16*Elevation: 8,680*

Again, this is open country that is mostly flat with some long and gradual up and downhill sections. If there is a wind, it should be at your backs since the prevailing winds are from the south (you will remember that when you reach the turn-around point). Eric Huff, the winner of the men's full marathon in 2009, felt this section of the course was the most difficult because of the long but gradual uphills.

MILE 17*Elevation: 8,640*

Runners are moving due north with views of the Madison Range on the right side and the Ruby Mountains on the left side. The large meadows are often populated with antelope and elk. On one scouting trip for the race, the race director came across several large elk grazing in the meadows.

MILE 18*Elevation: 8,600*

More open country here combined with running through thick stands of trees. There are some incredible views of the Madison Range to the east.

MILE 19*Elevation: 8,650*

At the 19.55 mile mark, full marathon runners will turn around and run back to Clover Meadows. This will be the final relay point for team marathon runners. The terrain is much like the previous couple of miles with open meadows interspersed with stands of trees. Keep an eye out for elk and antelope and, who knows, you may spook some other animal in the tree stands.

MILE 20

Elevation at start: 8,650

Same as Mile 19 above.

MILE 21

Elevation: 8,600

Same as mile 18 above. As mentioned before, if there is a wind it will most likely be in your face for your run back to Clover Meadows. Again, this is probably the most difficult part of the course for full marathoners as the long and gradual uphills begin to wear runners down.

MILE 22

Elevation: 8,640

Same as mile 17 above. Getting close to finishing the 'Highest Road Marathon in America.' Unfortunately, after a day of climbing and descending hills, the route is essentially flat. That's what happens when you are running so high.

MILE 23

Elevation: 8,680

Same as mile 16 above. Is this where marathoners hit the wall? Many of the runners from the past two years said this was the toughest spot on the run. One experienced runner had cramping problems at this stage.

MILE 24

Elevation: 8,700

Same as mile 15 above.

MILE 25

Elevation: 8,650

Same as mile 14 above.

LAST MILE

Elevation: 8,600

Last Mile to the finish line at Clover Meadows. The Clover Meadows area is visible from quite some distance away, but you need to cross large meadows before you can actually see the finish line. Nevertheless, you have done it. Congratulations on completing the Highest Road Marathon in America!!



Evening along the course with Black Butte in the background.