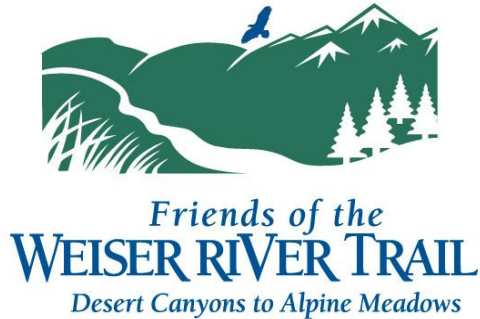


WEISER RIVER TRAIL 50K RELAY AND SOLO RUN

Saturday, April 24th, 2010

Presented by:



Sponsored by:



START

Rodeo Grounds at Council, Idaho (See map)

Solos – 8:00 a.m.

Teams - 1st start time will be 8:00 a.m., staggered starts at 8, 8:15 and 8:30 determined by team estimated completion time.

COURSE

The course is a 50-kilometer point to point (30+miles) from Council to Midvale Idaho using the scenic Weiser River Trail. The trail runs alongside the Weiser River, through canyons and across open farmland. There is very little elevation change on the course, as the trail is a converted railroad bed and rail-trails gradually gain or lose elevation. Generally, going from Council to Midvale, you are going downhill gradually.

RUNNER CLASSIFICATIONS

We are limiting our entries to 50 teams (up to 5 runners) and unlimited solos this first year. We will have the following classes:

Solos (minimum age 18)

- (1) Men (18-49)
- (2) Women (18-49)
- (3) Seniors (any gender age 50 and over)

Teams

- (1) Open (any gender and age mix)
- (2) Masters (age 40 and over, any gender mix)

SUBSTITUTIONS/CHANGES

Substitutions may be made up to race morning. All entrants must read and sign waiver/entry form.

CANCELLATIONS

There are no cancellation refunds, however a team may transfer people up until race day.

PACKET PICKUP/LATE REGISTRATION

Registration will be online at http://www.bluecirclesports.com/EventDetail_Master.aspx?meid=488 . Paper entry forms will be available at Shu's Idaho Running Company in Boise, ID. Entry fees will be \$50 per solo and \$175 per team until March 15th. Late registrations (after March 15) will be \$75 per solo and \$300 per team. Team Captains and Solos can pick up packets (numbers, shirts) at Shu's Idaho Running Company, 1758 W. State, Boise, ID from April 15th to 16th during regular store hours. For anyone registering on or after April 17th, the packets can be picked up at the Council Rodeo Grounds in Council, Idaho from 4:00 p.m. to 7:00 p.m. Friday, April 23th, 2010. Packet pickup is also available on Race Day from 7:00 a.m. on at Rodeo Grounds in Council, Idaho. All teams and solos must sign in on Saturday morning; we need to know who is on the course! Team Captains distribute numbers to team members before the race.

SOLO RACE RULES

A Pre-race meeting for both teams and solos is scheduled at the Rodeo Grounds (starting point) in Council, Idaho on Friday evening at 6:00 p.m. It is highly recommended that solo runners attend this short session with race officials for instructions, assistance, questions, etc. Solos start at the Rodeo Grounds in Council and can be met at the exchange points by a support vehicle with extra clothing, liquids, food, etc. Drop boxes at the relay exchanges will be provided for unsupported ultras.

TEAM RACE RULES

A Pre-race meeting for both teams and solos is scheduled at the Rodeo Grounds (starting point) in Council, Idaho on Friday evening at 6:00 p.m. The team relay race starts in waves (determined by your estimated completion times) from the Rodeo Grounds in Council at 8:00 a.m. Saturday, April 27th. The route consists of 5 legs, varying from 4.1 miles to 9.1 miles in length between designated runner exchange points. Race officials will assist at exchange points and road intersections.

There is no baton; team members must touch hands at the exchanges in between the marked white lines.

Each team member must run at least one leg, and finish the leg he or she started. No substitutions within a leg are allowed. Substitutions will disqualify the team! In the event of injury preventing a runner from finishing his designated leg another team member may complete that leg BUT the retiring team member cannot run again during the race. Only one such substitution per team is permissible and must be reported to the race officials. Teams will determine among themselves which leg (or legs) members will run.

Individuals running more than one leg can do so in any sequence; e.g. two or more legs in a row, or one leg at the start of the race and a second leg near the end, or your choice! Runners must exchange only at the designated exchange points!

In order to ensure teams receive a correct finish time, only the member of the team running the last leg should cross the finish line on the course. Other team members may run to the right or left of the finish chute, but must be clearly off the course.

RULES OF THE ROAD

Teams must provide their own vehicles to support and transport runners. Teams must provide 1 volunteer to help man exchange points. There may be at least twice as many support vehicles as runners out on the road at any time. Maps will be provided to each team driver with instructions to get to the checkpoints. Safety is always a primary concern. Please cooperate with race volunteers and law enforcement officers. Failure to follow their directions will result in disqualification of the team. Please do not trespass onto private property. Trespassing will result in immediate disqualification of the team.

Precautions have been taken in selecting exchange points with adequate parking space. Race management will try to mark permissible parking at each checkpoint, and monitors/traffic control personnel will be provided where needed.

The race is on the Weiser River Trail and not on highways. The chance of mishap will be negligible if basic rules are followed:

*Runners should be aware of road crossings. The Weiser River Trail crosses numerous driveways, access roads, and streets. Coming into Cambridge, it crosses Highway 95.

*Race numbers should be worn on the front of the runner's outermost garment.

*No bicycles are allowed on the trail for runner support. Runners should be aware that there might be other trail users on the trail that day, walkers, runners, bicyclists and equestrians use this trail. Visibility is excellent – you can see others coming for blocks! Be courteous and yield to the casual user. Horses appreciate it if you stop and then speak to them so they know you're OK!

*A relay team should limit itself to one passenger sedan and/or van to prevent road congestion. Motor-homes and RV's larger than the standard van are not allowed at the checkpoints because of parking limitations.

*Runner exchange points must be clear of vehicles. Parking will be nearby in most cases. Please park and pull out from parking carefully, checking for runners, pedestrians and other vehicles.

*Be aware that vehicular traffic will be the heaviest in exchange points 1 and 2, where runners might be bunch together. By exchange points 3 and 4, they should be relatively spread out.

***Team and Solo dropouts MUST notify race officials immediately.**

*Team captains should make sure that all team members have read and fully understand the regulations in this race manual.

*No dogs allowed on the course or in exchange points!

*Be courteous, cooperative and good sportsmen and women, and most of all...HAVE FUN!!!

MEDICAL ASSISTANCE/REFRESHMENTS/RESTROOMS

Each team and all solos should provide its own water and food during the race. Take along a variety of clothing, weather is unpredictable in late April. Limited refreshments and drop boxes will be at each exchange point, but there are no water stops on the legs in between exchange points. All exchange points will have portable restrooms as well. EMT's will be on call from area towns – Midvale, Cambridge and Council.

THE FINISH!!

Teams and supporters are encouraged to gather at the Midvale City park in Midvale, Idaho to greet runners at the finish line.

We will be serving a lunch/brunch at the Park in Midvale from noon to 3:00 p.m. Awards and special drawings will be at 2:00 p.m. Please stay and join the fun!

AWARDS

TEAM RELAY

We will be giving 1st, 2nd and 3rd place prizes for each division of open and masters.

SOLOS

All solo runners will receive a completion prize, with additional awards for 1st, 2nd and 3rd place men, women and senior divisions.

COURSE LEGS

The entire course is a converted railroad bed, with packed dirt/gravel trail surface. It very gradually descends in elevation from start to finish.

Leg 1 - Council to Mesa Siding

4.1 miles

Leg 2 - Mesa Siding to Goodrich 6.9 miles
Leg 3 - Goodrich to Cambridge 9.1 miles
Leg 4 - Cambridge to Shoepeg Bridge 5.0 miles
Leg 5 - Shoepeg to Midvale 5.1 miles

CONTACTS:

Links to registration at our website – www.weiserrivertrail.org

BARB MCGANN- 208-286-7279 barbmcgann@inbox.com

DOT WIGGINS – 208-286-7620 dotwgns@ruralnetwork.net

PAM HAYNES – 208-887-2068 purplepassionmanager@yahoo.com

DAN DICKERSON – 208-452-2360

REGISTER ONLINE AT www.bluecirclesports.com