



## 2023 PROSPECTORS 50k | 30k RUNNER MANUAL

Please note, details are subject to change. We will keep the manual and participants updated with any changes. If, after reading the Runners Manual, your question has not been addressed, please send us an email at [redlodgeevents@gmail.com](mailto:redlodgeevents@gmail.com) -chances are, you're not the only one with that question!

### SCHEDULE OF EVENTS

#### Friday, August 11

5:30-7:30pm packet pick up at the Royal Wuff inside the Range Rider in Silver Gate

#### Saturday, August 12

6:00-6:45am 50k packet pick up at the Royal Wuff inside the Range Rider in Silver Gate

6:50 Pre-race meeting

7:00 50k start

11:00-6pm 30k packet pick up at the Exxon in Cooke City

12pm Finish line ice cream at the Sinclair and beers at the Exxon!

3pm 50k Awards

TBD Cowbell Party for the final finisher!

7pm 50k Course Closed

#### Sunday, August 13

6:30-7:30am packet pick up at the Royal Wuff inside the Range Rider in Silver Gate

7:50 Pre-race meeting

8:00 30k Start

11:00 finish line ice cream at the Sinclair and beers at the Exxon!

1pm 30k Awards

TBD Cowbell Party for the final finisher!

5pm 30k Course Closed

\*Check out the Cooke City Sinclair for breakfast on the go starting at 5am!\*

## THE RACE

- **START DETAILS**

- All races will have a mandatory pre-race meeting 10 minutes prior to the start. This will include any changes to the course, notes on conditions, etc.
- All racers will start at the same time.
- Your bib must be clearly visible at all times.
- Start order will be self selected.
- A bag drop will be offered to get gear to the finish line. Please clearly label any gear with your name/bib number.

- **FINISH DETAILS**

- All racers will enter a finish chute.
- The race is hand timed. Runners may be asked to repeat their bib number after they have crossed the finish line.
- A finish line video will be taken. In the event of a tie, Race Directors and volunteers will review the footage and make a decision.

- **SHUTTLES/PARKING**

- A shuttle will be running the morning of the races. Shuttle spots are limited and free. You can sign up for the shuttle on a first come, first served basis by editing the Add-Ons of your race registration. [You can find more info on how to do that here.](#) You will only be able to sign yourself up for a shuttle spot.
- We HIGHLY encourage you to carpool to the start/finish. One person drives their vehicle to the start, and then one passenger agrees to drive the driver back to the start after the race.
  - [50k Carpool](#)
  - [30k Carpool](#)
- You can easily run or bike down to the starting line -it's only 3 miles. We will have an area for drop bags that will be taken to the finish line. Please label your bags/gear. We are not responsible for lost, stolen or damaged gear.
- Please adhere to all posted parking signs and do not park on private property or block driveways. Day use parking can be found at the dump.

## THE ROUTE

- **50k**

- [You can find the route and elevation profile here.](#)

- The majority of this course will be on Forest Service access roads, most of which were original mining roads. There is an out-and-back on single track trail heading down towards Lake Abundance.
- Please watch your foot placement on the roads, especially on the final descent down the Miller Road where you'll be tired and it is steep and loose.
- Note: The course is open to the public and motorized users. Expect to see UTVs, dirt bikes, cars, horses, and foot traffic. Always run on the left side of the road (against traffic) and be cautious on blind corners and hills.
- **30k**
  - [You can find the route and elevation profile here.](#)
  - This course will be entirely on Forest Service access roads, most of which were original mining roads.
  - Please watch your foot placement on the roads, especially on the final descent down the Miller Road where you'll be tired and it is steep and loose.
  - Note: The course is open to the public and motorized users. Expect to see UTVs, dirt bikes, cars, horses, and foot traffic. Always run on the left side of the road (against traffic) and be cautious on blind corners and hills.
- **Plan B routes**
  - We do our best to run the course exactly as you signed up for it. That being said, sometimes there are extenuating circumstances that make us have to pivot to a Plan B course.
  - As of July 1st, the only potential reroute is off the Bannock trail due to a washout from last year's flood. We are working with a private land owner for a proposed work around. If the work around is not approved, we will run the road from Silver Gate to Cooke City.
- **Course Markings**
  - All major road/trail junctions will be marked with directional arrows and flagging.
  - Additional flagging will be intermittently spaced along the course.
  - It is the participant's responsibility to review and familiarize themselves with the course maps prior to racing. Once on course, participants are responsible for following signage and flagging.
  - We suggest downloading the routes to your GPS devices as well as carrying a map of the area.

## THE AID STATIONS

Aid stations will have an assortment of electrolyte mixes, water, soda, sweet snacks, savory snacks, and lots of cowbell! They'll also be stocked with WAG bags and limited medical supplies.

Participants must check in at every aid station for safety. **DO NOT BLOW BY AID STATIONS WITHOUT STOPPING OR GETTING VERBAL CONFIRMATION A VOLUNTEER CHECKED YOUR BIB OFF.**

- Aid station locations:
  - 212 & Daisy
    - Mile 4.25
    - 50K Cut off time: 9:00AM
    - 30K Cut off time: 10:00AM
    - Distance to next aid station: approx 7.5 miles
  - Daisy Pass
    - Mile 11.5
    - 50K Cut off time: 12:30PM
    - 30K Cut off time: 1:30PM
    - Distance to next aid station:
      - 50k: approx 6.5 miles
      - 30k: approx 4.5 miles
  - Lake Abundance (50k ONLY)
    - Mile 17.8
    - Distance to next aid station: approx 6.5 miles
    - **IF YOU START DOWN LAKE ABUNDANCE, YOU MUST COME OUT ON YOUR OWN. YOU CANNOT DROP AT THIS AID STATION.**
  - Daisy Pass 2 (50k ONLY)
    - Mile 24
    - Cut off time: 5:00PM
    - Distance to next aid station: approx 3.5 miles
  - Miller Road
    - Mile
      - 50k 27.5
      - 30k 14.5
    - Cut off time: None
    - Distance to next aid station: Finish Line

### **THE CUT OFF TIMES**

Cut off times will be strictly enforced for the safety of volunteers and participants. Additionally, course cut off times enforcement is a required part of our permit with the Forest Service.

If you do not meet a course cut off, you will not be refunded.

50k runners who do not meet the first cut off time at Daisy Pass will not be allowed down the single track towards Lake Abundance but, depending on time, are welcome to complete the remainder of the course (essentially completing the 30k course). If a

participant chooses this option, they will have a black line drawn through their bib. You may go through the finish chute at the end of the race, but your time will not be recorded. Participants may also drop from the race and wait for a shuttle back to town or descent to town on their own after checking in with a volunteer.

## THE RULES/MANDATORY GEAR

### Medical

- If you need medical care, please let an aid station volunteer know and they will relay the need to the medical team.
- If you see a fellow racer who needs medical attention, please let a volunteer know immediately. We will provide a Good Samaritan entry to 2024 to any participant whose race is impacted by coming to the aid of a fellow runner.

### Dropping out

- If you need to drop out of the race you can only do so at an aid station. You must tell a course monitor that you are dropping out.
- This is a **HUGE** safety concern especially since there is not reliable cell service in the area. If you drop out of the race without letting a course monitor know and Search and Rescue is called, you will be held responsible for any associated financial costs.
- We will try our best to assist all participants who have dropped out to get back to town in a timely manner but please note, if it is not a medical emergency, you may have to wait.

### Mandatory Gear

This list is just as it says: mandatory. We will be reminding all participants at check in and doing random bag checks at the start and on course. This is the bare minimum a racer must carry at all times.

- Bear spray
  - Message us to borrow bear spray for the race.
- 16 oz water
- 200 calories
- Rain/wind layer
- WAG bag (50k only)
  - Will be provided by CleanWaste Outdoors

### Recommended to carry

A lot can change over the course of a 50k/30k so we recommend stocking a few more items in your bag

- Warm layers
- WAG bag (30k)

- Satellite communication device
- Watch/GPS device/Map
- Sunscreen
- More water/calories
- Emergency blanket
- Phone (for pictures and maps -no cell service on course)
- Headlamp
- Light gloves

### **LNT**

Our mission is to get people outside moving their bodies in our magical backyard. Being good stewards of the trails we use is a top priority. That is why we've partnered with Clean Waste Outdoors to provide WAG bags to all participants and will have very tight operations at aid stations. Any participant that knowingly litters (even the top of your GU packet) will be DQed and refunds will not be provided.

### **Wildlife/Bears**

Yep, this is Grizzly Bear country. Lots of animals call this area home and we're just the visitors. Please keep your distance from wildlife at all times.

- If there is a significant course blockage (Bison/bear/moose/etc), you may deviate the course as needed in a reasonable manner without getting DQed. Please let the nearest course monitor know the animal, time and location of the encounter.

### **Volunteers**

- We couldn't host any events without volunteers. In fact, all your favorite races and events are supported by volunteers.
- Be kind, patient and respectful to our volunteers. They have been given specific instructions on how to do their job to ensure everyone has a good, safe time.
- We hope you choose to say thank you to every course volunteer you interact with.
- If you have an issue, please bring it up to the Race Director and Red Lodge Events Owner, Kristen Hollum. You may do so in person or via email or phone.
- Any participant who is disrespectful or otherwise hostile to a volunteer will be DQed without a refund and will be banned from future Red Lodge Events races. We LOVE our volunteers.

### **Pacers**

Pacers are not allowed at this event. Our permit puts a 100 body cap on the event each day so we simply cannot put pacers on the course

## **THE AWARDS**

Awards will be hosted after most racers have finished. We encourage everyone to stick around after they finish for awards and a cowbell party for the final finishers!

We will be doing 1st, 2nd, 3rd overall Male and Female winners for each race.

Our awesome sponsor GARMIN has provided us with an InReach Mini and FR 965 watch. The watch will be randomly drawn for a 50k participant and the InReach Mini will be randomly drawn for the 30k. Must be present to win the drawing!

## THE OTHER DETAILS

### WEATHER/PLANNING

It can snow in August and the weather can change quickly, especially at elevations nearing 10,000ft. It is your responsibility to wear appropriate clothing based on the weather.

Severe weather may cause a reroute or cancellation of the race. We do not consider rain severe weather.

### LODGING/CAMPING

There are so many great spots to spend the night in the Cooke/Silver Gate area. Hotels, motels and short-term rentals fill up fast so book well in advance.

- [Alpine](#)
- [Cooke City Chamber](#) -has lots of listings but a few other options not included are below.
- [Antlers Lodge](#)
- [Big Bear Lodge](#)
- [Elk Horn Lodge](#)
- [Grizzly Lodge](#)
- [Soda Butte](#)
- [AirBnB and VRBO](#)
- The area campgrounds are first come, first served and fill up fast. Campgrounds do not allow soft-sided (tent) camping. Dispersed camping is available, please practice LNT and be very Bear Aware.
  - [Soda Butte Campground](#)
  - [Colter Campground](#)
  - [Chief Joseph Campground](#)
  - [check this map with guidelines of established dispersed sites and other regulations.](#)

- The best spots for dispersed camping are up Daisy and Lulu. We do not recommend camping up Kersey Lake Road unless you have a Jeep or UTV, the road is terrible.
- **Dispersed camping is not allowed at the dump.**

## WHAT TO DO BEFORE/AFTER

They don't call it the coolest small town in America for nothing! We hope you spend time before and after the race exploring the gems of Cooke City and Silver Gate! The food is good, the shopping is great and the rich history of these communities is everywhere you look!

- [Cooke City Museum](#)
- [Hemmingway Museum](#)
- [Things to do](#)
- [Yellowstone National Park](#)
- [Dining](#)
  - Don't forget the Sinclair opens at 5am for delicious race day breakfast needs!
- Grocery
  - [Sinclair](#)
  - [Exxon](#)
  - [Sweat Pea](#)
  - [Cooke City General Store](#)
  - [Silver Gate General Store](#)
- [Shopping](#)
- [Trails, swimming, fishing, bird watching](#)
- [Recreation Guides](#)
- [UTV Rentals from the Cooke City Exxon!](#)
- [Get the what to do beta from swimming to bird watching from the Cooke City Sinclair](#)

## WHAT WE SUPPORT

We love to support the folks who are there when we need it - which is why we chose Cooke City Fire/EMS and Cooke City SAR. With a donation per participant and additional donations, we hope to get each organization \$800-\$1,000 to support the important role they play in the safety of the Cooke City community!

## SPONSORS

Just like volunteers, we couldn't do it without the support of our sponsors. Don't forget to support these wonderful businesses that support our race:



[Garmin](#)

will be providing an InReach Mini and the newest Forerunner watch to be randomly drawn!

[Cleanwaste Outdoor](#)

will be supplying WAG bags for all participants and aid stations!

[Cooke City Exxon](#)

will be providing UTVs for course support, post race beers and awards!

[Cooke City Sinclair](#)

will be hosting the finish line and providing every finisher with Wilcoxson's Ice Cream!

[Range Rider Lodge](#)

will be hosting packet pick up!

[Red Lodge Ales](#)

will be keeping the post-race beers flowing!

Prospector's 50k | 30k is operated under a Special Use Permit administered by the Gardner Ranger District of the Gallatin National Forest.