



Fat Dog 120 Race Guide Paradise Valley Version

The most scenic ultra in Canada

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SCHEDULE OF EVENTS FOR 2019

This schedule was updated Aug 2 2019.

Note: 120 Mile and relay briefing is now at 4 pm. Awards for 120 mile, relay and 70 mile at 11 am.

Date	Time	Event	Activity	Location
Thurs Aug 8	10-3 pm	120 mile, relay leg 1-3	Bag drop and package pickup at Manning Park.	Tamarack Room in lodge
	4:00 pm	120 mile, relay leg 1-3	Mandatory briefing at Manning Park Lodge. Sign in.	Alpine Room
	6 pm	all	Optional pasta dinner at Manning Park Lodge	Cascade Room
Fri Aug 9	8:30 am	120 mile	Buses depart overflow lots and go to lodge.	Overflow lots
	9 am	120 mile	Buses depart Manning Park Lodge to go to Bonnevier start.	Lodge
	10 am	120 mile, relay leg 1	Race starts at base of Bonnevier. Sign in.	Eastgate Road
	2-7 pm	70, 50, 40 mile	Bag drop at Manning Park Lodge.	Tamarack Room in lodge
	4-7 pm	70, 50, 40 mile, relay	Package pickup In Manning Park Lodge.	Tamarack Room in lodge
	7 pm	70, 50, 40 mile, relay	Mandatory briefing Manning Park Lodge. Sign in.	Tamarack Room in lodge
Sat Aug 10	5:30 am	70 mile	Bus departs overflow lots to go to lodge.	Overflow lots
	6 am	70 mile	Bus departs Manning Park Lodge parking lot to get to start location at Cayuse Flats at Hwy #3.	Lodge parking
	7 am	70 mile	70 mile race starts at Cayuse Flats. Sign in.	Cayuse Flats
	7:30 am	50 mile	Bus departs overflow lots to go to lodge.	Overflow lots
	8 am	50 mile	Bus departs Manning Park Lodge parking lot to go along Hwy #3 to Cascade start area.	Lodge parking
	9 am	50 mile	50 mile race starts at Cascade at Hwy #3. Sign in.	Cascade
	8:30 am	40 mile	Bus departs overflow lots to go to lodge.	Overflow lots
	9 am	40 mile	Bus departs Manning Park Lodge parking lot to go along Hwy #3 to Cascade start area.	Lodge parking
	10 am	40 mile	40 mile race starts at Cascade at Hwy #3. Sign in.	Cascade
Sun Aug 11	5 am	40 mile	40 mile race ends.	Lightning Lake
	6:30 am	50 mile	50 mile race ends.	Lightning Lake
	9 am	50, 40 mile	AWARDS for 50 and 40 mile.	Lightning Lake
	10 am	70 mile	Race ends for 70 mile.	Lightning Lake
	11 am	120 mile, relay	Race ends for 120 mile and relay (49 hours).	Lightning Lake
	11 am	120 and 70 mile, relay	AWARDS for 120, 70 and relay.	Lightning Lake
	noon	All	Pick up your drop bags.	Finish Line tents

Note that the entire route is in Manning Park for 2019. No activities will take place in Princeton or Keremeos.

ENTRIES

Participation in the Fat Dog 120 endurance run is first-come, first-served basis. Runners must meet entry requirements such as long distance experience and trail maintenance or volunteer hours.

400 combined limit for all events

250 cap for 120 mile race

MANDATORY RACER and PACER GEAR

There can be wild swings in temperature in the mountains; you need to be prepared for hot and cold. All racers and pacers **MUST** carry the following supplies at all times; samples are linked but you can choose any brand name.

- [Personal cup](#) (or bottle), to be used at all aid stations for beverages and food.
- Minimum of 2 litres of fluids with you at all times. Three-litre bladder recommended.
- Two lighting sources, such as headlamp and hand torch, both in working condition. Bring spare batteries for your lights. Headlamp example [Silva Trail Runner](#)
Hand torch such as [Fenixtactical](#).
- Two survival blankets or one bivvy.
- Whistle attached to outside of pack or clothing.
- Extra food in reserve, have fuel, drink powder.
- Waterproof jacket with taped seams and hood; no soft shell sections to jacket. See [Distance Runwear](#) samples linked here.
- Long running trousers or leggings or a combination of leggings and long socks which cover the legs completely (optional waterproof pants; depends on forecast in our opinion).
- Additional midlayer clothing (one heavier, warmer piece or two lighter pieces). One thermal jacket or two long-sleeved shirts.
- Cap or bandana.
- Warm hat and gloves.
- If you don't have crew, **carry your car key in your pack** in case you have to drop out.

We also recommend:

- Sunscreen and lip balm.
- Extra pair of socks in your pack.
- Change of shoes (recommend change at Dick's Cabin and Frosty Aid Station).
- 1 tensor bandage compression bandage for sprains or injuries needing compression.
- Your drop bag at Frosty has fuel and electrolytes for the home stretch.
- Use water treatment container like Lifestraw (or pills) if you plan to use streams for water.
- Bug spray.
- Moleskin, band aids, duct tape.
- Vaseline.
- Bear spray, air horn or whistle if you are concerned about bears.

- Finish line warm clothes packed in waterproof bag (you can insert your clothes in a garbage bag and insert that in your drop bag to keep it waterproof).

ROUTE MARKINGS

Pink custom Fat Dog flagging, reflectors and pink metal stakes will be visible along the route and will be generally marked on one side of the trail. Reassurance flagging will be available at regular intervals and at all junctions. Night portions will be lit with reflectors, and 12-hour glow sticks will be placed near some aid stations. You will be loaned reflective gear for road portions.

Racers must study the route and become familiar with the route before race day.

TRAIL MAINTENANCE REQUIREMENT

Hours required: 120, 70, 50 and 40 mile = 8 hours of trail work.

Relay = 4 hours each person. You can allot the online fund to 2 relay racers (one person pays). Teams can volunteer on race weekend (for example, at the finish line).

You are expected to **email proof of trail maintenance by July 31** or forfeit your entry fee and NOT race. If you cannot do trail work, here are your alternatives:

- Provide a volunteer on race weekend instead,
- Provide \$65 toward the trail work fund on UltraSignup when you register *or after* you register.
- Volunteer for some other event in your area and provide proof on the form.

If you attend a trail work day with a Mountain Madness crew, you do not need to send proof.

ALTERNATIVE ROUTES

We have alternative routes if wildfires impact the route.

WITHOUT CATHEDRAL AND TRAPPER (FROSTY ADDED)

Start at Bonnevier in Manning Park, and then do the following trails: Heather, Grainger Creek, Hope Pass, Skagit Bluffs, Skagit River, Centennial, Skyline, and Frosty to Lightning Lake. Distance: 103 miles.

WITHOUT SKAGIT (PARADISE VALLEY ROUTE)

Start at Bonnevier in Manning Park, Heather, Grainger Creek, Hope Pass, Skagit Bluffs, Dewdney, Whatcom, Dewdney, Whipsaw Jeep Road, Nicomen Lake, Heather, Blackwall Peak, cross Hwy #3, Frosty Mtn and part of Skyline.

120 MILE COURSE for 2019

The 120 mile race is run on technical and non-technical trails with mountain views and lakes, mainly single track, some dirt roads. The race starts and ends in Manning Park. See legs described below.

Leg	Distance	From	To Aid Stn	Route
Leg 1 Bonnevier	18 km 11 mi	Start	Heather	Climb Bonnevier Trail to Heather Aid station (aid) located near top of Bonnevier. From aid station, continue 2 km to junction at Heather Trail. Mainly ascent. Views.
Leg 2 Heather	32.4 km 20 mi	Heather	Cayuse Flats	From Bonnevier/Heather junction, turn right and follow Heather Trail to Nicomen Lake (aid). Descend Grainger Creek and Hope Pass Trails to Cayuse Flats aid station (aid). There may be a river crossing. Flat to undulating, stunning views, long descent.
Leg 3 Skagit Bluffs	5.5 km 3.4 mi	Cayuse	Cascade	From Cayuse Flats take Skagit Bluffs Trail to Cascade (aid) parking lot. Undulating on single track with some streams and peekaboo views.
Leg 4 Paradise Valley	22 km 14 mi	Cascade	Whitecloud	From Cascade aid station at Hwy #3, trail heads up Dewdney Trail, then diverts to Whatcom. Big climb and descent on Snass Mtn. Out on Whitecloud (aid) to Tulameen FSR. Views, lakes.
Leg 5 Dewdney-Dick	24.6 km 15 mi	Whitecloud	Dick's Cabin	From Whitecloud, return to Tulameen Camp (aid), then Dewdney as it curves along to Skaist Mtn and Dick's Cabin (aid). Two stream crossings. Subalpine meadows, views.
Leg 6 Nicomen-Heather	38 km 24 mi	Dick's Cabin	Blackwall Peak	From Dick's Cabin head down Nicomen Lake Trail to Nicomen Lake (aid). Climb ridge. Head along Heather Trail; Four Brothers Mountains are on your left. Stunning views. Undulating at the Blackwall Peak end (aid).
Leg 7 Blackwall	10.5 km 6.5 mi	Blackwall Peak	Frosty	From Blackwall Peak, head down the unpaved road. Turn into Dry Ridge Trail. Continue down the paved road. Cross Hwy #3 at the resort. Follow the resort road toward Lightning Lake to Frosty Aid Stn (aid). Views. Fast downhill.
Leg 8 Frosty	23.6 km 15 mi	Frosty	Tom's Bench	From Frosty Aid Stn, climb Windy Joe Trail to Frosty, descend to Lightning Lake. Steep climb (elevation a factor), technical at top, climb over rocks, fast downhill to Tom's Bench (aid).
Leg 9 Skyline	20.7 km 13 mi	Tom's Bench	Finish	From Tom's Bench, take Lightning Lake Trail (easy) across Rainbow Bridge to Strawberry Flats (aid). Strawberry Flats climbs gradually for 5 km and emerges at outstanding views on Skyline I. Flowy descent to Rainbow Bridge and to the finish.

Total time= 49 hours. Overall 195.9 km/122.9 miles.

ELEVATION GAIN AND LOSS ESTIMATES

Gain = 8190/26,870 feet. Loss = 8492/27,860 feet.

120 MILE TARGET TIMES AND CUTOFF (REVISED AUG 2)

#	Station	120 mile Distance So Far	Target (T), Cutoff (C)	Location and Notes	Major or Minor	Crew Access	Drop Bag
#1	Heather	16 km 10 mi		Bonnevier top, 2 km from Heather junction.	Minor	NO	NO
#2	Nicomen Lake	33.4 km 21 mi		Aid stn at Nicomen Lake hut. Hiking only access.	Minor	NO	NO
#3	Cayuse Flats	50.4 km 31 mi	T 22:00 pm Fri	Hope Pass at Hwy #3. Parking.	MAJOR	YES	YES
#4	Cascade	56 km 35 mi	C Fri midnight	Cascade sign at Hwy #3. Parking.	MAJOR	YES	YES
#5	Whitecloud	78 km 49 mi		Tulameen FSR at 51.2 km marker (outside of Hope, BC, one hour on FSR).	MAJOR	YES	YES
#6	Tulameen Camp	84.6 km 53 mi		Dewdney Trail 16 km up from Cascade. No vehicle access.	Minor	NO	NO
#7	Dick's Cabin	102.6 km 64 mi	T 11:00 am Sat	Whipsaw Jeep Road near junction Hope Pass Trail. No crew access.	MAJOR	Relay Only	YES
#8	Nicomen Lake x2	114.4 km 71 mi		Aid stn at Nicomen Lake hut. Hiking only access.	Minor	NO	NO
#9	Blackwall Peak	140.7 km 87 mi	C 21:00 pm Sat	Aid stn on Blackwall Peak Road near top. Parking.	MAJOR	YES	YES
#10	Frosty	151.2 km 94 mi	C midnight Sat	Windy Joe Trailhead at resort road on way to Lightning Lake. Parking.	MAJOR	YES	YES
#11	Tom's Bench	174.8 km 109 mi	T 5:30 am Sun	Frosty Mtn Trail at Lightning Lake. Hiking only access.	Minor	NO	NO
#12	Strawberry Flats	181 km 112 mi	C 7:00 am Sun	Strawberry Flats warming hut on road to ski hill past turnoff to Lightning Lake. Parking.	MAJOR	YES	YES
	Finish	195.7 km 121.6 mi	C 11 am Sun	Lightning Lake			

PACKAGE PICKUP AND BAG DROP

Leave your **small size** waterproof drop bags (**like a size 14 shoe box**) at the drop bag collection area in Manning Park Lodge. All drop bags must be clearly marked with **your name, bib# and corresponding aid station name** on the bag. If you don't have a crew, **stash your car keys** in your pack that you carry with you, not in your finish line drop bag (in case you need to drop out!).

120 MILE BRIEFING IN MANNING PARK

- Thursday mandatory briefing at Alpine Room.
- Pre-paid pasta dinner.

TRANSPORTATION BUSES 2019

Leave your vehicle as follows on Friday morning:

- At Manning Park Lodge if you are booked to stay at the lodge,
- At an overflow lot if you are not staying at the lodge. To get to the overflow lots, take the road toward Lightning Lake Day Use Area. At the Y-junction, keep RIGHT and go 7 km to the ski hill parking.

Buses **will pick you up at the lodge and overflow lots** to take you to the race start.

DINNER THURSDAY NIGHT AT THE LODGE (NEW)

The resort will be providing a pasta dinner in the Alpine Room after the briefing. The cost is \$30 per person including tax. You can book this in UltraSignup as an add-on.

IF STAYING OVER IN PRINCETON THURSDAY NIGHT

We recommend Best Value Inn and Sandman Hotel in Princeton.

Dinner on Thursday Night in Princeton

Billy's Family Restaurant 250-295-3939.

Brown Bridge Pub no reservations and limited seating.

Country Kitchen 75 indoor/outdoor capacity 250-295-7838 email: delarammostafa@gmail.com

Cowboy Coffee/CoCo's Bistro 75 indoor/outdoor capacity 250-295-3390 email: brbrosof@telus.net

Funky Munky 250-295-6015 has 18 seating capacity.

Heartland (now at the Sandman Inn) 250-295-0400 limited seating.

<https://www.sandmanhotels.com/locations/british-columbia/princeton/hotels/princeton-pri>

Little Creek Grill 250-295-6644 email: littlecreekgrill@shaw.ca

Livinit Restaurant 250-295-6262 <http://livinitmilikameen.com/restaurant.php>

Thomasina's 40 seating capacity 250-295-3810 email: thomasinas.shoppe@gmail.com

Vermilion Fork 110 seating capacity 250-295-7711 email: info@vermilionfork.com

Breakfast on Friday morning in Princeton (limited menus)

Billy's 250 295 3939 opens at 6:00 a.m. 250-295-3939

Cowboy Coffee/CoCo's Bistro opens at 4:30 a.m. 250-295-3390 email: brbrosof@telus.net

Heartland (at the Sandman Inn) opens at 7:00 a.m. 250-295-0400. The night before, request the standard breakfast so you can be served quickly in the morning.

PACER

The first available aid station for joining your runner is Cascade (racer has done 56 km/35 miles to this point). This is located on Hwy #3 just west of Manning Park Lodge.

Check in with the timers at the aid station **where you are starting** so they know you are ready to join your racer. Pacers can only join at aid stations allowing crew support. See page 7.

Make sure you and your runner check in and out of every aid station. If your runner needs to drop, it must be done at an aid station. Please notify the aid station captain. Do not, under any circumstances, leave the course without notifying race officials.

You can get a bib at any package pickup. You must stay with the runner at all times. If your runner drops, you may continue on with another runner who does not have a pacer after you have received the okay from race staff at an aid station.

Racers may only have ONE pacer at a time.

Pacers need mandatory gear. Pacers cannot carry gear or food for your racer.

SLEEP BREAK

Sleep breaks must be done at an aid station. You may use a vehicle if it is not moving. You cannot use a tent that is set up for volunteers.

BUCKLE FOR 120 MILERS (SUBSTANTIAL, NOT CHEESY)



Full colour awarded for 36 hours or less.

Silver awarded for completion up to 48 hours.

TIPS FROM PREVIOUS 120 MILERS

Level of Difficulty

How do you compare this race to other 100 milers for level of difficulty?

- More difficult than Cascade Crest, Big Horn, IMTUF, HURT, Bear 100 and Angeles Crest.
- Less difficult than Hardrock. Some say it is as difficult as Hardrock because so much is runnable and it lures you into a faster downhill pace than you should take.

Training Recommendations

What suggestions do you have for training?

Lots of vertical climbing. Emphasize tough long climbs and descents, not speed. I would try and train more at altitude and in hot weather.

Climbing but also running downhill on uneven terrain to strengthen the quads. Doing anything on uneven terrain with rocks and roots will also help ankle strength.

Do some long easy days 50-100 km with some darkness in the equation in the several months leading up to the race.

Include long descents.

I only run 40 miles a week and I mountain bike a couple days a week. A race like this is 10% fitness and 90% mental.

I hit mileage never before attained with a 122 mile week 5 weeks out from the race then I went hard into recovery to absorb this 3 week training block and also did a REAL 3 week taper.

Strategy

Now that you know this race, what would you do differently the next time you do it?

Train more for downhill on uneven terrain.

I need more light which means carrying more headlamps or batteries so I can use them at full power rather than trying to conserve batteries.

Bring a camera! Many beautiful views and wild flowers still blooming.

I wouldn't wear black shoes again as my feet became really hot.

I really was too casual going into this race; I should have paid more attention to the distances between aid stations and the size of the climbs.

I pushed too hard early on, especially on the high altitude sections which I wasn't really acclimated for. Next time I would really take it easy early on and not push the pace at all.

Tips

What tips would you offer racers who have not done this course?

My goal was to finish. I was conscious of NOT trying too hard. I felt this helped me in terms of keeping food down and successfully hydrating and salting during the race. Having a pacer was also very helpful.

If you don't see course marking for a longer than usual time, become alert. If you don't see any soon, turn around and go back to the last clear flagging.

Prepare for a lot of different terrain types.

Don't be impatient on the last leg - there will always be another peak to climb ... until there isn't.

Carry a minimum of 2 litres hydration, even more. I carried 2L and a handheld bottle. Make sure you have enough warm clothing for the night. Need an excellent headlamp and should carry a secondary hand torch for backup.

Go by effort, not pace. It's a long way between aid stations; be self-sufficient and have nutrition plan.

Always be taking a look at the AMAZING SCENERY.

Start conservative and stay conservative. I never ran more than 10 min in any of the "runnable" sections, did not beat myself to death on the downhills and stayed on top of my calorie intake. Adjusted my hydration needs between aid stations as hot temps forecast. This is not like many 100s where you get lots of crew access. Mentally/physically prepare yourself to be somewhat self-supporting.

I LOVED the variety in the terrain. So many different and unique areas. The fact that it took me 30 hours of racing before I saw another human who was not associated with the race was incredible. It is OFF the beaten path for sure - a huge draw for me.

This truly is one of the most scenic races you will ever do. It has the best selection and highest percentage of single track trails of any race I have done! The single track ranges from fast and easy to run, to technical. For a trail run, a course does not get any better than this one. It can also really chew up your feet.

RELAY (Revised Aug 2)

9 OR 10 RELAY LEGS

Relay teams can have 2-9 members. Team members can do combinations of legs such as 1 and 5.

Leg	Distance	From	Interchange	Route
Leg 1 Bonnevier	28.7 km 17.8 mi	Start	Blackwall Peak	Climb Bonnevier Trail to Heather Aid station (aid) near top of Bonnevier. Continue 2 km to Heather Trail junction, turn left and follow Heather Trail to Blackwall Peak parking lot (aid). Mainly ascent with a few valley dips. Single track, views at the top, very few streams. Will take longer than you think. Mainly ascent.
Leg 2 Heather	43 km 27 mi	Blackwall Peak	Cayuse Flats	From Blackwall Peak parking lot, follow Heather Trail to Nicomen Lake (aid). Descend Grainger Creek and Hope Pass Trails to Cayuse Flats (aid). Undulating, many streams, long descent. There may be a river crossing. Outstanding views.
Leg 3 Skagit Bluffs	5.5 km 3.4 mi	Cayuse	Cascade	From Cayuse Flats take Skagit Bluffs Trail to Cascade (aid) parking lot. Undulating on single track with some streams and peekaboo views.
Leg 4 Paradise Valley	22 km 14 mi	Cascade	Whitecloud	From Cascade aid station at Hwy #3, trail heads up Dewdney Trail, then diverts to Whatcom. Big climb and descent on Snass Mtn. Out to Whitecloud to Tulameen FSR (aid). Views, lakes.
Leg 5 Dewdney-Dick	24.6 km 15 mi	Whitecloud	Dick's Cabin	From Whitecloud, go to Tulameen Camp (aid), then Dewdney as it curves along to Skaist Mtn and Dick's Cabin (aid). Two stream crossings. Subalpine meadows, views. This runner needs transportation on drivable FSR to get to Whitecloud (outside Hope).
Leg 6 Nicomen-Heather	38 km 24 mi	Dick's Cabin	Blackwall Peak	From Dick's Cabin head down Nicomen Lake Trail (aid). Climb ridge. Head along Heather Trail; Four Brothers Mountains are on your left. Stunning views. Undulating at the Blackwall Peak end (aid). This runner needs transportation by 4 WD or SUV to get to parking lot near Dick's Cabin. Hike 4 km to aid station.
Leg 7 Blackwall	10.5 km 6.5 mi	Blackwall Peak	Frosty	From Blackwall Peak aid, head into Dry Ridge Trail. Continue down the paved road. Cross Highway #3 at the resort. Follow the resort road toward Lightning Lake to Frosty (aid). Views. Fast downhill.
Leg 8 Frosty	23.6 km 15 mi	Frosty	Tom's Bench	From Frosty Aid Stn, climb Windy Joe Trail to Frosty, descend to Lightning Lake. Steep climb (elevation a factor), technical at top, climb over rocks, fast downhill to Tom's Bench (aid). Needs good climber.
Leg 9 Skyline	20.7 km 13 mi	Tom's Bench	*Strawberry Flats or Finish	From Tom's Bench, take Lightning Lake Trail (easy) across Rainbow Bridge to Strawberry Flats (aid). Strawberry Flats climbs gradually for 5 km and emerges at outstanding views on Skyline I. Flowy descent to Rainbow Bridge. *Can be done as 2 legs: 6 and 15 km.

We recommend that you have backup runners in case a racer cannot make it on race day.

RELAY CUTOFF

Relay total distance is 217.3 km/135 miles.

Cutoff Time	Interchange	Location
midnight Fri	Cascade	Cascade sign at Hwy #3. Parking.
21:00 Sat	Blackwall Peak	Blackwall Peak parking lot.
10:00 Sun	Finish	Lightning Lake in Manning Park

RELAY TRANSPORTATION

Updated June 28, 2019.

Relay teams are responsible for their own transportation to handoff locations at **aid stations**. You must check in at the aid station so they know you are ready.

Relay teams must become familiar with the aid station locations. We recommend that you drive to the locations before race day so you know exactly where you need to be.

Aid stations **signs** will be posted at nearest road or highway access.

Note that getting to Relay Leg 5 Dewdney-Dick involves driving to Hope, taking Hwy #5 for 57 km then turning onto Tulameen Forest Service Road. Drive FSR for an hour to get to 52-3 km area (past Jacobson Lake at 48 km) and see the Whitecloud sign. Need SUV or 4 WD.

Relay Leg 6 Nicomen-Heather involves driving 37 km past the Eastgate Esso Gas Station toward Princeton to Whipsaw Jeep Road. From the Princeton direction, the Whipsaw turnoff is 11 km from the Princeton Sandman Inn heading west on Hwy #3. Then drive in 22.5 km on this road and park vehicle at big pullout with Relay Parking sign. Then hike 4 km (or mountain bike) to Dick's Cabin. Need 4 WD with good clearance; road can be ratty. See Crew and Relay Team Driving Instructions for this road.

On race day, if a relay team member cannot run the designated leg, you can make a substitution provided that the runner is already on the team. For example, Leg 1 runner could also run Leg 4. You must tell the aid station. Before race day, you can make a substitution up to August 5; your Captain can do this online.

SLEEP BREAK

Sleep breaks must be done at an aid station. You may sleep in a vehicle at an aid station if it is not moving. You cannot use a tent that is set up for volunteers.

PACKAGE PICKUP

Do your pickup in Manning Park Lodge on the day before your race. The captain can distribute bibs. Your captain must make sure that all runners are briefed and have mandatory gear.

70 MILE EVENT

COURSE

The 70 mile race starts from Cayuse Flats, travels to Cascade and from there into Paradise Valley. Follow Legs 3-8 as shown on the map. You have an extra leg after Leg 8 which is a loop at Rainbow Bridge.

Leg	Distance	From	To Aid	Route
Leg 3 Skagit Bluffs	5.5 km 3.4 mi	Cayuse	Cascade	From Cayuse Flats take Skagit Bluffs Trail to Cascade (aid) parking lot. Undulating on single track with some streams and peekaboo views.
Leg 4 Paradise Valley	15.4 km 10 mi	Cascade	Tulameen Camp	From Cascade aid station at Hwy #3, trail heads up Dewdney Trail, then diverts to Whatcom. Big climb and descent on Snass Mtn. Tulameen Camp (aid). Views, lakes.
Leg 5 Dewdney-Dick	18 km 11 mi	Tulameen Camp	Dick's Cabin	From Tulameen Camp (aid), follow Dewdney as it curves along to Skaist Mtn and Dick's Cabin (aid). Two stream crossings. Subalpine meadows, views.
Leg 6 Nicomen-Heather	38 km 24 mi	Dick's Cabin	Blackwall Peak	From Dick's Cabin head down Nicomen Lake Trail to Nicomen Lake (aid). Climb ridge. Head along Heather Trail; Four Brothers Mountains are on your left. Stunning views. Undulating at the Blackwall Peak end (aid).
Leg 7 Blackwall	10.5 km 6.5 mi	Blackwall Peak	Frosty	From Blackwall Peak, head down the unpaved road. Turn into Dry Ridge Trail. Continue down the paved road. Cross Hwy #3 at the resort. Follow the resort road toward Lightning Lake to Frosty (aid). Views. Fast downhill.
Leg 8 Frosty	23.6 km 15 mi	Frosty	Tom's Bench	From Frosty Aid Stn, climb Windy Joe Trail to Frosty, descend to Lightning Lake. Steep climb (elevation a factor), technical at top, climb over rocks, fast downhill to Tom's Bench (aid). Save energy for this part.
Leg 9 Rainbow Loop	5 km 3 mi	Tom's Bench	Finish	Follow Lightning Lake Trail toward Rainbow Bridge. Cross bridge, keep right. Take first left toward parking lot. Left down trail to bottom of Skyline. Left to Rainbow Bridge, cross bridge. Easy.
Finish	111.4 km 69.2 mi			Form Tom's Bench, head to finish line.

TARGET TIMES AND CUTOFF 70 MILE EVENT (REVISED AUG 2)

Start time 7 a.m. Saturday at Cayuse Flats parking lot. Outhouses available.

#	Station	70 mile Distance So Far	Target (T), Cutoff (C)	Location and Notes	Major or Minor	Crew Access	Drop Bag
#1	Cascade	5.5 km 3.4 mi		Cascade sign at Hwy #3. Parking.	MAJOR	YES	YES
#2	Tulameen Camp	21 km 13 mi		Dewdney Trail 16 km up from Cascade. No vehicle access.	Minor	NO	NO
#3	Dick's Cabin	39 km 24 mi	T 16:00 pm Sat	Whipsaw Jeep Road near junction Hope Pass Trail. No crew access.	MAJOR	NO	YES
#4	Nicomen Lake	54 km 33 mi		Aid stn at Nicomen Lake hut. Hiking only access.	Minor	NO	NO
#5	Blackwall Peak	80.3 km 50 mi	C 2 am Sat	Aid stn on Blackwall Peak Road near top. Parking.	MAJOR	YES	YES
#6	Frosty	90.8 km 56 mi	C 4:30 am Sun	Windy Joe Trailhead at resort road on way to Lightning Lake. Parking.	MAJOR	YES	YES
#7	Tom's Bench	109 km 68 mi		Frosty Mtn Trail at Lightning Lake. Hiking only access.	Minor	NO	NO
	Finish	111.4 km 69 mi	C 10 am Sun	Lightning Lake			

Total time = 27 hours.

ELEVATION GAIN AND LOSS ESTIMATES

Gain = 4752 m/15,590 feet.

Loss = 4281 m/14,045 feet.

PACER

- The aid stations available to join the runner are Blackwall Peak and Frosty Aid Station.
- Check in with the timers at the aid station **where you are starting** so they know you are ready to join your racer.
- Make sure you and your runner check in and out of every aid station. If your runner needs to drop, it must be done at an aid station. Please notify the aid station captain. Do not under any circumstances leave the course without notifying race officials.
- Pacers can get a bib at package pickup. All pacers must stay with the runner at all times.
- If your runner drops, you may continue on with another runner who does not have a pacer after you have received the okay from race staff at an aid station.
- Racers may only have ONE pacer at a time.
- Pacers need mandatory gear. Pacers cannot carry gear or food for your racer.

SLEEP BREAK

Sleep breaks must be done at an aid station. You may use a vehicle if it is not moving (Cascade, Sumallo Grove, Shawatum). You cannot use a tent that is set up for volunteers.

PACKAGE PICKUP AND BAG DROP

Leave your **small size** waterproof drop bags (**like a size 14 shoe box**) at the drop bag collection area in Manning Park Lodge Tamarack Room. All drop bags must be clearly marked with **your name, bib# and corresponding aid station name** on the bag. If you don't have a crew, **stash your car keys** in your pack that you carry with you, not in your finish line drop bag (in case you need to drop out!).

50 MILE EVENT

COURSE

The 50 mile race starts at Cascade at Hwy #3. The route follows Legs 4-7 with a climb through Paradise Valley, along Heather Trail, down Blackwall Peak and finishes at Lightning Lake.

Leg	Distance	From	To Aid	Route
Leg 4 Paradise Valley	15.4 km 10 mi	Cascade	Tulameen Camp	From Cascade aid station at Hwy #3, trail heads up Dewdney Trail, then diverts to Whatcom. Big climb and descent on Snass Mtn. Tulameen Camp (aid). Views, lakes.
Leg 5 Dewdney-Dick	18 km 11 mi	Tulameen Camp	Dick's Cabin	From Tulameen Camp (aid), follow Dewdney as it curves along to Skaist Mtn and Dick's Cabin (aid). Two stream crossings. Subalpine meadows, views.
Leg 6 Nicomen-Heather	38 km 24 mi	Dick's Cabin	Blackwall Peak	From Dick's Cabin head down Nicomen Lake Trail to Nicomen Lake (aid). Climb ridge. Head along Heather Trail; Four Brothers Mountains are on your left. Stunning views. Undulating at the Blackwall Peak end (aid).
Leg 7 Blackwall	10.5 km 6.5 mi	Blackwall Peak	Frosty	From Blackwall Peak, head down the unpaved road. Turn into Dry Ridge Trail. Continue down the paved road. Cross Hwy #3 at the resort. Follow the resort road toward Lightning Lake to Frosty (aid). Views. Fast downhill.
To finish	2 km 1 mi	Frosty	Finish	Follow Little Muddy Trail to get to finish. Easy.
Finish	84 km 52.5 mi			

TARGET TIMES AND CUTOFF 50 MILE EVENT (REVISED AUG 2)

Start time 9 am Saturday.

#	Station	50 mile Distance So Far	Target (T), Cutoff (C)	Location and Notes	Major or Minor	Crew Access	Drop Bag
#1	Tulameen Camp	15.4 km 10 mi		Dewdney Trail 16 km up from Cascade. No vehicle access.	Minor	NO	NO
#2	Dick's Cabin	33.4 km 21 mi	T 17:00 pm Sat	Whipsaw Jeep Road near junction Hope Pass Trail. No crew access.	MAJOR	NO	YES
#3	Nicomen Lake	45.2 km 28 mi		Aid stn at Nicomen Lake hut. Hiking only access.	Minor	NO	NO
#4	Blackwall Peak	71.5 km 44 mi	C 03:00 am Sun	Aid stn on Blackwall Peak Road near top. Parking.	MAJOR	YES	YES
#5	Frosty	82 km 51 mi		Windy Joe Trailhead at resort road on way to Lightning Lake. Parking.	MAJOR	YES	YES
	Finish	84 km 52.5 mi	C 6:30 am Sun	Lightning Lake			

Total time = 21.5 hours.

ELEVATION GAIN AND LOSS ESTIMATES

Gain = 3267 m/10,718 feet

Loss = 2863 m/9393 feet

PACKAGE PICKUP AND BAG DROP

Leave your **small size** waterproof drop bags (**like a size 14 shoe box**) at the drop bag collection area in Manning Park Lodge Tamarack Room. All drop bags must be clearly marked with **your name, bib# and corresponding aid station name** on the bag.

PACERS (No)

No pacers allowed for 50 mile event.

40 MILE EVENT

COURSE

The 40 mile race starts at Cascade Aid Station on Hwy #3. You travel to Cayuse Flats first then up Hope Pass and Grainger Creek Trails to Nicomen Lake following Leg 3, Leg 2 and then Leg 7 on the map.

Leg	Distance	From	To Aid	Route
Leg 3 Bluffs	5.5 km 3.4 mi	Cascade	Cayuse Flats	From Cascade take Skagit Bluffs Trail to Cayuse Flats (aid). Undulating on single track with some streams and peekaboo views.
Leg 2 Heather	43.3 km 27 mi	Cayuse Flats	Blackwall Peak	From Cayuse Flats, head up Hope Pass and Grainger Creek Trails to Nicomen Lake (aid). Follow Heather Trail to Blackwall Peak (aid). Long climb, stunning views on Heather Trail.
Leg 7 Blackwall	10.5 km 6.5 mi	Blackwall Peak	Frosty	From Blackwall Peak, head down the unpaved road. Turn into Dry Ridge Trail. Continue down the paved road. Cross Highway #3 at the resort. Follow the resort road toward Lightning Lake to Frosty (aid). Views. Fast downhill.
To finish	2 km 1 mi	Frosty	Finish	Follow Little Muddy Trail to get to finish. Easy.
Finish	61.3 km 38 mi			

TARGET TIMES AND CUTOFF 40 MILE EVENT (REVISED AUG 2)

This race starts at 10:00 am on Saturday.

#	Station	40 mile Distance run	Cutoff	Location and Notes	Major or Minor	Crew Access	Drop Bag
#1	Cayuse Flats	5.5 km 3.4 mi		Cayuse Flats near Hwy #3. Parking.	MAJOR	No	No
#2	Nicomen Lake	22.5 km 14 mi		Aid stn at Nicomen Lake hut. Hiking only access.	Minor	No	No
#3	Blackwall Peak	48.8 km 30 mi	C 22:00 pm Sat	Aid stn on Blackwall Peak Road near top. Parking.	MAJOR	YES	YES
#4	Frosty	59.3 km 37 mi		Windy Joe Trailhead at resort road on way to Lightning Lake. Parking.	MAJOR	YES	YES
	Finish	61.3 km 38 mi	C 5 am Sun				

Total time = 19 hours.

ELEVATION GAIN AND LOSS ESTIMATES

Gain = 2398 m/7867 feet. Loss = 2002 m/6568 feet

PACKAGE PICKUP AND BAG DROP

Leave your **small size** waterproof drop bags **(like a size 14 shoe box)** at the drop bag collection area in Manning Park Lodge Tamarack Room. All drop bags must be clearly marked with **your name, bib# and corresponding aid station name** on the bag.

PACERS (No)

No pacers allowed for 40 mile event.

AID STATION TYPICAL FOOD

Aid stations will be stocked with the following foods and liquids: water, chips, Coke, Alete energy drink, gels, bars, cookies, potatoes, sandwiches, soup, fruit, gummies, and **other tasty treats** like quesadillas provided by the aid station crew. They will be competing for your accolades.

A major aid station is fully equipped; a minor aid station is lightly equipped due to location (no road access). For example, Nicomen Lake minor station will have water and lightweight foods.

OTHER WATER SOURCES

There are creeks that you will cross, such as Grainger Creek between Nicomen and Cayuse Flats aid stations. You can refill but we recommend using water purifiers like Pristine drops or Lifestraw.

RACE WEEK—HOW TO CONTACT US

We will be in Manning Park during the week before the race. We may be able to check email from Monday to Thursday only. Email: mountainmadness@telus.net. At other times, you will need to **FIND US**.

Leave phone message: 1-250-840-8800.

Cell phone service is still NOT consistent in Manning Park. Do not expect reception! Heather Macdonald (Race Director) cell: 604-313-7621.

Manning Park Lodge reception desk: leave message.

TRANSPORTATION TO START

Bus transportation will be available to get to the **start location** for your race, or your crew can drive you. The bus will NOT be going back to the start location at the end so **your vehicle needs to be at the overflow lot in Manning Park or at Manning Park Lodge**.

If you do not have a crew to drive you, then you need the bus. When you register, you indicate bus needed.

Relay teams should transport racers to the start of their legs.

See *Schedule of Events* on page 3.

TRAINING

It is your responsibility to make sure that you are well trained for this challenging event. There will be chances to get to know the route by helping with trail maintenance or taking part in orientation runs in advance of race day.

It is essential to have hill climbs and descents in your training program.

There will be an orientation run in July. Check the website.

GOOD DOG

Runners are expected to behave in an appropriate manner and recognize the challenges of an extreme sport.

- Study the course in advance so you know the trails and terrain.
- Follow the course on race day. If you go off course, return to your last known point.
- Check in and out of each aid station.
- Wear bib in visible location.
- Cooperate with race officials. Recognize that race officials are likely to be a lot more rational than you after many hours on the trail.
- Take care of other racers in trouble.
- Train adequately for this extreme sport.
- Withdraw voluntarily or when asked by a race official if a cutoff is missed.
- Let a race official know if you are dropping out.
- Respect other trail users.
- Leave no trace. Carry out anything you bring in.
- Bury evidence of your human doggy-doo and make sure your chosen spot is well away from a water source.
- Be prepared for changes in weather.
- Carry required gear.
- Carry enough water and fuel to manage the distance.
- Sign in and attend mandatory briefing.
- Thank the volunteers.
- If you need a nap in a vehicle, take it in a stationary vehicle that is at an aid station only.
- No whining.

BAD DOG

We will toss you out of the race for any of the following bad things:

1. Cheating. All runners must follow and complete the designated course, without short cuts.
2. Failing to check in and out of each aid station. We need to know where all runners are at all times.
3. Receiving aid outside of designated crew access aid stations. This also means you cannot stash food along the route.
4. Littering. Garbage bags are available at aid stations.
5. Failing to cooperate with race officials or comply with medical personnel. **If for any reason, we are concerned about your safety or the safety of others, we will escort you from the route and you must comply.**
6. Any rule violation by a crew member. YOU are responsible for the actions of your crew. Make sure they park in designated areas.
7. Using more than one pacer at a time.

8. Muling (if you can't do it on your own, you shouldn't be in this race).
9. You cannot bring your real dog with you in the race!

DENIAL OF FUTURE ENTRY

Rule violations that result in denial of future entry for 10 years:

1. Failing to obey any Park Ranger or employee.
2. Failing to respect private property or Forest Service rules.
3. Mistreating aid station volunteers, other runners, or pacers. Volunteers are NOT your servants; do not bark orders at them.
4. Running as a bandit.
5. Any action by a runner or crew that the race directors feel may have consequences for the future of this event.

CREW GUIDE and DRIVING INSTRUCTIONS

See driving instructions in separate PDF file: **crew and relay team driving instructions**.

Crew members may assist their runners only **at aid stations**.

Crews may park in designated areas only.

Keep dogs on leash and away from aid station food. At Lightning Lake, dogs are restricted to a dog area at the east end near the dam.

You need to take care of yourself. We suggest that you have the following supplies:

- Rain gear.
- Backpack.
- Pen and paper.
- Flashlight.
- Gloves, warm jacket, fleece top.
- Snacks and meals.
- Spare batteries and spare bulbs.
- Sun screen.
- Fluids.
- Sleeping bag.
- Reliable watch.
- Hat.
- Change of clothes.
- First aid kit.
- Book to read.
- Bug spray.
- Road maps, race map. Driving instructions (posted on website).

WILDLIFE

Make noise on the trail so animals know you are there. Blow your whistle.

Rabbits are abundant. Whiskey Jacks are friendly. Ground squirrels are common.

If you encounter a black bear, your first response is to back away and wait until it goes away. Speak to it in a low voice so it senses that you are human. Do not run. Make noise. If it gets aggressive, you get aggressive: make a lot of noise, throw rocks in its general direction, smash branches on the ground, act big. If needed, defend yourself. Same response for cougars.

If you encounter a grizzly, wait for other racers to join you so your mass looks larger.

Coyotes, foxes, wolves, cougars, wolverines and bobcats may be in the area but are not sighted often. A rattlesnake was sighted in 2010 in a dry, open area near Keremeos.

REMOTE IS REMOTE



You will be climbing mountains on trails where the only thing you will see is nature, no towns, no lights. This is very attractive to some racers. If this is a concern to you, bring a pacer.

You must be self-sufficient with hydration and gear. If you need to slow down and therefore be out longer than expected, you need to make sure you have enough fuel to keep going.

The scenery is worth it.

If you need to pull out at a remote aid station, you need to walk out **with** the aid station crew (if able to walk) when they are ready to leave.

PERILS

This is an endurance race run in remote mountain settings; be prepared by carrying your own food and water because the aid stations are spread out and are not easily accessible by vehicle. You may encounter animals. You may be crossing a river that has current. You will be running at night and may be alone at times. You will be running in unfamiliar territory. It will be cold at night. It may be hot during the day.

If you are a first timer, talk to experienced long distance runners to get tips.

If you get injured, it could be many hours before help arrives, so you need to take the mandatory gear seriously.

Be prepared to pay for an ambulance if needed. Arrange for travel health insurance.

LIGHTNING

Read the [article](#) posted on the website under Race Weekend, Weather.

FINISH LINE AND AWARDS

ABOUT THE FINISH LINE

Great place to hang out.

Post-race food. One meal is provided to runners and pacers; all others should buy a ticket at \$5. If you need another meal (such as breakfast) you can buy a ticket for \$5 or support Manning Park Lodge and eat at their restaurant.

Lightning Lake. You can soak in the lake or paddle.

Showers. For \$5, showers are available behind Manning Park Lodge in the Loon Lagoon. Pay at the front desk in the lodge. Towel provided. You bring soap, shampoo, etc.

Post-race testing. UBC Cardiology Team will complete post-race testing. They want to see you within 45 minutes of finishing.

First Aid Tent. Check in at the first aid tent if needed.

Shuttles. There will be a shuttle bus during the daytime (about every 90 minutes) and shuttle car drivers at night to take you from the finish to the lodge or overflow parking. See shuttle board at Lightning Lake. There are no buses going back to the start at the end of the race.

Drop Bag Tent. PICK UP your finish line bags at the end of the race. Get your crew to remind you.

AWARDS CEREMONY LIGHTNING LAKE

Location. The awards ceremonies are held in Manning Park at Lightning Lake. See Schedule of Events page 3.

120 mile awards. Buckles are presented to all finishers. First overall male and female finishers will receive a jacket with the race logo. Top record breaker gets cash prize.

70 mile awards. Medals are presented to all finishers. First overall male and female finishers will receive a jacket with the race logo.

50 mile awards. Medals are presented to all finishers.

40 mile awards. Medals are presented to all finishers.

Relay. Relay medals are presented to top 3 teams.

SPECIAL AWARDS

Wild Dog Best wildlife sighting.
Hally Dog Best hallucination.
Hot Dog Fastest descent Blackwall Peak to Cayuse Flats. 3:44 Glenn Jasechko 2017.

RECORD HOLDERS

120 Mile

Male: 25:07:28 Nickademus Hollon (2015)

Female: 30:18:49 Bethany Lewis (2015)

70 Mile

Male: 13:07:34 Graham Coombe (2016)

Female: 15:46:36 Madeleine Elson (2017)

50 Mile

Male: 8:32:15 Vincent Bouchard (2015)

Female: 9:30:31 Jenny Hoffman (2015)

40 Mile

Male: 07:09:25 Mike Sidic (2017)

Female: 09:34:20 Gwendolyn Ostrosky (2017)

Relay Team (course changed 2017) 25:34:29 Barking Spiders (2017)

DROP BAGS

If you cannot retrieve your drop bag please have someone else do it for you. Any drop bags left over will be donated to charity or thrown away.

REDUCE, REUSE, RECYCLE

- We will be capturing our waste for recycling. Please place garbage in the appropriate container.
- Bags will be placed near the aid station; make sure that all garbage is dropped into the bag or carry it out with you.
- Refill your personal cup, water reservoir and handhelds.
- Recycle your pins.
- Bring your own camping plate, cutlery and mug to finish line.

BRING IT WITH YOU—GETTING SUPPLIES/FOOD LOCALLY

FAT DOG takes place in provincial park settings WITHOUT MUCH ACCESS TO STORES so you need to bring everything you need with you, except water. Make sure you bring batteries, flashlights, trail socks, gels, and your favourite energy foods with you.

Here's a few sources for basic items:

Hope	45 minutes west of Manning Park Lodge, Hope is your best source for gas, food and supplies. Home Restaurant is good. Also good burger stop in Chevron gas station. We like the coffee and sandwiches at Blue Moose Café 322 Wallace Street (also has free WiFi).
Manning Park	the lodge has one restaurant, one pub, one take out deli and a small store (that has beer) but the hours of operation are limited. Don't rely on the lodge for things like batteries!
Princeton	45 minutes east of Manning Park along winding mountain roads, small town with gas, food stores, motels and restaurant. Best Value Inn and Sandman Hotel here.
Eastgate	just past the Manning Park Eastgate sign toward Princeton, there is an Esso gas station that has water, snacks, beer, and regular gas. This is the ONLY gas station you will see for a long while. Hours 9-6.

GAS STATIONS

Gas stations are available here:

- Hope,
- Eastgate near Manning Park (on Hwy #3 toward Princeton). Take advantage of this Esso!
- Princeton.

VOLUNTEER INFORMATION

Volunteers get their own Volunteer Guide. See website.

“What an amazing collection of people. The organization that has to go into making something like this happen must be daunting, and I applaud you for pulling everything together. The sections I saw were well marked and all the volunteers were incredible.”

“I have got to say that your race was extraordinary, in planning, organization and execution! Every single volunteer out there on the course were truly dedicated to helping the athletes fulfill their goals! As my brother said, “Those are real volunteers at this race...giving up 12 to 24 hrs. in the cold and dark, not just giving a few hours out of their day to hand out Gatorade at an aid station along a highway.”

PHOTOS AND VIDEOGRAPHY

Photos and videos taken of racers are the property of Mountain Madness and cannot be used without prior authorization of Mountain Madness. Professional photos may be taken by photographers and will be available for sale at a reasonable cost.

If you have taken photos that you want to share, we are happy to provide a link to your site. We upload many photos taken by onlookers and look forward to seeing your photos.

INSURANCE

We recommend these types of insurance:

- Travel medical insurance. You would need to pay for an ambulance and hospital services (you do not pay for a Search and Rescue helicopter).
- Flight cancellation insurance.

MAP REFERENCES

- 92 H/2 Manning Park/Skagit British Columbia Canadian Topographic Maps www.itmb.com
- Ashnola River topo map: 92 H/1 Edition 2
- Backroad Mapbook: Manning Park Topo VCBC 7 www.backroadmapbooks.com
- Backroad Mapbook: Thompson Okanagan BC. www.backroadmapbooks.com
- Backroad Mapbook: Vancouver, Coast & Mountains. www.backroadmapbooks.com
- Race map created by Bob Plummer, mapmaker.

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ABOUT MOUNTAIN MADNESS

Mountain Madness Trail Running Inc was created by Heather Macdonald in 2004 to provide trail running clinics in North Vancouver, BC to prepare runners for races and build awareness of trails.

Website: www.mountainmadness.ca

As of Oct 2018, Mountain Madness hosts the following races:

- Fat Dog 120 Trail Race (120, 70, 50, 40 mile and relay) in August in Manning Park BC.
- Brigade Trail Race (50 and 19 mile) from Tulameen to Hope, BC.

Until Oct 2016, Mountain Madness hosted the following events (now with the Fore Trails series):

- Dirty Duo Trail and Mountain Bike Race (six events: run 50, 25 or 15 km, ride 30 km, relay or solo run and ride) in March in North Vancouver BC,
- Iron Knee/Tender Knee (13 and 25 km) in May, in North Vancouver BC,
- Hallow's Eve (10 km, half and full marathon) in October, in North Vancouver BC,
- The Phantom Run (12, 19 or 24 km) race in November in North Vancouver BC,
- Trail clinics in winter, spring, and fall.

We provide many trail maintenance days each year to help restore trails in E.C. Manning Park, Skagit Valley Provincial Park and Trapper Lake Trails. For example in 2016, our crews provided 877 volunteer hours, and cleared 1478 fallen trees.

We provide support to fundraising initiatives such as Princeton Ground Search and Rescue and a trail work fund.

Racers may also host fundraising; in 2019 this was done by Strides for Stroke.

Heather Macdonald gives presentations about trail running.

Contact mountainmadness@telus.net or 250-840-8800.