

# *Runners Manual*

*May 22, 2021*





## Introduction:

Welcome to the 15<sup>th</sup> running of the Jemez Mountain Trail Runs (JMTR). This past year has been hard and we are excited to begin to bring some normalcy back to trail running. Although the COVID condition has improved and continues to do so, we are not to the finish line yet. This document provides detailed information about the race and the changes from past years to ensure COVID safety. The 50 mile course has undergone a minor change from the 2019 running. The 50km and 15 mile courses will run the same route as previous years. Please check back [on our website](#) closer to the race for updates to this manual. Please let us know if you have any additional questions.

The format of the race will be different this year to ensure the COVID safety protocols are satisfied. Services will be reduced from prior years and runners should expect more self-sufficiency. We understand that people have various level of concern with regard to COVID. JMTR will implement COVID protocols that are consistent with state and federal guidance. These protocols will require limiting group gathering sizes to less than 150 people, ensuring physical distancing, and wearing masks when in close proximity to others while at the start/finish and in aid station. JMTR has developed an excellent working relationship with the various land users and the Los Alamos community because of our respect of the land and our positive impact with the community. Maintaining this relationship is very important to us, so we would appreciate you following all the COVID protocols. A few runners not following the rules is all it takes to destroy the race's reputation.

The JMTR races take place in the Jemez Mountains surrounding Los Alamos, NM. Three race distances are offered to the runners; 50 miles, 50 kilometers, and 15 miles. The popularity of this event has increased significantly since our first running and we would like to thank you for your support over the years. We're continually improving the execution of this event and any comments are welcome. We would appreciate if you would fill out a survey which will be emailed to all runners shortly after the event.

Profits from the JMTR are donated to local organizations. The race primarily benefits the Los Alamos High School Cross Country team and the Wally Walters and Aaron Goldman Scholarship Funds. The JMTR also makes donations to local organizations that contribute to the success of the race, including Pajarito Ski Patrol, Southwest Nordic Ski Club, Pajarito Environmental Education Center, Los Alamos Amateur Radio, Los Alamos Sheriff's Posse, and others.

## Changes from 2019:

- There are minor changes to the 50 mile course. Please review updated aid station information and course maps for details.
- The "Quemazon aid station" from 2019 on the 50km and 50 mile courses has been relocated to the Ice Rink and is now called the "Ice Rink Aid Station".

## COVID Safety Protocols:

- The following mask rules will be required:

- Masks must be worn at the start and finish area when in close proximity to other people.
- Masks must be worn in aid stations when in close proximity to other runners and race staff.
- Mask must be worn when within 6 feet of unvaccinated runners including when passing one another. Please be considerate to other runners and if you are passing a runner wearing a mask, please also put on your mask.
- Masks do not need to be worn when at least 6 feet of separation between people can be maintained.
- Masks do not need to be worn when actively eating or drinking. We recommend not eating or drinking in groups.
- Crew and spectators
  - Crew are only allowed at the Ski Lodge Aid station and must remain outside of the aid station where they can provide aid to their runner.
  - We ask that runners consider not having crew and spectators this year and if they do so, to minimize the number of accompanying people.
  - We ask that runners, crew, and spectators do not linger around the finish area for prolonged periods of time.
- Aid stations
  - Food and drinks will be distributed by race staff
  - All runners must carry a cup for drinking liquids at the aid stations and a plate or bag for food at aid stations. No cups or plates will be provided at the aid station.

Please be aware of the following for your safety:

- We have a mandatory gear policy. Additional details of this policy are described below.
- There is a smartphone course map with GPS capability that we recommend all runners who will be carrying phone to have. Check out the course web page for installation directions: <https://www.jemezmountaintrailruns.org/course>
- JMTR will have an emergency messaging text system that you can subscribe to.

## Sponsors and Volunteers

This race could not happen without generous donations from our sponsors and the efforts of our volunteers. Please patronize our sponsors and thank them for supporting the Jemez Mountain Trail Runs. Our volunteers put in many hours to prepare for the race, staff the aid stations and finish line, and clean up after the race. They do their best to support you during the race so please thank them for their efforts.

## Cup-Free and Plate-Free Race:

Please note that all races will be totally cupless both at the aid stations and at the finish line. This means there will be **no cups** at the aid stations; runners in all races **must** carry a container with them. In addition, for COVID safety, the race will not provide plates at the aid stations. Runners should carry a plate, plastic bag, or some other method to hold food items at the aid stations.

## Wildfire Risk

The winter of 2020-21 has been drier than normal but at this time we do not anticipate any issues for forest closures on race day. Information on fire restrictions and what is prohibited can be found here:

[https://gacc.nifc.gov/rmcc/dispatch\\_centers/r2ftc/documents/Fire\\_Restriction\\_Chart.pdf](https://gacc.nifc.gov/rmcc/dispatch_centers/r2ftc/documents/Fire_Restriction_Chart.pdf)

## Wildlife Encounters

The last several years have seen an increase in black bear activity. The race organization encourages runners to make noise or wear a bear bell in areas with thick vegetation as last year bear activity was observed at many locations along the course. There will be some bells at bib pickup that runners are welcome to use during the event.

In case you encounter a bear during the race, be mindful of this advice (taken from the National Park Service website):

- **Identify yourself** by talking calmly so the bear knows you are a human and not a prey animal. Remain still; stand your ground but slowly wave your arms. Help the bear recognize you as a human. It may come closer or stand on its hind legs to get a better look or smell. A standing bear is usually curious, not threatening.
- **Stay calm** and remember that most bears do not want to attack you; they usually just want to be left alone. Bears may bluff their way out of an encounter by charging and then turning away at the last second. Bears may also react defensively by woofing, yawning, salivating, growling, snapping their jaws, and laying their ears back. Continue to talk to the bear in low tones; this will help you stay calmer, and it won't be threatening to the bear. A scream or sudden movement may trigger an attack. Never imitate bear sounds or make a high-pitched squeal.
- **Make yourselves look as large as possible** (for example, move to higher ground).
- **Do NOT drop your pack** as it can provide protection for your back
- If the bear is stationary, **move away slowly and sideways**; this allows you to keep an eye on the bear and avoid tripping. Moving sideways is also non-threatening to bears.

Do NOT run, but if the bear follows, stop and hold your ground. Bears can run as fast as a racehorse both uphill and down. Like dogs, they will chase fleeing animals. Do NOT climb a tree. Both grizzlies and black bears can climb trees.

- **Leave** the area or take a detour. If this is impossible, wait until the bear moves away. Always leave the bear an escape route.
- **Be especially cautious if you see a female with cubs**; never place yourself between a mother and her cub, and never attempt to approach them. The chances of an attack escalate greatly if she perceives you as a danger to her cubs.
- **Black Bears:** If you are attacked by a black bear, **DO NOT PLAY DEAD**. Try to escape to a secure place such as a car or building. If escape is not possible, try to fight back using any object available. Concentrate your kicks and blows on the bear's face and muzzle.

### Mandatory Gear Policy

The purpose of the mandatory gear policy is to enhance the safety of runners and event staff in the event of inclement weather. History has shown that a fraction of runners are unprepared in the event of bad weather and this ultimately affects everyone. In the event of ongoing or forecasted inclement weather, the race management may require runners to leave the Start and/or the Ski Lodge Aid and Mitchell Stations, which are a drop-bag-accessible aid stations, with gear that will keep runners reasonably warm and dry. The mandatory gear list is:

- A waterproof rain jacket with hood. Garbage bags are not considered appropriate rain gear.
- Hat and gloves.

Aid station staff have authority to decide if the mandatory gear requirements are fulfilled and their decision is final. Race management will make the decision what mandatory gear, if any, is required based on actual and forecasted weather conditions. Decisions on mandatory gear required to be carried from the beginning of the race will be made at least 30 minutes prior to the start of the race. The race recommends that appropriate inclement weather clothing is staged in runner's drop bag. Please use your best judgement and come to the race fully prepared for any weather conditions.

### Emergency Messaging Text System

JMTR will again be using an emergency messaging text system. Any runner who has provided a phone number during registration will be automatically enroll in the messaging system. This system will be used to alert runners to any potential hazards during the race and any other important information. This system will also be used to alert runners if they are required to have mandatory gear. If you are planning to carry a cell phone and did not register the number during the registration process, send your cell phone number to [jemezruns@gmail.com](mailto:jemezruns@gmail.com) at least a week before the event and we will add your number to the messaging system. Registration is not guaranteed for runners who sign-up within a week of the race date. A test text will be sent approximately a week before the race to all runners who are enrolled in this system.

### Course Description:

The course starts and finishes at the Posse Lodge in the town of Los Alamos (see maps below.) The course is closed, meaning runners are required to stay on the specified route at all times. The 15 mile course is run almost entirely on single track trails with small segments on closed jeep roads and pavement. The 50 kilometer and 50 mile courses are run on single track trails, closed jeep roads, and some cross country/off-trail sections. Detailed course maps are posted on the race website.

<https://www.jemezmountaintrailruns.org/course>

The 15 mile course has a long, steep climb to Guaje Ridge before descending back to the start. Note that sections of the trail on the ascent have loose footing.

The 50 kilometer race starts by climbing Guaje Ridge to the ski area and Ski Lodge Aid Station. After leaving the Ski Lodge Aid Station there is a steep 1,000 foot climb directly to the top of Pajarito Mountain (10,400' elevation) and the high point of the race. From the top of Pajarito Mountain runners take a long descent eventually passing through a short section of Los Alamos National Laboratory (LANL) land enroute to the bottom of Los Alamos Canyon. Runners then take the Perimeter Trail around town to the finish line.

The 50 mile race shares the 50 km course from the start to the Ice Rink Aid Station (mile 24.7). From there, the 50 mile course goes up Los Alamos Canyon and then climbs up to the Quemazon Trail. Runners will descend the Quemazon Trail to the Perimeter trail. From there runners take the Perimeter Trail to the Mitchell Trail Aid Station. At the Mitchell Aid Station runners will ascend the South Mitchell Trail over Guaje Ridge and descend the steep North Mitchell Trail into Guaje Canyon. Runners then proceed west up Guaje Canyon to the Pipeline Road Aid Station for a second time. From there runners descend Pipeline Road to the Perimeter Trail, back through the Mitchell Trail Aid Station and on to the finish line.

All three races will provide the participants with great views of the town of Los Alamos and the Sangre de Cristo Mountains. The 50 kilometer and 50 mile runners will also get to see the Valles Caldera National Preserve, spectacular views of the Jemez Mountains, and glimpses of the Sandia Mountains to the south. The approximate distance information is provided in the tables below for all three races. The distance information is shown in miles. The latest course information can be found on the web:

<https://www.jemezmountaintrailruns.org/course>

<b>Jemez 15 Mile</b>				
	Aid Station		Distance	
	From	To	Total	Split
0	Start	Mitchell	4.0	4.0
7	Mitchell	Guaje Ridge	6.4	2.4
2	Guaje Ridge	Cabra	10.7	4.3
1	Cabra	Finish	14.5	3.8
		Total		14.5

<b>Jemez 50 km</b>				
	Aid Station		Distance	
	From	To	Total	Split
0	Start	Cabra	4.6	4.6
1	Cabra	Guaje Ridge	9.0	4.4
2	Guaje Ridge	Pipeline	12.6	3.6
3	Pipeline	Ski Lodge	15.3	2.7
4	Ski Lodge	Camp May Road	21.7	6.4
5	Camp May Road	Ice Rink	24.7	3.0
6	Ice Rink	Mitchell	27.9	3.2
7	Mitchell	Finish	32.1	4.2
		Total		32.1
	*Please note cutoff times below			



<b>Jemez 50 Mile</b>				
	Aid Station		Distance	
	From	To	Total	Split
0	Start	Cabra	4.6	4.6
1	Cabra	Guaje Ridge	9.0	4.4
2	Guaje Ridge	Pipeline	12.6	3.6
3	Pipeline	Ski Lodge	15.3	2.7
4	Ski Lodge	Camp May Road	21.7	6.4
5	Camp May Road	Ice Rink	24.7	3.0
6	Ice Rink	Mitchell	33.8	9.1
7	Mitchell	Guaje Ridge	36.2	2.4
2	Guaje Ridge	Pipeline	41.9	5.7
3	Pipeline	Mitchell	49.0	7.1
7	Mitchell	Finish	53.2	4.2
		Total		53.2
	*Please note cutoff times below			

Note: Runners in the 50 mile race can drop headlamps off at the Cabra Aid Station.

Cutoff Times:

- Camp May Road – All runners – 3:00 pm (mile 21.7)
- Ice Rink – 50 mile runners – 12:00 pm (mile 24.7), if missed can switch to 50km. Any 50 mile runner departing after 11:30 should seriously consider switching to the 50km as it is unlikely that one would make the cutoff at Mitchell.
- Mitchell – 50 miles runners first pass through – 2:20 pm (mile 33.8), if missed can switch to the 50km
- Ice Rink – All runners – 5:00 pm (mile 24.7)
- Mitchell – All runners - 8:20 pm (mile 27.9 for 50 km and mile 49.0 for 50 mile)

More information about cutoff times is described below in the section on “Switching Races, Cutoff Times, and Dropping Out”

## Course Marking:

The entire course will be marked before the event. Flags will be used to mark the course with additional use of orange flagging attached to trees and other objects. Some critical spots will also be marked with flour or spray chalk on the ground. The flags are 4 by 5 inch in size, orange in color, printed with the JMTR logo, and attached to a metal wire post. The flags will be placed in the ground along the course. Since most of the course is run on well-worn single-track trails and jeep roads, the course will **not** be marked heavily. We will mark as infrequently as every mile for sections of well-worn trails that lack intersections. On sections off trail, flags may be placed as close as 100 feet apart depending on sighting. If you are on an off trail section, you can expect to be within sight of a marker at all times. Trail junctions will be marked immediately before and after the junction. **If**

**you run through an intersection and do not immediately see additional flags, retrace your steps to be sure you did not miss a turn.** Additional marking of chalk on the ground or signage may be used. Please be extra observant on the ski hill as there are many junctions.



In the past years, we have had problems with people removing the trail markers before the race. This has happened more often on sections of trails that run along town and near trailheads. Runners should be prepared to navigate the course without trail markers.

**Every year runners get off course.** Usually this is a result of the runner not paying attention and missing trail markers at key junctions. Please be aware of your surroundings and when you come to a trail intersection stop and look for flags. We purposely mark trail junctions with several flags both before and after the junction. There will be a couple of flags along the trail immediately after an intersection showing which way to go at the intersection. If you pass a trail junction and do not see any flags, please return to the intersection and ensure that you have not gone off course. Sections of course where one should especially pay attention to trail marking include the Perimeter trail around town and the section of course on the ski area as there are many trail junctions in these sections.

## Course Maps

Detailed maps are available on the web site. Please review the map to get familiar with the course route. (<https://www.jemezmountaintrailruns.org/course>).

For runners who will carry a smart phone with them, we highly recommend that you download the Avenza app and associate Jemez PDF map. This will enable you to locate your position and ensure that you are on the course. Details on how to download and install the PDF on your phone are on the JMTR web site (please note that as of May 15, this have not yet been updated for the 2021 course changes):  
(<https://www.jemezmountaintrailruns.org/course>)

## Aid Station Summary:

There are 10 aid station stops along the 50 mile course and fewer along the shorter races. Descriptions of the aid stations are given in the table below. The limited aid stations will have water and limited food. All runners are **required to check-in and out** at the aid stations. Runners are strongly encouraged to wear their bib number on front so that aid station staff and clearly identify your number. Please ensure that the aid station staff have recorded your number upon entry and exit of the aid stations.

The race is CUP and PLATE-FREE. There will be **no cups or plates** at the aid station. You will need to use your own container for soda, water, Tailwind, and food. Runners are not allowed to drink directly from water jugs at the aid stations. All runners are required to carry a water bottle, hydration backpack, or cup. Full aid stations will have a reduced offering this year and will likely include the following:

### **Basic Aid Station supplies:**

Water – NO CUPS

Tailwind Endurance Fuel (electrolyte drink) – NO CUPS

VFuel gels: limited supply at the aid stations for the longer races

Soda (various flavors) - NO CUPS

Assorted salty foods (pretzels, potato chips, etc.)

Fresh fruits (oranges and bananas)

Boiled potatoes with salt

Candy (assorted single serving)

Cookies

Granola Bars

Sandwiches (at select aid stations and of limited variety)

Runners who require special nutritional needs are encouraged to carry supplies with them and use their drop bag located at the Ski Lodge Aid Station and Mitchell Aid Station (50 mile first pass through only) to resupply themselves. The VFuel gels supplied by the race are intended to supplement your supplies in case of emergency and shouldn't be the runner's primary fuel.

Pain medications or any over the counter medications **will NOT** be provided to runners. This includes no ibuprofen or acetaminophen, Pepto Bismol or antidiarrheal, or antihistamines. Runners should carry these supplies, or include them in their drop bag, if they anticipate needing them during the race. First Aid will be available at the Posse Lodge finish line to treat runner injuries. Most other aid stations will also have trained medical personnel.

Runners are discouraged from bringing crew to the race this year for COVID safety and to ensure that we will stay below the 150 person gather size mandated by state guidance. Crew are only allowed to meet runners at the Ski Lodge Aid Station. Any crew that do come are not allowed to enter the aid stations. Crew can provide aid to their runner just outside of the Ski Lodge Aid Station. Crews are expressly forbidden from meeting runners along West Road as this section of the course passes through the property of Los Alamos National Laboratory (LANL). Pets are not allowed to run on the course and are not allowed in the Posse Lodge at the Start/Finish.

Aid Stations								
	Aid Station Name	Elevation (feet)	Distance of Aid (miles)			Aid	Drop Bag	Crew Access
			50 Mile	50 k	15 mile			
1	Cabra	7,572	4.6	4.6	10.7	Limited	No	No
2	Guaje Ridge	8,855	9.0, 36.2	9.0	6.4	Limited	No	No
3	Pipeline	9,730	12.6, 41.9	12.6		Full	No	No
4	Ski Lodge	9,249	15.3	15.3		Full	Yes	Yes
5	Camp May Road	8,550	21.7	21.7		Full	No	No
6	Ice Rink	7,500	24.7	24.7		Full	No	No
7	Mitchell	7,556	33.8, 49.0	27.9	4.0	Full	Yes*	No
*Drop bag at Mitchell only for 50 mile runners on first pass through (mile 33.8)								

### Drop Bags:

There are no drop bags for the 15 mile race. The 50 kilometer and 50 mile races allow for a drop bag at the Ski Lodge Aid Station located at the Pajarito Mountain Ski area at mile 15.3. The 50 mile runners will be allowed to have a second drop bag at the Mitchell Aid Station only for the first pass through at mile 33.8. Drop bags should be marked with the runner bib number, runner name, and aid station name – please remove any labels or markings from previous races. Drop bags should be left at the start/finish area in front of the Posse Lodge along the wooden fence. We will have signs on the fence with the name of the aid station on race morning. Leave your drop bag in the appropriate pile. Drop bags will be returned to piles in front of the wooden fence after the races.

We recommend that all 50 mile runners start with a light. The course is very dark at the start and runs on semi-technical terrain. The 50 mile runners can drop flashlights at the Cabra Aid Station located 4.6 miles into the race. The flashlights will be returned to the Posse Lodge for collection by the runners. Please label flashlights with the runner's name and bib number. All 50 mile runners who think they may finish in the dark should carry a headlamp from the Mitchell Aid Station.

We expect all the drop bags will be returned to the Posse Lodge at or before 5:00 pm on race day. Drop bags should be collected on race day – please plan your schedule accordingly. The race is not responsible for returning unclaimed drop bags. Any bags remaining after the race ends can be picked up at the Posse Lodge and these bags will be in piles on the porch of the Posse Lodge and will not be monitored. If you're concerned about getting your drop bag back, please remember to pick it up on Saturday after you finish your race.

#### Switching Races, Cutoff Times, and Dropping Out:

##### **SWITCHING RACES:**

All 50 mile runners will have the option of switching to the 50 km race at the Ice Rink Aid Station (mile 24.7). Any runner switching **must** alert the aid station captain. The aid station captain will record your switch and mark both your bib and pull tab. Any runner switching to the 50 km race is not eligible for a top-three finisher award. Runners can also switch at the Mitchell Aid Station (first pass at mile 33.8) but will not receive credit for the additional distance.

##### **CUTOFF TIMES FOR 50 MILE RUNNERS:**

There is a 12:00 pm cutoff time at the Ice Rink Aid Station (first time through at mile 24.7) for 50 mile runners. Any runner leaving the Aid Station after 11:30 am should seriously consider switching to the 50km race. There is a 2:20 pm cutoff at the Mitchell Aid Station, first pass through. Any runner missing this cutoff must switch to the 50km race or drop. There is an 8:20 pm cutoff at the Mitchell Aid Station (mile 49.0). There is no cutoff for the finish. Runners who leave the Mitchell Aid Station after 12:00 pm must carry a flashlight in case their progress is slowed, resulting in an after dark finish. We recommend having a flashlight in your drop bag if you think you may be leaving the Mitchell Aid Station after 12:00 pm. All 50km runner cutoff also apply to the 50 mile runners.

Any 50 mile runner who is concerned about making the cutoffs has the option of an early start at 4:30am. This option should only be considered for runners in jeopardy of missing cutoffs. Runners starting early will not be considered for the top finishers awards. Email [JemezRuns@gmail.com](mailto:JemezRuns@gmail.com), if you are interested in exercising this option.

##### **CUTOFF TIMES FOR 50 KM RUNNERS:**

The Camp May Road Aid Station (mile 21.7) will have a 3:00 pm cutoff for all runners. The 50km runners will have a 5:00 pm cutoff at the Ice Rink Aid Station (mile 24.7) and a 8:20 pm cutoff at the Mitchell Aid Station (mile 27.9).

##### **DROPPING OUT:**

Runners can only drop out at an aid station. Any runner dropping out from the race **must** contact an aid station captain and give them their name and runner number. The aid station captain will also remove your pull tab from your bib. Aid station personnel will guide you to the nearest trail head. **DO NOT LEAVE THE COURSE BY ANY OTHER ROUTE.** All runners that drop **must** return to the finish line (Posse Lodge) and report to

race officials. This is to ensure that all runners have reached safety and are accounted for. Any runner who drops and fails to report to the Posse Lodge may be responsible for search and rescue costs.

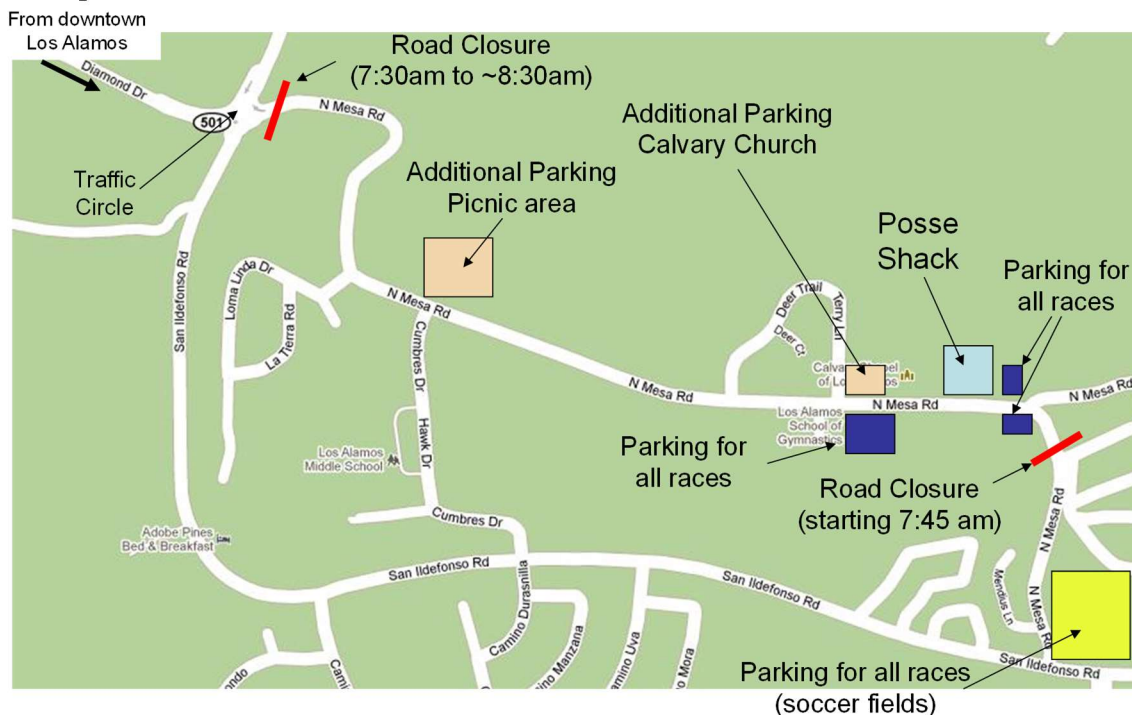
### Bib Pickup:

Early bib pickup will be available on Friday from 4 to 7 at the Posse Lodge. Runners will also be able to pickup their bib on race morning starting approximately one hour before their race time. Please check the JMTR website for the most up to date information.

### Race Day Information:

All runners are required to check in on race morning at least 10 minutes before the race starts (even if you picked up your race information prior to race day). A race official will be outside the Posse Lodge for check-in. They will record your bib number so that we can accurately account for all the runners during the races. If you pick up your packet and do not intend to run, please let us know. Please do not congregate immediately in front of the Posse Lodge. Runners are not allowed to enter the Posse Lodge this year. We would appreciate if you spread out after checking in and maintain at least 6 feet of separation from other runners.

North Mesa Road, which runs in front of the Posse Lodge, will be open during the race, except for the start of the 15 mile race. The road will be closed from the traffic circle at Diamond Drive to east of the Posse Shack starting at about 7:30 am until the 15 mile runners are off the road (we expect this to be about 8:30 am). During this time, anyone needing to reach the start area will have to approach from San Ildefonso Road. Please see the map for more information. Please be alert to traffic at all times.



### Awards and Post-Race Festivities:

Awards will be given to all finishers in all races. All finisher awards are handmade pottery by the Toya family of the nearby Jemez Pueblo. The 15 mile runners will receive a finisher's medallion and the 50k and 50 mile finishers will receive a small pottery bowl. All runners will receive their finisher's award upon crossing the finish line.

The "50,000 Feet Climbed" pint glass award will be given to multi-year finishers who have successfully achieved 50,000 feet of ascent over all the races. The 50,000 feet qualification amount can be met with any combination of half/15 mile, 50 km, and 50 mile finishes. Runners who have achieved 100,000 feet will receive special pottery.

We are planning to serve a limited offering of New Mexican food at the finish for runners and possibly some beer also (if allowed by local regulations). We would ask runners to avoid staying at the finish for a long time as we do need to keep the maximum number of people at the finish area to at most 150 people. If we cannot maintain these levels of people or if people are unnecessarily gathering in large groups without adhering the mask and physical distancing rules, then we will stop all post-race activities and ask runners to leave after they finish their race. Please obey the mask and physical distancing rules and don't spoil the post-race activities for finishers after you.

### Pacers

Pacers are not allowed this year.

### Runner Safety

If you will be carrying a phone, please ensure that your number is on the emergency notification list. Please add the race official contact number to your cell phone, 505-695-0736.

Stay on the course. If you feel unable to reach the next aid station, either go back to the previous aid station or stay where you are. Both aid stations will be waiting to help you and we will sweep the course to ensure all runners are accounted for. If you encounter a runner who requires assistance, call for help if you have a cell phone. Call race officials for minor incidents and 911 for urgent needs. If you do not have a cell phone proceed to the closest aid station for help. Please report the approximate location of the runner and also the runner's bib number.

If you must leave the course, leave the course only at an aid station. Notify the aid station captain and let them give you directions or other help you may need. The aid station captain will also remove your pull tab from your bib. Do not try to navigate your own way back to the Posse Lodge. Many trails do not lead back to town and the terrain is very steep and rough with hazard trees, deadfall, and "bad rock".



If you get lost STOP:

S: Stop. Stay where you are. Sit down and rest.

T: Think about how you got lost. When did you last see a course flag?

O: Observe your surroundings. Can you see or hear any other runners? Can you see any course flags?

P: Plan what to do next. Can you follow your footprints back to the course? If not, stay where you are.

Wildlife in and around Los Alamos are abundant and respectful of humans; we have a long record of peaceful co-existence. Be alert but not afraid. You are most likely to see ravens, herds of mule deer and elk, and individual coyotes. There have been recent bear encounters/sightings in the local area. Many other animals live here but usually stay out of sight such as black bear, mountain lion, bobcat, skunk, rattlesnake, and many, many others. Drive defensively, especially in the early morning and at dusk when herds of mule deer will be crossing roads.

If you plan to carry your cell phone during your run, here are some ways to use your phone as a rescue tool. Put the GPS-enabled JMTR course PDF map on your phone so that you can see your location and ensure you are on course. Cell service is available on much of the JMTR course, so keep your phone turned on. Before the race, turn on the phone's location services. This activates the phone's GPS chip and ensures your phone has more accurate location data. The GPS chip does draw power but help is near so draining the phone's battery won't likely be a concern. If you worry about running out of power, turn off social media notifications and do not call friends and family. During the race if you need help and cannot go to an aid station call us (the race emergency contact phone number is 505-695-0736). Put this number in your phone; this will ensure the fastest possible assistance. In the unlikely event you are lost at night, if you hear or see an aircraft searching for you, point your phone's lit display to the aircraft. Searchers using night vision equipment will be able to see the light.

#### Crew Information:

Crews are only welcome to come to the ski lodge aid station to cheer on and support their runner(s). Crews are not allowed to enter the aid station but can offer aid to their runners just outside of the aid station. The aid station supplies are for the runners only.

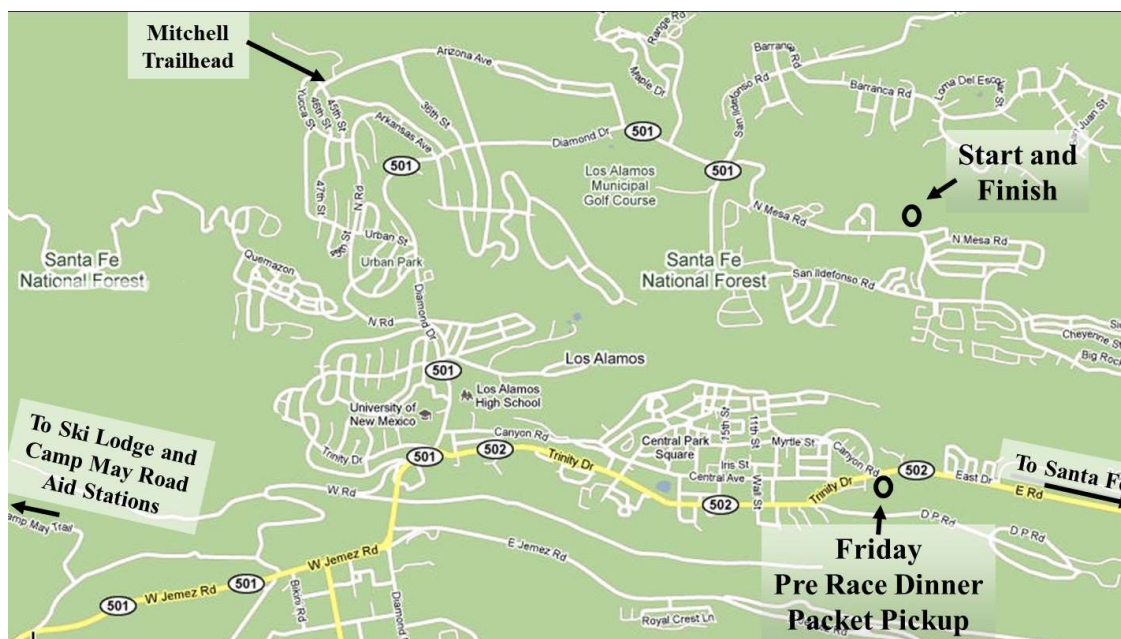
#### Directions to the Aid Stations and Race Locations:

Maps of the Los Alamos area can be found at:

<http://www.mappery.com/Los-Alamos-Street-map>



## Los Alamos Area Map



Please note that although the map is labeled, there will be no prerace dinner this year and crew/spectators are not allowed access to the Camp May and Mitchell Aid Stations.

*Posse Lodge, start of race:* From the Los Alamos Airport and the Los Alamos downtown area take East Road (NM502/Trinity Drive) west through downtown to Diamond Drive (approximately 2 miles). Turn right on Diamond Drive and continue north to the roundabout. Go straight through the roundabout and up the hill onto North Mesa. The Posse Lodge is approximately 1 mile from the roundabout on the left side of the road. Parking is available on the right side of the road near the playing fields, at the middle school, and at the picnic area. Please be careful when driving on this section – runners will be present. Please obey the directions of our parking director. See maps above for start and parking locations.

*Ski Lodge:* Take Diamond Drive South and turn right onto West Road (traffic light on Diamond Drive at the hospital just before the bridge). Follow West Road through Los Alamos canyon and turn right at junction for the Pajarito Ski Area (Camp May Road). Drive up Camp May Road until you reach the base of the ski area. The aid station will be on the deck at the ski lodge.

### Rules:

Los Alamos National Laboratory (LANL) rules state no photography or video is allowed while on LANL property. We are fortunate that LANL allows us to run on its property and request that all runners and spectators please obey this rule and not take photographs while running on LANL property (roughly miles 23 to 25 of the 50k and 50 mile races). We will place signs reminding runners when photography is disallowed and then allowed again.

No Runners are allowed in the Posse Lodge.

Do not remove the pull tab from the bottom of your bib. This may be collected at the finish line.

All runners relinquish their claim to photographic copyright during the event. They also relinquish any recourse against the race organization or against any approved partners for the use of runner's image.

No Littering. Please leave trash at the aid stations.

All runners must follow the course precisely. Please exercise caution when crossing roads and obey official's instructions at all times.

All runners are required to check-in with a race official outside the Posse Lodge at least 10 minutes before the start of the race. The race official will record the runners bib number.

All runners must check in and out of each aid station. Let the aid station captain know if you are dropping from the race and report to the finish line officials at the Posse Lodge. If you drop and do not notify an aid station captain and/or fail to return to the Finish Line, you may be responsible for costs of search and rescue efforts.

Crews are welcome to assist their runners at the ski lodge aid station only, but please obey all instructions given by the aid station staff. No crew assistance is allowed at other aid station locations.

#### Weather:

In previous years, runners have experienced cold, heat, rain, snow, thunder, lightning, and high winds. Although very unusual, there were several inches of snow on the peaks one year and the race was stopped in 2014 because of heavy snow and high winds. Please be prepared!

Average temperatures for mid-May in Los Alamos are lows in the low 40's and highs in the upper 60's. Extreme temperatures for mid-May are the mid 20's for lows and the mid 80's for highs. A day of constant rain is rare in May, but scattered showers and thunderstorms, especially in the afternoon could be a possibility. The weather and temperature conditions are greatly affected by the terrain and elevation. Temperatures will quickly drop by as much as 30 degrees in rain showers. Temperatures will be colder on top of Pajarito Mountain. A temperature difference of 10 to 15 degrees is common between the town site and the ski area. Sunrise is at 5:54 am and sunset is at 8:09 pm.

### Travel and Accommodations:

Information on local hotels, restaurants, and other attractions can be found at <http://visit.losalamos.com>. Several hotels are giving discounts to runners. Please check the website for information on hotel deals and on camping in the area. This information is found in the “local information” under the more tab.

### Race Weekend Schedule:

Friday, May 21<sup>th</sup> at the Posse Lodge:

4:00 pm: Early Packet Pickup begins

7:00 pm: Early Packet Pickup ends

Saturday, May 22<sup>th</sup> at the Posse Lodge:

4:00 am: Packet pickup, runner check in, and drop bag collection for 50 mile race.

4:30 am: Early start for select 50 mile runners

4:50 am: Cut off for 50 mile check in and drop bag collection.

5:00 am: Start of 50 mile race.

5:10 am: Packet pickup, runner check in, and drop bag collection for 50 kilometer race.

5:50 am: Cut off for 50 kilometer check in and drop bag collection.

6:00 am: Start of 50 kilometer race.

6:30 am: Packet pickup and runner check in for 15 mile race.

7:45 am: North Mesa Road closed from the roundabout past the Posse Lodge

7:50 am: Cut off for 15 mile check in.

8:00 am: Start of 15 mile race.

12:00 pm: 50 mile cutoff at Ice Rink Aid Station

2:20 pm: 50 mile cutoff at the Mitchell Aid Station (first pass)

3:00 pm: Cutoff at Camp May Road Aid Station for all runners

5:00 pm: Cutoff at Ice Rink Aid Station for all runners

8:20 pm: Cutoff at Mitchell Aid Station for all runners