

# Course Descriptions 2019

## 50 Mile Course

When you hear the word go you will be making your way around the Ski Santa Fe lodge then across a meadow to the Winsor Trail. This is the beginning of about 3.5 miles of climbing. Up you go to the fence line at the boundary of the Pecos Wilderness. Don't cross the fence but turn right and follow the fence up Raven's Ridge. This section is steep and rocky. Try to get a feel for it as you go up because you will be coming down this trail to finish.

Once you get to the top you will skirt to the right or south along the tree line toward the radio towers and the top of the Aspen Vista road. There is an aid station in the ski patrol log cabin which might be a welcome relief when you return later in the day.

From here it is 5ish miles down the road to the Big Tesuque trail. Turn left and follow the single track to the Big Tesuque Campground. This is where you will find the next aid station at about mile 9. The friendly people at the aid station will direct you across the paved road to the single track that will bring you to the Winsor trail. At the Winsor trail junction turn left and continue down to the Borrego trail. Turn left on the Borrego trail and climb up to the aid station at mile 13. After indulging in all the tasty treats and nutritional supplements head back down the trail but keep an eye open for the left fork in the trail to the Bear Wallow trail (you passed this on the way up about ¼ mile from the aid station). More downhill to get your confidence soaring. Down to the bridge across the creek and the Winsor trail. Turn left and keep going down.

After a nice 1.5 miles the course turns right up what is known as the Jawbone trail. This trail follows a drainage up and up taking you over some rolling terrain eventually dropping you down a steep hill to the Pacheco Canyon aid station at mile 22.

A short one mile section of road brings you to the start of the Double Discount trail. This is a right turn and a drop down into the canyon bottom. From here there are more rolling hills and big trees. About 2.5 miles after you leave the road the Rio En Medio aid station will appear. This is your last chance to fuel up before heading north into the most remote section of the course. About ¼ mile after leaving the aid station you will begin your trek over the Viejo trail to the Rio Nambe and Rio Capulin trails. It will be nearly 9 miles of up and down (mostly up) before you reach the aid station at Aspen Ranch.

The friendly folk at Aspen Ranch will send you up to the acequia and rocky Rio En Medio trail. About 2 miles from the aid station you will turn right on the Winsor trail. You might realize you are very close to the ski area parking lot and finish line but you still have a long way to go. Follow the Winsor trail south back to the Big Tesuque Campground aid station. It's about 6 miles from Aspen Ranch to Big T.

Then, you guessed it, back up the way you started your day. Up the mile of single track to the access road. Then up and up Aspen Vista road to the Summit aid station at over 12,000 feet above sea level. From here keep heading north, backtracking the way you came in the morning to Raven's Ridge. Follow the rocky trail back down to the finish line!

## 50 KM Course

When you hear the word go you will be making your way around the Ski Santa Fe lodge then across a meadow to the Winsor Trail. This is the beginning of about 3.5 miles of climbing. Up you go to the fence line at the boundary of the Pecos Wilderness. Don't cross the fence but turn right and follow the fence up Raven's Ridge. This section is steep and rocky.

Once you get to the top you will skirt to the right or south along the tree line toward the radio towers and the top of the Aspen Vista road. There is an aid station in the ski patrol log cabin.

From here it is 5ish miles down the road to the Big Tesuque trail. Turn left and follow the single track to the Big Tesuque Campground. This is where you will find the next aid station at about mile 9. The friendly people at the aid station will direct you across the paved road to the single track that will bring you to the Winsor trail. At the Winsor trail junction turn left and continue down to the Borrego trail. Turn left on the Borrego trail and climb up to the aid station at mile 13. After indulging in all the tasty treats and nutritional supplements head back down the trail but keep an eye open for the left fork in the trail to the Bear Wallow trail (you passed this on the way up about ¼ mile from the aid station). More downhill to get your confidence soaring. Down to the bridge across the creek and the Winsor trail. Turn left and keep going down.

After a nice 1.5 miles the course turns right up what is known as the Jawbone trail. This trail follows a drainage up and up taking you over some rolling terrain eventually dropping you down a steep hill to the Pacheco Canyon aid station at mile 22.

A short one mile section of road brings you to the start of the Double Discount trail. This is a right turn and a drop down into the canyon bottom. From here there are more rolling hills and big trees. About 2.5 miles after you leave the road the Rio En Medio aid station will appear.

The Rio En Medio flows down the canyon but you will be running up. There are several places with raucous waterfalls and chutes that might tempt you to jump in. Go ahead it might be nice! It is only about 3.5 miles from the REM aid station to the Aspen Ranch aid station but it will probably feel longer. But the good news is that from Aspen Ranch it is less than 3 steep and rocky uphill miles to the finish!

## 13 Mile Course

When you hear the word go you will be making your way around the Ski Santa Fe lodge then across a meadow to the Winsor Trail. This is the beginning of about 3.5 miles of climbing. Up you go to the fence line at the boundary of the Pecos Wilderness. Don't cross the fence but turn right and follow the fence up Raven's Ridge. This section is steep and rocky. Try to get a feel for it as you go up because you will be coming down this trail to finish.

Once you get to the top you will skirt to the right or south along the tree line toward the radio towers and the top of the Aspen Vista road. There is an aid station in the ski patrol log cabin.

From here it is 5ish miles down the road to the Big Tesuque trail. Turn left and follow the single track to the Big Tesuque Campground. This is where you will find the next aid station at about mile 9. The friendly people at the aid station will direct you across the paved road to the single track that will bring you to the Winsor trail.

Once you reach the Winsor trail junction turn right and head up and back to the finish line at Ski Santa Fe. The Winsor trail climbs up across a gravel road and continues. Follow the single track up eventually coming to a small parking lot at the Norski trailhead on the paved NM 475. Don't worry there is a bit more dirt single track straight across the parking lot. Follow this nice section of trail to the babbling Rio En Medio. Cross the bridge and turn right up to the finish line!

### Uphill Mile Course

It's only a mile right? Just a lonely mile climbing 850 feet up the ski slopes under the chairlift. From the starting line runners work their way up to Totemoff's, the popular bar and grill waystation open during the ski season.

From Totemoff's the steepest route is up the ski run called Slalom. Your ascent of this run leaves you weaving and wheezing at the top for this first steep section.

Run across a flatish section now to the biggest steepest slope yet: This ski run is called Muerte, Spanish for death. But at the top you never feel more alive as you cross the finish line. The fun part is the chairlift ride down.

## EVEN YEARS

**Runners tip:** *The first mile of trail is short steep up and down bursts over rocky single-track with tree roots. There are a couple wood cattle guards and one wood bridge over the Rio En Medio. There is some beautiful fast, smooth single track above and below the Norski area, but it isn't all downhill to Big Tesuque Campground. There are several shorter and sometimes steep sections of uphill running before the trail really tilts upward at Big T. From the river crossing just after the campground aid station a set of steps begins a ¼ mile steep climb up to Aspen Vista Road. With the exception of a few short steep turns Aspen Vista Road has a fairly consistent gradient for 5.5 miles so put it in a comfortable gear and stay there. From the top runners can expect rocky alpine conditions. It's not all downhill, there are a couple of climbs but the view off to your right is really spectacular!*

### USF 13 Miler

Aid Station		Distance		Elevation			Cutoff time
From	To	Split	Total	Gain	Loss	Diff. (+/-)	10:00 AM Start
Start (Ski Santa Fe Base)	Big Tesuque Campground	4.6	4.6	976	1648	-672	5:30 PM
Big Tesuque Campground	Summit A.S.	5.7	10.3	2331	150	2181	8:30 PM
Summit A.S.	Finish (Ski Santa Fe Base)	3.6	13.9	705	2217	-1512	10:00 PM
				4012	4015	-3	

The **50 Kilometer course** will depart the lower end of Ski Santa Fe parking area on the Rio En Medio Trail. Trundling runners will follow along the primarily steep and rocky Rio En Medio trail

before some super smooth cursing along the historic Chupadero acequia. There is a cross-country feel to this upper section before emerging at the forest service road adjacent to Aspen Ranch. The course crosses the road and continues around Aspen Ranch before descending back to the first river crossing of the Rio En Medio. There will be a split at the river crossing where the 50 mile and 50 kilometer courses divert. The 50k course continues to the left and down the Rio En Medio drainage for several miles travelling through meadows, and a continuously steep rocky canyon with numerous short creek crossings before reaching the first aid station. From Ski Santa Fe to the first aid station runners will have run almost the entire 6 miles downhill. Your downhill joy may be tempered now by the notorious nature of this race...uphill.

#### USF 50 Kilometer

Aid Station		Distance		Elevation			Cutoff time
From	To	Split	Total	Gain	Loss	Diff. (+/-)	7:00 AM Start
Ski Santa Fe	Rio en Medio A.S.	6.2	6.2	393	3165	-2772	11:00 AM
Rio en Medio A.S.	Pacheco Canyon A.S.	3.7	9.9	741	663	78	12:30 PM
Pacheco Canyon A.S.	Borrego Trailhead	8.1	18	2765	1540	1225	3:30 PM
Borrego Trailhead	Big Tesuque Campground	4.3	22.3	1558	756	802	5:30 PM
Big Tesuque Campground	Summit A.S.	5.7	28	2331	150	2181	8:30 PM
Summit A.S.	Ski Santa Fe	3.6	31.6	705	2217	-1512	10:00 PM
				8493	8491	2	

The 50k and 50m courses join each other at the REM aid station and continue along beautiful single track with rolling hard packed trail mixed with more of the tight canyon washes that add spice to this section. Then you exit onto Pacheco canyon road. Turn left and follow gravel road uphill for a mile. This road is open to vehicles but don't be tempted to stick your thumb out because the aid station is just ahead.

From here runners will scramble up a short ridge parallel to the road for a ¼ mile or so before connecting with a newly revitalized network of trails known as the Discount and Lost Wrangler Trails. They are a mix of historic trails that cut across the grain of the lower juniper studded foothills above the village of Tesuque. There are countless short ascents and descents through this 6 mile section. At times it is very rocky but runnable and runners will notice distinct differences in vegetation with every change in elevation and aspect.

The final several miles to the Winsor trail are exciting ridge running with views of the Rio Grande valley, Sandia Mountains near Albuquerque, and Jemez mountains.

Now you will start a steady ascent up the lower Winsor trail along the Big Tesuque creek. There are numerous stream crossings. Most have bridges thanks to the Santa Fe Fat Tire Society but a recent flood event washed some out so runners may get wet as the route pushes upward toward the Bear Wallow and Borrego trail head.

Runners will meet the ski basin road and the Borrego aid station via the Bear Wallow trail and then return to the Windsor trail via the Borrego trail. This entire section all the way up to Big Tesuque campground and on toward Tesuque peak will challenge any runner for its continuous uphill. Fortunately, much of this section is shaded under a canopy of pine and aspen.

After crossing the ski basin road, Big Tesuque aid station all the courses merge with all runners continuing up Aspen Vista Road to the top of Tesuque Peak. The final aid station near the summit will help runners fuel up before the final descent to the base lodge at Ski Santa Fe. This is a good place to curse the Race Director.

The **50 mile course** will follow much of the same route of the 50k course with added sections that take runners closer to the boundaries of the Santa Fe National Forest and Pecos National Wilderness. The 50 milers climb a another ridge and drop into the Rio Nambe drainage. Beauty abounds.

The 50K and 50M routes divert about a mile from the Aspen Ranch parking lot, 50 mile runners will continue north along the Borrego Trail, crossing over to the Rio Nambe. It may be possible to rock hop or traverse via logs, but runners should expect to get wet at several creek crossings and plan accordingly.

When runners reach the confluence of the Nambe and Capulin drainages cross back over the Rio Nambe toward the lower Rio En Medio via the Viejo Trail eventually descending and merging with the 50k course at the Rio En Medio aid station.

**USF 50 Miler**

Aid Station		Distance		Elevation			Cutoff time
From	To	Split	Total	Gain	Loss	Diff. (+/-)	4:00 AM Start
Ski Santa Fe	Summit A.S.	3.6	3.6	2217	705	1512	-
Summit A.S.	Big Tesuque Campground	5.7	9.3	150	2331	-2181	-
Big Tesuque Campground	Ski Santa Fe	4.2	13.5	1438	835	603	9:00 AM
Ski Santa Fe	Rio en Medio A.S.	9.6	23.1	1294	3989	-2695	11:00 AM
Rio en Medio A.S.	Pacheco Canyon A.S.	3.7	26.8	741	663	78	12:30 PM
Pacheco Canyon A.S.	Borrego Trailhead	8.1	34.9	2765	1540	1225	3:30 PM
Borrego Trailhead	Big Tesuque Campground	4.3	39.2	1558	756	802	5:30 PM
Big Tesuque Campground	Summit A.S.	5.7	44.9	2331	150	2181	8:30 PM
Summit A.S.	Ski Santa Fe	3.6	48.5	705	2217	-1512	10:00 PM

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**USF 13 Miler**

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From	To	Split	Total	Gain	Loss	Diff. (+/-)	
Start (Ski Santa Fe Base)	Big Tesuque Campground	4.6	4.6	976	1648	-672	10:00 AM Start
Big Tesuque Campground	Summit A.S.	5.7	10.3	2331	150	2181	5:30 PM
Summit A.S.	Finish (Ski Santa Fe Base)	3.6	13.9	705	2217	-1512	8:30 PM
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