



Runner's Guide 2019

Introduction

Saturday August 31, 2019. This is the day Endurance Santa Fe trail runs will challenge all of your trail running and endurance training. You will start at an elevation of just over 10,000 feet and before you cross the finish line you will crest over the 12,000+ foot level. Race distances are 50 miles, 50 kilometers, 13 miles, and 1 mile.

All races will begin and end at Ski Santa Fe at an elevation of 10,300 ft. Each route primarily follows mountainous single track and dirt roads within the Santa Fe National Forest attaining a maximum elevation of approximately 12,000ft.

These races are organized to help promote trail running in Northern New Mexico and to introduce runners to the vast trail network around Santa Fe. We work hard to develop, maintain, and restore trails in the area that are either underutilized, unknown, or damaged from past forest fires. With the help of many volunteers, race organizers spend hours and hours clearing deadfall, restoring trail tread and even building new trails for everyone to enjoy.

Sponsors and Volunteers

The Mountain Races could not happen without the generous support of its sponsors and volunteers. We encourage you to patronize them and offer them thanks in return for their support of Endurance Santa Fe.

The volunteers involved in the race have donated countless hours of their time to help bring you a world class running event that will continue to bring national attention to our area and doubtless be on many trail runners' bucket list. Please offer them your gratitude and respect as they are doing their best to provide you with support during the race.

Cupless Race

Note: There will be no cups at aid stations. All runners are required to provide their own running bottles or hydrations vests as our races are cupless events.

Course Descriptions

All courses begin and end at Ski Santa Fe, which is located approximately 15 miles from the city of Santa Fe. (Please see **Directions to the Race Locations and Aid station**) The courses are run on single-track trail and sections of closed jeep roads. Runners can expect to find varied terrain from smooth hard packed surfaces to technical steep rocky sections

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

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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 in 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.

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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.

Course Marking

All of the courses will be marked with color coded flags and surveyor's tape on clothes pins. 13 milers follow the green flagging, 50KM runners should keep their eyes peeled for red markings and the 50 milers better look for blue or they won't enjoy the full course!

It will be important for runners to carefully watch for diversions, as the different race distances will share parts of the same course. Major junctions will be marked heavily with flagging and ground markings such as flour where possible and will be continuous through the junction for several hundred feet. When events split, there will be signs directing the different distances so please pay attention at these intersections.

There will always be several flags immediately after an intersection. Please retrace your steps if you do not see flagging immediately after a junction to ensure you have not strayed far from the course. Volunteers will do their best to safeguard the course from moving and removal of flagging, but it is in every participant's best interest to carefully study the route ahead of time and always be aware of your surroundings.

We will also mark sections of the course with reflective flagging that will be more visible with headlamps for nighttime running, especially the Raven's Ridge section.

Aid Stations

There will be 6 aid stations along the 50 mile course, 6 along the 50 kilometer course, and 2 along the 13 mile course. Limited aid stations will have water and limited food. None of the aid stations will provide cups so please be prepared with your water bottles and hydration packs. We encourage runners to take a minimum 40oz. of water as temperatures and humidity levels can vary in September.

Full aid stations will typically have the following:

- Water
- Electrolyte drink
- Soda
- Assorted salty foods such as pretzels, chips, peanuts
- Fresh fruit such as oranges, bananas, watermelon, and grapes
- Boiled potatoes with salt
- Candy such as M&M's, hard candy
- Cookies and Fig Newtons
- Sandwiches (PB&J, Turkey/ham/Cheese)

Every runner is required to check in and out of each aid station. Those dropping from the race are required to confirm their status with a race official at an aid station before leaving the course.

Runners who require special nutritional needs are encouraged to carry supplies with them and/or use their drop bags at the specified aid stations to resupply themselves. The gels supplied by the race are intended to supplement your supplies in case of emergency. Please do not plan to support all your nutritional needs with on-course gels.

Pain Medication or any over the counter medications will not be provided to runners. This includes ibuprofen, acetaminophen, antihistamines and antidiarrheal. Runners should carry these supplies, or include them in their drop bag, if they anticipate needing them during the race. Most aid stations will have a trained medical person, and a licensed medical person will be stationed at the Ski Santa Fe start/finish.

Crews are welcome at any aid station. Rio En Medio aid station is remote, accessible by foot only. Crews must follow any instructions given by the aid station captain and are asked not to interfere with aid station operations. Pets are not allowed to run on the course, but can be with the crew provided they are leashed.

Packet Pickup

Packet pickup will be Friday from 2-8 at the Start/Finish at Ski Santa Fe 15 mile from downtown Santa Fe at the end of NM 475.

Race Day Information

All runners are required to check in on race morning at least 30 minutes before the race starts even if you picked up your race bib number the day before. It is important that all participants confirm their bib number with a race official at the base facility at Ski Santa Fe prior to the start of the race so that we may accurately account for all runners. Please notify a race official if you do not intend to run after having picked up your bib number.

Ski Santa Fe is located approximately 15 miles from downtown Santa Fe. The driving time is approximately 35-40 minutes. All races will start adjacent to the base facility at Ski Santa Fe and run through the parking area before reaching single-track trail. Please be aware of runners and course marking as you approach the parking area.

Drop Bags

There will be no drop bags for the 13-mile race. The 50-kilometer race will allow drop bags at Pacheco Canyon Aid Station (mile 21.7). The 50-mile race will allow drop bags at the Pacheco Canyon Aid Station (mile 21.7) and Aspen Ranch (mile 34.2).

Drop bags should be clearly marked with the runner's bib number, name, and aid station name, either "Pacheco", "Aspen Ranch". Bags should be left in the designated area near the start line at least 15 minutes before the start of the race.

50-mile runners should be prepared to carry their light as they may need it later! (see **Safety information** below) The start of the 50-mile will be very dark. Runners are crossing some steep, rocky, technical terrain with creek crossings and we strongly encourage you to have at least one bright light.

We expect Drop bags from Pacheco Canyon Aid Station to be returned to the base facility at Ski Santa Fe by 2pm. All other drop bags are expected to be returned to Ski Santa Fe by 8pm. All drop bags should be collected on race day. The race is not responsible for any unclaimed bags.

Cutoff Times and Dropping out

Please refer to the chart below for target times for each aid station along each course. These times are mainly for the 50 milers to keep them on pace to finish in 18 hours. The hard cutoff time is 8 PM at Big T aid station. If a 50 mile runner is way behind the target time the aid station captain at Aspen Ranch or even Rio En Medio will ask the runner to withdraw. Runners that drop from any course must report to a designated aid station captain and return to the start/finish line to report to race officials. Runners that fail to report to the base lodge at Ski Santa Fe may be responsible for search and rescue costs.

Aid station captains will remove your bib number pull-tabs and guide you to the nearest trailhead. There are numerous remote aid stations and it is imperative that runners do not leave the course by any other route for safety reasons.

13 Mile

AID STATION		DISTANCE		TARGET TIME
FROM	TO	SPLIT	TOTAL	10:00 AM start
START	SUMMIT	3.6	3.6	
SUMMIT	BIG TESUQUE	5.7	9.3	5:30 PM
BIG T	FINISH	4.6	13.9	10:00 PM

50 KM

AID STATION		DISTANCE		TARGET TIME
FROM	TO	SPLIT	TOTAL	7:00 AM start
START	SUMMIT	3.6	3.6	
SUMMIT	BIG TESUQUE	5.7	9.3	10:00 AM
BIG T	BORREGO	4.3	13.6	12:30 PM
BORREGO	PACHECO CANYON	8.1	21.7	3:00 PM
PACHECO CANYON	RIO EN MEDIO	3.7	25.4	6:00 PM
RIO EN MEDIO	ASPEN RANCH	3.4	28.8	9:00 PM
ASPEN RANCH	FINISH	2.5	31.3	10:00 PM Cut off

50 Mile

AID STATION		DISTANCE		TARGET TIME
FROM	TO	SPLIT	TOTAL	4:00 AM start
START	SUMMIT	3.6	3.6	
SUMMIT	BIG TESUQUE	5.7	9.3	6:30 AM
BIG T	BORREGO	4.3	13.6	9:00 AM
BORREGO	PACHECO CANYON	8.1	21.7	12:00 PM
PACHECO CANYON	RIO EN MEDIO	3.7	25.4	1:30 PM
RIO EN MEDIO	ASPEN RANCH	8.8	34.2	5:30 PM
ASPEN RANCH	BIG TESUQUE	5.9	40.1	8:00 PM Cut off
BIG T	SUMMIT	5.7	45.8	9:00 PM
SUMMIT	FINISH	3.6	49.4	10:00 PM

Target times are the latest a runner can clear the aid station and still make the finish in time. The 13 mile and 50 KM have a much more generous buffer but the 50 milers have to average 22 minutes per mile to finish in 18 hours. All runners must finish by 10:00 PM. There will be a strict cut off time of **8:00 PM at the Big T aid station for 50 milers on their way back.**

Awards and Post Race Events

Awards will be given to all finishers in all races. Top finishers all events will be awarded immediately upon completion.

We will have live music at the finish line after 12:30. Runners, crew, family, and friends are encouraged to celebrate with others runners after completion and enjoy the ski area from the outdoor deck.

There will be refreshments and snacks for all runners after the race and will begin serving food from the Ski Santa Fe restaurant after noon. Runners will be provided a ticket in their racer packet for complimentary lunch from the grill. Food will be available for others to purchase from Ski Santa Fe.

We anticipate some runners of the 50 Mile event to finish near dark, and we anticipate celebrating theirs and all course completions into the night.

Pacers

Pacers are allowed for the 50M and 50K events.

50M pacers can start at Pacheco Canyon aid station. They may also join runners at either Aspen Ranch or Big Tesuque Campground, but please be advised that parking is limited at both of these locations. 50K pacers will also be allowed to join their runners at Pacheco Canyon and Aspen Ranch. **All pacers must be self-supported.**

Safety

There will be cell phone reception on sections of the course, but there will be other more remote areas in which reception is spotty. Race emergency contact phone numbers will be given at packet pickup. We recommend storing these numbers in your phone in the event of an emergency. Please do not rely entirely on phone service for your safety.

Aid stations will typically have a trained medical person on hand for assistance with non-life-threatening injuries. If you are unable to reach the next aid station, either go back to the previous aid station or stay in place. Leave the course only from a designated aid station.

All courses at some point travel over steep rocky terrain and will be run at altitude. Please take all precautions and remember that you are in remote to semi-remote areas. Be respectful and mindful of other competitor's safety and well-being.

Runners may encounter wildlife on the trail or road and should always be alert and aware of their surroundings. The range of elevation and availability of water is a determinant for wildlife habitat. Bears, deer, elk, mountain lion, bobcat may be seen at higher elevations. At lower drier elevations be aware of rattlesnakes.

Crew Information

Crews are welcome to support runners at any aid station, but some aid stations are either remote and require at least a short hike and/or have limited parking. For 50 Mile Crew we recommend the Pacheco Canyon aid station as there should be ample parking and pacers are allowed to start from here. Aspen Ranch are other alternatives further along the course, but keep in mind parking is very limited.

Crew Tip: Crew For either the 50K or 50M may consider traveling down Pacheco Canyon Road to meet runners at Pacheco Canyon Aid Station 50M- Mile 21.7. This is a 7 mile forest service dirt road that is semi-rough, but passable for most vehicles. The alternative is to drive approximately 25-30 miles into Santa Fe and around.

Directions to the Race Locations and Aid Stations

Ski Santa Fe (Start/ Finish)-

Head northeast on Bishops Lodge Rd toward Artist Rd
Turn right onto Artist Rd 0.3 mi

Continue onto NM-475/Hyde Park Rd 14.4 mi
Turn right onto NM-475 Destination will be on the left

Rio En Medio Trailhead- (approx. one mile hike from trailhead)

Turn right onto Paseo De Peralta 0.6 mi
Turn right onto N Guadalupe St 0.4 mi
Use the left 2 lanes to take the ramp onto US-285 N/US-84 W/N St Francis Dr Continue to follow US-285 N/US-84 W 6.3 mi
Take exit 172 for County Rd 73 S toward Tesuque 0.2 mi
Sharp right onto State Rte 591/Tesuque Village Rd 0.4 mi

Pacheco Canyon Aid Station-

Head southwest on Bishops Lodge Rd toward Camino Santiago 42 s(0.2mi)
Turn right onto Paseo De Peralta 0.6 mi
Turn right onto N Guadalupe St 0.4 mi
Use the left 2 lanes to take the ramp onto US-285 N/US-84 W/N St Francis Dr
Continue to follow US-285 N/US-84 W 6.3 mi
Take exit 172 for County Rd 73 S toward Tesuque 0.2 mi
Sharp right onto State Rte 591/Tesuque Village Rd 0.4 mi
Turn left onto NM-592 N 3.4 mi
Continue straight onto Pacheco Canyon Rd
Destination will be on the right 1.8 mi

Or

From Ski Santa Fe:

Head southwest on NM-475 2.4 mi
Turn right onto U.S. Forest Service Rd 102 about 3 miles from the pavement turn left on 102.
Destination will be on the left 7.0 mi

Aspen Ranch Aid Station-

Head southwest on NM-475 2.4 mi
Turn right onto U.S. Forest Service Rd 102 about 3 miles from the pavement turn right on 412.
Destination will be about 1.25 miles.

Borrego Trailhead Aid Station-

Head northeast on Bishops Lodge Rd toward Artist Rd
Turn right onto Artist Rd 0.3 mi
Continue onto NM-475/Hyde Park Rd 8.3 mi

Big Tesuque Campground Aid Station-

Head northeast on Bishops Lodge Rd toward Artist Rd
Turn right onto Artist Rd 0.3 mi
Cont. onto NM-475/Hyde Park Rd (Destination will be on the right)11.6 mi

Rules

All runners must check in at the start at least 30 minutes prior to the race

All runners must check in and out of aid stations

All runners must follow the course and obey race officials

No Littering

Weather

The best time to visit Santa Fe is between September and November. During this time, temperatures range from the high 20s to high 70s. The historic averages for September 10 in Santa Fe at 7000 ft. are high of 79°F and a low of 46°F. Temperatures will vary from this with change in elevation.

Sunrise will be 6:36AM and Sunset will be 7:30PM