



Runner's Guide 2018

Introduction

Saturday September 1st 2018. 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. The 50 milers start on an uphill that all of you will enjoy descending. The long-haulers get to do the finish in reverse to start their day, then all runners except the Uphill Milers will finish down the rocky and steep Raven's Ridge. We strongly encourage all runners to study the elevation profiles available on our website for more detailed information.

The **13 mile course** begins by traveling down the Windsor trail parallel to the ski basin road. When you reach the Norski parking area you will run through the gravel lot to the trail that drops down into the Big Tesuque drainage before connecting with the Big Tesuque trail and heading back up toward the Big Tesuque campground. Runners will

cross over the ski basin road, Highway 475, through the Big “T” campground and merge with Aspen Vista Road. Upon reaching Tesuque Peak and the top of Ski Santa Fe, runners will finish with a downhill run on the famed steep and rocky Raven’s Ridge back to the Base Lodge at Ski Santa Fe.

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 Nambé 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 Nambé. 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 Nambé and Capulin drainages cross back over the Rio Nambé 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

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 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.

50m and 50k runners should pay especially close attention to the Rio En Medio Junction just below Aspen Ranch.

Aid Stations

There will be 8 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. Several of the aid stations are either very remote or accessible by foot only, such as Rancho Viejo, Rio En Medio, and Windsor Trailhead. 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.

Aid Station Information	Course Distances						Crew Access	Vehicle Access
	50 M	Drop Bags	50 K	Drop Bags	13M	Drop Bags		
Rancho Viejo	7.5	No					No	No
Rio En Medio	12.3	No	5.9	No			No	No
Pacheco Canyon	15.6	Yes	9.2	Yes			Yes	Yes
Windsor Trail	20.9	No	14.5	No			No	No
Sierra Del Norte	24.5,29.7	Yes					Yes	Yes
Borrego Trailhead	38.4	Yes	19.7	Yes			Yes	Yes
Big Tesuque Campground	42.6	No	23.9	No	4.7	No	Yes	Yes
Tesuque Peak	48.1	No	29.4	No	10.2	No	Yes	No

Packet Pickup

Packet pickup will be Friday from 3-6 at the Second Street Brewery Tap Room at 2920 Rufina St, Santa Fe, NM 87507.

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 9.9) and Borrego Trail Aid Station (mile 18). The 50-mile race will allow drop bags at the Pacheco Canyon Aid Station (mile 26.8) the Borrego Trailhead Aid Station (mile 34.9)

Drop bags should be clearly marked with the runner's bib number, name, and aid station name, either "Pacheco", "Borrego". 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 may drop headlamps only at the Start/Finish Aid Station (mile 13.5). Be prepared to carry your light! (see **Safety information** below) Lights should also be clearly marked with race bib number and racer's name. 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. Runners wishing to retrieve bags designated for Borrego trailhead aid station may pick them up earlier provided they have a bib number. 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 actual cutoff times for each aid station along each course. 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.

USF 13 Miler

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				13199	13186	13	

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 as early Pacheco Canyon aid station after runners begin their ascent back toward the Ski Area. They may also join runners at either Borrego 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 Borrego trailhead and Big Tesuque Campground. **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 most 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. Borrego trailhead and Big Tesuque Campground 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 26.8, 50K- mile 9.9. 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.

Ski Santa Fe will be operating its lower chairlift so crew may ride the lower chair and continue on foot to the Tesuque Peak aid station to see runners summit. Crew for the Uphill mile may also ride the chair to the finish line of the 1 Mile uphill race. The chairlift will be open to the public.

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-

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 49 ft
Turn left to stay on NM-475 2.4 mi
Turn right onto U.S. Forest Service Rd 102
Destination will be on the left 7.0 mi

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

