

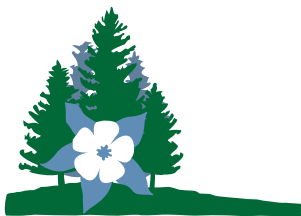


2023 Race Guide

June 3rd
Buffalo Creek, Colorado



<https://www.northfork50.com/>



Course Rules

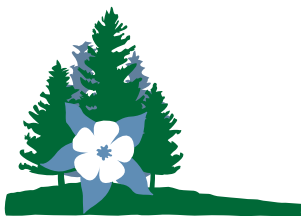
- All runners, crew, and spectators are expected to read and abide by the rules and guidelines stated within this race guide
- Runners must stay on designated marked trails at all times, unless nature calls
- Runners must have their bib and bracelet visible throughout the race
- Absolutely no littering. All trash must be disposed of before leaving the aid station. Otherwise must be carried to the next aid station or finish line.
- No pacers allowed
- Crew support is allowed only in designated areas
- Dogs are not permitted on the race course. Well behaved and leashed dogs are allowed with crews.
- Be respectful of other trail users. Trails are open to public during the race.
- Follow standard trail etiquette - pedestrians yield to horses, bikers yield to pedestrians
- This race is considered “cup-free”. Runners must carry a hydration container.
- Runners are required to respect wildlife by not approaching, feeding, or harming wildlife
- Please be courteous to volunteers and staff. They are helping you to succeed.

Leave No Trace



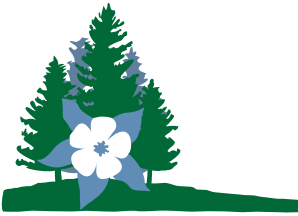
The Bear Chase Race Series will be 100% CUP-FREE in 2023. Paper cups will not be available at aid stations as has been provided in previous years. All runners will be responsible for carrying their own refillable hand-held bottle or hydration system.

All runners, crew, and spectators are responsible for properly disposing of trash. Aid stations will have limited trash receptacles and are reserved for runner use. We ask crew and spectators to abide by “pack it out” principles, to include dog poop bags.



Quick Guide

Date/Start Times	Saturday, June 3rd 50M: 7:00am 50k: 7:30am
Location	Buffalo Creek 18050 S Buffalo Creek Rd Pine, CO 80470
Packet Pick-Up	5:45am at the Start/Finish. Arrive early. Valid photo ID is required.
Parking	Adjacent to the Start/Finish with overflow & spectator parking at St. Elizabeth's Catholic Church. Spectators following their runners should utilize the St. Elizabeth parking prior to race start. IMPORTANT— Vehicles will not be allowed to exit Start/Finish parking prior to 9:00am. Utilize St. Elizabeth's parking for short-term needs.
Carpooling	Please help reduce traffic in Buffalo Creek and ease parking by carpooling.
Toilet facilities	Port-o-potties will be at the Start/Finish area and on-course at most of the aid stations.
Aid Stations	Several aid stations are on course to support your run. Refillable water bottle or hydration system are required.
Pacers/Crew Support/ Spectators	Pacers are not allowed, however family/friends may run in to the finish with their runner for the final mile. Crew support only allowed at designated areas on the course.
Drop Bags	Drop bags will be available at Buffalo AS
Trekking Poles	Trekking poles are allowed
Silicon bracelets	Each runner will receive a colored silicone bracelet, matching the color of the course markings they are to follow. The bracelet must be worn throughout the race to aid runners, staff & volunteers with course navigation. 50K – BLUE bracelet 50M – ORANGE bracelet (will be exchanged for a BLUE bracelet at second visit to Buffalo Aid Station)



Race Parking

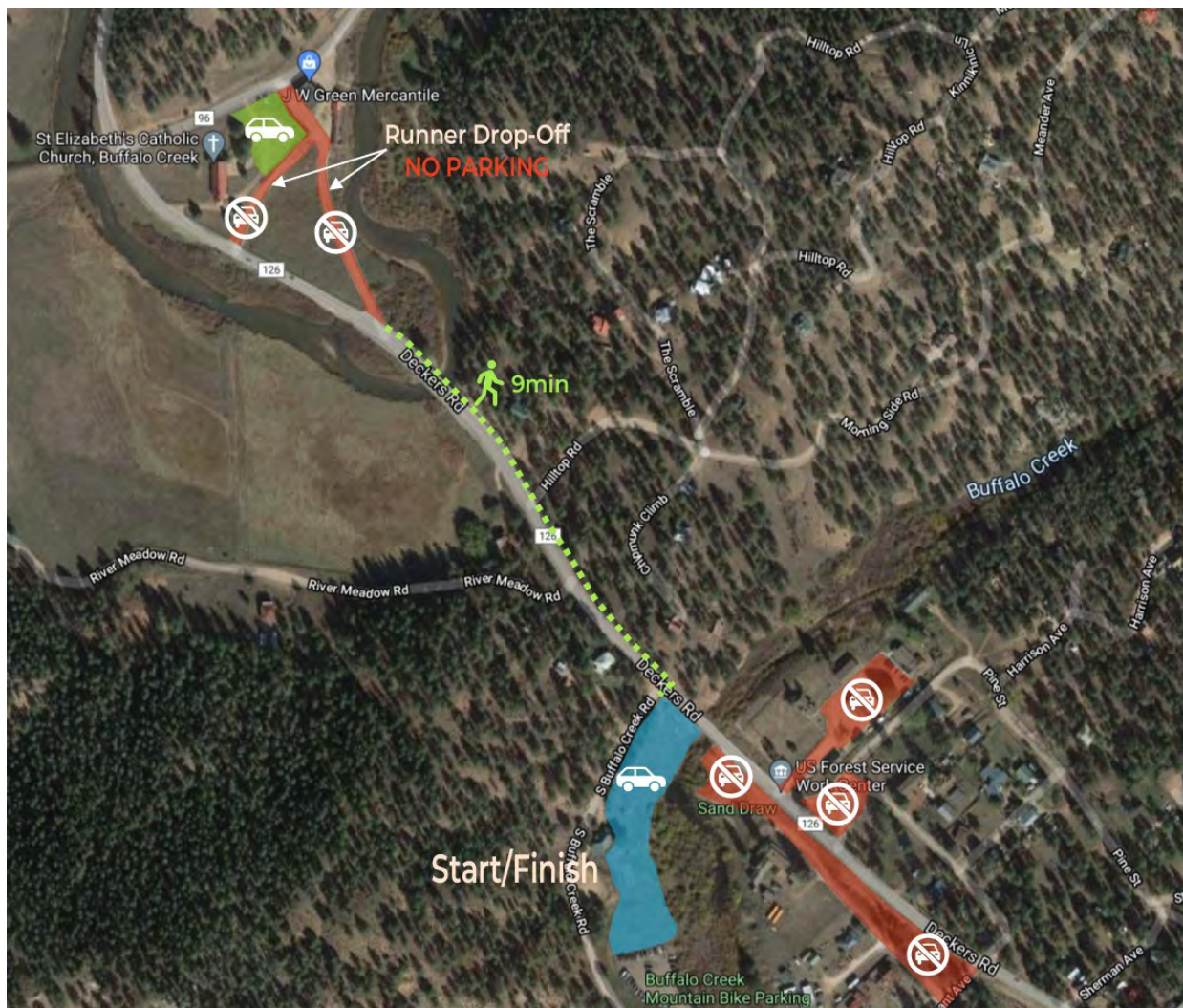
We highly encourage car-pooling for the North Fork 50 for all participants, crew and spectators due to the limited space available at the start/finish area.

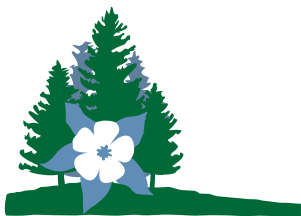
Parking for the North Fork 50 will be available at two locations:

- Start/Finish - Available at 5:00am. Vehicles parking in this area will not be allowed to leave before 9:00am (staff and volunteers exempt). Utilize the St. Elizabeth's parking for short-term parking.
- St. Elizabeth's Catholic Church - Available at 6:00am. Nine minute walk to Start/Finish area
- Spectators following runners on course should utilize St. Elizabeth's parking area



Runner drop-off will be at St. Elizabeth's. We can not accommodate drop-off at the start/finish area due to safety and traffic flow reasons. Do not drop-off along the side areas near the start/finish area as these are private properties, and out of courtesy to the residents. Additionally do not drop-off along Deckers Rd out of safety and traffic congestion concerns. County sheriffs will be in the area to monitor traffic.





Timing

Timing



Timing services are provided by Hal Sports. Please do not fold, crumple or alter your bib as that may damage your timing chip and render it unreadable by the timing mats.

Course Cut-Offs

For safety, runners must stay ahead of the designated cutoff times. Runners who arrive at an aid station after the cutoff will not be allowed to continue.

Course cut-offs for all race fields are:

50K (Start 7:30am) - Average Course Pace 29:15/mile

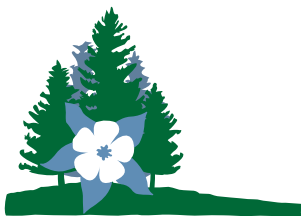
Aid Station	Cut-Off Time	Course Distance	Distance to Next	Required Pace to Next
Buffalo	5:15pm	18.3	4.3	16:17/Mile
Miller Gulch	6:25pm	22.6	3.7	16:13/Mile
Miller Gulch	7:25pm	26.3	5.5	17:16/Mile
Finish	9:00pm	31.8		

50M (Start 7:00am) - Average Course Pace 16:43/mile

Aid Station	Cut-Off Time	Course Distance	Distance to Next	Required Pace to Next
Buffalo	5:15pm	36.7	4.3	16:17/Mile
Miller Gulch	6:25pm	41	3.7	16:13/Mile
Miller Gulch	7:25pm	44.7	5.5	17:16/Mile
Finish	9:00pm	50.2		

Drop Out

Any runner needing to drop out during the race must notify race staff at the current aid station or next forward aid station (if on course). Failure to do so may lead to an unaccounted status at the end of the race resulting in deploying search and rescue, with the runner responsible for the cost of this effort.



Race Fields

50M

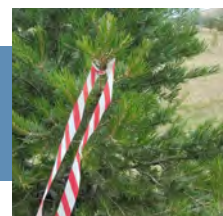
Start Time	7:00am	
Course Color	ORANGE (Miles 1-36.7)	BLUE (Miles 36.7-50.2)
Finish Cut-Off	9:00pm	
Crew Support	<p>Crew support is allowed at the following aid stations</p> <ul style="list-style-type: none">• Shinglemill (Limited Parking. No parking allowed on Redskin Creek Rd)• Buffalo (Limited parking. Additional three parking areas available further up Redskin Creek Rd)• Rolling Creek <p>Runners receiving crew support outside of these areas are subject to disqualification</p>	
Pacers	Pacers are not allowed. Runners observed with pacers are subject to disqualification.	
Drop Bags	Drop Bags will be available at the Buffalo Aid Station and will be accessed twice: outbound to, and in-bound from Rolling Creek	
Important Course Notes	<ul style="list-style-type: none">• Mile 5.6: Course split at the Scraggy TH (0.8M after CT AS) - 50M runners will run straight through the trailhead parking lot to the Scraggy Trail. 50K runners will stay right on the Colorado Trail. The courses rejoin 10.9 miles later, just before entering Shinglemill AS.• Mile 18.9: Leaving the Buffalo AS, runners will follow the Colorado Trail for approx. 0.6M to the intersection with Redskin Creek Trail. 50M runners will stay to the left, following the orange markings on the Colorado Trail. (If you follow the blue markers to the right on the Redskin Creek Trail, you will wind up missing the out/back section to Rolling Creek AS and will be DQ'ed!) After reaching the Rolling Creek AS, 50M runners will return back on the Colorado Trail all the way to the Buffalo AS.• Mile 36.7: Upon returning to Buffalo AS for the second time, 50M runners will check in and exchange your orange bracelet for a blue bracelet. When leaving Buffalo AS, 50M runners will now follow blue course markings for the duration of the race (taking the right turn onto Redskin Creek Trail).	

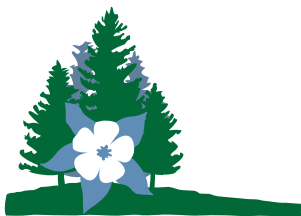
Detailed course maps by section are provided at the end of this guide



WRONG WAY!

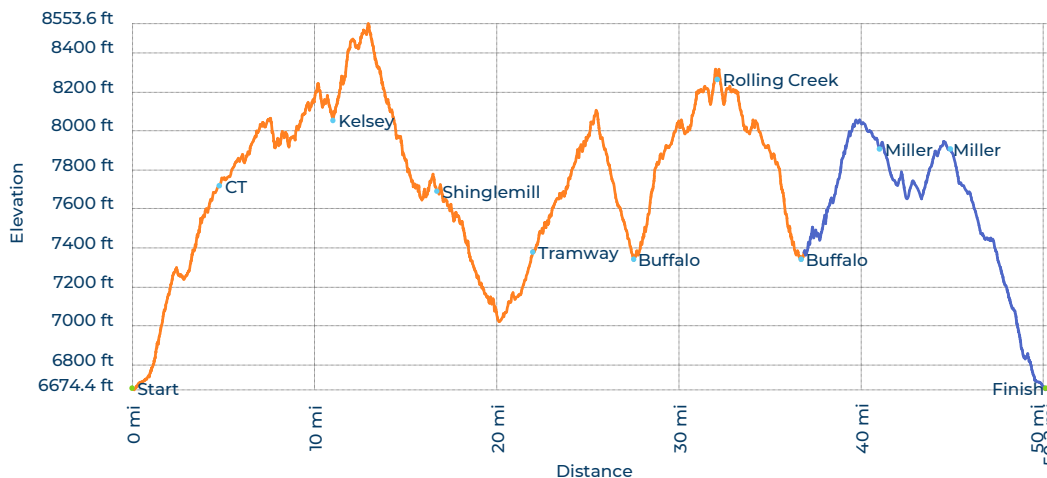
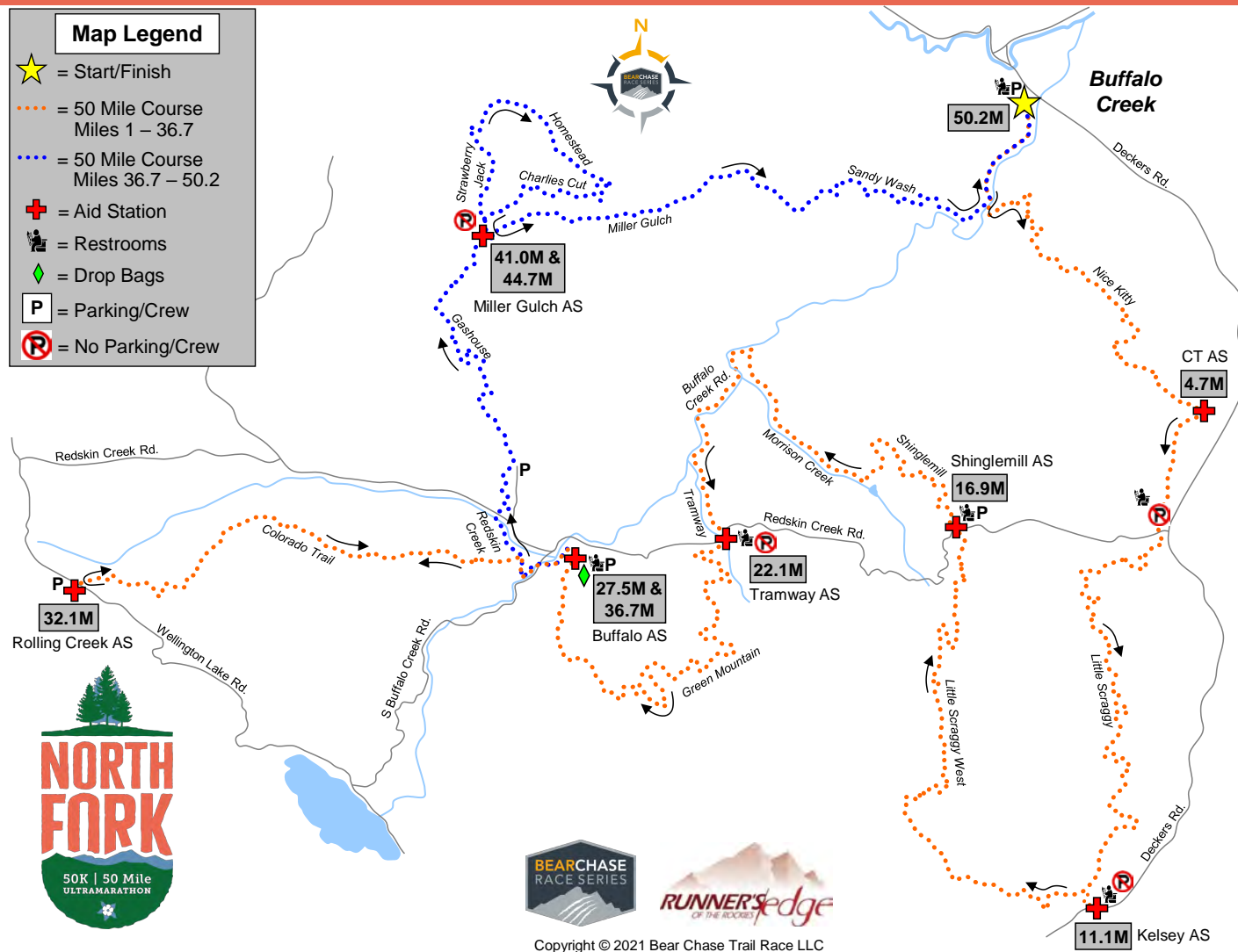
RED and WHITE ribbons indicate wrong way.

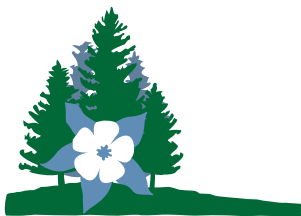




Race Fields

50M Course Overview





Race Fields

50K

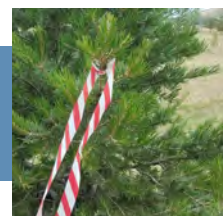
Start Time	7:30am
Course Color	BLUE
Finish Cut-Off	9:00pm
Crew Support	<p>Crew support is allowed at the following aid stations</p> <ul style="list-style-type: none">• Shinglemill (Limited Parking. No parking allowed on Redskin Creek Rd)• Buffalo (Limited parking. Additional three parking areas available further up Redskin Creek Rd) <p>Runners receiving crew support outside of these areas are subject to disqualification</p>
Pacers	Pacers are not allowed. Runners observed with pacers are subject to disqualification
Drop Bags	Drop Bags will be available at the Buffalo Aid Station
Important Course Notes	<ul style="list-style-type: none">• Mile 5.6: Course split at the Scraggy TH (0.8M after CT AS) - 50K runners will stay right on the Colorado Trail. 50M runners will run straight through the trailhead parking lot to the Scraggy Trail. The courses rejoin 10.9 miles later, just before entering Shinglemill AS.• Mile 18.9: Leaving the Buffalo AS, runners will follow the Colorado Trail for approx. 0.6M to the intersection with Redskin Creek Trail. 50K runners will stay to the right, following the blue markings onto Redskin Creek Trail. If you follow the orange markers to the left on the Colorado Trail, you will wind up with bonus miles!

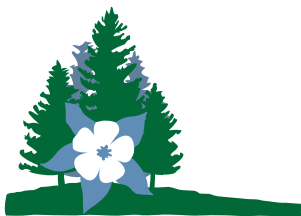
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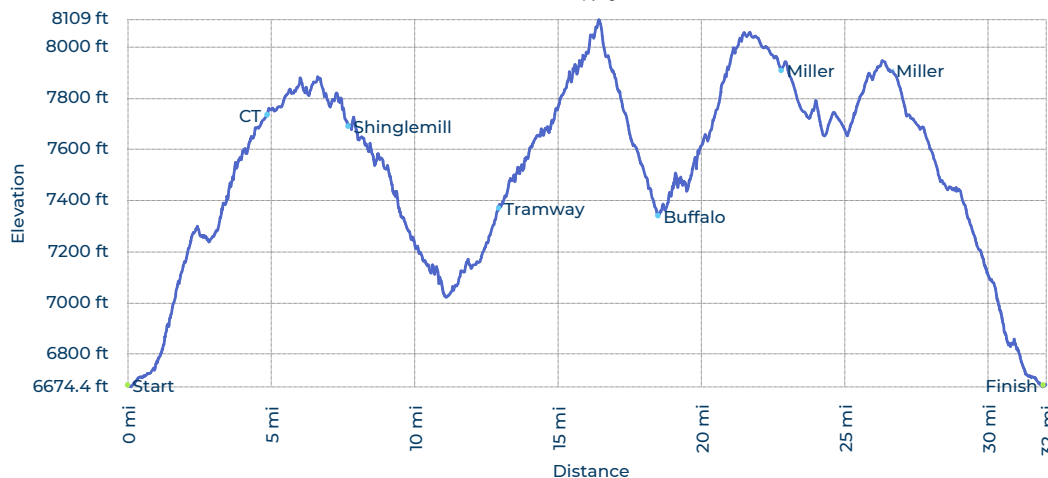
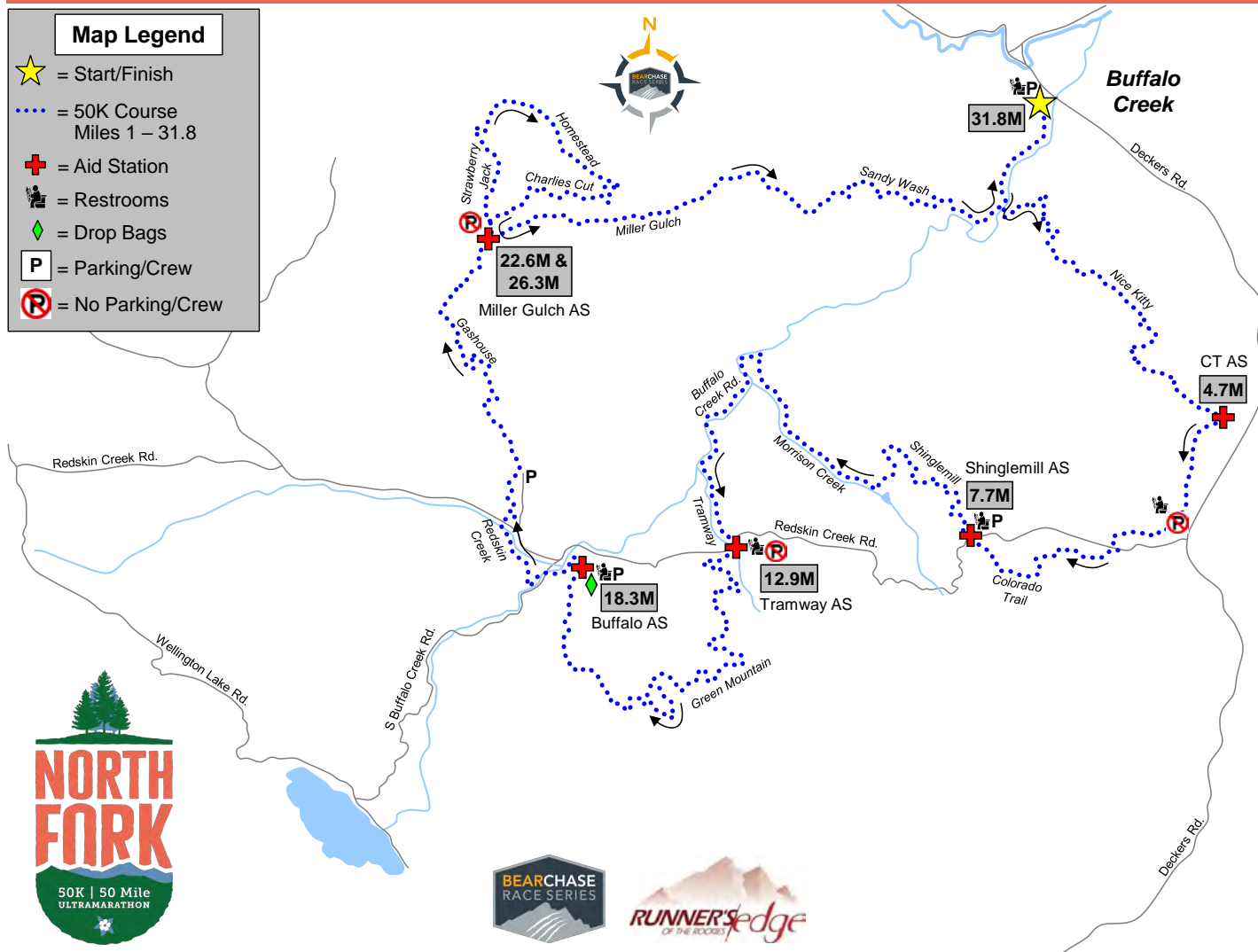
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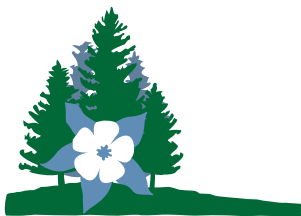




Race Fields

50K Course Overview





Aid Stations

Overview

There will be a total of seven aid stations along the NF50 course, with five on the 50K course and seven on the 50M course.

CT Aid Station will only have water. All other aid stations will offer the following:

Hydration

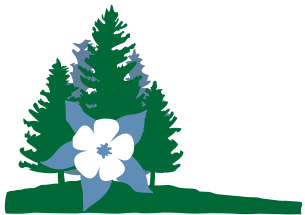
- Water
- Gatorade
- Soda

Food

- Chips/Crackers
- Pretzels
- Pickles
- Cookies
- M&Ms
- Gummies
- Bite-Size Snickers
- Watermelon
- Oranges
- Bananas
- Honey-Stinger Gels
- Bean and tortilla rolls
- PB&J mini-sandwiches

Drop Bags

- Leave your drop bag before race start at the signed location in the parking lot adjacent to the Community Hall building ("Bippy")
- You may use anything you want for your drop bag (spike bag, small duffel, etc.) but make sure it is sturdy and a reasonable size
- Write your name, bib number and race distance clearly on your bag (sharpie on duct tape available at runner check-in). You will be responsible for finding your bag at Buffalo AS, so make it identifiable.
- Runners are responsible for moving their drop bags to the "BACK TO FINISH" area, whether used or not, prior to leaving Buffalo Creek for the final time. Failure to do so will result in a delay of drop bags returning to the Finish area.
- Drop bags will be returned to the Start/Finish area periodically throughout the race beginning at noon, and must be collected by 9pm



Aid Stations

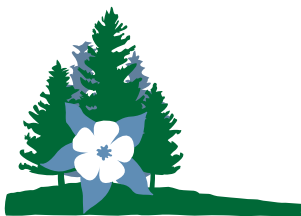
Aid Station Details

50K

Aid Station	Offerings	Course Distance	Distance to Next	Restrooms	Crew Access	Drop Bags	Google Location
CT	Water Only	4.8M	2.9M	Yes	No	No	
Shinglemill	Hydration/Food	7.7M	5.2M	Yes	Yes	No	Shinglemill TH
Tramway	Hydration/Food	12.9M	5.4M	Yes	No	No	
Buffalo	Hydration/Food	18.3M	4.3M	Yes	Yes	Yes	Buffalo TH
Miller (1st)	Hydration/Food	22.6M	3.7M	No	No	No	
Miller (2nd)	Hydration/Food	26.3M	5.5M	No	No	No	

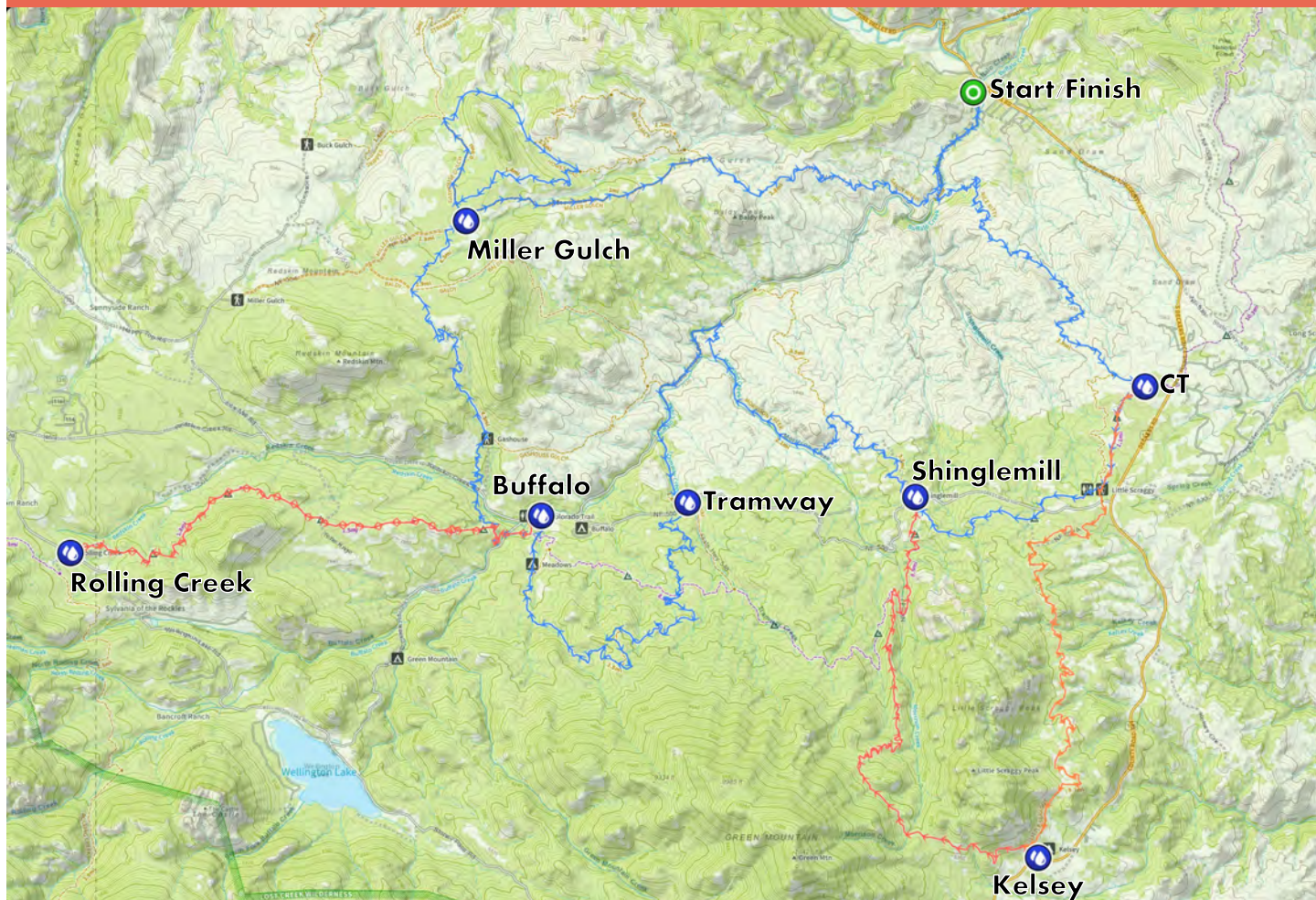
50M

Aid Station	Offerings	Course Distance	Distance to Next	Restrooms	Crew Access	Drop Bags	Google Location
CT	Water Only	4.8M	6.3M	Yes	No	No	
Kelsey	Hydration/Food	11.1	5.8M	Yes	No	No	
Shinglemill	Hydration/Food	16.9M	5.2M	Yes	Yes	No	Shinglemill TH
Tramway	Hydration/Food	22.1M	5.4M	Yes	No	No	
Buffalo (1st)	Hydration/Food	27.5M	4.6M	Yes	Yes	Yes	Buffalo TH
Rolling Creek	Hydration/Food	32.1M	4.6M	No	Yes	No	Rolling Creek TH
Buffalo (2nd)	Hydration/Food	36.7M	4.3M	Yes	Yes	Yes	Buffalo TH
Miller (1st)	Hydration/Food	41.1M	3.7M	No	No	No	
Miller (2nd)	Hydration/Food	44.7M	5.5M	No	No	No	

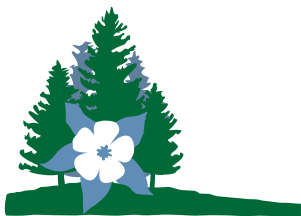


Aid Stations

Aid Station Locations



Aid Station	Lat/Lon	Elevation (approx.)
CT	N 39.356 / W 105.251	7723 ft
Kelsey (50M)	N 39.305 / W 105.266	8048 ft
Shinglemill	N 39.344 / W 105.283	7684 ft
Tramway	N 39.344 / W 105.315	7379 ft
Buffalo	N 39.342 / W 105.336	7349 ft
Rolling Creek (50M)	N 39.338 / W 105.401	8255 ft
Miller Gulch	N 39.374 / W 105.346	7917 ft
Start/Finish	N 39.388 / W 105.275	6670 ft



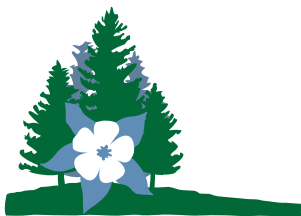
Crew and Spectators

Crew access will be available only at the following aid stations. Runners receiving crew support outside of these areas are subject to disqualification. **We recommend crew and spectators carry paper maps or download locations for offline use. There is no cell coverage in the area to include start/finish.**

Aid Station	Course Distance	Google Location	Notes
Shinglemill	7.7M (50k) 16.9M (50M)	Shinglemill TH	Limited Parking. No parking allowed on Redskin Creek Rd.
Buffalo	18.3M (50k) 27.5M (50M) 36.7M (50M)	Buffalo TH	Limited parking. Additional parking available in three designated areas further up Redskin Creek Rd. No parking is allowed on grassy areas due to risk of fire.
Gashouse (No Aid Station, Buffalo Alternate)	19.3M (50k) 37.7M (50M)	Gashouse TH	Limited Parking
Rolling Creek (50M only)	32.1M (50M)	Rolling Creek TH	



- Each access site is open to the public during the race. All crew and spectators are expected to follow all National Forest posted rules and regulations, to include parking restrictions, and be courteous to other users of the area. Those observed violating these rules by Race Staff will be asked to leave the area.
- Crew parking is not allowed in undesignated areas along Redskin Creek Rd (550) and on grassy areas
- Absolutely no crew/spectator access at Tramway AS. Runners will be disqualified if crew/spectators are observed at this aid station.
- Spectators may use other accessible trail heads along the course. Parking regulations, parking fees and National Forest rules apply.



Medical and Safety

Medical Response



North Fork Fire Rescue is responsible for coordinating and providing all medical responses during the race. The medical staff will be located at the Start/Finish area.

Runners experiencing a medical emergency on course will need to go to the nearest aid station, timing checkpoint, or report the emergency to a passing runner. Race staff will communicate with the medical team to determine appropriate response action. Medical evacuations will only be reserved for serious or critical medical needs such that the injured party can not physically move under their own ability. Tiredness, sore feet, or a splinter is not a reason for an evacuation.

Runner Safety

All runners should follow general safety precautions as one would take while training on trails in remote areas.

Course

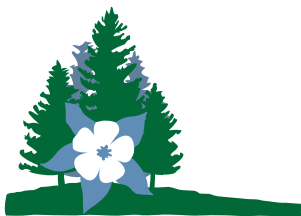
Some sections of the North Fork 50 course are considered technical. Expect loose and rocky terrain with uneven surfaces. The course will be open to other users to include hikers and mountain bikers. Report aggressive mountain bikers at the next aid station so it can be reported to the park rangers.

Vehicle Traffic

Some short areas of the course will be on forest service roads. Be alert of vehicles traveling on these roads. We recommend removing headphones while on the road.

Wildlife

Runners are required to respect wildlife by not approaching, feeding, or harming wildlife. Race participants observed violating this rule are subject to race disqualification.



Post Race

Food and Drink

Food and drinks will be available for all race participants and volunteers to enjoy while relaxing on the “Bippy” deck, or cheering in other runners as they cross the finish line.

The Walking Taco will be providing this year’s post-race meal offering a limited selection from their delicious menu to include gluten-free, and vegetarian options. Runners receive a free meal and must show bib and race bracelet. Volunteers will also receive a free meal by showing their yellow bracelet.

Beer and seltzer from Avery Brewing, Bing Energy, and various soft drinks and water will be on ice for you to enjoy with your Walking Tacos.

Crew and spectators may purchase a meal from The Walking Taco. Cash only.

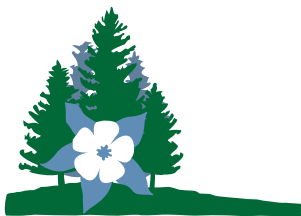
<https://www.thewalkingtaco.com>

Awards

All finishers completing their registered course will receive a commemorative award recognizing their accomplishment.

Special awards will be given for

- Top 3 male and female finishers in each distance
- Age group awards will be given to top 3 male and female in each age group



Special Thanks

Volunteers

The race staff spend numerous hours and long nights coordinating and preparing for each race of the Bear Chase Race Series. However, this effort does nothing to lead towards a successful event without our volunteers. They are what makes each race remarkable by working tirelessly to ensure each runner is supported and has the best opportunity to succeed in crossing the finish line.

Be sure to thank the volunteers during the race who are supporting you to make your North Fork 50 experience fantastic. If you have friends and family who would be interested in volunteering, please have them sign up at:

[North Fork 50 Volunteer](#)

Supporters



Race Communication Supported by



Talk The Rockies

Service excellence in two way radio communications



Sports Medicine





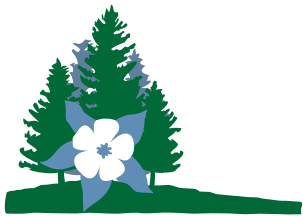
Bear Chase Race Series

Director: David Manthey

coach@runnersedgeoftherockies.com

303.320.EDGE (3343)

www.BearChaseRaceSeries.com

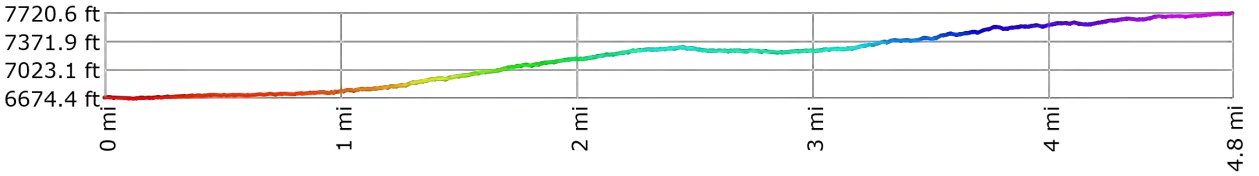
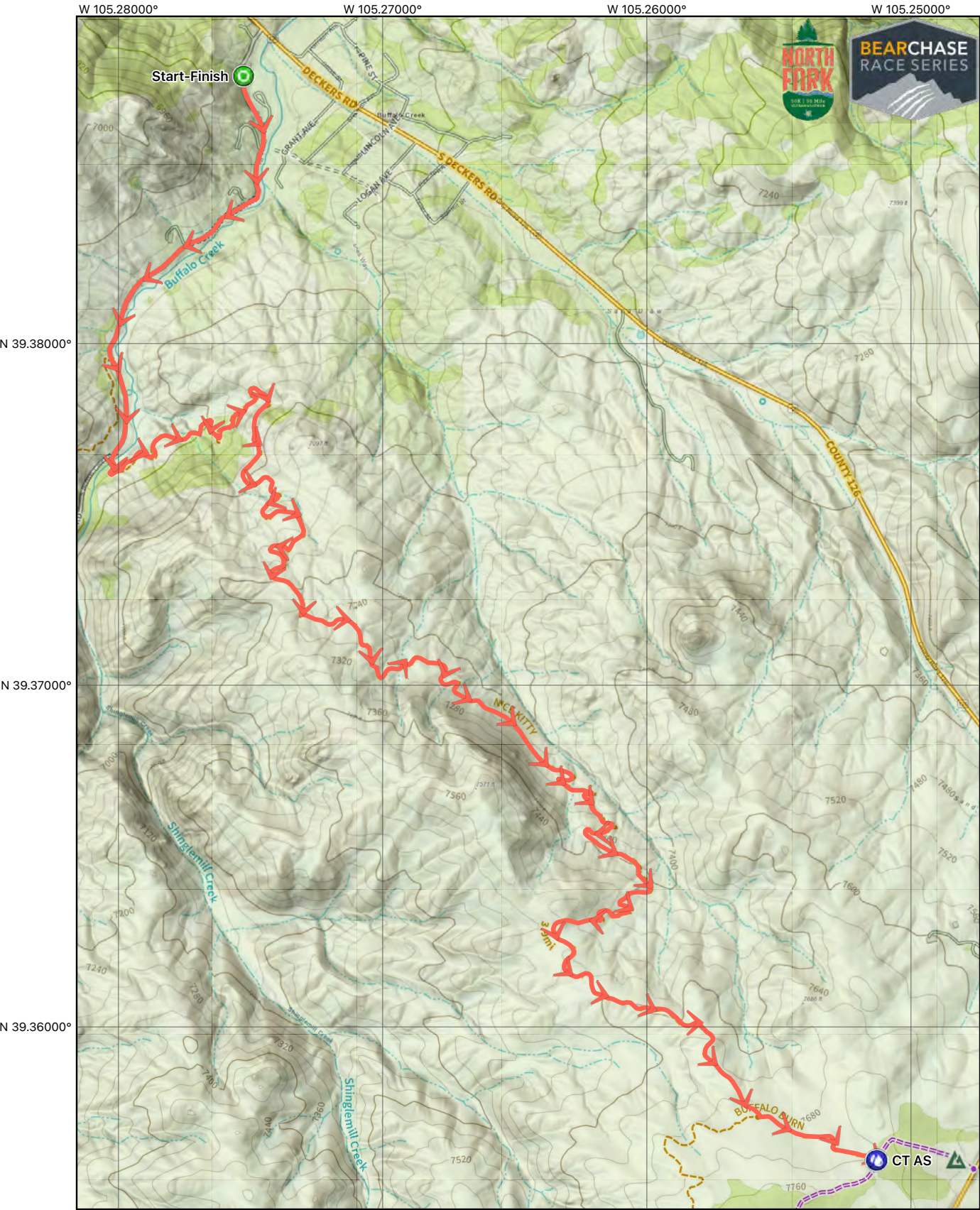
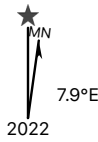


50M Detailed Maps

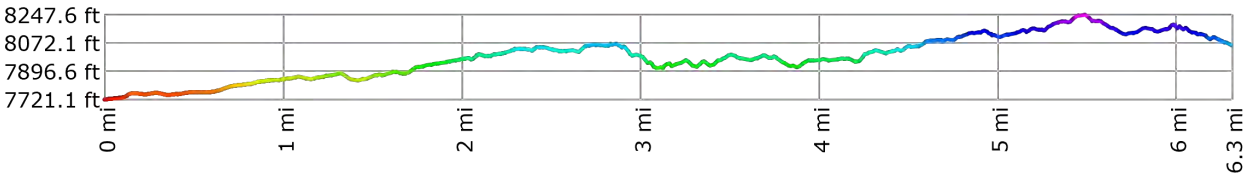
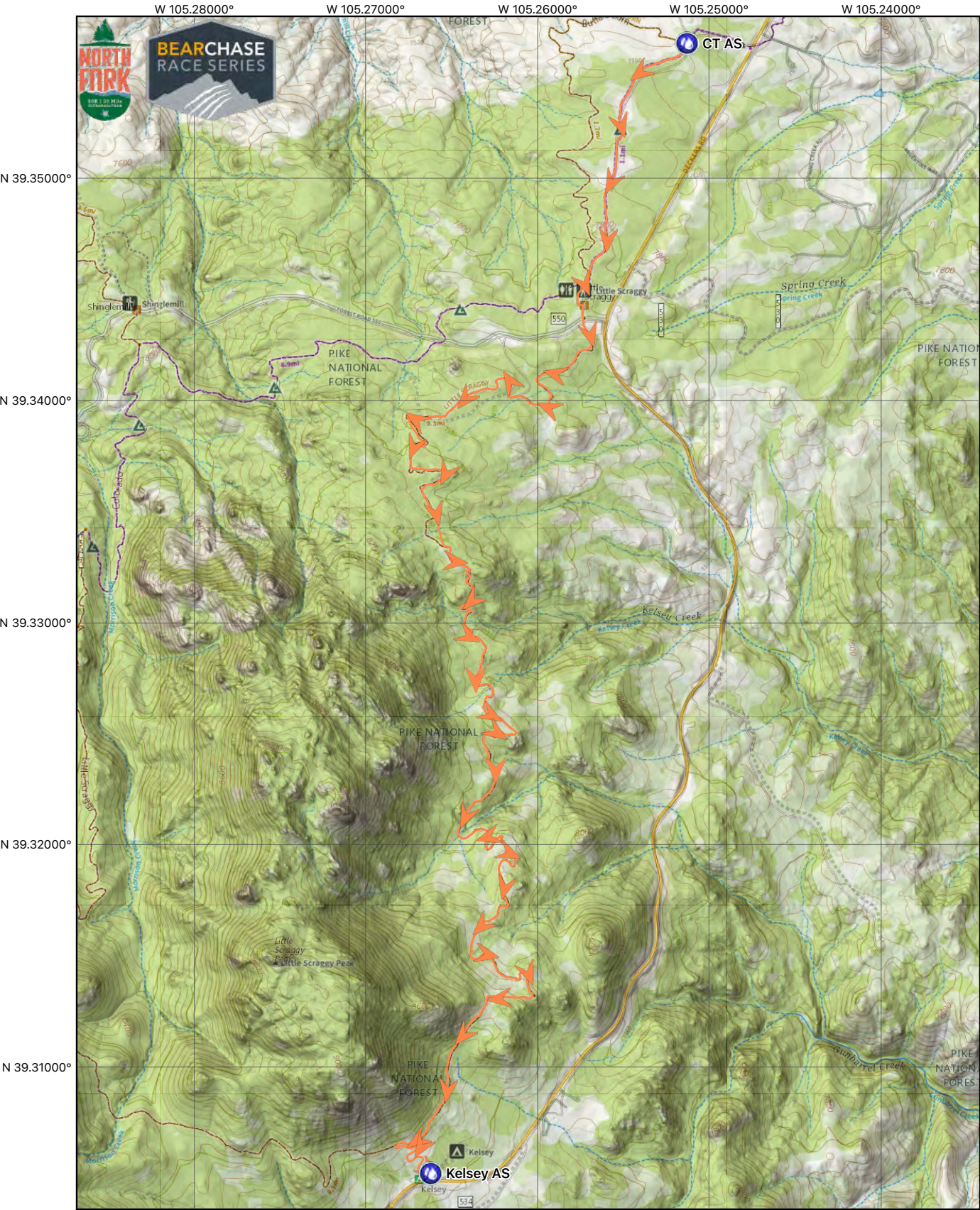
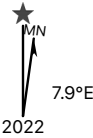
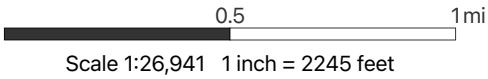
NF50 - 50M Start to CT



Scale 1:17,522 1 inch = 1460 feet



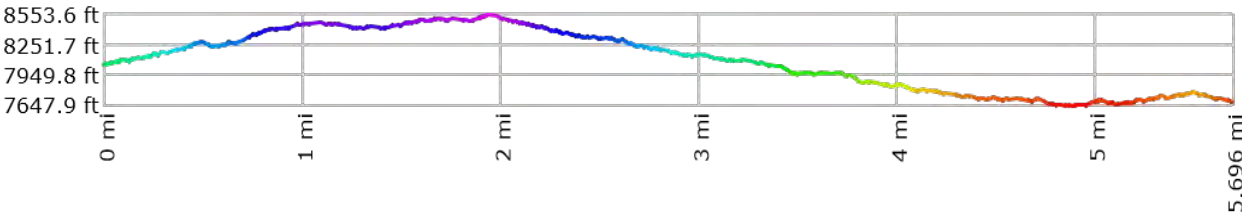
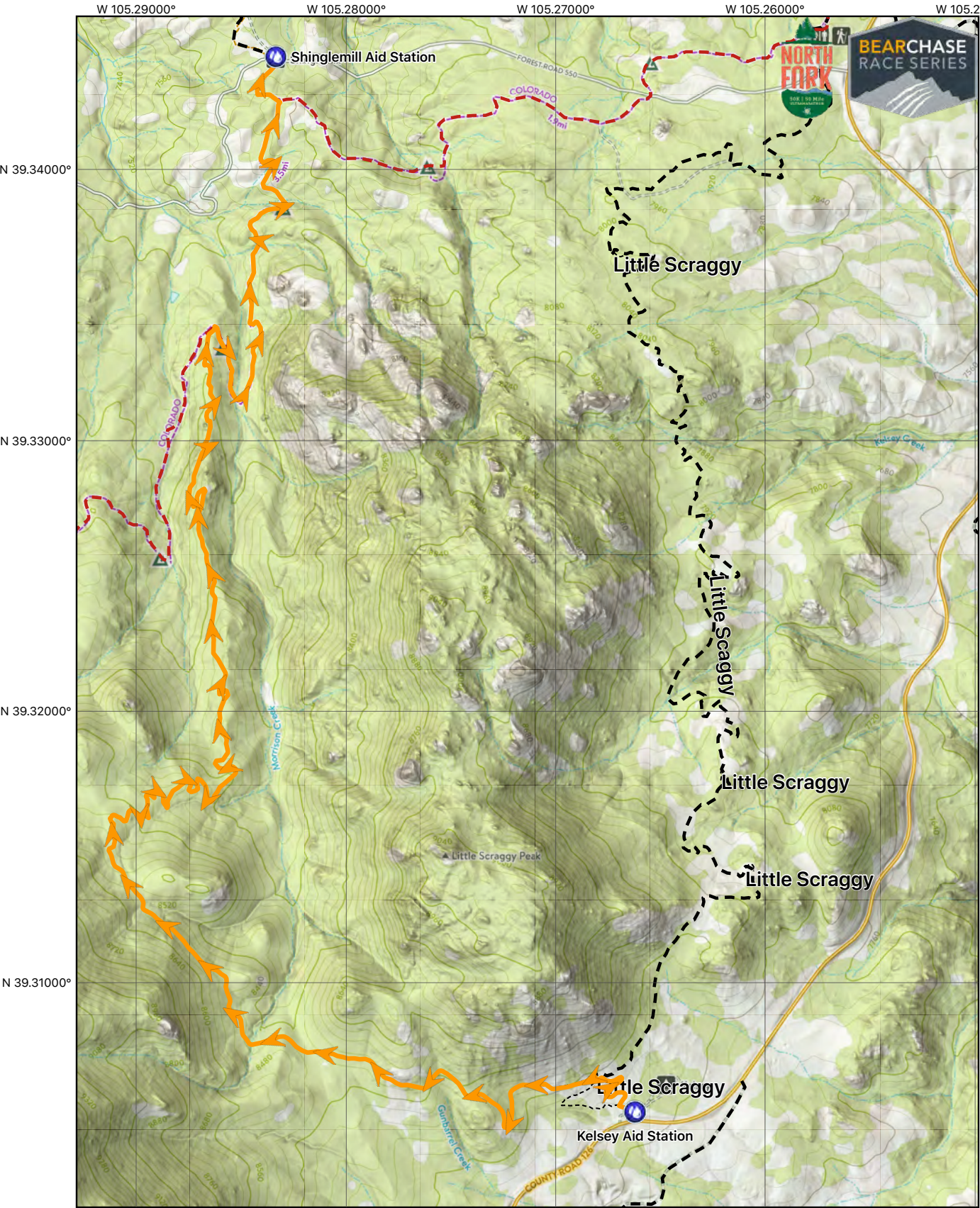
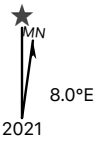
NF50 - 50M CT To Kelsey



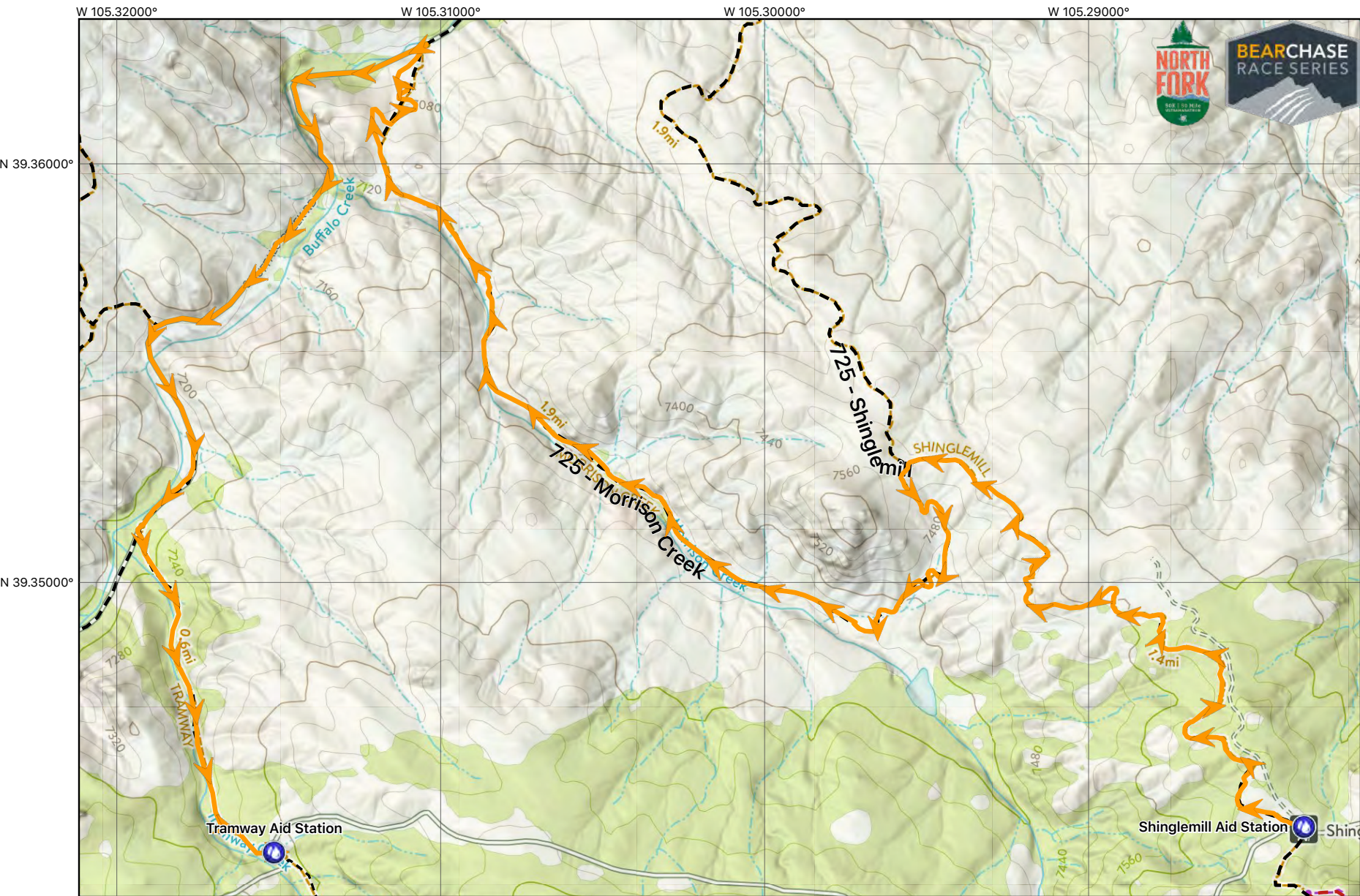
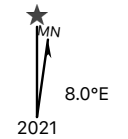
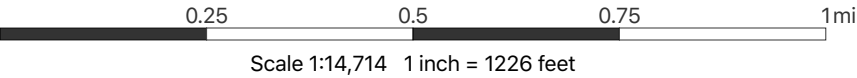
NF50 - 50M Kelsey to Shinglemill



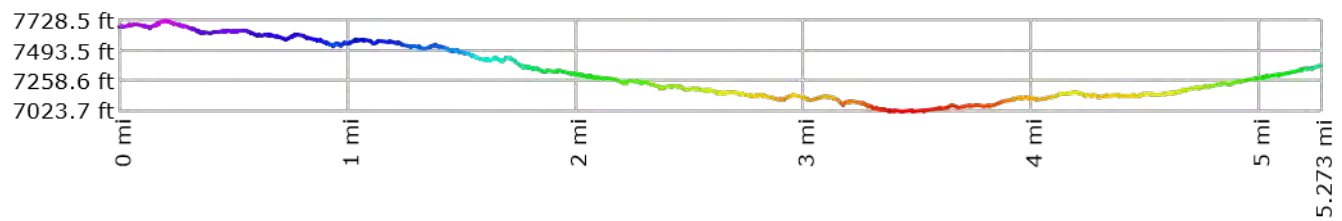
Scale 1:22,062 1 inch = 1838 feet



NF50 - 50M Shinglemill to Tramway



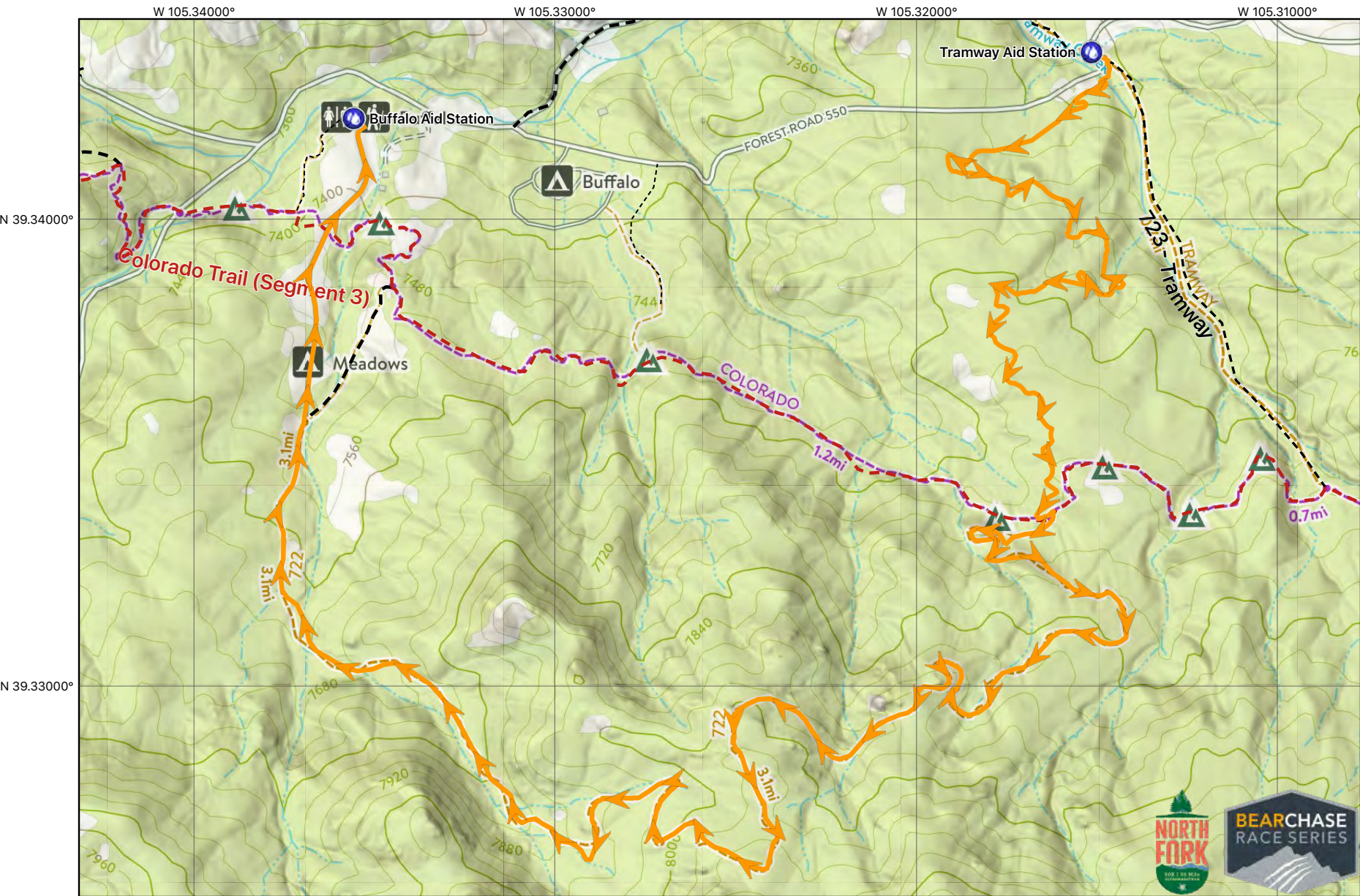
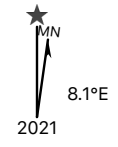
- Shinglemill Aid Station
- Tramway Aid Station 5.27mi



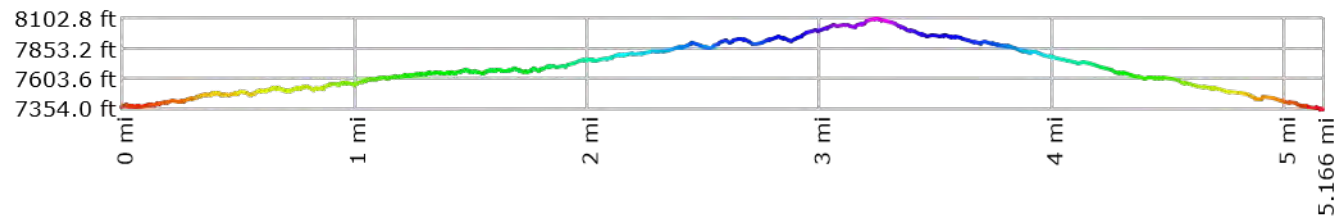
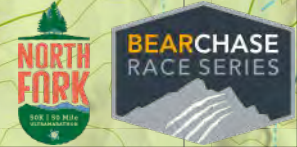
NF50 - 50M Tramway to Buffalo



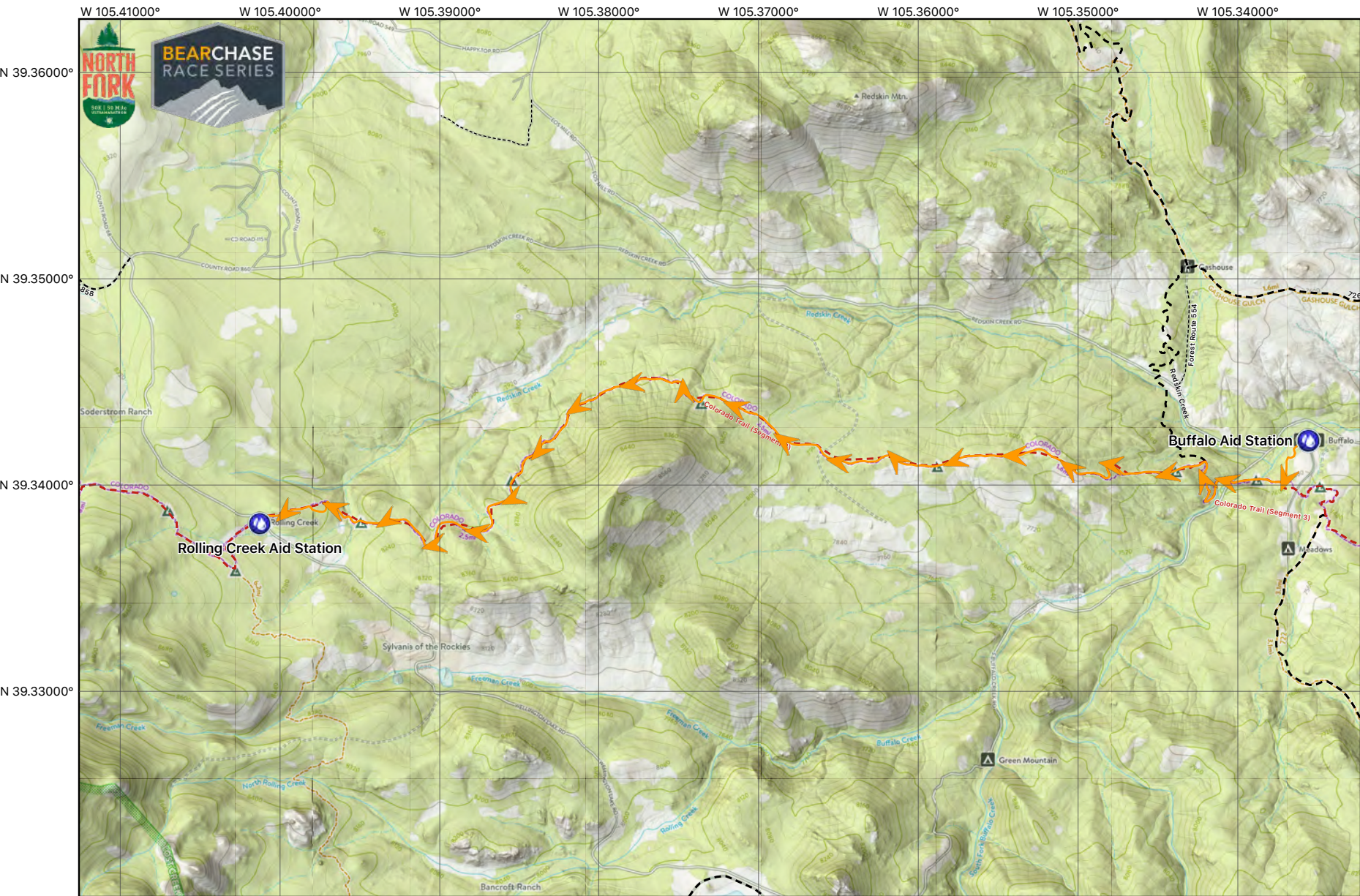
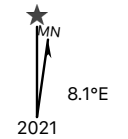
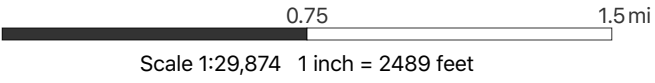
Scale 1:13,198 1 inch = 1099 feet



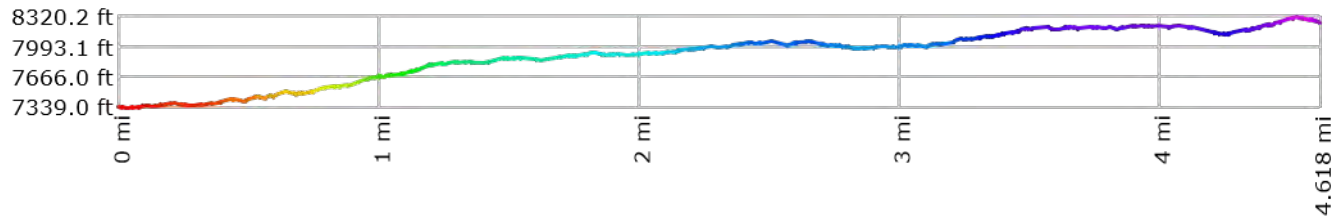
- Tramway Aid Station
- Buffalo Aid Station 5.16mi



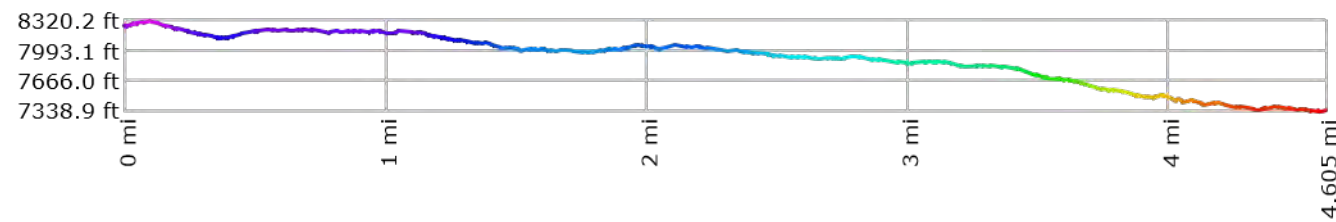
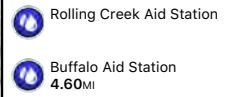
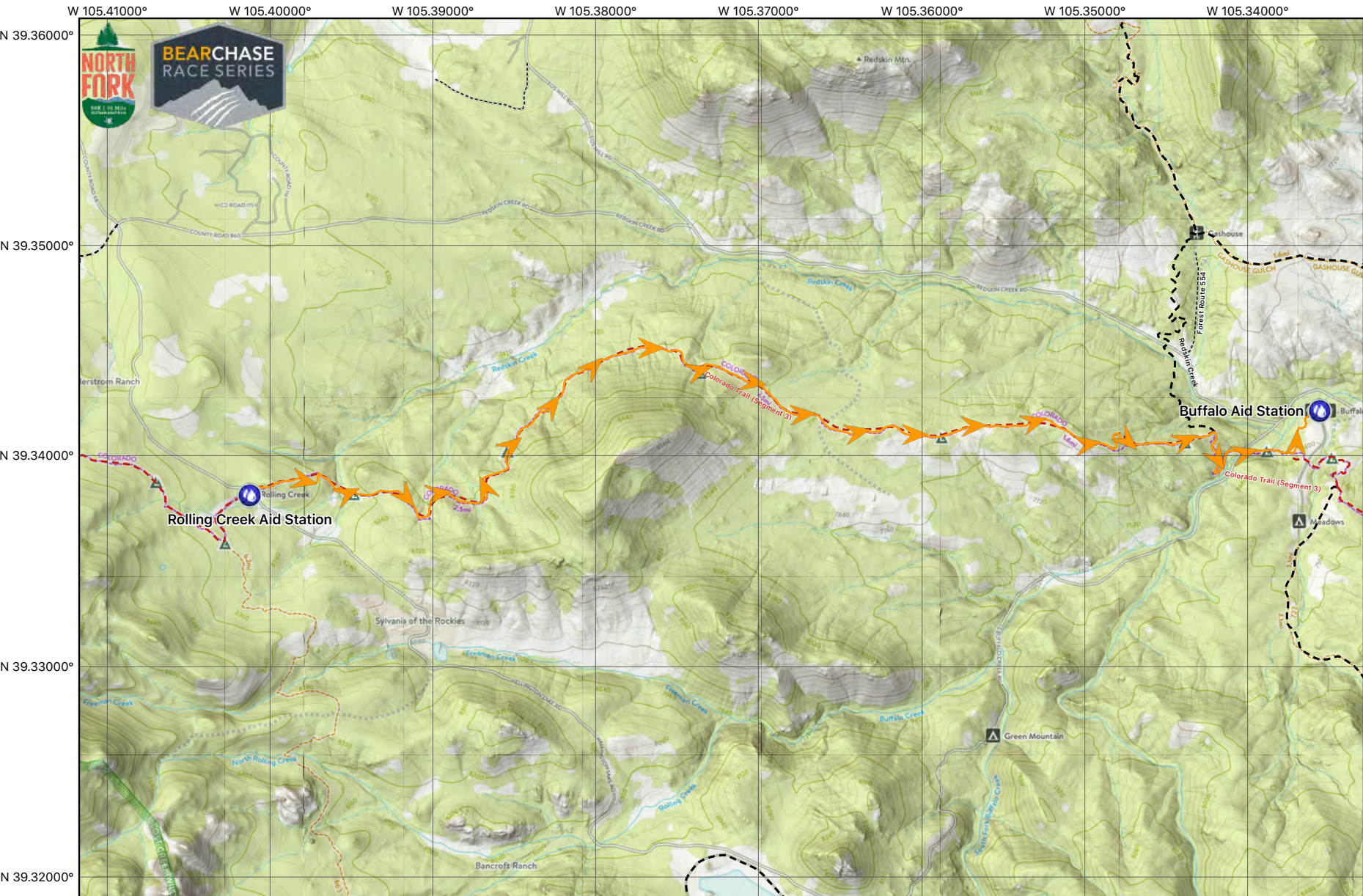
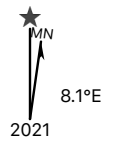
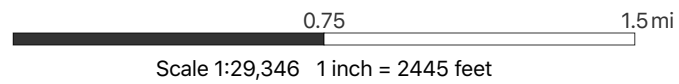
NF50 - 50M Buffalo to Rolling Creek



- Buffalo Aid Station
- Rolling Creek Aid Station 4.62mi



NF50 - 50M Rolling Creek to Buffalo

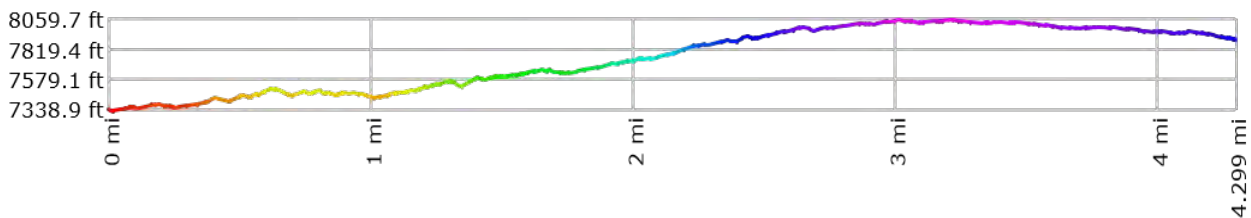
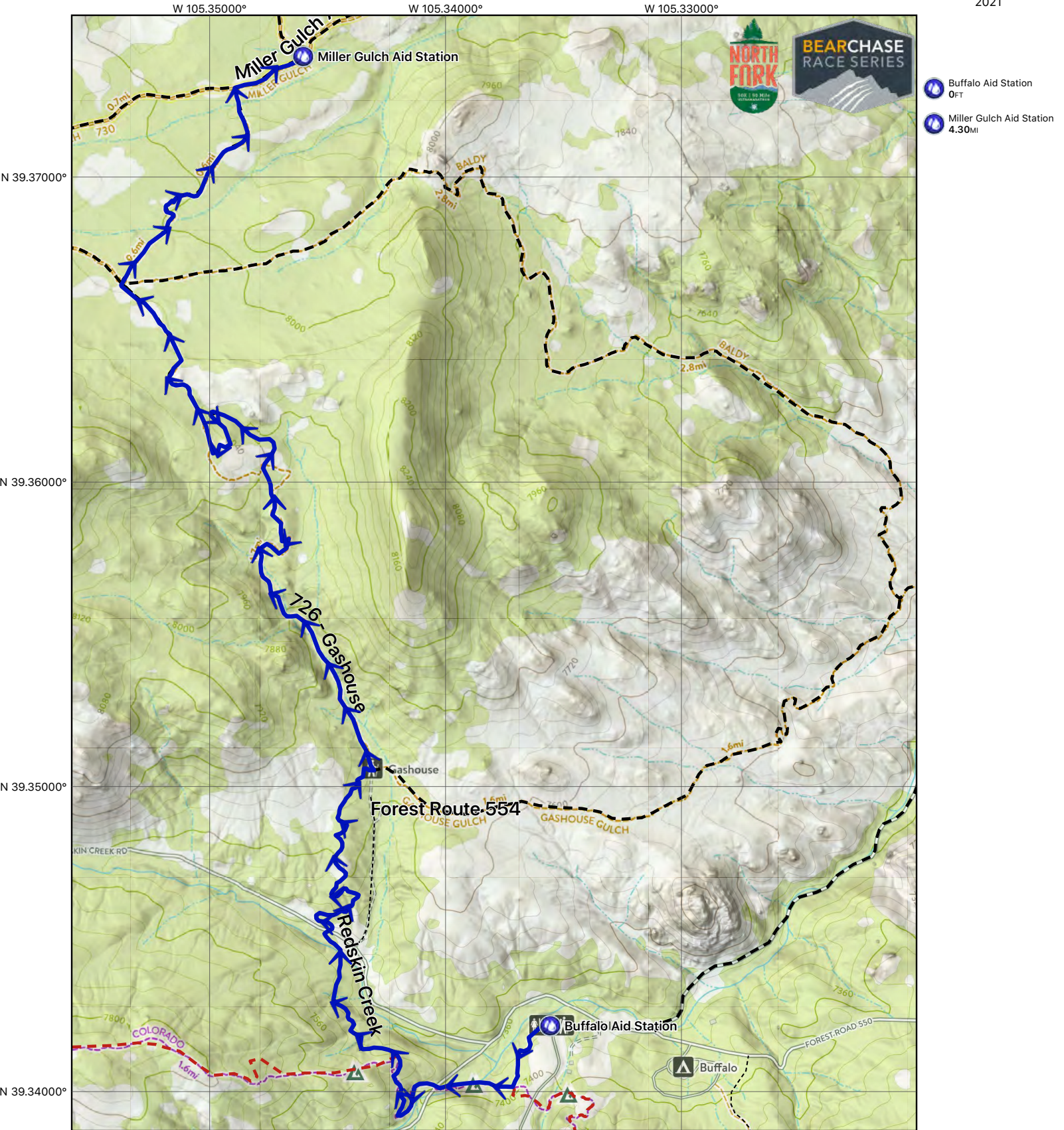


NF50 - 50M Buffalo to Miller

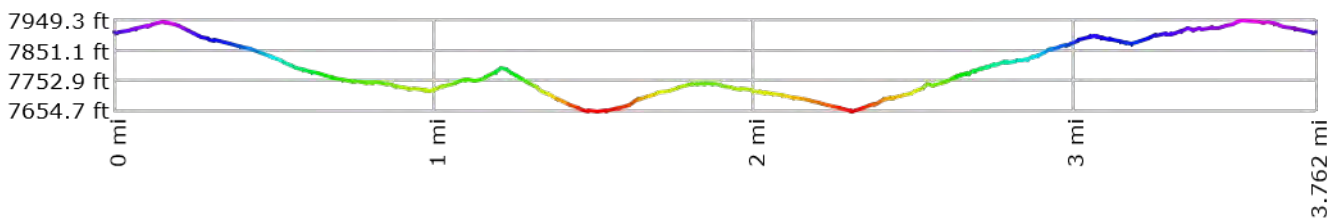
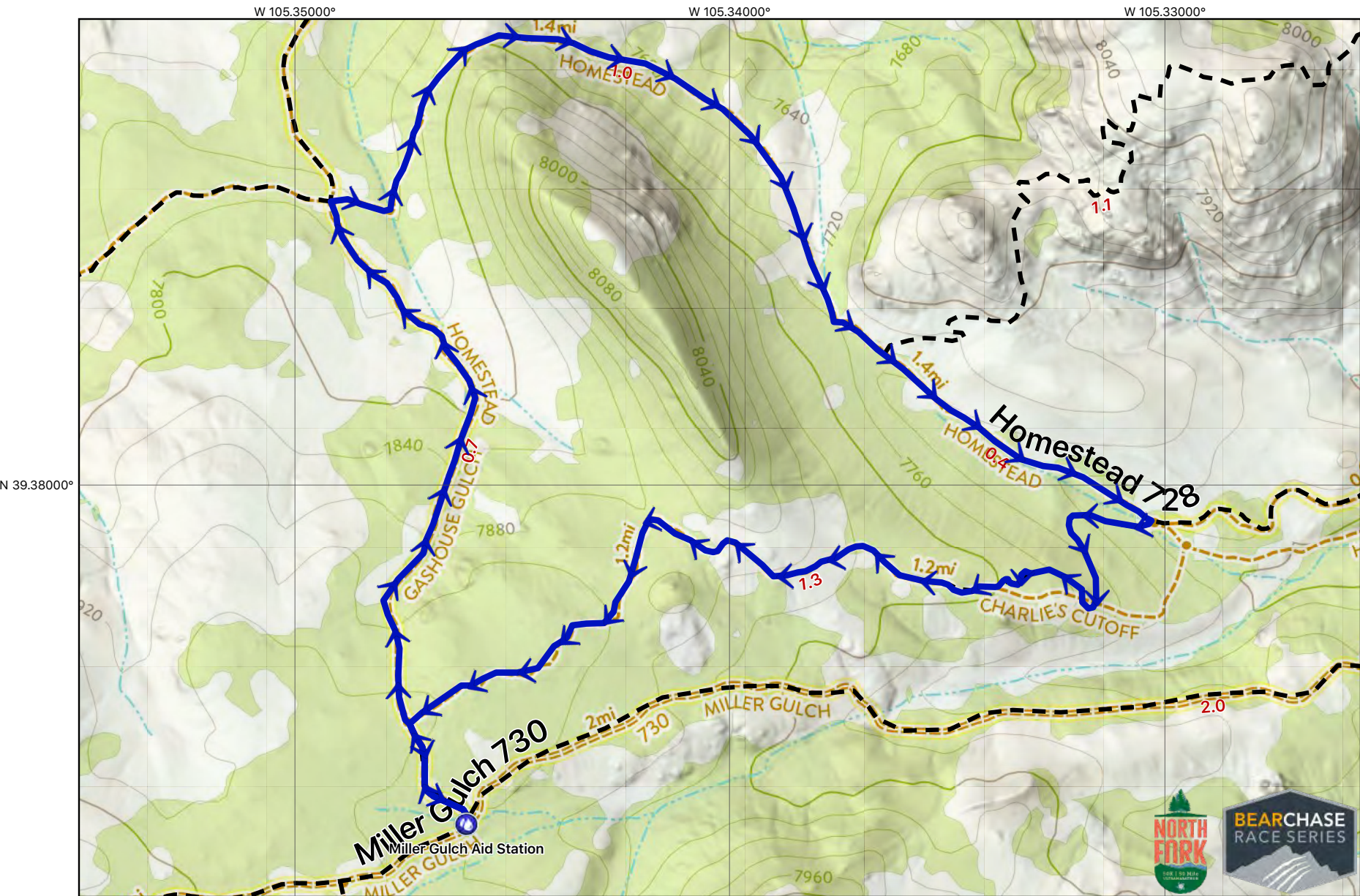
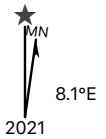
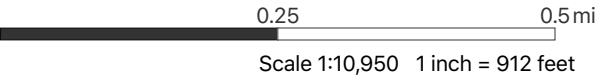
0.25 0.5 0.75 mi

Scale 1:18,355 1 inch = 1529 feet

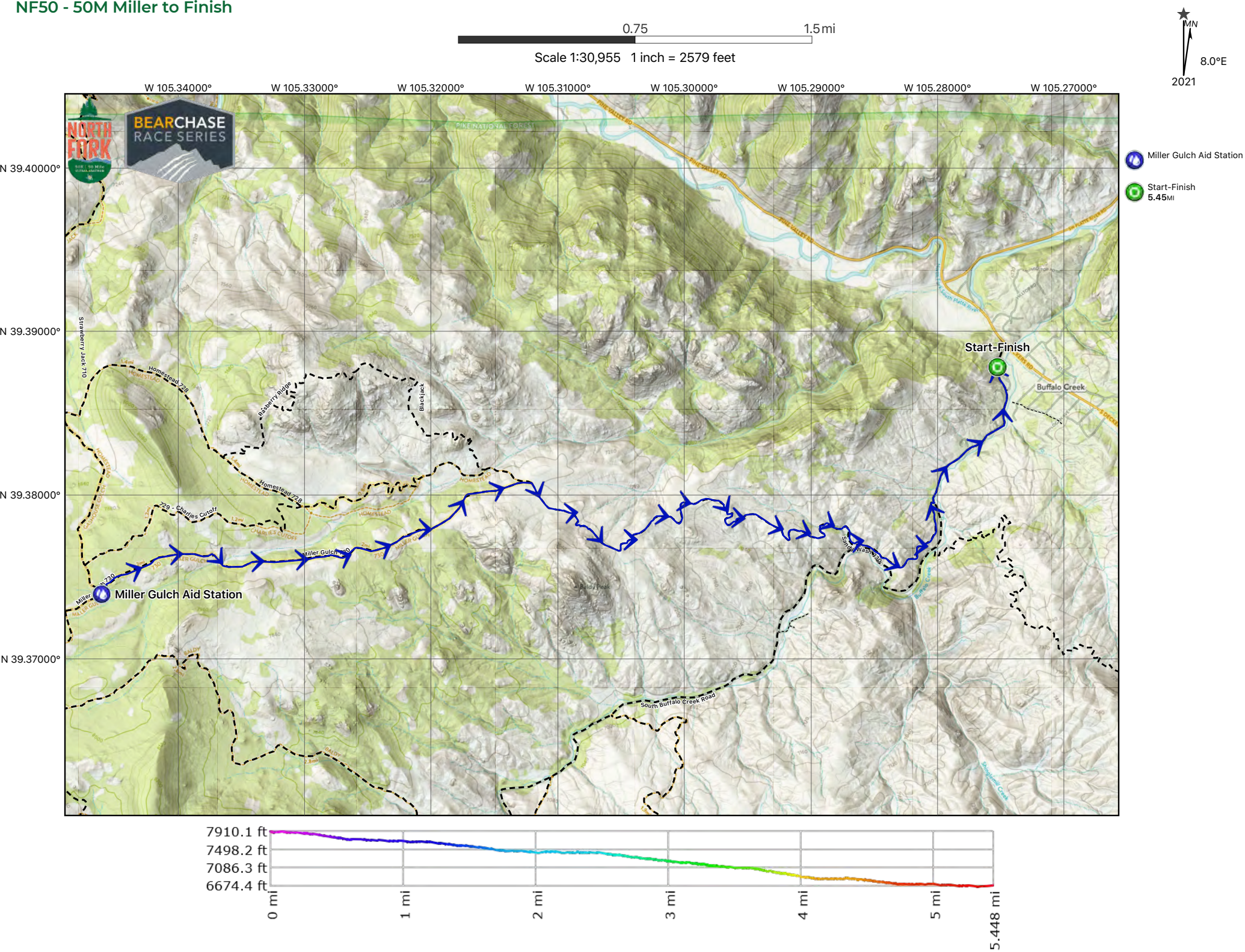
2021
8.1°E

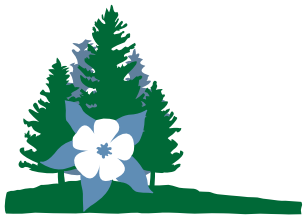


NF50 - 50M Miller to Miller



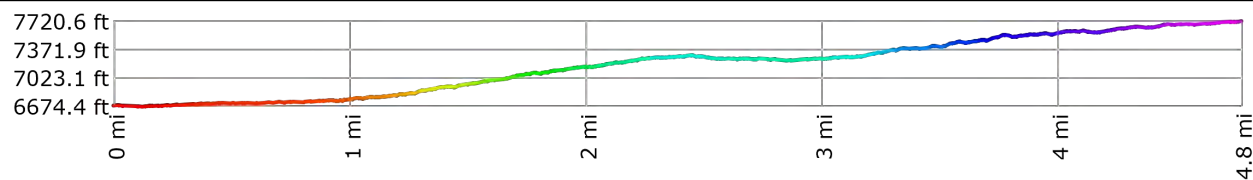
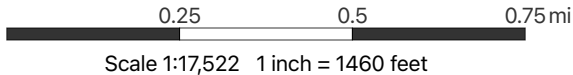
NF50 - 50M Miller to Finish



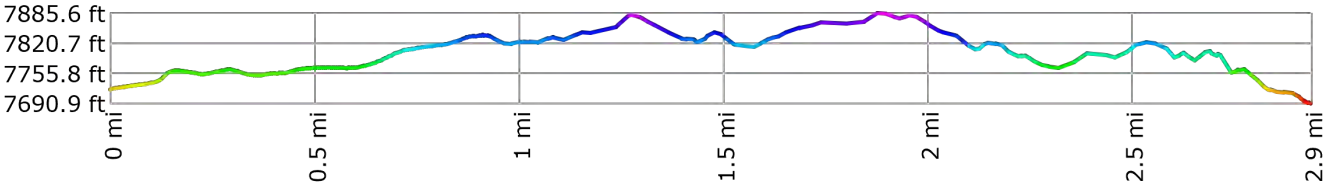
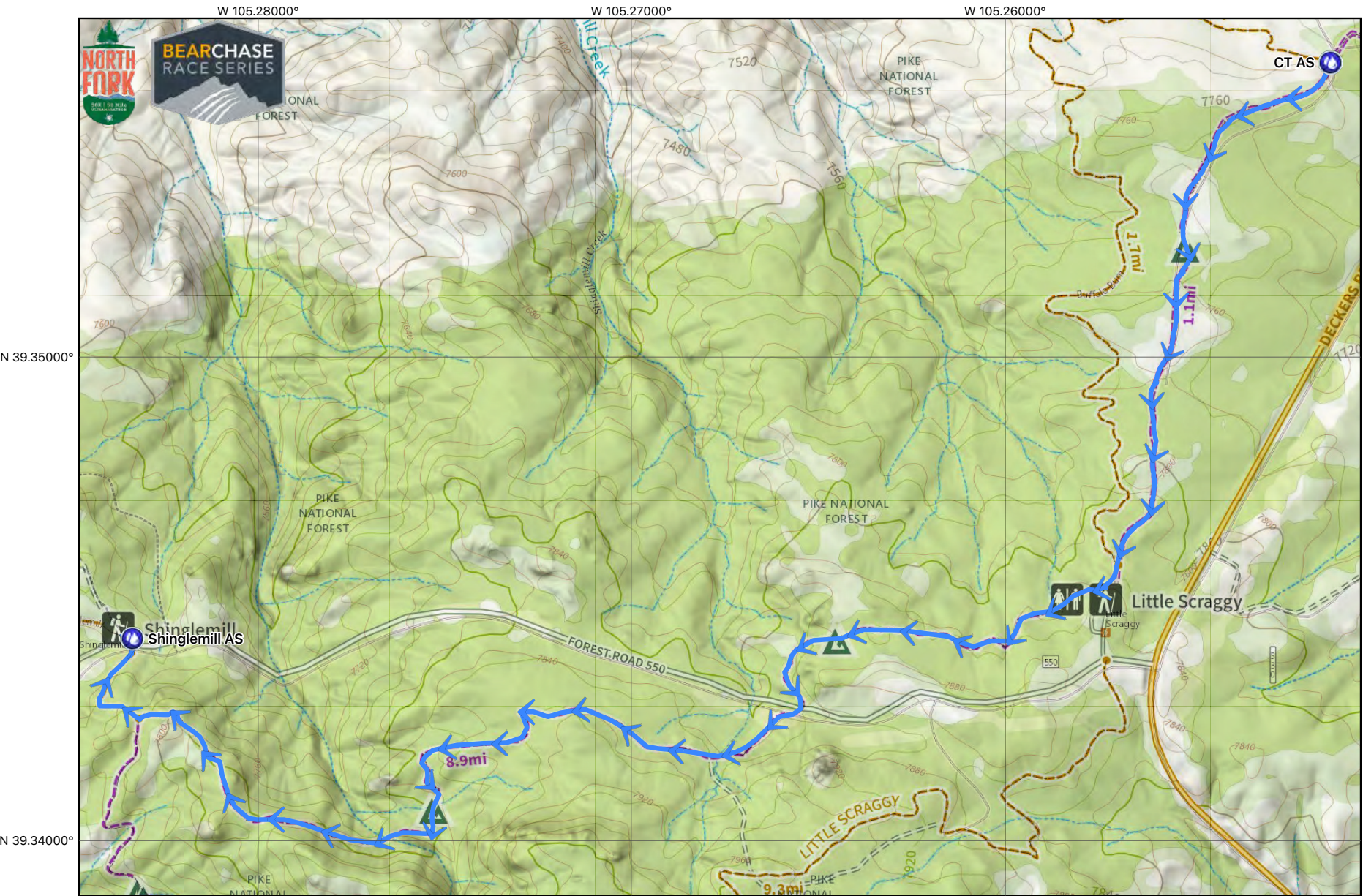
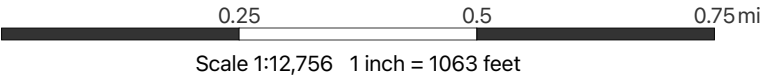


50K Detailed Maps

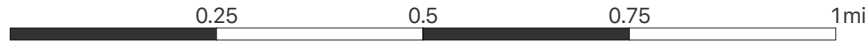
NF50 - 50K Start to CT



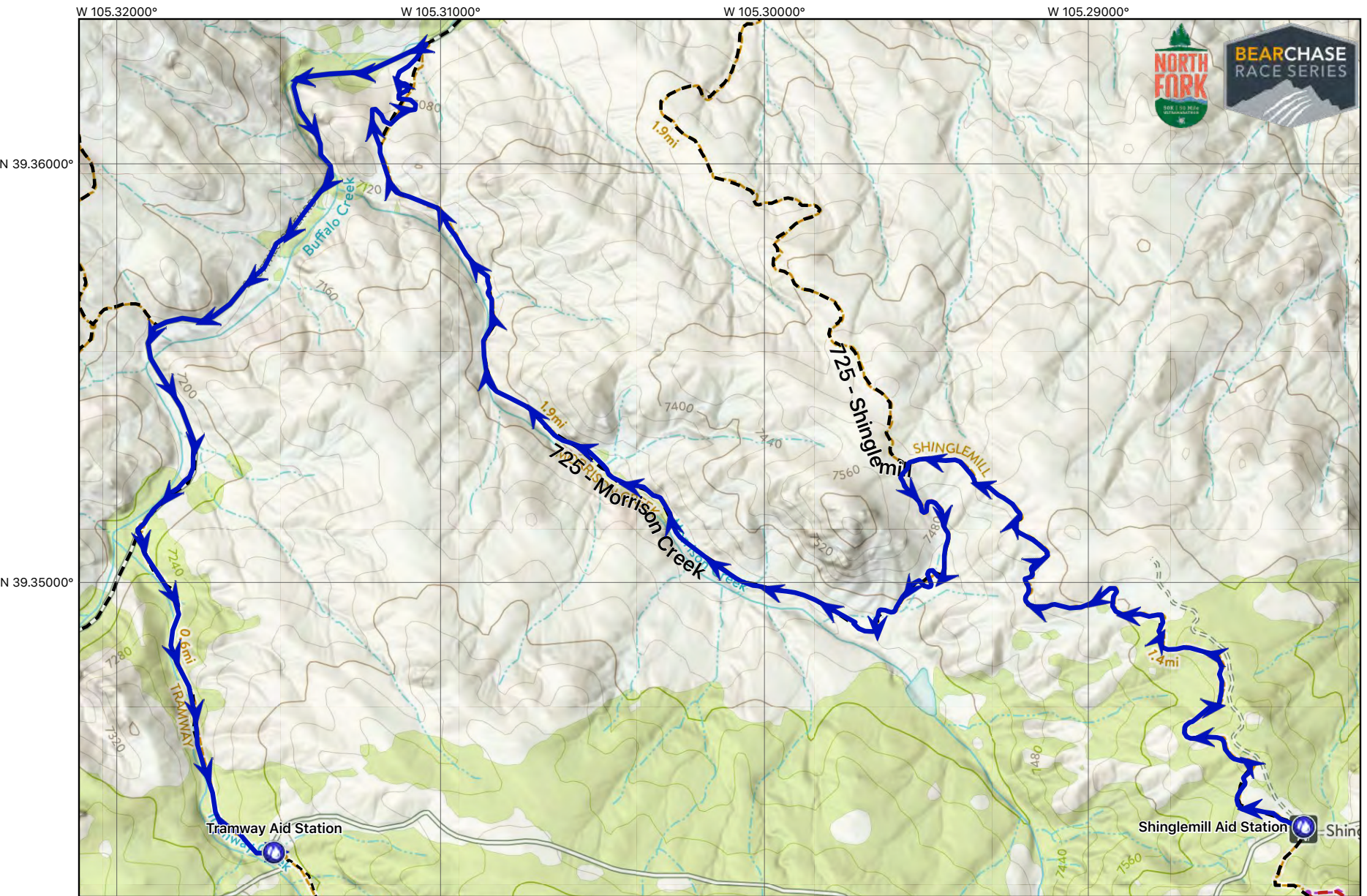
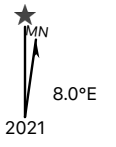
NF50 - 50K CT To Shinglemill



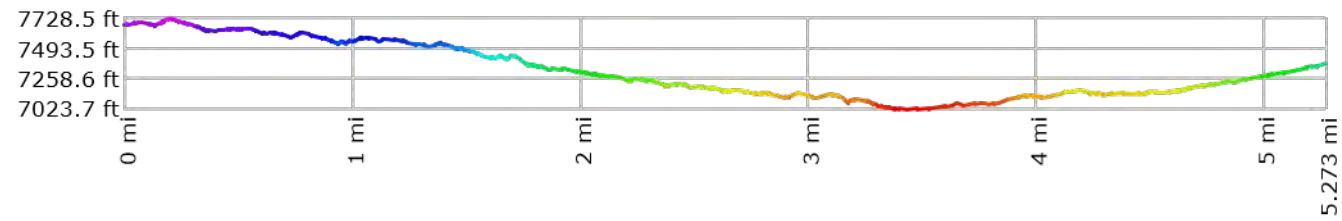
NF50 - 50K Shinglemill to Tramway



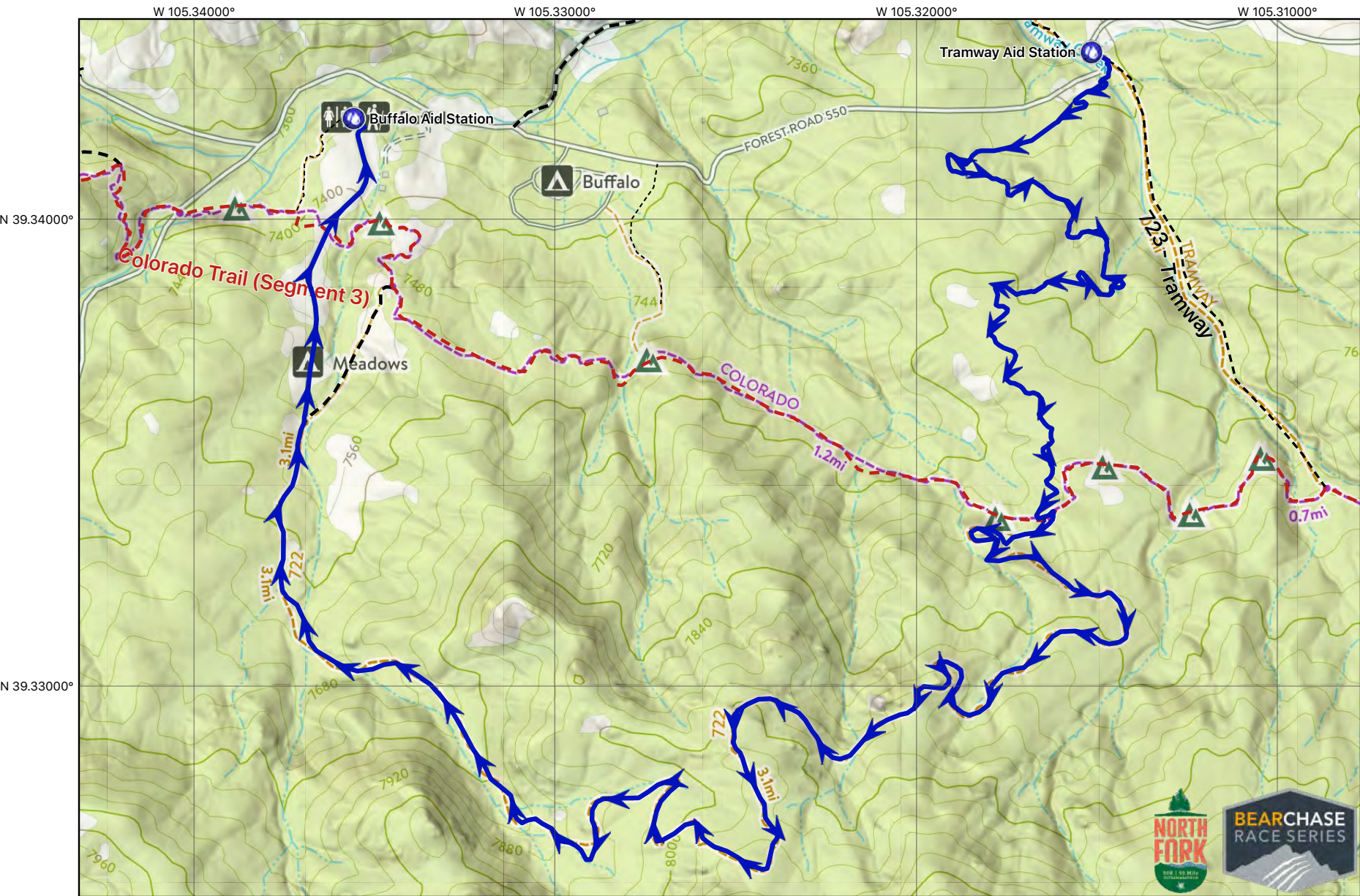
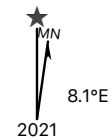
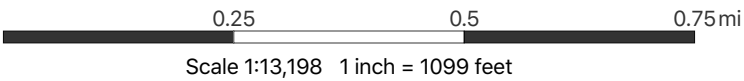
Scale 1:14,714 1 inch = 1226 feet



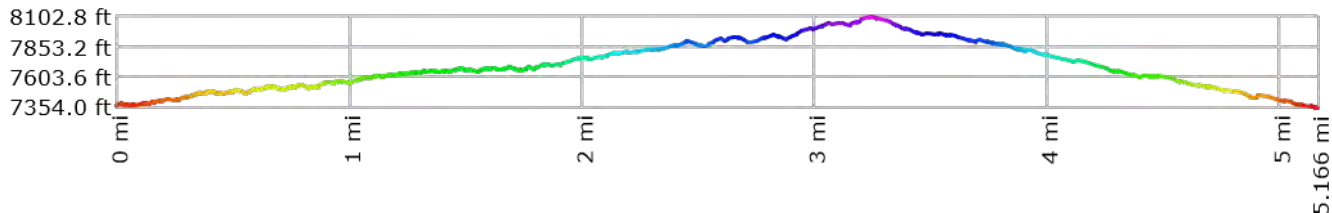
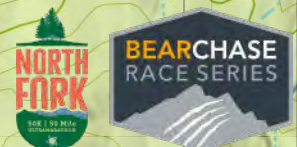
- Shinglemill Aid Station
- Tramway Aid Station 5.27mi



NF50 - 50K Tramway to Buffalo



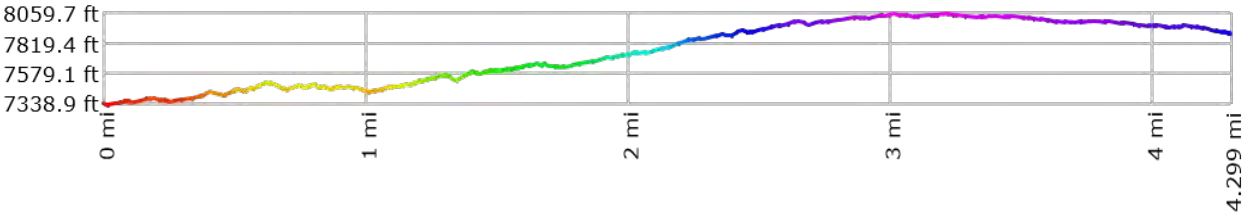
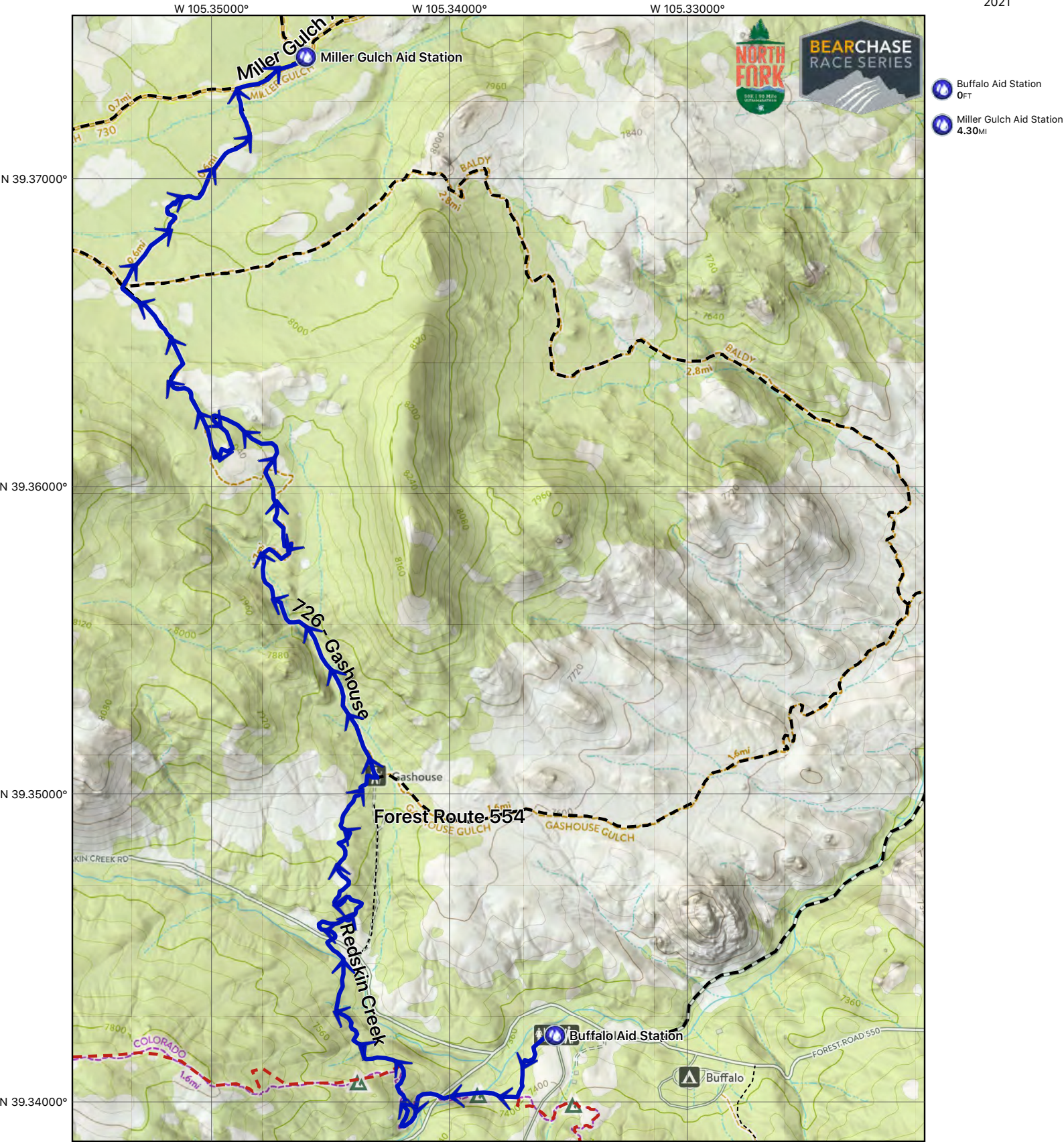
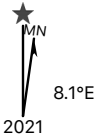
- Tramway Aid Station
- Buffalo Aid Station 5.16mi



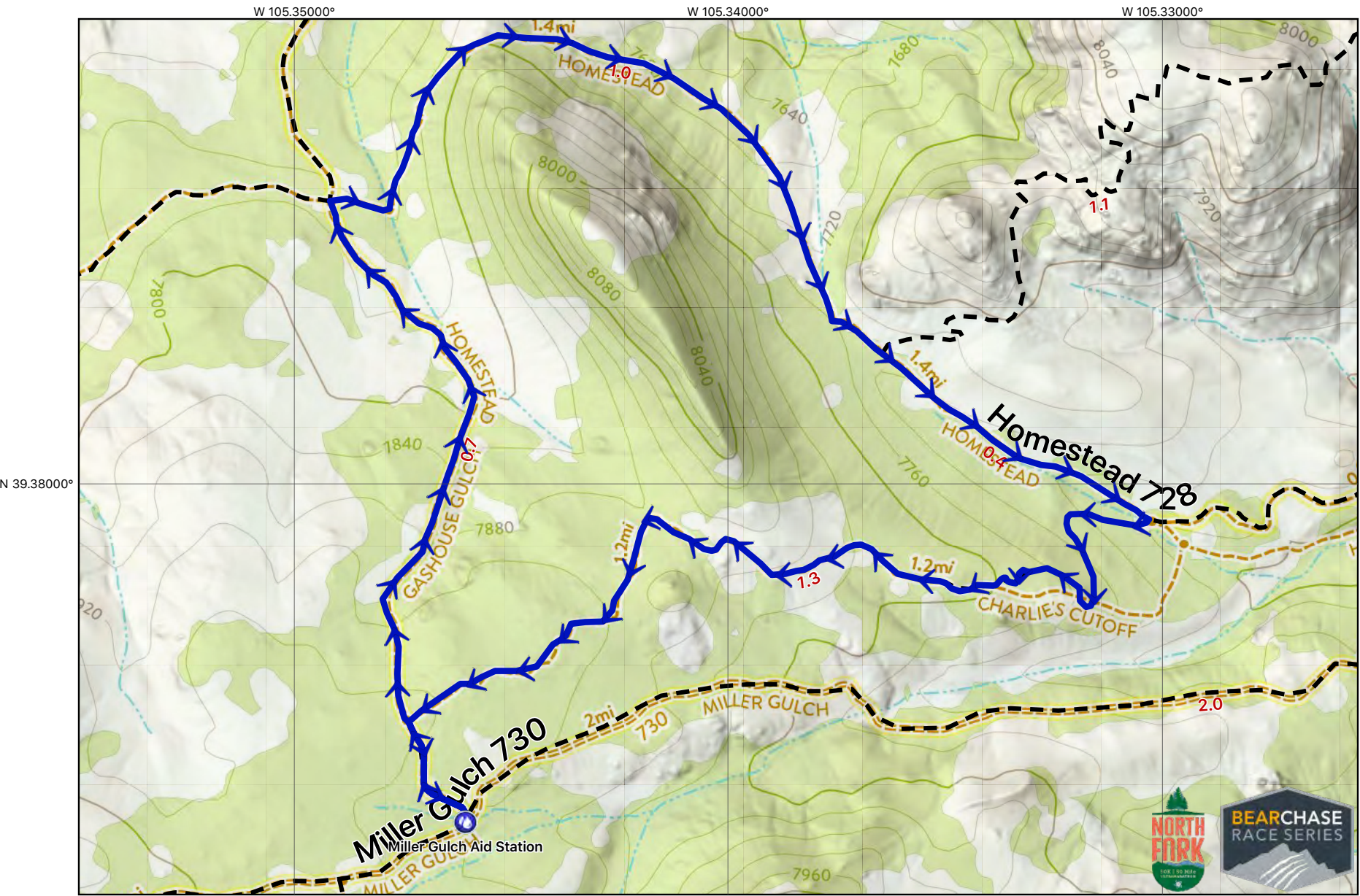
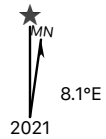
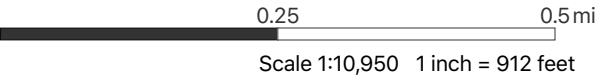
NF50 - 50K Buffalo to Miller Gulch



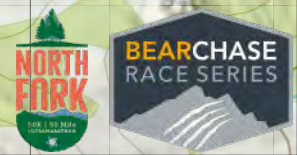
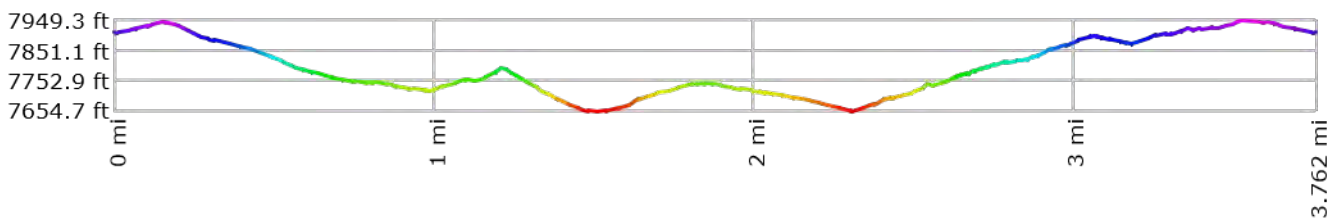
Scale 1:18,355 1 inch = 1529 feet



NF50 - 50K Miller Gulch to Miller Gulch



- Miller Gulch Aid Station
- Miller Gulch Aid Station 3.76 mi



NF50 - 50K Miller Gulch to Finish

