

Haliburton Forest 100
Helen Malmberg
Participant's Guide
January 17, 2017

PARTICIPANT'S GUIDE

HALIBURTON FOREST TRAIL RUNS



Note from Helen about Post-Entries:

If you are planning to post-enter the race please leave a message with Helen on her answering machine at 416 422-5130 so that she can arrange for enough food to be available. She will NOT be in Toronto after Aug 26, 2017 & will not be available on e-mail. **T-SHIRTS NOT PROMISED TO THOSE ENTERING AFTER AUG 1, 2017**

FRIDAY, SEPTEMBER 8, 2017

2:00 PM to 8:00 PM

100Mile, 50Mile, 50K, 25K, 12k (25K/12k can also be pick- up Saturday – see below) - Race packets must be picked up at the Boiler Room, Race HQ, Base Camp, Haliburton Forest. Preferred pickup time for all Races.

6:00 PM

MANDATORY dinner for all 100 mile entrants and included in their entry fee. Last chance to get those questions answered - All others racers, crew, family and others welcome - \$20.00 per person – payable in advance – seating limited – book early

2:00 PM to 8:00 PM

100 Mile Runners **MUST** drop off your Drop Bags at the Boiler Room

SATURDAY, SEPTEMBER 9, 2017

5:00 AM – 5:45 AM

Cookhouse Restaurant will be open for Coffee & Bagels & closes @ 5:45 AM

5:30 AM

 Call to start line

5:45

 Roll call for the 100 milers

6:00 AM SHARP

 100 mile, 50 mile and 50km START

7:00AM to 8:30

 25K/12K Race Packet Pick-up

9:00 AM SHARP

 25k/12K START

1:00 PM 50KM awards - @ Finish Line
25K/12K awards - @ Finish Line

6:00 PM 50 Mile awards @ Finish Line , Dinner - @ Cookhouse

SUNDAY, SEPTEMBER 10, 2017

1:00 pm 100 Mile awards & Brunch @ Cookhouse

RACE OFFICIALS

Race Director

Helen Malmberg, Race Founder, will be directing the race for the 25th consecutive year. It gets better each year.

If you have any questions about the trails or the event generally, please do not hesitate to contact Helen by email at helen@haliburtonforest100.org or by phone in the evening 416-422-5130. Helen welcomes questions of any sort and is delighted by your participation in this event and wants to ensure that your race day experience is The Best Ever.

Helen will be driving the course throughout the day and night to ensure you and the volunteers have all their needs met.

PARTICIPATION

The 2017 Haliburton Forest Trail Runs will take place September 9 & 10, 2017 – There are no limits on participation in any of the events. There are no qualification requirements for any of the race distance. **EACH PARTICIPANT IS RESPONSIBLE FOR ENSURING FOR THAT THEY ARE ABLE TO PARTICIPATE IN THE EVENT THAT THEY ENTER.**

As you are aware, costs of running the race increase from year to year and supplies must be ordered many months in advance. We therefore have adopted a policy of no refunds if you are forced to withdraw from the Run prior to or on Race Day.

THE RACE

The Haliburton Forest Trail Runs will take place in Haliburton Forest exclusively. This is a privately owned forest and we have been allowed to run in it this weekend – PLEASE RESPECT THE PROPERTY AS IF IT WERE YOUR OWN.

All cars entering the Forest will be required to buy a key to drop the gate to the forest – The price of the key is \$25.00 which will be refunded upon your departure. It must be returned to a person @ the Finish Line to collect your \$25.00.

The 100M/50M/50K will start at 6:00AM sharp – It is important to start on time as a later start means more time in darkness!!!

The 25K/12K will start @ 9:00AM sharp @ the end of the yard.

There are no “cut-offs” for the 12K, 26K, 50k or 50 mile runners. The cut-off for the 100 mile is at the 75 mile point. If you have NOT reached that point by 4:00 am, you will not be allowed to go on. All runners must be off-course by Noon on Sunday. Runners will not be allowed to embark on the final Normac loop at the discretion of race officials.

THE COURSE AND TRAIL DESCRIPTION

Haliburton Forest is a privately owned forest of 80,000 acres. Please remember that you will be running through the wilderness and may encounter deer, wolves, raccoons, and an assortment of other wildlife. IF YOU ENCOUNTER ANY WILDLIFE, MAKE A LOT OF NOISE AND DO NOT ATTEMPT TO APPROACH ANY ANIMAL. (I sing alot & loud- never see anything!!!)

Start/Finish – The 100M/50M/50K runners will assemble at the office of Haliburton Forest for a roll call and prayer@ 5:45AM before walking 100 yards down the yard to the start line.

The 12K/26K will assemble 100 yards down past the office.

The Course – All runners 100M, 50M, 50K follow the same course – some just going longer than others – The 12K/5K turn around will be clearly marked as will be the 25 mile turn around. The 50 milers will do the course once while the 100 milers will run the course twice.

Familiarity with the trail After Dark – Please remember that this is a trail race and much of the area that you will be traveling along during the 100 mile event is relatively remote and rugged. Much of the area in between aid stations is accessible only by foot or ATV. Please use caution.

Knowledge of the trail offers both physical and mental advantages during the official Race. Participants should make a reasonable effort to run as much of the trail as possible before the Race Day. 100-mile participants should give particular attention to the sections of the trail that they expect to run in the dark when their physical and mental energy may be lagging.

Each 100 mile runner should ensure that they carry at least two flashlights with power sufficient to last at least 10 hours. It is not recommended that you attempt to change batteries in the dark. This can be difficult when you are tired so a small spare flashlight should be carried with you in your fanny pack. If your lights fail, wait for another runner with a light. **DO NOT TRY TO FIND YOUR WAY IN THE DARK.**

Temperature – Since temperatures can range from a high of 23 to a low of 2 Celsius, participants should be prepared for both. Historically race day has been clear and sunny with temperatures around 18 degrees Celsius. However, there could be rain or colder conditions. Be prepared. Weather conditions are unpredictable and can change rapidly. Sunrise is at 6:40AM and sunset at 7:48 PM. Check the WeatherNetwork before coming up)

Trail Markings – Trail markings will consist of surveyor's flags on the ground, with reflective tape on both side, but it is necessary for runners to be familiar with the course route and to keep alert as they travel. A working knowledge of the race routes, particularly of those miles that will be covered in the dark, will be of considerable benefit to the runner who attempts the Haliburton 100. **YOU ARE ULTIMATELY RESPONSIBLE TO FOLLOW THE CORRECT COURSE.** (Please contact me if you are interested in a training run before the race)

Drop Outs – If you have to drop out of the race at a point , we will make every reasonable effort to get you to the start/finish, particularly if you are in need of medical attention. In non-emergency situations, you may have to wait to be evacuated. Each aid station has space blankets, if you get cold. **You must notify the Finish Line as you pass if you are leaving the race.**

Trail Etiquette – We do not have exclusive use of the trails, so please be courteous to other users of the trail. If you wish to pass another runner or other trail user, ask for “trail right” of “trail left”. Slower runners must yield the trail to other runners wishing to pass.

Volunteers – Without these people there would be NO RACE – these people are my SPECIAL friends and will become yours throughout the race – please be polite and make a point to thank them when you are going by – they are there to help YOU!!!

PERFORMANCE RULES

The purpose of these rules is to ensure the Run’s integrity as a test of individual performance, providing equal condition for all. The basic principles of the Rules are play fair, be safe and respect Haliburton Forest.

Violation of any Rules or race directives may be grounds for disqualification from future Haliburton Forest Runs or such other sanctions as deemed appropriate by race officials.

1. There will be no unofficial runners.
2. Each runner’s official race number must be worn prominently on the front of the body and must be easily visible at all times.
3. Runners must follow the marked trail at all times. **Any runner departing from the official trail must return to the point of departure ON FOOT before continuing.**
4. Each runner must complete the entire course under her/his own power. No physical or mechanical aids. “Muling” by pacers or crews is not allowed. “Tethering” by pacers or crew is not allowed.
5. Poles are allowed on course however no runner using poles will place in their respective event. The highest placing for a runner using poles will be 4th.
6. Except in the case of an emergency, runners may not accept aid or assistance **IN ANY FORM** from any one between aid stations.
7. Runners may not store supplies of any kind along the trail, aside from supplies in their drop bags at official aid stations.
8. Runners are responsible for the actions of their crews and pacers. Everyone associated with the race must comply with all rules, including parking and access instructions, or risk

- disqualification of the runner.
9. Each runner must be checked IN and OUT of all checkpoints. It is **your responsibility** to make sure you are checked at the aid stations.
 10. Injection of any drugs during the event will result in immediate disqualification.
 11. Littering of any kind is prohibited. All runners, crews and pacers need to respect the natural beauty of the race course and the right of everyone to enjoy it.
Littering can threaten our continued use of the Forest and will be grounds for disqualification of a runner, on the spot, for this race and all future races in Haliburton Forest.
 12. Runners must refrain from any act of bad sportsmanship.
 13. Any runner who is unable to finish the race must **PERSONALLY inform the aid station** personnel of her/his decision to withdraw at the nearest aid station of her/his decision to withdraw. Runners who leave the course without informing aid station personnel will be considered LOST and therefore will be subject to a search and rescue effort. Time spent searching for any such runner will be billed directly to the runner. Also please notify the Finish Line that you are leaving the race.

PACERS AND CREWS

Pacers are “trail companions” who may accompany 100 mile runners only ON FOOT at any time **after 8:00pm Saturday night from the closest aid station**. Pacing by bicycle or other means is not allowed. Pacers are allowed solely as a safety consideration and may not provide any physical or mechanical aid to the runner (except in medical emergencies). **Pacers are only allowed for the 100 Mile race – no other race.**

As this is private land, **all pacers MUST SIGN A WAIVER – no exceptions, no entry to Forest.** For those coming later in the day – they will be available @ the Start line.

All Senior Citizens of the age 65 & over, can have a Pacer for the whole race.

Pacers **must not** carry supplies for the runner and should have their own supply of flashlights, food and water, though pacers may accept aid at aid stations. “Muling and tethering” is expressly prohibited.

Each runner is permitted one pacer at any given time. Pacers must stay with their runner at all times and should enter and leave each aid stations **WITH THEIR RUNNER**. While the pacer may assist her/his runner with replenishment of supplies while in the aid station, they may NOT enter the aid station ahead of their runner or depart after their runner in order to speed up the replenishment process.

Crews are welcome but will need to follow the general guidelines described below. “Crew” is anyone giving material support to a runner during her/his race @ an aid station ONLY.

Crews may only **meet or assist runners at designated aid stations** and crews must adhere to the instructions of all aid station personnel, including requests to vacate a certain area of the checkpoint. **A runner can be disqualified if you meet and/or assist your runner away from an aid station.**

Crews must not park in such a way as to block traffic, access to the trail or to an aid station, or other parked cars.

Crew access to certain aid stations may be restricted depending on weather and road conditions. This restriction will be finalized by the pre-race dinner and is non-negotiable. This is for the safety of runners and race volunteers.

RISK FACTORS

Participation in this event is at the runner’s own risk. Although Run Management has medical personnel at some points along the course, the inaccessibility of much of the course will make it difficult for medical assistance to reach a runner immediately.

Runners should appreciate the risks associated with the run and prepare accordingly. Risks include renal shutdown, heat stroke, hypothermia, injuries from falling, wildlife hazards, vehicle hazards, risks associated with low sodium/chloride counts, muscle necrosis, overuse injuries, common fatigue, and getting lost. Know your body and if questionable – please ask for help.

FIRST AID

All staff of Haliburton Forest has taken a First Aid Course. Race officials are authorized to pull a runner if they deem that the runner is NOT capable of going on. Their word will be final. There will be Trauma Nurse @ Base – Please take any one in need to Base.

If you have special medical needs, please let us know. While I will have bandaids, sun screen, bug spray, tensor bandaids – if you know you have a certain problem, bring something to fix it and leave it in your drop bag. There will be NO DRUGS ON THE COURSE –if you want any bring your own. **If you need Medical Attention, stop @ Base - they are there to help you.**

AID STATIONS

There will be 7 aid stations along the course approx. 5 miles. The aid stations will be fully stocked with water, eload, Cola, snacks and fruit Sandwiches, boiled potatoes and more hearty food will be available in the morning until the end of the race. Warm soup will be available later in the day.

DROP BAGS

Runners may have drop bags at any of the 7 aid stations which are located approximately every 5 miles along the course.

Drop bags must be securely tied, labeled clearly with the runner's name and entry number, and deposited **NO LATER THAN 6:00pm ON FRIDAY**, at the appropriate collection stations as marked outside the Boiler Room, Race Headquarters. ***** The start/finish does not allow drop bags - - the 1st aid station is only a mile away – easier to get out of the 50 mile station*****

Please do not use paper bags, shoe boxes or anything made of paper-like products. These can get wet and tear easily. Distinctive plastic bags that you can identify easily are recommended.

It is strongly recommended that you place warm clothing and an extra flashlight in your drop bags that will be delivered to aid stations you anticipate reaching at night. DO NOT place glass bottles or perishable items or ice in your drop bags. **Please be considerate of the size & number of your drop bag - you will not be staying long.**

As you will be passing some of the aid stations 4 times, **please only one bag per aid station.**

RUN MANAGEMENT IS NOT RESPONSIBLE FOR THE LOST OR DAMAGED DROP BAGS AND THEIR CONTENTS. The drop bags will be returned to the Finish Line as soon as possible. It is the responsibility of each runner to claim her/his drop bag. If you do not claim your own drop bags following the Race, we cannot guarantee that everything you left behind will be returned to you.

AWARDS

All 100 mile finishers will receive a belt buckle to commemorate their achievement @ the Brunch on Sunday.

The first place male and female 100 mile finishers will receive a distinctive award to recognize their performance. 2nd & 3rd place will also receive a distinctive award.

For races 50 mile, 50k & 25K – the number of awards will be dependent on the number of runners BUT first place runner under 50 & over50, male/female will receive awards.

FOOD

There will be a pre-race pasta dinner at the Cookhouse Restaurant, Base Camp, on Friday, September 8, 2017. This dinner is **mandatory/free** for the 100 milers as following the dinner will be a Race Briefing. This is the time to get any questions regarding the course you may have answered. All other racers, families and others are welcome to dine with us for a fee of \$20.00 per person payable in advance. Book early as space is limited, reservations first come, first to dinner.

There are a few grocery stores in the area – the closest being in West Guilford, 20km south of the Forest – or there are bigger grocery stores in the towns of Minden on highway #35, or in Haliburton on Highway 118. Please note that gas is no longer available at West Guilford. It is available in the forest or in Haliburton, Eagle Lake, or Carnarvon.

There is a restaurant at the corner of Highway #35 and #118, approx 30k from Base Camp, there is an Italian Restaurant in West Guilford, 20 km from Base Camp or the great **Cookhouse Restaurant** at Base Camp.

GETTING TO THE START – BASE CAMP, HALIBURTON FOREST

All roads in the world lead to Haliburton Forest;

If you are flying into Toronto Airport, take 401 east to 400 North and then 11 North to Highway 118. There you will go east on 118 till the turnoff for West Guilford, past the Shell Service Station and follow the signs to Haliburton Forest, 20KM north of West Guilford. Allow a good 3 hours from Toronto.

Driving from the West – take 401 east to 400 North and then take 11 North to Highway 118. Take #118 east to West Guilford and follow the signs to the Forest – Allow a good 3 hours from Toronto.

Driving from the East – taking 401 west to Highway #35 – take this north till Highway 118 – go east of 118 to West Guilford and follow the signs to the Forest – its 20k from West Guilford. PLEASE DRIVE CAREFULLY AND ALLOW A LITTLE EXTRA TIME TO ARRIVE SAFELY.

Please park in front of the Boiler Room until you check in at Race Headquarters – the Boiler Room will be open from 2 on - . **PLEASE DO NOT go to the Base Camp office. I do NOT want to bother the Haliburton Forest Staff unless necessary – At the camping area – please park all Trailers far back from the main road as possible.**

LODGING

Group Camping costs \$18.00 per night /per person and is payable when you send in your entry fee. 100 Miler runners who leave their tent up for Saturday nite but do not sleep in it, will be required to pay for the night. Anyone bringing a trailer, please park it as far back of the main road as possible.

There is accommodation available at Base Camp but that must be arranged with Haliburton Forest – please call 1-705-754-2198.

HOTELS

For Hotels, Inns and B&Bs – please check the following web site:
<http://www.haliburtonhighlands.com/>

Everyone in the area knows of Haliburton Forest – so please just ask how far they are away from the Forest, when booking.

GOOD LUCK WITH YOUR TRAINING FOR THE 100 – PLEASE DO NOT HESITATE TO CONTACT ME IF YOU HAVE ANY QUESTIONS. I’M LOOKING FORWARD TO MEETING YOU AND HELPING YOU IN ANY WAY I CAN TO HAVE THE **BEST 100 MILER EVER!**

HAPPY TRAILS –

Helen Malmberg
Race Director
e-mail: helen@haliburtonforest100.org

