



Le Grizz ***Ultra Marathon***

29th LE GRIZZ ON-LINE BROCHURE

8 A.M. OCTOBER 9, 2010

East Side Course – Premiere Running

USATF MONTANA ULTRAMARATHON CHAMPIONSHIP

YOU ARE INVITED by the Le Grizz Committee to claim a special reward for your 2010 running season. Perform a feat of discovery on yourself, cultivate your ability to never give up, and enjoy a cold drink and some hot food afterwards.



REGISTRATION:

Use the **Registration Form** for instructions. All registration materials are available only on our website: www.cheetahherders.com.

Be sure to check for Breaking News on the Confirmed Entrants link of the web site as Race Day approaches.

COURSE LAYOUT HAS NOT BEEN FINALIZED. CHECK THE WEB SITE FOR INFORMATION.

STARTING LINE PROCEDURE:

Check-In, absolutely required, is race day at 7:00 a.m. near the starting line. Be there on time - We start on time. You'll receive your number and Le Grizz apparel. Drive in on Road #38 from Martin City, which is a mile east of Hungry Horse. Look for Road #11500, 1/3 mile past Milepost 41, turning right to a parking area on the shore of Hungry Horse Reservoir. This is 1 mile north of the Peters Creek Campground. Motorhomes can park on the main road and passengers walk in 300 yards on Road #11500 to check in.

Many entrants come in Friday evening and camp at the Check-In area. Motorhomes and vehicles with trailers should walk in Road #11500 and verify space to turn around/park before driving in.

Campers are reminded that by Flathead Forest Order you must keep food in bear-proof containers or in your presence. Tent campers should store food in vehicles.

IF YOU DRIVE IN FROM A MOTEL OR ELSEWHERE IN THE OUTSIDE WORLD, note that it takes 1 1/2 hours to drive to the starting point from the town of Hungry Horse.

The Legend of Lee



Lee, the Official Grizzly Bear of Le Grizz, was lined up with the rest of the entrants at the start of the first Le Grizz in 1982. Right before the race started, old Lee stood up on his haunches, turned to the field and growled, "Follow me, or run with a bear behind."

THE COURSE:

The first 44 miles of the course are graveled. It proceeds north on the East Side Hungry Horse Reservoir Road #38 for 40 miles, turns left at the Coram Station on Road 590G for 4 miles to North Lion Lake, then runs on an out-and-back paved road the final 6 miles, twice using a bushwhack and crossing of the dam. The finish is at the North Lion Lake Picnic Area, two miles south of the town of Hungry Horse (Friendliest Dam Town in the West). Reservoir elevation is 3560 feet, and the course hovers just above that elevation, with 2000 feet of climb and descent. It's a 300 feet climb from Mile 23 to to Great Northern Saddle @ Mile 27, with the elevation yielded in a steeper descent to Mile 30. Otherwise the grades are short as the course drops into side drainages and Checkpoints then climbs back out. The road is lightly traveled in October (before hunting season) and winds through wild mountainous country where grizzly bear still roam. Deer, elk, moose, black bear, mountain lion, bobcat and coyote are common. During the run, weather permitting, you can see the mountains surrounding the reservoir.

The highlight of the run is when you cross the top of Hungry Horse Dam twice after running alongside the reservoir. The dam stands 564 feet high and is 1/2 mile across the top. Enjoy the whole dam mile.



PACE RUNNERS AND SUPPORT VEHICLES:

Both are encouraged, but are asked to keep a low profile in recognition of the wild qualities of the event. They must take care not to interfere with starting line, finish line and checkpoint procedures. **Support vehicles are asked not to drive the 4 miles from 40 to 44 miles on narrow Road #590G. Drive around on the pavement through Martin City to North Lion Lake.**

Pace Runners: We have no problems with pacers who wish to share part of the experience with a registered entrant and be a companion in the tough spots (the last 49 miles).

Support Vehicles: When the race starts, all support vehicles will be held until entrants clear the starting area.

All motorized vehicles supporting entrants must **PARK & WAIT**. Runners **ARE NOT** to receive aid from moving vehicles (bicycles excepted) as this creates a dangerous traffic situation and limits Race Management's access to the course.

Since pacers and support vehicles are not registered entrants or under the authority of the Race Director, Race Management does not delegate them any official role in the event nor assume any responsibility for them.

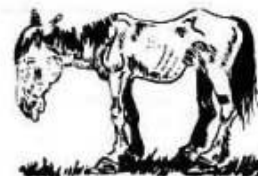
Persons traveling with entrants: If you will be on the course during the race and are interested in helping out, or have a medical background, kindly contact Race Management.

RACE WALKERS, WHEELCHAIRS, ETC:

Competitors with unusual forms of locomotion may participate non-competitively. Make individual arrangements with Race Management.

The Legend of Hungry Horse

Two husky freight horses, Tex and Jerry, working in the rugged wilderness of Flathead River's South Fork, wandered away from their sleigh during the severe winter of 1900-1901. After struggling for a month in belly-deep snow, they were found almost starved and so weak that considerable care and feeding were required before they were strong enough to be led back to civilization.



RACE CONTROL & AID STATIONS:

Checkpoints will account for all runners.

Aid stations will be located at the checkpoints.



IF YOU MUST DROP OUT OF THE RUN FOR ANY REASON, TELL A CHECKPOINT OFFICIAL. OTHERWISE WE'LL HAVE TO SEARCH FOR YOU.

Six aid stations will provide Hammer Perpetuem, Ultima Replenisher, miscellaneous electrolytes, cola and other goodies. The last three will also provide oranges and bananas. Two unmanned points will have water only. Aid is geared in keeping with the wild quality of the course and is located at spacious intervals. Take it easy and enjoy the course. You may wish to use a hip belt or fanny pack to carry your favorite refreshments and spot first aid supplies.

Checkpoints will close at definite times. Runners not meeting the schedule may continue the course on their own responsibility. Race Management cannot guarantee the personnel to monitor stragglers, and reserves the right to drop anyone from the race who misses a cutoff time and isn't being monitored. The Finish Line WILL be open for all runners who either make the 43.4-mile cutoff time or are monitored. Monitored runners must stop & report at the Finish Line if they drop out after the aid stations have closed.

Entrants with a projected finishing time over 11 hours: You must have your own crew or otherwise arrange for personal monitoring in the later stages of the run. Aid may not be available.

Early Start: Usually granted only to documented Le Grizz finishers, as others generally will do better than expected and would otherwise outrun checkpoint coverage. You may be granted an early start if arranged by October 7th. Early starts which are not arranged with the Race Director will not be recognized. Early starters forfeit eligibility for a divisional trophy to on-time starters. There is only one early start time. Early Starters must report to the Race Director at EXACTLY 6:40 a.m., even if having already checked in Friday evening.

Cutoff times are not meant to discourage anyone who is truly prepared for the event and can cover the distance in a responsible manner. Note the course layout and schedule:

Checkpoint/Aid Station Shutdown Times. (Miles & Times estimated pending final layout.)

(Based on 8:00 a.m. Start)

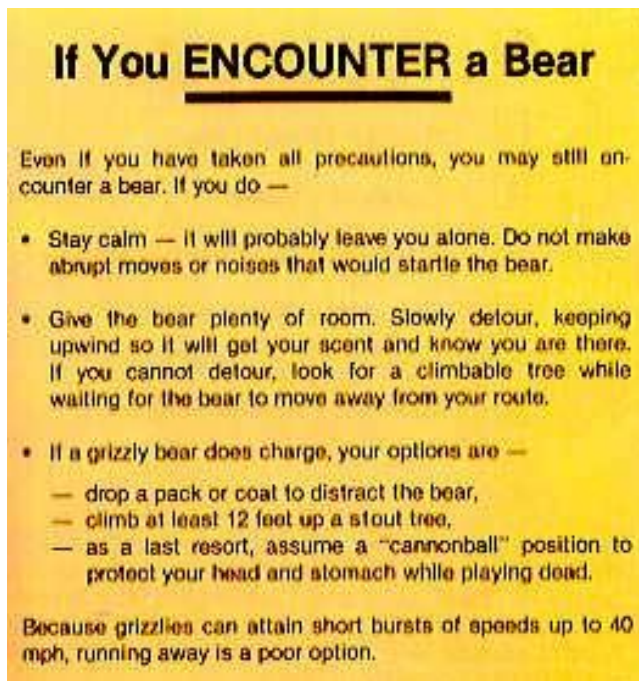
- 10.2 miles: unmanned – water only
- 14.2 miles: 11:00 a.m. (3 hours)
- 20.4 miles: 12:30 a.m. (4 ½ hours)
- 26.6 miles: 1:45 p.m. (5 ¾ hours)
- 33.8 miles: unmanned – water only
- 38.1 miles: 4:45 p.m. (8 ¾ hours)
- 40.0 miles: Special Olympics aid – open part time
- 43.4 miles: 6:00 p.m. (10 hours)
- 46.7 miles: After last runner @ 43.4 miles before 6:00
- Finish: After last monitored runner



MEDICAL INFORMATION:

No physical examination before or during the race is required. Ultramarathons are for patient calculating runners. You are expected to monitor your own well-being. You are in charge of your body, your mind, your run. It is doubtful you will allow yourself to deteriorate to the point of an emergency. Monitor your pulse, maintain fluid intake, and put on clothes AS SOON AS POSSIBLE after feeling a chill. Get in a sequence of self-evaluation early on, as towards the end things get pretty dim and you'll be less likely to pick up the habit. **Arrange to get warm clothing on immediately upon finishing.**

Race Management and responsible entrants should mutually endeavor to prevent medical problems. Le Grizz is not formatted to provide on-site medical services in the event of an accident or emergency. Volunteer officials patrolling the course might be qualified to some medical levels and might assist you at their discretion. Feel free to ask for assistance. They will endeavor to summon additional medical assistance, an ambulance and/or medical helicopter if necessary.



DROP BAGS:

You may have Race Management provide you with your personal refreshments, clothing, etc, if you wish. This will be done **only at the manned Checkpoints**. Do not use paper bags. They will become wet and useless. Supply bags must be plastic. No Glass Bottles allowed (drop bags get dropped). Write your name and the Mile Destination on a piece of tape affixed to the bag. Bring the bag(s) to the designated spot at the check-in area. Race Management will transport belongings to the finish line which are left at the checkpoints.

Entrants without crews may not stash personal aid along the course. We will pick up unauthorized supplies before the field reaches them, and may disqualify their owners and have them cited for littering. If you must have roadside supplies between checkpoints, make arrangements with Race Management. Remember, leaving food or garbage unattended violates Flathead Forest Order.

Don't worry about Race Management having your gear at the proper place and time. We want you to enjoy and complete the run free of logistical hassles.

WEATHER:

Mid-October is generally mild and sunny. Indian summer is quite common. Temperatures will likely be slightly below freezing at the start, warming to a high of 45 to 65 degrees (7-19 C). Calm overcast days also occur, marked by cool temperatures that vary little throughout the day. Wind is unusual, but when present will probably be out of the northwest, the direction you'll be running into. There is always the chance, this being Montana, of foul horrible weather. Be prepared for blustery rain or snow. Hypothermia is a virtual certainty under such conditions when energy reserves are depleted, so bring your nylon-shell or gore-tex warmups.

TRANSPORTATION:

You are responsible to get yourself to the starting line. If this is a problem, contact other entrants (see the "Confirmed Entrants" list) to arrange a car pool.

It is **Difficult** to get a ride back to the starting line after the run. On the other hand, many entrants have had good luck parking at the finish area before the run, then hitchhiking to the start (lots of runner traffic at 5 a.m. race morning.)

Runners staying at the Mini Golden Inns Motel in Hungry Horse can ride their shuttle bus to the starting line. Ask for the Le Grizz Package with Ride when booking. You might be able to take the bus if staying elsewhere, but you must arrange it with Rick @ Mini Golden Inns.

RESTROOMS:

Available at:

- Mile 0.0 - Starting Line
- Mile 14.2 – Canyon Creek Campground
- Mile 20.4 – Riverside Campground
- Mile 38.1 – Abbott Bay Boat Launch
- Mile 43.4 – North Lion Lake Picnic Area
- Mile 50.0 - Finish Line - North Lion Lake Picnic Area

HEADPHONES & CELLPHONES:

Switch them off within 100 feet of manned aid stations and when approaching Lion Lake and the finish.



Hurry Up In There!
Gary Schultz photo: used with permission



SPECIAL OLYMPIANS:

**YOUR EFFORT GOES
A LOT FARTHER
THAN 50 MILES:**



Since 1986, Special Olympians have supported Le Grizz runners with aid and encouragement. Your effort WILL encourage athletic accomplishment and self-esteem for other physically and mentally challenged individuals.



Le Grizz contributes \$5 per entrant to Special Olympians assisting in the event.

THE FINISH



Tom Hayes on the Bushwhack.

The Finish Line is at the North Lion Lake Picnic Area (see "Finish Area" map). Runners will return up the 100-yard bushwhack they descended at 43.4 miles. ANY deviation from the marked bushwhack route jeopardizes our U.S. Forest Service permit, and will result in disqualification. The bushwhack ends steep and tops out on the picnic area access road. Turn right and follow the arrows in.

Vehicles continue past the bushwhack turnoff to the picnic area turnoff. The road at the Finish Line is a one-way loop. RVs and vehicles with trailers should drive through the Finish Area parking lot and park on the road shoulder once around the curve.

The road itself must be kept open for access and emergencies. Tell your driver to continue around the one-way loop when leaving rather than drive back across the finish line.

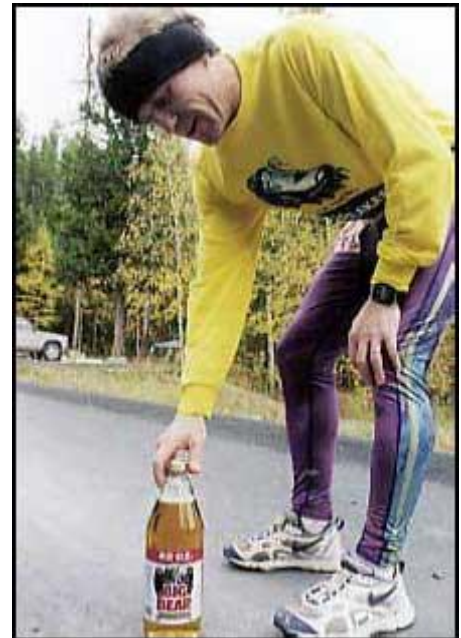
Unless you win your division, pick up your engraved plaque immediately upon finishing, then proceed over to the Barbeque and Massage Arena.

Awards Ceremony:

Announced by shotgun blast about 6:00 p.m. Winners (Male and Female, in the Open, Masters, and Seniors Divisions) will receive trophies. The overall Male & Female winners will receive the Kiss of Death (entry fee waiver in the 2011 Elkhorn 50 Mile Trail Run). USATF and "Special" awards will also be presented. Those qualifying for the 10 Bears (10 completions) and Chief 10 Bears (20 completions) will receive their awards.



Massage Triage: Our staff of Grizzly Bear Veterinarians specializes in mauling injuries.



Course record holder and 10 Bears recipient Mark Tarr demonstrates proper stretching at the Finish Line.

We'd be happy to send you a **complimentary photo** of yourself finishing. After Race Day but before October 31st go to our web site and click on the green "Stupid Questions" e-mail bar at the bottom of the Le Grizz page. In the Subject Line type "Photo for # (your running number)". A digital photo of you at the finish will be emailed back to you.