



Angel Fire Endurance 2018 (AFE18)  
Pre-Event Athlete's Guide

Thank you for registering for the Angel Fire Endurance Run

The Race Crew, Sponsors and Village of Angel Fire & The AF Resort welcome you!!

We look forward to seeing each of you at the event.

Event Sponsors:

Thanks so much to our active and loyal sponsors for their support:

Angel Fire Resort  
Karl's Plaques  
Red Bull  
Clif Nutrition  
US Fleet Tracking

Liquidfish Creative  
Oklahoma Trail Running Association  
Skratch Labs  
University Silkscreen  
Village of Angel Fire

Event Schedule:

Thursday	2p	Race Crew arrives, will remain on site through Sunday	
Friday	5p	Athlete's Meeting Packet Pick Up	(2 <sup>nd</sup> Floor Resort, Rooms A & B)
Saturday	4a	Packet Pick Up – 100M, 100K, 50M, 50K (Blue Lot)	
	445a	Athlete's Meeting – 100M, 100K, 50M, 50K	
	5a	Race Start – 100M, 100K, 50M, 50K	
	7a	Packet Pick Up – 25K (Blue Lot)	
	745a	Athlete's Meeting – 25K	
	8a	Race Start – 25K	
Sunday	1p	Event Ends	
	130p	Event Clean Up Begins	

Packet Pick Up:

Location/Times:

5p-6p - Friday night (2<sup>nd</sup> Floor of Lodge, Rooms A,B)

4am - Saturday morning for 50K, 50M, 100K, 100M

7am - Saturday morning for 25K

Athlete Meetings:

5p - Friday night (2<sup>nd</sup> Floor of Lodge, Rooms A,B)

445a - Saturday morning just prior to the 5am start for 50K, 50M, 100K, 100M

745a - Saturday morning just prior to the 8am start for 25K

The Course(s):

**Distances:**

Greenbelt Loop – 6.5 Miles

See attached map or visit website to download and print map.

Mountain Out & Back “Loop” – 18.5 Miles

See attached map or visit website to download and print map:

<http://friendsofmultisport.com/event/angel-fire-endurance/maps>

25K:

Mountain Only - Base to 25K Turnaround point and Back  
(Roughly 2.9 miles beyond mountaintop)

50K:

Greenbelt, Mountain, Greenbelt

50M:

Greenbelt, Mountain, Greenbelt, Mountain

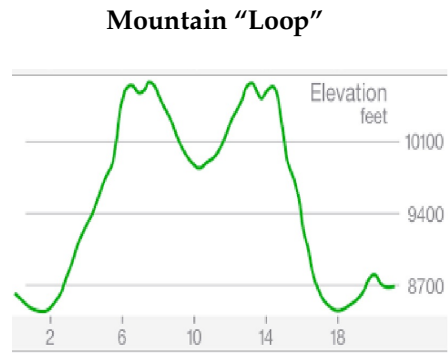
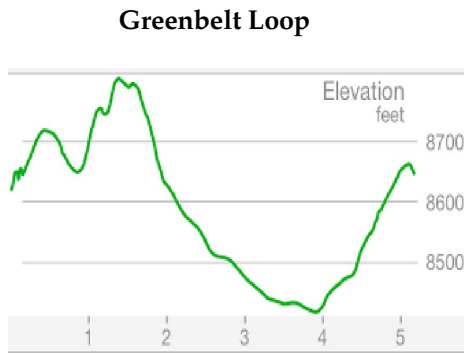
100K:

Greenbelt, Mountain, Greenbelt, Greenbelt, Mountain, Greenbelt

100M:

Greenbelt, Mountain, Greenbelt, Mountain,  
Greenbelt, Mountain, Greenbelt, Mountain

**Elevation:**



**Other Notes:**

Stay on marked course!! Flags, ribbons, signs, washers & glow sticks will be present

Neon Flags & Ribbons will mark the course.

Ribbons attached to limbs with clothespins and on the path tied to washers

Glow sticks will be activated and deployed just before sunset.

Aid Stations:

The race staff has developed nomenclature for various course locations as a matter of planning. Those locations are:

- Base  
Blue Lot @ Resort  
(Medical – Ambulance Stationed at AFD Station 1)
- AF  
Athlete's Food @ Base
- AS1  
Greenbelt Trails - Unmanned
- AS2  
@ Base – Staffed by Event
- AS3  
INTXN Ski Lift Area & Happy Way Road - Unmanned  
(Medical – Ambulance & ATV w/ 2 Paramedics)
- AS4  
Mountain Loop Turn-a-round (Camino Real/Panorama/El Vato)

Contents:

- AS1 Water Only – Orange 10 Gallon water coolers  
(May be augmented by 3L spring water as back up)

- AS2 Base Aid Station –

Estimated List: (May Vary)

Grapes  
Oranges  
Apples  
Bananas  
Chick Broth – Soup  
PB & J's  
Potatoes  
Water  
Skratch Labs Pineapple Hydration Mix  
Endurolytes  
Clif Bars  
And/Or any item from Finish Line

- AS3 Water Only – Orange 10 Gallon water coolers  
(May be augmented by 3L spring water as back up)

- AS4 Mountain Turn-a-round Aid Station

Estimated List: (May Vary)

Chicken Broth  
Turkey Wraps  
PB & J's  
Potatoes  
Water  
Skratch Labs Pineapple Hydration Mix  
Endurolytes  
Clif Bars  
And/Or any item provided by that station's staff

- Athlete's Finish Line Food

Hamburger/Cheeseburger  
Black Bean Burgers  
Grilled Cheese  
Turkey Wraps  
Ramen  
Pretzels  
Chips  
Fig Newtons  
Raisins  
Bananas  
Granola Bars  
Candy  
Soda  
Water

### Drop Bags:

Drop Bags may be utilized at both manned aid stations. (AS2, AS4)

Clearly marked (Name and/or Bib number and Aid Station location) drop bags may be left at Base on race morning. Tarps will be laid near AS2 and labeled for each manned aid station. Those designated for AS4 will be transported after race start.

### Cut-Offs:

100 Mile Event Cut Offs:

50 miles	16 hours	9 pm
65* miles	21 hours	2 am
75 miles	24 hours	5 am
90* miles	29 hours	10 am

Final Cut Off time for the 100M = 1p on Sunday, 32 hours after the start.

\*Rounded distances. Cut off is at AS4

### Pacers:

Pacers may join 100M after 50M - Pacers must also sign a Liability Release

### Crews:

Crews may lend support at all designated manned aid stations

AS2 - Start/Finish

AS4- 434 South to El Vato Way (Fire Station #2) Turn Left (East) follow to intersection with Camino Real, Turn Right follow road to NE to AS4 (Difficult Vehicle Access)

### Aid Station Check In:

Runners will check in at aid stations wearing their race number

### Dropping/Notification:

Please alert the On-Site Race Director or aid station captain if you choose to DNF or are aware of any significant threats or concerns on the course.

Special Notes:

**NSAID's/Medications:**

Thanks to current research and liability issues, NSAID's, pain relievers, or medications will NOT be provided by or administered by the event.

The athlete must be self-supporting in this regard.

**Green:**

No Littering of any kind will be acceptable!

Safety:

- Lights at Mountaintop
  - At our request, the resort has confirmed that they will leave the lights on at the mountaintop. We are unsure of the amount of light but we assume it will at the least create a point of reference. There will be no resort staff on duty and none of the facilities or buildings will be open.
- Tub at AS3 – Blankets
  - As a precautionary measure we will position a plastic bin at the mountaintop unmanned aid station that contains a cotton blanket and some heavy duty “heat sheets”.
- Be Bear Aware (Wildlife related flier available)
  - Wildlife is a reality on the mountain. Be familiar with your surroundings.
- Tracking Units –
  - All athletes on the course after nightfall, will be required to wear a tracking unit provided by our sponsor US Fleet Tracking. These Units update every 10 seconds and allow us to assess the whereabouts of athletes. (Must Be Returned)
- Awareness of Surroundings –

All athletes must be aware of traffic at all times!!

Higher traffic areas include:

- The AF Village,
- The crossing at Hwy 434,
- The neighborhood streets/ roads,
- Mountaintop, As the resort is hosting a mountain biking event and there will be a significant amount of bike traffic at the top of the mountain,
- In addition, all trails are open to the public and may be present on some of the mountain trails, **Please be courteous!**

Please keep an eye on other runners. This is a difficult event.

**Please watch noise levels when on Greenbelt loop early in event.**

See you soon!!!

Dave & the Crew!!!