

## Ultramook 30k & 50k Tillamook Ridge Trail Race Safety Plan

**Runner Safety:** Runner safety is our priority. We have identified uneven terrain (e.g. twisting an ankle) and getting lost as the two biggest risks in this race. We plan to do our best to groom the course where there are no hidden stones, sticks, etc., however, it is a trail race and these risks are inherent. Runners will be reminded during registration and prior to the start that they will need to be alert against these threats.

The course will be marked with flags roughly every 50-100 feet throughout the course. If a participant would get off course, they would quickly notice there are no marking flags and they can backtrack.

**Aid Stations:** There will be three aid stations in the 30k and six aid stations in the 50k. Aid stations will be supplied with water, potato chips, PB&J, fresh fruit (oranges, bananas), and chocolate/candy, as well as first aid supplies. Each station will be manned with 1-2 people. There will be a trainer at first at aid station #2, at about the 20k marker and then again at aid station #3 near the finish/continuation point for the 50k. Aid station #2 will double up again with a trainer at about the 40k mark. A vehicle will be parked at aid station #2 that can be used to transport an injured runner back to the start or to the hospital.

**Communication:** Aid Stations will be manned with radios and cell phones. There is decent cell phone coverage on the ridge from Stanley Peak through Randall Hill and along the Tillamook Ridge. There is no coverage from the start to the top of the climb (about 6 miles). Radio range is also limited but will help cover some of the dead spots.

**Rovers:** There will be four rovers spread throughout the race course, armed with a radio, cell phone, first aid, etc. They will be knowledgeable about the course and will be able to identify problems on the course and communicate with race organizers. They will be available to help in case of an emergency and can run quickly from point to point, especially available in the communication dead spots.

**Signs & Markings:** As noted above, the course must be marked extremely well. This will be accomplished by using marking flags every 100 feet throughout the race. Significant mile markers (not all) will be marked using natural alder poles with carved numbers. Major points (i.e. aid stations, major turns, etc.) will be marked with signs.

**Navigating the course:** An all-terrain map will be supplied to all participants via a website. They will be encouraged to study it carefully. We will also include a map in their race packet and we will encourage all runners to carry a map. Here is the map:

<https://www.google.com/maps/d/u/0/edit?mid=1P9dogfqs98EZSqLGCwojr4bw5tLjfUbg&ll=45.50830364799887%2C-123.78585048951209&z=14>

**In case of emergency:** Call 911 or get to the nearest aid station. Participants will be checked in and inventoried at each aid station, this will allow us to know who is on the course and their approximate location.

**Sanitation & Clean Up Plan:** As noted in the operations plan, there will be numerous port-a-potties. Staging of the race will be located on the Hydrangea Ranch with have multiple port-a-potties. Additionally, there will be a port-a-potty at Aid Station #1, Aid Station #2, and Aid Station #3, with #1 and #2 serving as the 4<sup>th</sup> & 5<sup>th</sup> bathroom break, respectively, for runners doing the 50k.

In regard to cleanup, we will walk the course twice to pick up flags, signs, and any debris left by participants.