

2011 Rainier to Ruston Rail-Trail Relay and Ultra Course Manual

Welcome

Thank you for signing up for the 9th annual Rainier to Ruston Rail-Trail Relay and Ultra. The purpose of this event is to raise public awareness of the Foothills Trail. We appreciate your support for our goal of completing this non-motorized trail from the Mountain to the Sound. It is our desire to encourage active participation in life through the use of the Foothills Trail and we are pleased that there is such strong interest in this event. We will do our very best to make sure you have a positive and memorable experience on race weekend.

General Event Principles

1. Treat volunteers, team members, crew, family and spectators with kindness and give thanks even when you may be tired and grumpy.
2. Do not defile public or private property; use the garbage cans and the portable and public toilets available at every exchange. Keep off private property. Personally model the image we want trail users to project to local property owners.
3. Be aware of course markings. We spend a lot of time marking the course, but there is always a chance that markers may get moved or wiped out by vandalism. Part of a relay and ultra is navigation; check your leg map before you start each leg. While we don't expect you to know every twist and turn on the course we do expect you to have a good general sense for major landmarks and turns.
4. Prepare for varied surfaces and know the course. Check the course conditions link on the website and on page 5 of this document to know what surface you will be running on for each leg.
5. Do not go home without telling us. Ultras and teams who **drop out** must notify a race official before leaving the area. This is important so we don't send out search parties unnecessarily.
6. Most importantly, Have Fun!!!

Directions

Please use MapQuest, Google Maps, or another search engine for directions to each location from your desired starting point.

Race Check-In is located at the South Prairie Fire Station. The address is:
350 Highway 162 E
South Prairie, WA 98385

Race Start for runners is located at the Tacoma Mountaineers Parking Lot about 1/2 mile from the Carbon River entrance to Mt. Rainier National Park.

Race Start for walkers is located at the Fairfax exchange, at the bottom on the Manley Moore Road which leaves the Carbon River Road to the left about 3.5 miles above the High Bridge.

Race Finish (RUNNERS) is located at Marine Park along Ruston Way in Tacoma.

Race Finish (WALKERS) is located at the South Prairie check point.

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Pre-race

- **Register** each participant and the team and send in the waiver before race day. Online registration must be completed by Wednesday, June 1. There is no day-of-race registration. Challenged athletes must be interviewed by the Race Director before registering.
50M ultra pacers don't pay registration, but must sign the release form.
- **Decorate** team vehicle if desired.
- Bring a copy of the course manual with **leg maps**. Don't count on maps in the race packet.
- Bring sufficient **bottled water** for the team vehicle to supplement the emergency water provided at every exchange. Support vehicles are responsible for providing water, food, first aid, directions, etc. for their runners and walkers.
- Bring a change of socks, shoes, and shirts, and **plastic bags** for dirty clothes as needed. Legs 2, 3 and 4 can be very muddy.
- Bring **tape** to post required signs in team vehicle windows.
- Bring a **change of clothes** and a team **picnic** for the finish area. No alcohol is allowed in Marine Park.

Early Packet Pick-up is Available

When:

Friday, June 3, from 12-6 p.m.

Where:

Fleet Feet Bonney Lake
19685 State Route 410 East
Bonney Lake, WA 98391
Phone: 253-862-8890

Race day

- **No vehicles 80" or wider, or longer than 20'. No motor homes, buses or limos are allowed on the course by any team or team support**
- **Runners and ultras rendezvous** and load team vehicles at Marine Park so personal cars will be available after the race. Please carpool; parking is scarce. Use public parking only; do not park in the Lobster Shop restaurant lot or your car may be towed.
- **Walkers rendezvous** and load team vehicles at South Prairie so personal cars will be available after the race. Please carpool; parking can be limited on weekends.
- According to Google maps you should allow 43 minutes **driving time** from 4013 Ruston Way, Tacoma, to Orting. Check their recommended route. Allow 12 minutes driving time from Orting to So. Prairie race headquarters at the Community Center in the fire station. Allow 20 minutes in So. Prairie to pick up bibs, t-shirts, race packets and get questions answered. Plan on leaving So. Prairie 45 minutes before your start time. The 30-minute drive gives you 15 minutes to park and get ready. Summarizing from Marine Park, plan on 55 minutes to So. Prairie, 20 minutes packet pickup, 45 minutes to the start = about 2 hours.

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- Pick up your **race packets and T-shirts** at the So. Prairie Community Center at the Fire Station on the way to the start if you did not pick up your packet at Fleet Feet in Bonney Lake prior to the race. Your packet will contain team bibs, safety pins, rules, and two vehicle signs: CAUTION: RUNNER ON ROAD and R2R PARTICIPANT. There will be race staff available to answer questions.
- Tape the CAUTION: RUNNER ON ROAD sign in the rear window of your team vehicle and the R2R PARTICIPANT sign in windshield on the lower right side.
- Drive **only one team vehicle** to the starting area. Parking is very limited. Shuttles are available for 50M ultras and solo walkers.
- For medical **emergencies**, call 911. Your cell phones may be unreliable above South Prairie. If so, notify a race official at an exchange or a course monitor with a radio at about 2 miles, 4 miles and 6 miles on the second leg.
- Review your **leg map** before starting each leg. Critical turns will be marked, but teams are responsible for keeping their runner or walker on course.
- On roads, runners and walkers should **keep to the left side**, facing traffic, outside the fog line unless otherwise indicated on the leg map, requested by course monitors or chalk markings.
- Be careful of **trip and slip hazards** especially on secluded and rough sections of undeveloped trail.
- **Bibs** must be worn on the front.
- **Dogs** must be on leash. Be prepared to clean up after your pet.
- Pass through bell stands and (optionally) ring the bell before **handing off** (touching your teammate's hand).
- After finishing in South Prairie walkers are encouraged to drive to Marine Park to participate in the finish line celebration, team picnics, and the **awards ceremony** at 4:30 PM. Use public parking only; do not park in the Lobster Shop restaurant lot or your car may be towed.
- The **course will be closed** and exchanges and Honey Buckets removed after the passage of the last participant. All finishing times will be recorded. Early starts will be approved in advance by the Race Director on an exception basis.

Ultra Runner Information

- A shuttle will be provided for ultra-runners and solo walkers who want to drop their vehicle at the finish line prior to the start of the race and get shuttled to the start. (Please e-mail race director for details: Rob Hester rcwhester@yahoo.com)
- All ultras provide their own crew (if needed) and **drop bags**. There will be a volunteer at the So. Prairie Community Center to deliver your drop bags at two designated exchanges (So. Prairie and Puyallup) where monitors will watch over them. All bags must be clearly marked with your name and desired drop exchange. After the race, your drop bags will be brought to the finish area.
- 50M ultras are allowed to have **pacers** from the Meeker exchange to the finish.
- At each relay leg exchange there will be typical ultra food provided. Food may include: potatoes and salt, pb&j, chips, pretzels, cookies, gummy bears, candy bars, bagels, fruit and possibly some kind of Gu at some locations. Food may vary slightly from station to station. If there is a food item that you must have you should plan on carrying it with you, or placing it in your drop bag for South Prairie or Puyallup.

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- At each relay leg exchange there will also be water, pop and some kind of sports drink.

Race Rules (violation makes the team subject to disqualification.)

- **No vehicles 80" or wider, or longer than 20'. No motor homes, buses or limos are allowed on the course by any team or team support**
- **Obey all traffic laws and signals at cross walks if no one is directing traffic for you. Running alongside trains is forbidden; if blocked by a train you must wait until it is safe to cross.**
- **Handoffs must occur within 10 yards after passing through the bell stands. If teammates are walking or running in pairs, all participants must be making the handoff. There are no batons; touching hands is sufficient.**
- **Participants must complete each of the legs assigned to them on the registration form. If a substitution must be made, the sub must complete all of the unfinished leg(s). Only registered persons can substitute.**
- **Runners can walk, but walkers must not run. If race walking, you must have one foot in contact with the ground at all times and the weighted leg must be straight as it passes under the body.**
- **Challenges must be brought to the attention of the Race Director within one hour after the finish time and prior to 4:00 PM.**

Post-race

- **Wear your T-shirt** and tell all your friends what a great event this was.
- **Help us develop the trail.** If you weren't already a member of the Foothills Rails-to-Trails Coalition, your registration and donation of \$10 or more made you one. Go to the Coalition website at <http://www.piercecountytrails.org/> and volunteer to help.
- **Patronize our sponsors'** businesses and thank them for sponsoring the event.
- Visit www.rainiertoruston.com, **look at photos** of the event, and drop us an email with your suggestions on how we can improve the R2R.
- **Sign up for next year** and make a generous donation to help us complete this beautiful, public, non-motorized trail from the Mt. Rainier to Puget Sound.

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Legs		Split Miles	Paved Road Miles	Sidewalk Miles	Paved Trail Miles	Unpaved Trail Miles	Total Distance from Start	
#	Description						Miles	Miles
1	Rainier to Fairfax	4.8	4.8				0.0	
2	Fairfax to Carbonado (isolated)	6.3	0.6			5.8	4.8	
3	Carbonado to Wilkeson (isolated)	3.9			0.5	3.4	11.1	
4	Wilkeson to So. Prairie (isolated)	5.4	0.8		0.8	3.8	15.0	
5	So. Prairie (50k start) to Crocker	4.6			4.6		20.4	0.0
6	Crocker to Orting	2.7			2.7		25.0	7.4
7	Orting to McMillin	3.4			3.4		27.7	11.8
8	McMillin to Meeker	3.5			3.5		31.1	17.3
9	Meeker to Puyallup	3.7	0.8	0.6	2.3		34.6	22.9
10	Puyallup to Fife	3.2		0.1		3.1	38.3	28.9
11	Fife to Tacoma	5.2	0.5	3.7		1.0	41.5	34.0
12	Tacoma to Ruston Way	4.1		1.4	2.7		46.7	42.4
	Finish						50.9	49.0

Legs	Course		Paved Road	Sidewalk	Paved Trail	Unpaved Trail	Totals
2	Fairfax to S. Prairie (walkers)	Miles	1.4	0.0	1.3	12.9	15.6
Through		%	9%	0%	8%	83%	100%
4		%	9%		91%		100%
5	So. Prairie to Ruston (50K ultras)	Miles	1.3	5.8	19.2	4.1	30.4
Through		%	4%	19%	63%	13%	100%
12		%	23%		77%		100%
1	Rainier to Ruston (runners)	Miles	7.5	5.8	20.5	17.1	50.9
Through		%	15%	11%	40%	34%	100%
12		%	26%		74%		100%

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RAINIER TO RUSTON RAIL-TRAIL RELAY AND ULTRA



★ Exchange (Aid Station)

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Driving Directions to South Prairie Fire Station



Driving directions to Fire Station in South Prairie, Washington

A Seattle-Tacoma International Airport
SeaTac, WA 98188

1. Head **southwest** toward **S 182 st** .02 mi
2. Continue straight onto **S 182 st** .02 mi
3. Turn **left** at **International Blvd/WA-99N** 1.6 mi
4. Take the ramp onto **WA-518 E** 1.5 mi
5. Continue on to **I-405 N** 1.8 mi
6. Take exit **2** to merge onto **WA-167 S** 19.5mi
toward **Auburn**
7. Exit onto **WA-410 E** toward **Sumner/** 6.3 mi
Yakima
8. Turn **right** at **Elhi Hill S Prairie Rd E/** 4.1 mi
S Prairie Rd E
Continue to follow S Prairie Rd E
9. Turn **right** at **Pioneer Way E**, cross bridge 400 ft
and turn left into Fire Station Parking lot

B Fire Station in South Prairie,

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Directions to Race Start from South Prairie Fire Station (Packet Pick-up)

Driving directions from Fire Station
In South Prairie, Washington
To start of race near Mt. Rainier Nat'l Park



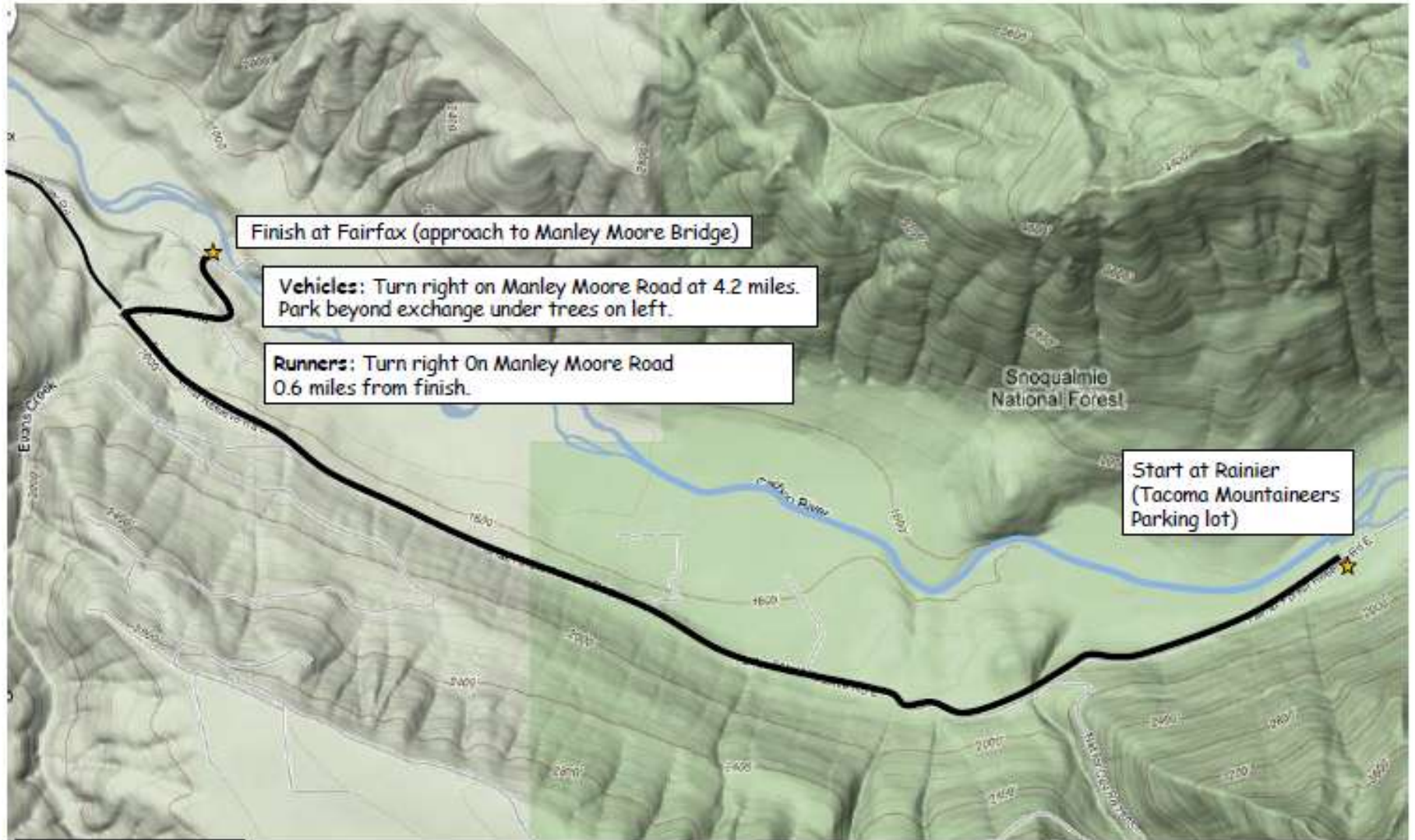
- A** in South Prairie,
1. Turn **right (E)** onto **Pioneer Way E, WA-162** 2.5 mi
 2. Continue straight onto **WA-165 S** 8.6 mi
 3. Turn **left** at **Carbon River Road** 6.9 mi

B Start of race parking on

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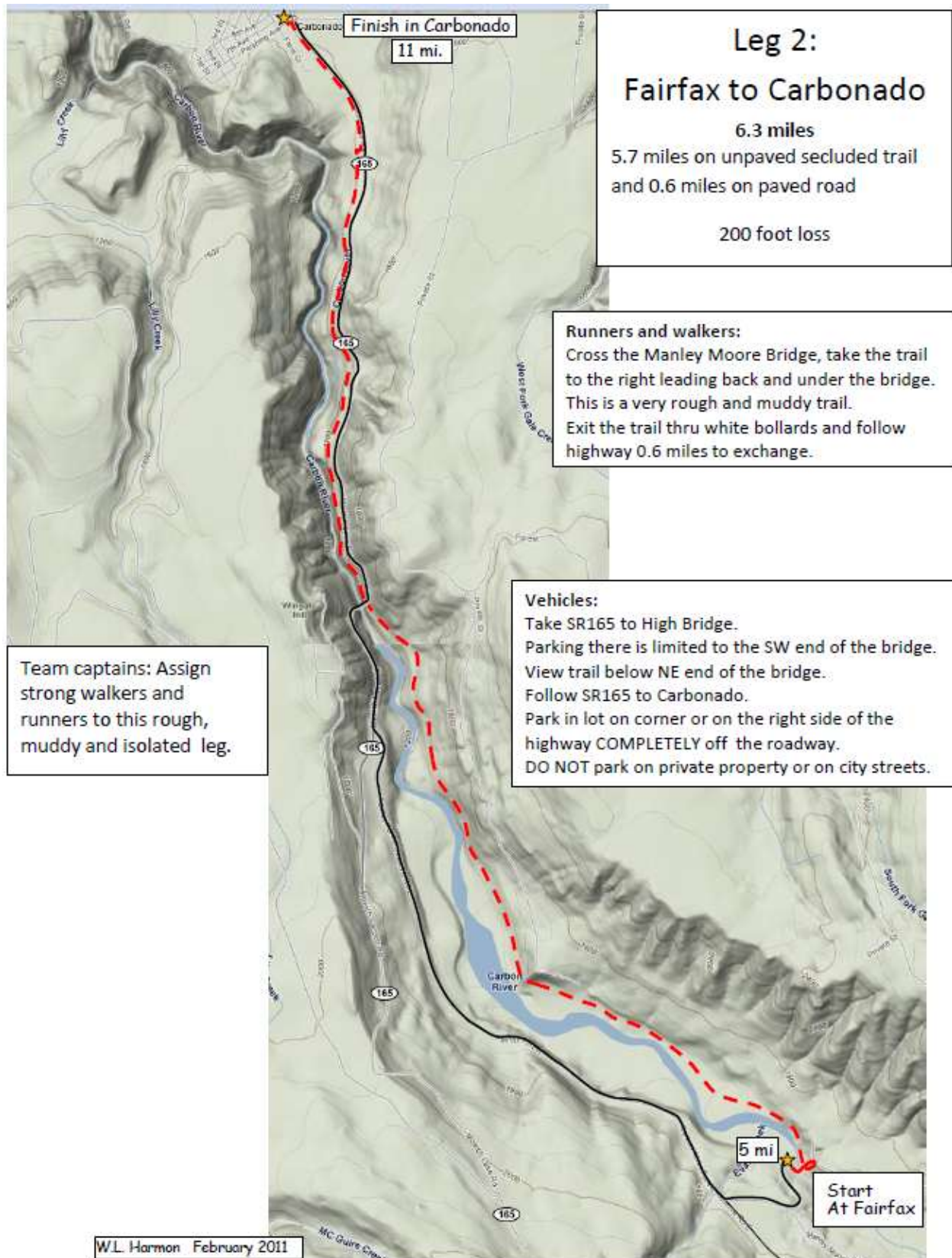
Leg 1: Rainier to Fairfax

4.8 miles on paved road
130 ft gain, 410 foot loss



W.L. Harmon February 2011

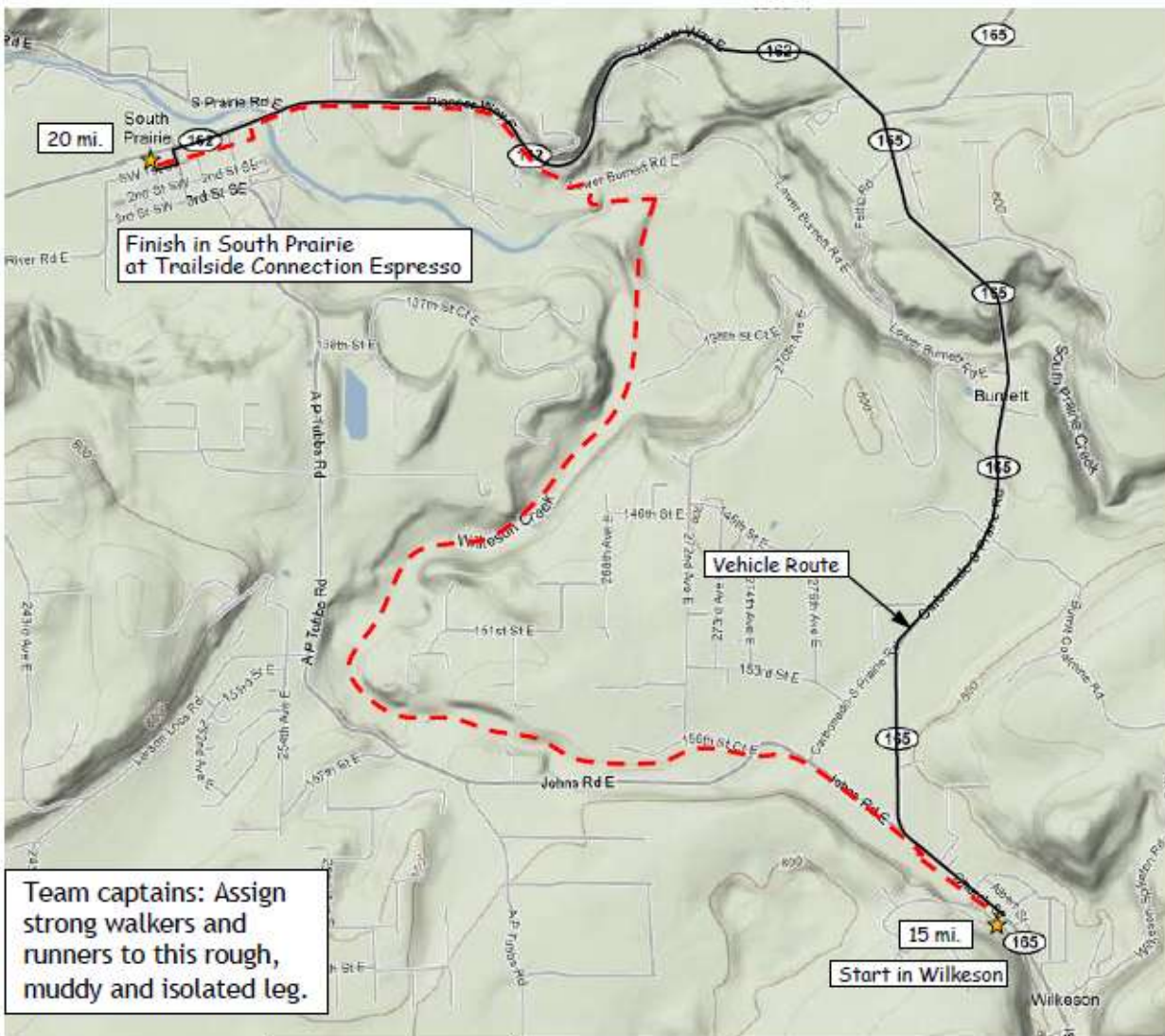
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Leg 4: Wilkeson to South Prairie

5.4 miles on paved trails, paved roads
and secluded unpaved trail.
370 foot loss



W.L. Harmon February 2011

Vehicles:

Follow SR165 to the junction with SR162. Follow SR162 into South Prairie. Turn left on Emery Ave and turn right on SW 1st St and park along right side.

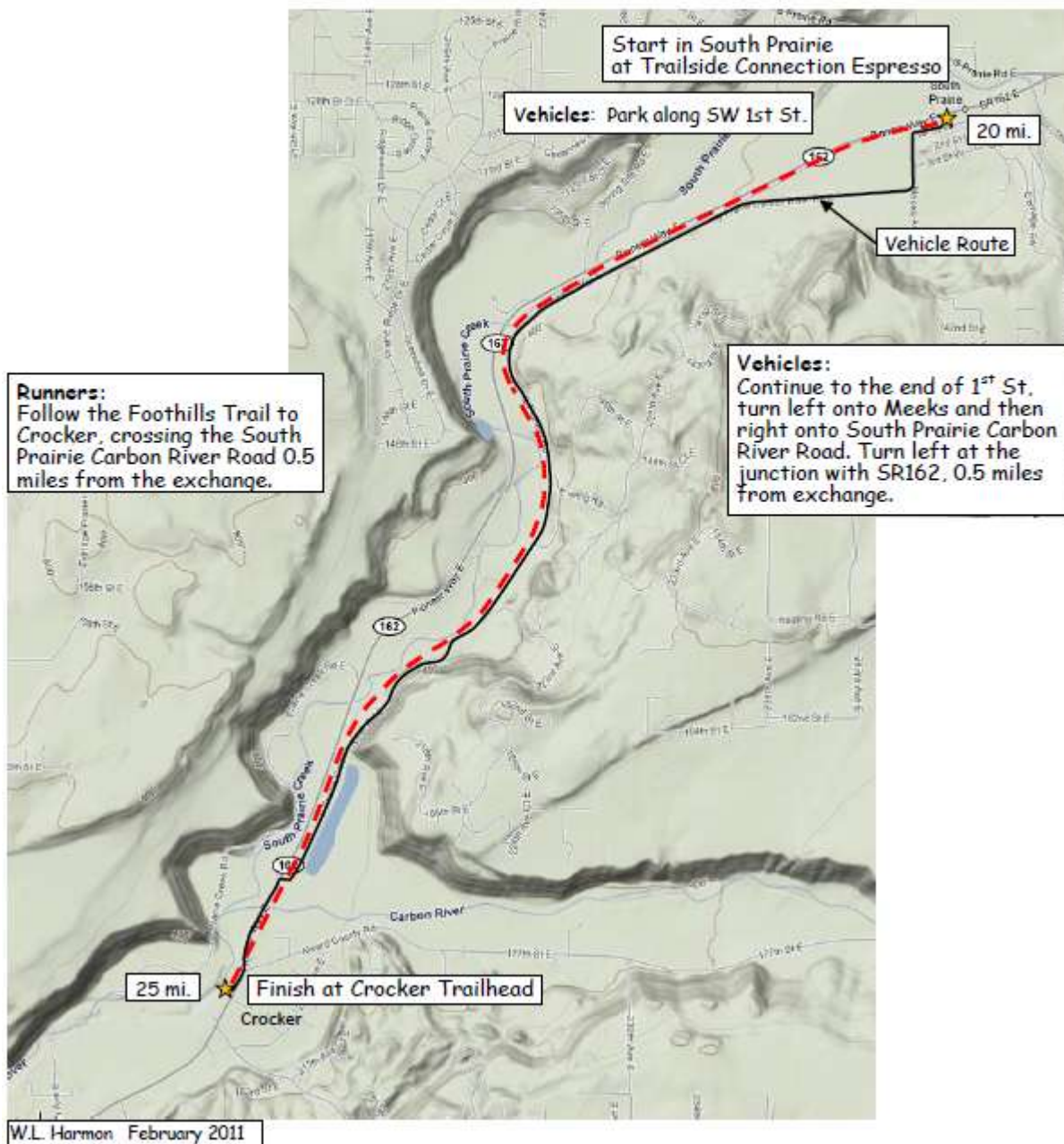
Runners and walkers:

Leave trail at cemetery and go onto Johns Road at curve in SR165. Enter trail on left after passing under power lines. BE CAREFUL CROSSING JOHNS ROAD ONTO 156TH ST. CT. E. In about 100 yards, drop down to left onto trail. At 3.8 miles, turn left on the paved trail and cross the bridge over South Prairie Creek. Turn left at end of railing, pass under bridge, and cross field to road. Turn left on Lower Burnett Road and climb to stop sign at SR162. Turn left at stop sign and follow SR162 into town. BE CAREFUL CROSSING BRIDGE into South Prairie. Turn left after bridge and pass behind fire station onto Foothills Trail.

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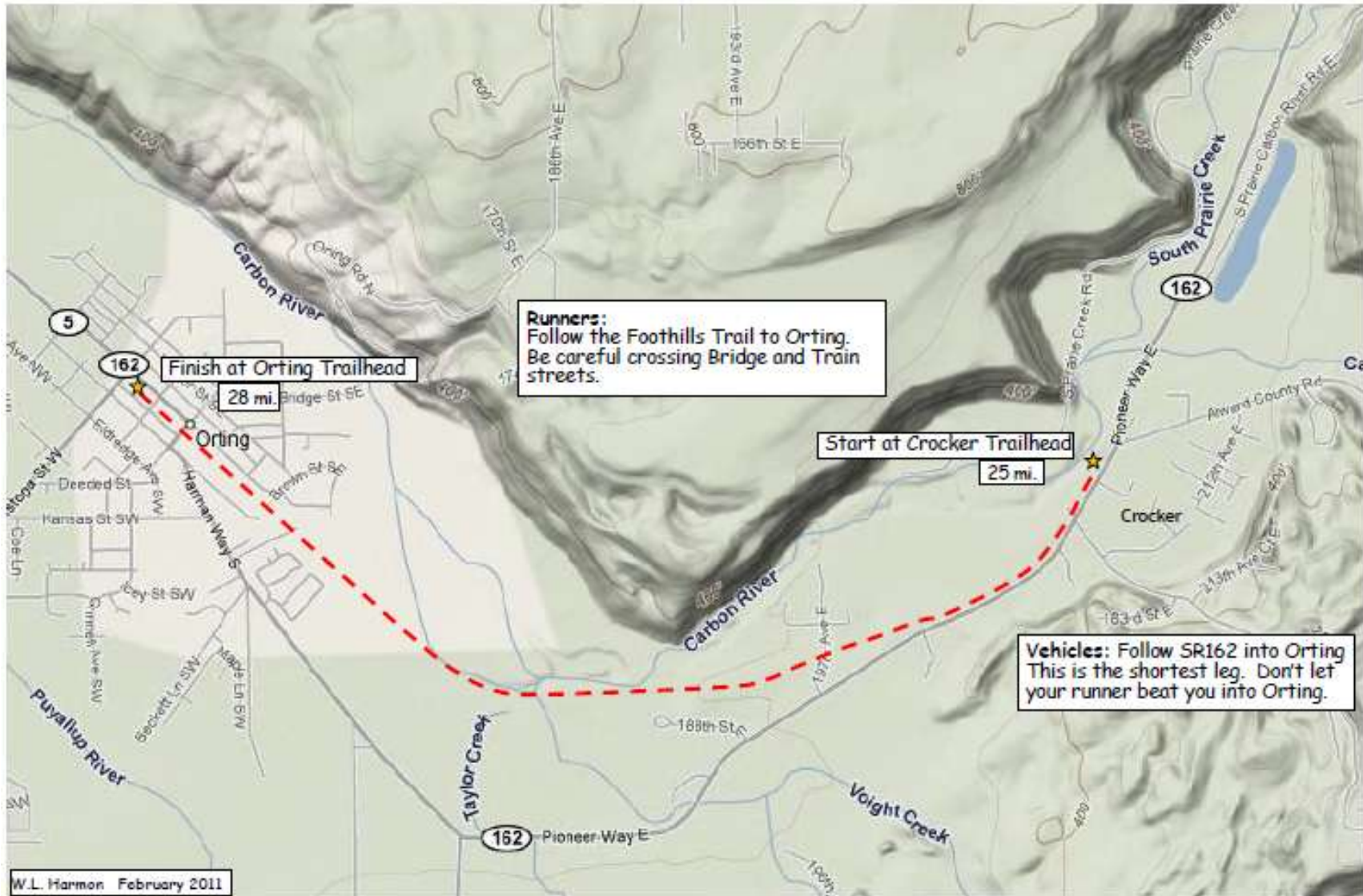
Leg 5: South Prairie to Crocker

4.6 miles on paved trail
130 foot loss



Leg 6: Crocker to Orting

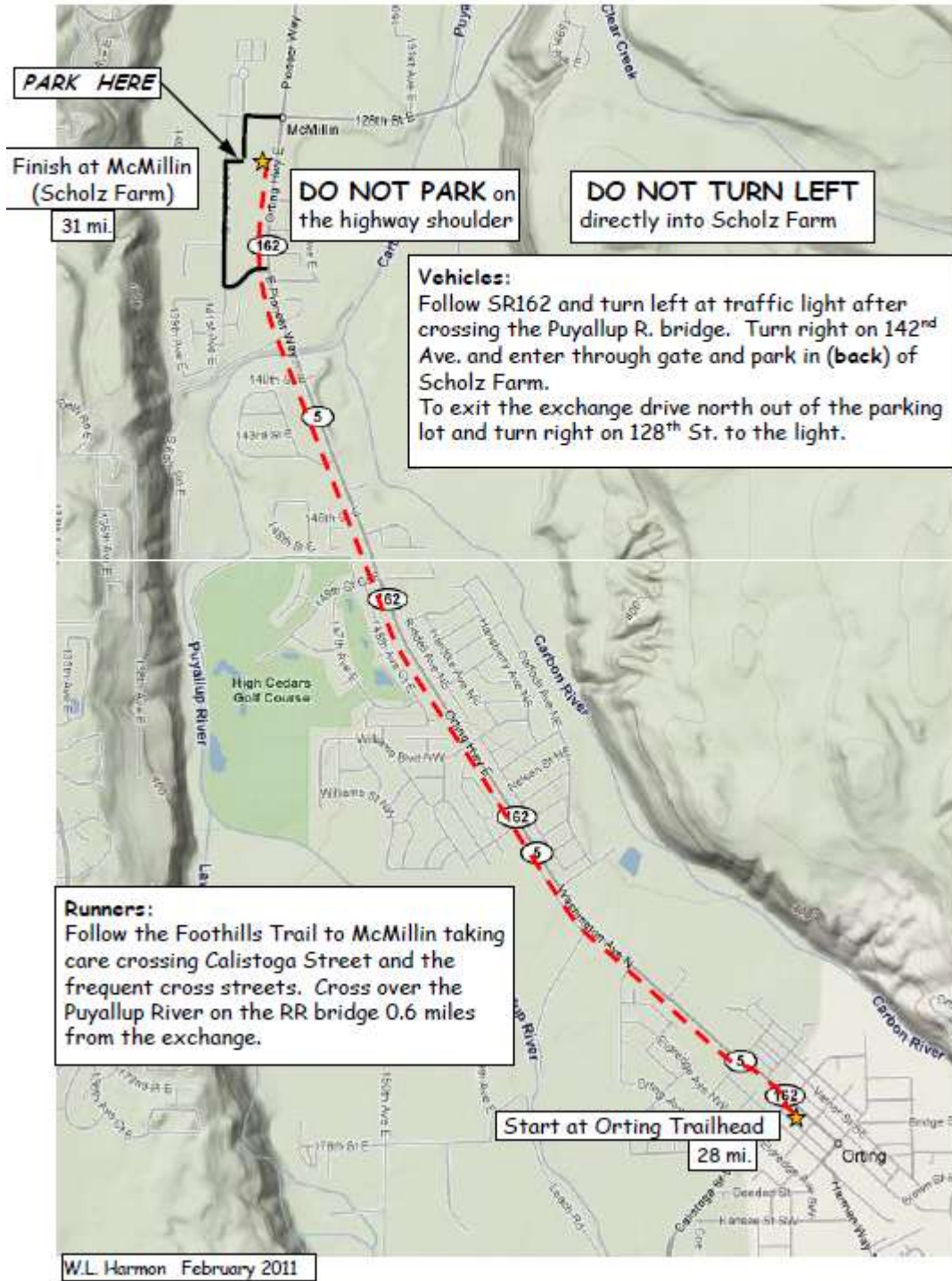
2.7 miles on paved trail
90 foot loss



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Leg 7: Orting to McMillin

3.4 miles on paved trail
62 foot loss

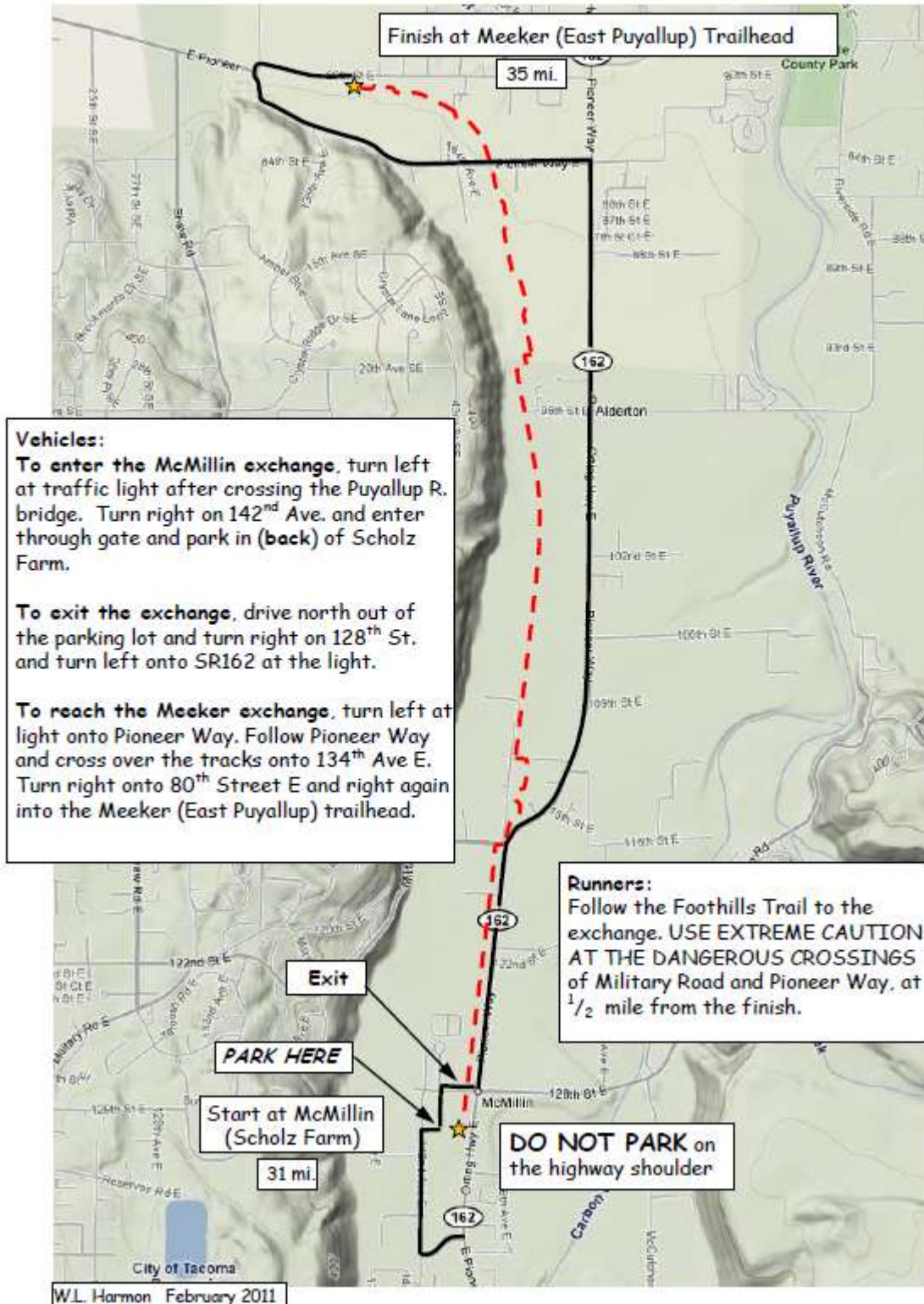


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Leg 8: McMillin to Meeker

3.5 miles on paved trail

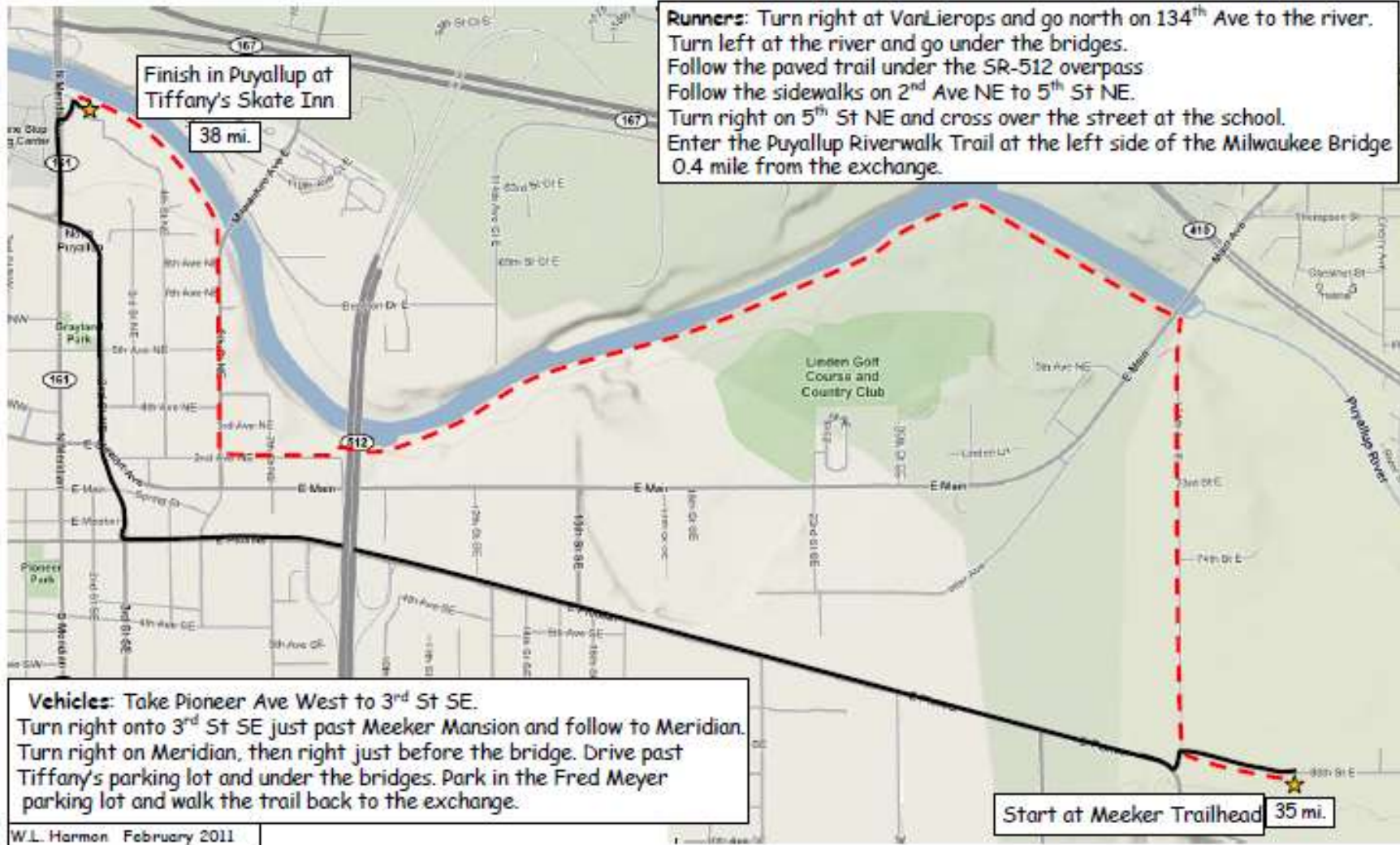
50 foot loss



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Leg 9: Meeker to Puyallup

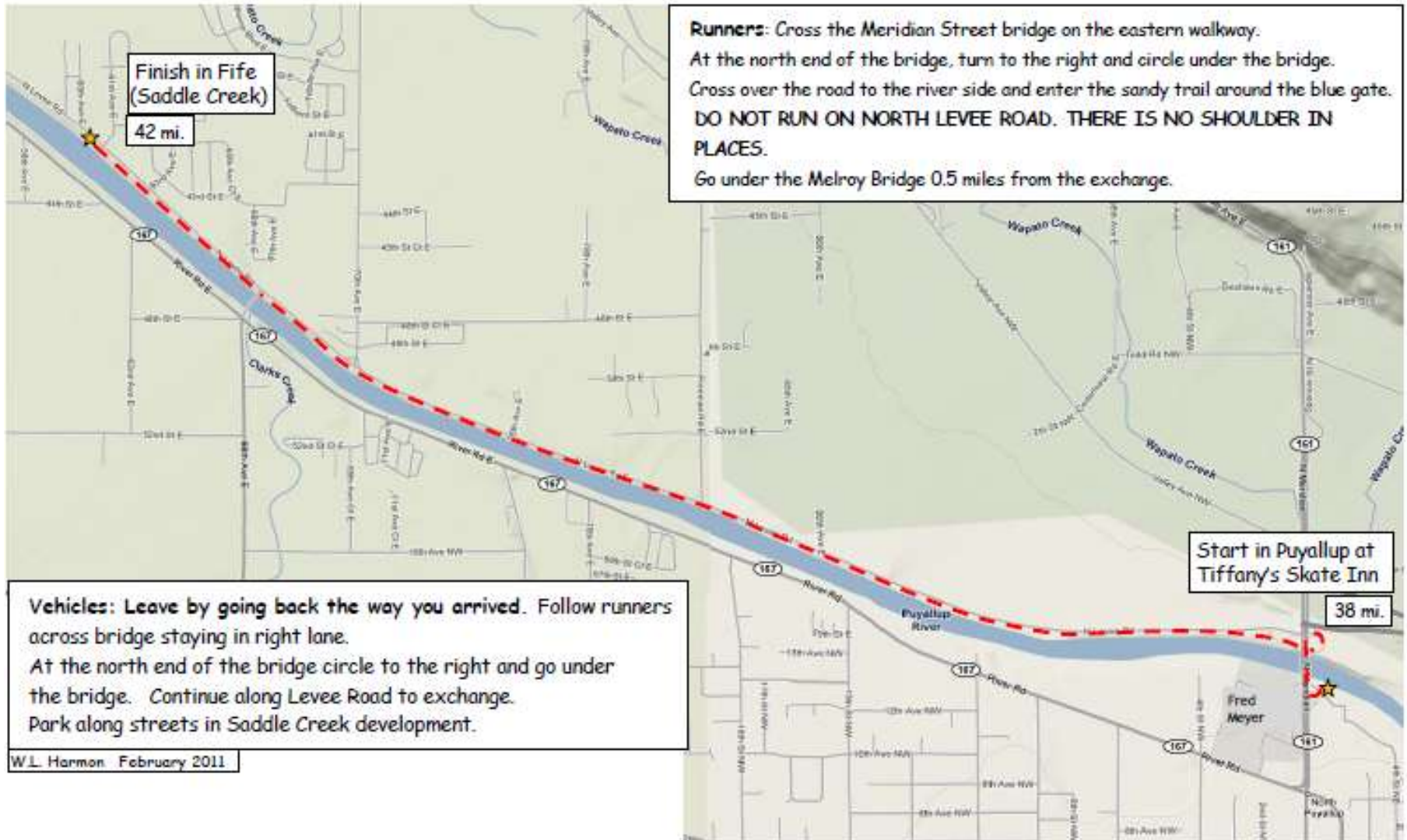
3.7 miles on paved road, sidewalks and paved and unpaved trail
50 foot loss



Leg 10: Puyallup to Fife (Saddle Creek)

3.2 miles on paved road and sandy trail

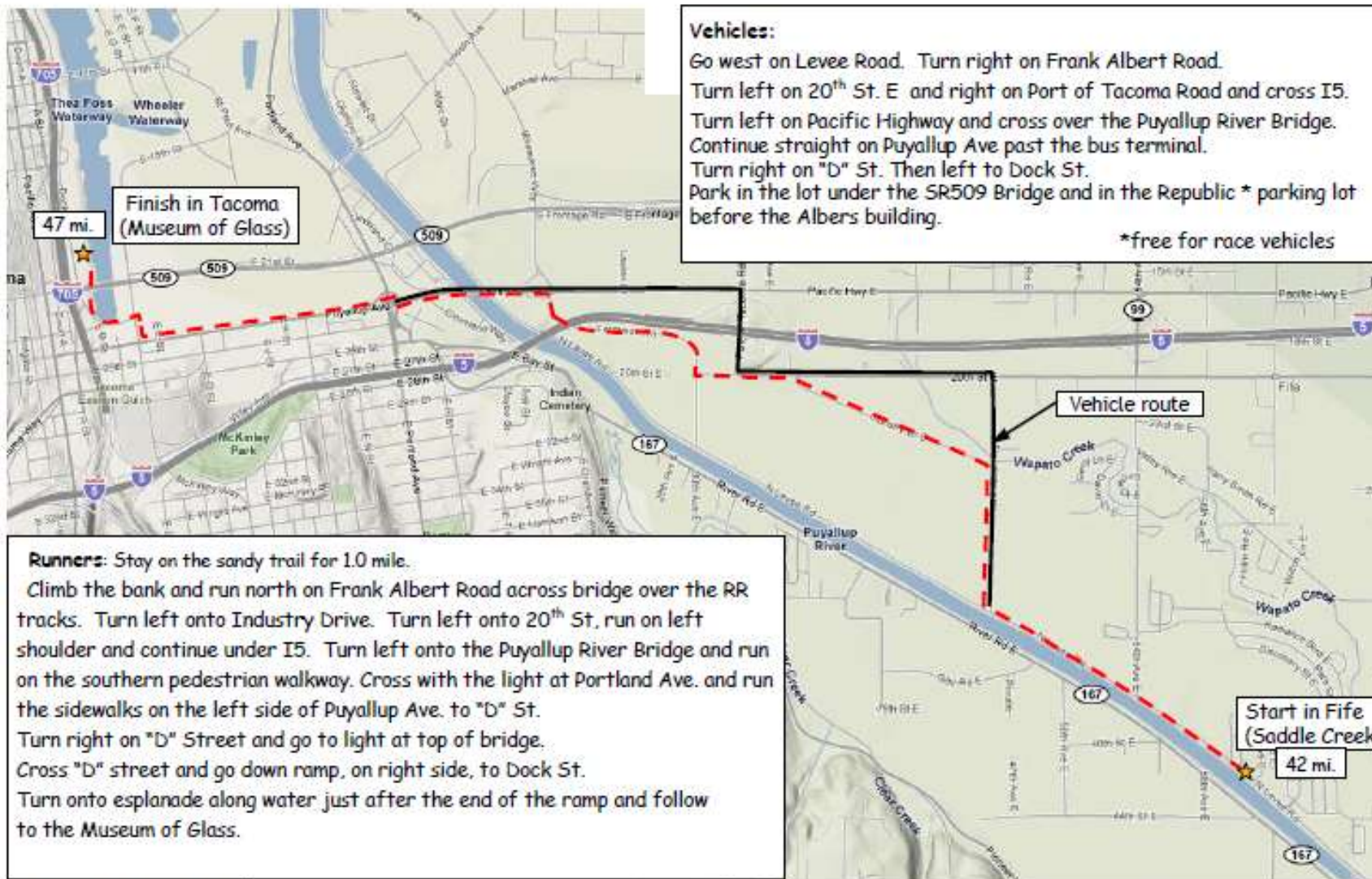
25 foot gain, 25 foot loss



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Leg 11: Fife to Tacoma

5.2 miles on sandy trail, paved road and sidewalks
30 foot gain, 38 foot loss



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Leg 12: Tacoma to Ruston Way

4.1 miles on sidewalks and paved trails

