



HIGH DESERT 50K ULTRA & 30K
RRCA 50K Southern CA State Championship
USATF Southern California Association 50K Trail Championship
THE FRIENDLIEST RACE YOU'LL EVER RUN

GENERAL INFORMATION

1. The 50K and 30K runs start and finish at the Cerro Coso Community College, Ridgecrest, Ca. Sunday, December 4, 2011. The race starts at 7:00 a. m. There will be an early start at 6:00 a. m. This is only for those that feel that they may have a problem with finishing in at least 9 hours. You must check in with the Race Director. **You will get credit for finishing but no awards for early starters.**

*****We have implemented one cut off for the 50K at Gracie's Mansion. Runners must be through Gracie's by 2:30*****

2. The 30K runners start with the 50K runners and get the same time to finish as the 50K runners.

3. Parking is free at the College. For those of you with RV's, there are a couple of RV parks in the area, Desert Empire Fair-RV Park (760-375-8000) and Bertrand's High Desert RV Park (760-377-4000).

4. Host Hotel this year will be the **HERITAGE INN & SUITES**, 1050 N. Norma, Ridgecrest, CA 93555. Special rates are as follows, \$67.00, plus tax, per night, double occupancy \$70.00 (\$8.00 per person for more than 2 people, up to 4 per room); \$73.00, plus tax, per night, king kitchen; \$82.00, plus tax, per night suites. Check out time will be extended to 3:00 pm. To make room reservations please call **(760) 446-6543** and mention the Ultra Marathon and date (Cut-off date: Nov. 27th, the earlier the better). Check their website: <http://heritageinnsuites.com>.

5. ***Race Headquarters/race packet pick-up, and late registration is on Saturday, December 3, 2011, **from 5:00pm until 8:00pm** located at: **St. Ann's Parish**, 446 W. Church Ave. **NO RACE DAY REGISTRATION.** There will be a Carbo load dinner again this year. Menu: pasta (meat and vegetarian), salad, drink and cookie. Fee \$8, payable at race headquarters.

***Race day packet pickup will start around 5:15am at the college.

6. The course will be marked with chalk and ribbon.

7. Please be aware that you will be running through BLM land and should respect the rights of hikers, Mtn. bikers, equestrians and other runners you might encounter. **Please carry your trash and deposit in a trash receptacle at the next aid station. Do not just throw it in the desert.**

8. Aid station locations will be at the following points:

Start/Finish	0.0 & 31.1	
1. Hubcap turn off	5.5	
2. Haystack turn off	8.5	
3. Saddle turn off	11	
4. Highway crossing	13.6	
5. Wagon Wheel Crossing (Crew Access)	16.9	
6. Double Rocks	20.6	
7. Pack Rats Right Hand Turn	22.5	
8. Gracie's Mansion	25.7	Cut off – 2:30
9. Last turn to College	29.4	

9. Aid stations will be stocked with water, electrolyte drink, cola, cookies, bananas, pretzels, Vaseline, S-caps. **No Ibuprofen**, bring your own. Drinks will also be provided at the finish.

10. If you must drop out of the race for any reason, you must go to the next aid station and notify a race staff member at the aid station.

11. We are counting on good weather (cool to cold) but Mother Nature can bring in warm weather in the month of December. **Be sure to carry at least one water bottle.**

12. Again this year we are happy to say, we will be the last stop on the Southern California UltraRunner's Grand Prix Series schedule for 2011.

13. All participants will receive a T-shirt and all finishers, a finisher's medal. We will make every effort to ensure you can pick up your T-Shirt at packet pickup, as long as we have **RECEIVED** your paid entry by November 12, 2011. If for whatever reason we do not have your T-shirt at packet pickup, be sure to get your name on the designated list after the race finish. We will be putting together a single order after the race and mailing the shirts to those individuals. The time for the awards ceremony will be 12:30pm for the 30K and 2:00pm for the 50K. **We ask that you please wait until the awards ceremony to pick up your award.** There will also be a "Runner's Raffle" of some fine items donated by our Sponsors.

14. Race results will be posted on the OTHTC website, at www.othtc.com/ultra as soon as possible after the event. Results will also be submitted to the Ultra List and Ultra Running Magazine.

15. Again this year we are making available to anyone wishing to order tank tops, T-shirts, long sleeve T-shirts or sweat shirts, when sending in their entry form. Please add to total on entry form. They can be ordered at the start/finish also.

Tank tops: \$15.00

SST-shirt: \$15.00

LS T-shirt: \$15.00

Sweatshirt: \$25.00

*Entry form must be received by November 13th to assure you get your extra shirts on Dec. 4th.

16.

OTHTC High Desert Ultra Records

Course Record: Roberto Leonardo (40) 3:16:37

Women's Course Record: Heather Fuhr (42) 3:39:42 2010

Age Groups: Men

-19 Jesus Solis (19) 3:40:57 2006

20-29 Ian Torrence (27) 3:23:58 1999

30-39 Jorge Pacheco (35) 3:23:43 2002

40-49 Roberto Leonardo (40) 3:16:37 2002

50-59 Adalberto Mendoza (50) 3:44:47 2002

60-69 Tom LeMire (62) 4:09:14 2005

70-79 Larry Gotthart (71) 6:08:05 2002

80+ Marv Powers (80) 8:03:19 2008

Female

Under 19 (none)

20-29 Kati Gengler (29) 3:54:33 2000

30-39 Paula Newby-Fraser (35) 4:06:24 1997

40-49 Heather Fuhr (42) 3:39:42 2010

50-59 Carey Edge (50) 4:03:33 2009

60-69 Dixie Madsen (60) 5:14:23 1997

70-79 Yukie Mochida (71) 6:26:53 2001

17. Lodging:

Official Hotel for this Event: Heritage Inn, 1050 N. Norma St, Ridgecrest, CA 93555 (760-446-6543)

Other Lodging (listed in alphabetical order from Yellow Pages):

Best Western-China Lake Inn, 400 S. China Lake Blvd, Ridgecrest, CA 93555 (760-371-2300)

Bev Len Haus Bed & Breakfast, 809 N. Sanders St, Ridgecrest, CA 93555, (760-375-1988)

Budget Inn, 831 N. China Lake Blvd., Ridgecrest, CA 93555 (760-375-1351)

Carriage Inn, 901 N. China Lake Blvd., Ridgecrest, Ca. 93555 (760-446-7910)

Comfort Inn, 507 S. China Lake Blvd., Ridgecrest, CA 93555 (760-375-9731)

Econo Lodge, 201 W. Inyokern Rd, Ridgecrest, CA 93555 (760-446-2551)

Hacienda Court, 150 Miguel St # 1, Ridgecrest, CA 93555 (760-375-5066)

Hampton Inn, 104 East Sydnor Ave, Ridgecrest, CA 03555 (60-446-1968)

Motel 6, 535 S. China Lake Blvd, Ridgecrest, CA 93555 (760-375-6866)

Springhill Suites, 113 E Sydnor Ave, Ridgecrest, CA 93555 (760) 446-1630

Vagabond Inn, 426 S. China Lake Blvd., Ridgecrest, Ca. 93555 (760-375-2220)

GOOD LUCK WITH YOUR TRAINING AND ENJOY THE RUN
****Gatorade is the official drink of our race****

Miles from Ridgecrest

Bakersfield	120	Mammoth Lakes	150	San Bernardino	110
Los Angeles	160	Reno	321	San Diego	238
Las Vegas	230	Sacramento	397	San Francisco	439

