

Nobel Canyon 50k - Race rules, guidelines, and general information - 2011

Rule #1 be safe

Rule #2 have fun

New course, don't go out too fast!: The new course includes almost all the same trails as previous years; however, you now run the downhill section first and you run the long uphill second. We caution you not to go out too fast and make sure you save some in the tank for the splendid uphill.

New Cutoff Times: For your safety and for consideration of the volunteers there are various cutoff times throughout the race. Runners must LEAVE the aid station before the cutoff time. Also note that there is a strict 9:30 hour finishing cutoff.

No Early Start Option: There is no early start option. The Noble Canyon 50k will have an official start and an official end.

Pacers: No pacers are allowed on the course.

CREW: There are several opportunities for your crew to see you! Your crew is allowed at the Start-Finish, Penny Pines, and Noble Canyon Trail Head Aid Stations. Note that you will pass through Penny Pines twice. Crew is not permitted to drive on Pine Creek road. Runners may be disqualified if their crew drives up or down this narrow road.

Drop Bags: Drop bags will NOT be collected or distributed.

Course markings: The course will be marked with orange surveyor's ribbon, gypsum (chalk), and possibly signs. A ribbon will be placed every 2-3 minutes running time. Keep your head up and look for junctions. Junctions will have multiple ribbons.

IMPORTANT: If you go more than 5-7 minutes (running time) without seeing a ribbon TURN AROUND you missed a junction.

Entering an aid station: Make sure you check-in at every aid station with the volunteer that is holding the clip board.

Properly Dropping (NDF): If you decide not to continue the race you must personally tell an aid station captain and give them your BIB. Retrieving your bib is our accountability that you are officially off the course. If you do not properly drop and a search and rescue effort is launched on your behalf you will be responsible for the cost of the rescue effort.

Littering: Our ability to secure permits for each of our local mountain events is dependant on all of us being good stewards of the trails. Anyone caught littering will be disqualified from the race. If you see trash out on the trail please try to pick it up and carry it to the next aid station.

#2 out on the trail: There will be restrooms or outhouses at the Start-Finish / Noble Canyon Trail Head / and at the highway crossing at Penny Pine. If nature calls while on the trail, get off the trail and bury your business.

Highway crossing: There are two highway crossings. It is YOUR responsibility to safely cross the highway. We will have crossing marshals at both highway crossings throughout the duration of the race. The marshals will not stop traffic, you can think of the marshals as an extra set of eyes and ears for you.

Water: The Noble Canyon 50k has traditionally been a "hot" race. Some of the sections between aid can be quite long. Carry adequate water in water-bottles or a camel-pack.