

TWIN PEAKS 2016

Race Book



(photo by Greg Hardesty)

Table of Contents

Introduction	3
Schedule of Events	4
Race Check-in & Bib Pickup (3 options!)	4
Pre Race Dinner	4
Host Hotel.....	4
2016 Sponsors	6
Race Rules.....	6
Aid Station Chart	8
Aid Station Supplies & Food.....	8
First Aid.....	9
Drop Bags.....	9
Live Runner Tracking	9
Course Description and Maps	9
Course Overview Map	10
50 KM	10
Elevation Profile for 50K.....	11
50 Mile.....	11
Elevation Profile	12
50 Mile Maps.....	12
30K Course Map & Directions:.....	22
Awards.....	23
Course Flora & Fauna	23
Results	23

Introduction

Welcome to the Twin Peak Ultra! The Santa Ana Mountains and Cleveland National Forest are home to hundreds of miles of scenic, breathtaking (sometimes literally!) and challenging trails. These trails are under the supervision of the Trabuco Ranger District of the Cleveland National Forest, and without their helpfulness and cooperation, we would not be able to use these trails for any type of recreational use.

The idea for the Twin Peaks Ultra was born on a casual Santiago Peak training run in 2006, with an inaugural race in 2007. At the time there were no other races taking place in this perfect running playground.

Without the cooperation of The Forest Service, and our many helpful volunteers, Twin Peaks (and other races like it), could not take place every year.

I am always seeking to improve Twin Peaks, now it it's 9th year, and make it a great and memorable experience each and every time you run it! No event is ever perfect, even though us RDs always try to make it so. At the conclusion of Twin Peaks (and every race I do), I always welcome helpful and constructive feedback.

Thank you so much for your support and I look forward to seeing you at the starting line on October 15th.

Jessica DeLine
Race Director
619-770-7818
Jessica@dirtyfeet.us

Schedule of Events

Race Check-in & Bib Pickup (3 options!)

Thursday, October 13th, 2016 @ 12PM-8PM

Location: 2XU Store – San Clemente

101 W Avenida Vista Hermosa #506, San Clemente, CA 92672

Friday, October 14th, 2016 @ 630PM-8PM

Location: Host Hotel

Holiday Inn Express & Suites, Corona CA

1550 Circle City Drive, Corona, CA

RACE DAY Saturday, October 15th, 2016 @ 4:30AM-7:45AM

Location: Indian Truck Trail (race start)

You may pick up your bib & shirt on Thursday, Friday, OR on race morning. Race day check-in begins at 4:30AM on Saturday, October 15th. If you are in the early start wave – please try to check in early if at all possible.

Pre Race Dinner

We'll have some pizza at the packet pickup for free. If you don't want pizza and are looking to carb load, a few places close to the host hotel include:

Oggi's Pizza

2363 California Ave #105
Corona, CA 92881

Romano's Macaroni Grill

3591 Grand Oaks
Corona, CA 92881

Porky's Pizza

1240 E Ontario Ave
Corona, CA 92881

Host Hotel

Holiday Inn Express & Suites, Corona CA

1550 Circle City Drive, Corona, CA

Start Times:

50M = 6:00AM (early start by request for slower runners is at 5:00AM)

50K = 7:00AM, 30K = 8:00AM

Directions: Highway 15 South (from Corona) or North (from Lake Elsinore). West on Indian Truck Trail Road (toward the mountains). First left at De Palma/Campbell Ranch Road. Turn right across from the Vons on Santiago Canyon Road. Race is on the left about a half mile down Santiago Canyon Road @ Indian Truck Trail.

PLEASE RESPECT THE NEIGHBORS WITH WHERE YOU PARK AND HOW MUCH NOISE YOU MAKE IN THE MORNING!!



The starting location is located approximately (and with no traffic) 15 minutes south of downtown Corona, 25 minutes from Riverside, 35 minutes from the Ontario Airport, 45 minutes from the Orange County Airport, 70 minutes from downtown LA (or the LA Airport), and 85 minutes from San Diego.

Finish Time: Finish line closes @ 9:45PM. This gives you 15.5 hours to finish (17.7 minutes per mile). Early starters will need to average 19.4 minutes per mile to finish on time (within 17 hours). Remember Twin Peaks finish times are closer to your average 100K finish and not your average 50 mile finish!

Parking: This is plenty of street parking near the race start/finish. You can park anyway along Santiago Canyon Road. Please refrain from parking on the dirt road (Indian Truck Trail).

Weather: Normally October is a moderately dry and sometimes hot month. The average high for race day is about 85 degrees with an average low of 54 degrees (records are around 100/40). Weather patterns can vary considerably and it CAN rain (but VERY rarely snow) in October. These temps are for the start/finish area of the race. It's best to check the weather a day or two before the race and be prepared to dress in layers (and bring sunscreen if it's warm!). Remember the temperature can vary by 10-15 degrees from the canyons to the peaks in this race (and it can get chilly near the top after dark). If weather is looking to be unusually hot, wet, or cold, I will send out weather updates before the race.

Sunrise will be at 5:56AM and Sunset at 5:16PM. Early starters will probably want a headlamp. 6AM start can get by without a headlamp.

October 16th is the full moon so there should be some light at night. It's still HIGHLY recommended that you wear a headlamp after dark.

2016 Sponsors



Race Rules

1. Have fun!
2. Be Safe. There are many hazards along the course including (but not limited to), mountain lions, rough terrain, rattle snakes, sharp cliffs and drop offs, etc. It is your responsibly to run safe and stay alert.
3. Except in case of medical emergency, runners may accept no aid nor assistance in any form from anyone, including pacers and crews, between aid stations.
4. Each runner must carry all of his own food, fluids, clothing, and other supplies needed for use between aid stations and must carry a **minimum** of 40oz of water.
5. Littering of any kind is strictly prohibited. Littering will result in the immediate disqualification of the runner in this year's race, and for all future races.
6. Runners are responsible for the actions of their crews and pacers.

7. Participants must follow the marked trail at all times. Any runner departing from the official trail must return to the point of departure on foot before continuing.
8. Each runner must be checked IN at EVERY aid station. Runners not checked at each aid station may not be credited with officially finishing the Run. If you do not leave an aid station – you MUST inform the crew.
9. Lights are HIGHLY RECOMMENDED for any runner reaching an aid station at 5:30PM or later.
10. Any entrant who is unable to finish the race must personally inform personal at the nearest aid station (or support vehicle) of his or her decision to withdraw. You must turn in your bib at this time (you can get it later if you want a souvenir). Runners who leave the course without turning in their bibs will be classified as "lost," and may be billed for charges incurred in any search and rescue operation.
11. Pacers are allowed in the 50 mile Race. Pacers should be experienced trail runners in excellent physical shape and conditioned adequately to run approximately 18 miles over rough terrain. Pacers will pick up runners at mile 34. Transportation will be provided to pacers from the starting line to the West Horsethief Aid Station at approximately 12:00PM. We only have room for 3-4 pacers to go to mile 34. First come first serve. Alternatively, with their own transportation, pacers may pick up their runner at any point from mile 30 onward. Mile 30 (Holy Jim) is 4.5 miles from the paved road and mile 38 (Indian Truck Trail) is 6.5 mile up a dirt road.
12. Headphones are not recommended or encouraged. Use at your own risk.
13. Dogs are allowed on all trails. If you run with your dog, please do not run it more miles than it is accustomed to. Run with your dog at your own risk (and risk of your dog).
14. All runners must be off the course by 9:45PM. We will adjust this accordingly based on start time of the race.

Aid Station Chart

	50M	50K	30K	Elevation	Aid	Open	Close	Cutoff
Start	0	0	0	1200'	Full	4:30AM		
IndianTT1	6.5	6.5	6.5	3800'	Full	6:00AM		
Horsethief1	10.5	10.5		4100'	Full	7:00AM		
HolyJim1	14.5	14.5		1700'	Full	8:00AM		
BearSprings1	19	19	8.5	4000'	Water	-		
Santiago1	22	22		5687'	Full	9:00AM		
UpperHJBase1	25	25	7.5	4000'	No	-		1:45PM
BearSprings2	25.5			4000'	Water	-		
HolyJim2	30			1700'	Full	-	3:00PM	
Horsethief2	34			4100'	Full	-	4:15PM	4:30PM
IndianTT2	38			3800'	Full	-		
UpperHJBase2	39			4000'	No	-		
BearSprings3	39.5			4000'	Water	-		
Santiago2	42			5687'	Full	-	7:00PM	7:00PM
UpperHJBase3	45		11.1	4000'	No	-		
IndianTT3	46	26	12.1	3800'	Full	-	8:15PM	8:15PM
Finish	52.5	26.5	18.6	1200'	Full		9:45PM	9:45PM

Aid station & Race Cutoff Times reflect a pace of about 17 minutes per mile for the regular start and 19 minutes per mile for the early start (for the 50 Mile race).

If you cannot make this pace, you will not make the cutoffs and may be pulled from the course.

**NOTE: You MUST reach mile 25 by 1:45PM if you plan to run 50 miles.
If you reach mile 25 after 1:45PM, you must complete the 50k course instead.**

Aid Station Supplies & Food

Aid stations will have Honey Stinger Gels and Wafers. Endurolytes will also be available on the course, as will with water with Nuun. Indian Truck Trail, West Horsethief, Holy Jim, and Santiago Peak will have a mixture of potatoes, PB&J, salty and sweet snacks, fruit, etc.

First Aid

All aid stations have a first aid kit. EMTs will be stationed at West Horsethief (12-4PM), Indian Truck Trail (5-8PM), and Start/Finish (12PM-10PM)

Drop Bags

Drop bags will be at SANTIAGO PEAK

Drop bags will be returned to the start/finish area in multiple waves. First round will come down around 12PM. If you cannot stay to pick up your drop bag, you will need to make arrangements to pick it up at a later time in Southern California (OC/San Diego area) or pay for shipping and packaging. **IF you plan on the 50k drop down option OR are running the 50K in general, inform the Santiago Peak aid station crew so they can set your bag aside to be taken down earlier. Same goes for whenever you are DONE with your drop bag. Inform the aid station so they can set it aside to take down.**

Live Runner Tracking

This data can be found at: <http://liveruncast.com/twinpeaks2016/runcast.php>. We hope to update it every 15-30 minutes (or at least every hour). Runner tracking is relayed via HAM radio from the aid stations to central control under the operation of RACES (Riverside County Radio Amateur Civil Emergency Service). This data will be added to a spreadsheet which will be accessed via a local wireless network then updated to the internet at periodic intervals.

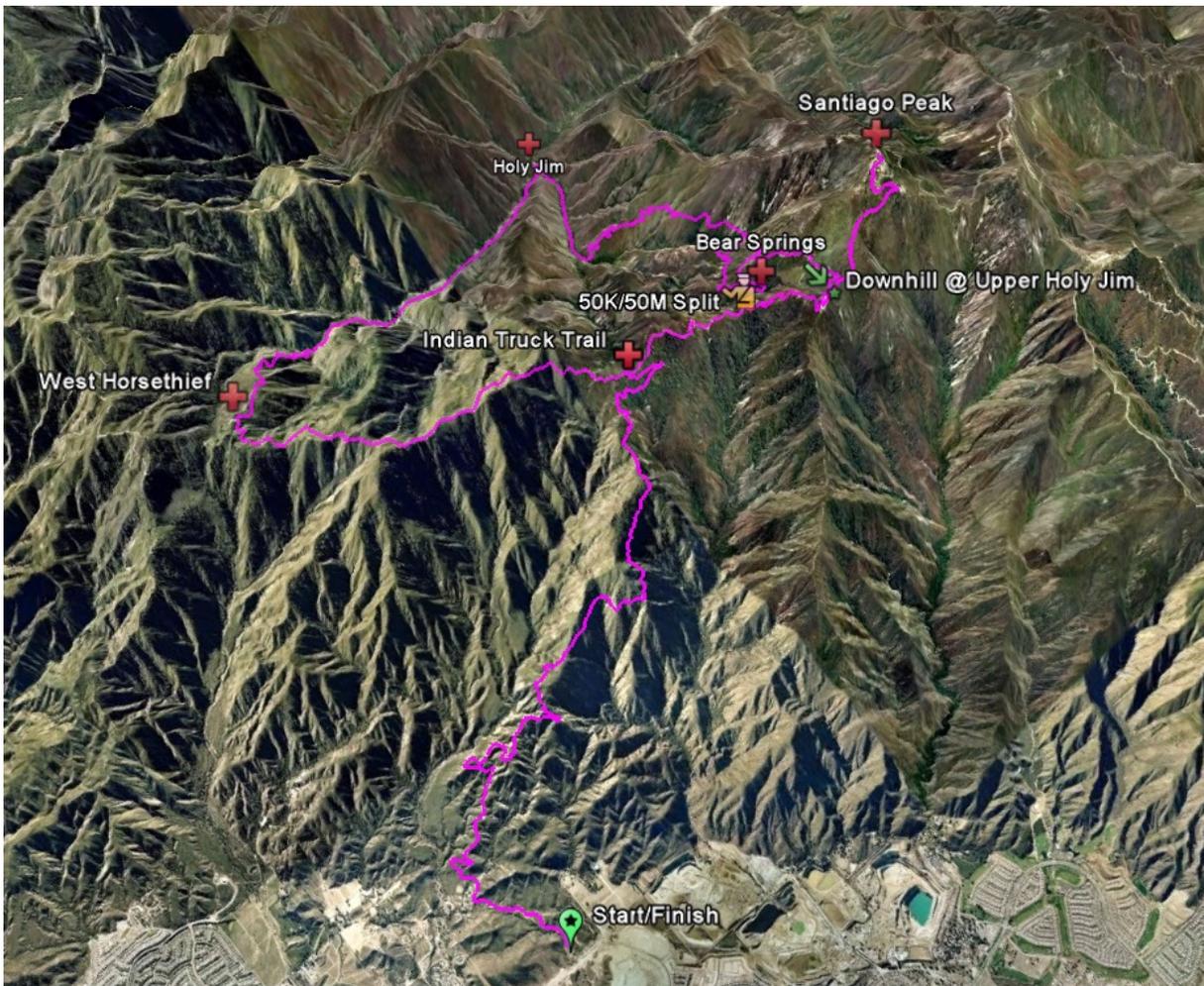
Course

Pacers are allowed starting at mile 30. (Holy Jim or West Horstchief aid station). We will be able to transport some pacers so transportation will be on a first come first serve basis (please RSVP if your pacer needs a ride). Otherwise, pacers will be responsible for their own transportation and it is recommended your pacer meets you at the Holy Jim aid station (mile 30) if they do not catch a ride to West Horsethief. They may also meet you at mile 38 (Indian Truck Trail), assuming they get up there on their own.

Course Description and Maps

The Twin Peaks course will be well marked and consists of 100% Singletrack and Fireroad in the beautiful Santa Ana Mountains within the Cleveland National Forest (Start/Finish located in South Corona, CA). Intersections will be marker with pink ribbon and/or flower. Signs will be on the course and pink ribbon will mark the trail.

Course Overview Map



50 KM

The 50K course is approximately 32.5 miles long with approximately 11,000' of elevation gain. If you opt for the 50K finish during the race, you must do so at mile 25. FYI – the 50K course is still HARD and not really a wimp out but you will count toward the DNF rate for the 50 mile event if you registered for 50 miles.

Route directions (for 50KM)

- Up Indian Truck Trail (6.5 miles)
- Left on Main Divide @ aid station (for 4 miles)
- Right on West Horsethief @ aid station & stay right at bottom (becomes Trabuco Trail) for 4 miles.
- Right on Holy Jim Trail @ aid station (for 4.5 miles)
- Left on Main Divide @ unmanned aid station to Santiago Peak (3 miles)
- Turn around and go back down (about 1.7 miles)
- Left onto Upper Holy Jim Trail (just under 1 mile)
- Left at bottom of Upper Holy Jim Trail @ radio checkpoint (for 1 mile)
- Left at Indian Truck Trail @ aid station back to finish (6.5 miles)

Elevation Profile for 50K



50 Mile

The 50 mile course is approximately 52.5 miles long with approximately 17,000' of elevation gain.

Route Directions

Up Indian Truck Trail (6.5 miles)

Left on Main Divide @ aid station (for 4 miles)

Right on West Horsethief @ aid station & stay right at bottom -becomes Trabuco Trail (for 4 miles)

Right on Holy Jim Trail @ aid station (for 4.5 miles)

Left on Main Divide @ unmanned aid station to Santiago Peak (3 miles)

turn around and go back down (about 1.7 miles)

Left onto Upper Holy Jim Trail (just under 1 mile)

Right at bottom of Upper Holy Jim @ radio checkpoint (for .5 miles)

Left at Holy Jim @ unmanned aid station (4.5 miles)

Left @ bottom of Holy Jim @ aid station (for 4 miles). (Stay left at split after about 2 miles to go UP West Horsethief). Left at top of West Horsethief @ aid station (for 4 miles)

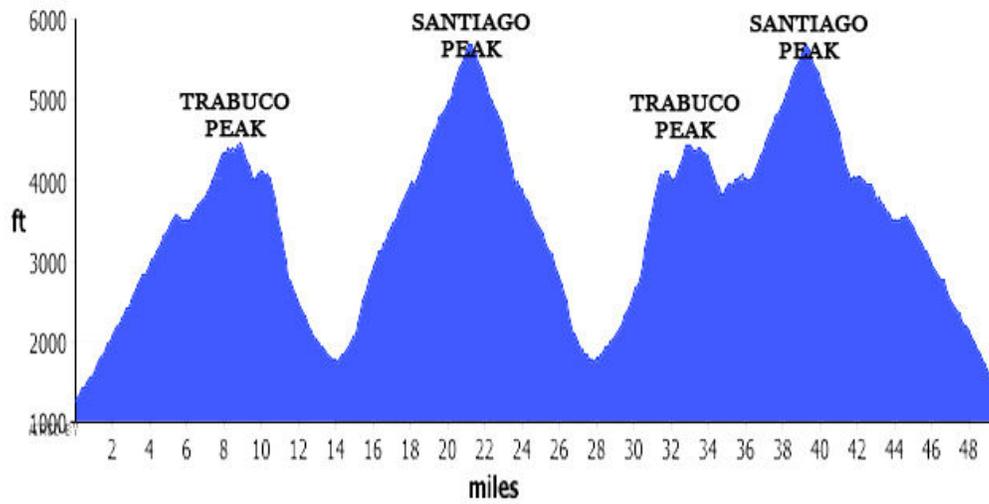
You will then stay on Main Divide for 4 more miles, passing Upper Holy Jim (radio only) & Bear Springs (water only). After Santiago Peak aid station, turn around and go back down (about 1.7 miles)

Left onto Upper Holy Jim Trail (just under 1 mile)

Left at bottom of Upper Holy Jim Trail @ radio checkpoint (for 1 mile)

Left at Indian Truck Trail @ aid station back to finish (6.5 miles).

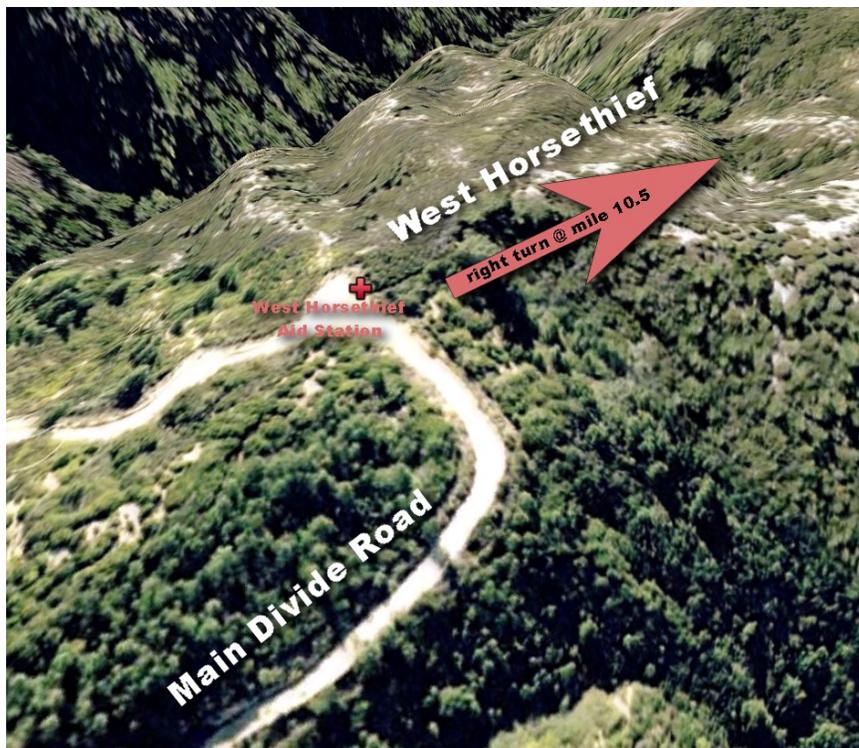
Elevation Profile



50 Mile Maps



Left @ Main Divide @ Indian Truck Trail Aid Station (full aid)



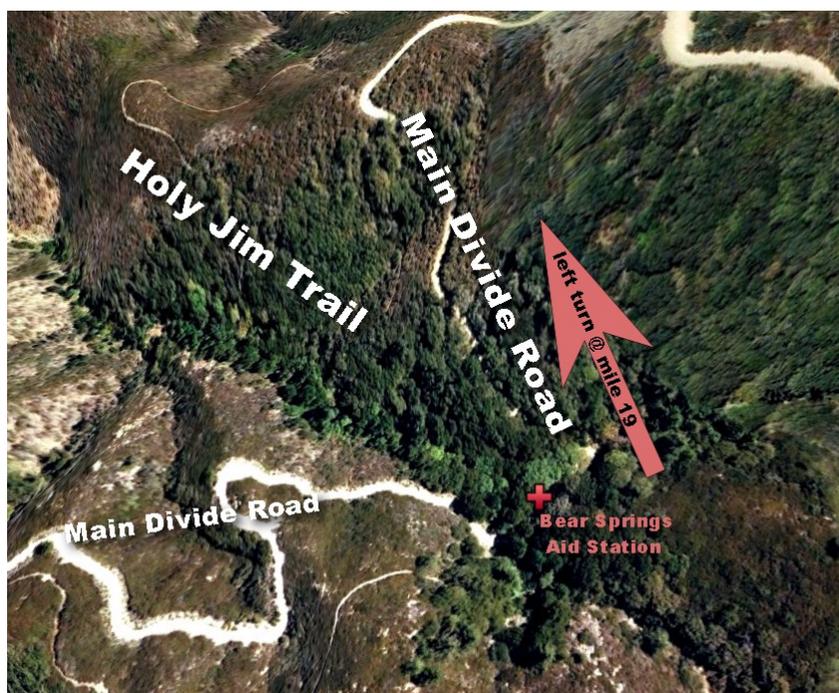
Turn right at West Horsethief Aid Station onto Singletrack West Horsethief Trail



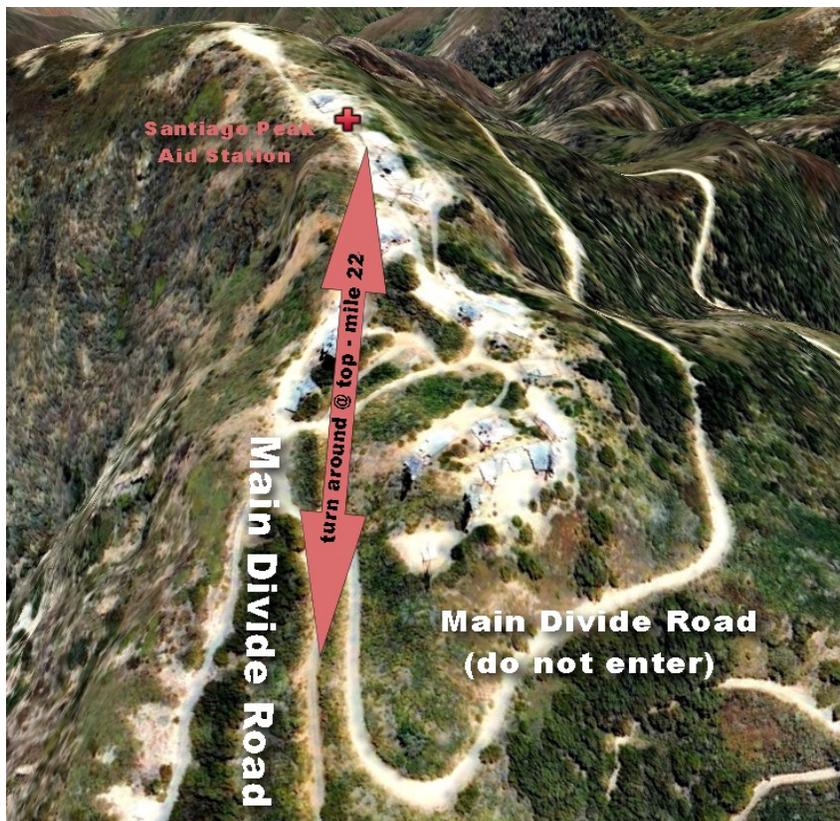
Stay right at bottom of West Horsethief Trail



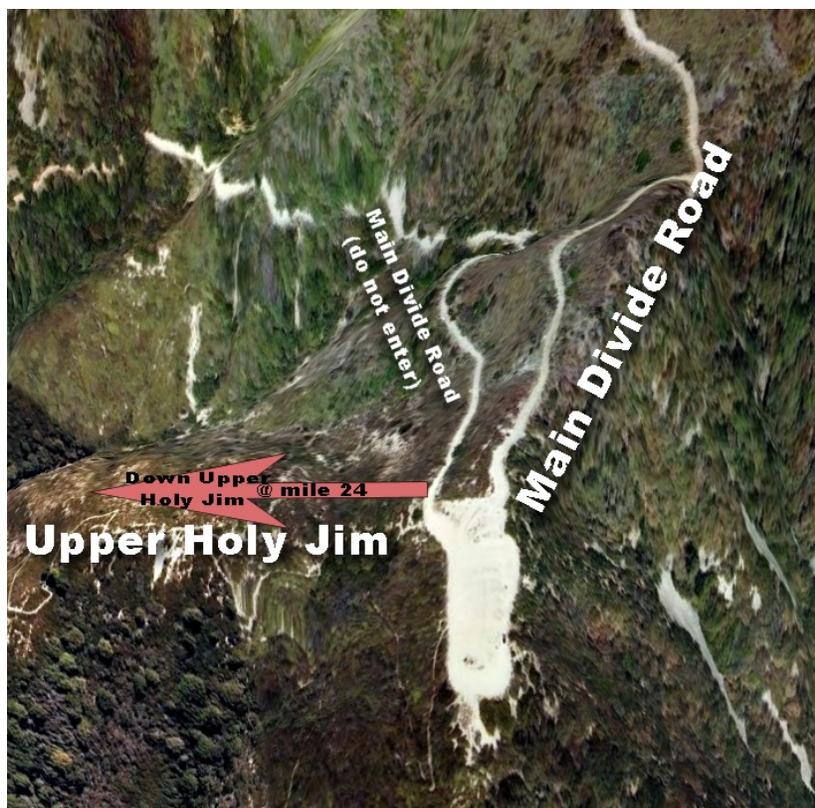
Turn right onto Holy Jim Trail @ Holy Jim aid station
Stay on Holy Jim Trail – do not take side trail to Holy Jim Falls



Turn left on Main Divide @ Bear Springs Aid Station (water only - instaffed)



At Santiago Peak Aid Station turn around and go back down the way you came up



Don't miss the turn down Upper Holy Jim Singletrack near the large dirt/sand area



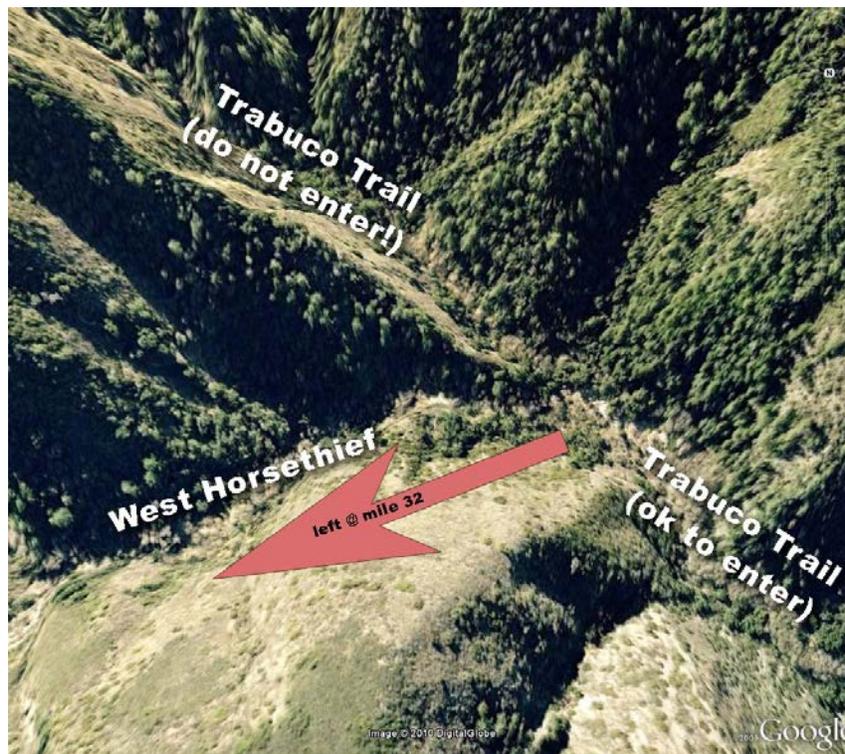
Turn right on Main Divide @ radio checkpoint
50M runners can turn right here to "wimp out" and finish the 50K



Turn left on Holy Jim Trail @ the Bear Springs Aid Station



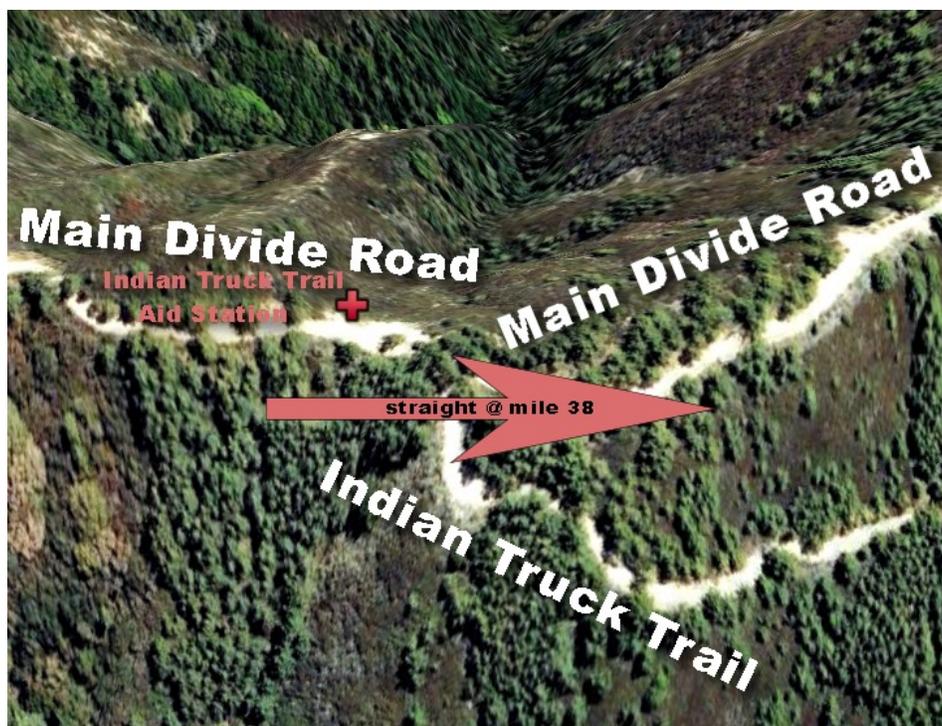
Turn left on Trabuco Trail @ Holy Jim Aid Station



Turn left on West Horsethief Trail (don't continue on Trabuco past this point!)



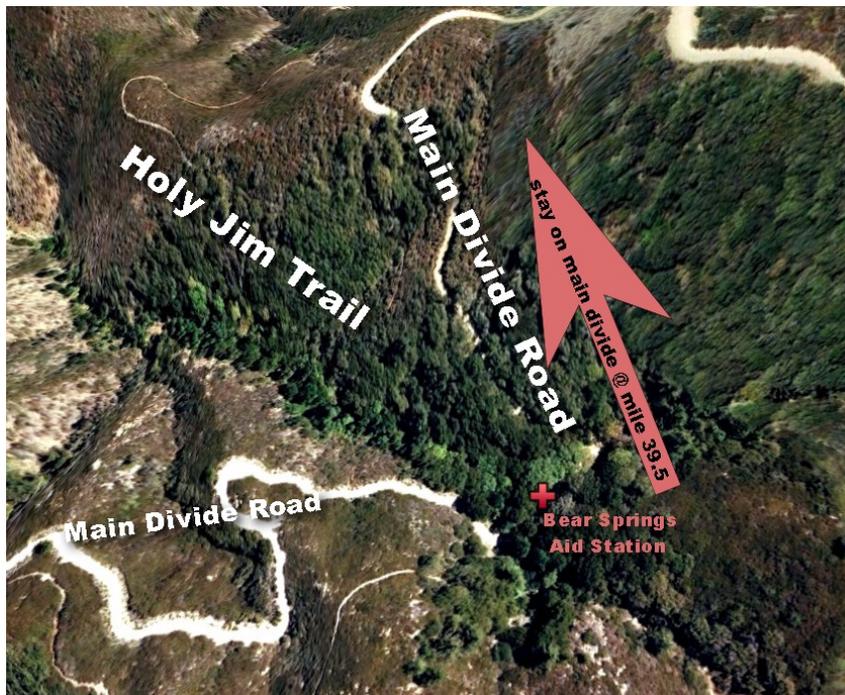
Turn left on Main Divide at West Horsethief Aid Station



Continue straight through Indian Truck Trail Aid Station on Main Divide Road



Go straight through checkpoint and stay on Main Divide Road



Go straight through Bear Springs Aid Station and stay on Main Divide Road



At Santiago Peak Aid Station turn around and go back down the way you came up



Don't miss the turn down Upper Holy Jim Singletrack near the large dirt/sand area

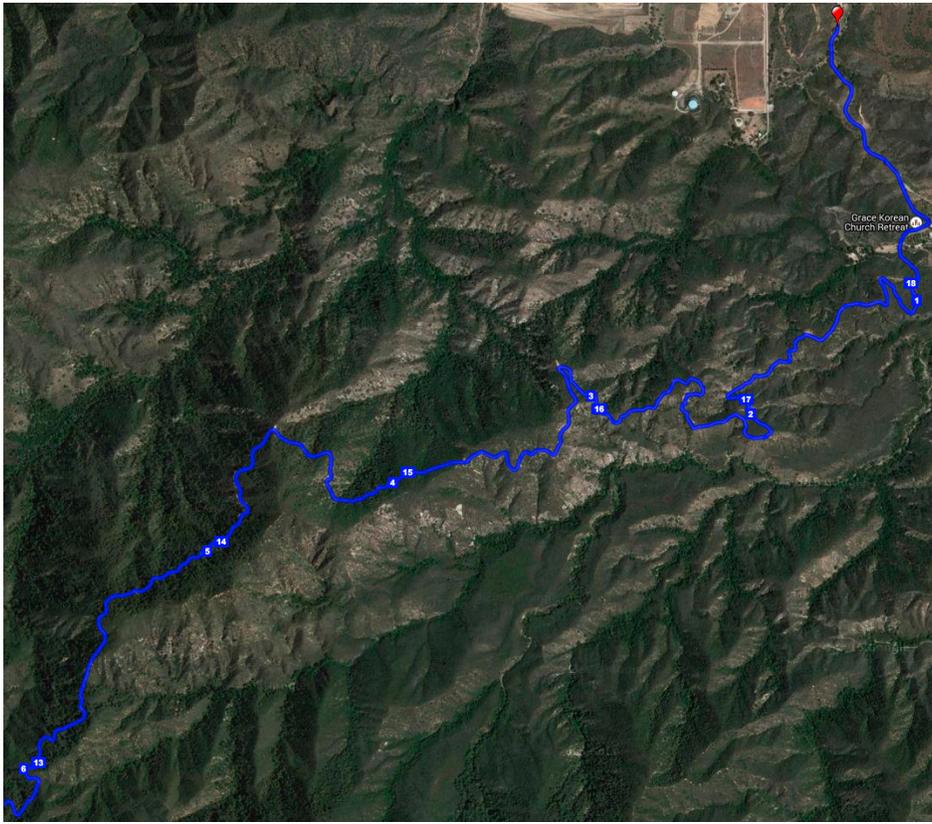


Turn left on Main Divide @ checkpoint station

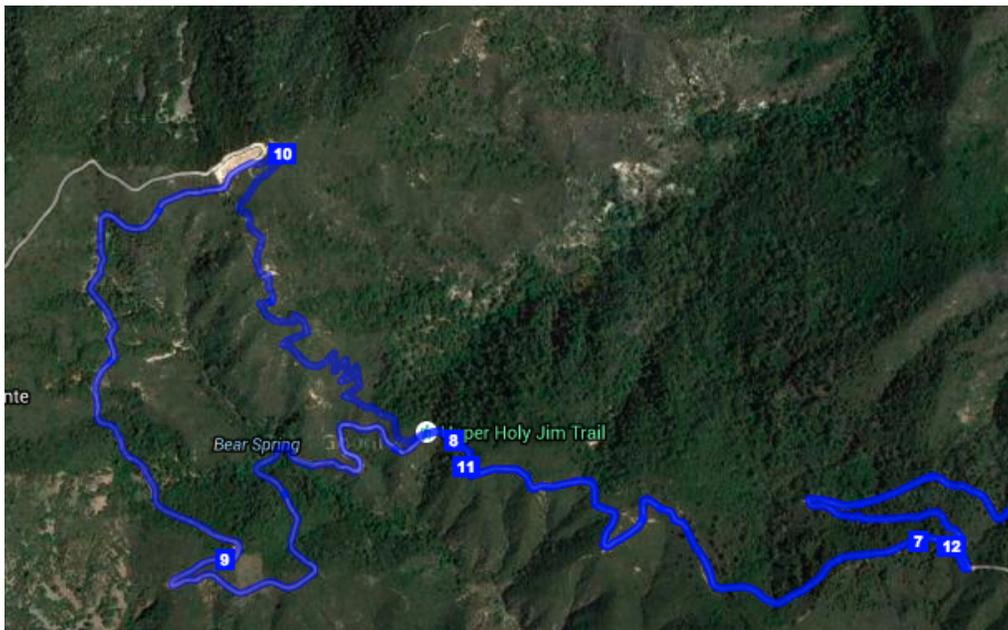


Turn left onto Indian Truck Trail @ Aid Station
6.5 miles downhill to the finish!

30K Course Map & Directions:



Part 1 of the course is pretty simple and involves running 6.5 mile up Indian Truck Trail. When you get to the top you turn right on Main Divide Road at the aid station.



Part 2 of the course involves STAYING on Main Divide road and running past the radio checkpoint and continuing past the Holy Jim turnoff (stay on the fire road!) You will climb for about 2 miles until you see big turnout area and some water and signs marking the top of the 30K course. Here you will turn right to go down the Upper Holy Jim Trail. When you get to the bottom you will make a left turn to go back toward Indian Truck Trail. Back down Indian Truck Trail to the finish!

Awards

All entrants will receive a long sleeve tech shirt. All finishers will receive a finisher's medal. Top male and female in each distance will receive cash prizes and age group winners will receive mugs.

Course Flora & Fauna

Notable plant life along the course includes the possibility of Poison Oak in the lower portions of the course in Trabuco Canyon. This area includes the stretch from the bottom of West Horsethief Trail to the beginning of the Holy Jim Trail. However, if Poison Oak is present (not common in October), it is usually very easily avoidable if you stay on the well-maintained trails (you should never go off the trail anyway!)

Potential animals include deer, bobcats, mountain lions, coyotes, and rattlesnakes. There are no bears in the Santa Ana Mountains. The animals listed are all normally very reclusive. Rattlesnakes can be active in October if the temp is warm enough. If you have any concerns, please make yourself familiar with the various precautions you can find on the Internet such as these: http://www.mountainlion.org/facts_safety.asp
<http://www.dfg.ca.gov/news/issues/snake.html>

This race is, of course, run at your own risk, so please be aware of your surroundings at all times (one reason why headphones are not recommended). It is recommended that 50 mile runners run with a pacer or another registered runner after dark (if possible).

Results

Preliminary results will be posted the day after the race before midnight (Oct 16th, 2016 by 11:59PM).

Preliminary results will be online during the race and immediately after at

<http://liveruncast.com/twinpeaks2016/runcast.php>