

# 2021 Capitol Forest 14/30/50 Mile Racer Package

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## 11<sup>th</sup> Annual: August 28<sup>th</sup> 2021

Welcome to the 11<sup>th</sup> annual Capitol Forest 14/30/50 Mile Mountain Bike Race! We are excited to have you at the race and looking forward to a fun day!

Please note that information contained in this Racer Packet will also be on the website, this document just keeps it concise and printable. In addition to our race waiver, the Dept. of Natural Resources (whose land we are using) requires you to sign their waiver. We will have copies of this waiver for you to sign at packet

pickup.

Marking the course well is our number one priority, and we'll have aid stations stocked with a variety of Hammer products, water and HEED electrolytes every 6 to 12 Miles. This year we're very excited to have Joy Ride back as our Neutral Bike Support! Also, compliments of Hammer, we will have a ton of giveaways for the event! We're also providing sample products and logo'd swag to each racer such as water bottles, hoodies and a finishers glass to hold your Manny's or Soda depending on your age and preference.

As with the other races in the series, the top three finishers of this race in each category will be given a custom award.

Since this race is also the 2021 season finale, we'll also have the awards ceremony day-of-race and we'll be awarding the top three finishers of the Northwest Epic Series Championship with additional prizes, including awards and a Georgetown Brewery growler with Manny's Pale Ale! Also we will be awarding the top FSA riders with a season award for the top 3 in each category!

After the race there will be post race food plus a selection of fruits, beverages and snacks. At the finish we'll be providing a pint of Manny's Pale ale from Georgetown Brewery for all riders.

## Supporting Trail Maintenance Efforts

A big thank you to DNR and Friends of Capitol Forest (FOCF) for doing a terrific job maintaining these trails year round and in addition, FOCF is providing invaluable support for this race day-of as well. \$5 of your registration from this event will go to FOCF to support their efforts in trail building and clearing, without which we would not have these amazing trails. South Puget Sound Search and Rescue also has over a dozen vehicles out there with HAM radios to ensure your safety and quick recovery should you get hurt.

Last year we raised \$2,500 for these nonprofits!

Please visit <http://www.friendsofcapitolforest.org/> for more information on how to support this great organization!

## Race Itinerary and Key Information

Below you will find the itinerary and information necessary for the event. Please check our website (<https://www.nwepicseries.com/index.php/events1/capitol-forest>) and facebook page (<https://www.facebook.com/NWEpicSeries/>) for last minute updates.

## Camping/Staging/Start-Finish Location

**Evergreen Sportsmen's Club**  
**12736 Marksman Road SW**  
**Olympia, WA, 98512**

There is plenty of camping at the Evergreen Sportsmen's Club. New this year: you will need to register for camping with their online platform; you can register here:

<https://shootevergreen.com/camping-reservations>

If you prefer to stay in a hotel/motel, there are a number of them along I-5 and please see our lodging tab on the website for more information.

### Directions

If you are coming from I-5, take Exit 95. Follow WA-121 N for 0.2 Miles and Maytown Road NW for 2.9 Miles towards Littlerock, heading west. In Littlerock, continue straight (don't follow Maytown Rd) on 128th Ave SW for 0.8 Miles, then turn left on Mima Rd SW and follow for 1.3 Miles. Turn Right and follow Bordeaux Rd SW for 0.7 Miles, then turn Right at Marksman Rd SW and follow for 1 mile (note: do NOT turn left into Mima Falls Campground but keep going). There will be signs along the way with our logo so please watch for those as you go.

## Event Schedule

### Friday, August 27<sup>th</sup> : Evergreen Sportmen's Club

6:00PM-8:00PM: Early racer packet pickup for all three distances: 14(FSA), 30 and 50 Mile racers

### Saturday, August 28<sup>th</sup>: Evergreen Sportmen's Club

Bag Drop (no bag drop for FSA riders)

) Bags leave for Fall Creek Aid Station at 7:30am sharp

### 50-mile Riders

) 6:30-8:00am – bib pickup

) 8:00am – START for Men Open, Women Open, SS

) 8:10am – START for Men Masters, Men 50+, Women Masters, Women 50+

### 30-mile Riders

) 7:00-8:30am – bib pickup

) 8:30am – START for Men Open, Men Masters, SS

) 8:35am – START for Men 50+, Women Open, Women Masters, Women 50+

### FSA 14-mile Riders

) 8:00-9:00am – packet pickup

) 9:00am – START for ALL FSA categories

## Awards

Awards for all distances are as follows

FSA Awards: 1:00PM

30 Mile Awards: 2:30PM

50 Mile Awards: 3:30PM

## Cutoff Times

50 Mile Cutoff: 4:30PM at Mile 42 Fall Creek Aid Station

6PM: Courses closed

## 14/30/50 Mile Course

**Important, 50 Milers, you will not be able to drop down to the 30 once you start and if you decide to stop at mile 30 we will need to give you a DNF.**

**30/50 Mile Course:** The 30 and 50 Mile loops are mostly on rolling single track, with a small portion of roads.

Course info: Course Tab at <http://nwepicseries.com/index.php/events1/capitol-forest>

Interactive Course Map can be found at: <https://caltopo.com/m/AKRB>

**FSA 14 Mile Course:** The FSA LOOP is 90% rolling single track. Follows the 50 mile course to Lost Valley where it cuts across (**follow the blue arrow**) to Margaret McKenny trail finishing on the last few miles of the 50 mile course. Please be aware there are no aid stations on the 14 mile course; be sure to pack whatever food and hydration you may need.

**Course Markings:** The course will be marked with orange clip-on streamers, orange arrows (30/50 Mile), Blue Arrow (FSA cutoff), signs and orange spray paint. Those sections will have warning signs and you are asked to pay extra attention. Multiple strips of orange ribbons hanging on the side of the trails will announce turns, and confidence ribbons will follow on the same side after the turn. Signs will be posted at intersections, including road crossing warning signs and manned intersections.

## Aid Station Charts, Additional Safety Information, Cut off time

The South Puget Sound Search and Rescue Organization will be onsite with HAM radios to provide an additional safety net apart from the manned Aid Stations.

## Aid Stations

All Aid Stations are spaced roughly every 7 to 15 miles apart. We will provide water, HEED Electrolyte, Hammer Gels. We will also have volunteers that can help you fill your bottles at aid stations.

- 30 Mile Riders (Aid Mile 12.5 & 22) will pass by the Fall Creek Aid Station
- 50 Mile Riders (Aid Mile 12.5, 19, 31 & 40) will pass by Aid Station #1 and #2 each two times.

**Cutoff Time**

50 Mile Cutoff: 4:30PM at Mile 42 Fall Creek Aid Station

**DROP BAGS have changed:**

Drop Bags will leave headquarters at 7:30AM sharp for the Fall Creek Aid station for both the 30 Mile racers and 50 Mile racers.

**Sponsors**

Thanks to the following great sponsors for making it possible for us to bring you a memorable race!

Georgetown

Hammer

FSA

Evergreen Sportsmen's Club

FOCF

Pierce County SAR

Joy Ride Bicycles

ITM Fire, LLC

**Questions?**

Please contact [dana@wamulti-sport.com](mailto:dana@wamulti-sport.com) or 360-502-1695.

We will have VERY limited email access after 8/25, but will return your call as soon as possible.

Looking forward to seeing you out there!