



BIMBLER'S BLUFF 50k TRAIL RACE

"...I should have listened..."

October 25th, 2009

8:00 am – Guilford, CT



ENDURANCE FUELS
& SUPPLEMENTS

INTRODUCTION

The *Bimble's Bluff 50k* is an off road foot race through several woodland preserves in southern Connecticut. Consisting entirely of single track or forest roads, the course will provide a true test of the runner's fitness and mental stamina. You should only consider entering this race if you are confident you have sufficient running experience such as having previously completed a recent road or trail half marathon. If you have any questions or concerns about your ability to complete this race but would still like to enter, please contact the race director.



Runners not wishing to take on the full 50k may like to consider entering the Goat or Gazelle Relay that shall take at the same time. For the relay, teams of 2 runners will complete the Bluff course that has been divided into 2 sections. The Goat will run from the start and over the 'mountainous' Bluff portion. They will hand over to the Gazelle at the Braemore Preserve so that, with fresh legs, they can sprint back to the finish.



The focus of the Bluff is primarily an individual 50k event, the total number of relay teams may be capped as aid station parking is limited. If you ran the relay in 2008, why not run the whole thing this year! ☺



The course inter-connects seven woodland properties and uniquely offers access to the Genesee Preserve where entry is normally restricted to Regional Water Authority permit holders. Aid station locations are limited to places with easy road access and the distance between stops varies. Runners are strongly advised to carry a drink bottle and their preferred choice of snack. The aid stations will be stocked with a variety of snacks typical of an event of this kind. Water and the electrolyte drink Heed by Hammer Nutrition will be available at all stations.

All entrants will receive a goodie bag containing their race number, shirt and information about the course. Finishers within the 10 hours time limit will receive a unique finisher award to acknowledge their achievement. There will be additional awards for the overall male and female finishers. The race is sanctioned by the USA Track and Field Association.

The *Bimble's Bluff* has been established to promote access to the woodland trails in southern Connecticut and in doing so the organizers wish to acknowledge the support of:

- Guilford Land Conservation Trust
- Guilford Conservation Commission
- Guilford Sportsmen's Association (GSA)
- Town of Guilford
- Town of Madison
- Regional Water Authority
- Connecticut Department of Environmental Protection

Without the approval of these organizations, this race would not have been possible and proceeds from the event will be donated back to charities that manage and maintain these trail systems. Parts of the race course are not generally open to public access. If you wish to practice prior to the event please note:

- To enter the Genesee Preserve you must be in possession of a valid recreation permit issued by the Regional Water Authority.
- Access to the trail through GSA property is permitted for hikers. Large groups wishing to use the trails should contact the GSA in advance.

PRE-RACE TRAINING

There will be a few informal training runs arranged prior to race day known as *Bites of the Bluff*, with the aim to provide an opportunity for you to become familiar with the course in manageable sections. Details will be published on the bulletin board at www.mrbimble.com, there is no charge to take part, bring your own drinks / snacks and we'll try to ensure you don't get lost!

THE BLUFF 50k

The *Bluff* is a 50k trail race for individual runners with the necessary training and endurance to take this sort of challenge. Before considering entry to this race, you should have completed at least one trail race up to the half marathon distance. You should also plan to carry a drink bottle between aid stations in order to stay hydrated. The longest distance between aid stations will be approximately 8 miles. All finishers of the 50k course within the 10 hour cut off time shall receive a unique finisher award. There shall be a 7 hour cut off time at aid station 4, runners failing to reach this location within this time will be asked to retire from the race.

THE GOAT & GAZELLE RELAY

Runners looking to experience a long distance trail race but who are not confident in being able to complete a full 50k may enter the Goat or Gazelle Relay. For the relay, teams of 2 runners will complete the Bluff course that has been divided into 2 sections. The Goat will run from the start and over the '*mountainous*' Bluff portion. They will hand over to the Gazelle at the Braemore Preserve so that with fresh legs, they can sprint back to the finish. Teams must nominate who will participate as the Goat or Gazelle at entry. Switching roles after the race has started will not be permitted. The cut off times stated for the individual race shall also apply to the relay.

The change over location shall be at the **Braemore Preserve** (aid station 3) *this is a change from the 2008 race*. Transport will be provided to take relays teams to and from the change over location. Parking at Braemore is limited and we would like to avoid excessive parking over spilling onto nearby private property. If you wish to cheer team members on, you may use the Old Archery Range parking area (aid station 1), Bluff Head (aid station 2) , the Rockland Preserve parking lot off Rte79 and the Rene Way parking area (aid station 4).

ENTRY FEES

The Bluff 50k - \$45 before August 31, \$55 before October 2

Goat and Gazelle Relay (per Team) - \$65 before August 31, \$75 before October 2

Entry can be submitted on-line via Active.com or by post

Note:

Entries will be limited to 120 individual runners, registration will close if this limit is reached before October 1

THERE WILL BE NO RACE DAY REGISTRATION.

COURSE DESCRIPTION

On race day the course will be marked with colored surveyor tape, you should not expect to have to carry directions or a map. Last year several runners went off course. Strong winds the night before twisted some tape markers around branches and also covered the trail with a layer of leaves making it hard to follow. This year we plan to position plastic plates with directional arrows at trail intersections. On race day, someone will inevitably get lost; it is part of the sport. During training you should practice concentrating on trail markers as well as building endurance for running. On race day don't assume the runner in front knows what they are doing! Full details of the course marking will be provided at a pre-race briefing.

- Start at Guilford Lakes School, 40 Maupus Rd, Guilford, CT. After looping the field once, cross Maupus Road onto single trail in Timberlands. Follow white blaze heading north to the white crossover, continue until it rejoins white blazes. Then bear left on yellow, to red then back onto white to a trailhead on route 80 and **aid station 1**
- Cross route 80 (**watch for traffic**) and follow un-blazed trail that borders Guilford Sporting Association (GSA) property. Not far into the trail you will come across a creek crossing. The logs across can be slippery in wet conditions! Continue until you cross a narrow paved road (Hart Road, this leads to the GSA shooting range, **watch for traffic**), There is another creek crossing shortly after that has stepping stones, but they can be slippery – beware! Shortly after the creek, watch for yellow posted signs for the GSA on your right and then an orange *No Hunting* sign ahead. Turn right keeping the yellow signs on your right until you reach a wider track (Race Hill Rd). Turn right, then at next fork keep right, before bearing left at another fork shortly afterwards. The trail will bring you to large boulders that indicate the town boundary between Guilford and Madison. Follow trail down to a bend on a wider forest trail and turn left. You have now entered the Genesee Preserve managed by the Regional Water Authority (RWA). Please note that access is only permitted with a valid permit from the RWA, on race day your bib number is your permit. **It will be approximately 7 miles to the next aid station, make sure you are carrying sufficient refreshment for this section.**

- The trail blazes are orange, follow them to a wide intersection and turn left onto white. After a short distance, turn right onto red. The red trail has been disturbed by recent forestry work; ignore the first trail junction to your left, the trail will eventually bear left, go up a short hill then turn to the right. It goes over a rise before dropping to an intersection, turn left still on red. Follow red, the trail may have a lot of surface water but is generally easy going. Ignore the first intersection with green to the right and take the second one a few hundred yards further up the trail. Continue on green until you see blaze markers in a lighter green to the left. This is the crossover to the Mattabaset Trail (MB). The MB is a blue blazed trail, from l-green turn left and follow the blue blazes to route 77 (**watch for fast moving traffic**), cross to the parking lot and **aid station 2**.
- From the aid station head up the steep hill to Bluff Head, the going is rough and VERY steep. Once at the top, the path closely follows the cliff top. It is well marked but care should still be taken as the footing is uneven and has lots of loose rocks. The trail will eventually lead away from the cliff edge, and in places is less defined underfoot but is still cleared blazed. Continue to follow the blue blazes and go past an intersection to the right that is marked white with a blue dot after a few miles. Eventually the MB joins with the Lone Pine Trail (LPT) marked as blue with a red dot; turn right onto the LPT and head downhill (be careful to watch for this trailhead on your right, as it can be easily missed). The LPT will begin to descend, steeply at first before it switches up, down, back and forth through dense woodland, before turning right and emerging onto a wider track close to a farm and some houses. Turn left onto the farm road and follow as it bends to the right away from the houses. A few yards after the bend (past the open field) watch for the single track blazed trail to your left; follow this to route 77 (some of the foot bridges in this section are loose – beware!). When you reach the road turn left, following the grass verge for about 100yds. Cross the road (**watch for fast moving traffic**) directly opposite the trail head to arrive at **aid station 3**. You are approximately half way!
- From the aid station proceed across the grass area along the posted trail and pick up the LPT (blue with red dot). The trail will eventually dump you onto a wider track, turn right and shortly afterwards cross a small creek. Continue around bend to the left and up to an intersection marked with a green sign identifying it as Rockland Junction. Stay straight here; you are back on the MB Trail. The trail bears to the right passes, an old charcoal pit, bears left and then crosses a small creek. Look out as the MB turns onto a left fork shortly after the creek crossing. Stay on the blue blazed MB, after about a half mile the trail straightens, look for a red crossover trail to your right. Turn onto this red trail, which will take you into the Rockland Preserve. This path will drop you onto a wide forest trail, turn left and pick up orange blazes. When you arrive at a metal barrier the trail turns to your right, then right again and passes a log cabin, this is Poole Road but is also known as the Rockland Trail. About three quarters of a mile beyond the house there is a fork; go to the right following orange blazes. Take a left turn that is signed Parking Lot and stay on this path until it reaches a three way junction. Turn right (left takes you to the parking lot) and continue on orange until it joins another three way junction, stay right again, the trail will now meander through the woods for a while. It then joins a wide track that appears to turn to the right. You must turn LEFT here and then turn right shortly afterwards to pick up yellow blazes on the right on the Old Crooked Hill Trail. Follow this downhill to Coan

Pond, and then pick up the red trail that switchback along the edge of the pond. At the creek, cross the footbridge and stay straight up the hill. At the next junction turn right, then left shortly after, you will soon pass a huge boulder on your right. After a short distance you will arrive at a junction that shows the Mattabesett crossover (blue with red dot) to your right and another trail to the left. Turn left towards the parking lot and **aid station 4**.

- The distance to the next section will feel very long although it is only 7 miles. Make sure you take plenty of food and drink at this aid station.** From the aid station, retrace your steps to the Mattabesett crossover and follow blue with red dot markers a short distance. When it reaches the MB turn left, and follow blue blazes once again. Beware, there are some very uneven sections to this trail, continue to a junction where blue bears to the right but to the left is the green crossover back to Genesee. Take the green trail and at the trail head notice board then bear slightly right again on green. When the green trail delivers you back on red turn left. Retrace your steps to white, and then continue to orange. The orange trail is wide with a reasonably even surface, if you have the energy it is very run able, but watch out for the turn to the right that takes you back onto to County Road about 1.5 miles from here (after the second downhill section). At this intersection, the orange trail will clearly bend to the left but you need to turn **RIGHT** onto an unmarked trail that goes uphill. Proceed to the boundary boulders, and stay straight on the obvious trail until a left turn takes you back towards the GSA property (this trail is bordered on your left with yellow GSA posted signs). Look out for the creek crossing, after this you will cross Hart Rd, the aid station will a little way after the second creek crossing. This next section of the trail may feel deceptively long compared with the outbound leg and you feel you have changed direction several times but be patient, it will eventually deliver you to the trail head at route 80 and **aid station 5**. Trust me!
- Cross route 80 into Timberlands onto the white trail. Retrace this trail to red, then yellow (it is easy to take a wrong turn, so concentrate!) and back onto white. Don't forget the white crossover section and once back on white beware, there are a couple of side trails that lead down to the road too soon. The correct trail will bring you close to the golf course before emerging onto Maupus Road opposite the school. Cross the road to the **finish!**

AID STATIONS

Aid stations will be stocked with water, Heed electrolyte drink, soda, and with the exception of aid station 1, a range of snack foods that you would expect to find at an event of this type.

No	Location	Approx Distances	
1	Route 80 - Old Archery Range parking lot	3.7 km	3.7 km
2	Route 77 – Bluff Head parking lot	12.7 km	16.4 km
3	Route 77 – Braemore Preserve parking lot	9.5 km	25.9 km
4	Renee's Way – Rockland Preserve parking lot	8.6 km	34.5 km
5	Route 80 – Old Archery Range parking lot	13.3 km	47.6 km
	Finish - Guilford Lakes School	3.7 km	51.3 km

The stations will be manned by volunteers who have given their time so you can enjoy your sport. Please respect any instructions they give you, they are there with your interests at heart. If you have the breath and energy, smile and thank them for being there!

SPECTATOR LOCATIONS / DIRECTIONS

Supporters are recommended to use the following locations:

Old Archery Range parking lot, Rte 80

Bluff Head, Rte77

Rockland Preserve parking area, Rte79 (you shall need to hike into the preserve a short distance to locate the trail)

Rene Way parking area

Guilford Lakes School, Maupus Rd

With the exception of the Rockland parking area, these locations coincide with aid stations. We do not recommend spectators go to the Braemore Preserve (aid station 3), as the area for parking is quite small.

To the Start

The race will start at, Guilford Lakes School, 40 Maupus Road Guilford. From I95, take exit 58 heading north on route 77 after about 1.5 miles turn right at the traffic light onto Stepstone Hill Rd. Follow over hill, through stop sign and continue downhill. The school entrance is about 400 yards on the left opposite the Guilford Lakes Golf Club.

From I91 heading south. Take exit 22 S to Rte 9 (Middletown), merge onto Rte 17 at exit 13 towards Durham. Rte 17 becomes Rte 77, continue to junction with Rte 80 and turn left. After about 1 mile turn right onto Maple Hill Road, this becomes Maupus Road. The school will be on your right.

To Old Archery Range – Turn left from the start onto Maupus Rd, follow to Maple Hill Road and this will lead to Rte 80. Turn right, the aid station is about 20 yards on the left.

Bluff Head – From the Old Archery Range, turn right onto Rte 80, follow to lights and turn right onto Rte 77 (Durham Rd) follow for about 5 miles, look for the aid station on your left about 1 mile after the lake.

Braemore Preserve – From Bluff Head. Turn left onto route 77 and head north. The aid station will be on your right after about 1-2 miles. Parking is very limited, please do not attempt to park on any private land nearby.

Rockland Preserve – from Bluff Head. Turn left and head north on Rte 77 to Sand Hill Rd which is approximately 1-2 miles on your right. Turn onto Sand Hill Rd until the intersection with Rte 79 (Madison Rd) and turn right (south). Follow for about 2 miles to Samantha Road, which will be on your left. The trail head parking area is on the opposite side of Rte 79. To locate the race route, you will need to park and hike into the preserve a short distance.

Renee's Way – from Rockland Preserve. Turn right onto Rte 79 (south) to Dorset Lane on the right, about after about 1 mile. Then turn right onto Devonshire Lane and right onto Renee's Way.

Old Archery Range – From Renee's Way. Head back to Rte 79 and turn right (south) follow to the junction with Rte 80 and turn right, stay on Rte 80 until you see the aid station on your right.

SCHEDULE OF EVENTS

5:00 – 8:00 pm Saturday October 24th

Race packet collection at KC's Pub, 725 Boston Post Rd Guilford, CT 0643.

KC's will be offering a special *Bite of the Bite* pasta meal in addition to their usual menu and as a registered runner you will be eligible to a 20% discount off your meal check (please notify the server when ordering you are running the Bluff).

6:30 – 7:45 am Sunday October 25th

Registration in the sport hall of Guilford Lakes School.

If you collected your race number at KC's the previous evening, you **MUST** still check in before the race so we know you started!

7:30 am Sunday October 25th

Pre-race briefing, (same location as registration).

You are strongly advised to listen to details of the course and route markings and not be one of those who said "...I should have listened..."

Post Race and Awards

Finisher awards will be presented as runners finish, there will not be a post race awards ceremony.

Refreshments will be available post race at the finish area.

ACCOMMODATION SUGGESTIONS

Comfort Inn

300 Boston Post Rd,

Guilford, CT 06437

Tel: 203 453 5600

(3.5 miles from the start)

Reference: "*The Bluff 50k*" to receive discounted room rate.

Holiday Inn Express

309 E. Main St

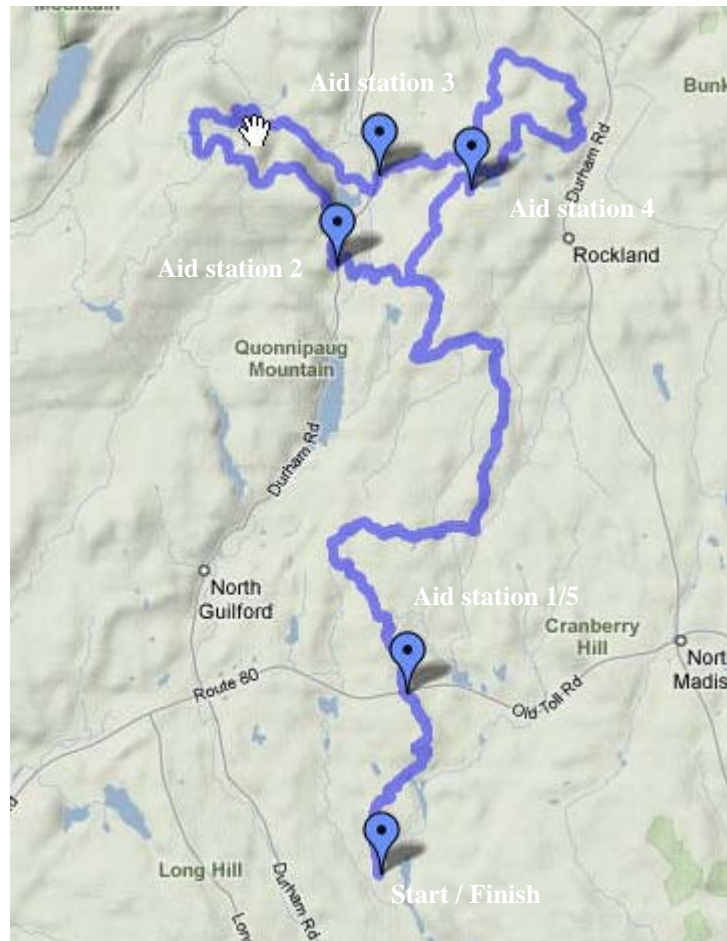
Branford, CT 06405

Tel: 203 443 5700

(7.0 miles from start)

HAVE QUESTIONS?

Race director: Jerry Turk Tel: 203 376 2893 Email: jerry@mrblimble.com



SPONSORS

The Bimble's Bluff 50K 2009 is being supported by:

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