



Event Brochure 2023

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USATF MONTANA ULTRAMARATHON CHAMPIONSHIP

Welcome to Polebridge, Montana, found in the heart of what we lovingly refer to as The North Fork. We ask that while you're here, you respect the wonderful people, beautiful wilderness, and corky culture of this remarkable place.

If you can handle that, the Glacier Institute would like to officially invite you to join in a 42 year long tradition to claim a special award for your 2023 running season. Strap on your running shoes, test your limits, cultivate your ability to never give up, and enjoy some delicious food afterwards.



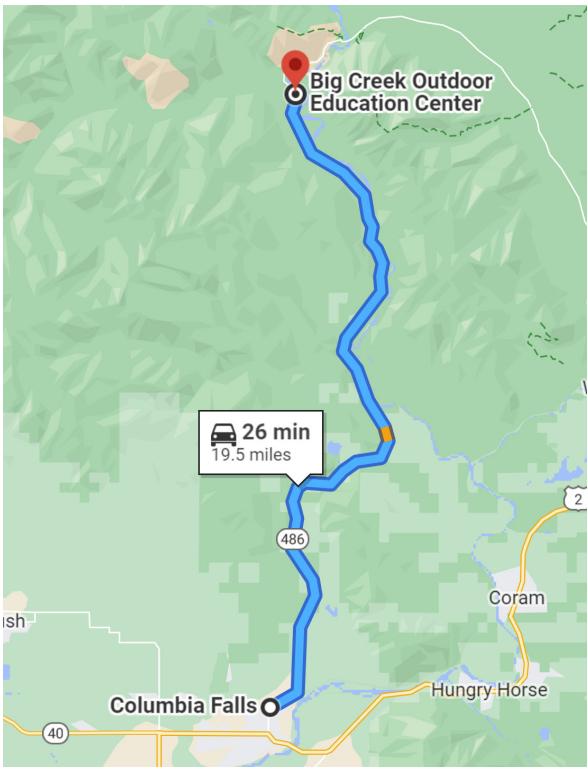
WHAT TO EXPECT?

2023 LOCATION CHANGE to Big Creek Outdoor Education Center. Weather permitting, expect excellent view of Flathead National Forest and Glacier National Park as you navigate some lesser traveled Forest Service roads. A grizzly or two have been known to show up and cheer you on, so plan to carry bear spray (cans will be available to use). There will be some traffic on the small piece of county road you'll run on the way to Forest Service roads. Expect a couple mudholes filled with water the entire width of the road, which can be slick when wet.

Elements can be extreme, come prepared for anything.

LE GRIZZ

DIRECTIONS



From Columbia Falls

From Hwy 2, turn north at the “Business District” stoplight onto Nucleus Avenue, which goes through downtown Columbia Falls and then angles right onto Highway 486, North Fork Road. From Columbia Falls it’s 19.5 miles to Big Creek. First 12 miles are paved, the rest is dirt and sometimes very bumpy. Allow 30 minutes. Dirt roads require longer drive times. Better to be early than disqualified before you even start!

All entrants must provide their own transportation to and from Big Creek Outdoor Education Center. The run both starts and ends there, so there’s no hassle with your vehicle waiting for you at the Finish.

Driving to Big Creek

Conditions may determine your route. The long, dirt road from Columbia Falls can be particularly long and bumpy if it hasn’t been graded. The Camas Road through Glacier National Park offers more pavement and is about the same amount of time, but its status is weather dependent. For this alternative route to Big Creek Outdoor Education Center check Camas road status: <https://www.nps.gov/applications/glac/roadstatus/roadstatus.cfm>

*no Vehicles Reservations required in October



LODGING

IN POLEBRIDGE

Mercantile Cabins: <http://polebridgemerc.com/stay/>

Airbnb: www.airbnb.com

Flathead National Forest Cabins: recreation.gov

SURROUNDING AREA

Way Less Traveled B & B: <http://thewaylesstraveled.com/>

VRBO: <http://www.vrbo.com/vacation-rentals/usa/montana/glacier-country/polebridge>

Tamarack Lodge in Coram: <http://historictamaracklodge.com/>

Mini Golden Inns in Hungry Horse:
<http://www.hungryhorselodging.com/>

CAMPING

Big Creek Campground is located just across the North Fork Road from Big Creek Outdoor Education Center, this is a great place to camp. Camping will not be allowed at Big Creek Outdoor Education Center.

Dispersed camping is allowed on National Forest Service land, please visit the Flathead National Forest website to view regulations in regards to dispersed camping. There are several places near Big Creek to take advantage of this free option.





PACKET PICK-UP

Packet Pick-up will be located at Big Creek Outdoor Education Center from 4:00pm -7:00 pm Friday, or 5:30am-9:30am Saturday morning. Runners will receive their number, Le Grizz swag, and a choice of a variety of Hammer products. Be on time!



START / FINISH LINE

Big Creek Outdoor Education Center has plenty of parking spaces, but drive slowly while pulling into the campus. We'll have parking attendants to help you find good places to park.



DROP BAGS

Because some of the Checkpoints/Aid Stations going out and back are in the same place, you can combine some bags. You can leave items in your bags outbound, retrieving them on your return leg if you wish, otherwise they will be returned to Finish Line after Aid Station closes.

Write name and aid station on your drop bag BEFORE dropping off:

FIRST AND LAST NAME
and
"AID STATION #2, AID STATION #3,....."

LE GRIZZ COURSE

Le Grizz 50 Mile Route



Key: Aid Station

1	2	3	4	5	6
0 miles	3.1 miles	8.6 miles	16.1 miles	28.2 miles	32.4 miles
50 miles	46.8 miles	23.2 miles		37.1 miles	
		41.3 miles			

Aid Stations are manned by Aid Station Volunteers. Each has radio, hydration supplies, food supplies, basic first aid, and garbage bins.

Restroom

Race Route

Food & Beverages

Le Grizz 5k Route



Key: Aid Station

1	Aid Stations are manned by Aid Station Volunteers. Each has radio, hydration supplies, food supplies, basic first aid, and garbage bins.
0 miles	
3.1 miles	

Restroom

Race Route

Food & Beverages

DETAILS

COURSE DETAILS

Don't worry, the course will be well marked. Leaving Big Creek Outdoor Education Center, you'll go left on the North Fork Road. You'll take the first left onto Coal Creek Rd, also known as Big Creek Rd.

AID STATIONS

A lot of the volunteers that show up for Le Grizz find much more enjoyment in making and serving food than running 50 miles. And lucky for you all, they make good food. Bacon is believed to be it's own food group by some volunteers. Other Aid provisions include light snacks and hydration beverages like HEED and Gatorade as well as some caffeinated stuff like Coke and coffee. If it's cold outside you can expect warm broth.

Aid Station #2	3.1 miles - 7:30am - 6:00pm
Aid Station #3	8.6 miles - 8:00am - 5:30pm
Aid Station #4	16.1 miles - 9:30am - 11:30am
Aid Station #3	23.2 miles - open
Aid Station #5	28.2 miles - 10:30am - 3:30pm
Aid Station #6	32.4 miles - 11:00am - 3:00pm
Aid Station #5	37.1 miles - Closes at 4:00pm
Aid Station #3	41.3 miles - Closes at 5:45pm
Aid Station #2	46.8 miles - Closes at 6:00pm

Aid is geared in keeping with the wild quality of the course and is located at spacious intervals. Take it easy and enjoy the course. You may wish to carry your favorite refreshments and spot first aid supplies. Checkpoints will close at definite times. Cutoff times are not meant to discourage anyone prepared to cover the distance in a responsible manner. Runners not meeting the schedule may continue the course on their own responsibility. Race Management does not monitor stragglers, and reserves the right to disqualify anyone who misses a cutoff time and isn't being monitored.

NEW THIS YEAR: We must have all runners off the track by **6:30pm sharp!** This was part of the agreement with the National Forest Service permit to utilize these roads.

SCHEDULE OF EVENTS

Friday	Saturday
4:00pm - 7:00pm	5:30am - 9:30pm
Packet Pick-up	Packet Pick-up
	6:30am
	50 mile Early start
	7:30am
	50 mile Start
	8:00am
	Relay Start
	9:30am
	5k and 10k Start
	11:00am
	Kid's Fun Run! (ages 5-9)

EARLY START

This is for runners who need more time. Runners that start early and make it to the first aid station ahead of its opening must wait for it to open or risk disqualification. Otherwise, the runner will be "outrunning" the race and that's no fun. Any unmonitored runner who does not reach checkpoints #3 and #2 before they close will be disqualified.

DEFICATING IN THE FOREST

Everybody poops. Porta-potties will be located at each Aid Station, as well as the start/finish line. Due to deposits of human waste left behind on the side of the road in the past, WAG bags will be available at packet pickup for use on race day. Or, bring your own ziploc and toilet paper. Please dispose of in the garbage can of closest Aid Station. **RUNNERS PLEASE INFORM CREW TO USE PROVIDED TOILETS.**

BEAR SPRAY

Carrying bear spray for the duration of the course is strongly encouraged. This race didn't get its name by accident, welcome to Montana.



ULTRAMARATHON PACE RUNNERS AND SUPPORT VEHICLES

Both are encouraged, but are asked to keep a low profile in recognition of the wild qualities of the event. They must take care not to interfere with the starting line, finish line, and checkpoint procedures. Since pacers and support vehicles are not registered entrants or under the authority of the Race Director, Race Management does not delegate them any official role in the event nor assume any responsibility for them.

PACE RUNNERS

We welcome pacers who wish to share part of the experience with a registered entrant and be a companion in the tough spots (the last 49 miles).

SUPPORT VEHICLES

When the race starts, all support vehicles will be asked to wait 10 minutes before heading out onto the course. This will give the runners time to space out and traverse an initial stretch of narrow winding road. All motorized vehicles supporting entrants must PARK & WAIT. Runners ARE NOT to receive aid from moving vehicles (bicycles excepted) as this creates a dangerous traffic situation and limits Race Management's access to the course.

PERSONS TRAVELING WITH ENTRANTS

If you will be on the course during the race and are interested in helping out kindly contact Race Management. Athletes with unusual forms of locomotion: Race walkers, wheelchairs, etc may participate non-competitively. Make individual arrangements with Race Management.

If you must drop out of the run for any reason, tell a checkpoint official. Otherwise, we'll have to search for you.



Relay Runner Support Vehicles

Relay teams are required to provide ONE team vehicle to transport runners to transition points where air fives are exchanged. Please be courteous to the Ultra participants when driving by and use safe pulling out procedures at transition point.

Post Race Celebration

Awards, fried chicken, cold beverages, warm beverages, music, and firepits await you at the finish line. Oh yes, and the world famous bear claws. The awards will begin about 4 PM.



The Glacier Institute would like to thank all involved for helping us host our first year of this amazing event! A huge thank you to our volunteers, sponsors, runners, and supporters! Here's to another 42 years!



Thank You!

