

Dear 2017 Headwaters Runners,

The fifth annual Headwaters Trail Runs will be held this Saturday, September 30, 2017. I am very happy you will be participating!

This year's race is brought to you by our fine sponsors:

- [Altra Running](#)
- [Smith Optics](#)
- [SmartWool](#)
- [The Fifth Season](#)
- [Shasta Mountain Guides](#)
- [Berryvale Grocery](#)
- [Snow Creek Studios](#)
- [Pusher, Inc.](#)
- [Ninkasi Brewing Company](#)
- [Hammer Nutrition](#)

Headwaters Trail Runs is a project of the Associated Charitable Resource of Southern Siskiyou (ACROSS), and is provided under special use permit from the [Shasta-Trinity National Forest](#) and [Siskiyou County Flood Control District](#). I also want to acknowledge and thank the [Lake Siskiyou Beach and Camp](#) for providing the venue for Headwaters Trail Runs, and Jacqueline Sidra Hertzog Personal Chef for catering the post-race meal.

The 50k, 30k, and 10k races all begin and end at the Lake Siskiyou Beach and Camp's marina located at 4239 WA Barr Road, Mount Shasta, CA (see driving directions and map at end of this letter). The marina is located at the north end of the main road within the campground.

30K and 50K RACE

The 30k and 50k races will begin at 8:00 AM. 50k runners will be running with black bibs, #1-100, and 30k runners will be running with purple bibs, #101-200. Both courses are marked with a combination of white and purple flagging hanging in tandem. Junctions are marked with copious amounts of flagging, and assurance flagging is sporadically hung between junctions. You will not get lost if you pay attention at junctions. Please stay on the course and do not leave it. If you must step off the course for a brief moment, please leave something in the trail so the sweep crew does not pass you. If you think you are lost, then stop and retrace your steps to the point you last saw white and purple course markers.

The 30k and 50k races diverge at the bottom of the 40N27 road descent (approximately mile 14.5). This junction will be distinctly marked with signs for the 30k runners to turn left and the 50k runners to turn right. There will also be a course monitor stationed here to ensure all runners make the correct turn. 50k runners will pass this junction again at approximately mile 27.5, and will make a left turn on their second pass.

The 30k and 50k aid stations are provided by an outstanding group of volunteers representing local business and organizations. Please thank them for providing support as you visit their aid stations.

- Rainbow Ridge aid station (AS1): [Siskiyou Runners](#)
- High Divide aid station (AS2 and AS5 (50K)): [Shasta Mountain Guides](#)
- North Fork aid station (AS3 (50K) and AS4 (50K)): [Mt. Shasta Ski Patrol](#)

All 30k and 50k aid stations will have Hammer Gel, HEED, Endurolyte capsules, water, soft drinks, fruity snacks, salty snacks, sweet snacks, and ice. Restrooms are provided at each aid station.

Drop bags are allowed on the 50K course only at AS3 (mile 18.9) and AS4 (mile 24.0) – there is no drop bag option for 30K runners. Please label your drop bag with your name and bib number. 50K drop bags will be collected near the registration/check-in table the morning of the race. All drop bags will be returned to the finish area at approximately 4:00 PM.

50K cutoff times will be enforced on your second pass through North Fork Aid Station (mile 24.0, 2:20 PM) and your second pass through High Divide Aid Station (mile 26.3, 3:00 PM).

If any runner decides to drop, you must tell a race official. We will arrange a ride for you from the aid station to the finish, but you may need to wait until the aid station closes.

30k and 50k runners are provided meat and vegetarian lasagna and salad from Personal Chef Jacqueline Sidra Hertzog. Jacqueline uses organic and local ingredients when possible in her conscious, healthy meals. For those that have food sensitivities (such as dairy or gluten free diets), please reply to info@headwatersultra.com with a description of your food sensitivity by end of day Wednesday, September 27, and we will do our best to accommodate you, however, we cannot guarantee your food sensitivity can be met. There will also be beer from Ninkasi Brewing Company and other cold drinks and fresh fruit at the finish.

Dogs are allowed to run the 30k and 50k. Your dog is your responsibility. You must keep your pet leashed during the run, pick up after your pet, and respect other trail users. Runners with dogs must yield to those runners without dogs.

10K RACE

The 10k race will begin at 9:00 AM. The course circles counter-clockwise around Lake Siskiyou and is marked with a combination of white and purple flagging hanging in tandem. Junctions are marked with copious amounts of flagging, and assurance flagging is hung sporadically between junctions. You will not get lost if you pay attention at junctions. Please stay on the course and do not leave it until you finish. The Lake Siskiyou trail is a multi-use trail; please respect other users as they enjoy the trail with you.

We will have “Caution: Runners on Road” signs and cones placed where the Lake Siskiyou Trail crosses Box Canyon Dam. Please stay on the sidewalk and be mindful of vehicle traffic when running across the dam. **Do not run in the roadway!**

The 10k aid station is provided by an outstanding group of volunteers representing Boy Scout Troop 97 based in Mount Shasta, CA. Please thank them for providing support as you visit their aid station. This aid station is located at mile 3.2, and will have ice water and Hammer Nutrition HEED drink.

Restrooms are provided at 4 locations along the trail. These are all located at trailheads and/or day use areas around the lake. The approximate mileage to each restroom is: 2.25, 2.75, 3.2, and 4.75 miles.

10k runners are provided meat and vegetarian lasagna and salad from Personal Chef Jacqueline Sidra Hertzog beginning at 11:00. Jacqueline uses organic and local ingredients when possible in her conscious, healthy meals. For those that have food sensitivities (such as dairy or gluten free diets), please reply to info@headwatersultra.com with a description of your food sensitivity by end of day Wednesday, September 27, and we will do our best to accommodate you, however, we cannot guarantee your food sensitivity can be met. There will also be beer from Ninkasi Brewing Company and other cold drinks and fresh fruit at the finish.

Dogs are allowed to run with you. Your dog is your responsibility. You must keep your pet leashed during the run, pick up after your pet, and respect other trail users. Runners with dogs need to yield to those runners without dogs.

AWARDS AND FINISHERS GIFTS

Awards will be given to the top three overall winners, top three masters division winners (40+), and top three age-group winners of each race. Top three overall and master's division winners will receive prizes from our sponsors. Top three age group winners will receive stainless steel pint cups. Age groups are:

- 0 – 19
- 20 – 29
- 30 – 39
- 40 – 49
- 50 – 59
- 60 – 69
- 70 +

Everyone will receive a t-shirt at check-in before the race, and a finisher's gift when you cross the finish line.

PARKING

Parking is available at the Lake Siskiyou marina. Parking staff will be present to help vehicles park as efficiently as possible in the marina's parking lot. Please follow the direction of the parking staff. Parking availability at the marina is limited, so I encourage you to carpool if possible.

The Lake Siskiyou Beach and Camp charges a \$1 day-use fee per person to enter the campground and marina. This fee is enforced by the Lake Siskiyou Beach and Camp for use of their facility and is not charged by Headwaters Trail Runs.

EARLY RACE CHECK-IN AND REGISTRATION

Early race check-in is hosted by The Fifth Season outdoor store located at 300 N. Mount Shasta Blvd. in downtown Mount Shasta, noon – 5:00 PM on Friday, September 29 (see driving directions and map at end of this letter). Race registration will also be available for those that missed online registration. Those that check-in or register on Friday at The Fifth Season will be automatically entered into a drawing for a free pair of Smith Optics frames (limited to items and quantities in stock at The Fifth Season).

Only those that come to The Fifth Season on Friday will be entered into this drawing. Winners will be drawn Friday night after early check-in closes and announced Saturday morning before the start of each race.

LATE REGISTRATION

Late registration is available on race day at the race's start area. Late registration begins at 7:00 AM and ends 15 minutes prior to the start of each race. Please allow yourself plenty of time to register.

Past year's t-shirts and water bottles, and this year's posters will be for sale at the registration table throughout the day.

RACE PHOTOGRAPHY

All races will be photographed by Pusher, Inc and Bryce Craig Photography. Photos will be uploaded online in a timely manner, and will be available for purchase online. Please visit the 2016 Headwaters Trail Runs album for a sample of the high-quality photography from Bryce Craig and Pusher: [2016 Headwaters Trail Runs Photo Gallery](#)

WEATHER FORECAST

The [local weather forecast](#) calls for sunny skies with a high near 80 and low around 50. This summer wildfire season brought smoky skies to our area for much of August and early September, but as of late our skies have been clear - let's hope for continued clear skies on race day! Current air quality conditions and forecasts are available at [Air Now](#).

A printable PDF version of this letter can be downloaded on our homepage:
<http://www.headwatersultra.com/>

RACE SCHEDULE

Friday September 29

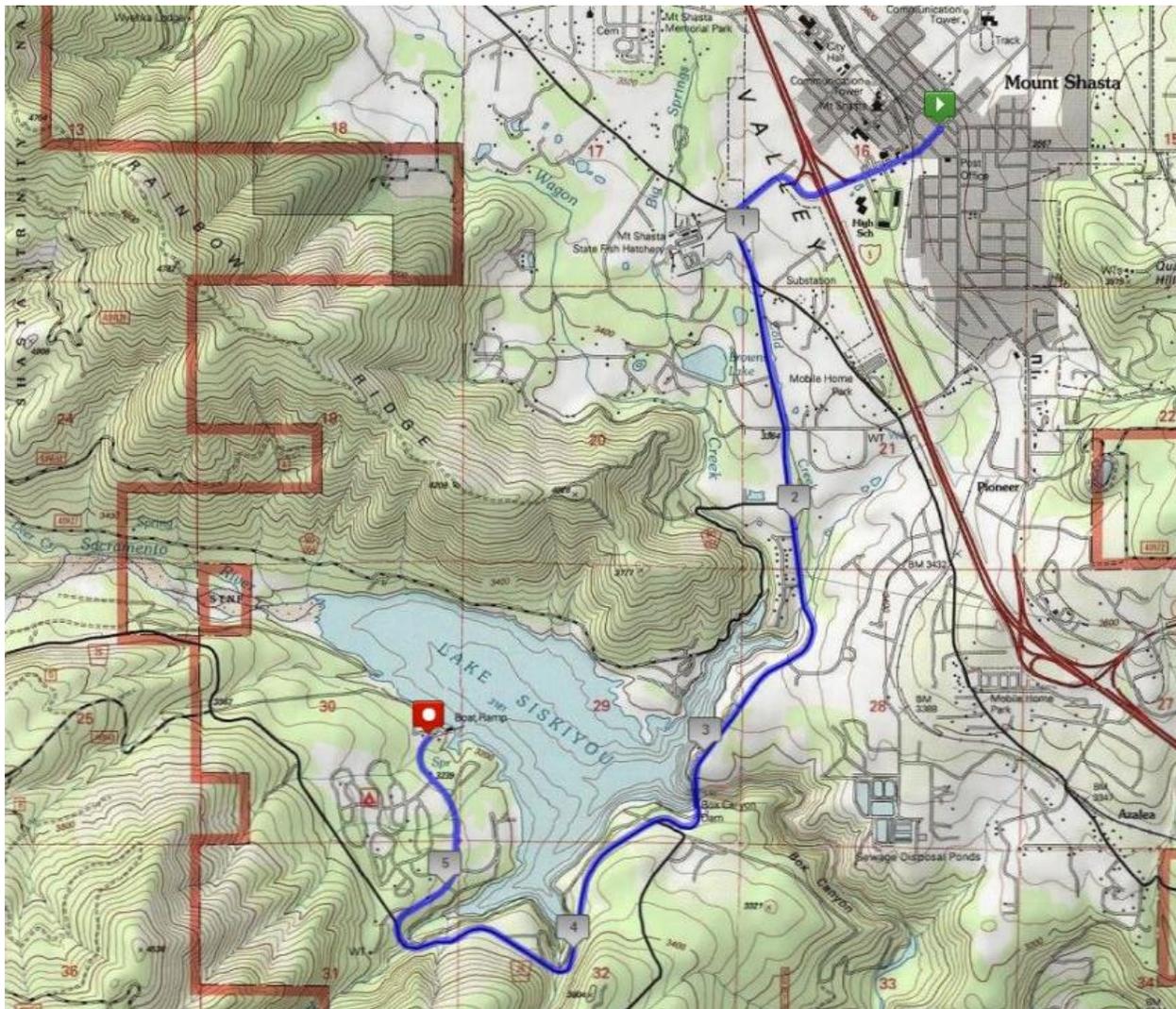
12:00 – 5:00 Early check-in at The Fifth Season store (300 N. Mount Shasta Blvd.).
Those that come to early check-in will be entered into a drawing for a pair of Smith Optics frames (limited to items and quantities in stock at The Fifth Season).

Saturday, September 30

7:00 – 7:45 Late registration for 30K and 50k race at Lake Siskiyou Beach and Camp marina
7:00 – 8:45 Late registration for 10k race at Lake Siskiyou Beach and Camp marina
7:55 30k/50k pre-race announcement
8:00 30k/50k race begins
8:55 10k pre-race announcement
9:00 10k race begins
9:35 First 10k finisher expected
10:15 First 30k finisher expected
11:00 10k awards given
Post-race meal for runners and volunteers begins
12:00 First 50k finisher expected
12:00 30k awards given
2:00 50k awards given
2:20 50k Aid Station #4 cutoff
3:00 50k Aid Station #5 cutoff
4:30 All runners must be finished

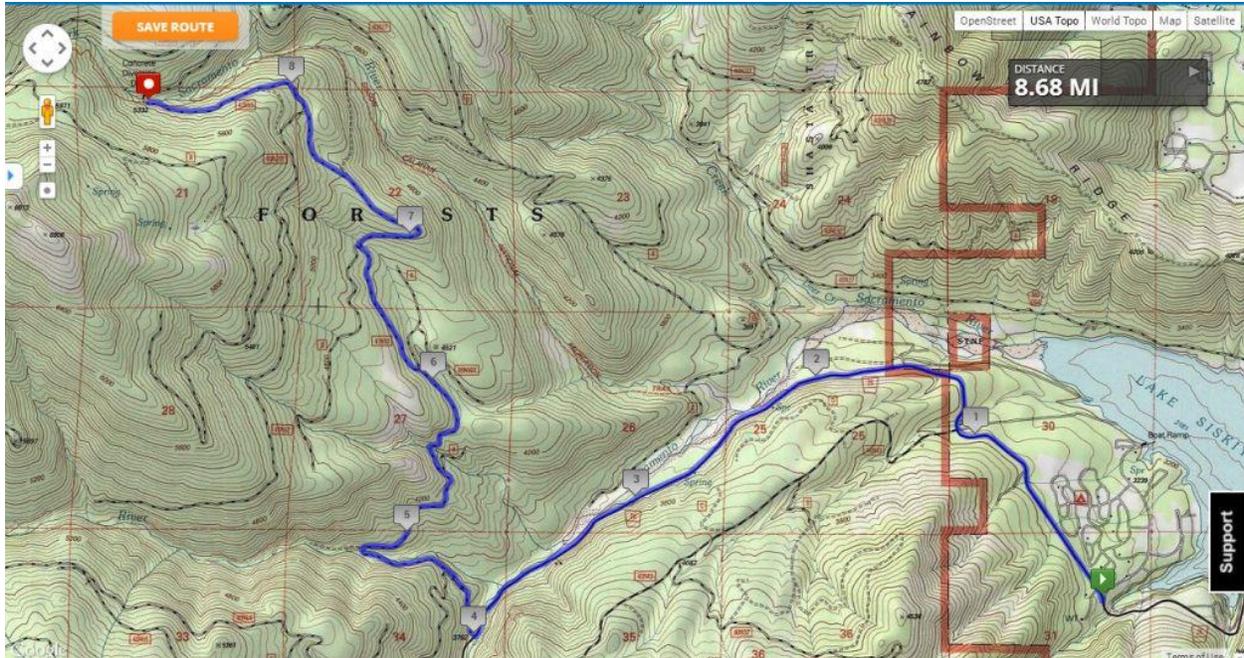
DRIVING DIRECTIONS TO START FROM THE FIFTH SEASON STORE

1. From The Fifth Season (300 N. Mount Shasta Blvd.), go southwest on Lake St. for 0.9 miles.
2. Turn left onto S. Old Stage Road, go 0.2 miles.
3. Veer right onto WA Barr Rd, go 3.7 miles.
4. Lake Siskiyou Beach and Camp (4239 WA Barr Rd.) is on the right.
5. Turn right into the campground, go 0.8 miles to the marina.
6. The start/finish area is at the west end of the marina.
7. Parking is limited, please park as tightly as possible.



DRIVING DIRECTIONS TO NORTH FORK AID STATION FOR 50K CREW

1. From Lake Siskiyou Beach and Camp (4239 WA Barr Rd.), drive west on WA Barr Rd./Forest Route 26 for 4.0 miles.
2. Turn right onto forest road 41N53 (just past first bridge), go 0.2 miles.
3. Stay right at fork to continue on forest road 41N53, go another 4.6 miles.
4. The North Fork aid station is immediately south of the forest road 41N53 crossing of North Fork Sacramento River.



Headwaters Trail Runs is a project of the Associated Charitable Resource of Southern Siskiyou (ACROSS) 501c(3). Headwaters Trail Runs is a nondiscriminatory recreation provider under special use authorization from the Shasta-Trinity National Forest, Siskiyou County Flood Control District, and Lake Siskiyou Beach and Camp.