

32nd Annual Epiphany Ultra

(f/k/a John Medinger's Birthday Run)

- Your choice:
- The Popular But Wussy metric option, 60K
 - The Absurdly Feeble But Increasingly Fashionable Almost 'thon, 25 miles
 - The Hardly Worth Mentioning Celsius Version, 13 miles

Skyline Gate, Redwood Regional Park, Oakland

Sunday, January 2, 2011

FREE!!! Therefore: no T-shirt, no wimps, no complaints. A modest amount of whining is generally considered acceptable. Remember: you get what you pay for.

Distance: This is a run without any rules. You can start whenever you want. You can run as far as you want. Everyone is responsible for keeping track of their own time and distance. This extravaganza was initially organized to celebrate John Medinger's birthday. He will be 60 years old on January 6 (the day of the Epiphany). Even though we no longer officially sanction **The Real Deal 60-miler**, inevitably someone - perhaps several someones - will do it. You are entirely welcome to join them. As for the Birthday Boy, he is a pretty lame excuse for a runner these days and has already announced that he will be in Mexico on that date (he does, after all, have a nickname to uphold). We will run anyway. You will have several hours on the trail to conjure up appropriate scorn and ridicule for this blatant disregard for tradition.

- To run the PBW60K you will run to the Lake Chabot Marina and back to Skyline Gate, then turn around and run back to the second gate just before you get back to Bort Meadow parking lot, then finally back to Skyline Gate.
- To run 50km, a nice round number with no clever name attached to it, you will run to the Lake Chabot Marina and back to Skyline Gate, then turn around and run back down Stream Trail and then Bridle Trail to the intersection of Redwood Road, and then once again back to Skyline Gate.
- To run the AFBIFA't 25 miler, you will run to the Lake Chabot Marina and back to Skyline Gate.
- To run the HWMC version, you will simply run to the aid station at Bort Meadow and back to Skyline Gate. In so doing, you will run 12.5 miles. 60°F = 15.5°C, so you'll be 3 miles short if this is all you do. But since this run is totally pathetic, like, who cares?
- To run **The Real Deal 60-miler**, you will do two round trips to the Lake Chabot Marina and then add ten miles of your choosing. One option is to go back down Stream Trail for a third time to the top of McDonald Trail hill (to the land bridge) and back.

Date: Note that the run will be on Sunday, January 2 this iteration. Yes, doing this on Sunday is a violation of both geometry and theology, not to mention tradition. But it is assumed that some will want to celebrate New Years Eve without having to run an ultra the following morning, so we will give you one day to recover from whatever foolishness you might engage in.

Starting Time: In the past, most runners have started at 7 a.m. It doesn't get light until about 7, so there isn't much point in starting any earlier. But if you want to, have at it! (but bring a flashlight). Some folks like to sleep in, and start at 8. The idea is to have fun, so start at whatever time you think will give you the best chance of doing so.

Course: Out-and-back along a portion of the Firetrails 50 course. Starts at Skyline Gate in Redwood Regional Park. The turn around is the marina at Lake Chabot. The PBW60K will then do a much shorter out-and-back the second time around. ***The course will not be well marked, but maps will be available.*** Trails followed: Stream Trail to Bridle Trail, Bridle Trail to the end at Redwood Road. Right on Redwood Road to McDonald Gate, McDonald Trail to Bort Meadow, Brandon Trail to Stone Bridge, up Jackson Grade and Goldenrod Trail, and across the dam to the Lake Chabot Marina. These are all main fire roads and, unless you are Andy Black, it should prove difficult to get lost. Nonetheless, you are welcome to try.

Aid: There probably won't be any. Deal with it. If we can get someone to staff it (we will try, no promises), we will have a few goodies and fluids at Bort Meadow. You will pass by at mile 6 and 19. Your car will be at Skyline Gate (mile 25) so you can leave whatever you need there in your car. In addition, there are water fountains at Mill Site and Girl's Camp and Skyline Gate on Stream Trail, on Goldenrod at the top of Jackson Grade, and at the Marina. There is also food at the Marina, bring \$\$\$. Invoking an unusual concept in this litigious age, *you* are responsible for your own well-being.

Prizes!! All finishers will receive free entry into next year's race!!

Results: This event is not an official race and is very much along the lines of a Fat Ass 50 (read: we have no permits). Nonetheless, in an attempt to chronicle any and all astounding accomplishments, we will provide a clipboard and leave it at Skyline Gate. Please write down your own time and distance and your e-mail address. A complete set of results will be e-mailed to all finishers. Results will also be sent to *UltraRunning* magazine. The honoree is pretty well connected with the powers that be at *UltraRunning* these days, so it is fairly likely that they will get published. But: the AFBIFA't and the HWMC versions are not ultras, so if you want to see your name in the magazine you will have to run further.

Other information: In the past, we have had some big-time rain on the day of this run. If it has been wet the trails will be muddy in places, but are generally not too bad. Hey, it's the dead of winter: be prepared for anything. The run will be held, rain or shine. Or even during famine or pestilence.

Yes, it's moderately hilly, with about 3000 feet of climb and descent in each 25-mile roundtrip.

More other information can be obtained from Adam Ray, e-mail rhino510@gmail.com

Aid station volunteers needed and welcomed with open arms. We may even say "thank you" as we go by (then again, we may not). Contact Adam Ray if you can help out, even if only for a while.

RSVP: Don't. We really don't want to know. Asking you to sign up would make it seem like this is an organized event and if you've read this far, you've probably figured out that it isn't. Just show up.

The fine print: In consideration of your acceptance of my participation, I hereby, for myself, my heirs, my executors, and administrators, waive any and all rights and claims for damages I may have against any individuals associated with this event, and will hold them harmless for any and all injuries suffered in connection with said event. Should I die during the event, I hereby bequeath all my worldly possessions (excluding children and ex-wives) to the Birthday Boy. I attest that I have sufficiently trained for this grueling event and that I am truly sturdy and in awesome shape. So there.