

THE ALIZA  
LAPIERRE  
FAN CLUB  
26K • 50K



# Participant's Handbook

3rd Running - July 6, 2024



Revised April 2024

# Contents

## **1 Welcome from RTRC**

## **2 Schedule of Events**

## **3 The Course**

3.1 Course Map

3.2 Course Description and Aid Stations

3.3 Course Marking

## **4 Runner Information**

4.1 Runner Logistics

4.2 Runner Safety

# 1 Welcome from RTRC

Dear Runners,

**Thank You** for joining us for the third Aliza Lapierre Fan Club 50k and 26k!

The Richmond Trail Running Club was started as a small meetup to build trail running community in 2019, and in 2022 we adopted our club mission - to provide an inclusive and welcoming space for runners to build community, challenge themselves, and explore local outdoor spaces. We organize outdoor adventures in the Richmond area, and are proud to direct the ALFC 50/26k as well as RUTFest, a 36-hour charity run festival on a beautiful 7-mile looped course in Williston VT each fall. Our events have supported causes such as addiction recovery, wilderness therapy, inclusion in youth sports and support for veterans. We are proud to be partners with the Green Mountain Club by adopting the Duck Brook Trail, a 4.5 mile side trail abutting the Long Trail in Bolton, Vermont.

**The Aliza Lapierre Fan Club Trail Race** began in 2020 when a group of five friends ran and hiked what is currently the 50k course, with an additional 20 miles along the Winooski River and over Camel's Hump mountain, to make a 50 mile day. Our local ultrarunning hero Aliza was slated to join us, but had to miss the adventure for a pet-sitting gig, and as a joke the "Aliza Lapierre Fan Club 50" name was born. Awards were made under this name for all 5 participants. One of our crew was engaged on top of Camel's Hump during the 50 miler to boot. Aliza is a humble crusher and supportive member of our community and we appreciate her being in on the fun. We are glad to offer this adventure for runners who want to enjoy the beauty of the trail networks in the Richmond area, and to push their boundaries with a safe and supportive community. We hope to extend the route to the full 50 miles someday soon!

We would like to acknowledge that our recreational activities take place on the unceded ancestral land of the Abenaki people. Profits from this event are donated to the "[Abenaki Helping Abenaki](#)" fund. We are extremely grateful to the local mountain bike networks and the communities who build and maintain these trails, especially the [Fellowship of the Wheel](#), [Richmond Mountain Trails](#), the Richmond Trails Committee, and the Hinesburg Trails Committee. We are grateful to the many volunteers who make this event possible, to Aliza and her family, the Cochran family, and Enman family who kindly support this event.

Sincerely,

Ben, Maia, Theresa, and the RTRC

# 2 Schedule of Events

## Friday, July 5th

Space to camp overnight is available - email [richmondtrailrunners@gmail.com](mailto:richmondtrailrunners@gmail.com).

## Saturday, July 6th

**6:00** Free 50k shuttle from Cochran's Ski Area to Brewster-Pierce Memorial School

*Note: There will be NO post-race shuttle back to the start line. Runners must take the morning shuttle from Cochran's, or make other arrangements to be dropped off in the morning of July 6th, or returned to their cars after the event.*

**5:45-6:45** Runner check-in at Brewster-Pierce Memorial School

**6:45** Pre-race briefing

**7:00** **50k Race begins at BP elementary**

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**9:00** Free 26k shuttle from Cochran's to Hayden Hill East Parking Lot

*Note: There will be NO post-race shuttle back to the start line. Runners must take the morning shuttle from Cochran's, or make other arrangements to be dropped off at Hayden Hill East on the morning of July 6th. **Please do NOT leave a car at Hayden Hill. This is a small public trailhead, and there will not be enough room.***

**8:45-9:45** Runner check-in at Hayden Hill East

**9:45** Pre-race briefing

**10:00** **26k Race begins at Hayden Hill East Trailhead**

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**12:00-5:00** Finish line community gathering at Cochran's Ski Area  
Dinner for runners and volunteers, prizes for top finishers

**5:00** **Race cutoff for all distances** (10 hours for 50k, 7 hours for 26k)

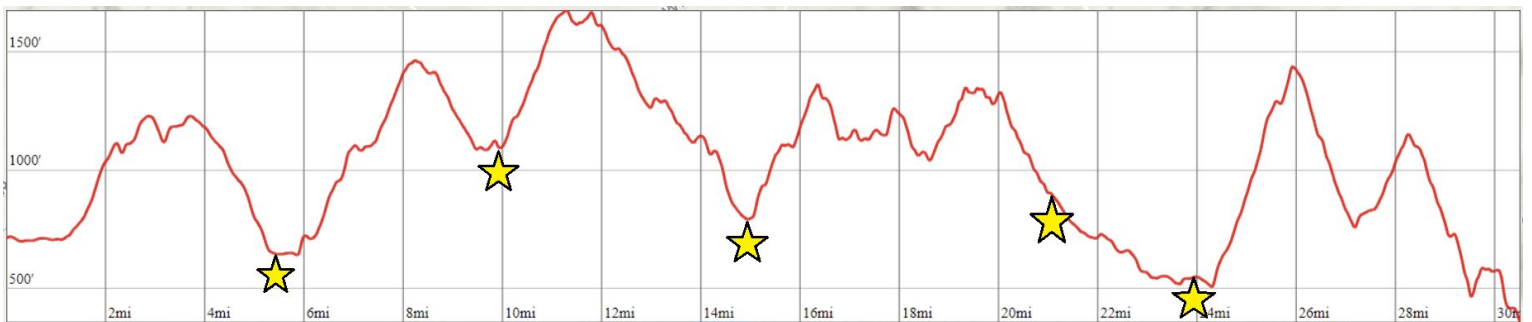






# 3.2 Course Description + Aid Stations

Aid Station <i>(click links for Google Maps)</i>	Segment Length	Total Length (50k)	Total Length (26k)	Segment Description
<a href="#"><u>Brewster-Pierce School</u></a> - 50k start	0	0	-	
<a href="#"><u>Big Hollow Rd and Hollow Rd</u></a>	5.3	5.3	-	Dirt Road. Big Climb, big descent. Keep to runner's left (against traffic).
<a href="#"><u>Carse Hills at Lincoln Hill Rd</u></a>	4.6	9.9	-	Gradual climb, gradual descent. Root nests, and some nettle.
<a href="#"><u>Hayden Hill Rd East</u></a> - 26k start	5.1	15.0	0	Gradual climb, rocky hilltop meander, long descent. Roots, rocks, corduroy.
<a href="#"><u>Sleepy Hollow @ Enman Home</u></a>	6.1	21.1	6.1	Big climb, several ups and downs, big descent. Roots and rocks.
<a href="#"><u>Moultroup Family Sugarhouse</u></a>	3.0	24.1	9.1	Easy gentle downhill, dirt road and pavement. Run on the left hand side.
<a href="#"><u>Cochran's Ski Area: Finish</u></a>	7.1	31.2	16.2	Hardest section. Two big climbs. Roots. Bring extra water!



## Aid station support and spectator expectations

All aid stations will have water and gatorade (or Untapped Maple Tea). All aid stations will have light snacks, such as candy, chips, pickles, and fruit. There may be more substantial food (such as quesadillas) at Sleepy Hollow @ Enman's. If you need to drop out of the event, come to one of these stations, notify the station captain, and we can take you back when the station closes.

**Runner support and spectators may not park at aid stations to greet runners. Please do not offer aid to participants.** Our networks and cooperating families are expecting low impact.

## 3.3 Course Marking

The course will be marked with 8½ x 11 orange Richmond Trail Running Club arrow signs, and by small white pin flags. Any other markings you see are NOT OURS and should be ignored.

**Orange arrows will be placed at all major junctions.** If you arrive at a major junction, expect to see an orange arrow. Orange arrows may occasionally be placed as “confidence markers” along long stretches without a turn as well.



**White pin flags are “confidence markers” and will be placed along the LEFT HAND SIDE of the course.** You can expect to see roughly 5 or so pin flags per mile along the course, and possibly more in complicated sections. Keep these flags on your left. If you see them on your right, you are probably going backwards.

If you see no signage, continue straight. If you have gone a mile without seeing any of our flagging, you should turn around and return to the nearest junction.

Participants have been emailed a GPX file of the course to follow if they wish. Please email [richmondtrailrunners@gmail.com](mailto:richmondtrailrunners@gmail.com) if you need to be sent this file.

Please be warned that the course may change if the race directors find it necessary based on conditions - always trust the course marking placed by RTRC over the GPX file or the provided course map if you see a conflict.

# 4.1 Runner Logistics

## Arrival, Locations and Shuttles

The finish line for our event will be at Cochran's Ski Area, at 910 Cochran Road, Richmond VT. We will have use of the ski lodge, including restrooms and running water. There is adequate parking for all participants and spectators at Cochran's.

Free shuttles for both events will depart from Cochran's Ski Area in the morning, and there will be **no return shuttles to the start lines**. Check-in for both events takes place at the respective start lines - please refer to the event schedule.

The 50k shuttle departs from Cochran's at 6:00 promptly, and will drop runners at the 50k start line, Brewster-Pierce Memorial School, 120 School St, Huntington Vermont. Participants are welcome to leave cars at the school or be dropped off here in the morning - remember, there is no shuttle back. We will have a portalet at the school.

The 26k shuttle will depart promptly at 9:00 from Cochran's Ski Area, and will drop runners at the 26k start line, Hayden Hill EAST Parking, 315 Hayden Hill Rd EAST. Runners are welcome and encouraged to be dropped off here in the morning, but note that there is **no runner parking at Hayden Hill**. There is a portalet at Hayden Hill, and there is an amazing outhouse at the top of Sleepy Hollow (mile 16.5/1.5).

## Personal Gear, Runner Swag (Drop Bags)

**There are no runner "drop bags" for this event; however, personal gear will be transported from the start to the finish line for you.** You will receive your bib and RTRC "swag" in a labelled gallon ziploc bag at runner registration at the race start. You may fill this ziploc bag with personal items, and place into bins which will be taken to the finish for you at Cochran's Ski Area.



## 4.2 Runner Safety

Please note that our course is largely on rugged mountain bike trails, and may be technical or muddy. Pick up those knees and watch your step. You may encounter such fun wildlife as stinging nettle, hornets, or black bears. Be prepared for any possibilities or conditions.

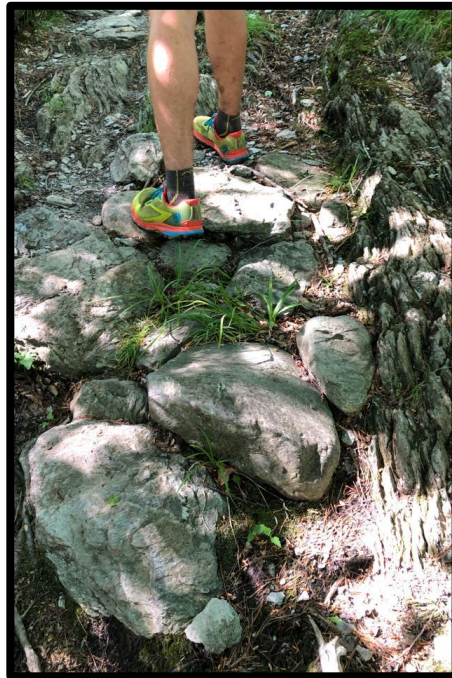
In case of emergency please call 911. The race director and Wilderness First Aid certified volunteers can be reached at 802-598-2526.

Our nearest hospital is the [UVM Medical Center](#) in Burlington.

**Have a nice trip, see you next fall:**



**Root Nests**



**Rock Gardens**



**Corduroy**