

THE ALIZA
LAPIERRE
FAN CLUB
26K • 50K



Participant's Handbook

4th Running - August 16 2025



Last Revised August 2025

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1 Welcome from RTRC

Dear Runners,

Thank you for joining us for the fourth Aliza Lapierre Fan Club 26k and 50k!

The Richmond Trail Running Club was started as a small run meetup 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 weekly outings in the Richmond area, and are proud to host the ALFC 26k/50k as well as RUTFest (Richmond Ultra Trail Festival), a 36-hour charity run event, each fall. Our events have supported causes such as substance use disorder recovery, wilderness therapy, inclusion in youth sports, and support for veterans. Profits from ALFC go toward the [Cochran's Ski Area](#) nonprofit. We are also proud to be partners with the Green Mountain Club in adopting the Duck Brook Trail, a rugged 4.5 mile trail abutting the Long Trail in Bolton, Vermont.

The Aliza Lapierre Fan Club Trail Race began in 2020 when five friends ran and hiked 50 miles together, through the current 50k course, with an additional 20 miles along the Winooski River and over Camel's Hump. Our local ultrarunner hero Aliza 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 five participants. Aliza is a 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 would like to acknowledge that our recreational activities take place on the unceded ancestral land of the Abenaki people. We are extremely grateful to the local mountain bike networks and the organizations 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 for the many volunteers who make this event possible, and for Aliza and family, the Cochran family, and Enman family who kindly support this event.

Sincerely,

Ben, Maia, Theresa, and the RTRC

2 Schedule of Events

Saturday, August 16th

5:45 Free 50k shuttle from Cochran's Ski Area (Finish) to Brewster-Pierce Memorial School Start Line

Note: There will be NO post-race shuttle back to the start line. Please make other arrangements to be dropped off if you cannot take the morning shuttle.

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

6:45 Pre-race briefing

7:00 **50k Race begins at BP Memorial School**

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8:45 Free 26k shuttle from Cochran's Ski Area (Finish) to Hayden Hill Rd East Start Line

Note: There will be NO post-race shuttle back to the start line. Please make other arrangements to be dropped off if you cannot take the morning shuttle.

Please do not leave cars at Hayden Hill Rd East Parking Area. This is a small public trailhead, and there will not be enough room.

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

9:45 Pre-race briefing

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

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

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

3.1

Course Map

Courtesy
Rob Rives

Updated
June 2024

SUBJECT TO
CHANGE.
Follow all
course
markings.

Aliza Lapierre Fan Club 50k/25K

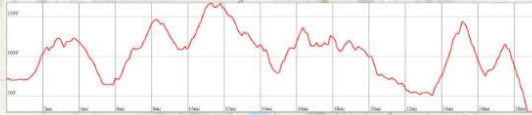
The ALFC 50k traverses approximately 8 miles of road and 23 miles of rugged trails through Huntington, Starksboro, Hinesburg and Richmond. The course will be challenging, with over 5,000 feet of climbing. The 25k runs the northern half of the 50k course.

The ALFC takes place in N'dakinna, the ancestral and unceded land of the Western Abenaki people.

Legend:

- Course Sections
- Section Begin/End
- Trails, non-race course

Cartographer: Rob Rives, Strix varia Press, June 2024



50k Course Profile

25k Course Profile

50K/25K RACE FINISH
Cochran's Ski Area
910 Cochran's Road
Richmond, VT 05477



Section 6: Preston Legacy and Cochran's
6.7 miles, +1383' -1545'
Dugway Road, Answer, Connector, Jimmy Cliff, Climb to Skully's, A-Day, Connector, Lung Ta Path, Merritt Parkway, Rivershore

Section 4: Sleepy Hollow
6.6 miles, +1050' -1100'
Texas Hill Road, Yoda, Balance Beam, Darth Vader, Skywalker, Light Saber, Tatooine, Lower Saddle, Liberty Meadows

Section 5: Sherman Hollow, Main, Dugway Roads
2.9 miles, +77' -342'

25K RACE START
Hinesburg Town Forest TH
Hayden Hill East
Hinesburg, VT 05461



Section 3: Hinesburg Town Forest
5.1 miles, +792' -1024'
Lincoln Hill Road, Back Door, Dragon's Tail, Eagle's Trail, Mainer's, Homestead

Section 2: Carse Hills
4.6 miles, +885' -453'
Hinesburg Hollow Road, Front Door, Clark's Way, Henry's Highlands

50K RACE START
Brewster-Pierce Memorial School
120 School Street
Huntington, VT 05462



Section 1: Main, Shaker Hill, Big Hollow Roads
5.3 miles, +703' -760'



This map is not intended for navigational use. Course length and route subject to change. Representations of trail systems may be incorrect or outdated. Follow all course markings on the day of the event.

Source: Esri, Airphoto DE, USGS, NOAA, NASA, CNR, N Robinson, NCEM, NGS, USGS, GeoDataSystem, Filterwaterford, CSA, Geotitles, FEMA, Intel, and the GIS user community, Chittenden County OPC, USGS, Esri, TomTom, Garmin, SafeGraph, GeoInformation, Inc., METRIS/A, USGS, EPA, NPS, US Census Bureau, USGS, USFWS

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
Brewster-Pierce School - 50k start	0	0	-	
1. Big Hollow Rd	5.3	5.3	-	Mostly dirt road. Big climb, big descent. Keep to runner's left (against traffic).
2. Lincoln Hill Rd	4.6	9.9	-	Long gradual climb, gradual descent. Many root nests, and some nettles.
3. Hayden Hill Rd (26k start)	5.1	15.0	0	Big climb, rocky hilltop meander, long descent. Many roots and rocks!
4. Enmans	6.6	21.6	6.6	Big climb, several small ups and downs, big descent. Roots and rocks, soft logging road.
5. Dugway Rd	2.9	24.5	9.5	Easy gentle downhill, dirt road and pavement. Run on the left hand side.
*5.5: Cochran's Water Station	*	*	*	<i>Halfway through the Cochran's section: Water; Untapped Maple Limeade only.</i>
Cochran's Ski Area: Finish	6.7	31.2	16.2	Hardest section. Two long climbs, technical terrain, then 0.5 mi of smooth flat trail.



All aid stations will have water, mapleade, and high calorie sweet and salty snacks, such as candy, chips, pickles, and fruit. There may be more substantial food (such as quesadillas) at #4 Enmans Aid. If you need to drop out of the event, please come to an aid station, notify the station captain, and we can take you back when the station closes.

Please note: No runner support from crew, or 'pacing' is permitted.

3.3 Course Marking

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

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



Orange 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, or to help mark a turn. Keep these flags on your left hand side.

Please be warned that the course may not exactly match the provided map in this handbook on race day - defer to the the course marking. If you miss a turn, go back to the last intersection with orange marking and continue on course.

4.1 Runner Logistics, Drop Bags, Support

Locations and Shuttles

The finish line for our event is Cochran's Ski Area, 910 Cochran Road, Richmond. We have access to 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 start lines after the event**. Check-in for both events takes place at the respective start lines - please refer to the event schedule above.

The 50k shuttle departs from Cochran's at 5:45 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 portalets at the school.

The 26k shuttle will depart promptly at 8:45 from Cochran's Ski Area, and will drop runners at the 26k start line, Hayden Hill Road, 315 Hayden Hill Rd East. Runners are welcome to be dropped off, but note that there is **no runner parking at Hayden Hill**. We have portalets at Hayden Hill, and there is a spectacular outhouse at the top of Sleepy Hollow (mile 16.5/1.5).

Runner Support, Drop Bags

Please note: No runner support from crew, or 'pacing' is permitted.

We understand that an aid crew can make a hard race more manageable, but our collaboration with local towns and landowners demands that we keep as much traffic off course as possible. Please refrain from bringing items to your runner.

50k runner "Drop Bags" will be taken from the start, Brewster-Pierce Elementary, to Aid Station 3 (Hayden Hill, Mile 15).

Totes with 50k and 26k runner gear will also be taken from start lines to the finish.

You may leave a small "drop bag" in the bin at the start, which will be taken to the halfway aid station, and to the finish. Please bring your bag to the start line, LABELED with your name and phone number.

Both 50k and 26k runners will also receive their bib in a gallon ziploc bag, labelled with your name at runner registration at the race start. You can fill this bag with your warm up clothes or other personal items, drop them in the bin, and these will be taken to the finish 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 your knees and watch your step! You may encounter fun wildlife such as stinging nettle, hornets, or black bears. Be prepared for any weather conditions. **We strongly recommend that any runner doing a trail 50k bring a space blanket and whistle for safety.**

In case of emergency, call 911. The race director and Wilderness First Aid certified volunteers can be reached at 802-598-2526. All aid stations have basic first aid.

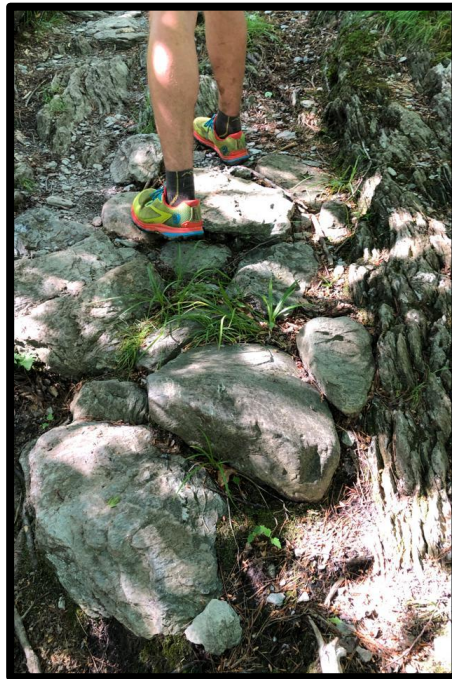
Our nearest hospital is the [UVM Medical Center](#) in Burlington.

In case of thunder or lightning, the race director will decide whether to pause or cancel the event, in which case runners may be stopped at the upcoming aid station.

**We can't wait to get outside with you!
May your legs be strong and feet be nimble...**



Root Nests



and Rock Gardens



**and Corduroy,
oh my**