

Pocatello 50 Mile Trail Run

A scenic and challenging 50 mile, 50 km, or 20 mile trail race

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Course

Overview

This will be a difficult and beautiful race in the Bannock and Pocatello mountain ranges surrounding Pocatello Idaho. The course is just over 51.8 miles long with 13,680 ft. of vertical gain and 13,680 ft. of vertical loss. This is a loop course with the start and finish at the Mink Creek Group Site Campground. It can be run solo or entered as a relay team of 2 or 3. The only cutoff time that will be used is at the Mink Creek Rd Aid Station at mile 32.5, which is where leg 2 ends and leg 3 begins. Solo runners must reach this point by 3:30 PM to be allowed to continue on. For relay teams, if the runner completing leg #2 is due in at mile 32.5 after 3:30 PM, the 3rd leg runner will be allowed to start the last leg at 3:30 PM and their times will be summed. The race will start at 6:00 AM sharp.

Categories

The solo and relay categories all run the same course, starting and finishing in the same locations. The relay team format will consist of the following legs:

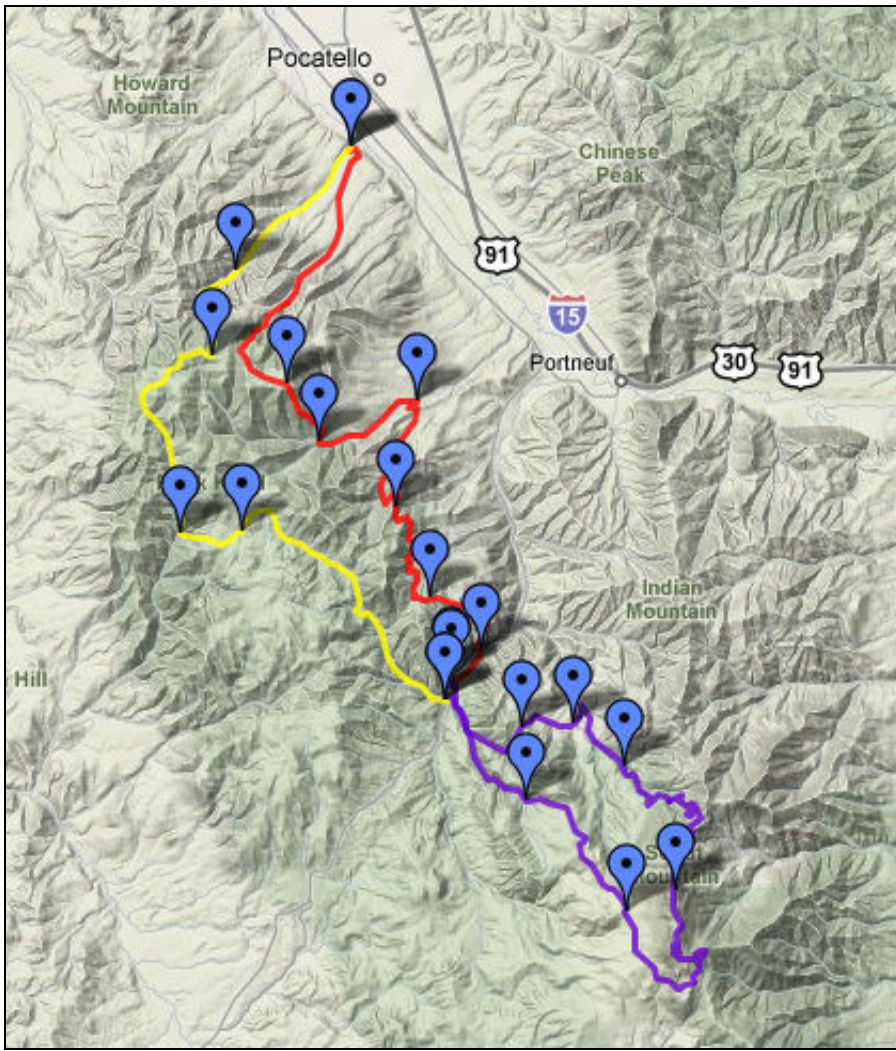
- 1) Leg 1 : 16.9 miles, 4,500' of gain, 5,150' of loss (medium)
- 2) Leg 2 : 15.6 miles, 3,600' of gain, 2,950' of loss (easiest)
- 3) Leg 3 : 19.3 miles, 5,580' of gain, 5,580' of loss (difficult)

As is mentioned in the "Race Info" Section, in the 3-person relay each runner will run one leg. In the 2-person category, one runner will complete 2 of the legs and the other runner completes just one section. In the solo category the runner obviously completes all three legs.

Maps and Such

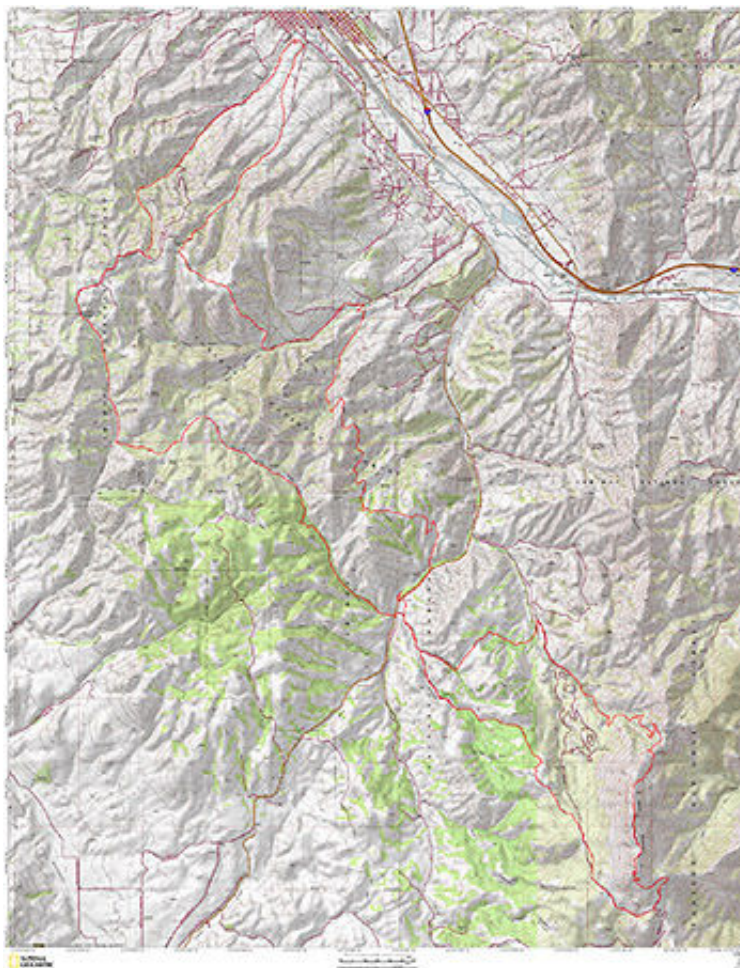
Solo Category:

The following 2 maps should prove to be useful for orienting yourself to the course and the 3 different legs (**leg 1** : **leg 2** : **leg 3**):



Pocatello 50 - Entire Course

Below is a higher resolution USGS map with the entire course:



And, most useful for review is the following [Google Map file of the entire course](#). Note that once open in google maps, you can open in Google in Earth by clicking “View in Google Earth”. From GEarth you can really get to “know” the course.

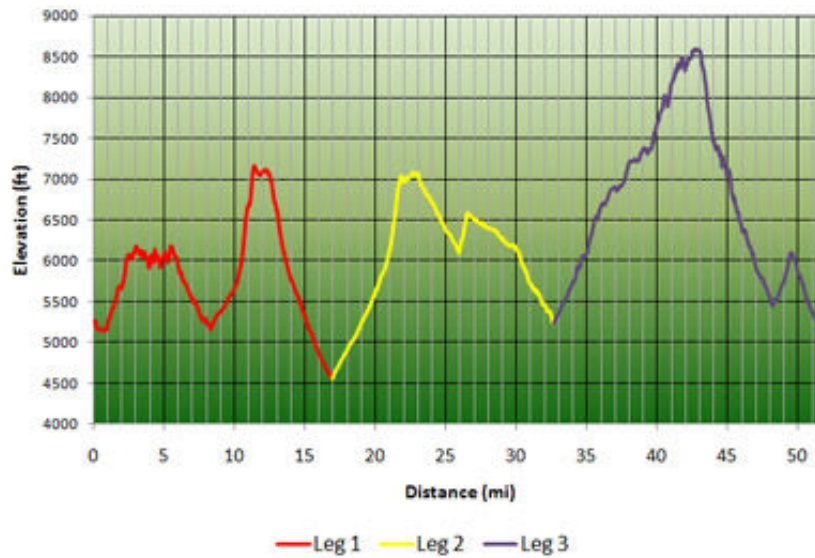
Relay Categories:

Google Maps files for the individual legs can be found below and are recommended if you’re only interested in a single leg. These files will load quicker in Google Maps. Note that you can also open them in Google Earth by clicking “View in Google Earth” from the links below. Can you tell that we like Google products? 😊

- [Leg 1 in Google Maps](#)
- [Leg 2 in Google Maps](#)
- [Leg 3 in Google Maps](#)

Elevation Profile

Pocatello 50 Mile Trail Run - 2009



Aid Station & Mileage Table

Runner	Location	Mile	Mile (relay)	Sect. Dist.	Aid	ΔH_2O	Crew	Speed	Surface
1	Start	0.0	0.0		Yes - Water, restroom	-	Yes	-	-
	Bridge	1.0	1.0	1.0	No	-	-	4	ATV & road
	Saddle	3.0	3.0	2.0	No	-	-	2	singletrack
	Ridge - Start of Descent	5.6	5.6	2.6	No	-	-	4	singletrack
	Gibson Jack	8.3	8.3	2.7	Yes - Water/Food, restroom	8.3	-	5	singletrack & ATV
	Leave Gibson Jack Trail	10.1	10.1	1.8	No	-	-	1	singletrack
	Top of Climb	11.4	11.4	1.3	No	-	-	3	completely off trail
2	City Creek	16.9	16.9	5.5	Yes - Full - Transition & Drop bags for setup, restroom	8.6	Yes	5	dirt road & singletrack
	Lower Dirt Road	19.8	2.9	2.9	Yes - Water	2.9	-	3	singletrack
	Winport Road	21.7	4.8	1.9	No	-	-	3	singletrack
	Midnight Creek Aid	25.9	9.0	4.2	Yes - Water & basic food items	6.1	-	5	ATV
	Mink Creek West Fork Rd	27.0	10.1	1.1	No	-	-	2	ATV
	Mink Creek Rd	32.5	15.6	5.5	Yes - Full - Transition & Drop bags for setup, restroom	8.6	Yes	5	singletrack
	Leave Valve House Trail	39.0	2.5	2.5	No	-	-	1	ATV
3	S. Scout Mtn Aid	38.0	5.5	3.0	Yes - Water & basic food items	5.5	-	2	ATV
	Scout Mtn Summit	42.7	10.2	4.7	No	-	-	2	dirt road & singletrack
	Big Fur Campground Aid	47.1	14.6	4.4	Yes - Water & Food	9.1	-	5	singletrack
	Nordic Center	48.4	15.9	1.3	Restroom	-	-	5	Paved Road
	Saddle	49.1	16.6	0.7	No	-	-	2	ATV
Finish	51.8	19.3	2.7	Yes - Full, restroom	4.7	-	4	dirt road	

ΔH_2O = distance between water

Speed	
5	Super-Fast Downhill
4	Fairly Rolling Hills or Flat
3	Low-Angled Uphill
2	Steep Uphill
1	Very Steep (i.e. stairmaster)

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