

## **Smokechaser FINAL INSTRUCTIONS**

**RACE DAY:** September 09, 2023

**PLEASE READ ALL OF THIS INFORMATION-** Please read this before sending an email. I WILL BE OUT MARKING COURSE ON THURSDAY, FRIDAY AND EARLY SATURDAY AND CAN NOT REPLY TO EMAIL, PLEASE READ THIS AND BE READY FOR A GREAT RACE, YOU GOT THIS!

TIP!-PRINT THESE INSTRUCTIONS, THERE IS LIMITED CELL SERVICE AT THIS PART OF THE LAKE

### **TRAVEL**

The event is based at **Lionhead State Park**. NOT Indian Creek Park. There is limited cell coverage so it is good to plan your route ahead of time, cell phone based map apps are inconsistent as you get closer to the park. YES, this is really in the wilderness which is how we like to roll.....right!

NARRATIVE OF DIRECTIONS- From Priest River Idaho take HWY 57 North to the 22.5 Mile Marker and turn RIGHT on Dickensheet Road, follow it to Coolin. When in Coolin turn RIGHT on Cavanaugh Bay Road, it is the first right after you pass the Inn at Priest Lake. Continue on Cavanaugh Bay Road until it will naturally change into Eastside Road. Continue north on Eastside Road for 18 miles. The Eastside Road will take you right to the park entrance. When you see the Lionhead Park Sign there will be a friendly parking attendant to greet and direct you.

**WHERE NOT TO PARK-** we are guests in the park with other park users. Please DO NOT park on Eastside road anywhere unless directed by a parking attendant.

**WHERE TO PARK-** map below

- Inside of the Lionhead Campground in any legal parking spot.
- In the Lionhead Boat Launch Parking Lot (there will be a direction sign)
- In the Lionhead Boat Launch Overflow Parking Lot
- In the Parking Lot at the main entry to Lionhead on Eastside Road.

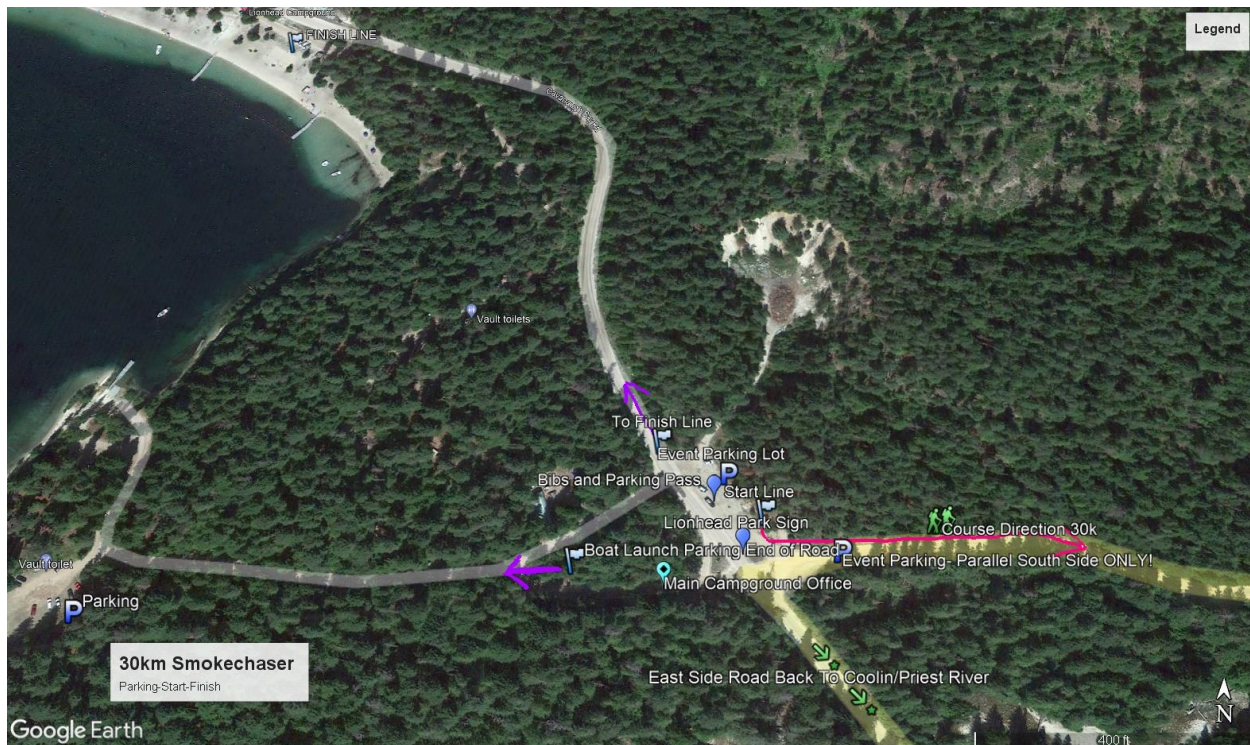
**EVERYONE NEEDS A PARKING PASS.** The state park, like most state and national parks charge a parking fee. You get these in one of several ways.

- If you added that fee (\$10.00) on to your registration we will have one ready for you when you park.
- You can buy one from the parking attendant directing cars OR at the bib pick up table. You will just need to run it back and place on vehicle before running. Parking is checked by park staff.

If you get them from our event they are (\$10.00 cash or check made out to Priest Lake Multisports)

- You can buy one from the Park KIOSK/BOOTH at the entry to the park, but they are \$14.00, we have special event parking passes. TIP if you arrive at the park with \$10 ready you will trade it quickly on the spot for the pass.

**-You can buy an annual Idaho State Parks pass online that is good for all parks for the year. I do to support our parks!!**



### CAMPING TIPS TO GET A SPOT

All three state parks, LIONHEAD CG (race venue), INDIAN CREEK CG (south about 15 minutes on the same road as race check in), and DICKENSHEET CG have all changed to walk up camping and no reservations as we started the off-season. About Lionhead camping- Two years ago there were over 30 unused camp sites race day, and three years ago the campsites were full so it varies. I WILL BE AT THE PARK THURSDAY NIGHT TO CHECK VACANCY, IF I SEE IT IS FULL THEN I WILL POST THE INFO BY EMAIL, OTHERWISE IF YOU DO NOT SEE AN EMAIL STATING THE CG AT LIONHEAD IS FULL GIVE IT A TRY. IT IS A GREAT SPOT TO STAY! Worst case if it fills up Friday evening you will only be backtracking to Indian Creek State Park about 15 minutes. I will only update if it looks really full.

Review the [Priest Lake State Park website](#), you can see the layout of camping at each of these areas. Lionhead is at the race venue but has limited spaces, it is recommended to get there early on Friday. Indian Creek is the next closest and has the biggest supply of tent, trailer, camper spaces and big rv spots. Dickensheet CG is a great river front campground. It is located about two minutes off of Highway 57 right when you cross the Priest River. It is a further drive race day (45-50 min) but is a great place to stay. The state of Idaho also permits dispersed camping, if you drive up Lion Creek Road by the Lionhead Unit sign at the main entry to the park, there are un-regulated free sites along the road. There are several other roads nearby that lead to turn outs and un-regulated sites.

### CHECK IN

**Check in starts at 7:30AM.** If you arrive really early, please park as indicated on the map and get a parking pass when attendant is there. All you need to do is grab your bib at the start line and go, shirts will be available with your trophy cup at the finish line. THE START LINE IS AT THE MAIN ENTRY TO THE PARK AT THE INTERSECTION OF LION CREEK ROAD AND EASTSIDE RD. This is at the same spot you will get your pass from the attendant right on the main road. Everything is pretty close together, don't stress!!!

## START TIMES

30k course open to start at **8:30AM**.

**TIMING-** Gun start at 8:30, chip timed at finish line. Chip is on your race bib so make sure the bib is exposed on your front. Results link will be sent to you post race.

## THE COURSE

**COURSE IS AN OUT AND BACK.** THE WAY YOU GO OUT IS THE EXACT WAY YOU RETURN. When you return to where you started the race- CONTINUE NORTH ON THE MAIN ROAD ABOUT 400 YARDS while following the course markings. The finish line is at the Lionhead beach by the restrooms. It will be well marked.

## MARKINGS

THE COURSE IS MARKED WITH YELLOW/RED POLKA DOT TAPE ONLY AND A FEW SIGNS. FOLLOW YELLOW TAPE WITH RED POLKA DOTS.

Yellow polka dot color tape is placed at any intersection requiring a turn and every .5 to .75 miles as a confidence ribbon. When you start the course look at every intersection, there will be tape, and sometimes a sign or arrow. It is well marked and there are very few intersections, but make sure to look at those few intersections. The marking tape will be clearly placed IN THE DIRECTION TO TRAVEL. The 30k course turns around right by the lookout tower on the summit, you won't miss it.

**CAUTION:** The north side of Lookout Mt. is a 250' straight drop off. Stay back from the edge. It is a great spot to take pictures away from the edge, please be careful.

**COURSE CHECK POINT AT THE SUMMIT- REALLY IMPORTANT.** The extremely well marked turn around point at the summit will have a green backpack. In the top compartment of the backpack will be a very small secret item (it will fit in a small pocket like running shorts where you would put a gel pack or such.) To be a finisher YOU MUST MAKE THE SUMMIT AND COLLECT THIS ITEM AND BRING IT BACK TO THE FINISH LINE!

## COURSE AID AND SAFETY

1. You need to run with at least 20 oz. of fluid in a hydration bladder, camelback, handteens bottle, etc. **you need to have water on you and your own nutrition on the 30k course. On the 30k course during the tough climb between mm 4 and mm 9 turn around, there is no way to get water there, it's a trail race! Be safe and carry water.**
2. Run with your device. There is no cell service on the bottom half of the course, but the top sections get a couple bars of coverage, texting is usually better than calls. For safety, if you need help or if someone is hurt, text RD at the base **208-610-3707**. Please do not tie up text communications unless there is an urgent safety problem, or someone is lost or injured. Since the cell coverage is on the top half of the course, if you see an injury or someone needing help, yell it to people heading up and down to get the word out to the top or aid station monitor.

3. There is water you can top off with at MM4, and MM13 of the 30k as well as snack food. The summit check point turn around will have some water you can top off with but due to logistics of no road access, you should top off fluids at the 4mm aid station and use this for your return back, there is limited water at the top. Don't litter. We are on public lands under a public land permit and we work hard to respect the environment and the hard working public employees that help take care of it. Do not litter or throw cups or wrappers. Usually ok at a road race, but this is not a road race, you are on and epic trail climb adventure in the wilderness!
4. Much of the course is in the Alpine and exposed, remember sunblock, protection against weather, and a cap and shades.
5. Check the weather [for Priest Lake](#) before you leave. As of today the NWS is calling for mostly sunny/partly cloudy with start temps around 50 and mid-day temps in the 60's. The course ascends to over 7000' and mountain weather changes. Bring gear for sun or rain, you can always leave it in the car. Most importantly is to check the forecast for Priest Lake before race day.
6. Running surface- the top part of the course has rough rock scree and if you are running while descending back down use caution. It is easy to loose footing while descending on the top portion of the course.

#### **AFTER THE RACE**

Get your shirt and insulated trophy mug at the finish line. We will have snack food, beverages like lemonade and sodas and a selection of beer. We finish right by the beach, perfect for taking a dip after the race!

**RESULTS-** will be posted online by the following day.

**PODIUM-** this race awards the overall 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> male and female finishers with a Smokechser place medal.

*Looking forward to your next great race day! RD KEN*

***Let your WILDerness side run at Priest Lake Idaho!***