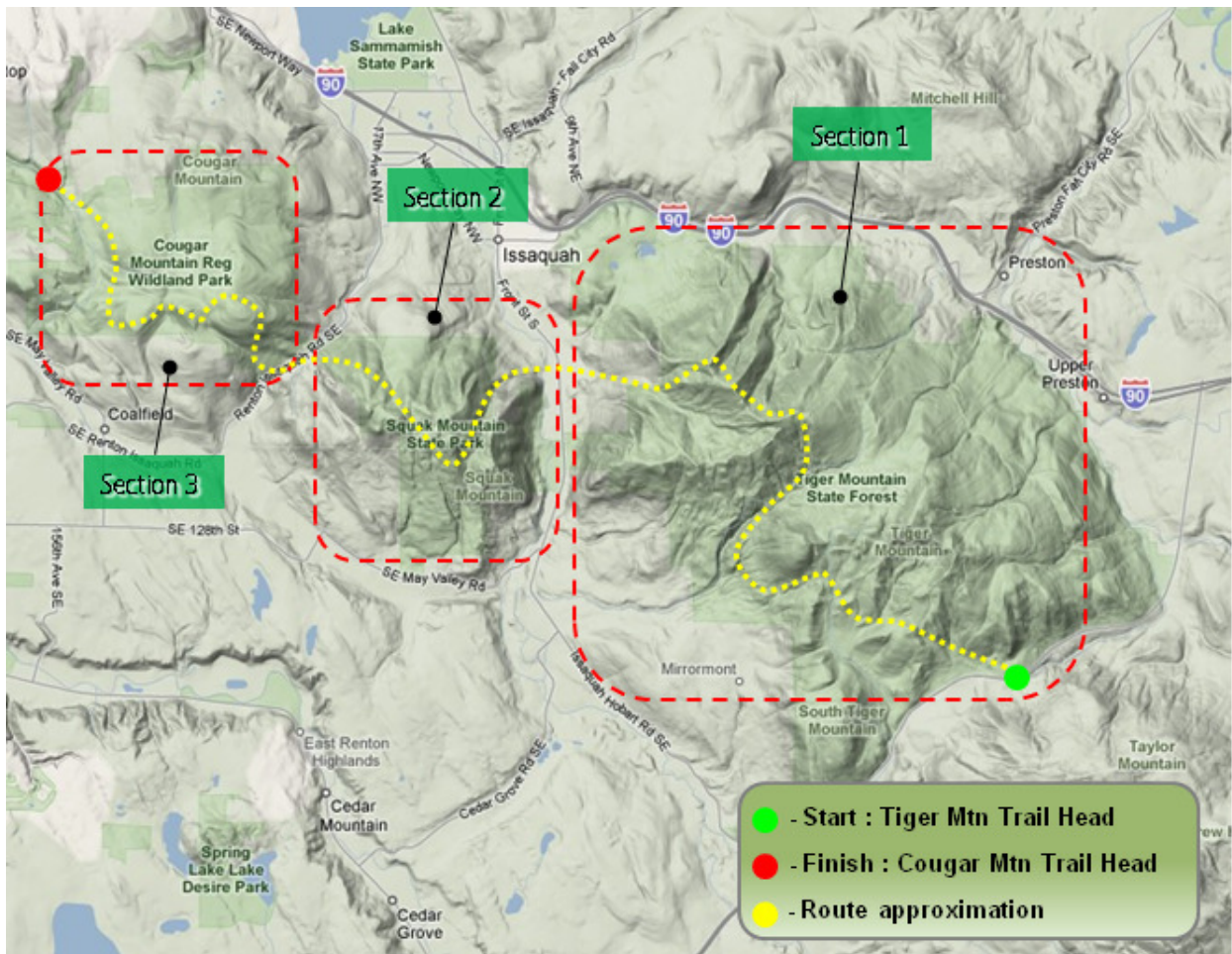




THE BIG DABROWSKI 50K

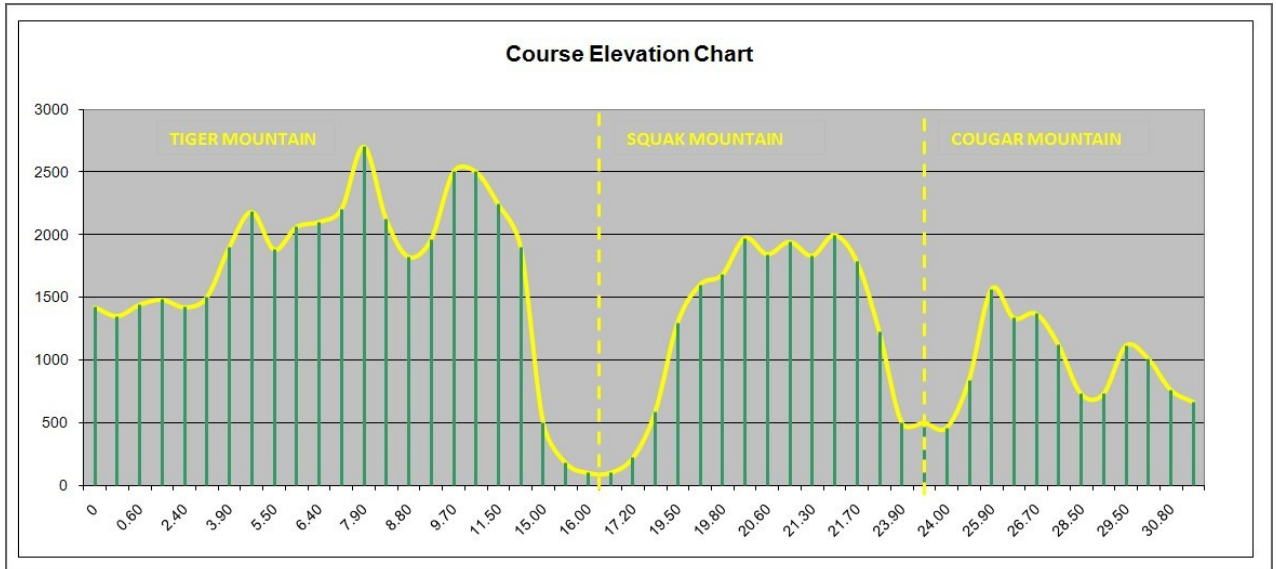
7:00AM - SUNDAY SEPTEMBER 20th 2009

The BIG DABROWSKI 50K is a 50 kilometer point-to-point course running from the east side of Tiger Mountain and finishing at Cougar Mountain's Red Town Trail Head. The route runs through varied terrain but is 95% on dirt trail and involves plenty of elevation gain and loss. This year the course has been rerouted and crosses three mountain complexes offering the best of the Issaquah Alps. Each mountain section is linked by a well defined urbanized area and there are 2 major urban road crossings where caution needs to be exercised. The course overview, elevation profile and other pertinent information is detailed below.



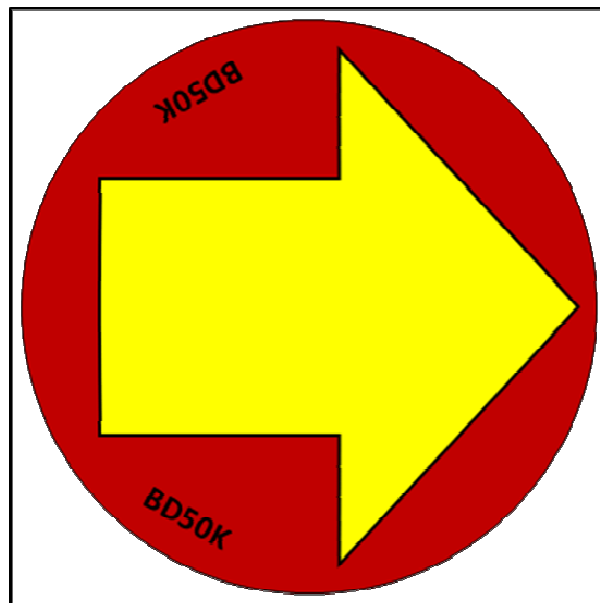
COURSE ELEVATION PROFILE

Be prepared for plenty of uphill and even more downhill running. With over 6000 feet of gain and 7000 feet of loss the course delivers good value for the entire run.



TRAIL MARKING

Trail marking will be provided using trail blazes as shown below. These 4" square blazes will be posted at each trail intersection and will indicate the continuing course direction. In urban areas where the course transitions between the wilderness regions of Tiger Mountain, Squak Mountain and Cougar Mountain the course will be marked with larger directional signs using similar blazes.



BD50K TRAIL BLAZES

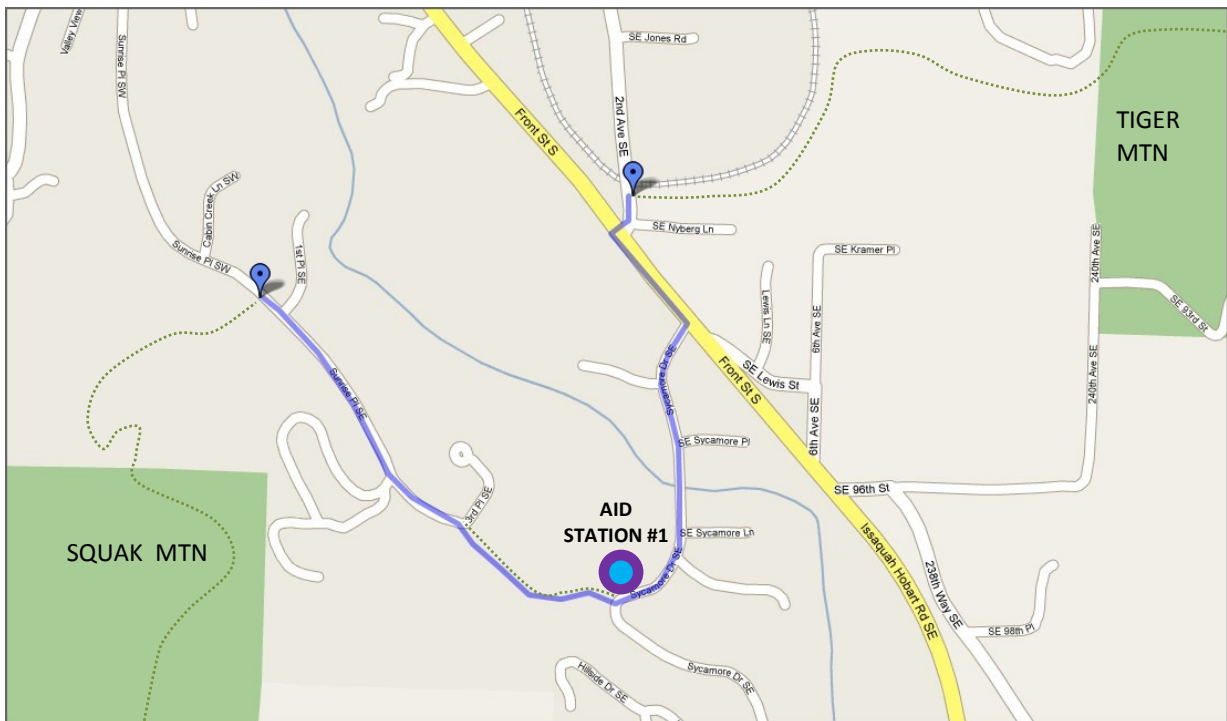
AID STATIONS

The 2009 run will include 2 aid stations which will provide basic hydration and foods. Runners have an option to have drop bags shuttled to the first aid station and then to the finish line. The first aid station will be located at mile 16.5 at the end of the Tiger Mountain. The second aid station will be located at mile 24 at the end of the Squak Mountain section. Aid stations are shown on the maps below in the “Road Crossings” description and are depicted by the following symbol.



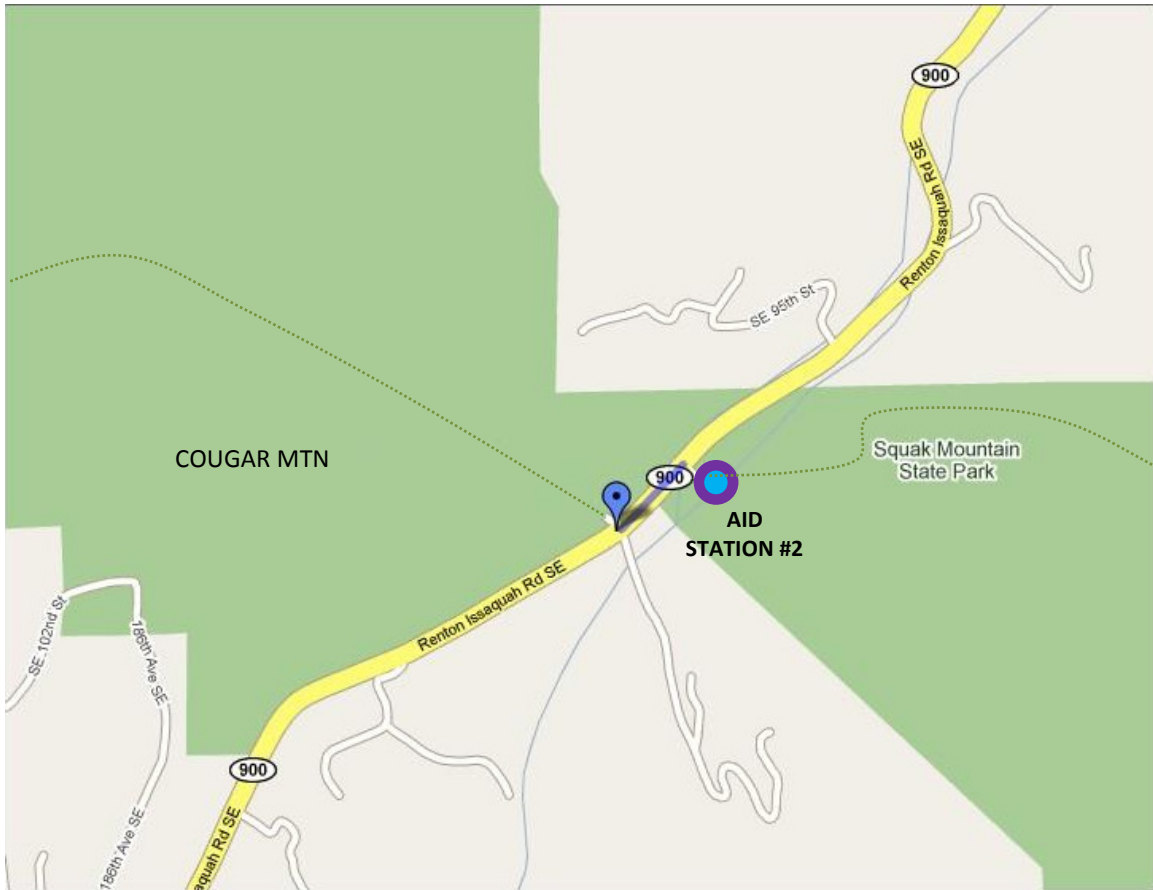
ROAD CROSSINGS

The Tiger Mountain to Squak Mountain transition (shown below) is made across road ways which are controlled by traffic lights. Obey all traffic laws when crossing the streets and use the cross walk for your own safety. Additional signs using the same graphics as the trail blazes will be provided along the streets. Note the 1st aid station location.



TIGER MOUNTAIN TO SQUAK MOUNTAIN TRANSITION MAP

The Squak Mountain to Cougar Mountain transition occurs along Highway 900. There is a 0.1 mile section that runs SW along the roadway to gain access to the trail on Cougar Mountain. Vehicles move quickly along this roadway so the crossing will be marshaled and the highway will be marked with signs and cones. Note the 2nd aid station location.



SQUAK MOUNTAIN TO COUGAR MOUNTAIN TRANSITION MAP

SAFETY & INTEGRITY

Nothing is worth getting hurt for so safety comes first. Having a fun day comes second. Getting lost on any of these mountains on a bad weather day can get serious fast. Dress appropriately for the weather, ensure you are self-sufficient and have adequate food, clothing and water as there are only 2 aid stations.

Consider bringing a cell phone as a back-up although coverage is spotty but many locations do have signal.

Don't do anything dodgy. Be low key and stay on the trails, absolutely no littering (especially no gel packets!) and be super-courteous to other trail users - no raucous behavior, slow down to a walk when passing and be friendly!

If thinking whether to bring man's best friend on this run please research and conform to the rules and regulations of the various park areas which are governed by the WA DNR, King County Parks and WA State Parks. Most require pets be leashed and that owners pick-up after their dogs. In addition, other trail users and runners should be taken into consideration as they might not feel as comfortable with animals about.

Thanks
Christopher Dabrowski
Run Coordinator