

Revised Dec 3, 2017: schedule of events updated. **New website:**
www.fatdog120.ca



Fat Dog 120 Race Guide

The most scenic ultra in Canada

www.fatdog120.ca

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SCHEDULE OF EVENTS FOR 2018

This schedule was updated Dec 3, 2017.

Date	Time	Event	Activity	Location
Thurs Aug 9	10-3 pm	120 mile, relay leg 1-3	Bag drop and package pickup at Manning Park Lodge only.	Tamarack Room in lodge
	3 pm	120 mile	Bus departs Manning Park Lodge to go to Riverside Centre in Princeton. See map page 8.	Lodge parking lot
	4:45 pm	120 mile	Mandatory briefing at Riverside Centre (Princeton). Sign in. There is NO bag drop or package pickup in Princeton.	Riverside Centre
	6:00 pm	120 mile	Bus goes to Sandman (upper end of town) and Best Value Inn (downtown), one bus goes to Princeton RV campsite 2.8 km along Hwy #3.	Riverside Centre
Fri Aug 10	7:45 am	120 mile	Buses depart Sandman and Best Value Inn to go to Cathedral Park. Buses stop at campground on way.	2 hotels
	9:15 am	120 mile	Buses arrive at Cathedral, Lakeview Campground.	Cathedral Park
	10 am	120 mile, relay leg 1	Race starts at Lakeview Campground trailhead. You can leave an overnight bag in the designated van to go back to the finish line.	Cathedral Park
	2-7 pm	70, 50, 40 mile	Bag drop at Manning Park Lodge.	Tamarack Room in lodge
	4-7 pm	70, 50, 40 mile, relay	Package pickup In Manning Park Lodge.	Tamarack Room in lodge
	7 pm	70, 50, 40 mile, relay	Mandatory briefing Manning Park Lodge. Sign in.	Tamarack Room in lodge
Sat Aug 11	5:30 am	70 mile	Bus departs overflow lot to go to lodge.	Overflow lot
	6 am	70 mile	Bus departs Manning Park lodge parking lot to get to start location on Blackwall Peak.	Lodge parking
	7 am	70 mile	70 mile race starts on Blackwall Peak.	Blackwall Peak
	7:30 am	50 mile	Bus departs overflow lot to go to lodge.	Overflow lot.
	8 am	50 mile	Bus departs Manning Park lodge parking lot to go along Hwy #3 to Cayuse Flats start area.	Lodge parking
	9 am	50 mile	50 mile race starts at Cayuse Flats near Hwy #3.	Cayuse Flats
	8:30 am	40 mile	Bus departs overflow lot to go to lodge.	Overflow lot
	9:00 am	40 mile	Bus departs Manning Park lodge parking lot to go along Hwy #3 to Sumallo Grove start area.	Lodge parking
	10 am	40 mile	40 mile race starts at Sumallo Grove on Hwy #3.	Sumallo Grove
Sun Aug 12	4 am	40 mile	40 mile race ends (18 hours).	Lightning Lake
	5 am	50 mile	50 mile race ends (20 hours).	Lightning Lake
	9 am	50, 40 mile	AWARDS for 50 and 40 mile.	Lightning Lake
	10 am	120, 70, relay	Race ends for 120 mile and relay (48 hours), 70 mile (27 hours). AWARDS for 120, 70 and relay.	Lightning Lake
	11 am	All	Pick up your drop bags.	Finish Line tents

AFTER RACE: Bear's Den Pub special for beer and burger!

ENTRIES

Participation in the Fat Dog 120 endurance run is first-come, first-served basis. Runners must meet entry requirements such as long distance experience and trail maintenance or volunteer hours.

400 combined limit for all events

250 cap for 120 mile race

MANDATORY RACER and PACER GEAR

There can be wild swings in temperature in the mountains; you need to be prepared for hot and cold. All racers **MUST** carry the following supplies; samples are linked but you can choose any brand name.

- Personal cup (or bottle), to be used at all aid stations for beverages and food.
<http://www.gsioutdoors.com/collapsible-fairshare-mug.html>
- Minimum of 2 litres of fluids with you at all times. Three-litre bladder recommended.
<http://www.camelbak.com/en/Canada/Sports-Recreation/Accessories/Antidote-Reservoir-100-oz.aspx>
- Two lighting sources, such as headlamp and hand torch, both in working condition. Bring spare batteries for your lights. Headlamp example
<http://www.petzl.com/en/Sport/PERFORMANCE-headlamps/NAO?l=INT#.VZ7YkhtRHIV>
Hand torch: <http://www.fenixtactical.com/fenix-pd35.html> Spare for either of those:
<http://www.petzl.com/en/Sport/CLASSIC-headlamps/ePLUSLITE?l=INT#.VYiFbEaxcs5>
- Two survival blankets or one bivvy <http://www.mec.ca/product/5014-038/survive-outdoors-longer-emergency-bivvy/?h=10+50030+50131&f=10+50131+51340>
- Whistle attached to outside of pack or clothing.
- Extra food in reserve, fuel, drink powder.
- Waterproof jacket with taped seams and hood; no soft shell sections to jacket. [UD Ultra Jkt](#)
- Long running trousers or leggings or a combination of leggings and long socks which cover the legs completely (optional waterproof pants; depends on forecast in our opinion).
- Additional midlayer clothing (one heavier, warmer piece or two lighter pieces). One thermal jacket or two long-sleeved shirts.
- Cap or bandana.
- Warm hat and gloves.
- If you don't have crew, **carry your car key in your pack** in case you have to drop out.

We also recommend:

- Sunscreen and lip balm.
- Extra pair of socks in your pack.
- Change of shoes. (120 milers recommend change at Bonnevier and Skyline.)
- 1 tensor bandage compression bandage for sprains or injuries needing compression.
- Your drop bag at Bonnevier and Skyline II has fuel and electrolytes for the home stretch; Camp Mowich is a minor aid station and there is one other minor aid station at Sky Junction before the finish.
- Use water treatment container like Lifestraw (or pills) if you plan to use streams for water.

- Bug spray.
- Moleskin, band aids, duct tape.
- Vaseline.
- Bear spray, air horn or whistle if you are concerned about bears.
- Finish line warm clothes packed in waterproof bag (you can insert your clothes in garbage bag and insert that in your drop bag to keep it waterproof).

ROUTE MARKINGS

Pink custom flagging, reflectors and pink metal stakes will be visible along the route and will be generally marked on one side of the trail. Reassurance flagging will be available at regular intervals and at all junctions. Night portions will be lit with reflectors, 12-hour glow sticks will be placed near aid stations. You will be loaned reflective gear for road portions.

Racers must study the route and become familiar with the route before race day.

TRAIL MAINTENANCE REQUIREMENT

Hours required: 120, 70, 50 and 40 mile = 8 hours of trail work.

Relay = 4 hours each person. You can allot the online fund to 2 relay racers (one person pays).

You are expected to **email proof of trail maintenance by July 31** or forfeit your entry fee and NOT race. If you cannot do trail work, here are your alternatives:

- Provide a volunteer on race weekend instead,
- Provide \$65 toward the trail work fund on UltraSignup when you register *or after* you register.
- Volunteer for some other event in your area and provide proof on the form.

If you attend a trail work day with a Mountain Madness crew, you do not need to send proof.

120 MILE COURSE

The 120 mile race is run on technical and non-technical trails, mainly single track, some dirt roads and 5 km of paved road. The race starts near Keremeos on Ashnola River Road (23 km from Keremeos). The first portion of the race is run in Cathedral Provincial Park. The second portion travels between Ashnola River Road and Manning Park Eastgate and involves one river crossing with current. The third portion travels along trails north of Hwy #3 then descends to Hwy #3 and along to Cascade day use area at Hwy #3. The last portion covers trails south of Hwy #3 through the Skagit Valley and returns to Manning Park to finish at Lightning Lake. See legs described below.

Leg	Distance	Aid Stn	Route
Leg 1 Cathedral	29 km 18 mi	Race start	Starts in the parking lot at Lakeview Creek Campground Trailhead on Ashnola River Road (23 km from Keremeos). Lakeview Trail ascends to Centennial junction, ascends Centennial briefly, and then descends on Centennial Trail to Wall Creek Bridge at Ashnola River Road. Equal ascent, descent.
Leg 2 Trapper Lake	37 km 23 mi	Ashnola River Road	At Ashnola River Road leg 2 takes Centennial Trail to Trapper Lake then takes Trapper Lake Trail to Pasayten River, crosses river (has current) and bridge to Hwy #3. Travel 1.5 km on the road to Upper Pasayten River Road near Manning Eastgate, cross Hwy #3 to Eastgate Road. Equal ascent and descent. Wildflowers and views.
Leg 3 Bonnevier	19 km 12 mi	Bonnevier	From aid station at Hwy #3, climb Bonnevier Trail 17 km to new aid station location* near top of Bonnevier. From aid station, continue 2 km to junction at Heather Trail. Mainly ascent. Views.
Leg 4 Heather	40 km 25 mi	Heather	From Bonnevier/Heather junction, turn right and follow Heather Trail to Nicomen Lake. Descend Grainger Creek and Hope Pass Trails to Cayuse Flats aid station and along Skagit Bluffs to Cascade aid station. Flat to undulating, stunning views, long descent.
Leg 5 Skagit	35 km 22 mi	Cascade	From Cascade aid station at Hwy #3., take Dewdney to Hwy, then follow Hwy #3 south on shoulder 3 km to Sumallo Grove day use area. Follow Skagit Trail to Centennial and Shawatum day use area (off Silver Skagit Road), do out and back to aid station, and then follow Centennial Trail to Skyline aid station. Luscious trails parallel river and then road. Undulating and flat trails. 3 km paved road. Easiest terrain.
Leg 6 Skyline	33 km 21 mi	Skyline	Climb Skyline II to Skyline I and then Centennial to finish at Lightning Lake in Manning Park. Roller coaster climb. False summits, stunning views, descent to finish.

Total time= 48 hours.

120 MILE TARGET TIMES AND CUTOFF

#	Station	120 mile Distance	Target (T), Cutoff (C)	Location and Notes	Major or Minor	Crew Access	Drop Bag
#1	Cathedral	12 km 7.5 mi		Lakeview meets Centennial. Near top of climb. No parking.	Minor	NO	NO
#2	Ashnola River Road	29 km 18 mi	4:30 pm Fri T	Ashnola River Road after Wall Creek Bridge. Parking.	MAJOR	YES	YES
#3	Trapper	36 km 22 mi		Centennial Trail crosses service road, before Trapper Lake.	MAJOR	NO	NO
WD	Flattop descent	53 km 33 mi		After Trapper Lake and Flattop Mtn, WD on descent to Calcite Aid Stn.	-----	NO	NO
#4	Calcite	57 km 35 mi	11:15 pm Fri T	Calcite Forest Service Road.	MAJOR	NO	YES
#5	Pasayten River	63 km 39 mi	1 am Sat T	West side after river crossing. Private road. No parking.	MAJOR	NO	NO
#6	Bonnevier	66 km 41 mi	1:30 am Sat C	Eastgate Road at Hwy #3. Parking. <i>Pacer can join racer here.</i>	MAJOR	YES	YES
#7	Heather	83 km 52 mi	6:00 am Sat C	Bonnevier top, 2 km from Heather junction.	Minor	NO	NO
#8	Nicomen Lake	99 km 62 mi		Aid stn at Nicomen Lake hut. Hiking only access.	Minor	NO	NO
#9	Cayuse Flats	117 km 73 mi	2 pm Sat T	Hope Pass at Hwy #3. Parking.	MAJOR	NO	YES
#10	Cascade	125 km 78 mi	4 pm Sat C	Cascade sign at Hwy #3. Parking.	MAJOR	YES	YES
#11	Sumallo	128 km 80 mi		Sumallo Grove at Hwy #3. Parking.	Minor	YES	NO
#12	Shawatam	149 km 93 mi	8 pm Sat T	Aid stn is at Silver Skagit Road. Out to aid stn and back to trail. Parking.	MAJOR	YES	YES
#13	Skyline	160 km 99 mi	11:30 pm T 12:30 midnight Sat C	Aid stn is at Silver Skagit Road at base of Skyline II. Out to aid stn and back to trail. Limited parking.	MAJOR	YES	YES
#14	Camp Mowich	174 km 107 mi		Aid stn at Camp Mowich.	Minor	NO	NO
#15	Sky Junction	182 km 112 mi		Aid stn on Skyline junction at Strawberry Flats turnoff.	Minor	NO	NO
	Finish	193 km 120 mi	10 am Sun				

Last Leg 6 Skyline Stats for 120 Mile Event:

Range of times = 6-11 hours, average time = 8.5 hours.

PACKAGE PICKUP AND BAG DROP

Leave your **small size** waterproof drop bags (**like a size 14 shoe box**) at the drop bag collection area in Manning Park Resort. All drop bags must be clearly marked with **your name, bib# and corresponding aid station name** on the bag. If you don't have a crew, **stash your car keys** in your pack that you carry with you, not in your finish line drop bag (in case you need to drop out!). There is NO package pickup and bag drop in Princeton.

120 MILE BRIEFING IN PRINCETON

- Thursday mandatory briefing at Riverside Centre in Princeton (just off 5A).



ACCOMMODATION TIP

Stay over in Princeton Thursday night (the briefing is there). Arrange the rest of your nights at Manning Park Resort including Friday night in case you have to drop out.

Book your stay at Manning Park as soon as you register! You can always cancel if needed.

TRANSPORTATION AND STAYING OVER IN PRINCETON THURSDAY NIGHT

Leave your vehicle at Manning Park Lodge. Take bus OR get your crew to drive you to Princeton and stay over.

We recommend Best Value Inn and Sandman Hotel in Princeton. The bus will be available there on race morning. See the schedule of events on page 3.

Dinner on Thursday Night in Princeton

Billy's Family Restaurant 250-295-3939.

Brown Bridge Pub no reservations and limited seating.

Country Kitchen 75 indoor/outdoor capacity 250-295-7838 email: delarammostafa@gmail.com

Cowboy Coffee/CoCo's Bistro 75 indoor/outdoor capacity 250-295-3390 email: brbrosof@telus.net

Funky Munky 250-295-6015 has 18 seating capacity.

Heartland (at the Sandman Inn) 250-295-0400 limited seating.

Little Creek Grill 250-295-6644 email: littlecreekgrill@shaw.ca

Livinit Restaurant 250-295-6262 <http://livinitsimilkameen.com/restaurant.php>

Thomasina's 40 seating capacity 250-295-3810 email: thomasinas.shoppe@gmail.com

Vermilion Fork 110 seating capacity 250-295-7711 email: info@vermilionfork.com

Breakfast on Friday morning in Princeton (limited menus)

Billy's 250 295 3939 opens at 6:00 a.m. 250-295-3939

Cowboy Coffee/CoCo's Bistro opens at 4:30 a.m. 250-295-3390 email: brbrosof@telus.net

Heartland (at the Sandman Inn) opens at 7:00 a.m. 250-295-0400. The night before, request the standard breakfast so you can be served quickly in the morning.

PACER

The first available aid station for joining your runner is Bonnevier (racer has done 66 km/41 miles to this point). This is located on Hwy #3 just outside Manning Park. *Pacers cannot start at Heather.*

Make sure you and your runner check in and out of every aid station. If your runner needs to drop, it must be done at an aid station. Please notify the aid station captain. Do not under any circumstances leave the course without notifying race officials.

You can get a bib at package pickup. You must stay with the runner at all times. If your runner drops, you may continue on with another runner who does not have a pacer after you have received the okay from race staff at an aid station.

Racers may only have ONE pacer at a time.

Pacers need mandatory gear.

SLEEP BREAK

Sleep breaks must be done close to an aid station. You may use a vehicle if it is not moving (Cascade, Sumallo Grove, and Shawatum). You cannot use a tent that is set up for volunteers.

BUCKLE FOR 120 MILERS (SUBSTANTIAL, NOT CHEESY)



Full colour awarded for 36 hours or less (changed in 2013).

Silver awarded for completion up to 48 hours.

TIPS FROM PREVIOUS 120 MILERS

Level of Difficulty

How do you compare this race to other 100 milers for level of difficulty?

- More difficult than Cascade Crest, Big Horn, IMTUF, HURT, Bear 100 and Angeles Crest.
- Less difficult than Hardrock. Some say it is as difficult as Hardrock because so much is runnable and it lures you into a faster downhill pace than you should take.

Training Recommendations

What suggestions do you have for training?

Lots of vertical climbing. Emphasize tough long climbs and descents, not speed. I would try and train more at altitude and in hot weather.

Climbing but also running downhill on uneven terrain to strengthen the quads. Doing anything on uneven terrain with rocks and roots will also help ankle strength.

Do some long easy days 50-100 km with some darkness in the equation in the several months leading up to the race.

Include long descents.

I only run 40 miles a week and I mountain bike a couple days a week. A race like yours is 10% fitness and 90% mental.

I hit mileage never before attained with a 122 mile week 5 weeks out from the race then I went hard into recovery to absorb this 3 week training block and also did a REAL 3 week taper.

Strategy

Now that you know this race, what would you do differently the next time you do it?

Train more for downhill on uneven terrain.

I need more light which means carrying more headlamps or batteries so I can use them at full power rather than trying to conserve batteries.

Bring a camera! Many beautiful views and wild flowers still blooming.

I wouldn't wear black shoes again as my feet became really hot.

I really was too casual going into this race; I should have paid more attention to the distances between aid stations and the size of the climbs.

I pushed too hard early on, especially on the high altitude sections which I wasn't really acclimated for. Next time I would really take it easy early on and not push the pace at all.

Tips

What tips would you offer racers who have not done this course?

My goal was to finish. I was conscious of NOT trying too hard. I felt this helped me in terms of keeping food down and successfully hydrating and salting during the race. Having a pacer was also very helpful.

If you don't see course marking for a longer than usual time, become alert. If you don't see any soon, turn around and go back to the last clear flagging.

Prepare for a lot of different terrain types.

Don't be impatient on the last leg - there will always be another peak to climb ... until there isn't.

Carry a minimum of 2 litres hydration, even more. I carried 2L and a handheld bottle. Make sure you have enough warm clothing for the Flattop Mountain descent in the night. Need an excellent headlamp and should carry a secondary hand torch for backup.

Go by effort, not pace. It's a long way between aid stations; be self-sufficient and have nutrition plan dialed.

Always be taking a look at the AMAZING SCENERY.

Start conservative and stay conservative. I never ran more than 10 min in any of the "runnable" sections, did not beat myself to death on the downhill and stayed on top of my calorie intake. Adjusted my hydration needs between Trapper and Calcite as hot temps forecast. This is not like many 100s where you get lots of crew access. Mentally/physically prepare yourself to be somewhat self-supporting. Be prepared for mosquitoes later on at the Centennial Trail before Skyline. This section almost mentally tipped me over.

Besides finishing this race my happiest accomplishment was the fact that whenever I needed to call on my legs to run, they could run. Managed to run the last 4+ miles down Skyline and around the lake. Conservation early on paid off in huge dividends.

I LOVED the variety in the terrain. So many different and unique areas. The fact that it took me 30 hours of racing before I saw another human who was not associated with the race was incredible. It is OFF the beaten path for sure - a huge draw for me.

This truly is one of the most scenic races you will ever do. It has the best selection and highest percentage of single track trails of any race I have done! The single track ranges from fast and easy to run, to technical. For a trail run, a course does not get any better than this one. It can also really chew up your feet.

RELAY

9 RELAY LEGS

Relay teams can have 2-9 members. Team members can do combinations of legs such as 1 and 5. See the relay legs listed at the bottom of the Routes & Maps page on the website.

Leg	Distance	Aid Stn Interchange	Route
Relay Leg 1 Cathedral	29 km 18 mi	Start Lakeview Creek Campground Trailhead to Ashnola	Starts in the parking lot at Lakeview Creek Campground Trailhead on Ashnola River Road (23 km from Keremeos). Lakeview Trail ascends to Centennial junction, (aid), ascends Centennial briefly, then route descends on Centennial Trail to Wall Creek Bridge at Ashnola River Road (aid). Equal ascent, descent.
Relay Leg 2 Ashnola	7 km 4 mi	Ashnola River Road to Trapper	This leg follows Centennial Trail to Trapper Aid at Easy Going Creek (aid). Ascent on single track and burned out forest. <i>Note: Next runner needs transportation by 4 WD or SUV on forest service road to get to Trapper Aid station. Tip: combine legs 2 and 3 for one runner to avoid driving FSR.</i>
Relay Leg 3 Trapper Lake	30 km 19 mi	Trapper Aid at Easy Going Creek (from forest service road) to Calcite	Follow Trapper Lake Trail to Flattop, descend (WD) to Calcite Creek (aid), down to Pasayten River (has current), cross river (aid) and follow bridge to Hwy #3. Travel south on road to Upper Pasayten River Road near Manning Eastgate, cross Hwy #3 to Eastgate Road to Bonnevier Trail (aid). Most technical trail. <i>Note: This runner needs transportation by 4 WD or SUV on FSR to get to Trapper Aid station to start.</i>
Relay Leg 4 Bonnevier	25 km 15 mi	Bonnevier Aid to Blackwall Peak	From aid station at Hwy #3, ascend Eastgate Road (forest service road) to Bonnevier Trail to 2 km from Heather junction (aid). *Continue to Heather Trail junction, turn left and follow Heather Trail to Blackwall Peak parking lot. Mainly ascent with a few valley dips. Single track, views at the top, very few streams. Will take longer than you think.
Relay Leg 5 Heather	38 km 23 mi	Blackwall Peak parking lot to Cayuse Flats	From Blackwall Peak parking lot, follow Heather Trail to Nicomen Lake (aid). Descend Grainger Creek and Hope Pass Trails to Cayuse Flats (aid). Undulating, many streams, long descent. Outstanding views.
Relay Leg 6 Cayuse Flats	8 km 5 mi	Cayuse Flats Aid Stn	From Cayuse Flats along Skagit Bluffs Trail to Cascade (aid) parking lot. Undulating on single track with some streams and peekaboo views.
Relay Leg 7 Cascade	24 km 15 mi	Cascade Aid to Shawatum	From Cascade aid station at Hwy #3, trail heads into Dewdney Trail, then follows Hwy #3 south 3 km to Sumallo Grove day use area (aid). Take Skagit Trail to Centennial Trail to Shawatum (aid). Undulating, easiest terrain beside river.
Relay Leg 8 Shawatum	11 km 7 mi	Shawatum Aid to Skyline	From Shawatum (aid) on Silver Skagit Road, follow Centennial to Skyline (aid). Undulating, easy terrain.
Relay Leg 9 Skyline	33 km 21 mi	Skyline Aid to Finish	Take Skyline II on Silver Skagit Road to Camp Mowich (aid) to Sky Junction (aid) and Centennial to finish at Lightning Lake in Manning Park (aid). Mainly a roller coaster climb with amazing views. Best climber should do this leg.

We recommend that you have backup runners in case a racer cannot make it to race day.

RELAY CUTOFF

Relay total distance is 205 km/127 miles.

Cutoff Time	Interchange	Total Distance So Far	Location
1:30 am Saturday	Bonnevier	66 km 41 mi	Bonnevier Aid Stn. Eastgate Road at Hwy #3. Parking.
3 am Saturday	Blackwall Peak	91 km 56 mi	Blackwall Peak parking lot.
4 pm Saturday	Cascade	147 km 91 mi	Cascade sign at Hwy #3. Parking.
12:30 midnight Saturday	Skyline	172 km 106 mi	Aid stn is at Silver Skagit Road at base of Skyline II. Limited parking.
10 am Sunday	Finish	205 km 127 mi	Lightning Lake in Manning Park

RELAY TRANSPORTATION

Relay teams are responsible for their own transportation to handoff locations at **aid stations**. You must check in at the aid station so they know you are ready.

Relay teams must become familiar with the aid station locations. We recommend that you drive to the locations before race day so you know exactly where you need to be.

Aid stations **signs** will be posted at nearest road or highway access.

Note that getting to legs 8 and 9 involves driving to Hope about 45 minutes and then finding Silver Skagit Road and driving another 60 minutes to find the parking area for the leg.

Relay Leg 1 starts with 120 milers and this runner should attend briefing in Keremeos with 120 mile racers.

Relay Leg 4 Bonnevier ends at the Blackwall Peak parking lot.

Relay Leg 5 Heather starts at the Blackwall Peak parking lot.

On race day, if a relay team member cannot run the designated leg, you can make a substitution provided that the runner is already on the team. For example, Leg 1 runner could also run Leg 4. You must tell the aid station. A relay team may have a backup runner but contact the Race Director in advance so we know you have backups. Before race day, you can make a substitution up to August 5.

SLEEP BREAK

Sleep breaks must be done close to an aid station. You may use a vehicle if it is not moving (Cascade, Sumallo Grove, Shawatum). You cannot use a tent that is set up for volunteers.

PACKAGE PICKUP

Do your pickup in Manning Park Resort on the day before your race. The captain can distribute bibs. Your captain must make sure that all runners are briefed and have mandatory gear.

70 MILE EVENT

COURSE

The 70 mile race starts from the top of the mountain parking lot across from Manning Park Lodge, 17 km up the road where Heather Trail starts and is run on technical and non-technical trails, mainly single track, and 3 km of paved road. The first part travels along trails north of Hwy #3 then descends to Hwy #3 and along to Cascade day use area. The last part covers trails south of Hwy #3 through the Skagit Valley and returns to Manning Park to finish at Lightning Lake. See legs described below. See the Routes & Maps web page for profile.

Leg	Distance	Locator	Description
Blackwall Peak	6 km 3.7 mi	Parking lot start	Starts at top of road across from Manning Park Lodge. Bus takes you up there. Undulating climb. Great views.
Heather	32 km 19.8 mi	Heather/Bonnevier junction to Cayuse Flats	At junction of Bonnevier and Heather, follow Heather Trail to Nicomen Lake (aid). Descend Grainger Creek and Hope Pass Trails to Cayuse Flats (aid). Undulating, many streams, long descent. Outstanding views.
	8 km 5 mi	Cayuse Flats Aid Stn to Cascade	From Cayuse Flats along Skagit Bluffs Trail to Cascade (aid) parking lot. Undulating on single track with some streams and peekaboo views.
Skagit	24 km 15 mi	Cascade Aid Stn to Shawatum	From Cascade aid station at Hwy #3, trail heads left into Dewdney Trail, then follows Hwy #3 south 3 km to Sumallo Grove day use area (aid). Take Skagit Trail to Centennial Trail to Shawatum (aid). Undulating, easiest terrain beside river.
	11 km 7 mi	Shawatum Aid Stn to Skyline	From Shawatum (aid) on Silver Skagit Road, follow Centennial to Skyline (aid). Undulating, easy terrain.
Skyline	33 km 20 mi	Skyline Aid Stn to Finish	Take Skyline II on Silver Skagit Road to Camp Mowich (aid) to Sky Junction (aid) and then Centennial to finish at Lightning Lake in Manning Park (aid). Mainly a roller coaster climb with amazing views.

TARGET TIMES AND CUTOFF 70 MILE EVENT

Start time 7 a.m. Saturday at Blackwall Peak parking lot. Outhouses available.

Note that Heather Aid Station is no longer on the 70 mile route.

#	Station	Distance run	Target T Cutoff C	Location and Notes	Major or Minor	Crew Access	Drop Bag
#8	Nicomen Lake	20 km 12 mi		Aid stn at Nicomen Lake hut. Hiking only access.	Minor	No	No
#9	Cayuse Flats	38 km 24 mi	1 pm Sat T	Hope Pass at Hwy #3. Parking.	MAJOR	No	YES
#10	Cascade	46 km 28 mi	4 pm Sat C	Cascade sign at Hwy #3. Parking. <i>Pacer can start here.</i>	MAJOR	YES	YES
#11	Sumallo	49 km 30 mi		Sumallo Grove at Hwy #3. Parking.	Minor	YES	No

#	Station	Distance run	Target T Cutoff C	Location and Notes	Major or Minor	Crew Access	Drop Bag
#12	Shawatum	70 km 43 mi	8:00 pm Sat T	Aid stn is at Silver Skagit Road. Out to aid stn and back to trail. Parking.	MAJOR	YES	YES
#13	Skyline	81 km 50 mi	12:30 midnight Sat C	Aid stn is at Silver Skagit Road at base of Skyline II. Out to aid stn and back to trail. Limited parking.	MAJOR	YES	YES
#14	Camp Mowich	95 km 58 mi		Camp Mowich aid stn.	Minor	No	No
#15	Sky Junction	103 km 62 mi		Aid stn on Skyline at Strawberry Flats turnoff.	Minor	No	No
	Finish	114 km 70 mi	10 am Sun C	Lightning Lake.			

Racers take 10-15 hours to get to Skyline depending on pace. Last leg Skyline times range from 6.5-11 hours.

Total time = 27 hours.

PACER

The first available aid station for joining your runner is at Cascade aid station. There is easy access to this location on Hwy #3.

Make sure you and your runner check in and out of every aid station. If your runner needs to drop, it must be done at an aid station. Please notify the aid station captain. Do not under any circumstances leave the course without notifying race officials.

Pacers can get a bib at package pickup. All pacers must stay with the runner at all times.

If your runner drops, you may continue on with another runner who does not have a pacer after you have received the okay from race staff at an aid station.

Racers may only have ONE pacer at a time.

SLEEP BREAK

Sleep breaks must be done close to an aid station. You may use a vehicle if it is not moving (Cascade, Sumallo Grove, Shawatum). You cannot use a tent that is set up for volunteers.

PACKAGE PICKUP AND BAG DROP

Leave your **small size** waterproof drop bags (**like a size 14 shoe box**) at the drop bag collection area in Manning Park Resort. All drop bags must be clearly marked with **your name, bib# and corresponding aid station name** on the bag. If you don't have a crew, **stash your car keys** in your pack that you carry with you, not in your finish line drop bag (in case you need to drop out!).

50 MILE EVENT

COURSE

The 50 mile race starts at Cayuse Flats at Hwy #3. The first part travels along Skagit Bluffs Trail parallel to Hwy #3, arriving at Cascade day use area. At the aid station, racers will be directed to a brief out and back along Dewdney Snass Trail and then to Hwy #3. The last part covers trails south of Hwy #3 through the Skagit Valley and returns to Manning Park to finish at Lightning Lake. See legs described below Cayuse Flats to Skyline.

Leg	Distance	Locator	Description
Skagit Bluffs	8 km 5 mi	Cayuse Flats Aid Stn to Cascade	From Cayuse Flats along Skagit Bluffs Trail to Cascade (aid) parking lot. Undulating on single track with some streams and peekaboo views.
Skagit	5 km 3 mi	Cascade Aid Stn extra	From Cascade aid station at Hwy #3, trail heads left into Dewdney Trail, turns RIGHT and then follows out and back along Dewdney.
	24 km 15 mi	Cascade Aid Stn to Shawatum	After out and back, follow Dewdney Trail to Hwy #3 south 3 km to Sumallo Grove day use area (aid). Take Skagit Trail to Centennial Trail to Shawatum (aid). Undulating, easiest terrain beside river.
	11 km 7 mi	Shawatum Aid Stn to Skyline	From Shawatum (aid) on Silver Skagit Road, follow Centennial to Skyline (aid). Undulating, easy terrain.
Skyline	33 km 20 mi	Skyline Aid Stn to Finish	Take Skyline II on Silver Skagit Road to Camp Mowich (aid) to Sky Junction (aid) and then Centennial to finish at Lightning Lake in Manning Park (aid). Mainly a roller coaster climb with amazing views.

TARGET TIMES AND CUTOFF 50 MILE EVENT

Start time 9 am Saturday.

#	Station	Distance run	Target T Cutoff C	Location and Notes	Major or Minor	Drop Bag
#9	Cayuse Flats	0 km		Start. Hope Pass at Hwy #3. Parking.	MAJOR	No
#10	Cascade	8 km 5 mi	10:30 am Sat T	Cascade sign at Hwy #3. Parking. Out and back 5 km/3 miles on Dewdney.	MAJOR	YES
#11	Sumallo	16 km 10 mi		Sumallo Grove at Hwy #3. Parking.	Minor	No
#12	Shawatum	37 km 23 mi	2:30 pm Sat T	Aid stn is at Silver Skagit Road. Out to aid stn and back to trail. Parking.	MAJOR	YES
#13	Skyline	48 km 30 mi	6:30 pm Sat C	Aid stn is at Silver Skagit Road at base of Skyline II. Out to aid stn and back to trail. Limited parking.	MAJOR	YES
#14	Camp Mowich	62 km 38 mi		Camp Mowich aid stn.	Minor	No

#	Station	Distance run	Target T Cutoff C	Location and Notes	Major or Minor	Drop Bag
#15	Sky Junction	70 km 42 mi		Aid stn on Skyline at Strawberry Flats turnoff.	Minor	No
	Finish	81 km 50 mi	5 am Sun C			

Last leg Skyline typically takes 6-11 hours.

Total time = 20 hours.

PACKAGE PICKUP AND BAG DROP

Leave your **small size** waterproof drop bags (**like a size 14 shoe box**) at the drop bag collection area in Manning Park Resort. All drop bags must be clearly marked with **your name, bib# and corresponding aid station name** on the bag.

40 MILE EVENT

COURSE

The 40 mile race starts at Sumallo Grove aid station on Hwy #3. There **is a bus** to take you to the start (it leaves from Manning Park Lodge).

Leg	Distance	Locator	Description
Skagit	21 km 13 mi	Sumallo Grove to Shawatum	From Sumallo Grove on Hwy #3, follow Skagit River Trail to Shawatum (aid) on Silver Skagit Road. Undulating, easy terrain.
Skagit	11 km 7 mi	Shawatum Aid Stn to Skyline	From Shawatum (aid) on Silver Skagit Road, follow Centennial to Skyline (aid). Undulating, easy terrain.
Skyline	33 km 20 mi	Skyline Aid Stn to Finish	Take Skyline II on Silver Skagit Road to Camp Mowich (aid) to Sky Junction (aid) and then Centennial to finish at Lightning Lake in Manning Park (aid). Mainly a roller coaster climb with amazing views.

TARGET TIMES AND CUTOFF 40 MILE EVENT

This race starts at **10:00 am** on Saturday.

#	Station	40 mile Distance run	Cutoff	Location and Notes	Major or Minor	Drop Bag
#11	Sumallo	0 km		Sumallo Grove at Hwy #3. Parking.	Minor	No
#12	Shawatum	21 km 13 mi		Aid stn is at Silver Skagit Road. Parking.	MAJOR	YES
#13	Skyline	32 km 20 mi	6 pm Sat T	Aid stn is at Silver Skagit Road at base of Skyline II.	MAJOR	YES
#14	Camp Mowich	46 km 28 mi		Camp Mowich aid stn	Minor	No
#15	Sky Junction	54 km 33 mi		Aid stn on Skyline at Strawberry Flats turnoff.	Minor	No
	Finish	66 km 40 mi	6 am Sun C			

Last leg Skyline typically takes 6-11 hours.

Total time = 18 hours.

HYDRATION AND GEAR

You **MUST** carry hydration pack or water belt and become familiar with your route. You need suitable gear for changes in weather; Skyline is remote.

PACKAGE PICKUP AND BAG DROP

Leave your **small size** waterproof drop bags (**like a size 14 shoe box**) at the drop bag collection area in Manning Park Resort. All drop bags must be clearly marked with **your name, bib# and corresponding aid station name** on the bag.

AID STATION TYPICAL FOOD

Aid stations will be stocked with the following foods and liquids: water, chips, Coke, energy drink, gels, bars, cookies, potatoes, sandwiches, soup, fruit, gummies, and **other tasty treats** like quesadillas provided by the aid station crew. They will be competing for your accolades.

A major aid station is fully equipped; a minor aid station is lightly equipped due to location (no road access). For example, Camp Mowich minor station will have water and lightweight foods.

OTHER WATER SOURCES

There are creeks that you will cross, such as Grainger Creek between Heather and Cayuse Flats aid stations. You can refill but we recommend using water purifier tablets like Pristine drops or use Lifestraw.

RACE WEEK—HOW TO CONTACT US

We will be in Manning Park during the week before the race. We may be able to check email from Monday to Thursday only. Email: mountainmadness@telus.net. At other times, you will need to **FIND US**.

Leave phone message: 1-250-840-8800.

Cell phone service is still NOT consistent in Manning Park. Do not expect reception! Heather Macdonald (Race Director) cell: 604-313-7621.

Manning Park Resort reception desk: leave message.

TRANSPORTATION TO START

Bus transportation will be available to get to the **start location** for your race, or your crew can drive you. The bus will NOT be going back to the start location at the end so **your vehicle needs to be at the overflow lot in Manning Park or Manning Park Lodge**.

If you do not have a crew to drive you, then you need the bus. When you register, you indicate bus needed.

Relay teams should transport racers to the start of their legs.

See *Schedule of Events* on page 3.

TRAINING

It is your responsibility to make sure that you are well trained for this challenging event. There will be chances to get to know the route by helping with trail maintenance or taking part in orientation runs in advance of race day.

It is essential to have hill climbs and descents in your training program.

There will be an orientation run in July. Check the website.

There may also be an ultra training weekend. Check the website.

GOOD DOG

Runners are expected to behave in an appropriate manner and recognize the challenges of an extreme sport.

- Study the course in advance so you know the trails and terrain.
- Follow the course on race day. If you go off course, return to your last known point.
- Check in and out of each aid station.
- Wear bib in visible location.
- Cooperate with race officials. Recognize that race officials are likely to be a lot more rational than you after many hours in the bush.
- Take care of other racers in trouble.
- Train adequately for this extreme sport.
- Withdraw voluntarily or when asked by a race official if a cutoff is missed.
- Let a race official know if you are dropping out. Happily pay for search and rescue if you should need their services because you didn't tell us that you were dropping out.
- Respect other trail users.
- Leave no trace. Carry out anything you bring in.
- Bury evidence of your human doggy-doo and make sure your chosen spot is well away from a water source.
- Be prepared for changes in weather.
- Carry required gear.
- Carry enough water and fuel to manage the distance.
- Sign in and attend mandatory briefing.
- Thank the volunteers.
- If you need a nap in a vehicle, take it in a stationary vehicle that is at an aid station only.
- No whining.

BAD DOG

We will toss you out of the race for any of the following bad things:

1. Cheating. All runners must follow and complete the designated course, without short cuts.
2. Failing to check in and out of each aid station. We need to know where all runners are at all times.
3. Receiving aid outside of designated crew access aid stations. This also means you cannot stash food along the route.
4. Littering. Garbage bags are available at aid stations and within 30 metres of the aid station.
5. Failing to cooperate with race officials or comply with medical personnel. **If for any reason, we are concerned about your safety or the safety of others, we will escort you from the route and you must comply.**
6. Any rule violation by a crew member. YOU are responsible for the actions of your crew. Make sure they park in designated areas.

7. Using more than one pacer at a time.
8. Muling (if you can't do it on your own, you shouldn't be in this race).
9. You cannot bring your real dog with you in the race!

DENIAL OF FUTURE ENTRY

Rule violations that result in denial of future entry for 10 years:

1. Failing to obey any Park Ranger or employee.
2. Failing to respect private property or Forest Service rules.
3. Mistreating aid station volunteers, other runners, or pacers. Volunteers are NOT your servants; do not bark orders at them.
4. Running as a bandit.
5. Any action by a runner or crew that the race directors feel may have consequences for the future of this event.

CREW GUIDE and DRIVING INSTRUCTIONS

See driving instructions in separate PDF file: **crew and relay team driving instructions**.

Crew members may assist their runners only **at aid stations**.

Crews may park in designated areas only.

Keep dogs on leash and away from aid station food. At Lightning Lake, dogs are restricted to a dog area.

You need to take care of yourself. We suggest that you have the following supplies:

- Rain gear.
- Backpack.
- Pen and paper.
- Flashlight.
- Gloves, warm jacket, fleece top.
- Snacks and meals.
- Spare batteries and spare bulbs.
- Sun screen.
- Fluids.
- Sleeping bag.
- Reliable watch.
- Hat.
- Change of clothes.
- First aid kit.
- Book to read.
- Bug spray.
- Road maps, race map. Driving instructions (posted on website).

WILDLIFE

Make noise on the trail so animals know you are there. Blow your whistle.

Rabbits are abundant. Whiskey Jacks are friendly. Ground squirrels are common.

In Cathedral Park, when climbing Centennial Trail, look at the range on the far left and you may sight graceful white, mountain goats. They are familiar with hikers and may be curious.

If you encounter a black bear, your first response is to back away and wait until it goes away. Speak to it in a low voice so it senses that you are human. Do not run. Make noise. If it gets aggressive, you get aggressive: make a lot of noise, throw rocks in its general direction, smash branches on the ground, act big. If needed, defend yourself. Same response for cougars.

If you encounter a grizzly, wait for other racers to join you so your mass looks larger.

Coyotes, foxes, wolves, cougars, wolverines and bobcats may be in the area but are not sighted often. A rattlesnake was sighted in 2010 in a dry, open area near Keremeos.

REMOTE IS REMOTE



You will be climbing mountains on trails where the only thing you will see is nature, no towns, no lights. This is very attractive to some racers. If this is a concern to you, bring a pacer.

You must be self-sufficient with hydration and gear. If you need to slow down and therefore be out longer than expected, you need to make sure you have enough fuel to keep going.

The scenery is worth it.

PERILS

This is an endurance race run in remote mountain settings; be prepared by carrying your own food and water because the aid stations are spread out and are not easily accessible by vehicle. You may encounter animals. You will be crossing a river that has current. You will be running at night

and may be alone at times. You will be running in unfamiliar territory. It will be cold at night. It may be hot during the day.

If you are a first timer, talk to experienced long distance runners to get tips.

If you get injured, it could be many hours before help arrives, so you need to take the mandatory gear seriously.

LIGHTNING

Read the article posted on the website.

FINISH LINE AND AWARDS

ABOUT THE FINISH LINE

Great place to hang out.

Post-race food. One meal is provided to runners and pacers; all others should buy a ticket at \$5. If you need another meal (such as breakfast) you can buy a ticket for \$5 or support Manning Park Lodge and eat at their restaurant.

Lightning Lake. You can soak in the lake or paddle.

Showers. For \$5, showers are available behind Manning Park Lodge in the Loon Lagoon. Pay at the front desk in the lodge. Towel provided. You bring soap, shampoo, etc.

Post-race testing. UBC Cardiology Team will complete post-race testing. They want to see you within 45 minutes of finishing.

First Aid Tent. Check in at the first aid tent if needed.

Shuttles. There will be a shuttle bus during the daytime (about every 90 minutes) and shuttle car drivers at night to take you from the finish to the lodge or overflow parking. See shuttle board at Lightning Lake. There are no buses going back to Keremeos at the end of the race.

Drop Bag Tent. PICK UP your finish line bags at the end of the race. Get your crew to remind you.

AWARDS CEREMONY LIGHTNING LAKE

Location. The awards ceremonies are held in Manning Park at Lightning Lake. See Schedule of Events page 3.

120 mile awards. Buckles are presented to all finishers. First overall male and female finishers will receive a jacket with the race logo. Top record breaker gets cash prize.

70 mile awards. Medals are presented to all finishers. First overall male and female finishers will receive a jacket with the race logo.

50 mile awards. Medals are presented to all finishers.

40 mile awards. Medals are presented to all finishers.

Relay. Relay medals are presented to top 3 teams.

SPECIAL AWARDS

Wild Dog	Best wildlife sighting.
Hally Dog	Best hallucination.
Hot Dog	Fastest descent Blackwall Peak to Cayuse Flats. 3:44 Glenn Jasechko 2017.

RECORD HOLDERS

120 Mile

Male: 25:07:28 Nickademus Hollon (2015)

Female: 30:18:49 Bethany Lewis (2015)

70 Mile

Male: 13:07:34 Graham Coombe (2016)

Female: 15:46:36 Madeleine Elson (2017)

50 Mile

Male: 8:32:15 Vincent Bouchard (2015)

Female: 9:30:31 Jenny Hoffman (2015)

40 Mile

Male: 07:09:25 Mike Sidic (2017)

Female: 09:34:20 Gwendolyn Ostrosky (2017)

Relay Team (course changed 2017) 25:34:29 Barking Spiders (2017)

DROP BAGS

If you cannot retrieve your drop bag please have someone else do it for you. Any drop bags left over will be donated to charity or thrown away.

PARKING [revised]

If you are registered at the lodge, you can park in the lodge parking lot. If you are not staying there, use the overflow lot at the Strawberry Flats parking area. We will have shuttles to go back and forth between the finish line, the overflow lot and the lodge.

To get to overflow, drive toward Lightning Lake but at the Y-junction, turn RIGHT. Park at the Strawberry Flats parking lot near the gate.

REDUCE, REUSE, RECYCLE

- We will be capturing our waste for recycling. Please place garbage in the appropriate container.
- Bags will be placed near the aid station; make sure that all garbage is dropped into the bag or carry it out with you.
- Refill your personal cup, water reservoir and handhelds.
- Recycle your pins.
- Bring your own camping plate, cutlery and mug to finish line.

BRING IT WITH YOU—GETTING SUPPLIES/FOOD LOCALLY

FAT DOG takes place in provincial park settings WITHOUT MUCH ACCESS TO STORES so you need to bring everything you need with you, except water. Make sure you bring batteries, flashlights, trail socks, gels, and your favourite energy foods with you.

Here's a few sources for basic items:

Hope	45 minutes west of Manning Park Lodge, Hope is your best source for gas, food and supplies. Home Restaurant is good. Also good burger stop in Chevron gas station. We like the coffee and sandwiches at Blue Moose Café 322 Wallace Street (also has free WiFi).
Manning Park	the lodge has one restaurant, one pub, one take out deli and a very small store (that has beer) but the hours of operation are limited. Don't rely on the lodge for things like batteries!
Princeton	45 minutes east of Manning Park along winding mountain roads, small town with gas, food stores, motels and restaurant. Best Value Inn and Sandman Hotel here.
Eastgate	just past the Manning Park Eastgate sign toward Princeton, there is an Esso gas station that has water, snacks, beer, and regular gas. This is the ONLY gas station you will see for a long while.
Keremeos	45 minutes past Princeton. Small town that closes down around 8 pm at night, has fruit stands and several restaurants; Benja Thai has good reputation. The gas station at the top of the hill has snacks and water.

GAS STATIONS

Gas stations are available here:

- Hope,
- Eastgate near Manning Park (on Hwy #3 toward Princeton). Take advantage of this Esso!
- Princeton.

VOLUNTEER INFORMATION

Volunteers get their own Volunteer Guide. See website.

“What an amazing collection of people. The organization that has to go into making something like this happen must be daunting, and I applaud you for pulling everything together. The sections I saw were well marked and all the volunteers were incredible.”

“I have got to say that your race was extraordinary, in planning, organization and execution! Every single volunteer out there on the course were truly dedicated to helping the athletes fulfill their goals! As my brother said “those are real volunteers at this race...giving up 12 to 24 hrs. in the cold and dark, not just giving a few hours out of their day to hand out Gatorade at an aid station along a highway.”

PHOTOS AND VIDEOGRAPHY

Photos and videos taken of racers are the property of Mountain Madness and cannot be used without prior authorization of Mountain Madness. Professional photos may be taken by photographers and will be available for sale at a reasonable cost.

If you have taken photos that you want to share, we are happy to provide a link to your site. We upload many photos taken by onlookers and look forward to seeing your photos.

MAP REFERENCES

- 92 H/2 Manning Park/Skagit British Columbia Canadian Topographic Maps www.itmb.com
- Ashnola River topo map: 92 H/1 Edition 2
- Backroad Mapbook: Manning Park Topo VCBC 7 www.backroadmapbooks.com
- Backroad Mapbook: Thompson Okanagan BC. www.backroadmapbooks.com
- Backroad Mapbook: Vancouver, Coast & Mountains. www.backroadmapbooks.com
- Race map created by Bob Plummer, mapmaker.

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ABOUT MOUNTAIN MADNESS

Mountain Madness Trail Running Inc was created by Heather Macdonald in 2004 to provide trail running clinics in North Vancouver, BC to prepare runners for races and build awareness of trails. Website: www.mountainmadness.ca

As of Dec 2016, Mountain Madness hosts the following races:

- Fat Dog 120 Trail Race (120, 70, 50, 40 mile and relay) in August in Manning Park BC.
- Brigade Trail Race (50 and 19 mile) in September from Tulameen to Hope, BC.

Until Oct 2016, Mountain Madness hosted the following events (now with the Fore Trails series):

- Dirty Duo Trail and Mountain Bike Race (six events: run 50, 25 or 15 km, ride 30 km, relay or solo run and ride) in March in North Vancouver BC,
- Iron Knee/Tender Knee (13 and 25 km) in May, in North Vancouver BC,
- Hallow's Eve (10 km, half and full marathon) in October, in North Vancouver BC,
- The Phantom Run (12, 19 or 24 km) race in November in North Vancouver BC,
- Trail clinics in winter, spring, and fall.

We provide many trail maintenance days each year. To help restore trails in E.C. Manning Park, Skagit Valley Provincial Park and Trapper Lake Trails. For example in 2016, our crews provided 877 volunteer hours, and cleared 1478 fallen trees.

We provide support to fundraising initiatives such as Search and Rescue and a trail work fund.

Heather Macdonald gives presentations about trail running.

Contact mountainmadness@telus.net or 250-840-8800.