



50

Saturday June 16th, Corvallis, Oregon

Welcome to the 2012 Test OF Endurance 50 (TOE 50) this race has moved to Corvallis at the Benton County Fairgrounds for the Start and Finish for 14 miles out and back to Blodgett for the dense forest adventure you have all known to be the TOE. The race was created 7 years ago out of my desire to open a doorway to the mtb endurance world to provide an opportunity and a challenge for the seasoned rider to finish with the support for 50 miles. This Private land owned by Starker Forests will test your stamina as you climb 6200 ft of logging roads and descend twisty and fast singletrack on one 50-mile loop to complete your TOE.

Special Notice:

This land and the trails you ride on are maintained locally by Team Dirt and along with fundraising for local Benton County groups including the Blodgett-Summit Grange and the Pastega House we purchase tools and keep the area open for riding yearlong. Please stop by for a permit at 7240 SW Philomath Blvd prior to any riding in the area other than the race day for the Tum Tum Unit. A 400.00 fine will be issued if you are asked for a permit and do not have one while recreating not on race day. The Day before is fine also to ride in the unit The Permits are free and for your safety as logging activity and occasional spraying can occur and Starker Forests would like to inform you of any of these safety issues during the year besides the race weekend...thanks

Please enter knowing this!

All entrants will receive the following

- Well marked course /Custom race plates
- All riders do the 50 /Team comp and couples comp for prizes
- 2 big aide stations with the best support and food for you
- New Staging area at the Benton County Fairgrounds
- Big Burrito after the event for all. \$6.00 non-racers
- Finisher Pint glass for all 50 mile finishers
- **Custom Swag bag for first 100 riders with socks for all who enter prior to May 1st**
- EMT and Search and rescue on site
- Big Raffle /FOOD/epic adventures
- Cash Purse Minimum 750.00
 - 200 riders \$1000.00 4 deep women/8 deep men overall
 - 250 riders \$1500.00 4 deep women/ 10 deep men overall
- Free Digital Pic of you racing provided by Oregon Velo
- One sweet day on your bike

Please fill out the entry form on the next page and feel free to e-mail me with any questions. I will have a pdf up soon of all the details and team details. Also, I will not cash any of your checks until after 4/1/10, so enter early and do not get left out.

Thanks

Mike Ripley

Race Director

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Team Rules and miscellaneous answers to common questions

Team Rules

You can enter the team comp and compete for individual glory and team domination if:

- You have 5 teammates with a team jersey on while racing (your 4 fastest riders count towards your combined team time) Each rider is scored solo and as part of a team.
- All teams must be declared within 48 hrs of the event by e-mail and all Teammates must be registered prior to. (NO exceptions) (NO Substitutions or Transfers of Teammates Day of event)
- All cats can compete for overall Prizes and a free entry into next years TOE
- Couple Competition (Fastest Coed Couple) Must be declared within 48 hrs of the event
- Team Prize of free entry into next years event for your team

Refund Policy

Until April 1st 50% After 25% until June 1st

Q & A

Where is the TOE 50?

From Portland or Eugene, Take I-5 to the HWY 34 exit (Corvallis) 10 miles to Corvallis.

Divert to grab coffee downtown or food or continue straight from HWY 34 on Harrison to 53rd St

Turn left at Light to Fairgrounds on right .10 of a mile.

From 99 (North and South) Take 99 into Corvallis from the south on 3rd St. Turn left on Harrison to 53rd/left .10 right at Benton County Fairgrounds

From North 99 take Walnut BLVD (5 miles to Harrison and 53rd) Proceed straight Fairgrounds on the right. Allow extra time if wanting to grab something downtown if you are coming in from HWY 34 and I-5 or 99 North.

Address: Benton County Fairgrounds 110 SW 53rd St, Corvallis, OR

Can I camp?

Yes, at the fairgrounds (cost applies) RV Hook ups available and tent camping also

Where can I eat the morning of?

- You are on your own, so pack and cooler, or go into town early, 5 minute drive

Where can I pick up my swag bag and plate?

- Peak Sports 2-4 pm Friday June 15th
- Saturday June 16th for Registration and Packet Pickup from 7am to 9am

Can I register day of?

- Yes, or the day before.....see above

When does the race Start?

- Saturday June 16th (Day before Fathers Day)
- 10am, rider meeting at 9:40/Mass Start

I do not have an OBRA one-day license?

- Its 5.00 and supports the Oregon Bicycle Racing Association and you can add it to your fee
- Or a 25.00 annual license (best way to go!)

I am new to this kind of thing and do not know what category to enter?

Have you ridden along time? Can you ride at 8-10 miles per hr offroad, if so enter Cat 2 or above.

New to the sport enter Cat 3 and the age group. Its all about fun! (See next page for training plan)

Train for the Test of Endurance 50 with Chris Eatough

Chris Eatough has been a professional mountain bike racer since 1998, specializing in the toughest endurance races in the world - from 24 Hour Solos to mountain bike stage races to 100 milers. Chris has poured all his knowledge and experience into a training plan written specifically for the Test of Endurance 50. More information on Chris Eatough's 12 Week Training Plan for the Test of Endurance 50 can be found here: [Link to Training Plan](#).

As you know, the Test of Endurance 50 is a tough race that will seriously challenge your fitness, skills, and mental toughness. Only the best prepared and focused riders will survive. Here are some general tips from Chris to help you reach your goals on race day:

It's advisable to start your training well in advance of the event to build up your endurance, efficiency, skills and comfort on the bike. This should start out with building a strong base with several weeks of base training with gradually increasing duration and low intensity. This should progress to shorter rides of high intensity with repeated hard hill efforts to increase top end and tolerance to high loads. The final prerace period should be based on lighter training load to ensure freshness for the big race.

Having a solid race nutrition strategy is also important for endurance mountain bike racing. Eating small amounts often will ensure that you are keeping up with the calorie and electrolyte demands, but not overloading your stomach, which can only digest so much when you are racing. Chris general guideline for intake when racing is:

- 300-350 calories per hour
- 24 to 28 ounces of fluid per hour
- 400 to 450 mg of electrolytes per hour

Training and preparing properly for the Test of Endurance 50 does take some dedication and commitment, but it's well worth it. The race will be much more enjoyable if you are well prepared (and somewhat of a death march if you are not!), and you are much more likely to finish with a smile on your face and your goals exceeded. Having Chris in your corner and following his 12 week training plan in the build-up to the race ensures that you are not guessing at your training, nothing is left to chance, and when you roll up to the start line on June 16, you are ready.

For more information and to order Chris Eatough's 12 Week Training Plan for the Test of Endurance 50, go here: [Link to Training Plan](#).

Are there showers?

- No we have hoses (sounds so good)

Where do I Stay?

Special Rates for people staying in Corvallis on site (word of warning, its Dad's Weekend, so book early!)
Check the website for more details.

What are at the aide stations:

Bread, peanut butter, jam, Hammer Nutrition Products including Perpetueum, and HEED Electrolyte drink and lots of water.

Is beer allowed? TBD

How does the race Start

The race starts from the Fairgrounds on Pavement Neutral Mass Start for 1 mile, then proceeds after another mile 15+ percent to sort you out on the way out to Blodgett

Drop Bags

Yes, if you get a small cooler or zip lock bag to the drop point at the Fairgrounds (will be labeled) by 9 am the morning of the race or night before clearly labeled **with Aide #2 at mile 26.5** and your plate number and name, we will take it onto the course and bring it back for you. You may want to put some spare parts in the bag and some special food, its your choice. Aide #2 is the farthest aide station into the course.

Check Points and course

Once as you complete your first lap you will bail out of the course for the return trip and the Exit aide at mile 36 and Checkpoint. It is mandatory that you get your Sticker for your plate for conformation that you made it this far, as we want to keep track of you here and at mile 45 after coming into the Cardwell Hill area. On Map!

The course is simply a trek through the Jungle of the Oregon Coast range, with 12 climbs and singletrack descents per lap. Fastest lap time on the 23 mile portion is 2-2.5 hrs with most doing the main lap in 3 hrs and out and back from Corvallis at 1hr to 1:30. Pace yourself and you will finish as the 6400 ft and 50 miles click by.

Cut offs will occur at aide #2 at 37 miles at 5pm. That's 8 hrs so most should make it. You must be out of the Tum Tum Unit by 7pm in order to proceed the last 14 miles back to Corvallis. This will give you 1.5 hrs to travel 1000 ft and 14 miles....keep you pace and finish!

Last Checkpoint is 5 miles from the finish at Cardwell Hill, Heed and Water available for the last hill.

Please be aware that once back on any road that you must obey the rules of the roads and remember that cars are on the paved sections coming out and back. Also if someone goes down on the course it will take a bit of time to get to you and emergency vehicles will be on the course, so be alert.

Awards and raffle

- **Food will be served starting at 1pm at the fairgrounds and awards will be at 4:30 for the 50**
- **We will have a lot of prizes.....I will update the prize list as prizes roll in.**
- **Custom awards to the top 3 in each division, cash for overall fastest riders**
- **Please E-mail me with any questions and most of all have fun, bring a friend and pace yourself over the 50 miles.**

See you soon

Mike Ripley