

Swan Crest 50k, info.

An unsupported run along the crest of Montana's Southern Swan Mountain Range
September 4, 2011

The Swan Crest 50k is an informal get together, it is not an organized event, there is no one in charge. The course is on existing FS trails and roads and is unmarked, not flagged... You are responsible to find your own way. There are GRIZZLY BEARS in the Swan Mountain Range.

Swan Crest 57k unofficial guidelines. This is a free occasion, you must however bring some type of edible food for the finish and a six pack of your favorite beverage, kinda like an ultra potluck. There will be a Weber on hand for some BBQ action. Only human powered traffic is allowed, that means using your own two legs to either run or pedal a mountainbike. The SC57k is self supported, you must finish with what you started with, no outside help, no stashing or leaving gear along the course. If you litter, don't come back. For those who want to "race" the clock for runners shall start at 7AM and bikers at 8AM. If you start late, your time still starts at 7 or 8AM. This should also help to make sure everyone finishes in a safe amount of time and before it gets dark. You are responsible for each other while out on the course, if some one is in need of assistance you are required, obligated, responsible... to stop and help. You need to be a responsible individual and make a sound decision on whether you are capable of participating in this event for your own safety and the consideration of others that will have to take the time to help you if the need arises. There will be a sign out sheet at the finish and a place to record your time, this will help insure that everyone is accounted for. Please make sure you sign out at the finish, so some one doesn't think they have to go looking for you, this also applies to any one that drops out early, go to the finish and sign out and let some one know. the tradition still stand that in order to officially finish the SC50k you must consume a BBQ HOTDOG at the finish.

Two Rules - No Head Phones/iPods, You must carry Bear Deterrent Pepper Spray. No exceptions to these two things. Don't want to comply? Don't come.

The folks at the Swan Lake Trading Post, Jocelyn and Joe have always let us use there lawn as a finish area and meeting spot the morning of the run, they also offer tent camping and cabin rentals along with hot showers, and also run a general store. If you need to camp or buy beer or snacks for after the run, please support them. "<http://swanlaketradingandcampground.com>"

There may be a shuttle available, if so it will depart from the SWTP @ 6:00AM. First come basis.

Forest Service trails and a short bit of forest roads in Southern Swan Mountain Range, Montana. The course is unmarked.

50k course, 11300' up & 11200" down.

Course starts at Tthe Wolf creek Trailhead(3000').
Course finishes at The Swan Lake Trading Post (3104').

All mileage given is total miles from the start.

The trail junction notation works as follows: For example, "#7/343" notation means you are on the Trail #7, and Trail #343 enters from the right. Similarly, "343/#7" notation means you are on Trail #7, and Trail #343 enters from your left. ("#" denotes trail you should go on at the trail junction.)

The 50k course starts out on trail #544 - Broken Leg. .5 - 187/#544. 544 turns into a road at 1.0, stay left on road. #544 continues on the road, the road makes a left hand switchback at 1.5, continue straight, the single track starts again. 2.2 - Water Deer Creek. 4.5 - Water wolf Creek. 5.4 - #544/Unofficial Bear Creek Trail/Stay Left. 6.1 - #544/354/Stay left. 9.1 - #544/353/Stay Left. 9.6 - 544/#7/Stay Right. 9.6 - Water. 12.2 - Triple Trail Junction - 72/#7/293 - Take a left on #72. 14.4 - #27/Quintonkin (381) Road - stay on the #Quintonkin (381) Road, heading down. 16.9 - #Quintonkin Road/Old Road, Hard(180) Right, Take the #Right (Road has no associated number, but it is the first road you will come to). 17.1 - Creek Crossing, Water. 17.6 - Road Forks, continue #straight (left)/Road 2807 goes right and uphill. 18 - Road "T's", take a right onto Road #5345, following Posy creek up. 19.4 - Road #5345 ends, cross creek(stay right) and #74 Trail continues. 20.2 - Water. 20.7 - 7/#74, Turn Right onto #7. 20.9 - 61/#7, stay right on #7. 22.3 - #7 Trail terminates and "T's" into the 10 trail. Take a right On the #10 to the top of 6 Mile Mountain. 23.9 - Top of 6-Mile, turn around and retrace your steps. 25.4 - 7/#10, take a right and continue down the #10. 26.8 - Water. 27.5 - #10/27, stay left on the #10. 28.2 - 6-Mile Mountain Trailhead, Road 9508/#10, take a right onto road #9508, stay on main road. 32 - Road #9508 ends at Hwy 83, take a left and run the HWY to the Swan Lake Trading Post. 33.3 - Finish at The Swan Lake Trading Post.

If you need to see a map of the course beforehand (good idea for some) go out and purchase a Flathead National Forest map. The map that all of this information was taken from is the U.S. Department of Agriculture Forest Service Northern Region, BOB MARSHALL, GREAT BEAR, AND SCAPEGOAT WILDERNESS COMPLEX, FLATHEAD, HELENA, LEWIS AND CLARK, AND LOLO NATIONAL FORESTS. SCALE: 1:100,000. Come prepared. The entire length of the trail has been run/riden this summer and is in good shape.

Driving Directions to the Start:

If you don't want to stay in Swan Lake on Saturday, you can meet everyone at the start. Find out where the Echo Lake Cafe is on Highway 83, head north on Echo Lake Road, take a right on Foothills Road, Take another right onto the Jewel Basin Road and venture forwards until you find the Wolf Creek Trailhead, about 3 miles?

That's alot of jibberish for something unofficial. Please take the time to fill out a release waiver, medical, emergency, info, contact form, this will help keep track of every one.

Note: A bit tougher this year since you will be starting at valley level and adding another 3000+ in climbing, so be aware. Previous course times(original course): Fast 6:20 & Mellow, up to 11:00. This years course though has more "runnable" single track and a bit more dirt road. If your biking, there is a bit of hike-a-biking involved. a few of us will be camped out at the Swan Lake Campground. You can stop by and pick up maps and course descriptions if you need them(let me know and I will print out maps and pick up a FS trails Map for those in need). I can also bring maps to the start. I'll supply a phone number on the fb Event page.