

Looking forward to the race! Also, as a Pocatello resident, I can't wait to show off our beautiful countryside.

One more thing, there is also a facebook group for the Pocatello 50. Check it out!

Trissa

By: **Trissa Cameron** on April 1, 2009

at 2:56 am

[Reply](#)

test

By: **race director** on April 6, 2009

at 8:26 pm

[Reply](#)

This is going to be a great run. The route is really awesome, I just wish I could run it all in one day (I'm part of a relay).

By: **darin** on April 8, 2009

at 3:10 am

[Reply](#)

Maybe I am really late here – but get your hotel room now – most hotels I checked are completely sold out – the motel 6 in chubbuck has some rooms -but the major chains are sold out – I guess there is some big soccer tournament in town and some big skeet shooting thing as well – hope the skeet shooters aren't in the same area we are running.

By: **Ross** on April 13, 2009

at 7:45 pm

[Reply](#)

Who is that guy featured in the images?

By: **John Naughton** on April 15, 2009

at 11:45 pm

[Reply](#)

Is there snow presently on the course, if so, how much?

By: **Steve Sexton** on April 20, 2009

at 12:33 am

[Reply](#)

I was wondering the same thing about snow on the course. Especially, around the start\finish pavillion. Thanks.

By: **Eric Taft** on April 20, 2009

at 12:59 pm

[Reply](#)

I've been running over on City Creek the last week. A lot of the trails are in great shape. There is snow up higher though. I don't know about the Mink Creek side. I would imagine that anything on the north facing slopes are still deep with snow.

By: **Lee Reddish** on April 20, 2009

at 4:25 pm

[Reply](#)

Yes, the State Cup Soccer tournament is in Pocatello that weekend.

Also, looking out across the quad this morning at ISU, the north facing slopes and upper reaches of the foothills are still snowy, but melting fast. Hopefully the storm later this week is rain, not snow to help clear them out a bit more.

By: **Alex Jones** on April 20, 2009

at 8:09 pm

[Reply](#)

Snow is mostly gone from the start finish but the trails are still covered w/in a 1/2 mile of it. The section of the course just before city creek aid station and up to the bottom of the DH course ascent is dry and very runnable. This Saturday I will try to update about some of the higher up portions around the middle part of the race. With the way the weather is looking I would put money on a about 20 miles of the course could be clear of snow.

By: **Luke Nelson** on April 21, 2009
at 2:55 am

[Reply](#)

If you can't find a hotel, camping at the pavillion will still be a good time. Many of us will be there. If the weather is anything like it is here in Boise, you can expect some good snow meltoff before the race.

By: **Ben Blessing** on April 22, 2009

at 9:59 pm

[Reply](#)

going up the gibson jack area in the morning for a quickie, and then this weekend for a long one. let you all know sun. or so.(if you haven't already been there)

By: **mike evans** on April 22, 2009

at 11:47 pm

[Reply](#)

Great to hear about Hammer as a sponsor. Any chance they will give some Perpetuem or Sustained Energy, too? Mabye enduryolytes?

By: **darin** on April 23, 2009

at 4:55 am

[Reply](#)

Unfortunately we'll only have the Hammer Gel Packs at our race. The electrolyte drink will be provided by Nuun. Also, Nuun is offering all racers 50% off their product. Let me know if you're interested.

By: **Jared** on April 23, 2009 i'm interested! can we purchase at the race or prior to?

at 3:22 pm

mike e.

[Reply](#)

By: **mike evans** on April 24, 2009

at 2:38 pm

[Reply](#)

Still some deep drifts up top of Kinport this weekend. Not over familair with trail running. Can't figure out whether to wear trail runners or my gel nimbus. I like the trail runners uphill, but no cushion for the downhill. Also destroying my toenails, because I have always bought my shoes 1/2 size bigger for foot swell and the thick thirlos running sock. Would appreciate any advice.

By: **Lee Reddish** on April 27, 2009

at 8:11 pm

[Reply](#)

Lee, I can understand your frustration with finding the shoe that will do it all really well, I sacrificed my fair share of toe nails to the shoe monsters before I found a system that really works for me. Before I through in my two bits, be aware that no one shoe or shoe company fits everyone's feet. That said I have found that a trail running shoe from a trail running shoe company is the best option for trail running. Case in point a lot of road shoe companies make great light weight road shoes and when it comes to trail running the make them more like hiking shoes than running shoes. If you are accustomed to the cushioning in a road shoe look for a very cushioned trail shoe, you will get the same cushioning with the added protection and traction you get in a trail shoe. I would recommend the LaSportiva Wildcat- it is pretty light weight, well cushioned, and very well built by a mountain running shoe manufacturer. I am pretty sure they have them down at Scotts in Pocatello so you could try a pair on to see what you think (both of La Sportiva and Scotts are also sponsors of the Poky-50.) I think you will really enjoy a shoe like that for trail running and racing.

By: **Luke Nelson** on April 27, 2009

at 8:39 pm

[Reply](#)

I plan on running the Slate Mtn. trail (part of the first leg) Saturday, I will let you know what I find.

By: **Pat Reddish** on April 30, 2009

at 6:31 pm

[Reply](#)

I went to check out parts of the first leg today. Started at City Creek up to Kingport, last 2 miles to top were on snow. Some muddy sections and snow areas on plateau. Returned back down and drove to Gibson Jack Trailhead. Ran a mile toward Slate and back and two up GJ to just past bridge before big up. All dry and great shape. These are trails I have never seen before. The west bench is awesome.

By: **T. Borschel** on May 2, 2009
at 12:53 am

Reply

My brother and I ran the Slate Mtn. trail this morning, and checked out the starting area. The snow has melted at the pavillion and on most of the trail. We ran in about 5 miles, there were drifts that crossed over the trail in some locations, but I'm sure that most of it will be gone by race time. At about the 5 mile point there is a section of trail that is covered for about 200 yards with snow, due to the buck brush along the trail, that may add to the excitement of the race.

By: **preddish** on May 2, 2009
at 5:37 pm

Reply

We are Team Redlizard, a 3 member team. Unfortunately, we have lost one of our members (having to go in for major surgery this week) – leaving open a space that I and the other member (Julz) would like to fill. We are a fun loving group of trail runners desperately seeking like minded female or male runner to take up one of the other legs, your choice.

If interested, please contact – Steve – labadorsprinter@yahoo.com

By: **Steve Sexton** on May 15, 2009
at 4:20 am

Reply

I am looking for a team...my enthusiasm for trying it solo is waning. My name is John Goddard and I am in Pocatello. My email is goddjohn@hotmail.com if interested

By: **John Goddard** on May 16, 2009
at 12:00 am

Reply

Our team is also looking for another runner (Stinking Injuries) the team name is "TBD" but we are thinking of changing it to "Wow, another runner would be nice"

By: **Pat Reddish** on May 16, 2009
at 5:55 am

Reply

I love this "Chat" site. We are so glad to have filled our vacancy with John Goddard. Whew, time was getting short.

By: **Steve Sexton** on May 16, 2009
at 2:20 pm

Reply

Trissa and I ran from Leg 3 start to nearly the junction with the East Fork. It is really messy up there, so lets hope for some warm, dry days this week.

By: **Ryan Cameron** on May 16, 2009
at 8:55 pm

Reply

I have a friend who wants to run on a team, please email gaudetpj@yahoo.com

By: **Peggy Gaudet** on May 17, 2009
at 3:05 am

Reply

Ran the first leg early this morning. Still a lot to learn about trail running. Some of the things I learned today were: 1. Try not to look at the scenery too much, the rocks will catch your toes 2. The uphill climb from Gibson Jack to City Creek sucks. Watch out for cactus and ticks, I've found 2 of those pesky things crawling on me today. 3. On that uphill climb, tie up your shoes nice and tight, and my question in a previous post about whether or not to run in a cushioned road shoe was ridiculous. Trail runners were invented for a good reason 4. There are a lot of moose in the area. 5. I hope the Looking for a third person to run on a relay next week. Call (241-3493) or e-mail.

weather is good, I can't imagine doing this thing in rain. 6. You solo runners are insane, 1/3 was all I wanted today. Good luck to all.

By: **Lee Reddish** on May 17, 2009
at 4:05 am

[Reply](#)

By: **Dusty Pena** on May 17, 2009
at 4:20 am

[Reply](#)

I am looking to be a part of a relay. Have you already found someone?

adrienne

By: **adrienne** on May 20, 2009
at 4:53 pm

[Reply](#)

This is for the directors. I noticed on the web site you have misspelled my last name. I am on team 17 and the name is Nate Hill not Hall. I have tried to contact you but for some reason this seems to be the only way.

By: **Nate Hill** on May 17, 2009 Hi Nate,
at 4:38 pm

I've updated our records, sorry for the misspelling.

[Reply](#)

Jared

By: **runuphill** on May 18, 2009
at 1:02 am

[Reply](#)

Either looking for a third person, or I can be a third person for a relay team...

By: **Melissa Merrill** on May 18, 2009
at 3:55 am

[Reply](#)

I am looking to be a part of a relay team. Let me know if have not found someone.

adrienne@mountmajestic.com

By: **adrienne** on May 20, 2009
at 4:51 pm

[Reply](#)

Can anyone tell me about the section of the first leg after it leaves Gibson Jack? Does it go up to Kinport and then down Cusick Creek to City Creek? Thanks for the help

By: **John Goddard** on May 18, 2009
at 4:51 pm

[Reply](#)

John,

The section you are talking about takes a right, just before the bridge, maybe a couple of miles up GJ. It then goes 'off trail' and heads up the ridge to Wild Mtn. It's very steep, and will be well marked race-day. From the top it eventually loops back to Cusick and then diagonals back toward City Creek via the Prison Loop trail system.

-ryan

By: **rundownhill** on May 18, 2009
at 8:39 pm

[Reply](#)

I went up City Creek (second leg) yesterday and got confused when the trail disappeared into a snow drift...then I followed some bike tracks and foot tracks up a creek and over bouldres?? Is this Midnight Creek? Please tell me I wasn't lost on some hillside miles away. I turned back because I was tired of packing my bike. There was a fork before a spring (maybe Dead Cow?) and when I took either way (yes, I backtracked and spent lots of time there) both forks went to the same spot.

By: **Kebai** on May 19, 2009
at 5:22 am

[Reply](#)

Hi Kebai,

If you hauled your bike all the way up and out of city creek, you deserve a special award. That had to be really tough work ! Eventually (maybe 4.5 miles up) the City

Creek trail drops right in the center of the gulch. Enough snow may be melting out of there that you can see the little orange circles painted on some of the rocks that mark it as part of the mountain bike downhill course that is held in July. The course will follow this all the way up to the 4WD road on the ridge. This is the steepest part of Leg 2. At the road, the course goes right and follows the road for a mile or so, past a small pond and a cattle guard, before dropping down into Midnight Creek near Dead Cow Spring. A super fast ~twoish miles down Midnight will take you to the left turn off for Monument Gulch (we plan to have the aid station near here), which leads back of to the West Fork Mink Creek trail system. Hope the helps.

-ryan

By: **rundownhill** on May 19, 2009
at 2:02 pm

[Reply](#)

Ryan,

I have replaced Ed Carter on Team RedLizard. Don't know if you needed to know that or not prior to Friday. Also, thanks for the course info re the second leg.

John Goddard

By: **John Goddard** on May 19, 2009
at 6:50 pm

[Reply](#)

I would love to pinch hit for someone who has a relay member who has dropped out. I am open to run with a two or three person group. If I dont hear from anyone, i will sign up for the whole race.

By: **adrienne** on May 20, 2009
at 4:47 pm

[Reply](#)

Ok, I hate looking at the weather and I hear it will be "primo." What does that mean in terms of what y'all are wearing at the start and so on? I am from Florida so I tend to think that shorts, a t-shirt, and a UF Gators hat are appropriate attire for anything. I'm thinking long sleeves to start, shorts, and a windbreaker. T-shirts in drop-bags. I am off-base, as usual?

By: **mandy** on May 21, 2009
at 4:38 am

[Reply](#)

Hey peeps, if anybody needs some tent space, I have a Taj Mahal of tents (and all the fixin's so to speak). You can email me(markorunz@yahoo.com) today, blow up my celli (sorry, couldn't resist) @ 979.417.5845 tonite/tomorrow, or just look for a tent w/a Lone Star flag (my sign for a Texas buddy to find me in the nite) and walk up and say, howdy.

By: **Mark** on May 21, 2009
at 5:03 pm

[Reply](#)

Hey, Patty from the trio of "Run Baby Run" is the only member from that team that is going up to run the race. She's looking to run the middle leg (only: since she's convinced its the easiest). Not looking at being competative at all, but, running for fun. So if there's one or two folks interested in running the first and/or third leg, let me know (I'm her "official" crew - ha ha). We should make the check in's and camp at the group site on Friday. Brown Nissan Xterra with Utah plates. Give us a shout!

By: **Brian for Patty** on May 21, 2009
at 11:15 pm

[Reply](#)

can't label a drop bag with a bib number if we don't have them. i'm assuming name and aid station will suffice.

thanks,
mike e.

By: **mike evans** on May 22, 2009
at 3:29 am

Reply Found third teammate already, sorry adrienne.

By: **Melissa Merrill** on May 22, 2009
at 6:22 am

Reply

I want to thank everybody that helped with the run.

After I was done with my part of the run (the first leg), I was pretty sure that I was done with trail running. Then as the day went on and I watched my teammate (Thanks, Greg you did great) come in from the second leg, my mind started to change. Then at the end of the race, and the last of our team came in and he looked like he had just finished a morning walk (Thanks, Matt). I had decided that I was not going to let the mountain beat me, it may have won the battle but not the war.

Thanks again, you sick, twisted freaks.

Pat.

By: **Pat Reddish** on May 24, 2009

at 5:12 pm

Reply

Thanks for the great job yesterday. Definitely a top notch race. Great course, excellent organization, and great volunteers. Glad to be a part of it.

- Greg

By: **Greg G.** on May 24, 2009

at 11:11 pm

Reply

Thank you for putting on such an awesome event...and it didn't lack in the "difficulty" category either!! The course was beautiful and the organization was perfect. We are already talking about next year... Thanks again for a wonderful day!!!

By: **Darla** on May 25, 2009

at 1:53 am

Reply

A Great Run! Awesome Scenery! great Volunteers, incredible organization and course markings and a ton of fun coming down those snow slopes 😊

Make a push to host the National Champs next year!

By: **Dave James** on May 25, 2009

at 3:38 am

Reply

Kudos. A fabulous, and fabulously difficult, event. Couldn't have been better. Many, many thanks to you guys and everyone else who played a part. Cheers.

By: **Hank Dart** on May 26, 2009

at 2:33 pm

Reply

Hypothetically, if a friend forgot to pick up his or her drop bags after the race, how would this friend go about getting his drop bags back?

Thanks for a great run.

By: **Dan Barnett** on May 26, 2009

at 4:41 pm

Reply

Hi Dan,

We'll check our lost n found for your 'friend' and get back to you tonight. We did pick up a few extra drop bags.

Regards,

ryan

By: **Ryan** on May 26, 2009

at 7:26 pm

Reply

Way to go Jared, Ryan and a host of others. You all raised the bar for trail races. Unbelievably organized. Incredible race. The word is out on Pocatello. Thanks for everything! See you all next year.

By: **Aric** on May 26, 2009

at 7:21 pm

Reply

Just wanted to add my thanks and compliments to Jared and Ryan for showcasing our wonderful trail network with this incredible event. This was my first organized trail run and longest run ever (1st leg) and I am already looking for another ultra event this summer. Counting the days until the second Pocatello 50.

By: **John Goddard** on May 27, 2009
at 2:53 am

Reply

Being relatively new to the sport of running, I am so thrilled I participated in this event. Simply gorgeous. Seeing how incredibly organized the entire event was and with the fabulous trail marking, my fears of getting lost now seem so silly. I am awaiting to see if a "Second Annual" Pocatello 50 will show up. I need an excuse to improve on my time...a turtle in training.

By: **Kebai** on May 27, 2009
at 3:32 am

Reply

What an awesome race! Jared and Ryan, and your volunteers, you guys put on a heck of a run in one of the most scenic settings and added toughness to it to just make it right, and then some! Loved it, all of it. Will surely come back, and spread the word. Thanks!!!

By: **Olga** on May 27, 2009
at 4:33 am

Reply

If anyone happened to take a photo of the awards that we're displayed, could you pass a copy along to info@pocatello50.com ?

Thanks,
-ryan

By: **Ryan** on May 27, 2009
at 3:41 pm

Reply

Thank you, Jared, Ryan and the volunteers for the organizing and follow through for such an incredible event. So glad to be part of this first year event. Looking forward to next year.

Steve Sexton

By: **Steve Sexton** on May 28, 2009
at 4:27 am

Reply

Ryan, Jared and Volunteers...

Great events are created, not born. You guys created one of best ever.

Roch

By: **Roch Horton** on May 28, 2009
at 3:51 pm

Reply

I think maybe I am spoiled. This was my second 50 and I'm guessing now from comments it will be hard to top. I'll just have to keep coming back. 13 hours of relentless, wall to wall, full contact fun. Thanks to RDs and the awesome volunteers.

By: **Dennis Ahern** on May 28, 2009
at 8:09 pm

Reply

I was doing a little web surfing and came across this web page for the Pocatello 50. I wish I would have come across it sooner. Sounds like it was a great race. If there is a Pocatello 50 next year you can count me in.

By: **Tyler Henderson** on June 30, 2009
at 5:55 am

Reply