



SPEEDGOAT
MOUNTAIN RACES
BY **UTMB®**

RUNNER GUIDE

JULY 21-22, 2023



UTMB®
WORLD SERIES

OFFICIAL UTMB® WORLD SERIES PARTNERS

HOKA

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WELCOME

Embark on the adventure of a lifetime at the Speedgoat Mountain Races by UTMB®. Snowbird, one of the top ski resorts in the country, located in Sandy Utah sets the stage for this iconic mountain race. Dig deep to unleash your inner grit and be rewarded with breathtaking panoramic views of the Wasatch Mountains. There's a distance and a challenge for every runner. The path to extraordinary starts here.

SCHEDULE

THURSDAY, JULY 20, 2023			
START	END	EVENT	LOCATION
1 PM	7 PM	Expo: <ul style="list-style-type: none">• Bib Pick-Up• Official Speedgoat Mountain Races by UTMB® Merchandise Store	Snowbird Center Plaza Area - Snowbird Ski Resort
5 PM	6 PM	Runner Briefing	Snowbird Center Plaza Area - Snowbird Ski Resort
FRIDAY, JULY 21, 2023			
START	END	EVENT	LOCATION
6 AM	8:30 AM	Bib Pick-Up (28K and 10K ONLY)	Snowbird Center Plaza Area - Snowbird Ski Resort
7:30 AM		28K Race Starts	Snowbird Center Plaza Area - Snowbird Ski Resort
9 AM		10K Race Starts	Snowbird Center Plaza Area - Snowbird Ski Resort
11 AM	6 PM	Expo: <ul style="list-style-type: none">• 50K & 21K (Half Marathon) Bib Pick-Up• Official Speedgoat Mountain Races by UTMB® Merchandise Store	Snowbird Center Plaza Area - Snowbird Ski Resort
11:30 AM		10K Overall Awards Ceremony *	Snowbird Center Plaza Area - Snowbird Ski Resort
12:45 PM		10K Age Group Awards Ceremony *	Snowbird Center Plaza Area - Snowbird Ski Resort
1 PM		28K Overall Awards Ceremony *	Snowbird Center Plaza Area - Snowbird Ski Resort
1 PM	2 PM	Runner Briefing	Snowbird Center Plaza Area - Snowbird Ski Resort
3 PM		28K Age Group Awards Ceremony *	Snowbird Center Plaza Area - Snowbird Ski Resort
4 PM	5 PM	Runner Briefing	Snowbird Center Plaza Area - Snowbird Ski Resort
SATURDAY, JULY 22, 2023			
START	END	EVENT	LOCATION
5:15 AM	7:30 AM	50K & 21K (Half Marathon) Bib Pick-Up	Snowbird Center Plaza Area - Snowbird Ski Resort
6:30 AM		50K Race Starts	Snowbird Center Plaza Area - Snowbird Ski Resort
8 AM		21K (Half Marathon) Race Starts	Snowbird Center Plaza Area - Snowbird Ski Resort
9 AM	3 PM	Expo: <ul style="list-style-type: none">• Official Speedgoat Mountain Races by UTMB® Merchandise Store	Snowbird Center Plaza Area - Snowbird Ski Resort
11:30 AM		21K (Half Marathon) Overall Awards Ceremony *	Snowbird Center Plaza Area - Snowbird Ski Resort
1:30 PM		21K (Half Marathon) Age Group Awards Ceremony *	Snowbird Center Plaza Area - Snowbird Ski Resort
1:30 PM		50K Overall Awards Ceremony *	Snowbird Center Plaza Area - Snowbird Ski Resort
6:30 PM		50K Age Group Awards Ceremony *	Snowbird Center Plaza Area - Snowbird Ski Resort
		<i>* Please note that Awards Ceremony times are subject to change.</i>	Snowbird Center Plaza Area - Snowbird Ski Resort: 9385 Snowbird Center Dr, Snowbird, UT 84092

ALL-OUT TRAIL POWER

TECTON X 2

Reach new peaks of performance
with propulsive carbon plates.

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FLY HUMAN FLY

PRE-RACE INFORMATION

BIB PICK-UP

EXPO PICK-UP

- Thursday, July 20 from 1 PM to 7 PM
- Friday, July 21 from 11 AM to 6 PM

RACE DAY PICK-UP

- Friday, July 21 from 6 AM to 8:30 AM (10K & 28K)
- Saturday, July 22 from 5:15 AM to 7:30 AM (21K & 50K)

All runners must pick up their own bibs during the above hours.

WHERE

Snowbird Ski Resort North Lot - Snowbird Main Plaza
9385 Snowbird Center Dr, Snowbird, UT 84092

WHAT TO BRING

A Passport or Valid Photo ID

BIB PICK-UP STEPS

1. Present photo ID to volunteers to begin check-in process and receive bib number
2. Sign waivers on iPad
3. Pick up bib
4. Pick up t-shirt

TIP: To expedite your Bib Pick-Up process, you will receive an email race week with a link to search your bib number. Make sure to bring your bib number and photo ID with you to pick up your race materials!

Visit the Solutions Table to downgrade, upgrade, register for this year's event, or if you have any issues with your registration. If a distance is sold out, we cannot transfer entries into the sold-out category. PLEASE NOTE, NO RACE DAY DISTANCE CHANGES ARE PERMITTED.

TIMING

The race will be timed by Sportstats using chip on the bib technology. The chip on your bib will automatically record your times at the start, at certain splits along the courses, and at the finish. Sportstats will be using disposable tags, glued onto your race bib, which allows you to walk away from the finish without the need to have your tag collected.

PLEASE NOTE: All runners in the race must wear their race bib with the tag intact in order to have their times recorded. No bib = no time! Please make sure the race bib is pinned on your front and is visible throughout the race.

RUNNER BRIEFINGS

Runner Briefings will be held in the days preceding the race. Please refer to the schedule for times and locations of the Runner Briefings. Runner Briefings will consist of a Question and Answer session with race management to address any issues, concerns, or changes that have arisen during race week.

PARKING



TRAM FOR SPECTATORS

TRAMs for the Speedgoat Mountain Races friends and families will transport spectators to the Summit on both race mornings. They will begin transporting just after the start of the 28K (Friday, July 21 at 7:30 AM) and the 50K (Saturday, July 22 at 6:30 AM) and run approximately every 15 minutes. There will be normal Snowbird operations that may need to take place on the TRAMs during these hours. Space on the TRAMs is first come, first served. If you ride to the Summit (Hidden Peak), please plan appropriately (clothing, hydration and all other supplies needed for high elevation conditions). If you are there to see your runner come through the Summit, please make appropriate plans to coordinate your TRAM ride back down if you are planning to see your runner finish. Snowbird has been gracious to help all spectators get to the Summit outside of normal TRAM operating hours. Please be polite and patient as we get all spectators to the Summit. These are limited shuttle hours and will only run until the morning groups are accommodated.

If you decide to not ride the TRAMs during the limited morning special event hours, please see the below for further information on TRAMS:

12:00 PM: Peruvian Chair opens. This is a different chair lift and requires a ticket for rides.

After these Speedgoat dedicated TRAM hours, you will be required to purchase a TRAM pass. These can be limited, and you will need to plan ahead. During summer hours (11 AM to 8 PM) these tickets can sell out day of.

TRAM and lift information available [HERE](#). On this page, you can also view other fun activities for your friends and family offered at Snowbird Ski Resort.

ELEMNT RIVAL



SIMPLY POWERFUL

With powerful and intelligent running features, ELEMNT RIVAL tracks time and workout data with minimal interaction between you and your watch, letting you concentrate on the task at hand – your training and race-day performance.

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wahoofitness.com/rival

JIM WALMSLEY
2 X WESTERN STATES WINNER

RACE DAY INFORMATION

THE COURSE

Escape to the Wasatch Mountains where you'll explore beautiful mountain trails filled with some of the most breathtaking views in the world. Every step is met with blue skies and endless mountain wildflowers as you make your way across the unique rocky terrain. While the climb to the top may be challenging, every runner is rewarded with jaw-dropping beauty that can only be found on this legendary course.

COURSE MARKINGS

All courses and routes are subject to change pending permits. Always be sure to follow course flags and markings on race day, which take precedence over any maps or GPX files. Course markings will reflect any last minute course re-routes.

WEATHER

Please be sure to check the weather before race day. Weather can range from hot temperatures to snowy mountain tops this time of year.

[CLICK HERE](#) for more information about local weather as we approach the event.

GEAR

MANDATORY (50K, 28K & Half Marathon/21K)

- 1 liter of hydration capacity (50K)
- 1/2 liter of hydration capacity (28K & Half Marathon/21K)
- Light wind jacket due to existing winter weather conditions

SUGGESTED (50K, 28K & Half Marathon/21K)

- Hat, sunglasses, 1 liter of hydration capacity, cell phone with international plan

MANDATORY (10K)

- 1/2 liter of hydration capacity

MEDICAL

Certified Medical personnel will be located at every aid station. There will also be medical tents with certified medical personnel at every finish line.

PACERS

No pacers will be allowed on course for any distance.

AID STATIONS

Aid stations will be located throughout the course. Please refer to the specific race category to view locations for the aid stations. The general offerings are as follows:

- **Nutrition:**
 - Electrolyte drink, gels, chews & bars
 - Assorted fruits (bananas, oranges & watermelon)
 - Soda
 - Assorted sweets
 - Assorted salty snacks (chips, pretzels, etc.)
 - Peanut butter and jelly sandwiches
 - Warm broth and food
- **Runner Care:**
 - Basic First Aid/Blister Care
 - Bug Spray
 - Sunscreen
 - Lubrication for Chaffing
 - Feminine Products

TREKKING POLES

Trekking Poles will be allowed for all distances. Please be cautious around other runners when using them.

CREW RULES

Crews will be allowed ONLY at Hidden Peak and the Tunnel. Crews must access these areas on their own. Limited TRAM will be running this summer. Please plan accordingly.

DROP POLICY

You are only allowed to drop from the race in designated areas and you MUST let a race official know if you choose to drop. The designated areas include all aid stations along the course, with the exclusion of the Water Pipe Aid Station on the 50K course. For the safety of runners, staff and volunteers, runners will NOT be permitted to drop from the race at this aid station due to the remote nature of the location.

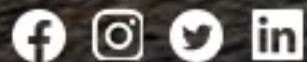


UTAH SPORTS
COMMISSION



UTAH: THE STATE OF SPORT

www.UtahSportsCommission.com

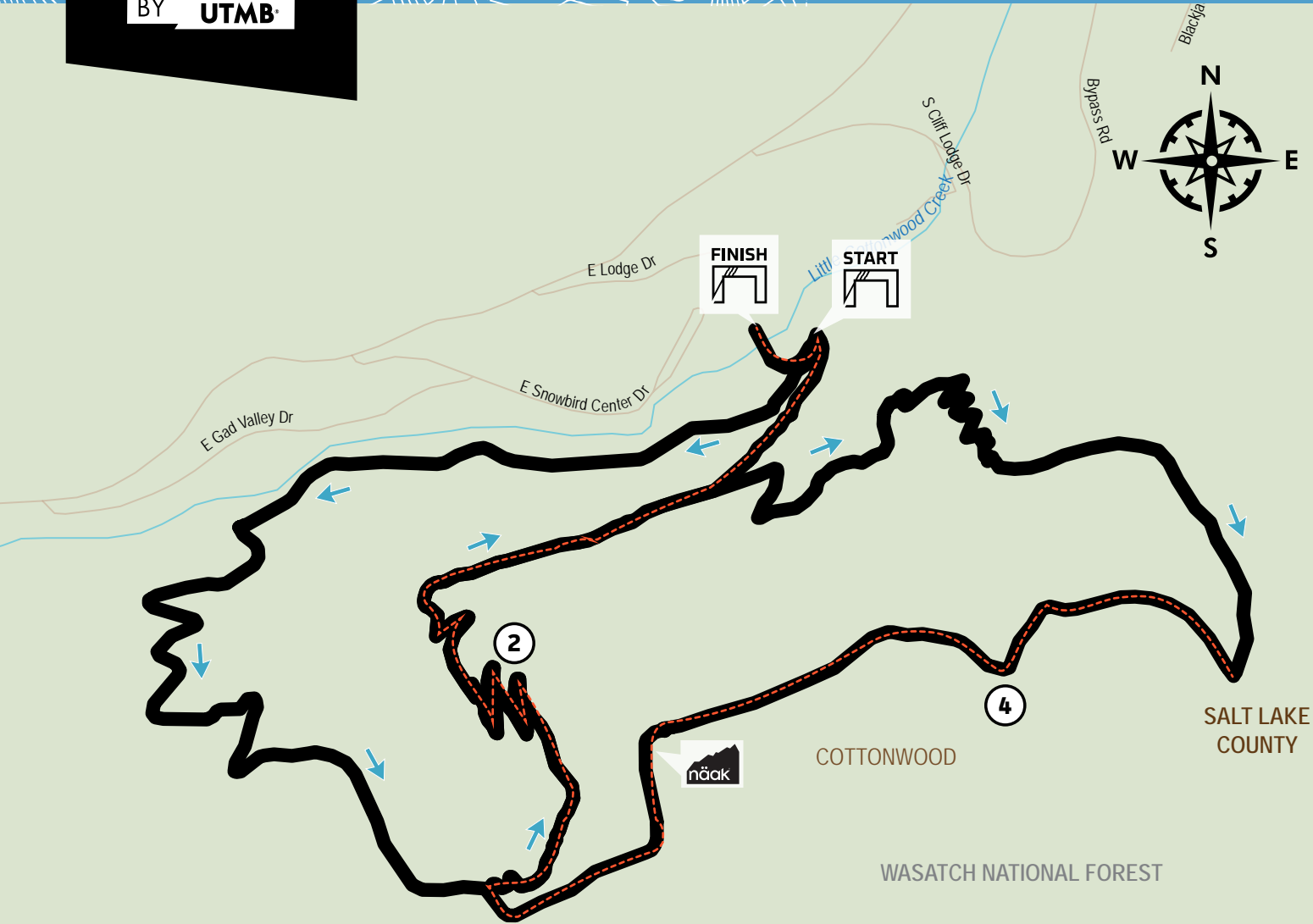
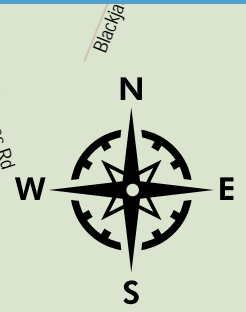




BY **UTMB**

10K COURSE

SNOWBIRD, UTAH



STARTING LINE

FINISH LINE

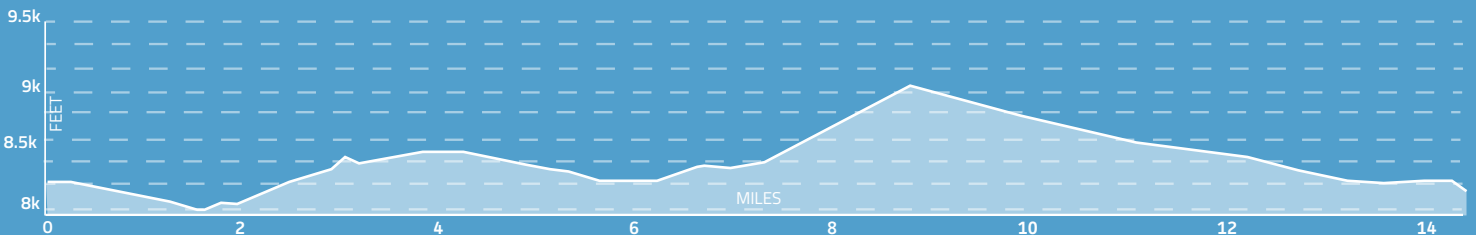
MILE MARKER

AID STATION

MEDICAL STATION

PATH TO FINISH

START ELEVATION: 8,114 FT | FINISHING ELEVATION: 8,091 FT | GAIN: 1,493 FT



10K COURSE

COURSE INFORMATION

Start: Friday, July 21 at 9 AM.

[CLICK HERE](#) to view the 2023 10K course route on CalTopo. You will be able to download the 10K GPX course route through the CalTopo map.

AID STATIONS

There will be a self-serve hydration station located at Mile 4.3 on the 10K course.

COURSE CUT-OFFS

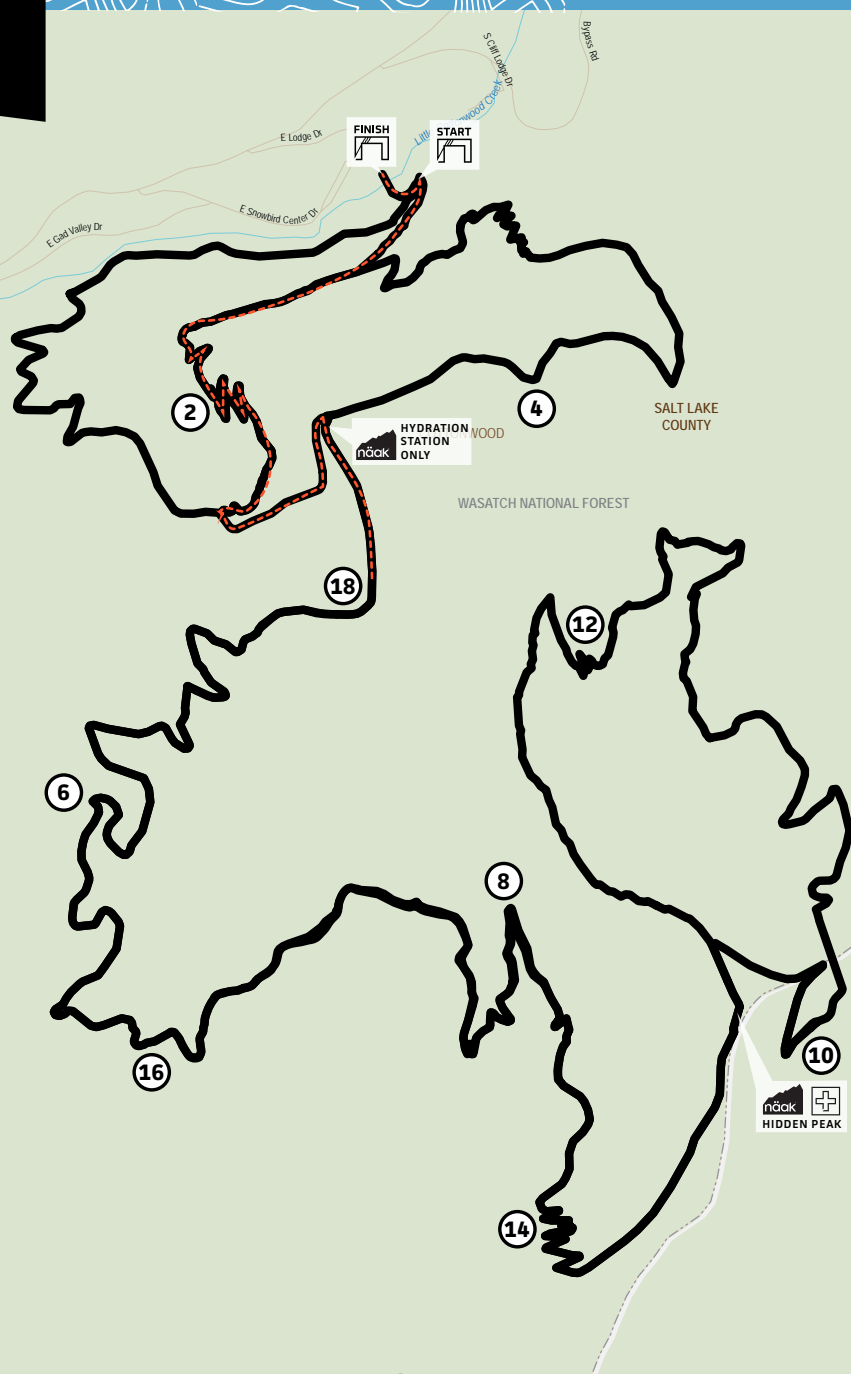
There are no course cut-offs for the 10K distance.

VIBRAM
ELITE SOLE
X
GEDIMINAS
GRINIUS



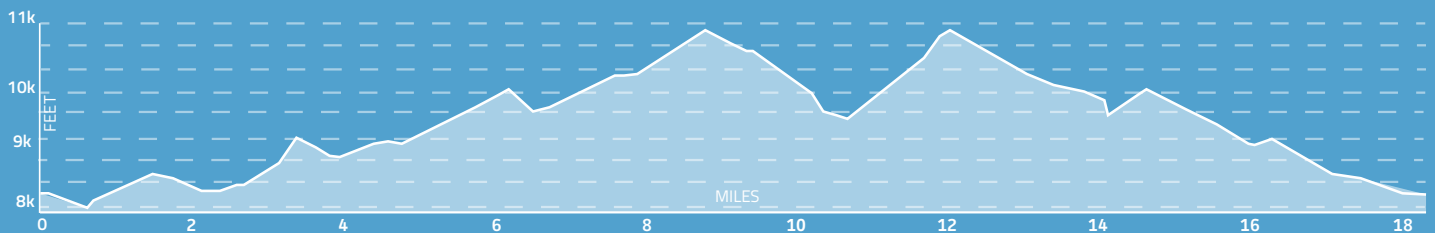
E L I T E S O L E E L I T E S O L E





- STARTING LINE
- FINISH LINE
- MILE MARKER
- AID STATION
- MEDICAL STATION
- PATH TO FINISH

START ELEVATION: 8,114 FT | FINISHING ELEVATION: 8,091 FT | GAIN: 6,530 FT



28K COURSE

COURSE INFORMATION

Start: Friday, July 21 at 7:30 AM.

[CLICK HERE](#) to view the 2023 28K course route on CalTopo. You will be able to download the 28K GPX course route through the CalTopo map.

AID STATIONS

A variety of refreshments and supplies, including drinks and sweet foods, will be available along the route for the exclusive use of participants. Aid stations will be offered at the following locations:

MILE	LOCATION
Start	Plaza Deck
HS1	Hydration Station 1
AS1	Hidden Peak 1
AS2	Hidden Peak 2
HS2	Hydration Station 2
Finish	Plaza Deck

**Aid stations are estimated and are subject to change.*

COURSE CUT-OFFS

Runners will be subject to an intermediate course cut-off as follows:

- Hidden Peak #1 (Mile 9.6) at 11:10 AM.

Runners who do not reach these locations by the given time will not be permitted to continue. *Course cut-off times are estimated based on runners' start times and projected paces, and are subject to change.*

The race organization reserves the right to remove an athlete from the course and DNF the athlete if our course staff determines there is no possibility of an athlete finishing before the posted cut-off times based on an athlete's location, time and average speed up to that point.

Based on permits for the trails of the course and the safety of athletes, volunteers & safety personnel involved, cut-off times must be respected for all UTMB® events.



MADE IN BARCELONA

SUSTAINABLE HEADWEAR
PRODUCED IN OUR HOME FACTORY

Certified



Corporation

Today 90 percent of our neckwear, caps and knits are made in Barcelona - with the goal to take the full production home in the following years. Our ability to produce in-house allows greater control over both environmental and social standards and our facility is run by 100% renewable electricity.

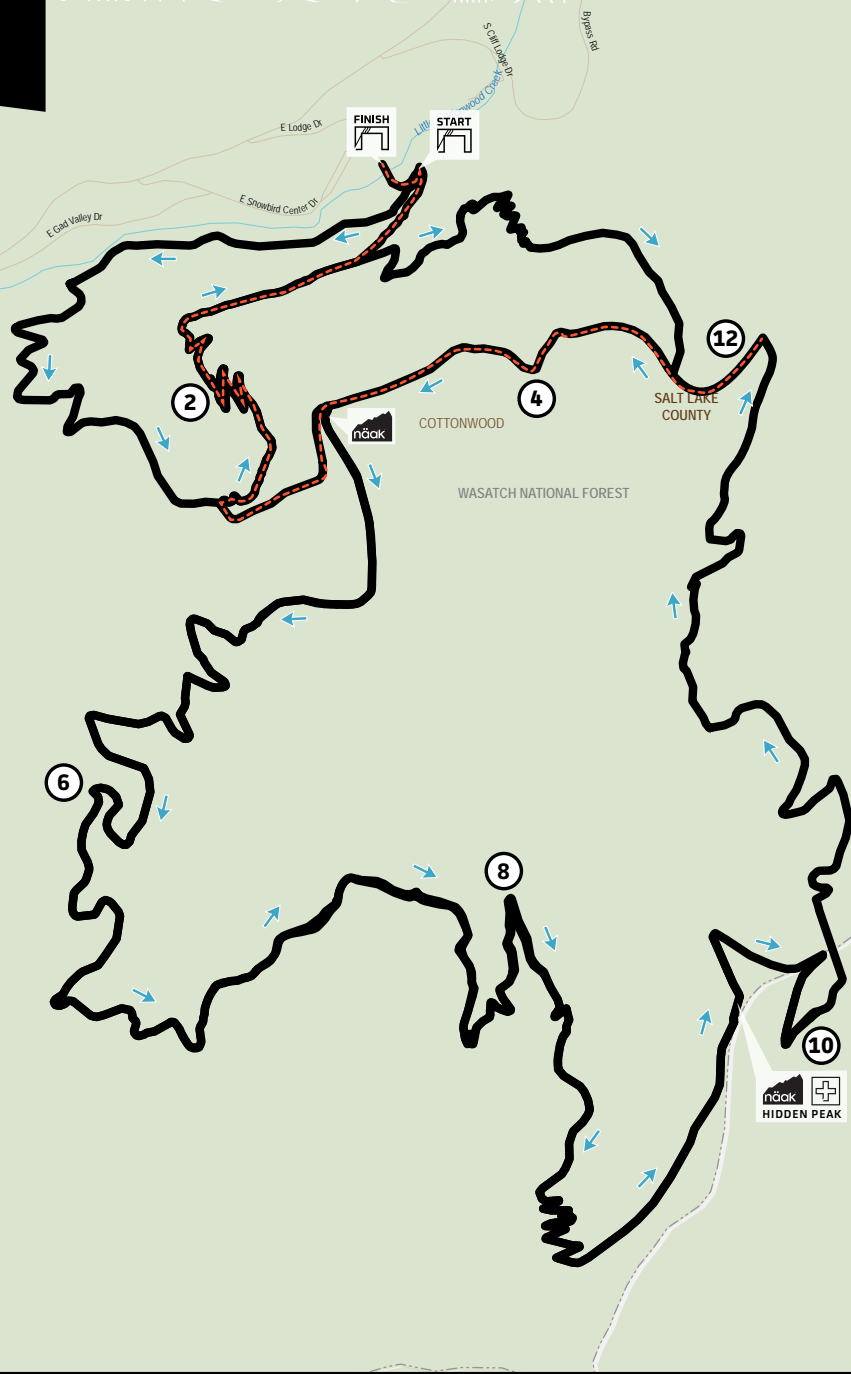
For us - the protection of the planet is a lifelong commitment with the aim to do better every day.



📍 Els Bunkers del Carmel, Barcelona

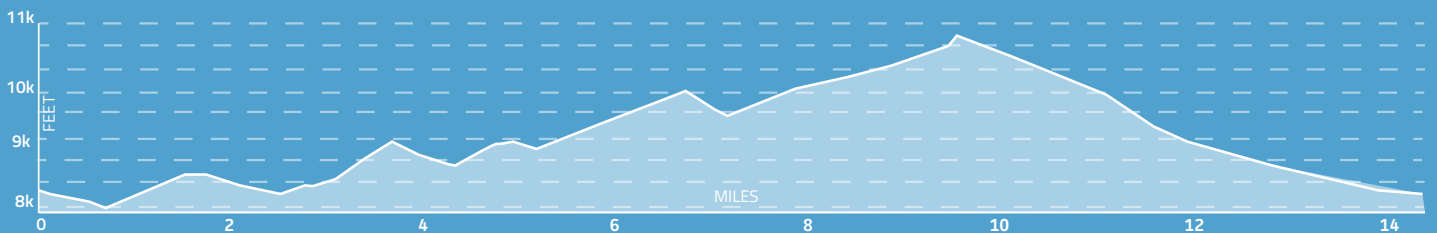
[BUFF.COM](https://buff.com)

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- STARTING LINE
- FINISH LINE
- 10 MILE MARKER
- AID STATION
- MEDICAL STATION
- PATH TO FINISH

START ELEVATION: 8,114 FT | FINISHING ELEVATION: 8,091 FT | GAIN: 4,470 FT



21K (HALF MARATHON) COURSE

COURSE INFORMATION

Start: Saturday, July 22 at 8 AM.

[CLICK HERE](#) to view the 2023 21K (Half Marathon) course route on CalTopo. You will be able to download the 21K (Half Marathon) GPX course route through the CalTopo map.

AID STATIONS

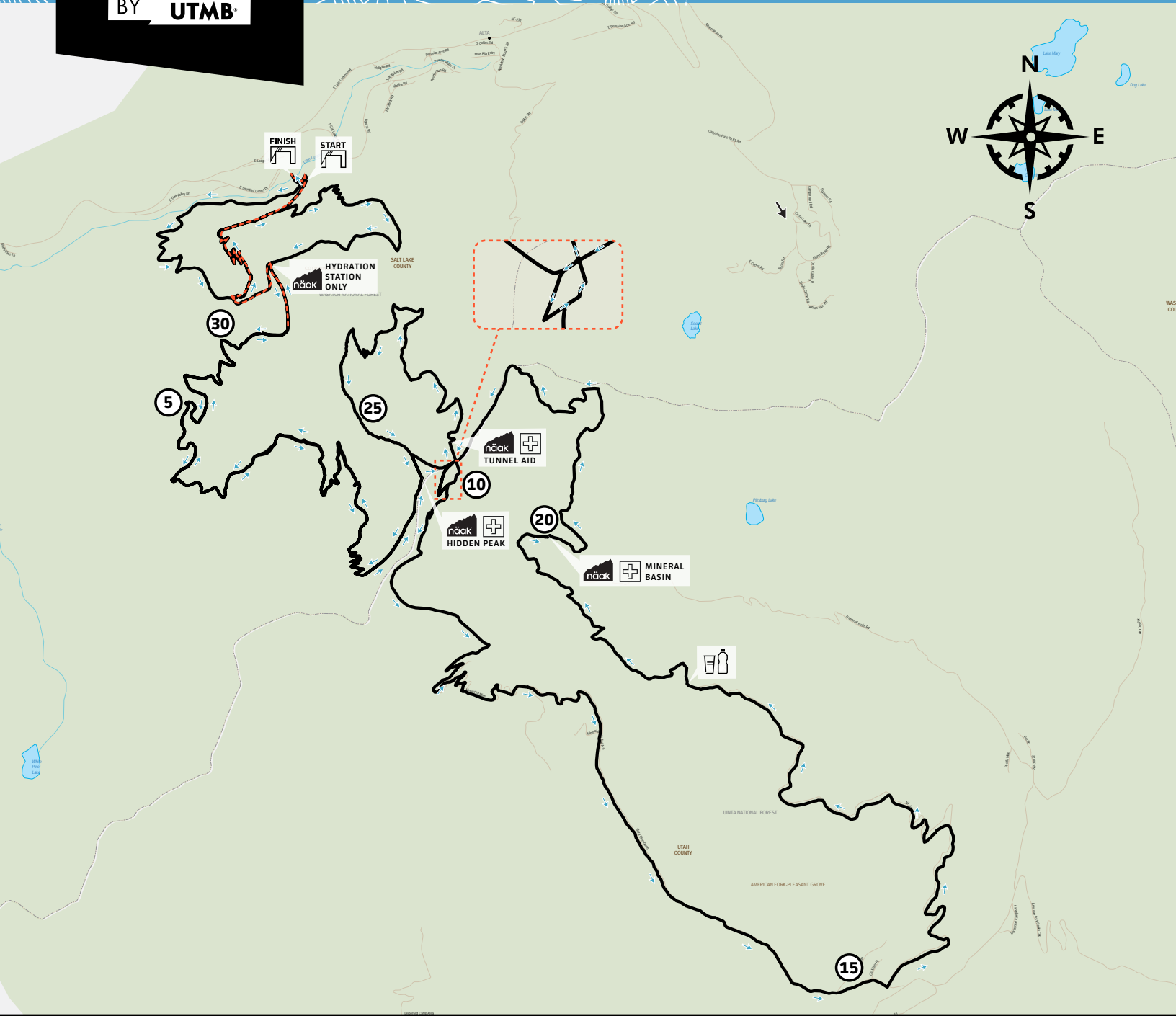
A variety of refreshments and supplies, including drinks and sweet foods, will be available along the route for the exclusive use of participants. Aid stations will be offered at the following locations:

MILE	LOCATION
Start	Plaza Deck
HS1	Hydration Station 1
AS1	Hidden Peak
HS2	Hydration Station 2
Finish	Plaza Deck

**Aid stations are estimated and are subject to change.*

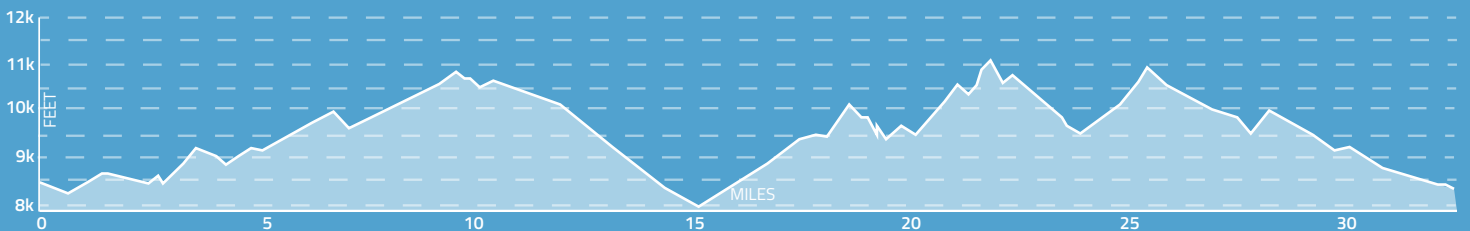
COURSE CUT-OFFS

There are no course cut-offs for the 21K (Half Marathon) distance.



STARTING LINE
 FINISH LINE
 MILE MARKER
 AID STATION
 MEDICAL STATION
 WATER STATION
 PATH TO FINISH

START ELEVATION: 8,114 FT | FINISHING ELEVATION: 8,091 FT | GAIN: 11,224 FT



50K COURSE

COURSE INFORMATION

Start: Saturday, July 22 at 6:30 AM.

[CLICK HERE](#) to view the 2023 50K course route on CalTopo. You will be able to download the 50K GPX course route through the CalTopo map.

AID STATIONS

A variety of refreshments and supplies, including drinks and sweet foods, will be available along the route for the exclusive use of participants. Aid stations will be offered at the following locations:

MILE	LOCATION
Start	Plaza Deck
HS1	Hydration Station 1
AS1	Hidden Peak 1
HS2	Water Pipe
AS2	Mineral Basin
AS3	Tunnel
AS4	Hidden Peak 2
HS3	Hydration Station 2
Finish	Plaza Deck

**Aid stations are estimated and are subject to change.*

COURSE CUT-OFFS

Runners will be subject to intermediate course cut-offs as follows:

- Hidden Peak #1 (Mile 9.6) at 10:10 AM.
- Mineral Basin (Mile 20) at 1:45 PM.
- Tunnel (Mile 22.7) at 3:20 PM.
- Hidden Peak #2 (Mile 25.4) at 5:15 PM.

Runners who do not reach these locations by the given time will not be permitted to continue. *Course cut-off times are estimated based on runners' start times and projected paces, and are subject to change.*

The race organization reserves the right to remove an athlete from the course and DNF the athlete if our course staff determines there is no possibility of an athlete finishing before the posted cut-off times based on an athlete's location, time and average speed up to that point.

Based on permits for the trails of the course and the safety of athletes, volunteers & safety personnel involved, cut-off times must be respected for all UTMB® events.

CAMELBAK®

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WHAT'S
POSSIBLE**



VISIT [CAMELBAK.COM](https://www.camelbak.com) FOR MORE INFORMATION

AID STATION GUIDE

10K AID STATIONS

Label	Location	Mileage	Miles to Next AS	Elev. Gain to Next AS	Elev. Loss to Next AS	Cumulative Elev. Gain	Cumulative Elev. Loss	Cut-Off Time	Drop Bags	Crew
Start	Plaza Deck	0.0	4.3	1,466	-921	1,466	-921			X
HS1	Hydration Station	4.3	1.7	29	-599	1,495	-1520			
Finish	Plaza Deck	6.0								X

28K AID STATIONS

Label	Location	Mileage	Miles to Next AS	Elev. Gain to Next AS	Elev. Loss to Next AS	Cumulative Elev. Gain	Cumulative Elev. Loss	Cut-Off Time	Drop Bags	Crew
Start	Plaza Deck	0.0	4.3	1,466	-921	1,466	-921			X
HS1	Hydration Station 1	4.3	5.3	2,826	-523	4,292	-1,444			
AS1	Hidden Peak 1	9.6	3.5	1,684	-1684	5,976	-3,128	11:10 AM		X
AS2	Hidden Peak 2	13.1	5.2	534	-2838	6,510	-5,966			X
HS2	Hydration Station 2	18.3	1.7	29	-599	6,539	-6,565			
Finish	Plaza Deck	20.0								X

21K (HALF MARATHON) AID STATIONS

Label	Location	Mileage	Miles to Next AS	Elev. Gain to Next AS	Elev. Loss to Next AS	Cumulative Elev. Gain	Cumulative Elev. Loss	Cut-Off Time	Drop Bags	Crew
Start	Plaza Deck	0.0	4.3	1,466	-921	1,466	-921			X
HS1	Hydration Station 1	4.3	5.3	2,826	-523	4,292	-1,444			
AS1	Hidden Peak	9.6	3.2	153	-2457	4,445	-3,901			
HS2	Hydration Station 2	12.8	1.7	29	-599	4,474	-4,500			
Finish	Plaza Deck	14.5								X

50K AID STATIONS

Label	Location	Mileage	Miles to Next AS	Elev. Gain to Next AS	Elev. Loss to Next AS	Cumulative Elev. Gain	Cumulative Elev. Loss	Cut-Off Time	Drop Bags	Crew
Start	Plaza Deck	0.0	4.3	1,466	-921	1,466	-1,966			X
HS1	Hydration Station 1	4.3	5.3	2,826	-523	4,292	-2,489			
AS1	Hidden Peak 1	9.6	8.8	2,319	-3502	6,611	-5,991	10:10 AM		X
HS2	Water Pipe	18.4	1.6	543	-794	7,154	-6,785			
AS2	Mineral Basin	20.0	2.7	1,976	-991	9,130	-7,776	1:45 PM		
AS3	Tunnel	22.7	2.7	1,535	-1087	10,665	-8,863	3:20 PM		
AS4	Hidden Peak 2	25.4	5.2	534	-2838	11,199	-11,701	5:15 PM		X
HS3	Hydration Station 2	30.7	1.7	29	-599	11,228	-12,300			
Finish	Plaza Deck	32.4								X

Mileage, elevation gain and loss are based on CalTopo. The above elevation gain/loss data is derived from a segmented GPX file on CalTopo which tends to be more accurate than a single line GPX route. Actual data may vary on course and from watch to watch.

2-DAY CHALLENGE

ABOUT THE CHALLENGE

Sign up for our exciting 2-Day Challenge! Run one distance on Friday and one distance on Saturday to earn both finisher medals plus an additional swag item.

PICK UP YOUR SWAG AT THE FINISH LINE

If you are running two days this weekend, pick up your additional swag on the second day of running at the finish line. To claim your swag, make sure you have "2-DAY" written on your Saturday race bib. If you do not, please inform us at Bib Pick-Up to add it to your bib. You must cross the finish line on both days to receive your swag item.

QUALIFYING POINTS

- The 10K & 50K will give you a total of 2 running stones.
- The 28K & 50K will give you a total of 3 running stones.
- The 10K & 21K (Half Marathon) will give you a total of 1 running stone.
- The 28K & 21K (Half Marathon) will give you a total of 2 running stones.



**FUEL
YOUR
ULTRA**

**ULTRA ENERGY™
WAFFLES**

NAAK.COM



FINISH LINE

AWARDS CEREMONIES

Join us for the Awards Ceremonies! The top five overall male and female awards and first place male and female age group awards will be awarded.

If you cannot attend the Awards Ceremony, please email speedgoat@service.byutmb.world to have your award shipped to you. Please note that we are unable to ship outside of the United States. Unclaimed awards will be held for 30 days.

PHOTOGRAPHY

FinisherPix will have multiple photographers along the course to document your journey.

How to order your pix:

- Register your e-mail address at www.finisherpix.com to be notified as soon as photos are online.
- Keep your bib number visible on the FRONT of your body during the run and at the finish line so you can be easily identified.
- Smile and celebrate when you cross the finish line! Don't worry about touching your watch, the timing company will ensure an accurate record of your achievement.
- Visit www.finisherpix.com to view, order, and share your photos from the event.

DROP BAG PICK-UP

Drop bags can be dropped off at the start. They will not be transported to any location on course. If you do not retrieve your bag by the Award Ceremonies, they will be donated to a local organization. **DO NOT PUT ANYTHING OF GREAT VALUE IN YOUR GEAR BAGS!**

VOLUNTEER

Our volunteers allow us to do what we do! Please be sure to thank the volunteers that help you along your journey. All volunteers will receive swag. If you or anyone traveling with you is interested in volunteering, please [CLICK HERE](#).

ACCOMMODATIONS & TO-DO

For information about accommodations and things to do, visit WWW.SNOWBIRD.COM.





R2^{3.0} CALF SLEEVES



Compression Grid Pattern

Targeted high level muscle support.

Decreasing the risk of injury and cramps.



Waffle Proprioceptive Stripes

Promote microcirculation and lymphatic flow.

Less chance of shin splints & stomach inflammation



Achilles Proprioceptive Stripes

Promotes support and microcirculation to the achilles tendon.

Added support & less inflammation



Fibular Stripes

3D textured yarn activates the fibular muscles, improving balance & stability.

Less chance of sprained ankles

MICRO GAINS, MACRO RESULTS.



MASSAGING FIBER



SHOCK ABSORBER



THERMO-REGULATION



K-PROTECT



REFLECTIVE LOGO



www.compressport.com



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UTMB® WORLD SERIES



UTMB® WORLD SERIES

UTMB® World Series Events are the best trail running events on the planet and are organized to the highest quality standards, giving runners the chance to immerse themselves in the UTMB® experience on all continents.

Each year, three of these events will be given the status of UTMB® World Series Majors, becoming continental Series finals in the Americas, in Europe, and in Asia/Oceania.

QUALIFYING

As a UTMB® World Series Event, Speedgoat Mountain Races by UTMB® 50K provides you opportunities to access the UTMB® World Series Final, the OCC, in Mont-Blanc, France, via:

- A lottery place, earned through collection of Running Stones.
- Sporting performance, with the top three finishers in Speedgoat Mountain Races by UTMB® 50K's male and female category earning a place at the OCC.

[CLICK HERE](#) for more information regarding the UTMB® Performance Index.

After the race, the selected runners will receive an email to register for the UTMB World Series Finals. Please be sure to create your My UTMB account prior to race day by clicking [HERE](#).

QUALIFYING POINTS

50k – 2 Stones

28k – 1 Stone

21k – 1 Stone

GENERAL RULES

1. Snowbird is a pristine mountain environment. Littering is NOT allowed outside 100' of aid stations. If you choose to throw a wrapper down outside these parameters, we may disqualify you.
2. NO STEPPING on vegetation off the trail. Once again, it's pristine, let's keep it that way.
3. Restrooms are provided on Hidden Peak. Use em'.
4. There are NO DOGS allowed in Little Cottonwood Canyon... anywhere! You MAY NOT leave your dog in a car either. There is a \$750 fine if you do so, and it will jeopardize the future of the Speedgoat Mountain Races by UTMB®. Leave your dog at home.
5. No aid between aid stations.
6. No special Drop Bag service from crew.
7. Headphones ARE permitted, so crank it up, but please be aware of surroundings when overtaking another runner, if you are overtaken, or at an aid station.
8. Any runner seen cutting a switchback will be disqualified.
9. Any foreign runner who earns cash, will be subject to tax initially when paid on race day.
10. You are only allowed to drop from the race in designated areas and you MUST let a race official know if you choose to drop. The designated areas include all aid stations along the course, with the exclusion of the Water Pipe Aid Station on the 50K course. For the safety of runners, staff and volunteers, runners will NOT be permitted to drop from the race at this aid station due to the remote nature of the location.

