

LAST UPDATED OCTOBER 10, 2023



RUNNER GUIDE

OCTOBER 13-15, 2023



OFFICIAL UTMB® WORLD SERIES PARTNERS



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Greetings to All From The City of Big Bear Lake,

On behalf of the entire Big Bear Valley, I wish a warm welcome to all of this year's participants in the 10th Annual Kodiak Ultra Marathons by UTMB. It is an honor to host these races in our beautiful mountain community. Our small-town charm, friendly atmosphere and picturesque surroundings provide the ideal environment for the complete loop around Big Bear Valley with a course that tests even the best ultrarunners.

With a rich history of high altitude training our mountaintop community has long been a destination for amateur and professional athletes alike. Southern California's only four-season resort, Big Bear continues to thrive and offer a variety of on and off-road running events to competitors of all levels.

While you are here for the Kodiak Ultra Marathons by UTMB, I encourage you to take in all of the beauty and relaxation our community has to offer - take a few moments to explore and discover all the exquisite scenery!

Congratulations and good luck to all participants; the entire community joins me in extending our heartfelt well wishes for a successful race! We thank you for visiting the Big Bear Valley!

Very truly,

Randall Putz
Mayor

WELCOME



Kodiak Ultra Marathons by UTMB® offers runners the hospitality of a rustic, mountain town that sits just a couple hours from Los Angeles, California. With 3 days of racing and 5 distances, each course presents a unique running experience.

Runners will enjoy views of Big Bear Lake throughout their journey – whether they're climbing to the top of Sugarloaf Mountain or descending into Siberia Canyon, the courses will 'wow' at every turn.

THURSDAY, OCTOBER 12, 2023			
START	END	EVENT	LOCATION
1 PM	6 PM	Expo: • Bib Pick-Up • Official Kodiak Ultra Marathons by UTMB® Merchandise Store	The Village of Big Bear Lake
5 PM	5:30 PM	Runner Briefing	The Village of Big Bear Lake
FRIDAY, OCTOBER 13, 2023			
START	END	EVENT	LOCATION
5 AM	5:45 AM	100M Race Morning Bib Pick-Up	The Village of Big Bear Lake
6 AM		100M Race Start	The Village of Big Bear Lake
11 AM	6 PM	Expo: • Bib Pick-Up: ALL 100K BIBS MUST BE PICKED UP BY 6 PM. THERE IS NO 100K RACE MORNING PICK-UP. • Official Kodiak Ultra Marathons by UTMB® Merchandise Store	The Village of Big Bear Lake
12 PM	12:30 PM	Runner Briefing	The Village of Big Bear Lake
4 PM	4:30 PM	Runner Briefing	The Village of Big Bear Lake
SATURDAY, OCTOBER 14, 2023			
START	END	EVENT	LOCATION
5 AM		100K Race Start	Camp Oaks, Big Bear, CA
5 AM	5:45 AM	50K Race Morning Bib Pick-Up	The Village of Big Bear Lake
6 AM		50K Race Start	The Village of Big Bear Lake
10 AM	6 PM	Expo: • Bib Pick-Up • Official Kodiak Ultra Marathons by UTMB® Merchandise Store	The Village of Big Bear Lake
12 PM	12:30 PM	Runner Briefing	The Village of Big Bear Lake
3 PM	3:30 PM	50K Awards Ceremony - Overall and Age Group	The Village of Big Bear Lake
SUNDAY, OCTOBER 15, 2023			
START	END	EVENT	LOCATION
6 AM	6:45 AM	21K Race Morning Bib Pick-Up	The Village of Big Bear Lake
6 AM	7:45 AM	10K Race Morning Bib Pick-Up	The Village of Big Bear Lake
7 AM		21K Race Start	The Village of Big Bear Lake
8 AM		10K Race Start	The Village of Big Bear Lake
8 AM	1 PM	Expo: • Official Kodiak Ultra Marathons by UTMB® Merchandise Store	The Village of Big Bear Lake
9 AM		100K & 100M Awards Ceremony - Overall and Age Group	The Village of Big Bear Lake
10 AM		21K & 10K Awards Ceremony - Overall and Age Group	The Village of Big Bear Lake



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PRE-RACE

BIB & TIMING CHIP PICK-UP

All runners must pick up their own bib during the below hours.

EXPO PICK-UP

- Thursday, October 12 from 1 PM to 6 PM
- Friday, October 13 from 11 AM to 6 PM
- Saturday, October 14 from 10 AM to 6 PM

RACE DAY PICK-UP

- 100M: Friday, October 13 from 5 AM to 5:45 AM
- 50K: Saturday, October 14 from 5 AM to 5:45 AM
- 21K: Sunday, October 15 from 6 AM to 6:45 AM
- 10K: Sunday, October 15 from 6 AM to 7:45 AM

100K MANDATORY BIB PICK-UP

All 100K runners must take the shuttle to the start line. There will be NO race morning bib pick-up for the 100K. Please plan accordingly in order to pick up your bib by Friday, October 13 at 6 PM at the Expo.

WHERE

Expo
The Village of Big Bear Lake
40803 Village Dr, Big Bear Lake, CA 92315

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. Pick up bib
3. Pick up timing chip
4. Pick up runner giveaway items

Visit the Solutions Table to downgrade, upgrade, register for this year's event, or if you have any issues with your registration. PLEASE NOTE, NO RACE DAY DISTANCE CHANGES ARE PERMITTED.

DROP BAG INFORMATION

100M & 100K

100M & 100K runners may bring all drop bags to the start. Aid station drop bags will be delivered to the proper aid station, and the finish line bag will be available for pick-up at the finish. The 100M Drop Bag deadline is 5:20 AM on Friday, October 13 and the 100K Drop Bags should be brought with runners on the shuttle.

50K, 21K & 10K

There are no drop bags at the Start/Finish or at any Aid Station for these distances.

TIMING CHIP

Your timing chip will NOT be on your bib. You must stop at the timing table during Bib Pick-Up to pick up your chip. At the timing table, you will verify that your name matches your number. Your chip must be worn on your ankle or wrist at all times during the race. If you do not start the race, you are responsible for returning the chip to a staff member or timing team member. It is essential that we know where you are on the course at all times for your safety. If you lose your timing chip during the event, you are responsible for obtaining a replacement and notifying a staff member at the Aid Station.

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.

100M PACERS

Pacers are allowed in the 100-Mile race only starting at the Doble Camp Station. Pacers will sign a waiver in advance at the Expo and then receive a pacer bib and wristband. Please view the 100M Course page for all pacer rules and more information.

PARKING

RACE DAY PARKING

All event attendees must follow parking regulations. Runners are responsible for informing crews and pacers of the below parking locations. These are the only event parking locations available to event attendees. All parking is free. Follow posted event signage and city or county signs. Cars parked unsafely or in prohibited areas may be ticketed and towed.

Runners can avoid race day parking congestion and a long walk to the start line by getting dropped off or by carpooling to the race start.

DROP-OFF

Suggested drop-off locations for the 100M, 50K, 21K & 10K:

- Knickerbocker Public Parking Lot: [CLICK HERE](#) to view on a map.
- Holiday Inn Parking Lot: [CLICK HERE](#) to view on a map.

SNOW SUMMIT PARKING








Use the parking lot [LINKED HERE](#) to access all shuttles and to use Big Bear's Mountain Transit free public transit between Snow Summit and the Village of Big Bear Lake.

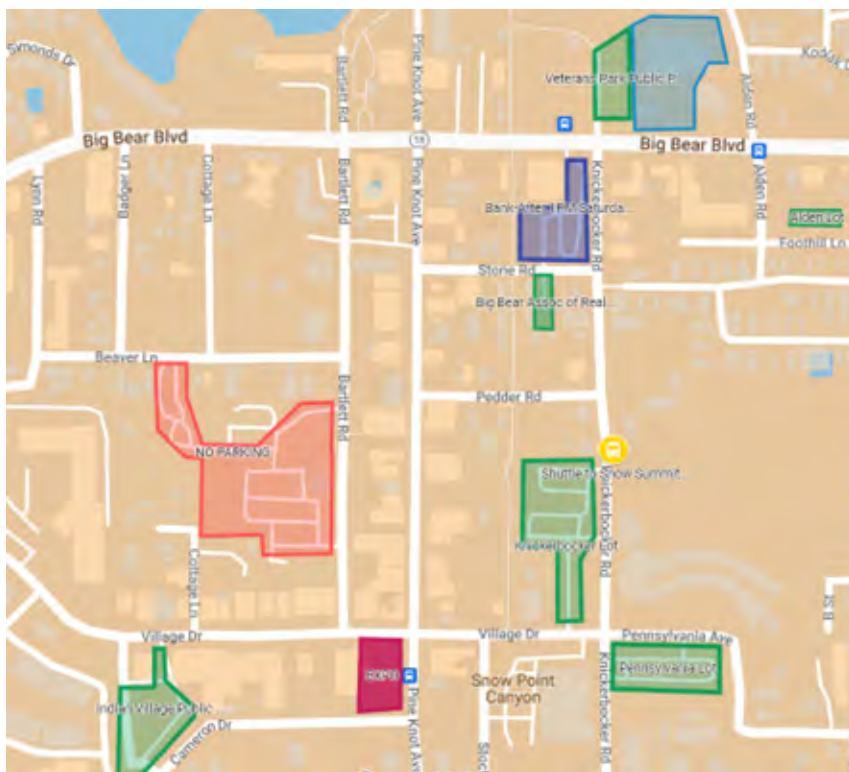
VILLAGE OF BIG BEAR LAKE PARKING

The map below depicts options for parking at the Village of Big Bear Lake, as follows:

- Pennsylvania Public Lot on the corner of Village Dr & Knickerbocker Rd. [LINK](#) to view on a map.
- Knickerbocker Public Lot on Knickerbocker Rd between Big Bear Blvd & Village Dr. [LINK](#) to view on a map.
- Indian Village Public Lot. Access via Village Dr. [LINK](#) to view on a map.
- Alden Public Lot on Alden Rd. [LINK](#) to view on a map.
- First Foundation Bank on Knickerbocker Rd (available after 1 PM on Saturday). [LINK](#) to view on a map.
- Community Church on Big Bear Blvd (no parking in this lot on Sunday). [LINK](#) to view on a map.
- Big Bear Association of Realtors on Stone Rd. [LINK](#) to view on a map.
- Public street parking will be available. Please follow all posted signs .
- **NO PARKING** in Bartlett Public Parking Lot. It will be closed for a special event.

Big Bear Village Parking

-  Knickerbocker Lot
-  Pennsylvania Lot
-  NO PARKING
-  Veterans Park Public Parking
-  Indian Village Public Lot
-  Church-No parking SUNDAY
-  Bank-After 1PM Saturday ONLY
-  Big Bear Assoc of Realtors
-  Alden Lot
-  EXPO



TRANSPORTATION

PUBLIC TRANSIT

Mountain Transit is Big Bear's free public transit. On Saturday, October 14, it is highly suggested to visit the Village of Big Bear Lake via Mountain Transit from Snow Summit where there is ample parking. Take the Red Line, which runs twice per hour at :00 and :30; the ride is approximately 8 minutes. Board the bus at Snow Summit [HERE](#) and get off at the Village stop [HERE](#). A full transit schedule can be found [HERE](#).

100K SUGARLOAF AID STATION

Spectators are not permitted to park at or near the Sugarloaf Aid Station. Shuttle buses from Snow Summit Ski Resort will transport spectators to and from the Sugarloaf Aid Station.

Spectator Shuttle Location

Snow Summit Ski Resort
880 Summit Blvd
Big Bear Lake, CA 92314

SHUTTLES FOR 100K RUNNERS

Runners in the 100K distance will park at Snow Summit Ski Resort and take a shuttle bus to the start. The shuttles will begin departing at 3:15 AM on Saturday, October 14. We expect Saturday morning to be cold. Runners may bring additional warm clothing with them on the shuttle to wear at the start line before the race begins. Runners will be able to leave the extra layers at the start line and we will transport them to the finish line.

100K runners are not permitted to park at or near the finish line in the Village due to parking constraints. The parking regulations will be enforced and violators risk removal from the course and disqualification. We appreciate your cooperation and respect for our host town.

100K Start Shuttle Location

Snow Summit Ski Resort
880 Summit Blvd
Big Bear Lake, CA 92314

If you have not arranged transportation from the finish line back to your vehicle at Snow Summit, you can use Big Bear's free Mountain Transit until 8:30 PM. The bus stop is located on Knickerbocker Rd near Village Drive [HERE](#). The bus departs every half hour at :00 and :30. The ride is 8 minutes. You will exit the bus at the "Snow Summit" stop.

After 8:30 PM, the race organization has arranged shuttle vans to Snow Summit. The ride is approximately 8 minutes.

[CLICK HERE](#) for crew accessible aid station driving directions.

CREWS

CREW REGULATIONS

Crew access is limited to the below aid stations. We are under strict permit regulations from the US Forest Service and have agreed to limit our impact, especially with our vehicles. Parking regulations for each Aid Station are listed below. Anyone found not adhering to the parking regulations risks the disqualification of their runner. Please note that there is no crew assistance permitted in the 10K distance.

[CLICK HERE](#) for crew accessible aid station driving directions.

100M	
Aspen Glen	Mile 6.2
Snow Valley	Mile 25.2
Doble Camp	Mile 54
Sugarloaf 1 & 2	Mile 67.6 & 76.7
Bear Mountain	Mile 87.5
Base of Snow Summit	Mile 90

100K	
Sugarloaf* 1 & 2	Mile 13.6 & 28
Bear Mountain	Mile 33.5
Base of Snow Summit	Mile 36
Aspen Glen	Mile 56

50K	
Base of Snow Summit	Mile 2 & 7.5
Aspen Glen	Mile 27.3

21K	
Base of Snow Summit	Mile 2

*Information regarding access to this Aid Station will be included in the Race Week communications. Please be sure to review the information as there may be important crew details that must be followed at this location.

For the above distances, crews may assist runners at the base area of Snow Summit. The "Snow Summit" Aid Station is located at the top of the chairlift and is not crew accessible.

LEAVE NO TRACE

We are fortunate to live in an area surrounded by the National Forest and to be able to use this land for our event. Please show the utmost respect and leave no trace, pack out anything you take in, and if you see something on the ground, please pick it up. Our goal is to leave this course in better condition than we found it. Please drive slowly and watch for other crews, runners, and users of the National Forest during this event.

PARKING REGULATIONS

Crews and spectators must follow all city, county, and state laws while driving and parking. Always follow directions provided by volunteers or posted signage when parking.

ASPEN GLEN AID STATION PARKING

Aspen Glen crews will park in the Aspen Glen Picnic Area parking lot and along the road where permitted. There are several "No Parking" signs posted by the City of Big Bear Lake. Violators will be fined and could be towed. Parking along the Forest Service Road is permitted only on the west side of the road. Due to limited parking, it is advised to arrive closer to the arrival time of your runner.

DOBLE CAMP AID STATION PARKING

100M CREWS

Doble Camp crews will park on one side of the road only. Use extra caution as this road is part of the race course. Due to limited parking, it is advised to arrive closer to the arrival time of your runner.

SUGARLOAF AID STATION PARKING

100M CREWS

Sugarloaf crews will park along Hatchery Dr, which is located across Hwy 38 from the Sugarloaf Aid Station. Crews may not park or stop along Hwy 38. Use extreme caution while crossing the highway. This is also part of the race course; be on the lookout for runners as it will be very dark. It is suggested to bring a headlamp or flashlight.

100K CREWS

100K spectators are not permitted to park at or near the Sugarloaf Aid Station. Shuttle buses from Snow Summit Ski Resort will transport spectators to and from Sugarloaf.

Spectator Shuttle Location

Snow Summit Ski Resort
880 Summit Blvd, Big Bear Lake, CA 92314

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EQUIPMENT

100M	
MANDATORY	RECOMMENDED
<ul style="list-style-type: none"> • 1.5 to 2 liters of hydration capacity. Runners will be required to carry 2 liters of water upon departing from the Champion, Green Valley Lake, and Sugarloaf 1 Aid Stations. • Reusable cup. • Running pack. • Cell phone with international roaming. • 2 headlamps with spare cells/batteries (1 can remain in drop bag). Recommendation of 200 lumens or more. • Jacket with hood and hat. 	<ul style="list-style-type: none"> • Additional nutrition: 800 kcal (2 gels + 2 energy bars). • Cell phone back-up charger. • Passport/ID card • Survival blanket of 1.40m x 2m minimum/55 inches x 80 inches. • Spare warm clothing. • Poles. • GPS watch.
100K	
MANDATORY	RECOMMENDED
<ul style="list-style-type: none"> • 1.5 to 2 liters of hydration capacity. Runners will be required to carry 2 liters of water upon departing from the Sugarloaf 1 Aid Station. • Reusable cup. • 1 headlamp with spare cells/batteries. Recommendation of 200 lumens or more. • Jacket with hood and hat. 	<ul style="list-style-type: none"> • Running pack. • Additional headlamp. • Additional nutrition: 800 kcal (2 gels + 2 energy bars). • Cell phone with international roaming. • Passport/ID card • Survival blanket of 1.40m x 2m minimum/55 inches x 80 inches. • Spare warm clothing. • Poles. • GPS watch.
50K, 21K & 10K	
MANDATORY	RECOMMENDED
<ul style="list-style-type: none"> • 1 liter of hydration capacity. • Reusable cup. 	<ul style="list-style-type: none"> • Running pack. • Cell phone. • Additional nutrition: 800 kcal (2 gels + 2 energy bars). • Jacket with hood and hat. • Passport/ID card • Spare warm clothing. • Poles. • GPS watch.

RACE DAY

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.

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.

WEATHER

Big Bear is located at 7,000 ft and has a "high desert" climate. This means warm days with cold nights. The sun is strong up here, but when the sun drops below the ridge, you'll experience the temperature change quickly. Come prepared for all conditions. [CLICK HERE](#) to check out the weather before race day.

DROP POLICY

Runners can drop from the race at any accessible aid station and they **MUST** let the Aid Station Captain know that they are dropping.

TREKKING POLES

Trekking poles will be allowed for all distances. Please be cautious around other runners. If you plan to use poles, you must start & finish with them. Runners will not be allowed to pick up poles mid-race and/or leave them at an aid station.

AID STATIONS

Aid stations will be located throughout the course. Please refer to the specific race category to view locations for the aid stations. Please note that not all items below will be offered at every aid station, but the general offerings are as follows:

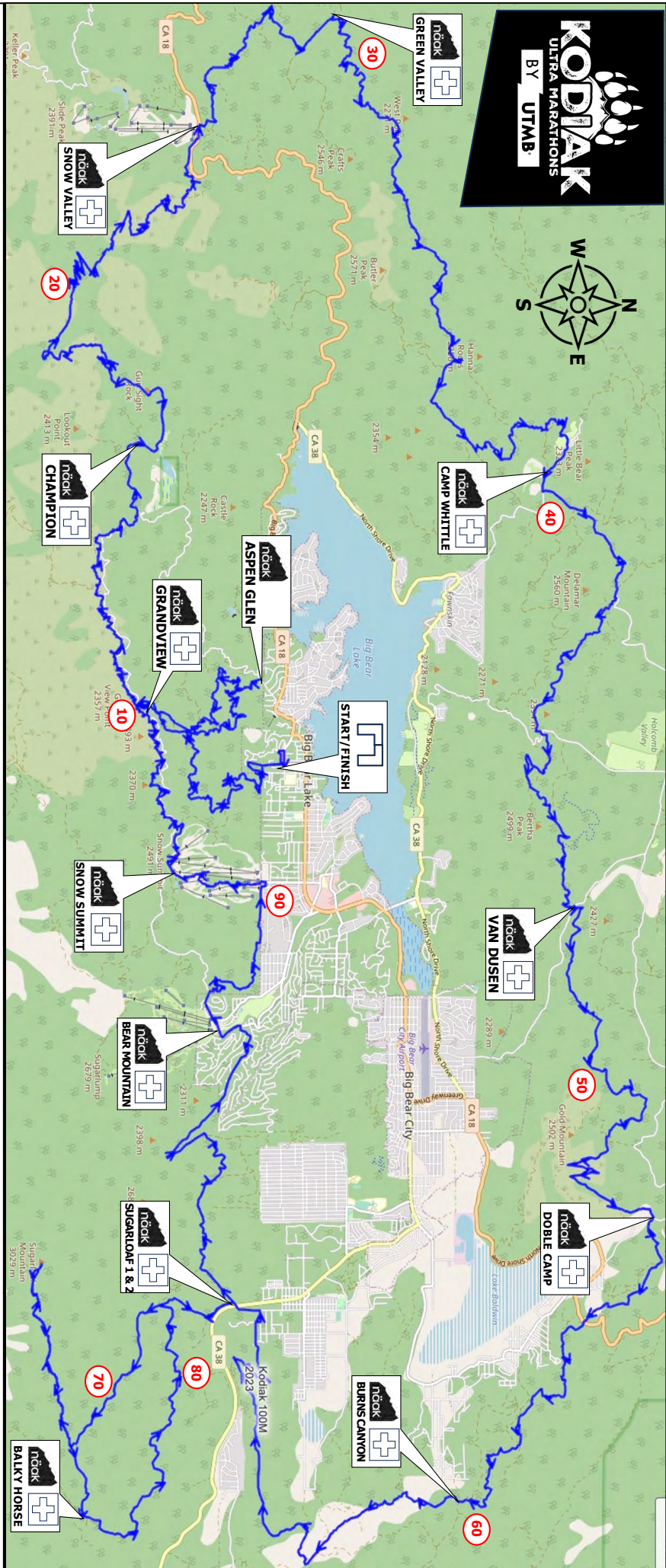
NUTRITION

- Water
- NAAK electrolyte drink, waffles and bars
- GU gels
- Fruits (bananas, oranges & watermelon)
- Soda
- Assorted sweets & salty snacks (chips, pretzels, etc.)
- Peanut butter & jelly sandwiches
- Warm broth & food

RUNNER CARE

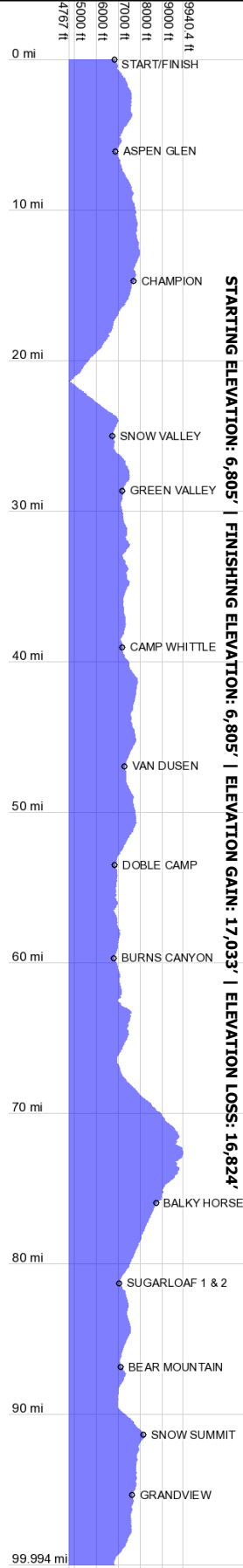
- Basic first aid/blister care
- Bug spray & sunscreen
- Lubrication for chaffing
- Feminine products

KODIAK ULTRA MARATHONS BY UTM



100 MILE COURSE BIG BEAR, CA

- MILE MARKER
- MEDICAL STATION
- AID STATION
- START / FINISH LINE



100M COURSE

COURSE INFORMATION

Start: Friday, October 13 at 6 AM.

[CLICK HERE](#) to view the 2023 100M course route on CalTopo. You will be able to download the 100M GPX course route through the CalTopo map.

AID STATIONS

Aid stations are estimated and are subject to change. They will be at the following locations:

MILE	LOCATION	DROP BAGS	CREW
0	The Village	X	X
6.2	Aspen Glen		X
14.8	Champion	X	
25.2	Snow Valley	X	X
28.8	Green Valley		
39	Camp Whittle	X	
47	Van Dusen		
54	Doble Camp	X	X
60.3	Burns Canyon		
67.6	Sugarloaf 1	X	X
76.7	Balky Horse		
82	Sugarloaf 2	X	X
87.5	Bear Mountain		X
92	Snow Summit		X*
96	Grandview		
100.7	The Village	X	X

*Crew is allowed at the base of Snow Summit only. No crew is allowed at the Snow Summit Aid Station.

[CLICK HERE](#) to view the 100M Aid Station Chart as a downloadable PDF.

COURSE CUT-OFFS

The course time limit is 36 hours. Runners will be subject to intermediate course cut-offs as follows:

- Snow Valley (Mile 25.2) at 3 PM on Friday.
- Doble Camp (Mile 54) at 1 AM on Saturday.
- Sugarloaf 1 (Mile 67.6) at 6 AM on Saturday.
- Sugarloaf 2 (Mile 82) at 11:15 AM on Saturday.
- Bear Mountain (Mile 87.5) at 1:20 PM on Saturday.
- Finish Line (Mile 100.7) at 6 PM on Saturday.

Runners who do not depart these locations by the given times 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.

100M PACERS

Pacers will sign a waiver in advance at the Expo to receive a pacer bib and a wristband. Pacer rules are as follows:

- Pacers on course without a pacer bib and wristband will be pulled.
- Pacers may only join their runner at a crew-accessible Aid Station: Doble Camp, Sugarloaf 1 & 2, and Bear Mountain. Pacers may not start at the base of Snow Summit.
- Pacers must be on foot (no bikes).
- Runners may only have one pacer at any given time.
- Runners are responsible for actions of crew and pacers.
- Pacers may leave a car parked at the Aid Station. It must be legally parked. Follow volunteers' instructions. Runners will be disqualified for illegally or unsafely parked cars.
- If a pacer has to drop at a non-crew accessible aid station, they may not be picked up there. They will have to wait and ask the aid station volunteers if they can get a ride after the aid station closes, or they can walk out. Only use this option in an unplanned and unexpected situation.



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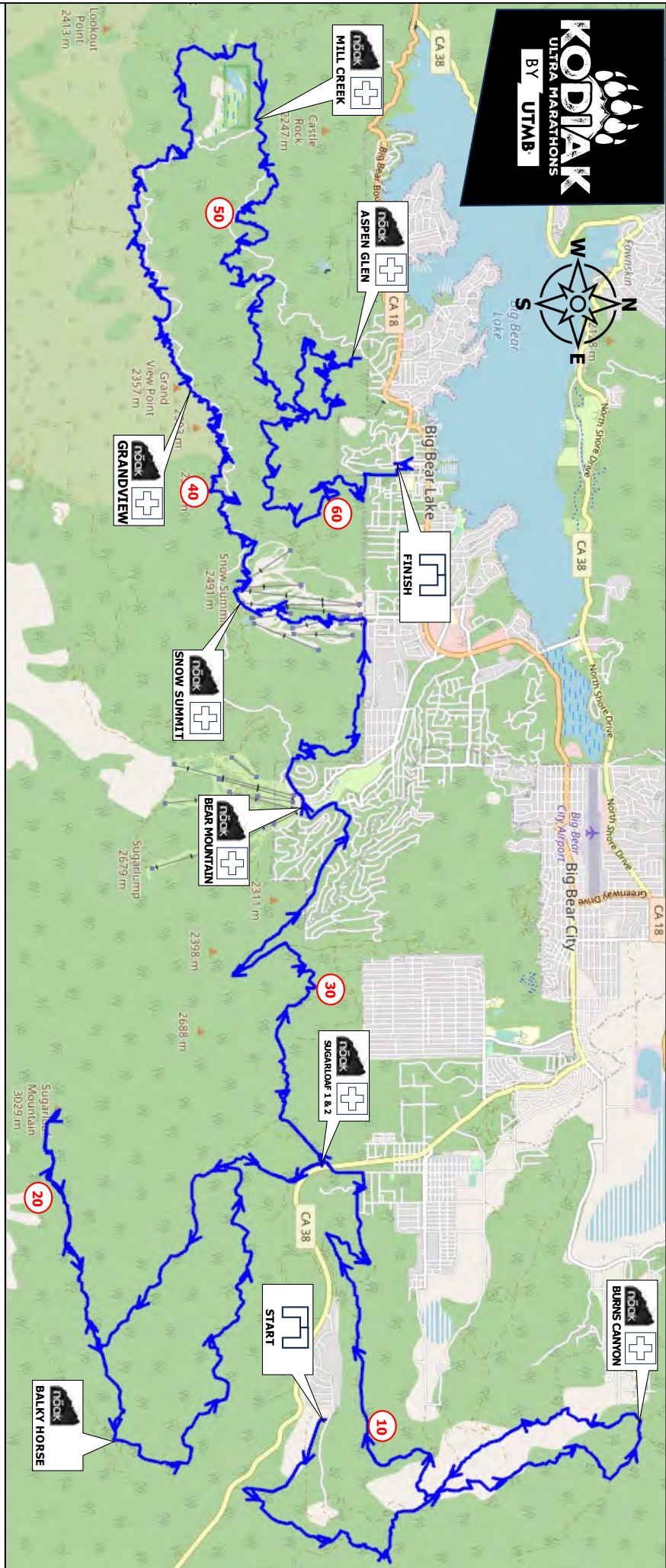
Today 90 percent of our neckwear, caps and knits are made in Barcelona - with the goal to take the full production home in the following years. Our ability to produce in-house allows greater control over both environmental and social standards and our facility is run by 100% renewable electricity.

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



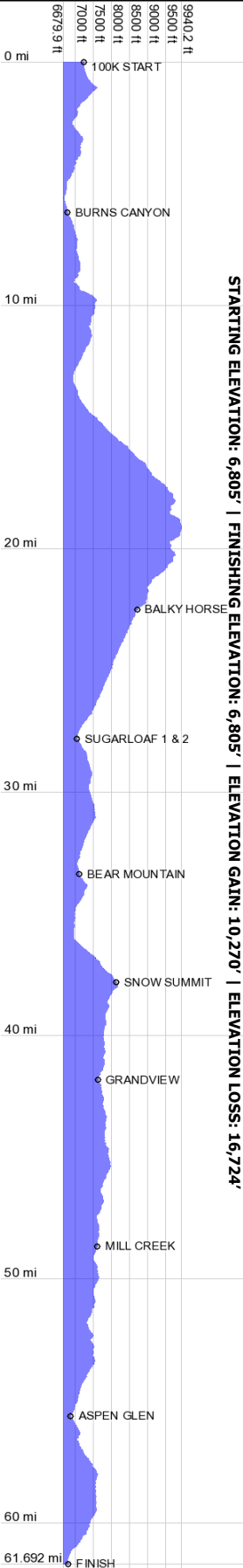
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**100K COURSE
BIG BEAR, CA**

- MILE MARKER
- MEDICAL STATION
- AID STATION
- START / FINISH LINE



100K COURSE

COURSE INFORMATION

Start: Saturday, October 14 at 5 AM.

[CLICK HERE](#) to view the 2023 100K course route on CalTopo. You will be able to download the 100K GPX course route through the CalTopo map.

AID STATIONS

Aid stations are estimated and are subject to change. They will be at the following locations:

MILE	LOCATION	DROP BAGS	CREW
0.0	Camp Oaks	X	
6.3	Burns Canyon		
13.6	Sugarloaf 1	X	X
22.7	Balky Horse		
28.0	Sugarloaf 2	X	X
33.5	Bear Mountain		X
38.0	Snow Summit		X*
42.0	Grandview		
48.8	Mill Creek	X	
56.0	Aspen Glen		X
62.2	The Village	X	X

*Crew is allowed at the base of Snow Summit only. No crew is allowed at the Snow Summit Aid Station.

[CLICK HERE](#) to view the 100K Aid Station Chart as a downloadable PDF.

COURSE CUT-OFFS

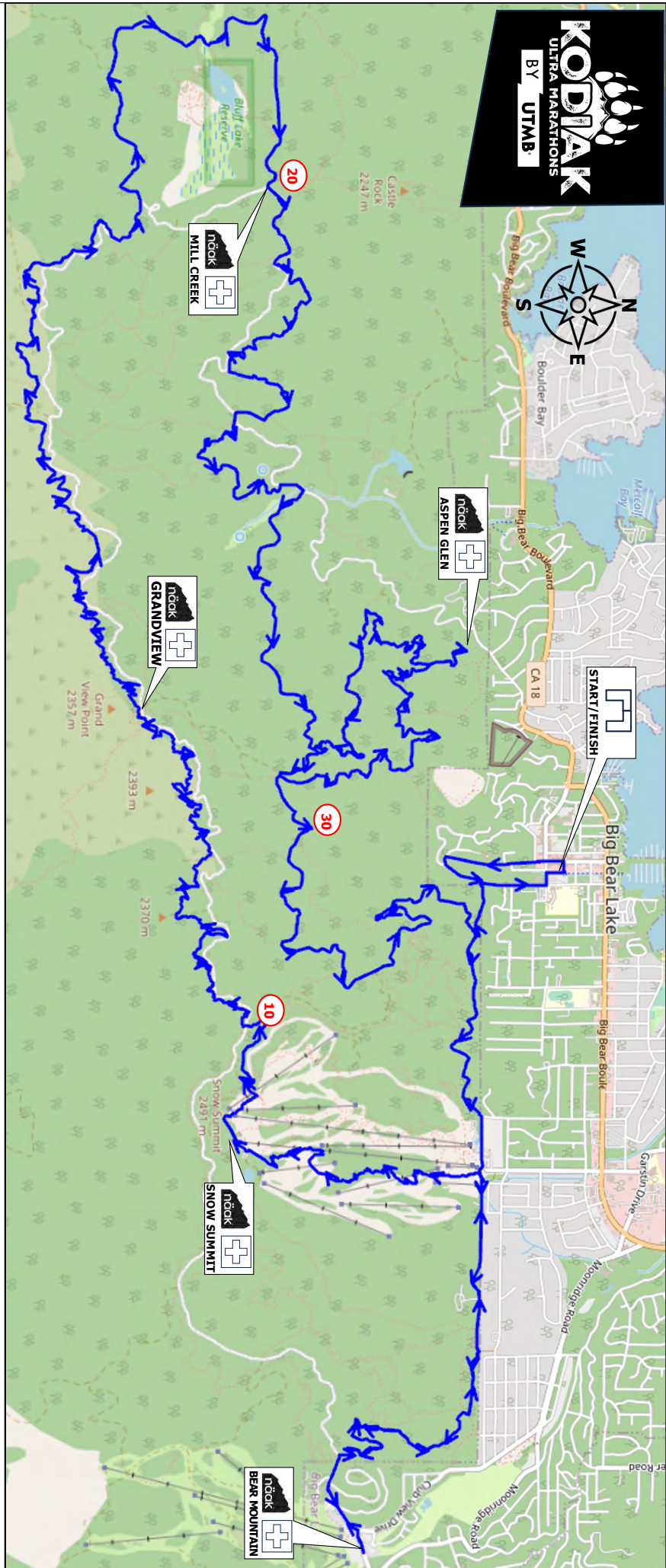
The course time limit is 20 hours. Runners will be subject to intermediate course cut-offs as follows:

- Sugarloaf 2 Aid Station (Mile 28) at 2 PM.
- Bear Mountain Aid Station (Mile 33.5) at 4 PM.
- Mill Creek Aid Station (Mile 48.8) at 9 PM.
- Aspen Glen Aid Station (Mile 56) at 11:15 PM.
- Finish Line at The Village (Mile 62.2) at 1 AM on Sunday, October 15.

Runners who do not depart these locations by the given times 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.

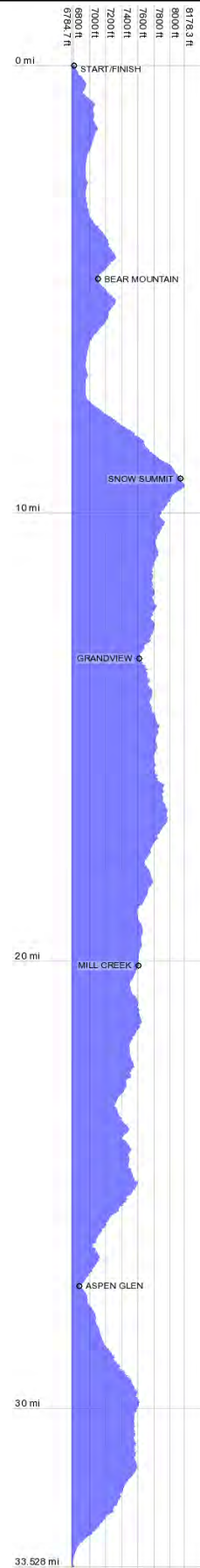
Based on permits for the trails of the course and the safety of athletes, volunteers & safety personnel involved, cut-off times must be respected for all UTMB® events.



50K COURSE
BIG BEAR, CA

- MILE MARKER**
- MEDICAL STATION**
- AID STATION**
- START / FINISH LINE**

STARTING ELEVATION: 6,805' | FINISHING ELEVATION: 6,805' | ELEVATION GAIN: 4,899' | ELEVATION LOSS: 4,819'



50K COURSE

COURSE INFORMATION

Start: Saturday, October 14 at 6 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

Aid stations are estimated and are subject to change. They will be at the following locations:

MILE	LOCATION	CREW
0.0	The Village	X
4.6	Bear Mountain	
9.1	Snow Summit	X*
13.3	Grandview	
20.1	Mill Creek	
27.3	Aspen Glen	X
33.5	The Village	X

*Crew is allowed at the base of Snow Summit only. No crew is allowed at the Snow Summit Aid Station.

[CLICK HERE](#) to view the 50K Aid Station Chart as a downloadable PDF.

COURSE CUT-OFFS

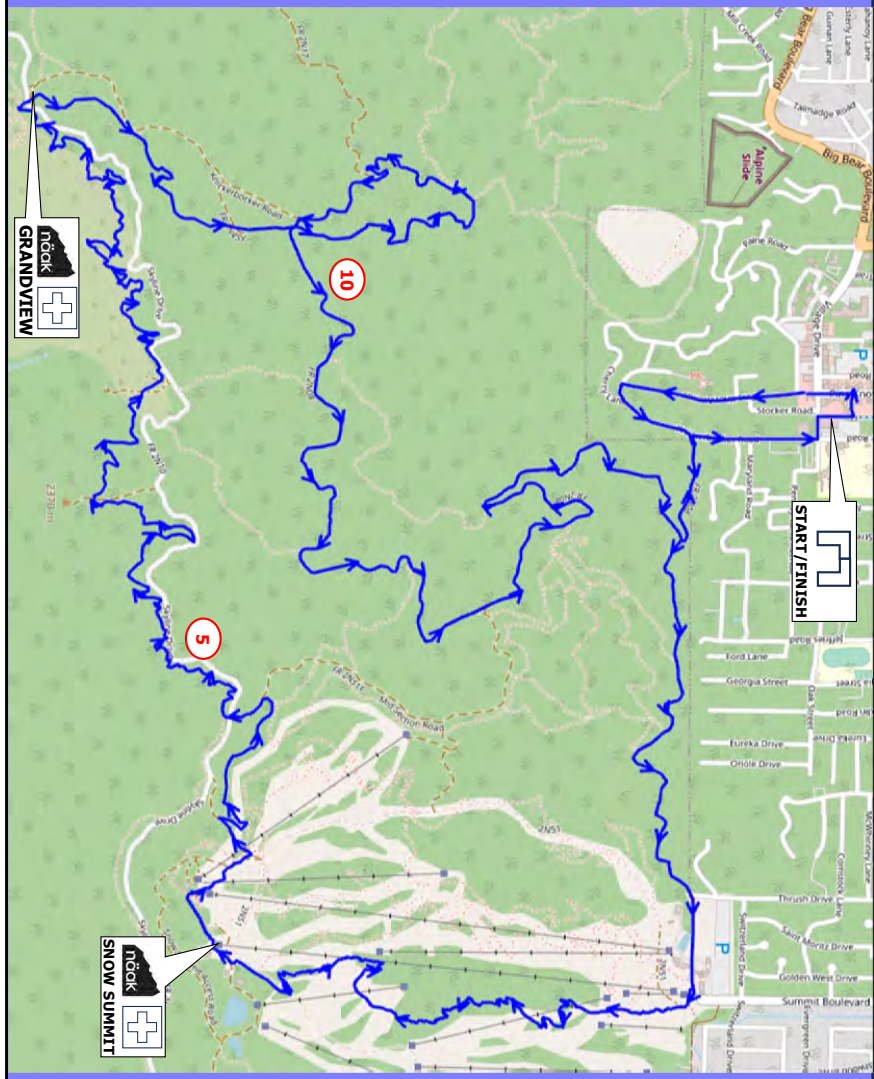
The course time limit is 11 hours. Runners will be subject to intermediate course cut-offs as follows:

- Mill Creek Aid Station (Mile 20.1) at 12:30 PM.
- Aspen Glen Aid Station (Mile 27.3) at 3 PM.
- Finish Line at The Village (Mile 33.5) at 5 PM.

Runners who do not depart these locations by the given times 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.

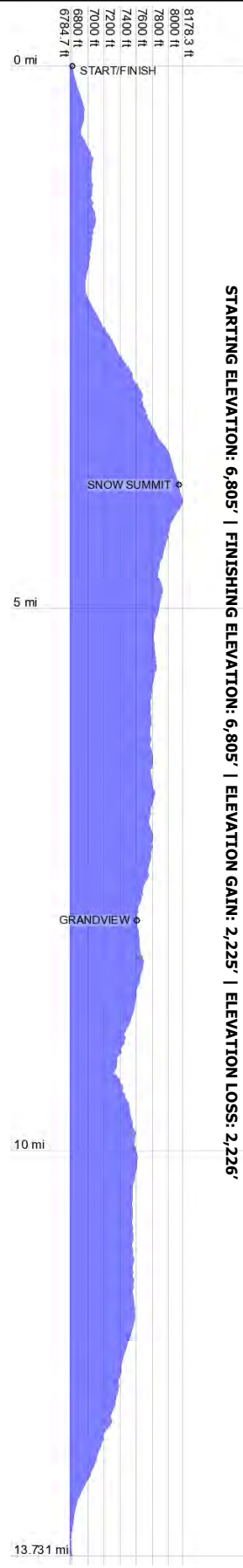
The race organization reserves the right to remove an athlete from the course and DNF the athlete if our course staff determines there is no possibility of an athlete finishing before the posted cut-off time based on an athlete's location, time and average speed up to that point.

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.



21K COURSE
BIG BEAR, CA

- MILE MARKER
- MEDICAL STATION
- AID STATION
- START/FINISH LINE



21K COURSE

COURSE INFORMATION

Start: Sunday, October 15 at 7 AM.

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

AID STATIONS

Aid stations are estimated and are subject to change. They will be at the following locations:

MILE	LOCATION	CREW
0.0	The Village	X
3.8	Snow Summit	X*
7.8	Grandview	
13.8	The Village	X

*Crew is allowed at the base of Snow Summit only. No crew is allowed at the Snow Summit Aid Station.

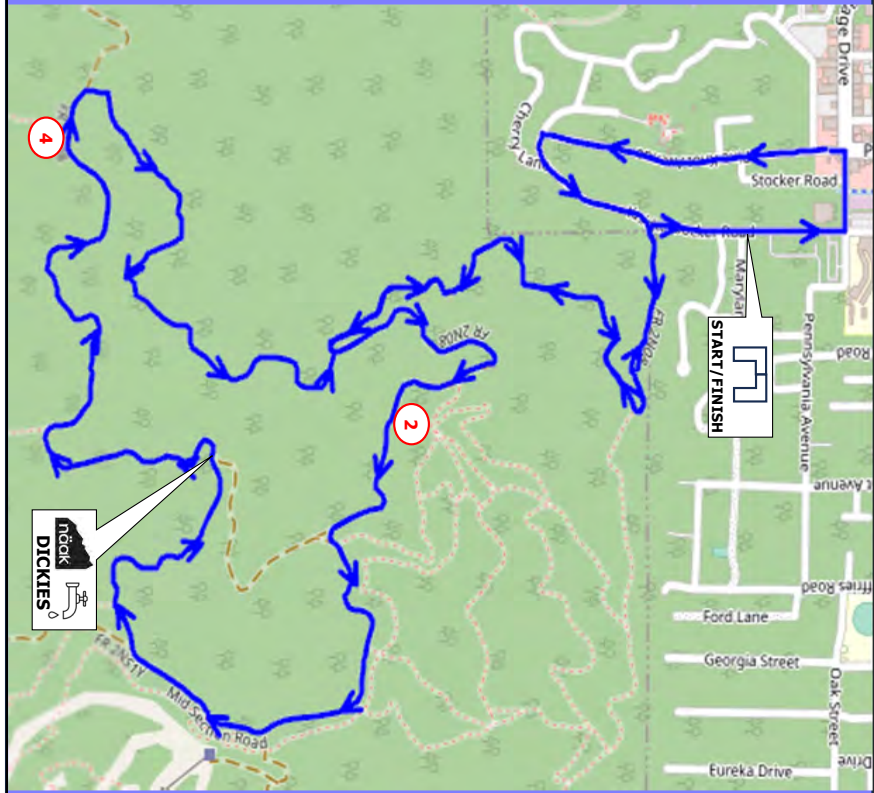
[CLICK HERE](#) to view the 21K Aid Station Chart as a downloadable PDF.

COURSE CUT-OFFS

The course time limit is 5 hours. The final course cut-off will be at the finish line at 12 PM. Runners who do not reach the finish line by this 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 time 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.



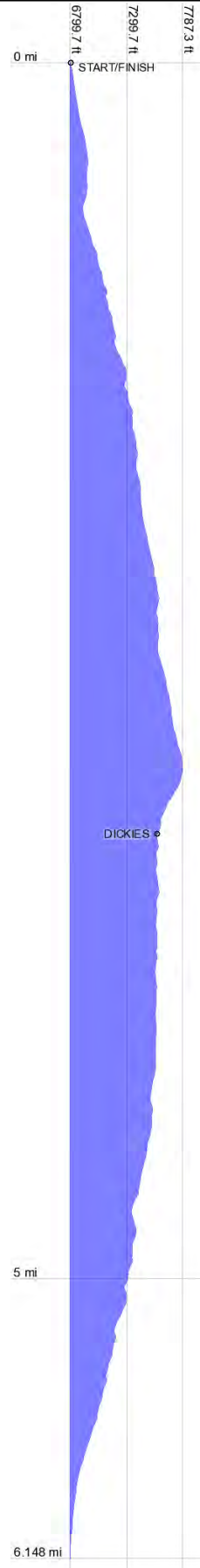
**10K COURSE
BIG BEAR, CA**

10 MILE MARKER

HYDRATION STATION

START / FINISH LINE

STARTING ELEVATION: 6,805' | FINISHING ELEVATION: 6,805' | ELEVATION GAIN: 1,123' | ELEVATION LOSS: 1,110'



10K COURSE

COURSE INFORMATION

Start: Sunday, October 15 at 7 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

Aid stations are estimated and are subject to change. They will be at the following locations:

MILE	LOCATION	CREW
0	The Village	X
3.15	Dickies	
6.31	The Village	X

[CLICK HERE](#) to view the 10K Aid Station Chart as a downloadable PDF.

COURSE CUT-OFFS

The course time limit is 2 hours and 30 minutes. The final course cut-off will be at the finish line at 10:30 AM. Runners who do not reach the finish line by this 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 time 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.

AID STATION GUIDE

100M 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
K1	The Village	0	6.2	1,013	-950				X	X
K2	Aspen Glen	6.2	8.6	1,578	-768	1,013	-950			X
K3	Champion	14.8	10.4	2,332	-3,290	2,591	-1,718		X	
K4	Snow Valley	25.2	3.6	901	-450	4,923	-5,008	3 PM Fri	X	X
K5	Green Valley	28.8	10.2	1,228	-1,320	5,824	-5,458			
K6	Camp Whittle	39	8	1,146	-971	7,052	-6,778		X	
K7	Van Dusen	47	7	823	-1,252	8,198	-7,749			
K8	Doble Camp	54	6.3	489	-539	9,021	-9,001	1 AM Sat	X	X
K9	Burns Canyon	60.3	7.3	1,325	-1,059	9,510	-9,540			
K10	Sugarloaf 1	67.6	9.1	3,313	-1,656	10,835	-10,599	6 AM Sat	X	X
K11	Balky Horse	76.7	5.3	15	-1,672	14,148	-12,255			
K12	Sugarloaf 2	82	5.5	890	-611	14,163	-13,927	11:15 AM Sat	X	X
K13	Bear Mountain	87.5	4.5	1,436	-419	15,053	-14,538	1:20 PM Sat		X
K14	Snow Summit	92	4.0	287	-809	16,489	-14,957			X*
K15	Grandview	96	4.7	257	-1,058	16,776	-15,766			
K16	The Village	100.7				17,033	-16,824	6 PM Sat	X	X

*Crew is allowed at the base of Snow Summit only. No crew is allowed at the Snow Summit Aid Station.

100K 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
K1	Camp Oaks	0.0	6.3	905	-1,371				X	
K2	Burns Canyon	6.3	7.3	1,307	-1,067	905	-1,371			
K3	Sugarloaf 1	13.6	9.1	3,323	-1,658	2,212	-2,438		X	X
K4	Balky Horse	22.7	5.3	15	-1,675	5,535	-4,096			
K5	Sugarloaf 2	28.0	5.5	685	-612	5,550	-5,771	2 PM	X	X
K6	Bear Mountain	33.5	4.5	1,436	-419	6,235	-6,383	4 PM		X
K7	Snow Summit	38.0	4.0	302	-747	7,596	-6,802			X*
K8	Grandview	42.0	6.8	706	-631	7,898	-7,549			
K9	Mill Creek	48.8	7.2	707	-1,539	8,604	-8,180	9 PM	X	
K10	Aspen Glen	56.0	6.2	959	-1,005	9,311	-9,719	11:15 PM		X
K11	The Village	62.2				10,270	-10,724	AM	X	X

*Crew is allowed at the base of Snow Summit only. No crew is allowed at the Snow Summit Aid Station.

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.

AID STATION GUIDE

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
K1	The Village	0.0	4.6	775	-470					X
K2	Bear Mountain	4.6	4.5	1436	-419	775	-470			
K3	Snow Summit	9.1	4.0	302	-747	2,211	-889			X*
K4	Grandview	13.3	6.8	802	-809	2,513	-1,636			
K5	Mill Creek	20.1	7.2	741	-1,474	3,315	-2,445	12:30 PM		
K6	Aspen Glen	27.3	6.2	833	-900	4,056	-3,919	3 PM		X
K7	The Village	33.5				4,889	-4,819	5 PM		X

*Crew is allowed at the base of Snow Summit only. No crew is allowed at the Snow Summit Aid Station.

21K 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
K1	The Village	0.0	3.8	1,462	-215					X
K2	Snow Summit	3.8	4.0	258	-745	1,462	-215			X*
K3	Grandview	7.8	6.0	505	-1,296	1,720	-960			
K4	The Village	13.8				2,225	-2,256	12:00 PM		X

*Crew is allowed at the base of Snow Summit only. No crew is allowed at the Snow Summit Aid Station.

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
K1	The Village	0	3.15	1,020	-245					X
K2	Dickies	3.15	3.16	103	-865	1,020	-245			
K3	The Village	6.31				1,123	-1,110	10:30 AM		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.

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FINISH LINE

AWARDS CEREMONIES

Join us for the Awards Ceremonies! Please check the Event Schedule for the times and locations of all ceremonies. The top 5 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 KODIAK@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.

DROP BAG PICK-UP

There will not be any drop bags for the 50K, 21K or 10K distances. Drop bags for the 100M and 100K distances will be dropped off at the start. The bags will be returned to either the runner or a family member/friend upon presentation of the bib number. Bags must be retrieved no later than 2 hours after the end of the race distance cut-off time. If bags are not retrieved on race day, they will be available for pick-up at the Expo on Sunday, October 15 until 12 PM. After that time, drop bags are subject to charitable donation. **DO NOT PUT ANYTHING OF GREAT VALUE IN YOUR DROP BAGS!** The organization is not responsible for items in drop bags.

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.

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](#).

WESTERN STATES

UTMB® WORLD SERIES

Kodiak Ultra Marathons by UTMB® is a Western States 100 qualifier for 2024. To be eligible for the Western States Lottery, runners must complete the 100M distance in under 36 hours, or the 100K distance in under 18 hours.

ABOUT THE WESTERN STATES TRAIL

The Western States Trail extends from Salt Lake City, Utah, across the Great Basin, and over the Sierra Nevada to Sacramento, California. Originally a Native American route, the California portion of the trail was later taken up by trans-Sierra travelers in the 19th century seeking a passage to the Nevada mines.

WESTERN STATES ENDURANCE RUN 100 INFORMATION

The trail begins in Olympic Valley, California and crests at Emigrant Pass at 8,750 feet. After passing by Duncan Canyon and Robinson Flat, the trail leads to Last Chance, a mining ghost town marking the beginning of “the canyons”, Deadwood and El Dorado. After conquering “the canyons”, runners will conquer the Foresthill Divide and reach Rucky Chucky, crossing the American River with just below class 6 rapids. As night falls, runners will climb to the Cool limestone quarry, cross Highway 29, and experience Pointed Rocks Ranch. After crossing No Hands Bridge and making the final climb to Robie Point, runners will arrive at the finish line at Auburn’s Placer High School.

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Decreasing the risk of injury and cramps.



Waffle Proprioceptive Stripes

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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.

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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 POINTS

100M – 4 Stones
100K – 3 Stones
50K – 2 Stones
21K – 1 Stone

QUALIFYING

As a UTMB® World Series Event, Kodiak Ultra Marathons by UTMB® 100M, 100K, and 50K provides runners opportunities to access the UTMB® World Series Finals, in Mont-Blanc, France, via:

- A lottery place, earned through collection of Running Stones.
- Sporting performance, with the top three male and female finishers in the 100M, 100K, or 50K earning a spot to the UTMB® race of the corresponding distance category.

[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](#).



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GENERAL RULES

1. Throughout the duration of the race, each runner must have with them all of their mandatory equipment.
2. Except for at the base of Snow Summit by the runner's own crew, there is no aid between aid stations. The race organizer only provides water and electrolyte drink for filling water bottles or hydration packs. The runner should take care to ensure they have, when leaving each aid station, the appropriate quantity of drink and food to keep them going until the next aid station.
3. It is forbidden to accompany or be accompanied along any part the race route by a person not registered for the race, outside of the spectator zones.
4. Runners are not allowed to participate with a dog or any other animal, including service animals.
5. Littering is NOT permitted and may result in disqualification.
6. NO STEPPING on vegetation off the trail. Once again, it's pristine, let's keep it that way.
7. Any foreign runner who earns cash, will be subject to tax initially when paid on race day.
8. No special Drop Bag service from crew.
9. If you choose to listen to music, you may only use 1 earbud and listen at a low enough volume so that you can still hear your surroundings clearly. Please don't play music out of an external speaker. You must remove all earbuds as you approach aid stations, road crossings, and when approaching and passing any Safety Team members.
10. Any runner seen cutting a switchback will be disqualified.
11. Runners can drop from the race at any accessible aid station and they MUST let the Aid Station Captain know that they are dropping.
12. Runners must follow the marked course at all times. If at any time the runner leaves the course, they must return to that point and continue from where they left.
13. Highway Crossings – Vehicles have right of way at all times. Runners, crews, and spectators are pedestrians and must follow all laws pertaining to highway pedestrian crossings. Use caution when crossing all roads and remember vehicles have the right of way on all roads.

[CLICK HERE](#) to view more information about the race regulations.