

BY UTMB.





OFFICIAL UTMB® WORLD SERIES PARTNERS







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SCHEDULE

		THURSDAY, APRIL 11,	, 2024	
START	END	EVENT	LOCATION	
3 PM	6 PM	Expo: • Bib Pick-Up • Official Desert RATS Trail Running Festival by UTMB® Merchandise Store	Civic Center Park	
5 PM		Runner Briefing	Civic Center Park	
		FRIDAY, APRIL 12, 2	2024	
START	END	EVENT	LOCATION	
10 AM	6 PM	 Expo: Bib Pick-Up Official Desert RATS Trail Running Festival by UTMB® Merchandise Store 	Civic Center Park	
12 PM		Runner Briefing	Civic Center Park	
3 PM		Runner Briefing	Civic Center Park	
3:45 PM		10K Shuttles Begin	Fruita Monument High School	
5 PM		10K Start	Start/Finish Line (Hawkeye Trailhead off Mack Exit)	
6:30 PM		Awards Ceremony: 10K	Start/Finish Line (Hawkeye Trailhead off Mack Exit)	
		SATURDAY, APRIL 13	, 2024	
START	END	EVENT	LOCATION	
3:45 AM		100K & 50K Shuttles Begin	Fruita Monument High School	
4 AM		100K & 50K Race Morning Bib Pick-Up	Start/Finish Line (Hawkeye Trailhead off Mack Exit)	
5 AM		100K Race Start	Start/Finish Line (Hawkeye Trailhead off Mack Exit)	
7 AM		50K Race Start	Start/Finish Line (Hawkeye Trailhead off Mack Exit)	
12 PM	6 PM	 Expo: Bib Pick-Up Official Desert RATS Trail Running Festival by UTMB® Merchandise Store 	Civic Center Park	
4 PM		Runner Briefing	Civic Center Park	
5 PM		Festival Basecamp Party	Civic Center Park	
6 PM		Awards Ceremony: 100K & 50K	Civic Center Park	
		SUNDAY, APRIL 14,	2024	
START	END	EVENT	LOCATION	
6:45 AM		Half Marathon (21 K) Shuttles Begin	Fruita Monument High School	
7 AM		Half Marathon (21 K) Race Morning Bib Pick-Up	Start/Finish Line (Hawkeye Trailhead off Mack Exit)	
8:30 AM		Half Marathon (21 K) Race Start	Start/Finish Line (Hawkeye Trailhead off Mack Exit)	
9 AM		Kids' Race Registration	Start/Finish Line (Hawkeye Trailhead off Mack Exit)	
9:30 AM		Free Kids' Race	Start/Finish Line (Hawkeye Trailhead off Mack Exit)	
10 AM		Kids' Pancake Brunch	Start/Finish Line (Hawkeye Trailhead off Mack Exit)	
11:30 AM		Awards Ceremony: Half Marathon (21 K)	Start/Finish Line (Hawkeye Trailhead off Mack Exit)	

PRE-RACE INFORMATION

BIB PICK-UP

Runners must pick up their own bib during the below hours.

EXPO PICK-UP

Bib pick-up will be available at the Expo in Civic Center Park (325 E Aspen Ave) during the following times:

- Thursday, April 11 from 3 PM to 6 PM
- Friday, April 12 from 10 AM to 6 PM
- Saturday, April 13 from 12 PM to 6 PM

RACE DAY PICK-UP

Race morning bib pick-up will be available at the Start/ Finish Line (Hawkeye Trailhead off Mack Exit) during the following times:

- 100K & 50K: Saturday, April 13 beginning at 4 AM.
- 21 K: Sunday, April 14 beginning at 7 AM.

WHAT TO BRING

A Passport or Valid 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 runner giveaway items.

Visit the Solutions Table to downgrade, upgrade, register for this year's event, or if you have any issues. **There are no distance changes on race day.**

MEDICAL INFORMATION

If you have a known medical condition, we highly advise that you take the following steps:

- Stop by the Solutions Table at Bib Pick-Up to get a special race day wristband on which you should write the details of your medical condition(s).
- Write the details of your medical condition(s) on the back of your runner bib, which you will receive in your race packet.

The medical information that is placed on your wristband and runner bib will provide medical staff or emergency services with essential information. If you have any questions or concerns about providing medical information, please visit the Solutions Table.

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 TRACKING

HTTPS://WWW.LIVETRAIL.NET/ will be available to track runners throughout the event. Please note these are timing splits at certain checkpoints on the course and are NOT live/GPS tracking. Due to the remote nature of these locations there may be possible delays on LiveTrail updating.

RUNNER BRIEFINGS

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

RACE REGULATIONS

All runners and their crew must read, be familiar with, and follow the Race Regulations. <u>CLICK HERE</u> to view a complete list of regulations.

EMERGENCY PHONE NUMBER

In a situation where you or another runner is in an emergency and unable to make it to an Aid Station or Medical Station, please call **813-422-2094**. If you abandon the course for any reason and do not notify a race official, please call this emergency phone number to notify race staff. This number will also be printed on the back of each runner's bib. We recommend saving this number in your phone. Reminder that ALL 100K runners are required to carry an active cell phone during their event.

PRE-RACE INFORMATION

EQUIPMENT

100K

Mandatory	Recommended
Water capacity of at least	Running pack to carry
32 oz	recommended gear
Bottle/Flask/Reusable Cup	ID/Passport
Cell/Smartphone	Survival blanket
Headlamp & spare	Additional Nutrition: 800
batteries (200 lumens	kcal (2 gels + 2 energy
minimum)	bars)
Jacket (wind/waterproof)	
200-400 calories of	
nutrition	
Running vest/belt	
Space/Safety blanket	
Hat/Beanie	

50K

Mandatory	Recommended
Water capacity of at least 16 oz	Sunscreen
Bottle/Flask/Reusable Cup	Cell/Smartphone
Space/Safety blanket	Wind/Rain jacket
	Sunglasses
	Hat

HALF MARATHON (21K) & 10K

Mandatory	Recommended
Water capacity of at least 16 oz (Half Marathon) or 8-10 oz (10K)	Hat
Bottle/Flask/Reusable Cup	Sunglasses
	Light wind jacket

PACERS & TREKKING POLES

No pacers will be allowed on course for any distance. Trekking poles will be allowed for all distances. Please be cautious around other runners when using them.

SHUTTLES & BUSES

Runners will be bused from Fruita Monument High School (1102 Wildcat Ave, Fruita, CO 81521) to the start line during the following times:

- 10K: Friday beginning at 3:45 PM.
- 100K & 50K: Saturday beginning at 3:45 AM.
- 21K: Sunday beginning at 6:45 AM.

Drop-off will also be available at the start line at these times. **There is no parking at the start area.** Dogs are not permitted on the shuttles. Spectators are welcome to use the school parking and shuttles. Buses will be running to the start/finish line from the high school approximately every 30 to 45 minutes.

<u>CLICK HERE</u> to view the shuttle pick-up location on a map.

AID STATION SHUTTLES FOR THE 50K

Shuttles to the Moore Fun and Troybuilt Aid Stations from the start/finish area will run throughout the day. **There is absolutely no parking at these Aid Stations.**

CREW SHUTTLES FOR THE 100K

Shuttles will run from the start/finish area beginning at 5:30 AM to the Moore Fun, Troybuilt and Rabbit Valley Aid Stations until 12 AM. Crew will bus from Fruita Monument High School to the start/finish to catch the shuttles. There is absolutely no parking at the Moore Fun or Troybuilt Aid Stations. Limited parking will be available at the Rabbit Valley Aid Station.

RACE DAY INFORMATION

WEATHER

Please check the weather before race day. Weather can range from hot temperatures to snowy mountain tops this time of year. CLICK HERE to check the weather in the area prior to race day. Please be sure to also check the weather conditions getting to and from the race if you plan on driving. It can snow on I-70 in April; please allow for enough time to get to the event, as refunds are not given in the case that weather impacts your arrival time.

DROP BAGS

100K

Drop bag drop-off will be located near the start line in a clearly marked area on race morning. This is for bags that will be transported to the Rabbit Valley Aid Station. All runners will be required to write their name, bib number, and Aid Station/location of where the bag is to go. Not doing this could result in a bag being delivered to the wrong location. Each location will be labeled to ensure that drop bags are transported to the proper location. Please do not put anything of great value, including important documents, in these bags.

100K, 50K, 21K & 10K

There will be a location at the start line to drop finish line drop bags with post-race necessities. Please do not put anything of great value, including important documents, in these bags.

Post-race drop bag pick-up/return information can be found on page 16.

CREW RULES

Crews are only allowed in the 100K and 50K distances at the designated crew locations and aid stations. Please view the distance information for precise locations. Follow all parking directions and signs when arriving at these areas and stay within the designated crew area at each location. We ask that you also remain aware of the other runners that are in the crew area or that may be passing by the area for runner safety. Crews are not allowed to leave the area running with their runners.

All runners and their crew must read, be familiar with, and follow the Race Regulations. <u>CLICK HERE</u> to view a complete list of regulations.

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 & 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

MEDICAL INFORMATION FOR RUNNERS & CREW

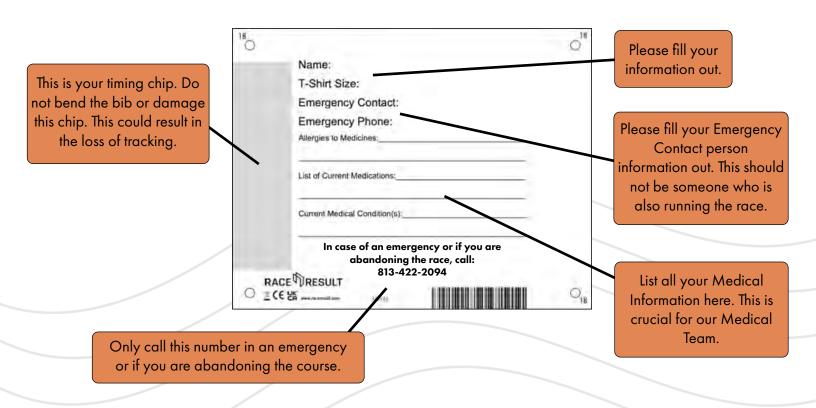
Emergency medical care will be provided at every aid station and the finish line. Participation in this event is at the runner's own risk. Adequate training is essential. Runners are encouraged to consult with their medical provider prior to the event. Please be sure to notify race staff of any medical condition or allergies. You can place all this information on the back of your race bib as well as on the white medical bracelets you can pick up at the registration tent. Runners' crews must be prepared, anticipate runners' needs, and provide basic care. This includes hydration and nutrition specific to the runner based on experience and tolerance, aside from race provided supplies. Runners may experience nausea and vomiting during the race. This can be for a variety of reasons, most commonly overhydration, underhydration, heat stress and altitude exposure. It is advised the runner always "drinks to thirst", avoiding over or under hydration. Be sure to seek medical attention if symptoms continue or worsen.

Foot care is very important! Be sure to prepare and bring sufficient supplies to provide foot care for your runner. For more information on pre-race and during race foot care, follow THIS LINK for some great videos!

EMS personnel and transport teams will be available for serious injury or illness. Additionally, runners must be responsible for their own limitations. Medical personnel have full authority in evaluating whether a runner may continue. Medical staff will be available at all Runner Briefings. Good luck!

RUNNER BIBS





COURSE MARKINGS

RIBBONS & FLAGS



100K

- Ribbons will be the color red with reflective material for night sections.
- Flags will be the color red, with reflective tape on them for night sections.



50K & 21K

- Ribbons will be the color yellow.
- Flags will be the color yellow.
- Since the 50K is on Saturday and the 21K is on Sunday, the same color course marking can be used. The course marking on the section of trail that the 50K uses, where the 21K doesn't, will be removed after the 50K race completes and before the 21K starts.



10K

- Ribbons will be the color blue.
- Flags will be the color blue.

COURSE SIGNAGE



Critical Turn Ahead: This indicates a turn or intersection is coming up. Pay close attention to course markings.



Wrong Way: This indicates a section that is not on the race course. Do not pass these signs. Look for the appropriate course markings or signage to stay on course.



Directional Arrows: These indicate the direction of travel on course. Follow the direction of the arrow. A left or right arrow sign may also indicate a turn is coming up.



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Course-Specific Directional Arrows: These indicate the direction of travel specific to a course. Follow the direction of the arrow of the race you are in. These signs are at locations where multiple course overlap.

COURSE MARKING, RIBBON & FLAGGING STANDARDS

ALONG THE TRAIL

All course ribbons and flags will be placed within eyesight of the next one. Look for course ribbons to be placed on the following:

- Trees
- Bushes
- Tied to rocks on the trail
- Forest service trail signage
- Course signage

Course flags will be placed in addition to and alternating with course ribbons. Look for course flags to be placed on the following:

- Pinned into the ground
- Supported by rocks on the trail
- Forest service trail signage
- Course signage

TURNS & INTERSECTIONS

Leading up to a turn, additional markings will be applied to the side of the trail in the direction of the approaching turn. Immediately after the turn is made, additional course markings will be applied to both sides of the trail to serve as "confidence" markers to ensure you made the correct turn and are on course. Directional arrow signage will be placed leading up to and at turns, in the direction of the upcoming turn. Prior to key intersections, a "Critical Turn Ahead" course sign will be added to alert runners leading up to a turn.

WRONG WAY

"Wrong Way" signage will be placed at intersections on trails that are not on the course. Additional "Wrong Way" signage will be placed further down a trail that is not on the course in case the first sign is missed. If you do not see a course marking ribbon or flag within your field of vision, you are most likely off course. Re-trace your steps until you find the correct course marking for your race.





100K COURSE

COURSE INFORMATION

<u>CLICK HERE</u> to view more information about the 2024 100K course and to download the GPX.

CLICK HERE to view the 100K CalTopo map.

AID STATIONS

Aid stations are estimated and are subject to change. Food offerings will vary from station to station. Aid stations will be at the following locations:

LOCATION	MILE	SUPPORT
Moore Fun I	5.9	Drink, Food, Full Aid, Rest Area, Power, CREW
Moore Fun II	10.1	Drink, Food, Full Aid, Power, CREW
Pizza Overlook	14.0	Drink, Food, Full Aid, Power
Crossroads	17.9	Drink, Food, Full Aid
Salt Creek I	25.2	Drink, Food, Full Aid, Power
Rabbit Valley I	32.8	Drink, Hot Food, Full Aid, Power, Drop Bags, CREW
Western Rim I	37.7	Drink, Food, Full Aid, Power
Water Drop	45.0	Drink
Western Rim II	46.6	Drink, Hot Food, Full Aid, Power
Rabbit Valley II	51.5	Drink, Food, Full Aid, Power, Drop Bags, CREW
Salt Creek II	59.1	Drink, Food, Full Aid, Power

COURSE CUT-OFFS

Each runner will have 20 hours to complete the course. Runners will be subject to the following course cut-offs:

- 12 PM at Crossroads Aid Station (Mile 17.9).
- 5 PM at Rabbit Valley I Aid Station (Mile 32.8).
- 7 PM at Western Rim I (Mile 37.7).
- 9 PM at Western Rim II (Mile 46.6).
- 10:30 PM at Rabbit Valley II (Mile 51.5).
- 1 AM at the Finish Line (Mile 63.8).

Runners who do not reach 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.

ROAD SAFETY





STARTING LINE





näak AID STATION





50K COURSE

COURSE INFORMATION

<u>CLICK HERE</u> to view more information about the 2024 50K course and to download the GPX.

CLICK HERE to view the 50K CalTopo map.

AID STATIONS

Aid stations are estimated and are subject to change. Food offerings will vary from station to station. Aid stations will be at the following locations:

will be at the following focultoris.					
LOCATION	MILE	SUPPORT			
Moore Fun I	5.9	Drink, Food, Full Aid, Bathrooms, CREW			
Moore Fun II	10.2	Drink, Food, Full Aid, Bathrooms, CREW			
Pizza Overlook	14.3	Drink, Food, Full Aid			
Crossroads	17.7	Drink, Food, Full Aid			
Troybuilt	24.2	Drink, Food, Full Aid, Bathrooms, Power, CREW			

COURSE CUT-OFFS

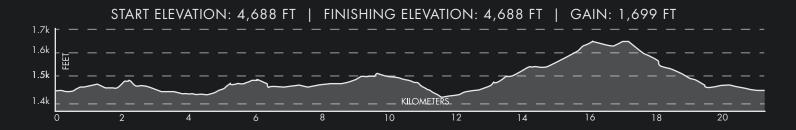
Each runner will have 10 hours to complete the course. Runners will be subject to the following course cut-offs:

- 12 PM at Crossroads Aid Station (Mile 17.7).
- 5 PM at the Finish Line (Mile 31.0).

Runners who do not reach 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.

ROAD SAFETY





HALF MARATHON (21K) COURSE

COURSE INFORMATION

<u>CLICK HERE</u> to view more information about the 2024 Half Marathon (21K) course and to download the GPX.

<u>CLICK HERE</u> to view the Half Marathon (21K) CalTopo map.

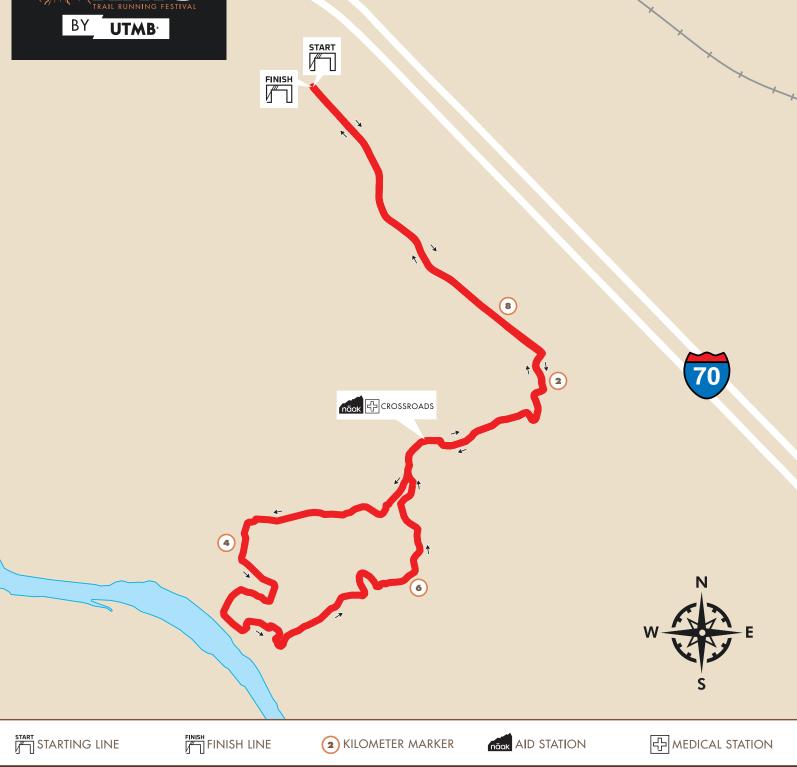
AID STATIONS

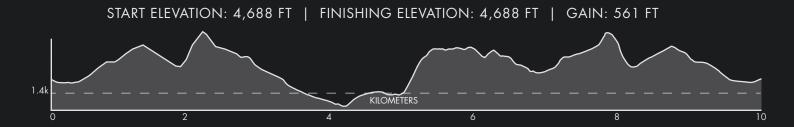
Aid stations are estimated and are subject to change. Food offerings will vary from station to station. Aid stations will be at the following locations:

LOCATION	MILE	SUPPORT
Crossroads	1.5	Drink, Food, Full Aid
Pizza Overlook	3.0	Drink, Food, Full Aid
Moore Fun	<i>7</i> .1	Drink, Food, Full Aid, Bathrooms

ROAD SAFETY







10K COURSE

COURSE INFORMATION

<u>CLICK HERE</u> to view more information about the 2024 10K course and to download the GPX.

CLICK HERE to view the 10K CalTopo map.

AID STATIONS

Aid stations are estimated and are subject to change. Food offerings will vary from station to station. Aid stations will be at the following locations:

LOCATION	MILE	SUPPORT
Crossroads I	1.5	Drink, Food, Full Aid
Crossroads II	4.2	Drink, Food, Full Aid

ROAD SAFETY

AID STATION GUIDE

AS Label	AS Location	AS 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
100K										
Start	Hawkeye TH	0.0	5.9	878	-973	878	-973			
AS1	Moore Fun I	5.9	4.2	321	-321	1,199	-1,294			Х
AS2	Moore Fun II	10.1	3.9	494	-311	1,693	-1,605			Х
AS3	Pizza Overlook	14.0	3.9	269	-326	1,962	-1,931			
AS4	Crossroads	17.9	7.3	1,110	-908	3,072	-2,839	12 PM		
AS5	Salt Creek I	25.2	7.6	423	-699	3,495	-3,538			
AS6	Rabbit Valley I	32.8	4.9	562	-322	4,057	-3,860	5 PM	Х	Х
AS7	Western Rim I	37.7	7.3	607	-853	4,664	-4,713	7 PM		
HS1	Water Drop	45.0	1.6	293	-47	4,957	-4,760			
AS9	Western Rim II	46.6	4.9	324	-563	5,281	-5,323	9 PM		
AS10	Rabbit Valley II	51.5	7.6	696	-420	5,977	-5,743	10:30 PM	Х	Х
AS 11	Salt Creek II	59.1	4.7	668	-901	6,645	-6,644			
Finish	Hawkeye TH	63.8						1 AM		
					50K					
Start	Hawkeye TH	0.0	5.9	878	-973	878	-973			
AS1	Moore Fun I	5.9	4.2	321	-321	1,199	-1,294			Х
AS2	Moore Fun II	10.1	3.9	494	-311	1,372	-1,284			Х
AS3	Pizza Overlook	14.0	3.9	296	-326	1,668	-1,610			
AS4	Crossroads	17.9	6.5	772	-870	2,440	-2,480	12 PM		
AS5	Troybuilt	24.4	6.5	940	-869	3,380	-3,349			Х
Finish	Hawkeye TH	31.0						5 PM		
				Half M	arathon (21K	()				
Start	Hawkeye TH	0.0	1.5	208	-178	208	- 178			
AS1	Crossroads	1.5	1.5	185	- 127	393	-305			
AS2	Pizza Overlook	3.0	4.1	312	-495	705	-800			
AS3	Moore Fun	<i>7</i> .1	6.0	992	-896	1,697	-1,696			
Finish	Hawkeye TH	13.1								
10K										
Start	Hawkeye TH	0.0	1.5	208	- 178	208	- 178			
AS1	Crossroads I	1.5	2.7	185	- 127	393	-305			
AS2	Crossroads II	4.2	1.8	168	-201	561	-506			
Finish	Hawkeye TH	6.0								

Mileage, and 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 then a single line GPX route. Actual data may vary on course and from watch to watch. Due to permitting, the course is subject to change. Always follow course markings for current route.

FINISH LINE

AWARDS CEREMONIES

Join us for the Awards Ceremonies!

- The 10K Awards Ceremony will be held on Friday, April 12 at 6:30 PM at the start/finish area at Hawkeye Trailhead off Mack Exit. Top five overall male and female awards and first place male and female age group awards will be awarded.
- The 100K and 50K Awards Ceremonies will be held on Saturday, April 13 at 6 PM at Civic Center Park. Top five overall male and female awards and first place male and female age group awards will be awarded.
- The Half Marathon (21K) Awards Ceremony will be held on Sunday, April 14 at 11:30 AM at the start/ finish area at Hawkeye Trailhead off Mack Exit. 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 desertrats@service.byutmb.world to have your award shipped to you. Shipping fees will apply. Please note that we are unable to ship awards outside of the United States. Unclaimed awards will be held for 30 days.

DROP BAG PICK-UP/RETURN INFO

100K drop bags that are transported onto the course will be returned to Fruita Monument High School. Drops bags will be available for pick-up on Sunday, April 14 from 1 AM to 1 PM. All 100K drop bags from Aid Stations must be picked up by 1 PM on Sunday, April 14. Bags not picked up by that time will be donated to local organizations.

Finish line drop bags that were dropped by 100K, 50K, 21K or 10K runners with post-race necessities will be available at the finish line near the post-race runner food.

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 and early entry to future Desert RATS Trail Running Festival by UTMB events.

CLICK HERE for more information about volunteering!

PHOTOGRAPHY

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

HOW TO ORDER YOUR PIX

- Register your e-mail address at <u>www.finisherpix.com</u> 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 <u>www.finisherpix.com</u> to view, order, and share your photos from the event.

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.

For the 100K and 50K distances, the top 3 male and top 3 female runners will win a slot to the 2025 UTMB® World Series Finals race of the same category. Runners will be required to pay for that bib

QUALIFYING POINTS

The 2024 Desert RATS Trail Running Festival by UTMB 100K, 50K and Half Marathon (21K) will give runners running stones:

• 100K: 3 Running Stones

• 50K: 2 Running Stones

• Half Marathon (21K): 1 Running Stone

<u>CLICK HERE</u> for more information regarding the UTMB Performance Index.



GENERAL RULES

- 1. No littering. Please respect the trails and nature by disposing of trash at an Aid Station.
- If you see a runner who is injured you are required to report this incident by letting race officials know the runners bib number, location and injury. Please stay with the runner if they are in need until medical help arrives.
- 3. If you decide to stop running in the event for any reason, you MUST make race organizers aware.
- 4. You are only allowed to drop from the race in designated areas.
- Runners must stay on the designated trails to protect any vegetation or natural footing. If you get off course, retrace back to the last known marker, and continue the course as designed.
- 6. Course-cutting is not allowed.
- 7. Pacers are not allowed.

- 8. We love pets, but ask them to stay home for the event. Pets are not allowed on the course.
- This is a cup-less race. Runners will carry a personal container to refill throughout their adventure at each Aid Station.
- 10. If you do not pass the designated course cut-off locations by the specified times, you will be not allowed to continue the race.
- 11. Crews are ONLY allowed in the areas that are noted in the above information. Please respect the areas along the course that are designated as NO CREW. This could effect future events for all runners.

All runners and their crew must read, be familiar with, and follow the Race Regulations. <u>CLICK HERE</u> to view a complete list of regulations.