



# RUNNER GUIDE

OCTOBER 11-12, 2024



**UTMB®**  
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**SUUNTO**

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# SCHEDULE

## THURSDAY, OCTOBER 10, 2024

START	END	EVENT	LOCATION
3 PM	7 PM	Expo: • Bib Pick-Up • Official Kodiak Ultra Marathons by UTMB® Merchandise Store	The Village of Big Bear Lake
6 PM	6:30 PM	Runner Briefing	The Village of Big Bear Lake

## FRIDAY, OCTOBER 11, 2024

START	END	EVENT	LOCATION
9 AM		HOKA Shake Out Run	The Village of Big Bear Lake
9 AM	11 AM	Expo: 100M Bib Pick-Up	The Village of Big Bear Lake
11 AM	1 PM	100M Bib Pick-Up <b>ONLY</b> at the Start Line	Meadows Edge Picnic Area
9 AM	6 PM	Expo: • 100K, 50K, 21K, and 10K Bib Pick-Up • Official Kodiak Ultra Marathons by UTMB® Merchandise Store	The Village of Big Bear Lake
10 AM	10:30 AM	Runner Briefing	The Village of Big Bear Lake
11 AM	2 PM	Shuttle to Start Line ( <i>Runners must be on the shuttle by 12:20 PM.</i> )	Sandalwood Lot 1
1 PM		100M Start ( <i>No runner drop-off or parking. All runners must take shuttles.</i> )	Meadows Edge Picnic Area
5 PM	5:30 PM	Runner Briefing	The Village of Big Bear Lake

## SATURDAY, OCTOBER 12, 2024

START	END	EVENT	LOCATION
4:30 AM	2 AM (Sunday)	Shuttle to Start Line	Sandalwood Lot 1
5 AM	10:50 AM	Race Morning Bib Pick-Up	Meadows Edge Picnic Area
6 AM		100K Start ( <i>No runner drop-off or parking. All runners must take shuttles.</i> )	Meadows Edge Picnic Area
8 AM		50K Start ( <i>No runner drop-off or parking. All runners must take shuttles.</i> )	Meadows Edge Picnic Area
9 AM		21K Start ( <i>No runner drop-off or parking. All runners must take shuttles.</i> )	Meadows Edge Picnic Area
11 AM		10K Start ( <i>No runner drop-off or parking. All runners must take shuttles.</i> )	Meadows Edge Picnic Area
12 PM	8 PM	Finish Festival in the Expo: • Live Music • Beer Garden • Event Booths • Official Kodiak Ultra Marathons by UTMB® Merchandise Store	The Village of Big Bear Lake
2 PM		21K & 10K Awards Ceremony	Meadows Edge Picnic Area
4 PM		50K Awards Ceremony	The Village of Big Bear Lake

## SUNDAY, OCTOBER 13, 2024

START	END	EVENT	LOCATION
8:30 AM	10:30 AM	Expo: • Pancake Breakfast Benefiting the First Responders and Fire Fighters • Official Kodiak Ultra Marathons by UTMB® Merchandise Store	The Village of Big Bear Lake
9:30 AM		100M & 100K Awards Ceremony	The Village of Big Bear Lake



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# PRE-RACE

## BIB PICK-UP

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

## EXPO PICK-UP

Expo Bib Pick-Up will be available at The Village of Big Bear Lake (40803 Village Dr) during the following times:

- Thursday, October 10 from 3 PM to 7 PM
- Friday, October 11 from 9 AM to 6 PM. Bibs for the 100M will be available at the Expo until 11 AM.

## RACE MORNING PICK-UP

Race Morning Bib Pick-Up will be at the Meadows Edge Picnic Area (40751 N Shore Ln) during the below times. There will be NO runner drop-off or parking. All runners must take the shuttle.

- 100M: Friday, October 11 from 11 AM to 1 PM
- All other distances: Saturday, October 12 from 5 AM to 10:50 AM. Bibs must be picked up 15 minutes prior to the distance's start.

## WHAT TO BRING

A Passport or Valid Photo ID

## BIB PICK-UP STEPS

1. Present photo ID to volunteer to begin check-in process and receive bib number.
2. Pick up bib.
3. Pick up runner giveaway items.

Visit the Solutions Table to change distances, register for this year's event, or if you have any issues with your registration. Distance changes are subject to availability. Please reach out to the event inbox to inquire. **NO RACE DAY DISTANCE CHANGES ARE PERMITTED.**

## 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 details of your medical condition(s).
- Write details of your medical condition(s) on the back of your bib, which will be in your race packet.

Medical information that is placed on your wristband and bib will provide staff or emergency services with essential information. Please visit the Solutions Table with questions or concerns about providing medical information.

## RUNNER BRIEFINGS

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

## TIMING

The race will be timed 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. These are 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

[LIVETRAIL.NET](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. [CLICK HERE](#) for Runner Tracking FAQs.

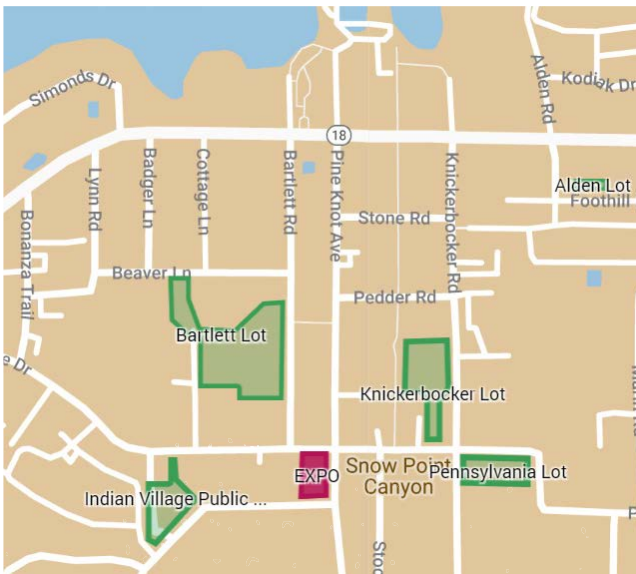


# TRANSPORTATION

## VILLAGE OF BIG BEAR LAKE PARKING

There will be free parking located around the Expo. Please follow all posted signs. The map below depicts a couple options for parking:

- Pennsylvania Public Lot on the corner of Village Dr & Knickerbocker Rd.
- Knickerbocker Public Lot on Knickerbocker Rd between Big Bear Blvd & Village Dr.
- Indian Village Public Lot. Access via Village Dr.
- Bartlett Public Parking Lot.



## PUBLIC TRANSIT

Mountain Transit is Big Bear's free public transit. Please [CLICK HERE](#) to visit their page for more information and schedules. Mountain Transit DOES NOT service any of the aid stations or the start/finish line. Mountain Transit can be used to get to the Expo in The Village.

## RACE DAY RUNNER PARKING & SHUTTLES

There is no parking or runner drop-off permitted at the start/finish line in Meadows Edge Picnic Area. All runners and spectators must take a provided shuttle from the below lot to Meadows Edge Picnic Area. Please see page 8 for a map of the shuttle pick-up locations and event venue.

### PARKING FOR SHUTTLE PICK-UP TO THE START/ FINISH LINE

#### Sandalwood Lot 1

103 Sandalwood Drive, Big Bear Lake, CA 92315

[CLICK HERE](#) to view the lot on a map.

### SHUTTLE SCHEDULE

- Friday, October 11 from 11 AM to 2 PM for 100M runners and spectators.
- Saturday, October 12 at 4:30 AM to Sunday, October 13 at 2 AM for the 100K, 50K, 21K, and 10K.

Runners will be prioritized in the 1.5-hours prior to their distance's start time. Spectators will be accommodated space permitting. Please note that crew going to the Doble Camp Aid Station WILL NOT use this shuttle. Please refer to the following page for information on crew shuttles.



# 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 vehicles. 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 21K or the 10K.

### 100M

Doble Camp 1	Mile 38.7
Cactus Flats 1	Mile 60.5
Doble Camp 2	Mile 64.9
Cactus Flats 2	Mile 82.7
Doble Camp 3	Mile 87.1

### 100K

Doble Camp 1	Mile 36.9
Doble Camp 2	Mile 49.5

### 50K

Doble Camp	Mile 19.1
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## LEAVE NO TRACE

We are fortunate to use this land for our event. Please show the utmost respect and leave no trace, pack out anything you bring, 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.

## 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. Due to limited parking, it is advised to arrive to your location closer to the arrival time of your runner.

## CREW SHUTTLE TO DOBLE CAMP AID STATION

There is no parking permitted at the Doble Camp Aid Station. You will risk having your runner disqualified if you park at the aid station. All crew should use the provided shuttles to get to Doble Camp. There will be a limit of 2 crew members per runner. Please see the following page for a map of the shuttle pick-up locations and event venue.

## PARKING FOR CREW SHUTTLE PICK-UP TO THE DOBLE CAMP AID STATION

[Fox Farm Lot 2](#)

41850 Garstin Dr, Big Bear Lake, CA 92315

[CLICK HERE](#) to view the lot on a map.

## SHUTTLE SCHEDULE

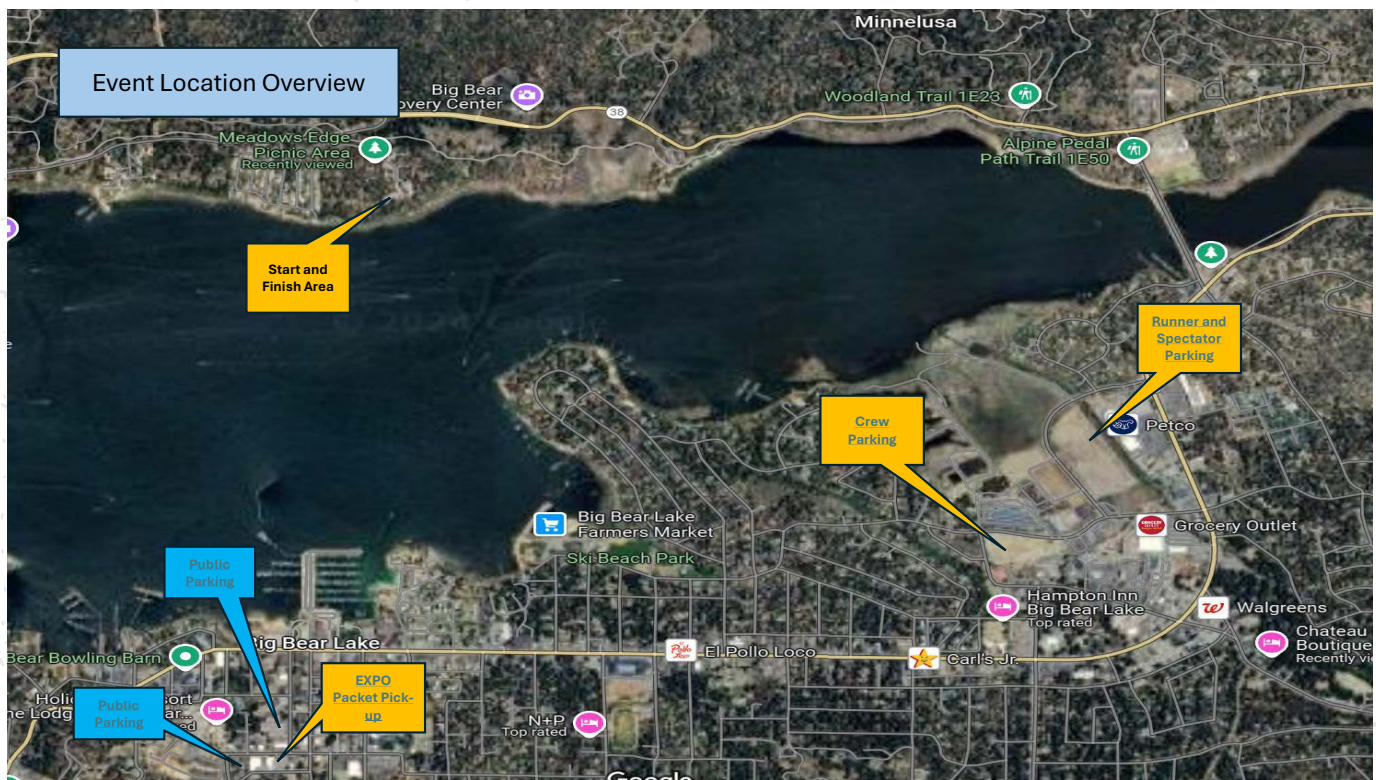
- Friday, October 11 at 6 PM to Saturday, October 12 at 10 PM.

It is suggested that you split your crew members to maximize your time and transportation between Doble Camp (shuttle only) and Cactus Flats (parking permitted). One crew member could get the shuttle to/from Doble Camp (20-minutes one-way) while the other crew member could drive to Cactus Flats (drive time ~1 hour). By splitting, you will be able to minimize travel time and ensure your runner is taken care of. Not splitting up may result in not having enough time to get to both crew locations.

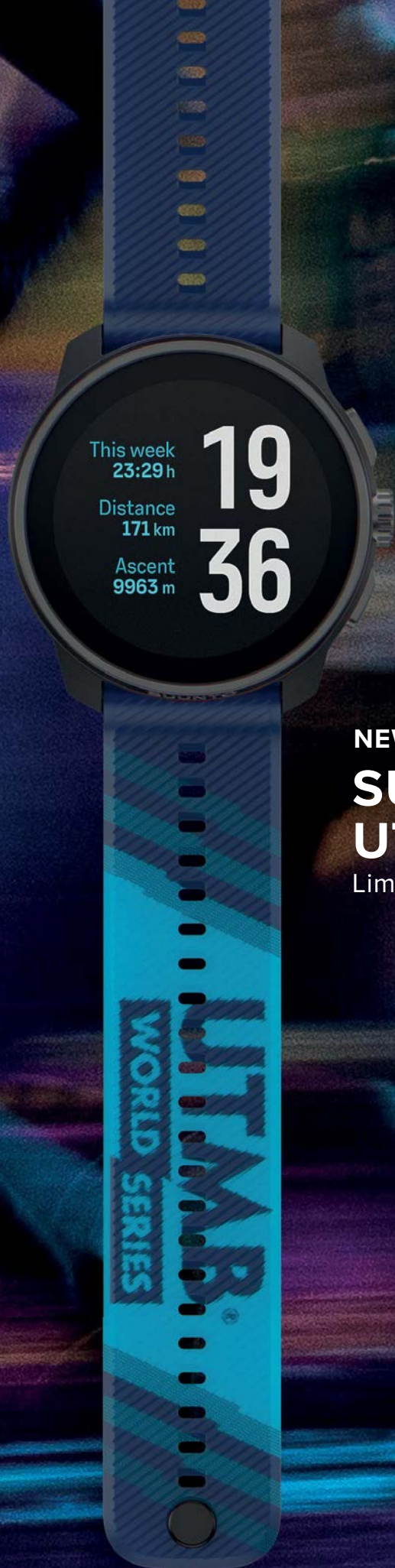
## 100M CREW DRIVING DIRECTIONS TO CACTUS FLATS

For 100M crew, please follow these [GOOGLE MAP DRIVING DIRECTIONS](#) for directions to the Cactus Flat Aid Station. Please limit one vehicle per runner.

# SHUTTLE MAP







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starts  
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# EQUIPMENT

100M	
MANDATORY	RECOMMENDED
<ul style="list-style-type: none"> <li>• Minimum water supply of 1 liter.</li> <li>• Personal collapsible cup.</li> <li>• Running pack.</li> <li>• Cell phone with international roaming.</li> <li>• 2 headlamps with spare cells/batteries.</li> <li>• Additional nutrition: 800 kcal (2 gels + 2 energy bars)</li> <li>• Jacket with hood and hat.</li> </ul>	<ul style="list-style-type: none"> <li>• Additional working headlamp.</li> <li>• Passport/ID card.</li> <li>• Survival blanket of 1.40m x 2m minimum.</li> <li>• Whistle.</li> <li>• Gloves.</li> <li>• Spare warm clothing.</li> <li>• Trekking pole.</li> <li>• GPS watch.</li> </ul>
100K	
MANDATORY	RECOMMENDED
<ul style="list-style-type: none"> <li>• Minimum water supply of 1 liter.</li> <li>• Personal collapsible cup.</li> <li>• Running pack.</li> <li>• Cell phone with international roaming.</li> <li>• 1 headlamp with spare cells/batteries.</li> <li>• Additional nutrition: 800 kcal (2 gels + 2 energy bars)</li> <li>• Jacket with hood and hat.</li> </ul>	<ul style="list-style-type: none"> <li>• Passport/ID card.</li> <li>• Survival blanket of 1.40m x 2m minimum.</li> <li>• Whistle.</li> <li>• Gloves.</li> <li>• Spare warm clothing.</li> <li>• Trekking pole.</li> <li>• GPS watch.</li> </ul>
50K	
MANDATORY	RECOMMENDED
<ul style="list-style-type: none"> <li>• Minimum water supply of 1 liter.</li> <li>• Personal collapsible cup.</li> <li>• Cell phone with international roaming.</li> <li>• Additional nutrition: 800 kcal (2 gels + 2 energy bars)</li> </ul>	<ul style="list-style-type: none"> <li>• Running pack.</li> <li>• 1 headlamp with spare cells/batteries.</li> <li>• Survival blanket of 1.40m x 2m minimum.</li> <li>• Whistle.</li> <li>• Gloves.</li> <li>• Jacket with hood and hat.</li> <li>• Passport/ID card .</li> <li>• Spare warm clothing.</li> <li>• Trekking pole.</li> <li>• GPS watch.</li> </ul>
21K & 10K	
MANDATORY	RECOMMENDED
<ul style="list-style-type: none"> <li>• Minimum water supply of 1/2 liter.</li> <li>• Personal collapsible cup.</li> <li>• Cell phone with international roaming.</li> </ul>	<ul style="list-style-type: none"> <li>• Running pack.</li> <li>• Additional nutrition: 800 kcal (2 gels + 2 energy bars)</li> <li>• Whistle.</li> <li>• Gloves.</li> <li>• Jacket with hood and hat.</li> <li>• Passport/ID card</li> <li>• Spare warm clothing.</li> <li>• Trekking pole.</li> <li>• GPS watch.</li> </ul>



# RACE DAY

## DROP BAG INFORMATION

### AID STATION DROP BAGS (100M & 100K)

Aid station drop bags will be available for 100M and 100K runners. All drop bags will be dropped at the start line at Meadows Edge Picnic on race morning **ONLY**. 100M runners will drop their bags off at the start line by 12:15 PM on Friday. 100K runners will drop their bags off at the start line by 5:15 AM on Saturday.

Please follow the Race Regulations Guide for drop bag sizing. Oversized drop bags will be turned away. Only **ONE** drop bag will be permitted per runner per aid station. Runners **DO NOT** get two or three drop bags for aid stations that are hit multiple times. Please label your drop bag with your Name, Bib #, and aid station location. Please do not put anything of value in this bag.

### START/FINISH LINE DROP BAGS (ALL DISTANCES)

Drop bags can be dropped off at the start at Meadows Edge Picnic. They will not be transported to any location on course. If you do not retrieve your bag by the Awards Ceremonies, it will be donated. Please do not put anything of value in this bag.

## AID STATIONS

Aid stations will be located throughout the course. The general offerings are as follows:

- Nutrition: Electrolyte drink, gels, chews & bars; assorted fruits; soda; assorted sweets & salty snacks; peanut butter & jelly sandwiches; warm broth & food
- Runner Care: Basic first aid/blister care; bug spray; sunscreen; lubrication for chaffing; feminine products

## EMERGENCY PHONE NUMBER

In a situation where you or another runner is in an emergency and unable to make it to an Aid or Medical Station, please call **813-422-2094**. If you abandon the course for any reason and do not notify an official, please call this phone number to notify race staff. This number will also be printed on the back of runners' bibs. We recommend that all 50K and 70K runners carry a cell phone and save this number.

## 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, but when the sun drops below the ridge, you'll experience the temperature change quickly. [CLICK HERE](#) to check out the weather before race day.

## MEDICAL INFORMATION

Emergency medical care will be provided at every aid station and the finish line. Participation is at runners' own risk. Adequate training is essential. Runners are encouraged to consult with their medical provider prior to the event. Be sure to notify race staff of medical conditions or allergies. This information should be written on the back of the race bib as well as on the white medical bracelet that can be asked for at bib pick-up. Runners may experience nausea and vomiting during the race for a variety of reasons, most commonly over-hydration, under-hydration, heat stress and altitude exposure. It is advised to "drink to thirst", avoiding over or under-hydration. Be sure to seek medical attention if symptoms continue or worsen. EMS personnel and transport teams will be available for serious injury or illness. Additionally, runners are responsible for their limitations. Medical personnel have full authority to decide if a runner may continue. Medical staff will be available at all Runner Briefings.

Foot care is very important! 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!

## DROP POLICY

Runners can drop from the race at any accessible aid station and they **MUST** let the Aid Station Captain know. Due to their remoteness and challenging terrain, runners are discouraged from dropping at the Smarts Ranch Aid Station. If a runner must drop at this location, immediate extraction may not be possible, and a runner could be there until the closure of that Aid Station.

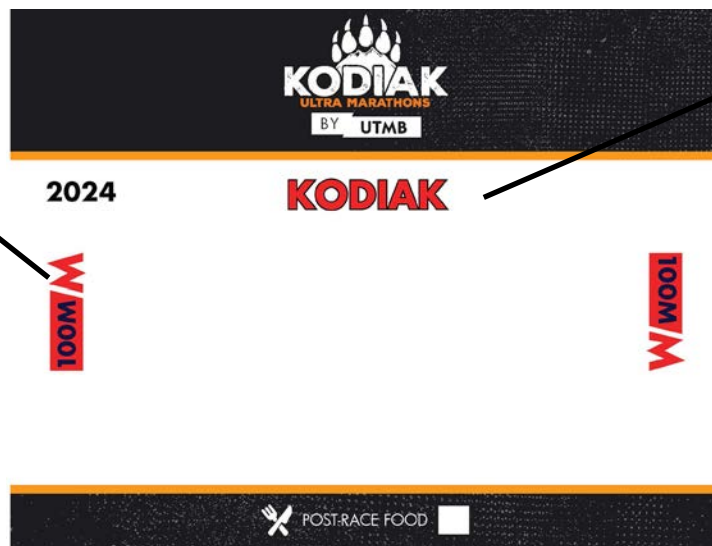
## TREKKING POLES

Trekking poles will be allowed. 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.

# RUNNER BIBS

DO NOT fold your bib under any circumstance.

Your race distance.



Make sure you are at the correct race!

All bibs must be front facing and visible at all times. We recommend pinning bibs to your shorts, pants or leggings.

This is where your timing chip will be. Do not bend the bib or damage this chip. This could result in the loss of tracking.

1 ○

Wear bib clearly visible on the front of your torso. ○ 1

Name: \_\_\_\_\_

DOB: \_\_\_\_\_

T-shirt size: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_

Emergency Phone: \_\_\_\_\_

Allergies to Medicines \_\_\_\_\_

List of Current Medications \_\_\_\_\_

Current Medical Condition(s) \_\_\_\_\_

In case of an emergency or if you're abandoning the race, call 813-422-2094

○ 1

Please fill your information out.

Please fill your Emergency Contact person information out. This should not be someone who is also running the race.

List all your Medical Information here. This is crucial for our Medical Team.

Only call this number in an emergency or if you are abandoning the course.

# PACERS

Pacers must sign a waiver at the Expo, Cactus Flats, or Doble Camp to receive a pacer bib. Pacer rules are as follows:

- Pacers on course without a pacer bib will be pulled.
- Pacers may only join their runner at select Aid Stations: Cactus Flats 1, Doble Camp 2, Cactus Flats 2, and Doble Camp 3 (pacers may not start when runners arrive at Doble Camp 1).
- 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.
- 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.

All pacers must sign their own waiver in order to receive their pacer bib.

DO NOT fold your bib under any circumstance.



Only the 100M allows pacers.

All bibs must be front facing and visible at all times, including pacer bibs. We recommend pinning bibs to your shorts, pants or leggings.

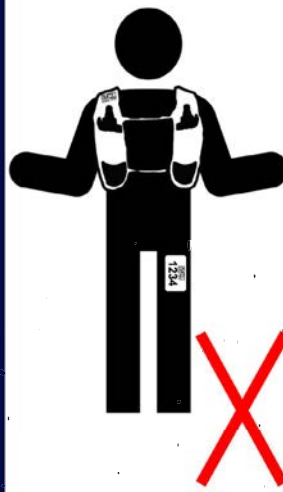
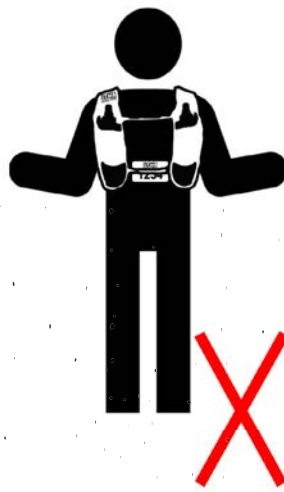


# WEARING YOUR BIB

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All bibs must be front facing and legible.

Do not fold the bibs as it will damage the timing chip.



Do not wear the bib on the back of your person or running vest.

Do not wear the bib under or close to the bottom of your running vest so it is legible & the timing chip isn't damaged by the vest.

Do not rotate the bib as it will potentially render the timing chip unreadable.

Do not place the bib on an article of clothing that will be quickly removed.

# COURSE MARKINGS

## COURSE FLAGGING & RIBBONS

### ALL DISTANCES

All distances will be marked with orange ribbons and reflective clothes pins.



## COURSE SIGNAGE

	<p>Critical Turn Ahead: This indicates a turn or intersection is coming up. Pay close attention to course markings.</p>
	<p>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.</p>
	<p>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.</p>
	<p>Pass Signage: These indicate the path to follow for different passes.</p>
	<p>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.</p>

## AID STATION SIGNAGE

Each race distance will be listed at the top to which the below information applies.

100 K	100 M
<p>The name of the aid station you're arriving to.</p>	
<p>Distance (miles) to the next aid station.</p>	
	<p>Elevation gain/loss (ft) to the next aid station.</p>

# COURSE MARKINGS

## ALONG THE TRAIL

All course ribbons will be placed within eyesight of the next one, when possible. Look for course ribbons to be placed on the following:

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

## URNS & 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 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, you may see a "Critical Turn Ahead" course sign alerting runners of a turn.

## WRONG WAY

"Wrong Way" signage may be placed at intersections on trails and roads that are not on the course. 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.

## COURSE MARSHALS & ROAD CROSSINGS

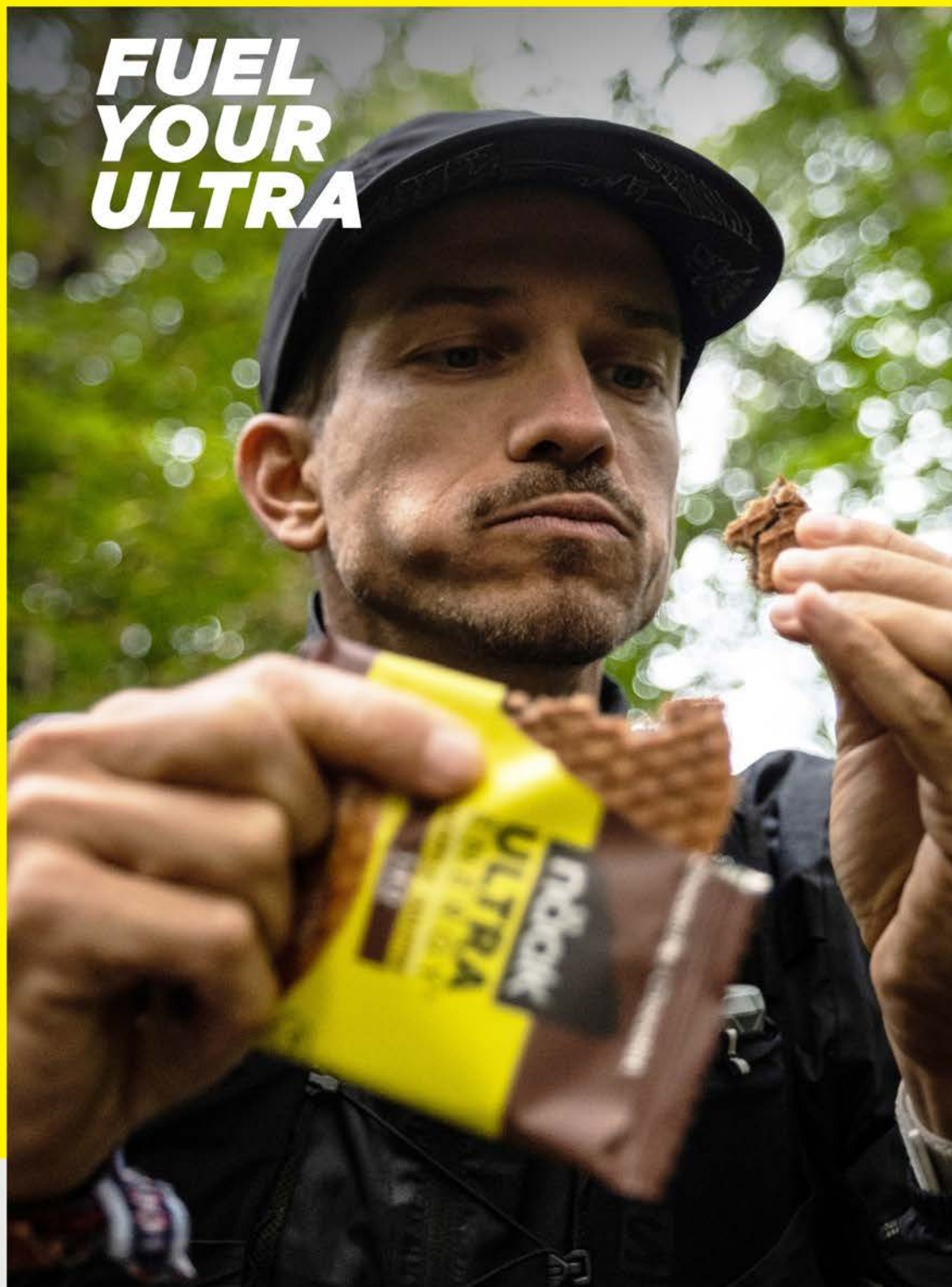
Runners must follow and obey all Course Marshals at the locations they are stationed. Where there are road crossings, runners must give the right of way to vehicles and only cross when the Course Marshal allows them to do so.





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# 100M COURSE

## COURSE INFORMATION

Start: Friday, October 11 at 1 PM.

[CLICK HERE](#) to view the 2024 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	PACERS
0.0	Meadow's Edge	Y	Y	
8.3	Delamar 1	Y		
17.1	Delamar 2	Y		
26.1	Delamar 3	Y		
32.0	Van Dusen 1			
38.7	Doble Camp 1	Y	Y	
45.0	Burns Canyon 1			
49.2	Smarts Ranch 1			
53.2	Smarts Ranch 2			
60.5	Cactus Flats 1	Y	Y	Y
64.9	Doble Camp 2	Y	Y	Y
71.2	Burns Canyon 2			
75.4	Smarts Ranch 3			
82.7	Cactus Flats 2	Y	Y	Y
87.1	Doble Camp 3	Y	Y	Y
93.7	Van Dusen 2			
99.0	Meadow's Edge	Y	Y	

## COURSE CUT-OFFS

The course time limit is 35 hours. Runners will be subject to intermediate course cut-offs as follows:

- Delamar 3 (Mile 26.1) at 9:15 PM on Friday.
- Doble Camp 1 (Mile 38.7) at 1:30 AM on Saturday.
- Cactus Flats 1 (Mile 60.5) at 9:15 AM on Saturday.
- Doble Camp 2 (Mile 64.9) at 11:15 AM on Saturday.
- Cactus Flats 2 (Mile 82.7) at 5:30 PM on Saturday.
- Doble Camp 3 (Mile 87.1) at 7:30 PM on Saturday.
- Finish Line at Meadow's Edge (Mile 99) at 12 AM on Sunday.

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.

Race management reserves the right to pull any runner off the course and DNF that runner at any time that it deems, in its sole discretion, is off pace to complete his/her distance by the designated overall cut-off time. 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.





# 100K COURSE

## COURSE INFORMATION

Start: Saturday, October 12 at 6 AM.

[CLICK HERE](#) to view the 2024 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	Meadow's Edge	Y	Y
8.3	Delamar 1	Y	
17.1	Delamar 2	Y	
26.1	Delamar 3	Y	
31.1	Holcomb Valley		
36.9	Doble Camp 1	Y	Y
43.2	Burns Canyon		
49.5	Doble Camp 2	Y	Y
55.8	Van Dusen		
61.4	Meadow's Edge	Y	Y

## COURSE CUT-OFFS

The course time limit is 19 hours. Runners will be subject to intermediate course cut-offs as follows:

- Delamar 3 (Mile 26.1) at 2 PM on Saturday.
- Doble Camp 1 (Mile 36.9) at 5:15 PM on Saturday.
- Doble Camp 2 (Mile 49.5) at 9 PM on Saturday.
- Finish Line at Meadow's Edge (Mile 61.4) at 1 AM on Sunday.

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.

Race management reserves the right to pull any runner off the course and DNF that runner at any time that it deems, in its sole discretion, is off pace to complete his/her distance by the designated overall cut-off time. 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.



100K COURSE

BIG BEAR, CA

10

MILE MARKER

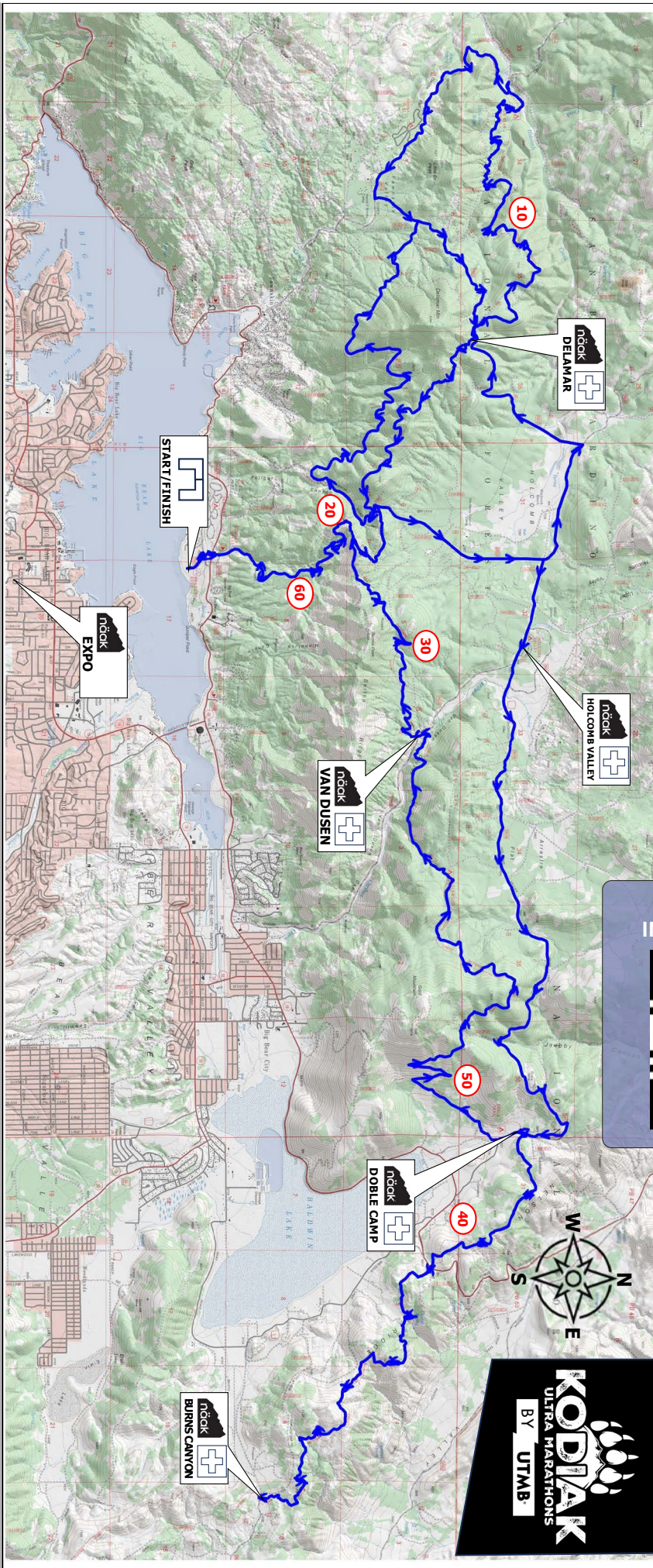
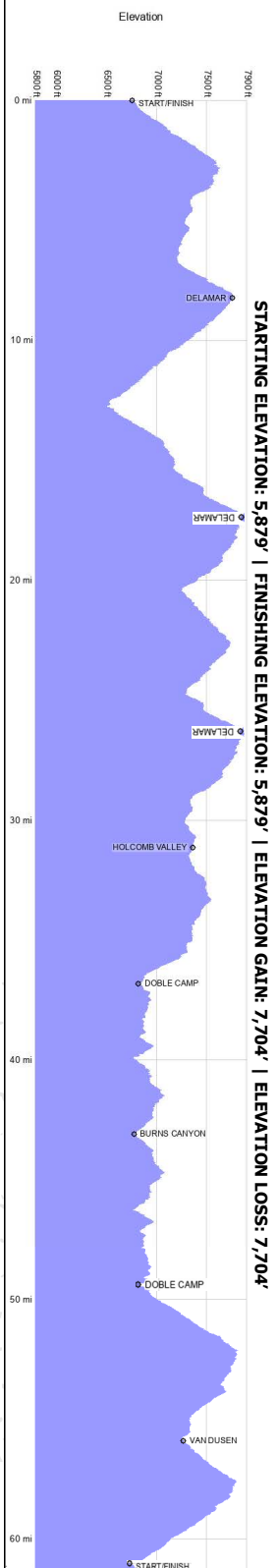
+

MEDICAL STATION

hock

AID STATION

START/FINISH LINE



# 50K COURSE

## COURSE INFORMATION

Start: Saturday, October 12 at 8 AM.

[CLICK HERE](#) to view the 2024 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	DROP BAGS	CREW
0.0	Meadow's Edge	Y	Y
8.3	Delamar		
13.3	Holcomb Valley		
19.1	Doble Camp		Y
25.4	Van Dusen		
31.0	Meadow's Edge	Y	Y

## COURSE CUT-OFFS

The course time limit is 10 hours. Runners will be subject to intermediate course cut-offs as follows:

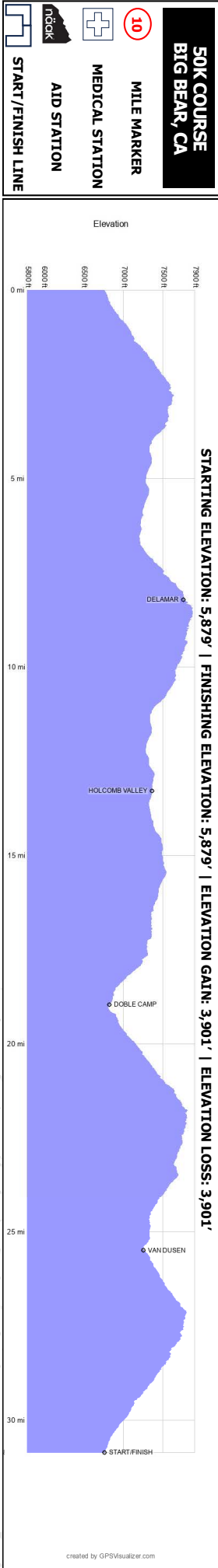
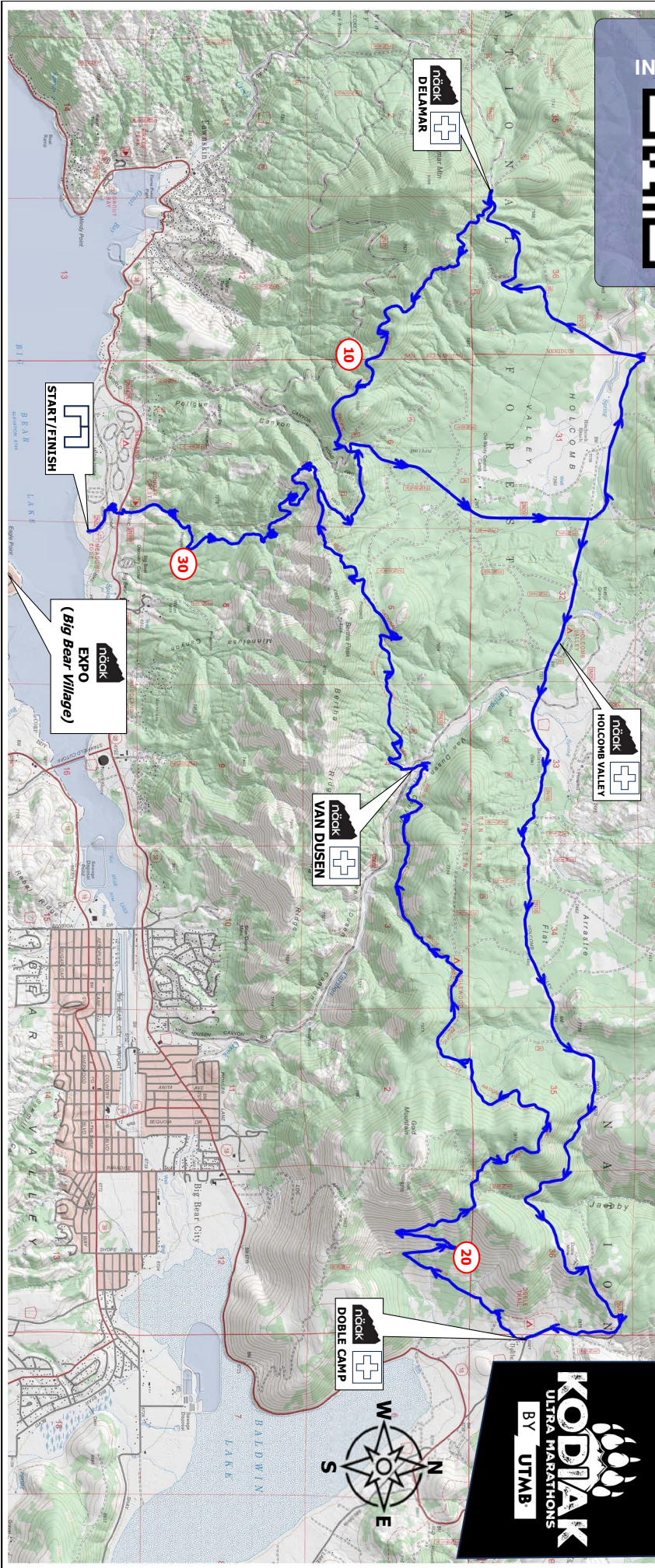
- Doble Camp (Mile 19.1) at 2 PM on Saturday.
- Finish Line at Meadow's Edge (Mile 31) at 6 PM on Saturday.

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.

Race management reserves the right to pull any runner off the course and DNF that runner at any time that it deems, in its sole discretion, is off pace to complete his/her distance by the designated overall cut-off time. 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.



SCAN FOR  
INTERACTIVE MAP:





# 21K COURSE

## COURSE INFORMATION

Start: Saturday, October 12 at 9 AM.

[CLICK HERE](#) to view the 2024 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	DROP BAGS	CREW
0.0	Meadow's Edge	Y	Y
3.6	Polique 1		
8.2	Delamar		
11.0	Polique 2		
14.4	Meadow's Edge	Y	Y

## COURSE CUT-OFFS

The course time limit is 5 hours. The final course cut-off will be at the finish line at 2 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.

Race management reserves the right to pull any runner off the course and DNF that runner at any time that it deems, in its sole discretion, is off pace to complete his/her distance by the designated overall cut-off time. 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.

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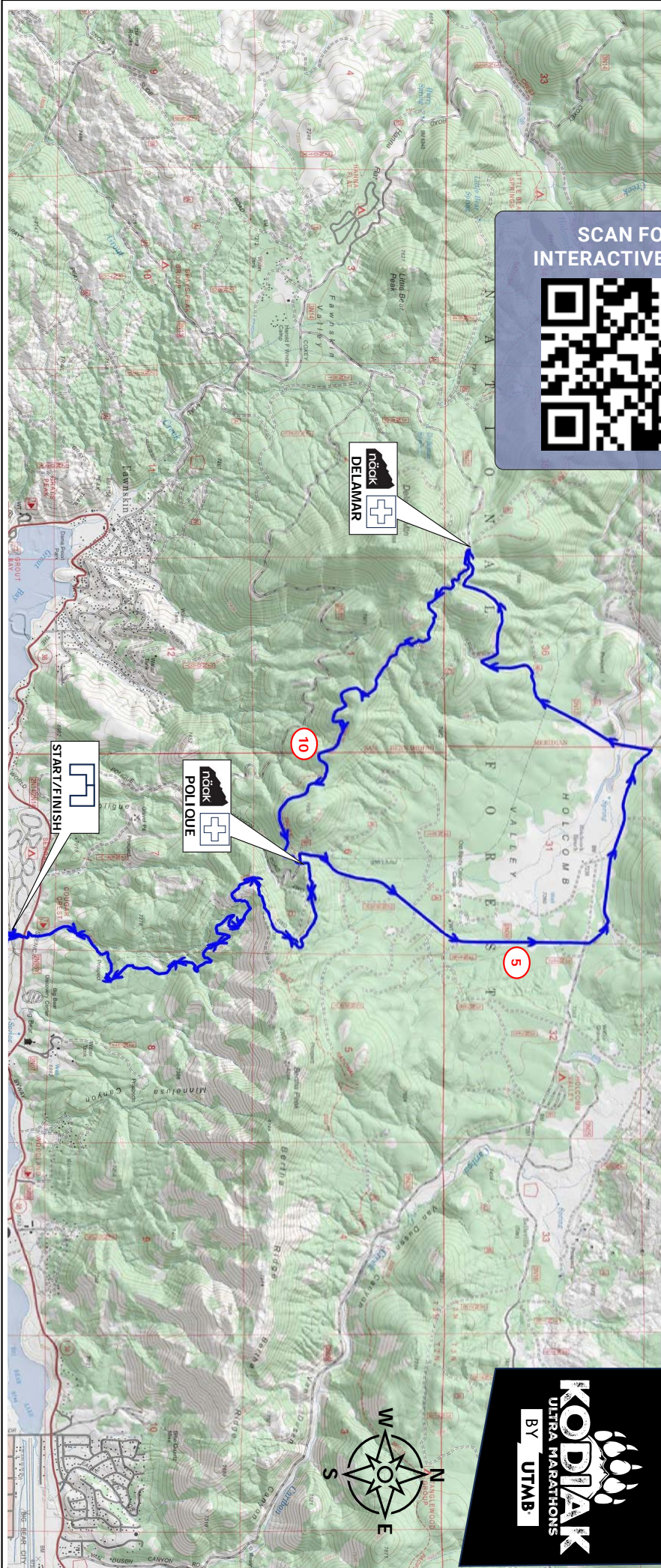
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SCAN FOR  
INTERACTIVE MAP:



## 21K COURSE BIG BEAR, CA

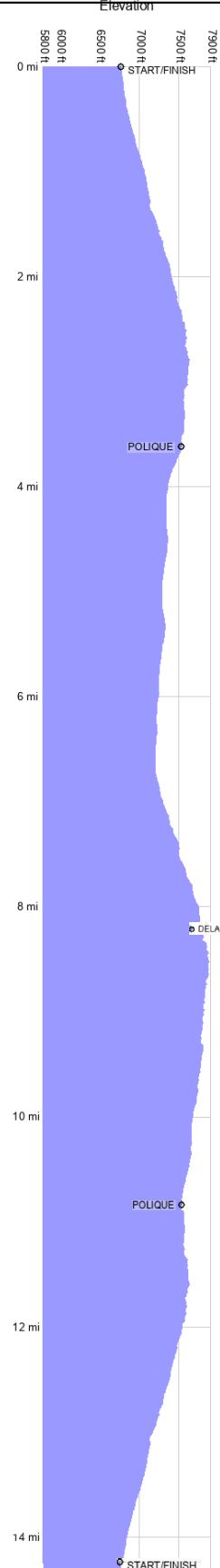
MILE MARKER

MEDICAL STATION

AID STATION

START/FINISH LINE

STARTING ELEVATION: 5,879' | FINISHING ELEVATION: 5,879' | ELEVATION GAIN: 1,926' | ELEVATION LOSS: 1,926'





# 10K COURSE

## COURSE INFORMATION

Start: Saturday, October 12 at 11 AM.

[CLICK HERE](#) to view the 2024 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	DROP BAGS	CREW
0.0	Meadow's Edge	Y	Y
3.0	Bertha (Water Only)		
6.5	Meadow's Edge	Y	Y

## COURSE CUT-OFFS

The course time limit is 3 hours. The final course cut-off will be at the finish line at 2 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.

Race management reserves the right to pull any runner off the course and DNF that runner at any time that it deems, in its sole discretion, is off pace to complete his/her distance by the designated overall cut-off time. 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.

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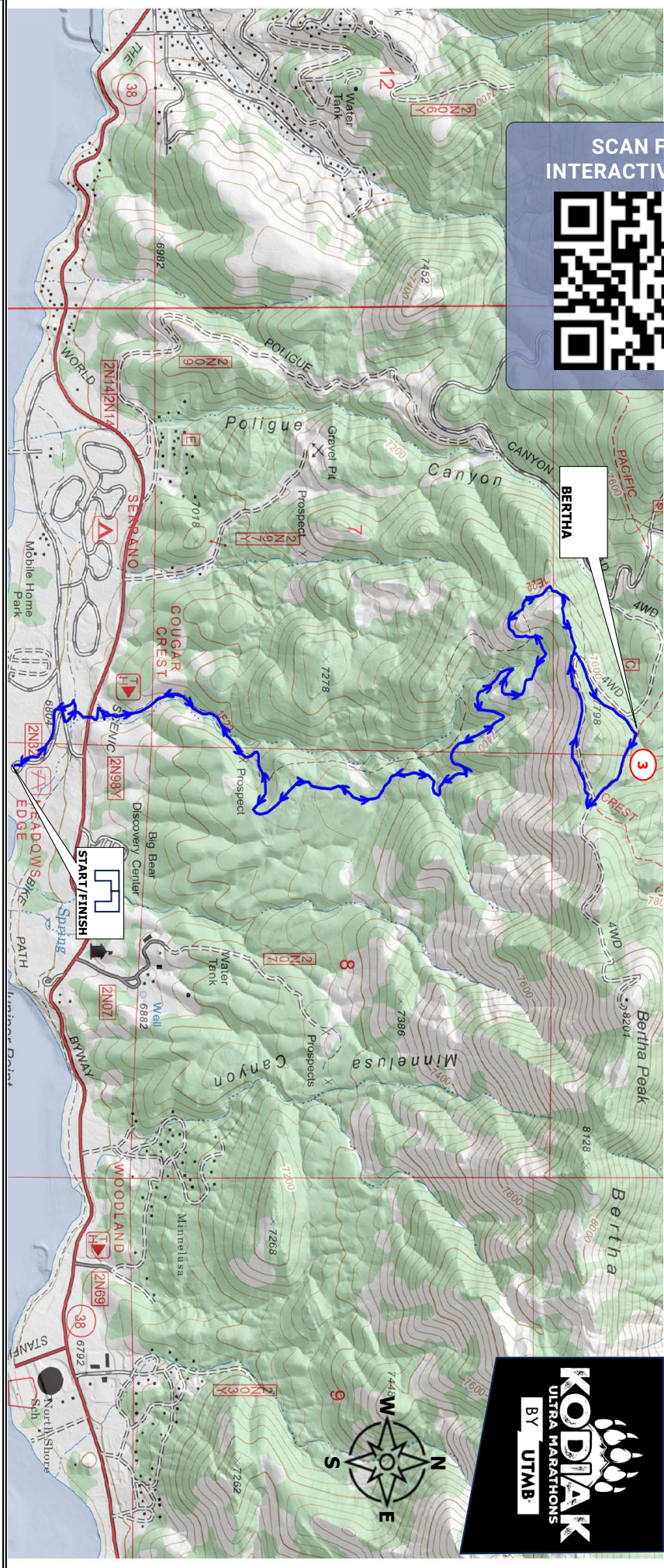
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SCAN FOR  
INTERACTIVE MAP:



**KODIAK**  
ULTRA MARATHONS  
BY UTM8

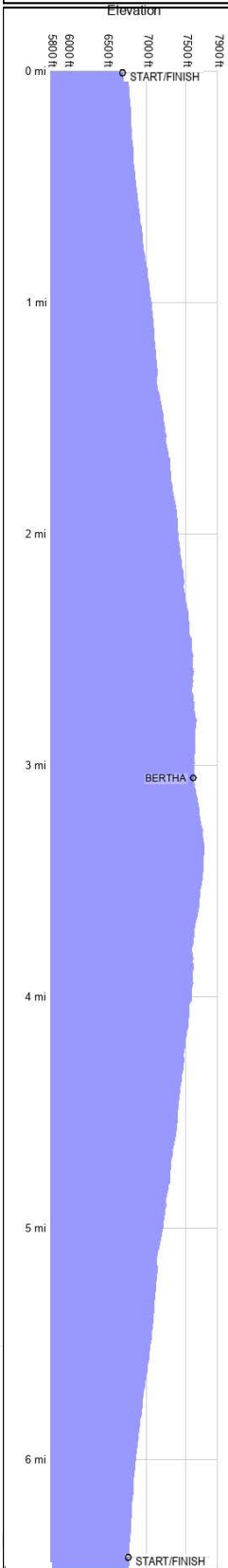
**10K COURSE**  
**BIG BEAR, CA**

**10** MILE MARKER

**MEDICAL STATION**

**AID STATION**

**START/FINISH LINE**



STARTING ELEVATION: 5,879' | FINISHING ELEVATION: 5,879' | ELEVATION GAIN: 1,047' | ELEVATION LOSS: 1,046'



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# 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	Meadow's Edge	0.0	8.3	1,632	-635	1,632	-635		Y	Y
K2	Delamar 1	8.3	8.8	1,292	-1,292	2,924	-1,927		Y	
K3	Delamar 2	17.1	9.0	1,104	-1,104	4,028	-3,031		Y	
K4	Delamar 3	26.1	5.9	437	-922	4,465	-3,953	9:15 PM Friday	Y	
K5	Van Dusen 1	32.0	6.7	686	-1,143	5,151	-5,096			
K6	Doble Camp 1	38.7	6.3	684	-720	5,835	-5,816	1:30 AM Saturday	Y	Y
K7	Burns Canyon 1	45.0	4.2	558	-551	6,393	-6,367			
K8	Smarts Ranch 1	49.2	4.0	752	-752	7,145	-7,119			
K9	Smarts Ranch 2	53.2	7.3	361	-1113	7,506	-8,232			
K10	Cactus Flats 1	60.5	4.4	1,359	-578	8,865	-8,810	9:15 AM Saturday	Y	Y
K11	Doble Camp 2	64.9	6.3	684	-720	9,549	-9,530	11:15 AM Saturday	Y	Y
K12	Burns Canyon 2	71.2	4.2	558	-551	10,107	-10,081			
K13	Smarts Ranch 3	75.4	7.3	361	-1113	10,468	-11,194			
K14	Cactus Flats 2	82.7	4.4	1,359	-578	11,827	-11,772	5:30 PM Saturday	Y	Y
K15	Doble Camp 3	87.1	6.6	1,134	-678	12,961	-12,450	7:30 PM Saturday	Y	Y
K16	Van Dusen 2	93.7	5.3	518	-1028	13,479	-13,478			
K17	Meadow's Edge	99.0	-	-	-			12 AM Sunday	Y	Y

## 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	Meadow's Edge	0.0	8.3	1,632	-635	1,632	-635		Y	Y
K2	Delamar 1	8.3	8.8	1,292	-1,292	2,924	-1,927		Y	
K3	Delamar 2	17.1	9.0	1,104	-1,104	4,028	-3,031		Y	
K4	Delamar 3	26.1	5.0	300	-694	4,328	-3,725	2 PM Saturday	Y	
K5	Holcomb Valley	31.1	5.8	317	-865	4,645	-4,590			
K6	Doble Camp 1	36.9	6.3	684	-720	5,329	-5,310	5:15 PM Saturday	Y	Y
K7	Burns Canyon	43.2	6.3	723	-686	6,052	-5,996			
K8	Doble Camp 2	49.5	6.3	1,134	-678	7,186	-6,674	9 PM Saturday	Y	Y
K9	Van Dusen	55.8	5.6	518	-1028	7,704	-7,702			
K10	Meadow's Edge	61.4	-	-	-			1 AM Sunday	Y	Y

Actual data may vary on course, from watch to watch, and various mapping software. Due to permitting, the course is subject to change.  
Always follow course markings for the current route on race day.



# 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	Meadow's Edge	0.0	8.3	1,632	-635	1,632	-635		Y	Y
K2	Delamar	8.3	5.0	300	-694	1,932	-1,329			
K3	Holcomb Valley	13.3	5.8	317	-865	2,249	-2,194			
K4	Doble Camp	19.1	6.3	1,134	-678	3,383	-2,872	2 PM Saturday		Y
K5	Van Dusen	25.4	5.6	518	-1028	3,901	-3,900			
K6	Meadow's Edge	31.0	-	-	-			6 PM Saturday	Y	Y

## 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	Meadow's Edge	0.0	3.6	930	-159	930	-159		Y	Y
K2	Polique 1	3.6	7.4	700	-479	1,630	-638			
K3	Delamar	8.2	6.2	135	-355	1,765	-993			
K4	Polique 2	11.0	3.4	159	-930	1,924	-1,923			
K5	Meadow's Edge	14.4	-	-	-			2 PM Saturday	Y	Y

## 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	Meadow's Edge	0.0	3.0	877	-90	877	-90		Y	Y
K2	Bertha (Water Only)	3.0	3.5	170	-956	1,047	-1,046			
K3	Meadow's Edge	6.5	-	-	-			2 PM Saturday	Y	Y

Actual data may vary on course, from watch to watch, and various mapping software. Due to permitting, the course is subject to change.

Always follow course markings for the current route on race day.



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# FINISH LINE

## AWARDS CEREMONIES

Join us for the Awards Ceremonies! The top 5 overall male and female awards and first place male and female age group awards will be awarded.

The Awards Ceremonies will be held during the following times:

- 10K & 21K: Saturday, October 12 at 2 PM at Meadows Edge Picnic Area.
- 50K: Saturday, October 12 at 4 PM in the Expo during the Finish Festival
- 100M & 100K: Sunday, October 13 at 9:30 AM in the Expo. There will also be a pancake breakfast at this time benefiting the first responders and fire fighters.

If you cannot attend the Awards Ceremony, please email [KODIAK@SERVICE.BYUTMB.WORLD](mailto: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 RETURN

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 13 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](http://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](http://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

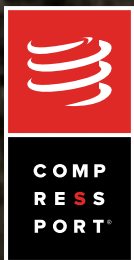
Kodiak Ultra Marathons by UTMB® is a Western States 100 qualifier for 2025. To be eligible for the Western States Lottery, runners must complete the 100M distance in under 35 hours, or the 100K distance in under 18 hours.

## 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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WE SUPPORT YOU.**



# 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:

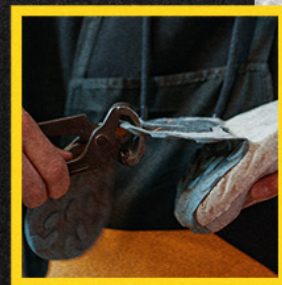
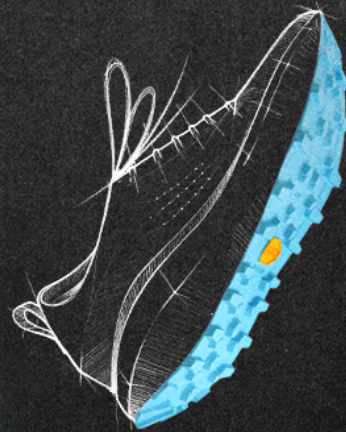
- A lottery place, earned through collection of Running Stones.
- Sporting performance, with the top three male and female finishers in the 100M, 100K, or 50K earning a spot to the UTMB® race of the corresponding distance category.

[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. There is no aid between aid stations. 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 pacers in the 100M distance.
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.
14. Race management reserves the right to pull any runner off the course and DNF that runner at any time that it deems, in its sole discretion, is off pace to complete his/her distance by the designated overall cut-off time.

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