

 WHITEWATER  
RACE SERIES



## ULTRA TRAIL MARATHON

50 KM

10.8.22

50 MI



## OVERVIEW

The WC-50 Ultra Marathon is a multi-lap ultramarathon spanning throughout the Whitewater trail system featuring both a 50k and 50-mile option. The 50K will consist of three 10-ish mile laps and the 50-mile will consist of three 17-ish mile laps. Each course provides a mix of challenging single-track climbs and rolling riverside trails. Both distances feature loops that will start and finish at the friendly confines of the Ridge Pavilion.

## SCHEDULE

Friday, October 7<sup>th</sup>, 2022

- 5:00pm-7:00pm Packet Pick-up in South Conference Center

Saturday, October 8<sup>th</sup>, 2022

- 4:00am- Day of Packet Pick-up Opens
- 4:45am- Pre-race meeting for 50 Mile Solo and 50 Mile Relay
- 5:00am- 50 Mile Solo and 50 Mile Relay Start
- 5:45am- Pre-race meeting for 50K
- 6:00am- 50K Start
- 6:45pm- Course Closes
- Time TBD- Awards Ceremony

\*WC-50 will utilize a mass start.

## AID STATIONS:

The following food and beverage items (or similar) will be provided at WC-50 Ultra Trail Marathon aid stations:

- Salty Snacks (Chips, Crackers, and/or Pretzels)
- Cookies
- Assorted Candy
- Assorted Fruit
- Peanut Butter & Jelly Sandwiches
- Boiled Potatoes
- Soft Drinks (Coca-Cola products)
- Water
- Salt
- Powerade
- Limited Energy Gels
- Note: We will attempt to provide a varied menu of items throughout the day at all aid stations. Due to the differing needs of runners and accessibility of aid stations, actual menu items may vary by aid station and by time of the day. Plan accordingly.
- Note: While we offer numerous aid stations, runners should plan to carry a personal source of hydration while on the course.

50 Mile Pace Chart						
Approximate Mile marker	Location	To Next	Timer	Actual Time	Crew/Drop Bag?	Note
0	Ridge Pavilion	4.9	0:00	5:00AM	No	
4.9	Aid station 1	4.8			No	
9.7	Aid station 2	1.7			No	
11.4	Aid station 3	3.2			No	
14.6	Aid Station 4	2.3			No	
16.9	Ridge Pavilion	4.9			Yes	
21.8	Aid station 1	4.8			No	
26.6	Aid station 2	1.7			No	
28.3	Aid station 3	3.2			No	
31.5	Aid station 4	2.3			No	
33.8	Ridge Pavilion	4.9		Cutoff 2:10PM	Yes	
38.7	Aid station 1	4.8		Cutoff 3:30:PM	No	
43.5	Aid station 2	1.7		Cutoff 4:50PM	No	
45.2	Aid station 3	3.2		Cutoff 5:15PM	No	
48.4	Aid station 4	2.3		Cutoff 6:10PM	No	
50.7	Ridge Pavilion	Finished		Cutoff 6:45PM	Yes	Finished

50K Pace Chart						
Approximate Mile marker	Location	To Next	Timer	Actual Time	Crew/Drop Bag?	Note
0	Start: Ridge Pavilion	3.6	0:00	6:00AM	No	
3.6	Aid Station 1	1.7			No	
5.3	Aid Station 2	3.2			No	
8.5	Aid Station 3	2.3			No	
10.8	Ridge Pavilion	3.6			Yes	
14.4	Aid Station 1	1.7			No	
16.1	Aid Station 2	3.2			No	
19.3	Aid Station 3	2.3			No	
21.6	Ridge Pavilion	3.6		Cutoff 2:30PM	Yes	
25.2	Aid Station 1	1.7		Cutoff 3:55PM	No	
26.9	Aid Station 2	3.2		Cutoff 4:35PM	No	
30.1	Aid Station 3	2.3		Cutoff 5:50PM	No	
32.4	Finish: Ridge Pavilion	Finished		Cutoff 6:45PM	Yes	Finished

### HEADLAMPS:

For safety reasons, all WC-50 Ultra Trail Marathon 50mi and 50K athletes are required to have an operating headlamp or illuminated device at the start of the race and keep in their possession until past sunrise, approximately 7:30 a.m. Failure to comply could result in disqualification.

### DROP BAG GEAR & LOCATION:

WC-50 Ultra Trail Marathon athletes may pack a gear bag to be dropped at the Drop Bag area located at the Start/Finish aid station. Due to the loop nature of this course, this will be the only gear bag location and is the only location where runners' crew can provide assistance. Drop bags must be dropped off at this location prior to race start on Saturday morning only. Each drop bag must be marked with the runner's last name and/or bib number. Drop bags will not be refrigerated. The U.S. National Whitewater Center and event staff are not responsible for lost or damaged bags. All drop bags must be picked up at the Drop Bag area no later than 8:00 p.m. Saturday night.

### RECOMMENDED DROP BAG/CREW SUPPLIES:

WC-50 Ultra Trail Marathon athlete should have items that are specific to their own needs at the drop. The following list is a suggested starting point for what may benefit you along the way.

- Extra Race Clothing: shirts, shorts, socks, shoes, rain gear, gloves, hat, etc.
- Preferred Food Items: Energy bars, gels, sandwiches, snacks
- Preferred Drink Items: Additional powders, drinks, supplements
- First Aid: Antacids, electrolyte capsules or supplements, ibuprofen/aspirin, lip balm, blister protection, analgesics, towels, Visine, antibiotic ointment, bandages, etc.

### PACER INSTRUCTIONS/RULES:

Pacers must follow all rules and regulations set forth by the WC-50 Ultra Trail Marathon staff. Pacers must comply with all instructions from event staff and volunteers at all points along the trail. Failure to comply can result in disqualification of the runner.

- Pacers are allowed for 50 mile solo runners **only**, and only their final (third) lap.
- Pacers cannot meet runners at locations other than those designated:
  - 50mi Solo Runners:** Start/Finish for the final lap only
  - 50k Runners:** No pacers allowed
- Pacers must check in with event staff and sign a waiver at the Start/Finish aid station prior to joining their runner.
- Pacers must wear a bib number provided by event staff.
- Pacer numbers must be visible on the outside and front of clothing at all times on the course.
- Participants can be accompanied by only one pacer at a time.
- No "muling" (pacers carrying runner's gear or nutrition/fluids).
- No vehicular or bike pacing.
- Runners are held responsible for the actions of their pacer.
- Violating any of these rules can result in runner disqualification.

### CREW INSTRUCTIONS/RULES:

Crews must follow all rules and regulations set forth by WC-50 Ultra Trail Marathon. Crew members must comply with all instructions from event staff and volunteers at all points along the trail. Failure to comply can result in disqualification of the runner.

- Crews may administer support (food, hydration, equipment, etc.) only at the start/finish Aid Station at the ridge pavilion.
- Note: Crew members can provide "moral support" at any area of the WC-50 Ultra Trail Marathon course, and are encouraged to do so. However, **NO** physical support may be offered at this time.
- Crews must check in at the Start/Finish aid station and follow the direction given by event staff on where to set up and assist their runners.
- Runners are held responsible for the actions of their crew.
- Violating any of these rules can result in runner disqualification.

**COURSE MARKING:**

Runners will follow a very straightforward route and unless directed otherwise, you should stay on the main trail as you progress through the course. Major turns will be clearly and marked with colored arrows. Each distance in the WC-50 Ultra Trail Marathon will follow unique color arrows.

Runners in 50mi and 50K races should follow only those trails marked with their respective color. The 50K will be marked with red arrows and the 50 mile will be marked with blue arrows.

View the course map on the [Race Page](#).

**GENERAL RACE RULES:**

Event staff has the right to remove any runner from the course deemed necessary for their safety and the safety of all others. All participants/attendees/pacers/crews must adhere to the following rules:

- Runners: It is your responsibility to check in at each aid station. If you miss checking in at an aid station on this course, we will assume you skipped it which will likely result in disqualification.
- Numbers must be visible on the outside and front of runners' clothing at all times.
- Any runner dropping out of the race must notify a volunteer or staff member at a manned aid station.
- No littering. If you or your pacer abandons anything (e.g., drink cups, gel packets, banana peels, clothes, etc.) on the race course, you can be disqualified.
- Restrooms are available at the Ridge Pavilion (near Start/Finish), and throughout the facility.
- No outside food or beverage is allowed on property, with the exception fuel/hydration for racers.
- Please ensure any race nutrition you bring in remains exclusively in the bag drop area or with you on the course.
- Only attempt to pass another runner when it is safe for both you and the other runner to do so.
- When passing another runner, make every attempt to pass on their left, unless it is unsafe.
- Announce your intention to pass prior to doing so.
- Provided it is safe to do so, you must yield to any runner who announces his/her intention to pass by stepping to the side or off the trail as appropriate.
- Remain attentive and aware throughout the race and be prepared to share the trail with other runners and bikers as the trails will remain "open" throughout the race.
- Each runner must complete the course under his/her own power. No physical aids are allowed including trekking poles, walking sticks, crampons or jet boots.
- Use of headphones/earbuds is strongly discouraged for safety reasons. Please take caution if you plan on running with music.
- No amplified music or speakers will be allowed on the trail.
- Make sure you are aware of all rules and regulations as listed in this document as well as the "Race Policies & Information" section of the race page
- Violating any of these rules may result in disqualification.

**TEAM RELAY**

- Teams of two or three can participate in the 50-mile distance
- Each member of the team needs to complete at least one lap
- Only one runner can be out on the course at a time
- Teams cannot switch runners mid-lap