



**COURSE MAP:**



**50 Kilometer Lap**

-- 0.8 Mile Parade Lap to Start --  
 -- 10.2 miles, repeated 3 times --

- 0.10: Enter Figure 8
- 0.60: Exit Figure 8
- 0.60: Enter Tortuga
- 3.20: Exit Tortuga
- 3.20: Enter Figure 8
- 3.60: Exit Figure 8
- 3.60: Enter North Main
- 4.40: AS#2 (North Main)
- 5.50: Exit North Main
- 5.50: Enter South Main
- 6.30: Enter Goat Hill
- 7.00: Exit Goat Hill
- 7.70: Enter Toilet Bowl
- 8.40: Exit Toilet Bowl
- 9.30: AS#3 (50K/50 Mile Split)
- 9.50: Enter North Main
- 9.90: Exit North Main
- 10.20: AS#1 (Finish)\*

**50 Mile Lap**

-- 17 miles, repeated 3 times --

- 0.10: Enter Figure 8
- 0.60: Exit Figure 8
- 0.60: Enter Tortuga
- 3.20: Exit Tortuga
- 3.20: Enter Figure 8
- 3.60: Exit Figure 8
- 3.60: Enter North Main
- 4.40: AS#2 (North Main)
- 5.50: Exit North Main
- 5.50: Enter South Main
- 6.30: Enter Goat Hill
- 7.00: Exit Goat Hill
- 7.70: Enter Toilet Bowl
- 8.40: Exit Toilet Bowl
- 9.30: AS#3 (50K/50 Mile Split)
- 9.50: Enter East Main
- 14.30: Self-serve Water Stop
- 16.00: Exit East Main
- 16.00: AS#3 (East Main Split)
- 16.20: Enter North Main
- 16.60: Exit North Main
- 17.00: AS#1 (Finish)

**PACE CHART:**

Note: Be aware of the cutoff times on the final lap for each distance. Each athlete must check in to the respective aid station prior to the cutoff time listed. Event staff reserves the right to remove an athlete from the course for their own safety if they do not reach the respective aid station before the cutoff time.

**50K cutoff times are based on a 24:30 per mile pace.**

**50 Mile cutoffs based on a 16:30 per mile pace.**

Target Pace - 50K						
	Location	Milage	To Next	Cutoff	Crew / Drop Bag	Note
	Start: Belmont Abbey Island	0	5.2		Yes	
1	Aid Station 1 - North Main	5.2	4.6			
2	Aid Station 2 - South Exit	9.8	1.2			
3	HQ - Belmont Abbey Island	11	4.4		Yes	Finish Lap 1
4	Aid Station 1 - North Main	15.4	4.6			
5	Aid Station 2 - South Exit	20	1.2			
6	HQ - Belmont Abbey Island	21.2	4.4	2:35pm	Yes	Finish Lap 2
7	Aid Station 1 - North Main	25.6	4.6	4:25pm		
8	Aid Station 2 - South Exit	30.2	1.2	6:15pm		
	Finish: Belmont Abbey Island	31.4	0.0	6:45pm	Yes	Finish

Target Pace - 50 Mile						
	Location	Milage	To Next	Cutoff	Crew/Drop Bag	Note
	Start: Belmont Abbey Island	0	4.4		Yes	
1	Aid Station 1 - North Main	4.4	4.6			
2	Aid Station 2 - South Exit	9	5.3			
3	Aid Station 3 - East Main Road Crossing (Second time)	14.3	2.7			
4	HQ - Belmont Abbey Island	17	4.4		Yes	Finish Lap 1
5	Aid Station 1 - North Main	21.4	4.6			
6	Aid Station 2 - South Exit	26	5.3			
7	Aid Station 3 - East Main Road Crossing (Second time)	31.3	2.7			
8	HQ - Belmont Abbey Island	34	4.4	2:05pm	Yes	Finish Lap 2/Pacers Allowed on Lap 3
9	Aid Station 1 - North Main	38.4	4.6	3:15pm		
10	Aid Station 2 - South Exit	43	5.3	4:30pm		
11	Aid Station 3 - East Main Road Crossing (Second time)	48.3	2.7	6:00pm		
	Finish: Belmont Abbey Island	51	0.0	6:45pm	Yes	Finish

## **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.

## **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 7:40 a.m. Failure to comply could result in disqualification.

## **DROP BAG GEAR & LOCATION:**

WC-50 Ultra Trail Marathon athletes may pack a gear bag with extras 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 (USNWC) 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 runners **only**, and only their final (third) lap.
- Pacers cannot meet runners at locations other than those designated:
  - 50mi 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 “mulung” (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 on Belmont Abbey Island.
- 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 heavily marked with colored arrows. Each distance in the WC-50 Ultra Trail Marathon will follow unique color arrows. The colors associated with each course are as follows:

50 Mile: Yellow  
50K: Purple

Multiple ribbons and arrows will make the route differences clear and simple. Runners in 50mi (Yellow) and 50K (Purple) races should follow only those trails marked with their respective color. On trails exclusive to 50mi racers, only the yellow, 50 mile markings will be placed, while shared trails will have both markings.

### **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:

- 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 at a manned aid station.
- 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.
- 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 USNWC’s Pump House Biergarten (near Start/Finish), and throughout the facility. See [Facility Map](#).
  - Full locker and shower facilities are located at the River Center
- No outside food or beverage is allowed on USNWC property
- Please ensure any race nutrition you bring in remains exclusively in the bag drop area or with you on the course.
- No smoking is allowed on USNWC property.
- 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 USNWC 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 “Additional Information” section of the [event page](#).
- Violating any of these rules may result in disqualification.