



## 2024 RACE GUIDE

*Updated July 28, 2024*

**DATE:** August 24-25, 2024

**100M START LOCATION:** Pacific Crest Middle School, Bend OR

**50M START LOCATION:** Swampy Lakes Sno Park, Bend OR

**FINISH LOCATION:** Sisters Middle School, Sisters OR

**START TIME:**

- 100M: 6AM
- 50M: 10AM

### **BIB PICKUP**

- 4PM-7PM, Friday, August 23 at Sisters Middle School in Sisters.
- Enter via the front doors. Park to the right or left of the building in the parking lots. There is no parking directly in front of the building.

### **DROP BAGS**

- Bring your drop bags to bib pickup from 4PM-7PM Friday, August 23 at Sisters Middle School in Sisters.
- Please mark them with your name, bib # and drop bag location.
- Please limit how much you pack into them. Refer to website for size restrictions.
- Pack them as if they could get wet, dusty, etc.
- Race personnel and volunteers are not responsible for lost drop bags/items.
- If you don't think you will get to Skyliners Aid Station (mile 48.4) before dark, then have a drop bag at Swampy Lakes Aid Station with a headlamp.
- **Sunset is at 7:56PM --- so you know which drop bag to pack your headlamp.**

### **PRE-RACE CHECK IN/LIVE TRACKING**

- We will be utilizing [Trackleaders](#) for live tracking this year. All 100M runners will receive a SPOT tracker to wear during the event. **100M runners need to check in race morning 4:30AM to 5:45AM to receive their SPOT device.**

### **PARKING/SHUTTLE INFO**

- We recommend leaving your car at the finish line at Sisters Middle School if you are leaving a car during the race.
  - Cars CANNOT be left at the start line at Pacific Crest Middle School in Bend.
  - Solo 100M runners without crew can utilize the shuttle. It is a one-way shuttle to the start line. Tickets can be purchased on [Ultrasignup](#) for \$35. The shuttle departs Sisters Middle School at 4:45AM. This is not required, but offered for those who need a ride to the start.
- **50 MILE** – The shuttle is included in your registration. The shuttle for the 50M race departs at 8:30AM from Sisters Middle School.
- Shuttle ride is about 1 hour.

### **ACCOMMODATIONS**

- There are numerous options in Bend/Sisters area.
- Car camping is allowed in the parking lot at Sisters Middle School Friday night only.
- NO car camping at the start line at Pacific Crest Middle. You can arrive early, but no camping overnight is permitted.
- [Left Coast Lodge](#) is our official lodging partner for this event and will be hosting a post-race recovery zone for anyone needing a hot tub/cold plunge/outdoor shower/stretching area.

### **POST-RACE**

- [ETA](#) will be serving the post-race meal again this year. Meal is included with registration. If you would like to purchase extra meal tickets (\$13) for your crew please do so [HERE](#). ETA will transition between lunch, dinner, and breakfast items throughout the night.
- [Left Coast Lodge](#) will provide a post-race recovery zone featuring a hot tub/cold plunge/outdoor shower/stretching area for runners – you do not have to stay there to utilize the recovery zone. The lodge is located 1 mile from the finish line.

### **WEATHER**

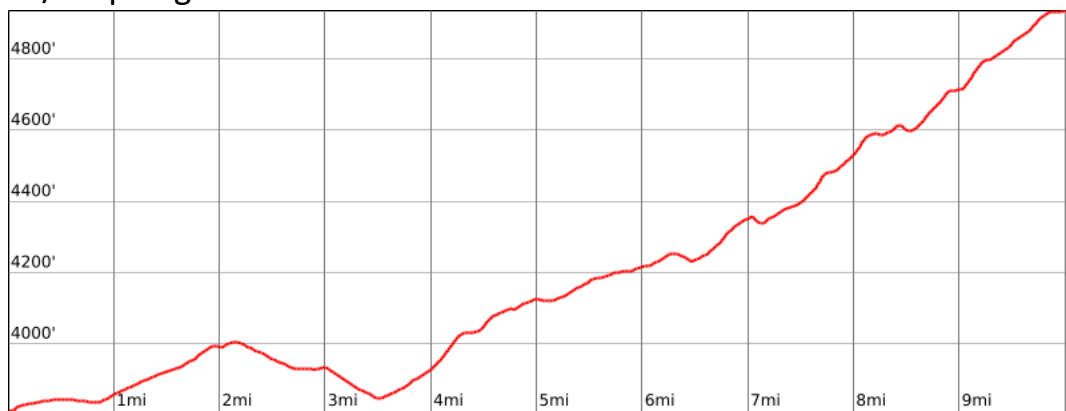
- Please check the weather in the area prior to race day. We typically see highs in the upper 70's/low 80's and lows in the 40's but can dip into the upper 30's at night.
- Please be prepared for this large swing in temps with a jacket, gloves, beanie, etc. The night can get cold.

## **100 MILE COURSE**

### **100M – Start to Mrazek AS**

**MILE 0 TO 10.3**

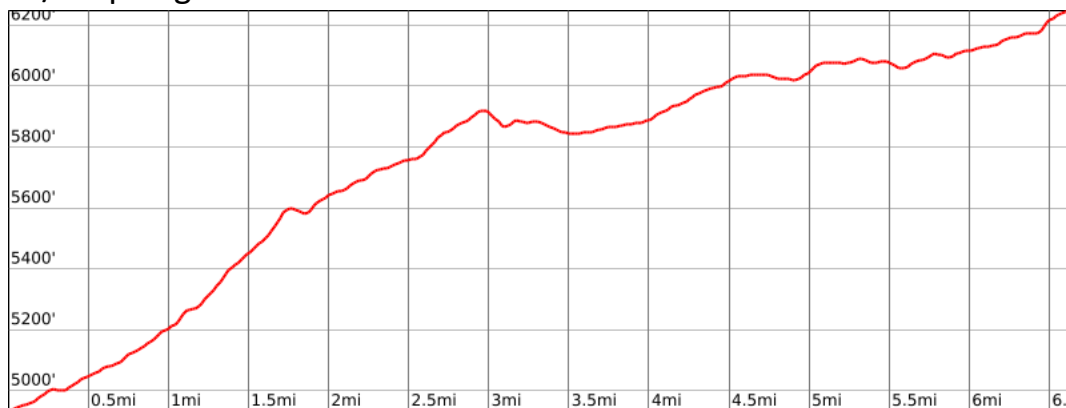
- The race starts out from Pacific Crest Middle School on pavement for about 2 miles before turning onto a gravel road for roughly another 2 miles before the course turns onto single-track.
- This section of trail consistently climbs up to the aid station with 1350ft of elevation gain/240ft of loss.
- No crew/drop bags at Mrazek AS. Full aid.



### **100M – Mrazek to Rock Creek**

**MILE 10.3 to 16.8**

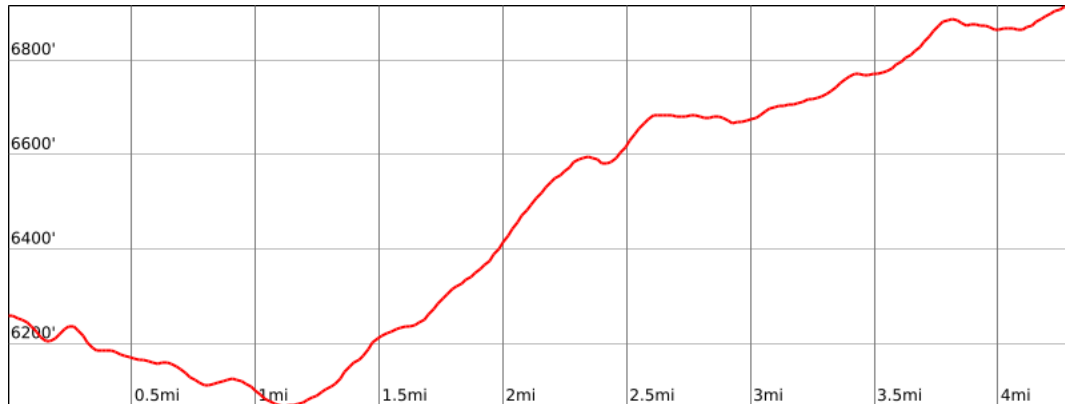
- This section continues to climb on single-track until you reach the Rock Creek AS. The last 1.5 miles before the aid station you will pass by again later in the race.
- Elevation gain 1500ft/200ft of loss
- No crew/drop bags at Rock Creek AS. Full aid.



### 100M – Rock Creek to Tumalo Creek

MILE 16.8 to 21.3

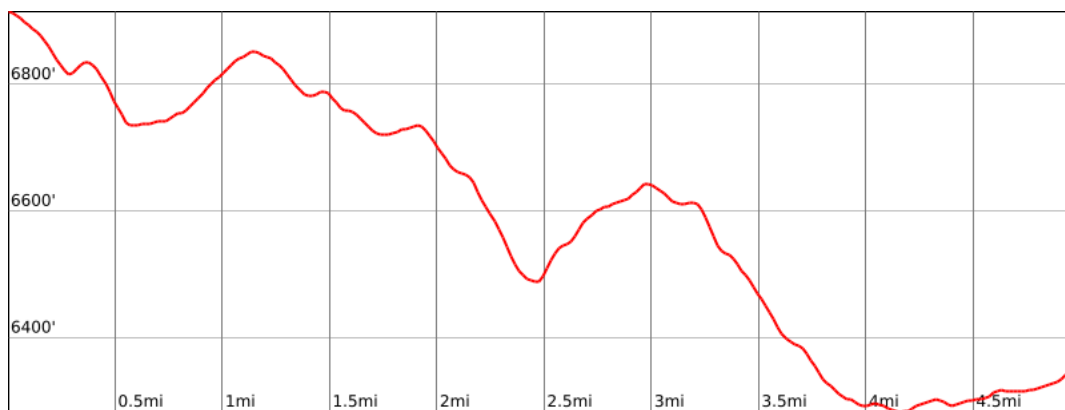
- There is a stream with a wooden bridge about a mile after you leave Rock Creek Aid Station. If it is a warm day, you may want to do a quick soak in the stream.
- This section is single-track with 950ft of elevation gain/300ft of loss.
- No crew/drop bags at Tumalo Creek AS. Full Aid.



### 100M – Tumalo Creek to Dutchman

MILE 21.3 to 26.4

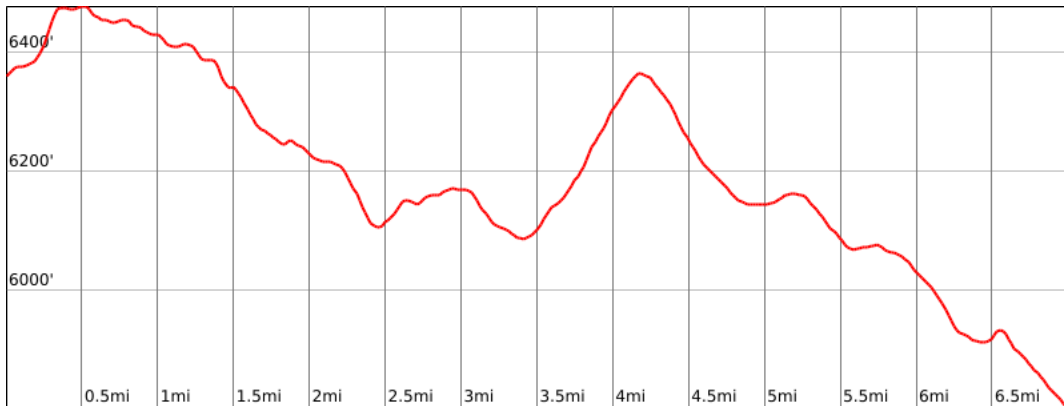
- Short (1/4mile) out-n-back to reach Tumalo Creek Aid Station.
- Single-track trail. Some shade on this section.
- 400ft of elevation gain/950ft of loss.
- 1<sup>st</sup> crew access at Dutchman AS. Full Aid.



## 100M – Dutchman to Swampy Lakes

MILE 26.4 to 33.7

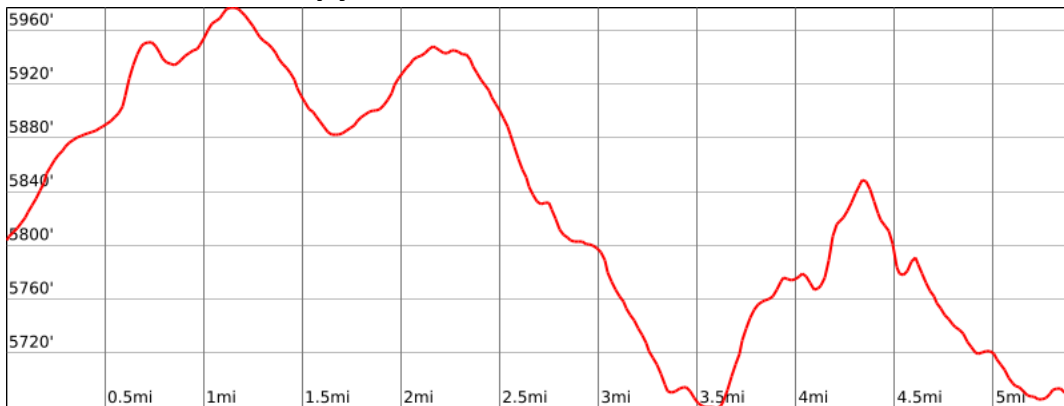
- 1<sup>st</sup> crew access is at Dutchman AS.
- Toilets are available. Full aid.
- 550ft of elevation gain/ 1100ft of loss
- Exposed section, so plain accordingly.
- **2PM CUT-OFF at Dutchman AS**



## 100M – Swampy Lakes to Swede Ridge

MILE 33.7 to 39.3

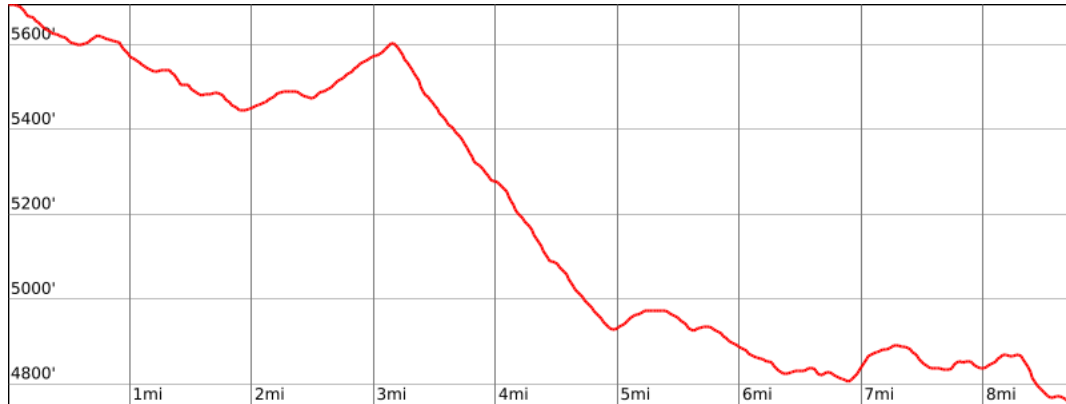
- Crew accessible/drop bags allowed at Swampy Lakes AS.
- Toilets available. Full aid.
- 470ft of elevation gain/600ft of loss. Exposed section.
- Pacers allowed for runners 60 years of age and older.
- **4:30PM CUT-OFF at Swampy Lakes AS**



## 100M – Swede Ridge to Skyliners

MILE 39.3 to 48.4

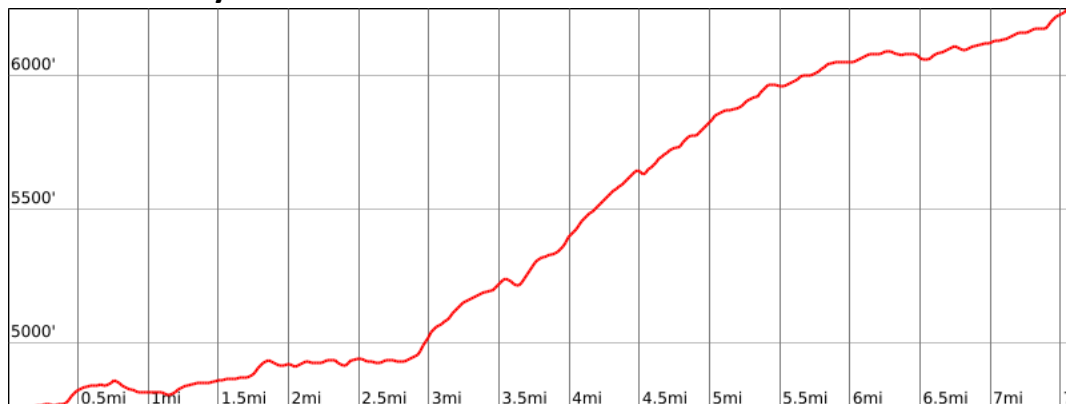
- No crew/drop bags at Swede Ridge AS.
- 425ft Elevation gain/ 1375ft of loss.



## 100M – Skyliners to Rock Creek

MILE 48.4 to 56.3

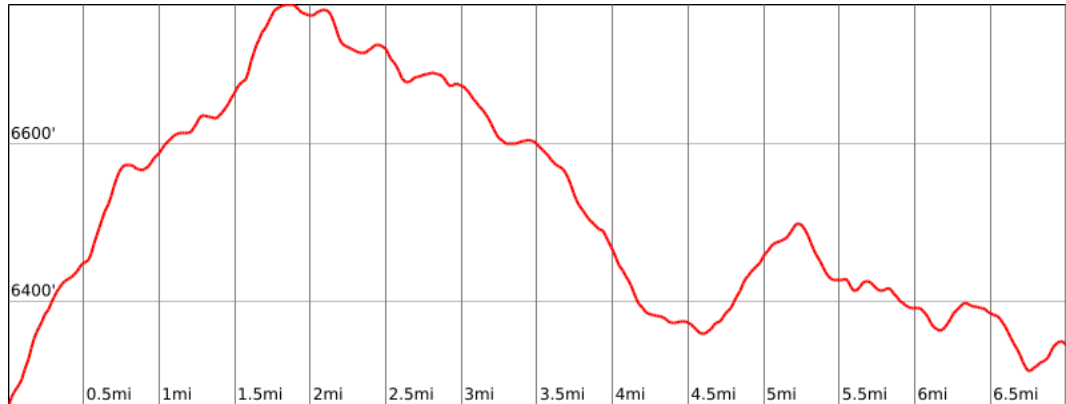
- Crew accessible/drop bags at Skyliners AS.
- Toilets available. Full aid.
- This may be the toughest section between aid stations. The climb is south-facing, with some exposed sections.
- Pay attention to getting on Farewell Trail. It is a sharp left -- a few hundred feet after crossing a car bridge.
- Just before crossing the car bridge, you will be right next to Tumalo Creek. If you feel warm, do a quick soak in the creek to cool off.
- 1725ft of elevation gain/225ft of loss
- 1<sup>st</sup> pacer location (except those > 60 years old)
- **9PM CUT-OFF at Skyliners AS**



## **100M – Rock Creek to Park Meadow**

**MILE 56.3 to 63.5**

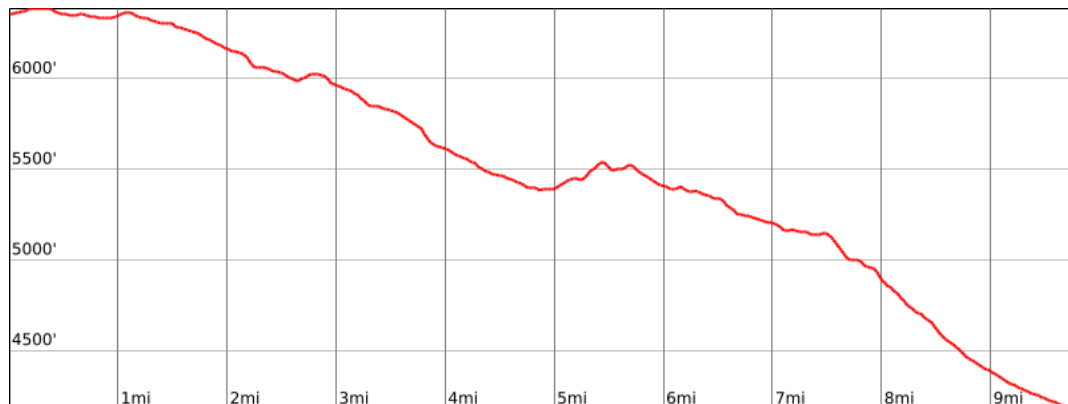
- No crew/drop bags at Rock Creek AS.
- Full aid.
- Do NOT attempt to drop out of the race at Rock Creek AS. Unless it is a medical emergency, you will be waiting a very long time as it is very remote.
- 800ft of elevation gain/700ft of loss



## **100M – Park Meadow to 1514 AS**

**MILE 63.5 to 73.8**

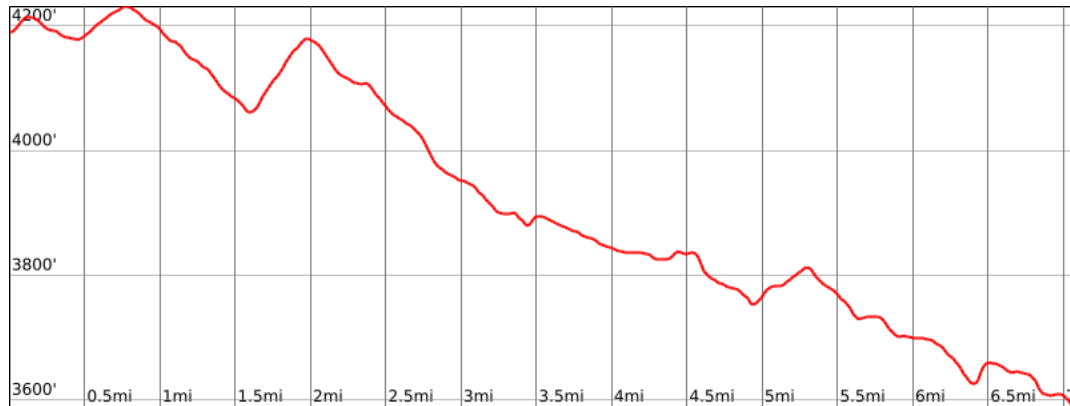
- No crew/drop bags at Park Meadow AS.
- Full aid.
- 325ft of elevation gain/2500ft of loss
- This section is rocky where the trail narrows in the manzanita brush. Pay attention to your footing.
- **100M: 3AM CUT-OFF at Park Meadow AS**



**100M – 1514 AS to Peterson Ridge**

**MILE 73.8 to 80.8**

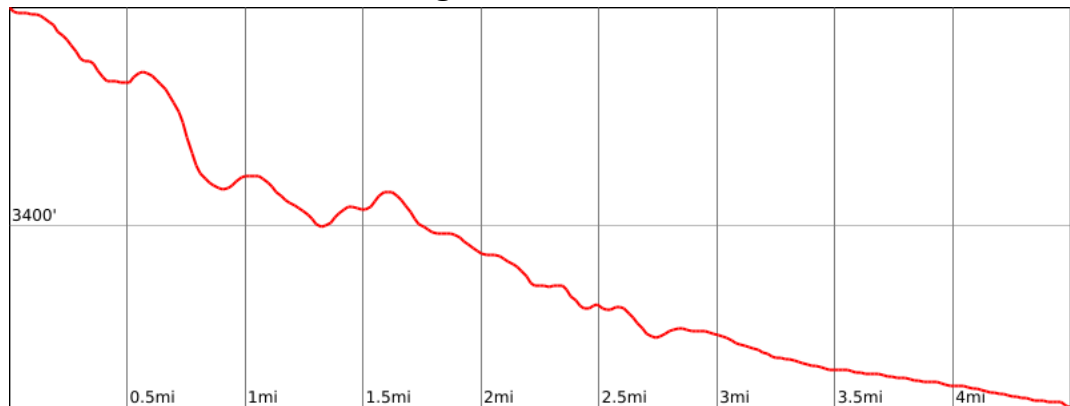
- Crew accessible/drop bags at 1514 AS.
- Toilets available. Full aid.
- 325ft of elevation gain/ 950ft of loss
- Pacers allowed at 1514 AS.
- **100M: 6AM CUT-OFF at 1514 AS**



**100M – Peterson Ridge to Whychus Creek**

**MILE 80.8 to 85.3**

- No crew/drop bags at Peterson Ridge AS.
- Full aid.
- 70ft of elevation gain/400ft of loss
- **100M: 8AM CUT-OFF at Peterson Ridge AS**

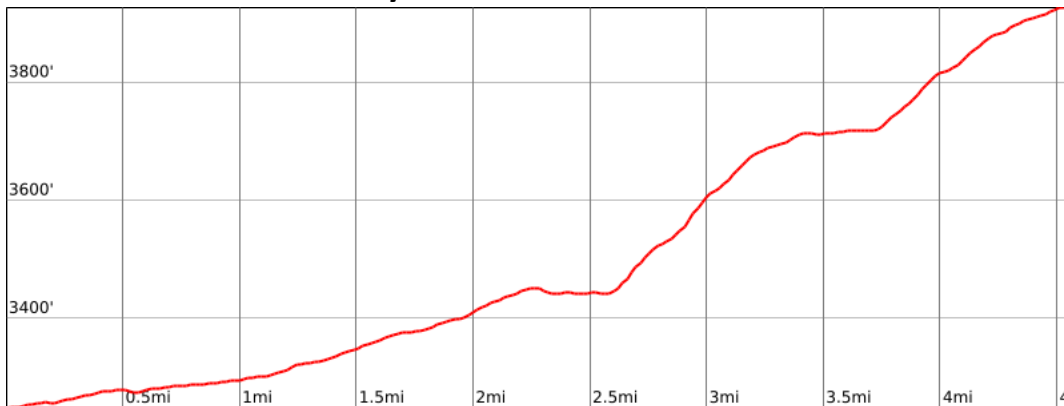




### **100M – Whychus Creek to Met Win**

**MILE 85.3 to 90.1**

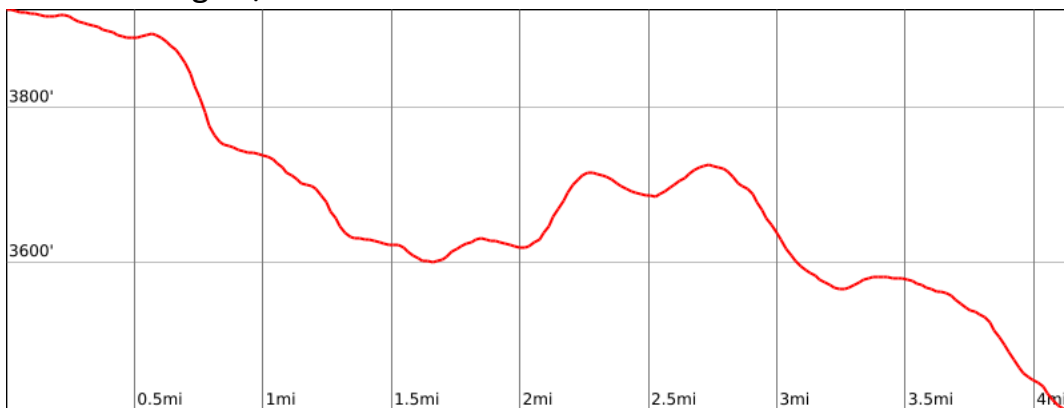
- Crew accessible and pacers allowed at Whychus Creek AS. No drop bags.
- Toilets available at Whychus Creek AS
- This section includes a long, exposed dirt road. If the weather is warm, expect a warm section.
- 700ft of elevation gain/ 25ft of loss
- **100M: 9:30AM CUT-OFF at Whychus Creek AS**



### **100M – Met Win to Cow Camp**

**MILE 90.1 to 94.5**

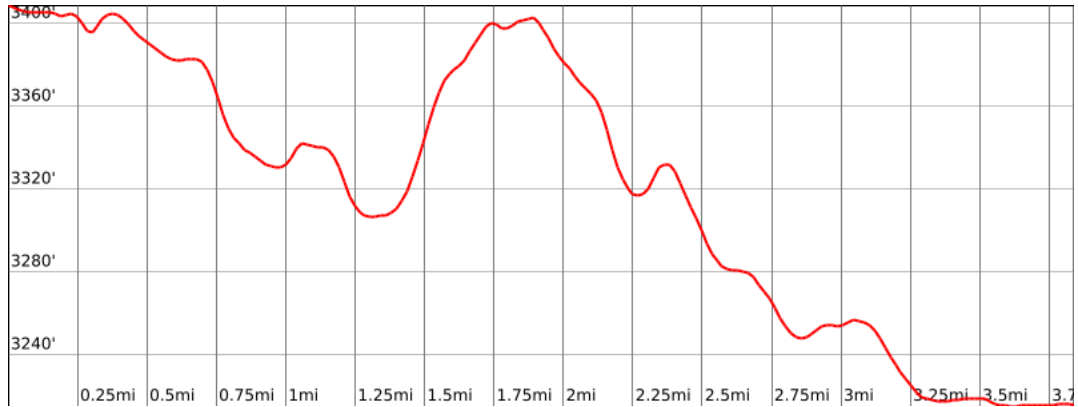
- This section includes the Met Win trail, which will be dry, dusty and rocky.
- ***Met Win Aid Station 13 is an unstaffed, hydration-only station. Full aid is 4 miles away at Cow Camp AS***
- 200ft of elevation gain/700ft of loss



## **100M – Cow Camp to Finish**

**MILE 94.5 to 98.5**

- 150ft of elevation gain/ 350ft of loss
- Full aid with toilets.
- Pacers allowed at Cow Camp.
- **100M: CUT-OFF 12:30PM at Cow Camp AS**

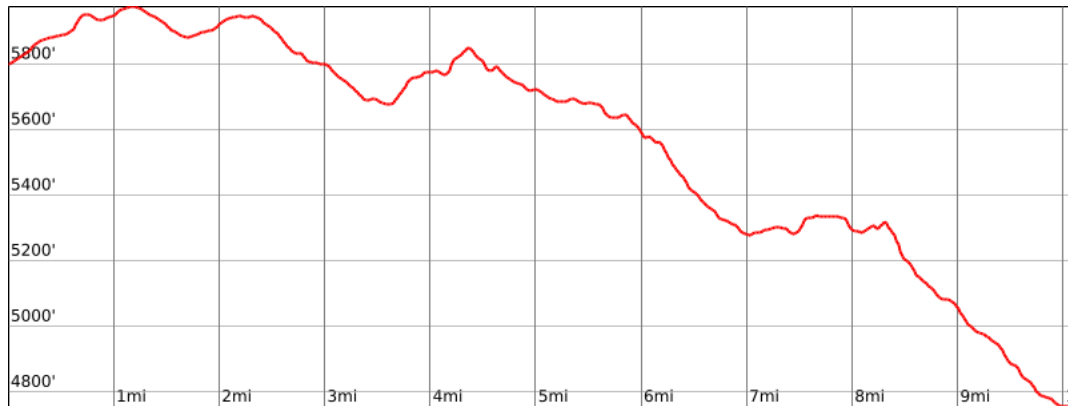


## 50 MILE COURSE

### 50M – Start (Swampy Lakes) to Skyliners

MILE 0 to 10.5

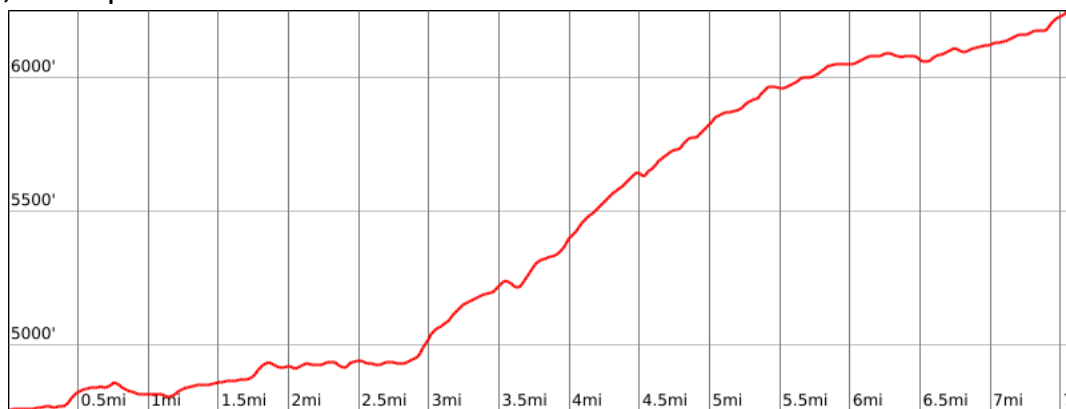
- Crew access at Skyliners AS
- Toilets available at Skyliners AS
- 600ft of elevation gain/1650ft of loss



### 50M – Skyliners to Rock Creek

MILE 10.5 to 18.3

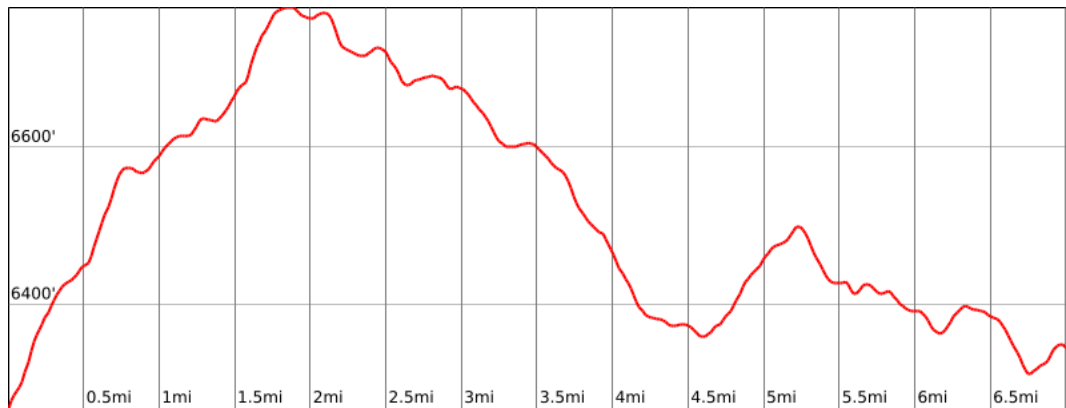
- No crew/drop bags at Rock Creek AS.
- 1725ft of elevation gain/225ft of loss.
- Toilets available. Full aid.
- This may be the toughest section between aid stations. The climb is south-facing, with some exposed sections.
- Pay attention to getting on Farewell Trail. It is a sharp left -- a few hundred feet after crossing a car bridge.
- Just before crossing the car bridge, you will be right next to Tumalo Creek. If you feel warm, do a quick soak in the creek to cool off.



## 50M – Rock Creek to Park Meadow

MILE 18.3 to 25.5

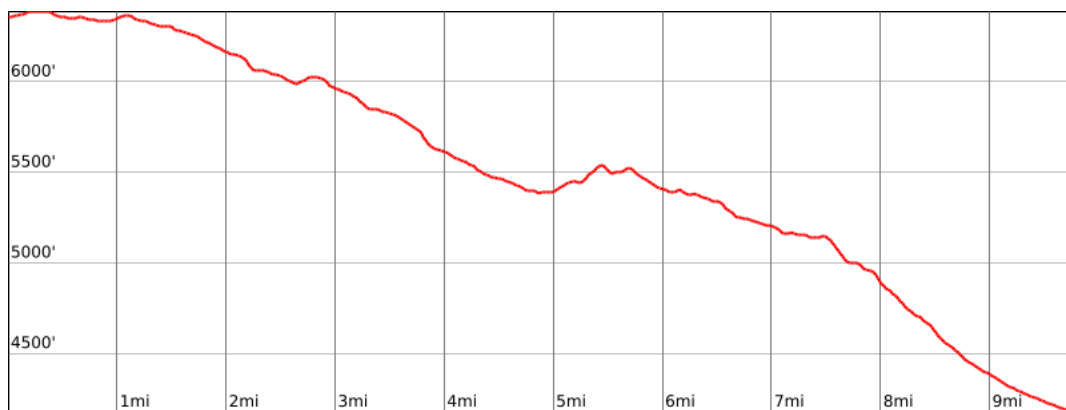
- No crew or drop bags at Park Meadow.
- Full aid.
- 800ft of elevation gain/700ft of loss
- Do NOT attempt to drop out of the race at Rock Creek AS. Unless it is a medical emergency, you will be waiting a very long time as it is very remote.
- **50M: 6PM CUT-OFF at Park Meadow AS**



## 50M – Park Meadow to 1514

MILE 25.5 to 35.8

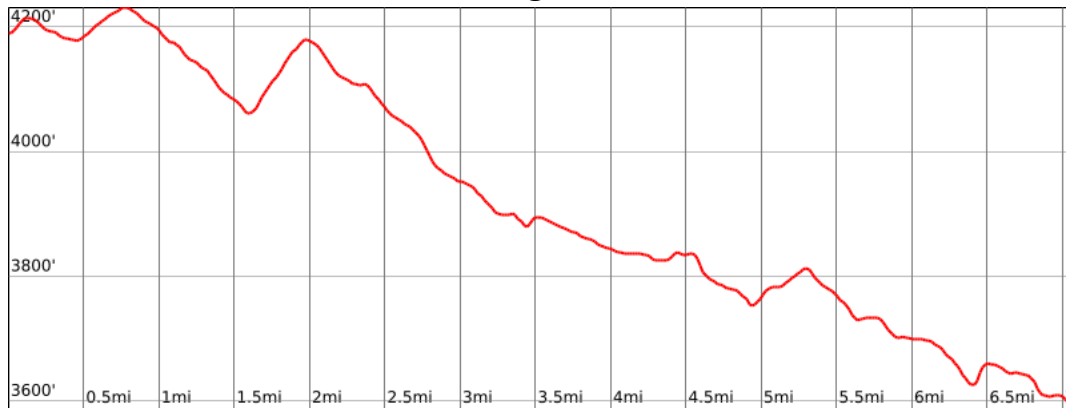
- Crew accessible/drop bags allowed at 1514.
- Full aid.
- Toilets available at 1514 AS.
- 325ft of elevation gain/2500ft of loss
- This section is rocky where the trail narrows in the manzanita brush. Pay attention to your footing.
- **50M: 9PM CUT-OFF at 1514 AS**



### 50M- 1514 to Peterson Ridge

MILE 35.8 to 42.8

- No crew/drop bags at Peterson Ridge.
- Full aid.
- 325ft of elevation gain/950ft of loss
- **50M: 11:30PM CUT-OFF at Peterson Ridge AS**



### 50M – Peterson Ridge to Finish

MILE 42.8 to 49.8

- 100ft of elevation gain/ 475ft of loss
- About 4 miles on a dirt road. Exposed. Plan accordingly if warm.

