



2025 RACE GUIDE

DATE: August 23-24, 2025

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

PRE-RACE/BIB PICKUP

- 4PM-7PM, Friday August 22 at Sisters Middle School, Sisters OR.
- 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.
- Athletic Timing will be available to assist crew/runners with setting up an extra tracking feature we are offering this year utilizing your phone if you plan to race with a phone.
- Ultrarunner and friend [Taylor Spike](#) and family will be speaking around 5:30PM to share his story and offer words of encouragement as you begin your journey across the Cascades. Taylor is an inspiration to so many – you won't want to miss this!

DROP BAGS

- Bring your drop bags to bib pickup from 4PM-7PM Friday, August 22 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.**

LIVE TRACKING

- Link to track runners on Runsignup will be shared/updated prior to race day.
- We will also be offering an additional tracking service through Racejoy this year for those who are carrying a phone throughout the race. This is free for runners/crew and our timers will be at check-in Friday to assist with set up. It's easy!

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.
- Solo 100M runners without crew can utilize the shuttle. It will be 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 want/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.
- Shuttle ride is about 1 hour.

ACCOMMODATIONS

- There are numerous options in the Bend/Sisters area.
- Car camping is allowed in the parking lot at Sisters Middle School. NO car camping at the start line at Pacific Crest Middle. You can arrive early as we will be setting up, but no camping overnight is permitted.
- [Left Coast Lodge](#) is our official lodging partner for this event. They will be hosting a post-race recovery zone for anyone needing a hot tub/cold plunge/outdoor shower/stretching area. Discounted rooms can be booked [HERE](#) *2-night minimum

POST RACE

- [ETA](#) will be serving our post-race meal again this year. Meal is included with registration. If you would like to purchase extra meal tickets (\$15) for your crew please do so [HERE](#) ETA will transition between lunch, dinner, and breakfast items throughout the night.
- We will be serving [Backporch Coffee Roasters](#) as well.
- [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 20's/30's at night.
- Please be prepared for this large swing in temps with a jacket, gloves, hat etc. The night can get cold. Be prepared!

AID STATIONS

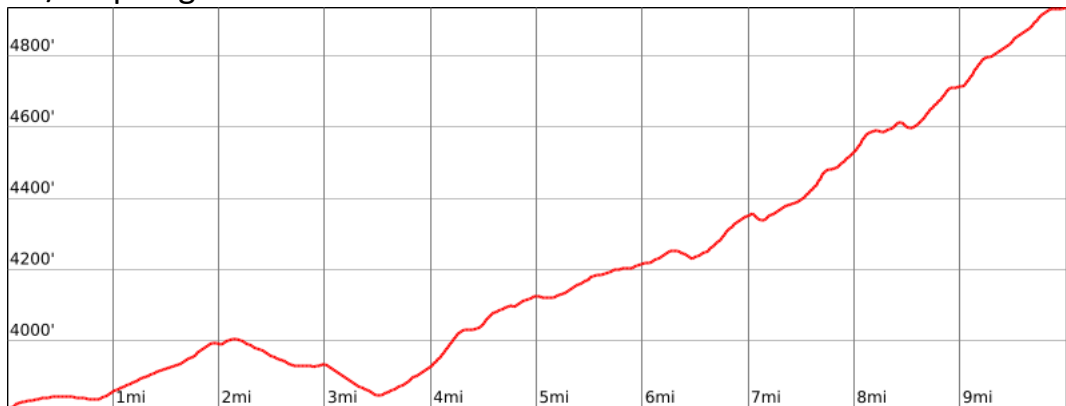
- Aid stations will have the following: Peanut Butter & Jelly, [Precision](#) gels 30g (regular and caffeinated), [Precision](#) electrolyte drink, water, coke, ginger ale, chips, cookies, 1-3 hot items and an assortment of other items. 1-3 hot items (Coffee, broth, soup, bacon, quesadillas, pancakes, etc) for the night-time aid stations (AS8-AS13)
- All Alpine Running events are cupless, so please bring a cup with you.

100 MILE COURSE

100M – Start to Mrazek AS

MILE 0 TO 10.3

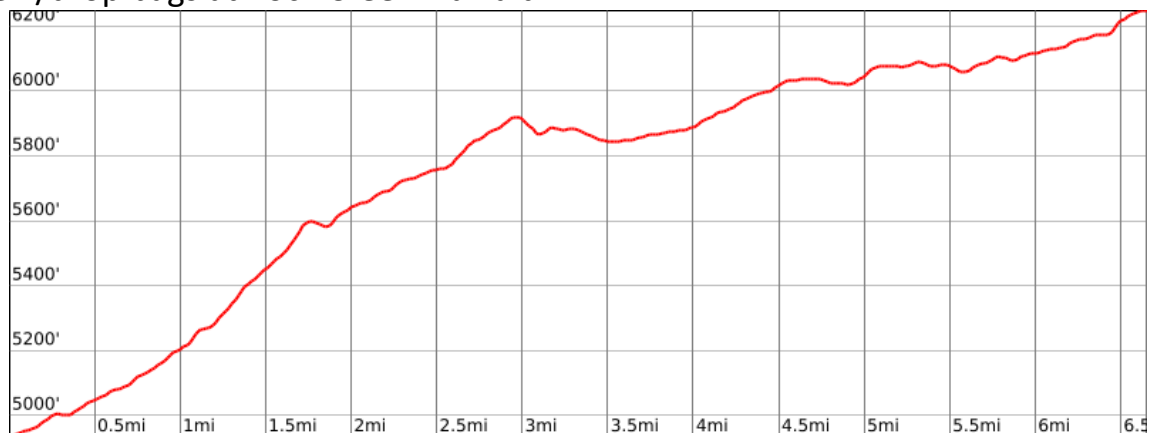
- The race starts out from Pacific Crest Middle School on pavement for about 2 miles before turning onto a gravel road for roughly another 2 miles before the course turns onto single track.
- This section of trail is single track that consistently climbs up to the aid station with 1350ft of elevation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



100M – Mrazek to Rock Creek

MILE 10.3 to 16.8

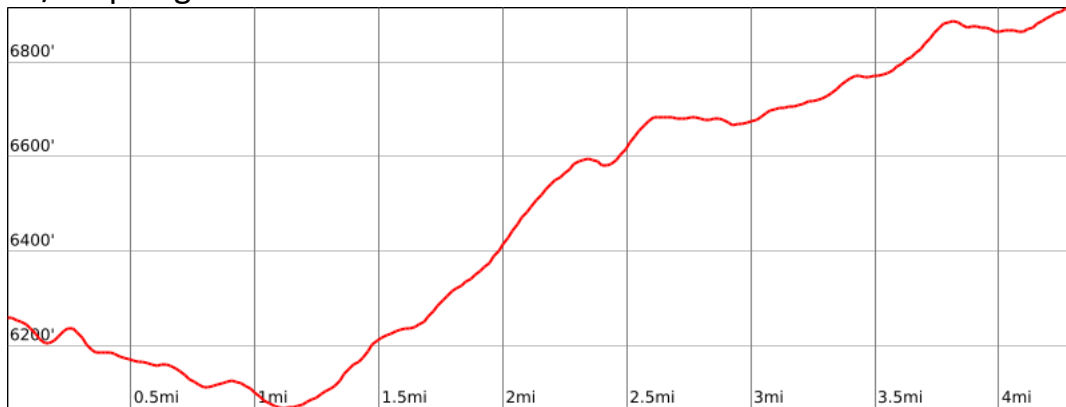
- This section continues to climb on single track until you reach Rock Creek AS. The last 1.5 miles before the aid station you will pass by again later in the race.
- Elevation gain 1500ft/200ft of loss
- No Crew/drop bags at Rock Creek. Full aid.



100M – Rock Creek to Tumalo Creek

MILE 16.8 to 21.3

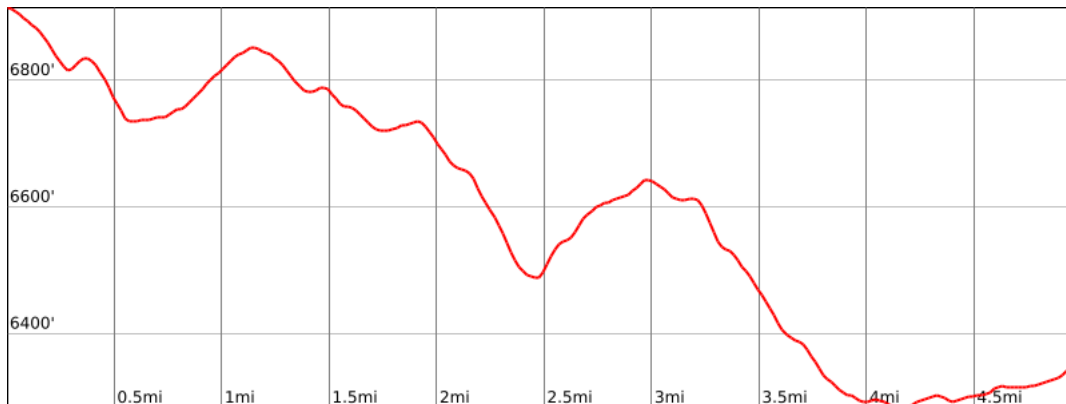
- There is a stream with a wooden bridge about a mile after you leave the Rock Creek AS. If it is a warm day, you may want to do a quick soak in the stream.
- This section is single track with 950ft of elevation gain/300ft of loss.
- No crew/drop bags. Full Aid.



100M – Tumalo Creek to Dutchman

MILE 21.3 to 26.4

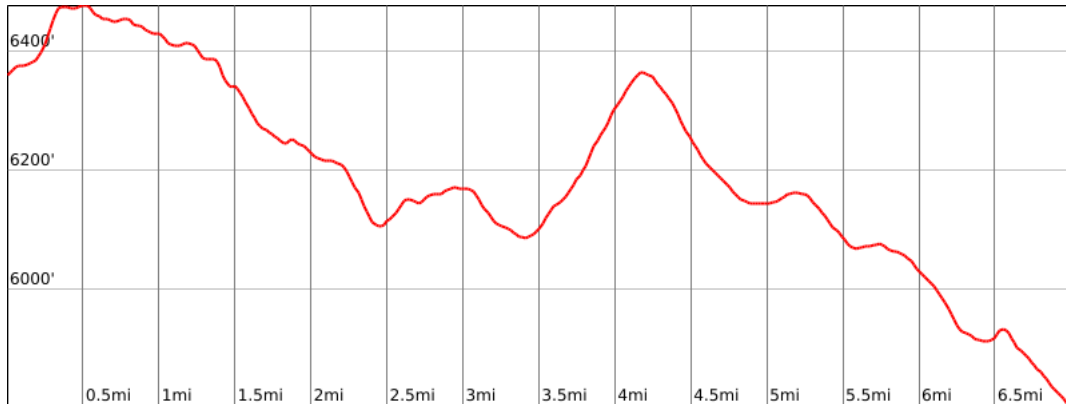
- Short (1/4 mile) out-n-back to reach Tumalo Creek AS.
- Single track trail. Some shade in this section.
- 400ft of elevation gain/950ft of loss.
- No Crew/drop bags at Tumalo Creek. Full Aid.
- 1st crew access at the next AS - Dutchman AS. Full Aid.



100M – Dutchman to Swampy Lakes

MILE 26.4 to 33.7

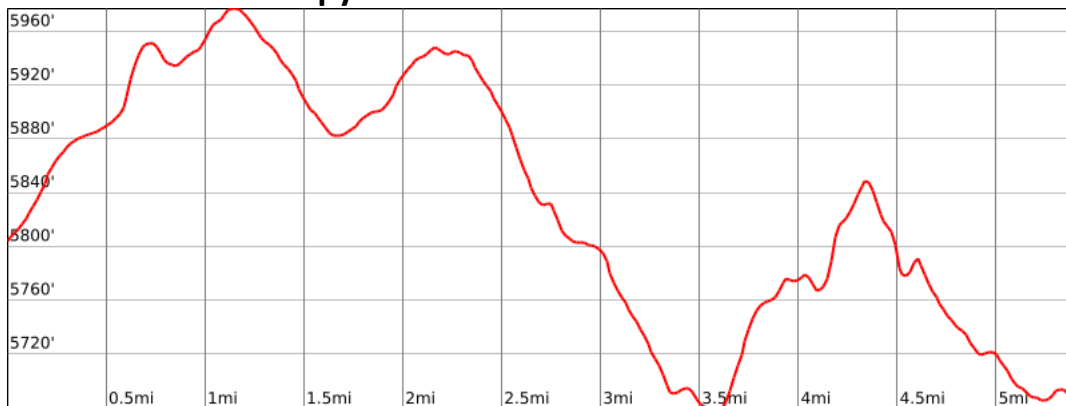
- 1st crew access/drop bag location is at Dutchman AS.
- Toilets are available. Full aid.
- 550ft of elevation gain/ 1100ft of loss
- Exposed section. Plan accordingly.
- **2PM CUT-OFF at Dutchman AS – mile 26.4**



100M – Swampy Lakes to Swede Ridge

MILE 33.7 to 39.3

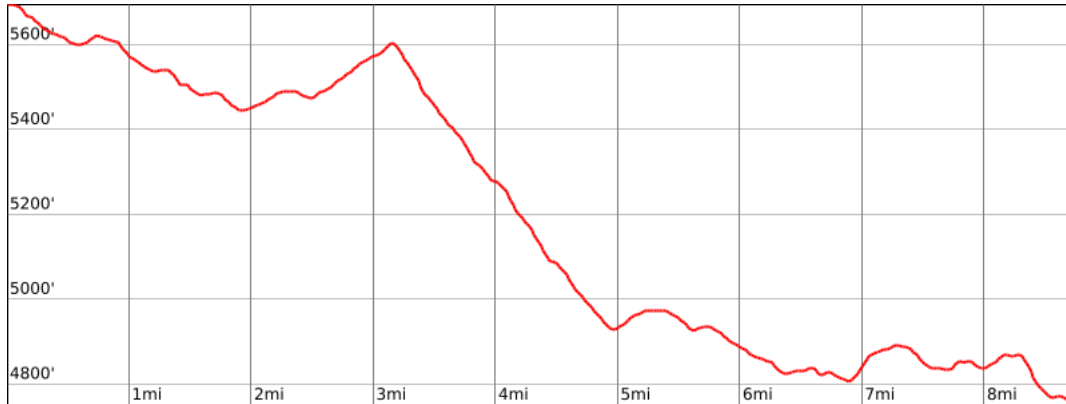
- Crew accessible/drop bags allowed.
- Toilets available. Full aid.
- 470ft of elevation gain/600ft of loss. Exposed section.
- Pacers allowed for runners 60 years of age and older.
- **4:30PM CUT-OFF at Swampy Lakes AS – mile 33.7**



100M – Swede Ridge to Skyliners

MILE 39.3 to 48.4

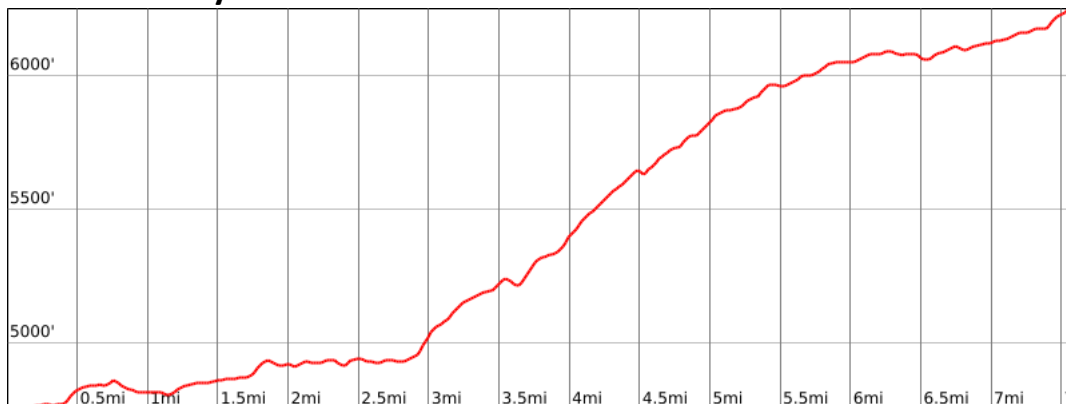
- No Crew/drop bags at Swede Ridge.
- 425ft Elevation gain/ 1375ft of loss
- Full Aid.



100M – Skyliners to Rock Creek

MILE 48.4 to 56.3

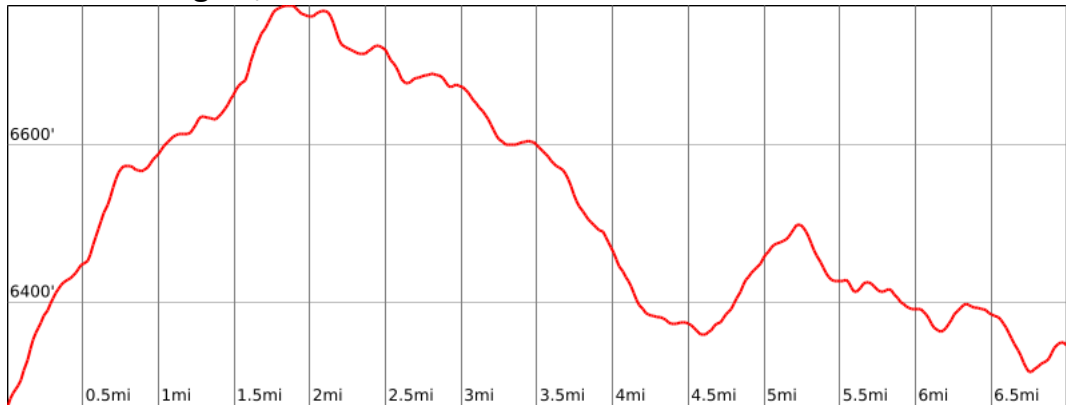
- Crew accessible/drop bags at Skyliners AS.
- Toilets available. Full aid.
- This may be the toughest section between aid stations. The climb is south-facing, with some exposed sections.
- Pay attention to getting on Farewell Trail. It is a sharp left – a few hundred feet after crossing the car bridge.
- 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
- First pacer location (except those > 60 years old)
- **9PM CUT-OFF at Skyliners AS – Mile 48.4**



100M – Rock Creek to Park Meadow

MILE 56.3 to 63.5

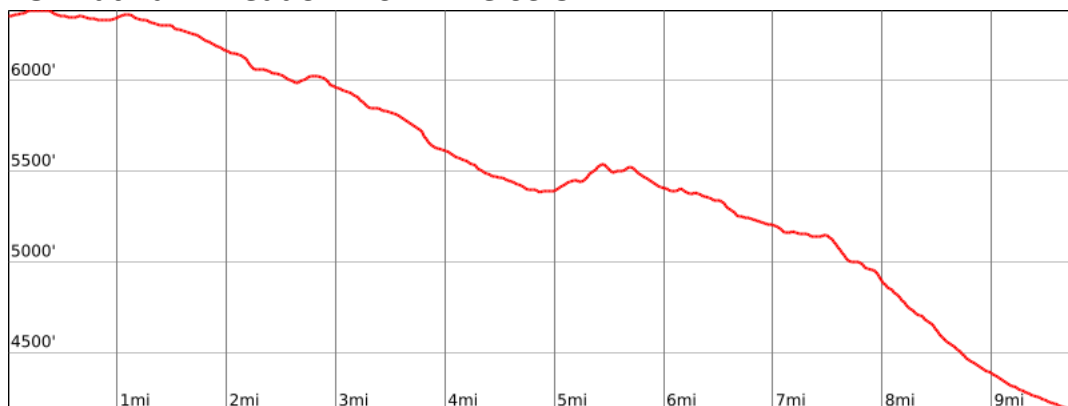
- No crew/drop bags at Rock Creek AS.
- Full aid.
- DO NOT attempt to drop out of the race at Rock Creek AS – unless it is a medical emergency. You will be waiting a very long time as it is remote.
- 800ft of elevation gain/700ft of loss



100M – Park Meadow to 1514 AS

MILE 63.5 to 73.8

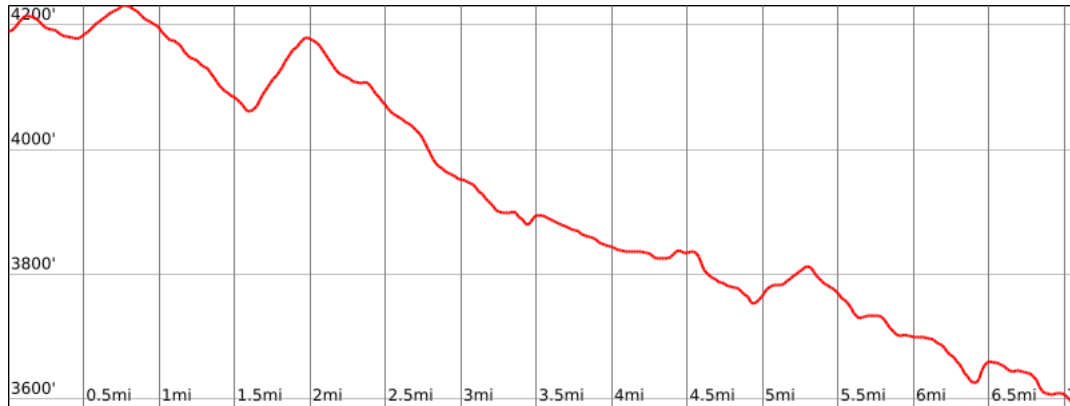
- No crew at Park Meadow AS.
 - o *Our permit does not allow crew at this aid station. If crew is found driving into this aid station, you will be disqualified.*
- Full Aid.
- 325ft of elevation gain/2500ft of loss
- This section includes a rocky section where the trail narrows in the manzanita.
- **3AM CUT-OFF at Park Meadow AS – mile 63.5**



100M – 1514 AS to Peterson Ridge

MILE 73.8 to 80.8

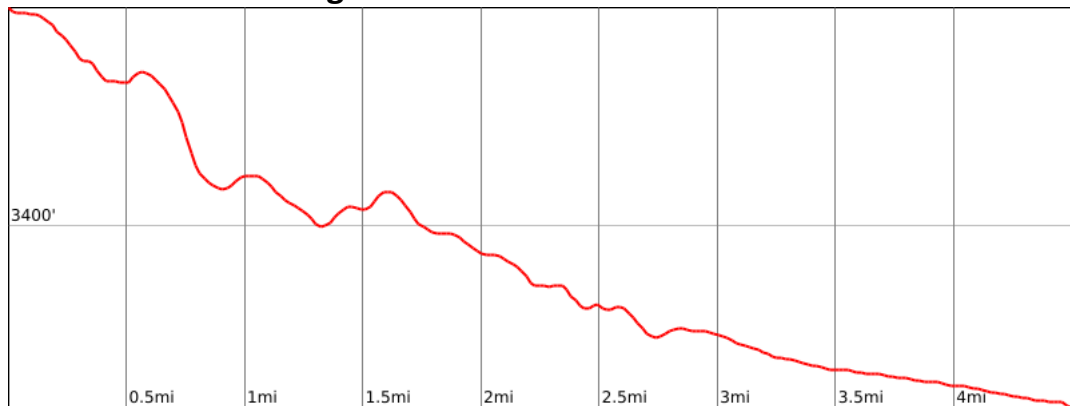
- Crew accessible at 1514/drop bags allowed.
- Toilets available. Full Aid.
- 325ft of elevation gain/ 950ft of loss
- Pacers allowed at 1514 AS.
- **6AM CUT-OFF at 1514 AS – mile 73.8**



100M – Peterson Ridge to Whychus Creek

MILE 80.8 to 85.3

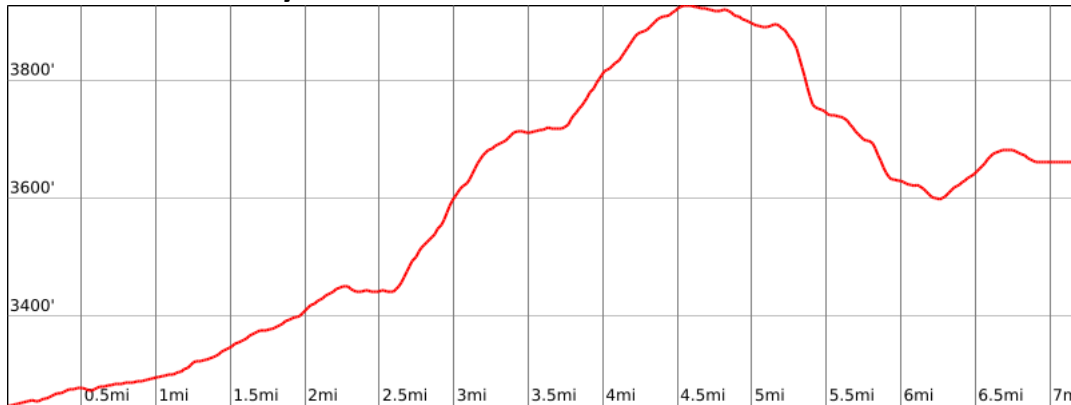
- No crew or drop bags at Peterson Ridge AS.
- Full aid.
- 70ft of elevation gain/400ft of loss
- **8AM CUT-OFF at Peterson Ridge AS – mile 80.8**



100M – Whychus Creek to Met Win

MILE 85.3 to 92.5

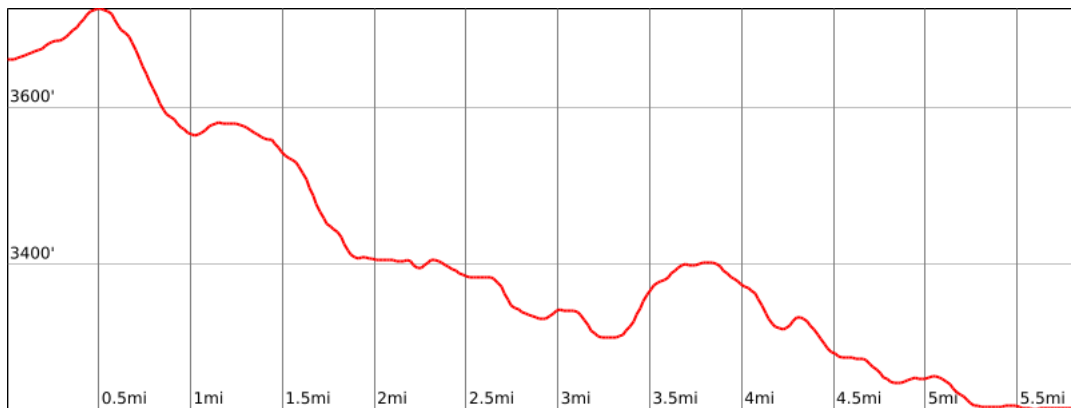
- Crew accessible at Whychus Creek AS. No drop bags.
- Toilets available at Whychus Creek AS
- This section includes a long dirt road. If the weather is warm, expect a hot section.
- 800ft of elevation gain/ 375ft of loss
- Pacers allowed at Whychus Creek AS
- **9:30AM CUT-OFF at Whychus Creek AS – mile 85.3**



100M – Met Win to Finish

MILE 92.5 to 98.5

- Crew accessible at Met Win AS by a $\frac{1}{4}$ mile walk.
 - o **Our permit does not allow crew driving into this aid station.**
- No toilets.
- 250ft of elevation gain/ 675ft of loss
- Mostly single-track trail. The Met Win can be dry and dusty
- Pacers are allowed at Met Win AS
- **CUT-OFF 12PM at Met Win AS – mile 92.5**

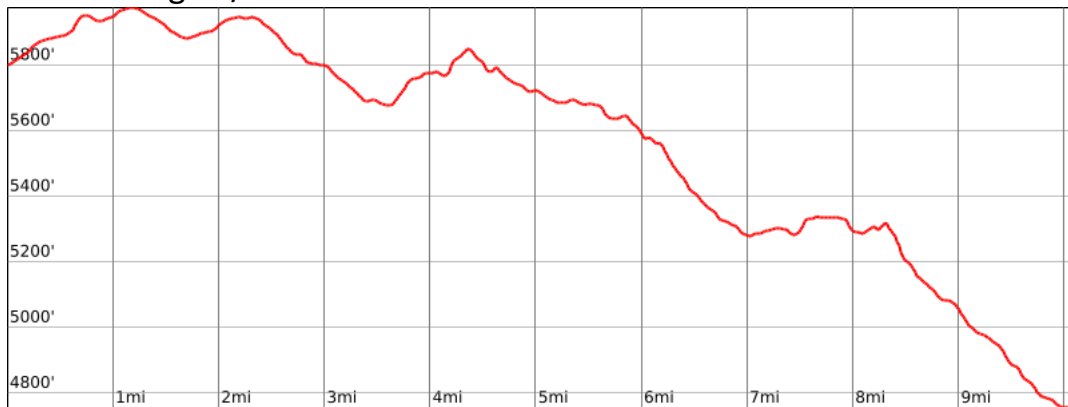


50 MILE COURSE

50M – Start (Swampy Lakes) to Skyliners

MILE 0 to 10.5

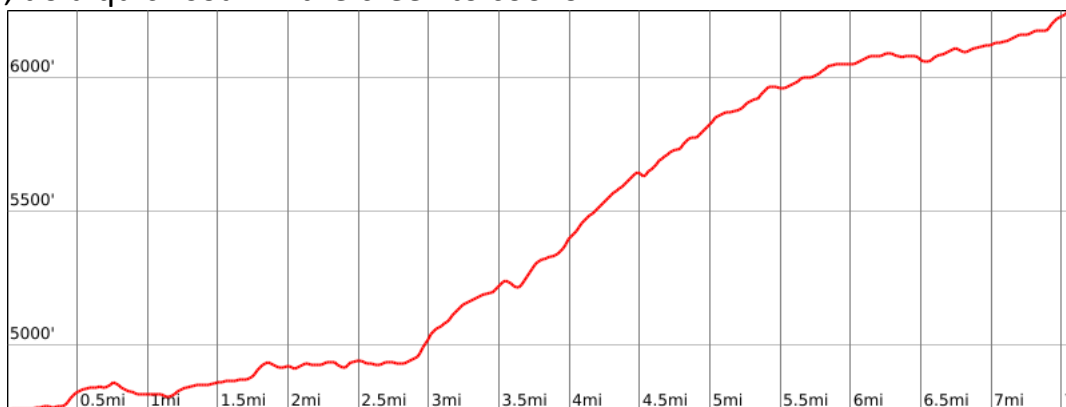
- Crew accessible at Skyliners AS
- Toilets available at Skyliners AS
- 600ft of elevation gain/1650ft of loss



50M – Skyliners to Rock Creek

MILE 10.5 to 18.3

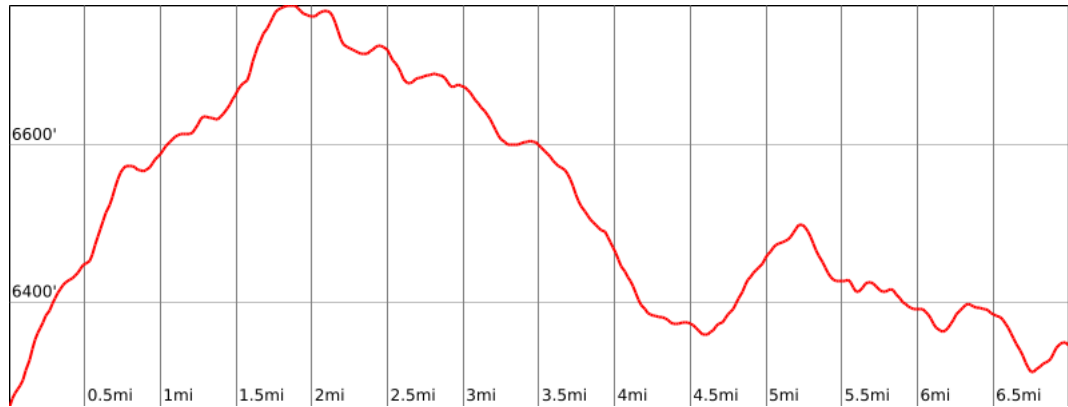
- No crew/drop bags at Rock Creek AS
- 1725ft of elevation gain/225ft of loss
- Toilets available. Full aid.
- This may be the toughest section between aid stations. The climb is south-facing, with some exposed sections.
- Pay attention to getting on Farewell Trail. It is a sharp left – a few hundred feet after crossing the 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

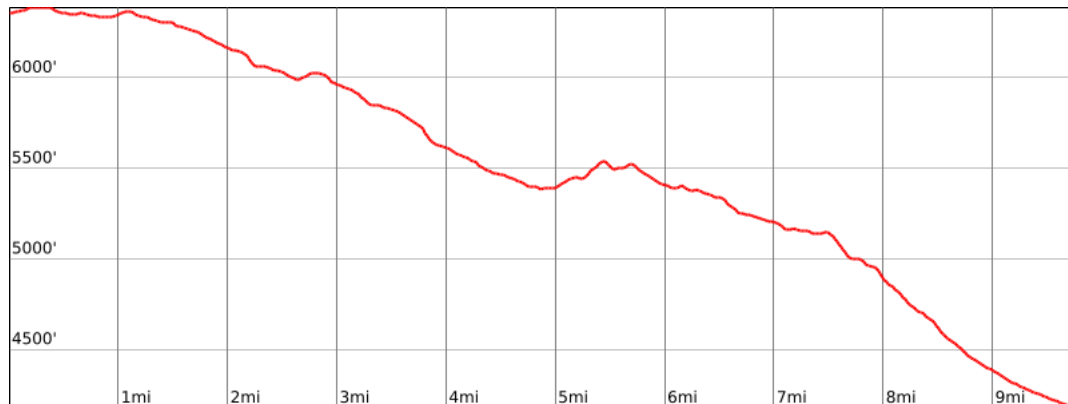
- No crew at Rock Creek and Park Meadow
- 800ft of elevation gain/700ft of loss
- DO NOT attempt to drop out of the race at Rock Creek AS – unless it is a medical emergency. You will be waiting a very long time as it is remote.
- **50M – 6PM CUT-OFF at Park Meadow AS – mile 25.5**



50M – Park Meadow to 1514

MILE 25.5 to 35.8

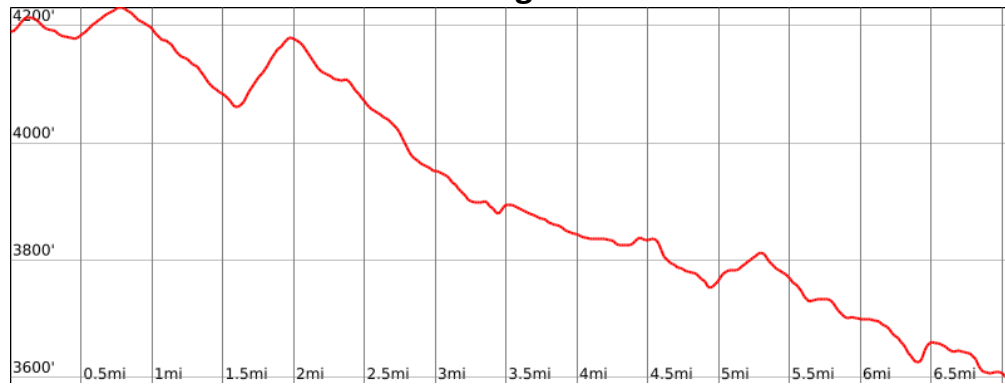
- No crew at Park Meadow.
- Crew accessible and drop bags at 1514.
- Toilets available at 1514 AS.
- 325ft of elevation gain/2500ft of loss
- This section includes some rocky terrain as the trail narrows through the manzanita.
- **50M – 9PM CUT-OFF at 1514 AS – mile 35.8**



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 – mile 42.8**



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.

