

OREGON CASCADES

2026 Race Guide

July 25–26, 2026 · Bend / Sisters, Oregon

100M Start	6:00 AM · Pacific Crest Middle School, Bend
50M Start	10:00 AM · Swampy Lakes Sno Park, Bend
Finish	Sisters Middle School, Sisters OR (both races)

Pre-Race Checklist

- Bib pickup: Friday July 24, 3PM–8PM at Sisters Middle School — enter via front doors, park left or right of building
- Drop bags: bring to bib pickup 3PM–8PM Friday; label with name, bib #, and drop bag location
- Pack drop bags as if they could get wet or dusty; check website for size restrictions
- Race personnel and volunteers are not responsible for lost drop bags/items
- If you think you may not reach Skyliners AS (mile 48.1) before dark, pack a headlamp in your Swampy Lakes drop bag — sunset is 8:37 PM
- This event is cupless — please bring a cup/bottle with you

Weather

- Highs typically upper 70s / low 80s°F; lows in the 40s, can dip to upper 20s/30s°F at night
- Pack a jacket, gloves, and hat for the temperature swing overnight
- Check forecast before race day

Post-Race Food

- Burrito bar: Saturday 4:30PM–9PM
- Breakfast burritos: Sunday 8AM–2PM
- Vegetarian option available
- One meal included with registration; extra crew meal tickets are \$15 and can be purchased on Ultrasignup
- Backporch Coffee Roasters will be served

Logistics

PARKING & SHUTTLES

- You can leave your car at the finish — Sisters Middle School — during the race
- Cars cannot be left at Pacific Crest Middle School (100M start)
- Shuttle ride is ~1 hour

- 100M shuttle (optional): one-way to start; \$35 on Ultrasignup; departs Sisters MS at 4:45 AM
- 50M shuttle (included): departs Sisters Middle School at 8:30 AM

ACCOMMODATIONS

- Hotels and Airbnbs available in the Bend/Sisters area
- Car camping allowed at Sisters Middle School parking lot Friday and Saturday nights
- No overnight camping at the 100M start (Pacific Crest Middle)

RUNNER TRACKING

- Live split link will be shared once available
- Live splits available at: Rock Creek, Swampy Lakes, Skyliners, 1514, Peterson Ridge
- Live results and finish line times available at the finish line at Sisters Middle School

DROP BAG LOCATIONS

100 Mile	50 Mile
Swampy Lakes AS (mile 33.4)	1514 AS (mile 34.6)
Skyliners AS (mile 48.1)	
1514 AS (mile 73.7 / 80.1)	

STANDARD AID STATION SUPPLIES

PB&J; · Precision gels (regular and caffeinated) · Precision 1000 electrolyte drink · Water · Coke · Ginger ale · Chips · Cookies · Candy · Ice

Nighttime aid stations (AS7–AS12) serve hot items: coffee, broth, soup, bacon, quesadillas, pancakes.

Policies

Race Cancellation Protocol

Pre-race cancellation

- Alpine Running reviews all available meteorological, environmental, and operational data before making cancellation decisions
- Decisions are communicated as far in advance as possible — this may be the day prior or within hours of the event
- Participant and volunteer safety is the paramount concern and supersedes all other considerations
- Cancellation notices are sent via email, text, and all social media platforms

In-race cancellation

If the race is canceled mid-event, do NOT reverse course. Continue forward and proceed to the next aid station on the course. Reversing course or abandoning the marked trail creates serious safety risks and complicates evacuation — only do so if explicitly directed by race personnel, or if it is immediately unsafe to continue (fire, blizzard, etc.).

Get official information from the aid station captain only. Do not act on cancellation information received from other participants, crew members, or personal devices (SPOT messengers, cell phones, fitness trackers). That information may be incomplete or inaccurate. Your official instructions come from the aid station captain.

- Participants will be notified at aid stations by volunteers due to the remote nature of the course
- Safe course evacuation requires significant time and coordination — could take a few hours at remote stations
- If evacuated at an aid station, give your bib # to the aid station captain and also to the finish line before 2:00 PM Sunday

Air Quality Management

Alpine Running monitors AQI forecasts via AirNow.gov and ESpaceLabs.

AQI 150–200 — Event alert status: The event proceeds with an air quality alert in effect. Participants make autonomous decisions based on personal health status. Those with respiratory conditions, cardiovascular disease, or other health concerns may choose to withdraw.

AQI 200+ before race — Cancellation: If forecasts predict AQI will exceed 200 at any point during the race window, Alpine Running will cancel prior to start. Notice sent via email, text (Ultrasignup), and social media (Facebook, Instagram).

AQI 200+ during race — Race halt: If AQI rises above 200 during the race, the Race Director will halt the race. Runners will be instructed to exit the course and proceed to the nearest aid station.

Wildfire Event Management

- Wildfires are a significant seasonal factor from June to September in the Western United States
- If an active wildfire is in proximity to the event — even without direct course impact — or if the area is under community-level evacuation requirements, Alpine Running will cancel the event
- Cancellation communicated via email, text (Ultrasignup), and social media (Facebook, Instagram)

Aid Stations

100 Mile

Aid Station	Mile	Crew	Bags	Pacers	Toilets	Cut-off
Mrazek	10.3	No	No	No	No	—
Rock Creek	16.8	No	No	No	No	—
Dutchman	26.1	Yes	No	No	Yes	2:00 PM
Swampy Lakes	33.4	Yes	Yes	60+	Yes	4:30 PM
Swede Ridge	39.0	No	No	No	No	—
Skyliners	48.1	Yes	Yes	Yes	Yes	9:00 PM
Rock Creek	56.2	No	No	No	No	—
Park Meadow (no crew)	63.5	No	No	No	No	3:00 AM
1514 (1st pass)	73.7	Yes	Yes	Yes	Yes	6:00 AM
1514 (2nd pass)	80.1	Yes	Yes	Yes	Yes	8:00 AM
Peterson Ridge	85.7	No	No	No	No	10:00 AM
Whychus Creek	93.4	Yes	No	Yes	Yes	12:30 AM
Finish	100	Yes	—	—	—	2:01:18 PM

50 Mile

Aid Station	Mile	Crew	Bags	Pacers	Toilets	Cut-off
Skyliners	9.0	Yes	No	No	Yes	—
Rock Creek	17.1	No	No	No	No	—
Park Meadow	24.4	No	No	No	No	6:00 PM
1514	34.6	Yes	Yes	No	Yes	9:00 PM
Peterson Ridge	40.2	No	No	No	No	11:30 PM
Whychus Creek	47.9	Yes	No	No	Yes	—
Finish	50.7	Yes	—	—	—	2:00 AM

60+ = pacers allowed for runners 60 years of age and older only · Park Meadow (100M) — no crew permitted per land use permit; violation results in disqualification

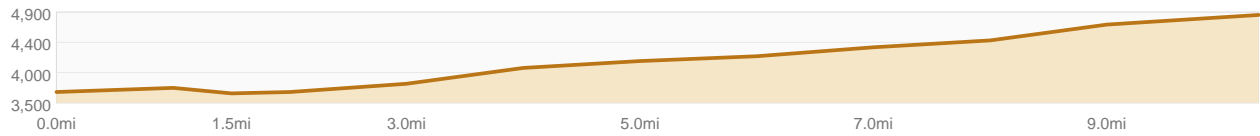
100 Mile Course

100M starts 6:00 AM · Pacific Crest Middle School, Bend

Start → Mrazek

Miles 0 – 10.3 +1,350 ft / -240 ft

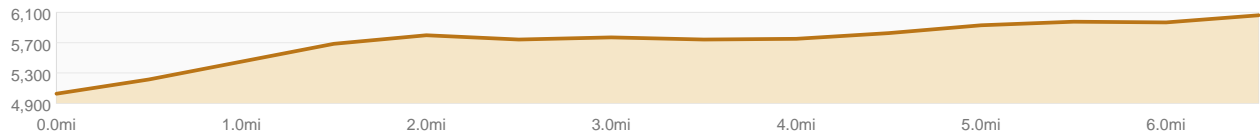
- Starts on pavement ~2 mi, then gravel ~2 mi, then single track
- Consistent climb to aid station
- No crew or drop bags



Mrazek → Rock Creek

Miles 10.3 – 16.8 +1,500 ft / -200 ft

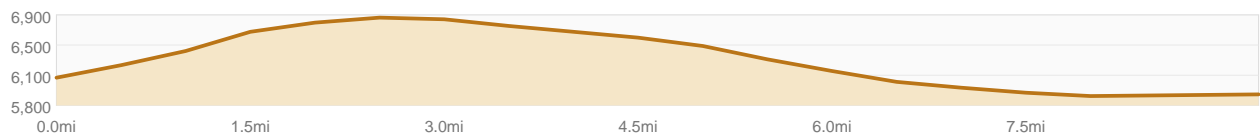
- Continues climbing on single track
- No crew or drop bags



Rock Creek → Dutchman

Miles 16.8 – 26.1 +1,300 ft / -1,200 ft

- Fill bottles/bladder at Rock Creek before leaving — long stretch to Dutchman
- Stream with wooden bridge ~1 mi after Rock Creek AS
- Another creek ~5 miles from Rock Creek
- No crew or drop bags



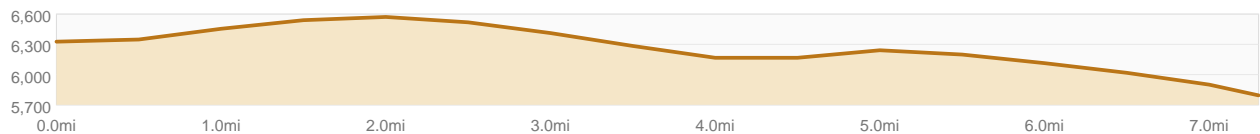
Dutchman → Swampy Lakes

Miles 26.1 – 33.4 +550 ft / -1,100 ft

■ 2:00 PM cut-off at Dutchman (mile 26.1)

- 1st crew access at Dutchman AS
- No drop bags at Dutchman
- Exposed section — plan for heat
- Toilets available

Crew



Swampy Lakes → Swede Ridge

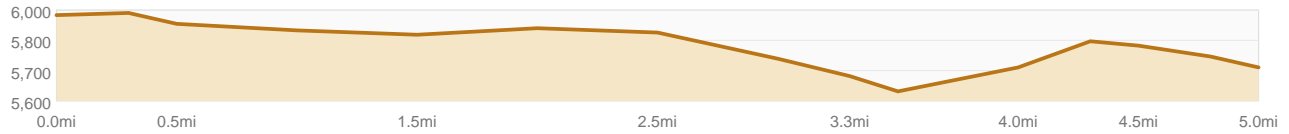
Miles 33.4 – 39.0 +470 ft / -600 ft

■ 4:30 PM cut-off at Swampy Lakes (mile 33.4)

- Crew and drop bags allowed at Swampy Lakes
- Exposed — hottest part of the day
- Pacers allowed for runners 60+ from here
- Toilets available

Crew

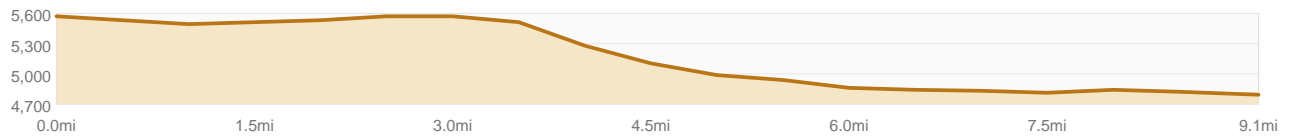
Drop Bags



Swede Ridge → Skyliners

Miles 39.0 – 48.1 +425 ft / -1,375 ft

- No crew or drop bags at Swede Ridge
- Can be warm but has some shade



Skyliners → Rock Creek ★ New 2026

Miles 48.1 – 56.2 +1,750 ft / -250 ft

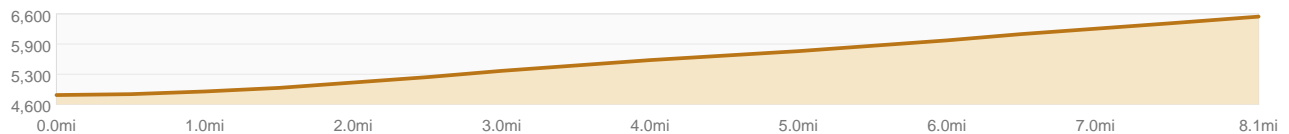
■ 9:00 PM cut-off at Skyliners (mile 48.1)

- Crew and drop bags allowed at Skyliners AS
- No crew or drop bags at Rock Creek AS
- First pacer location (except 60+ runners)
- Stream soak ~3 mi from Skyliners; Tumalo Falls ~3.5 mi
- Gradual climb following Tumalo Creek
- No cell service until Rock Creek AS
- Pack warm clothes — no crew until 1514
- Toilets available

Crew

Drop Bags

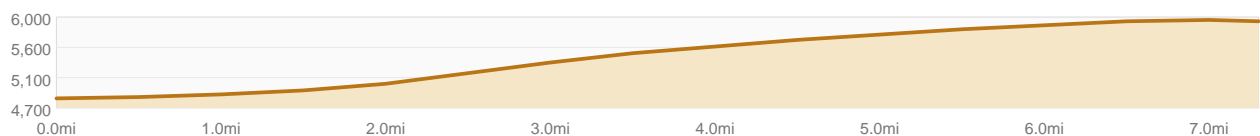
Pacers



Rock Creek → Park Meadow

Miles 56.2 – 63.5 +800 ft / -700 ft

- No crew or drop bags — remote!
- Do NOT drop here unless **medical emergency**
- Can get very cold overnight

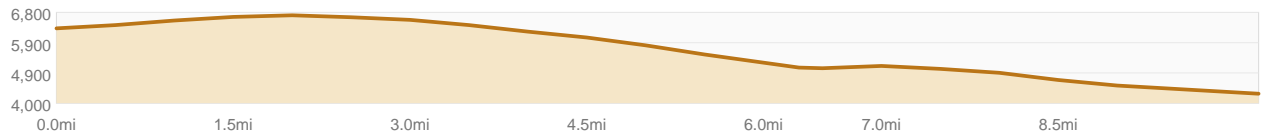


Park Meadow → 1514 AS

Miles 63.5 – 73.7 +325 ft / -2,500 ft

■ 3:00 AM cut-off at Park Meadow (mile 63.5)

- NO crew at Park Meadow — disqualification if crew drives in
- Rocky section where trail narrows through manzanita
- Major descent to 1514



1514 AS loop

Miles 73.7 – 80.1 +700 ft / -700 ft

■ 6:00 AM cut-off (mile 73.7)

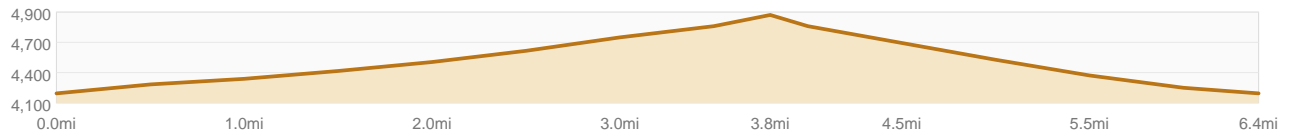
■ 8:00 AM cut-off (mile 80.1)

- Crew accessible, drop bags allowed
- Pacers allowed from here
- Toilets available

Crew

Drop Bags

Pacers

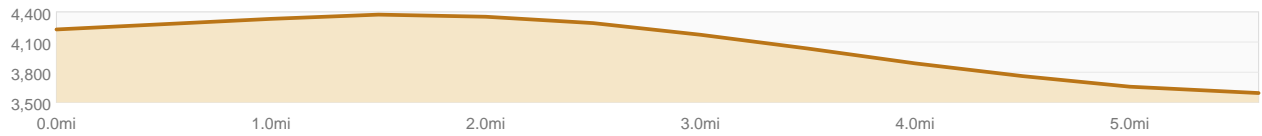


1514 → Peterson Ridge

Miles 80.1 – 85.7 +150 ft / -750 ft

■ 10:00 AM cut-off (mile 80.1)

- No crew at Peterson Ridge
- Single track that winds through the trees

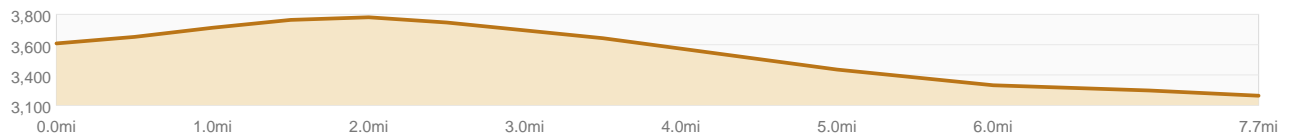


Peterson Ridge → Whychus

Miles 85.7 – 93.4 +350 ft / -750 ft

■ 10:00 AM cut-off (mile 85.7)

- No crew or drop bags
- Rolling with net descent



Whychus → Finish

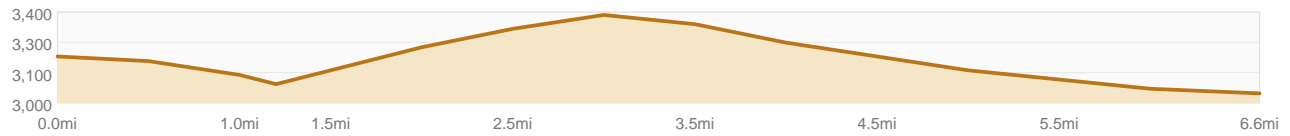
Miles 93.4 – 100 +280 ft / -320 ft

■ **12:30 AM cut-off at Whychus (mile 93.4)**

- Crew accessible, no drop bags
- Pacers allowed
- A mix of gravel road and single track — can be dry and dusty
- Toilets available

Crew

Pacers



IMPORTANT REMINDERS

- Fill bottles/bladder thoroughly at Rock Creek AS (mile 16.8) before heading to Dutchman — it is a long stretch
- Event is cupless — carry a cup throughout the race
- Pack warm layers at Skyliners — no crew and limited cell service until 1514
- Pack a headlamp at Swampy Lakes AS if you don't think you will reach Skyliners AS (mile 48.1) by 8:37 PM sunset
- Highly recommend carrying a headlamp beginning at Skyliners AS (mile 48.1) since the next crew/drop bag location is at 1514 (mile 73.7)
- We strongly recommend downloading the course on your device in the event you get off course
- We strongly recommend carrying a cell phone with you

50 Mile Course

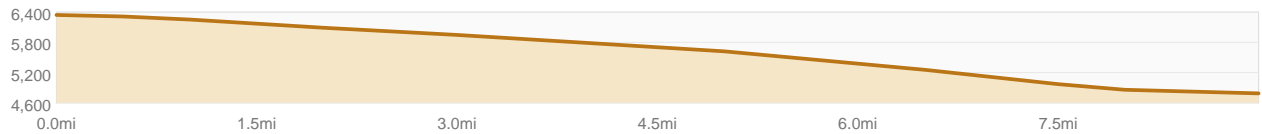
50M starts 10:00 AM · Swampy Lakes Sno Park, Bend

Swampy Lakes → Skyliners

Miles 0 – 9 +530 ft / -1,580 ft

- Crew accessible at Skyliners AS
- Descent through the trees
- Can be a warm section — plan accordingly

Crew

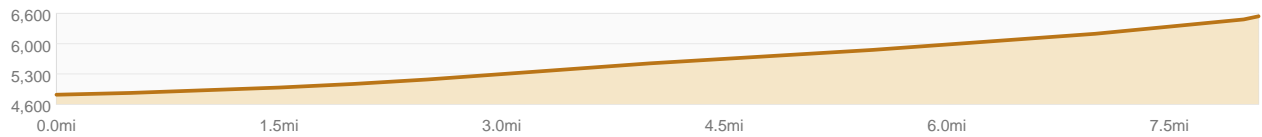


Skyliners → Rock Creek

Miles 9 – 17.1 +1,750 ft / -250 ft

- Crew accessible at Skyliners AS — no crew or bags at Rock Creek
- Tumalo Falls ~3.5 mi from Skyliners; soaking stream ~3 mi from Skyliners
- Gradual climb following Tumalo Creek
- Stream a mile before Rock Creek AS
- No cell service until Rock Creek AS

Crew

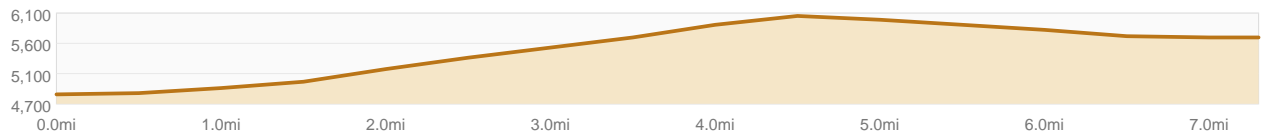


Rock Creek → Park Meadow

Miles 17.1 – 24.4 +800 ft / -700 ft

- No crew at Rock Creek or Park Meadow
- Do NOT drop at Rock Creek — remote, **medical emergency** only

■ 6:00 PM cut-off at Park Meadow (mile 24.4)

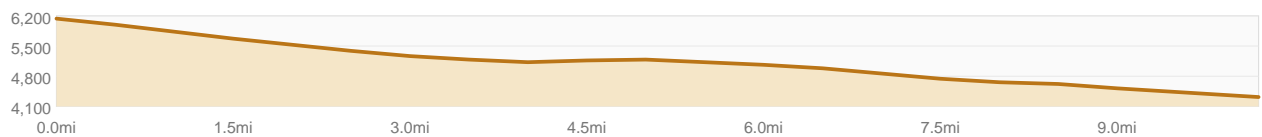


Park Meadow → 1514 AS

Miles 24.4 – 34.6 +325 ft / -2,500 ft

- No crew or drop bags at Park Meadow
- Crew and drop bags at 1514 AS
- Rocky terrain through manzanita

■ 9:00 PM cut-off at 1514 AS (mile 34.6)



1514 → Peterson Ridge

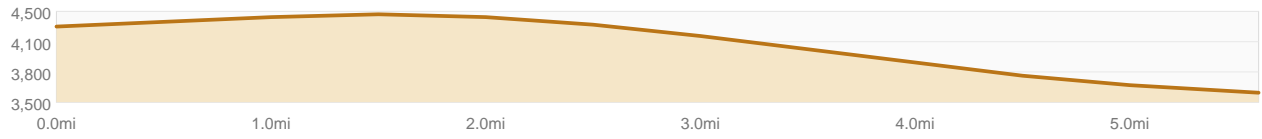
Miles 34.6 – 40.2 +150 ft / -750 ft

■ 11:30 PM cut-off (mile 40.2)

- Crew and drop bags allowed at 1514 AS
- No crew or drop bags at Peterson Ridge
- Single track that winds through the trees

Crew

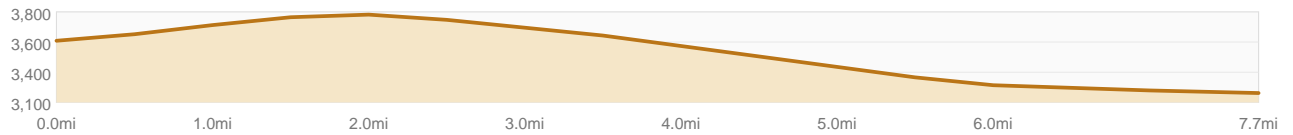
Drop Bags



Peterson Ridge → Whychus

Miles 40.2 – 47.9 +350 ft / -750 ft

- Rolling with net descent



Whychus → Finish

Miles 47.9 – 50.7 +40 ft / -80 ft

- Crew allowed at Whychus, no drop bags
- Toilets available

Crew

