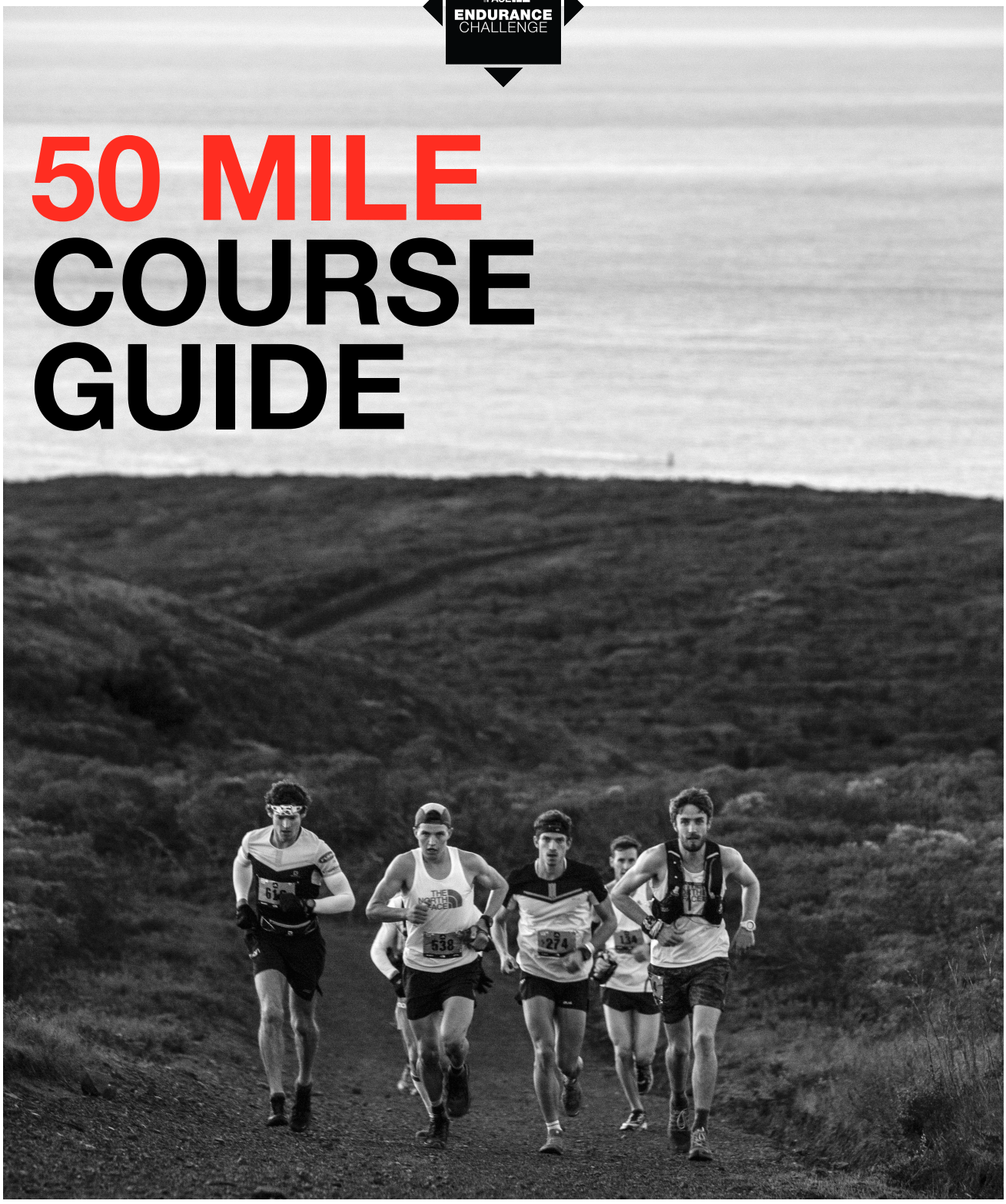
50 MILE COURSE GUIDE



IMPORTANT UPDATES *(05/10/2019)*

- Course and turn-by-turn directions update after Fenton Aid Station

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RACE DAY CHECKLIST

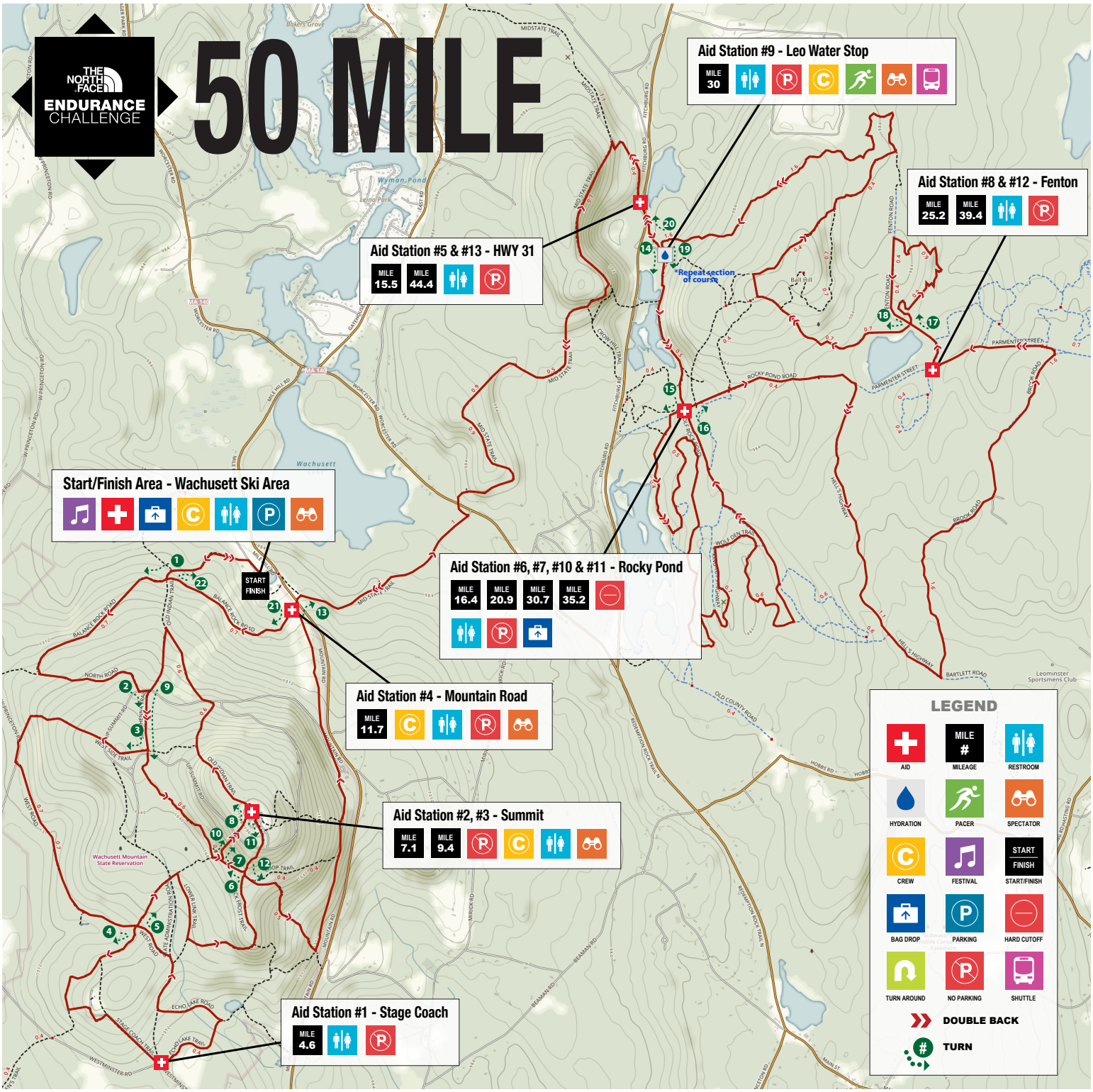
PRE-RACE PREPARATION

- Review the shuttle and parking information on the website and make a plan for your transportation to the start area. Allow extra time if you are required or planning to take a shuttle.
- Locate crew and spectator accessible Aid Stations on the course map and inform your family/friends where they can see you on-course. Review the crew and spectator information section of this guide for crew rules and transportation options.
- If your distance allows, make a plan with your pacer to meet you at a designated pacer aid station. Review the pacer information section of this guide for pacer rules and transportation options.
- Locate the designated drop bag aid stations and prepare a gear bag for the specific drop bag location(s). Review the drop bag information section of this guide for more information regarding on-course drop bag processes and policies.
- Pick up your bib and timing device at a designated packet pickup location.
- Attend the Pre-Race Panel Discussion for last-minute questions and advice from TNF Athletes and the Race Director.
- Check the weather forecast and plan clothing and extra supplies accordingly for both you and your friends/ family attending the race and Finish Festival. It is typically colder at the Start/Finish area than it is in the city.
- Make sure to have a hydration and fuel plan in place to ensure you are properly nourished throughout your race. See the Aid Station Menu for details on the hydration and fuel options available on-course.

WHAT TO BRING

- Directions and/or map to race start, parking location or shuttle pickup location
- Bib, timing device and safety pins
- Bibs should be worn on the front where they will be clearly visible to assist aid station volunteers tracking your progress on the course, and to ensure you will have some great photos of your achievement! Photos will be available a few days after the race, and can be found at www.ultraracephotos.com/tnfec.
- Headlamp or flashlight (MANDATORY for all 50 Mile participants)
- Change of clothes and shoes for the Finish Festival
- Appropriate clothing based on the weather forecast (jacket, pants, gloves, head cover, rain jacket, etc.)
- Appropriate equipment based on the weather forecast (umbrella, poncho, blanket, etc.)
- Bag to store your belongings at the Finish Festival
- Water bottle or hydration pack
    - TNF Endurance challenge is cupless at each course aid station and at the start/finish line festival.
- Required medications, inhalers or EpiPens
- Sunscreen
- Sunglasses or hat
- Anti-chafe gel
- Watch/GPS device (remember to charge the night before)
- Cell phone (limited cellular reception at Start/Finish area) or camera
- Cash for food and beer
- I.D. for beer garden
- Ibuprofen or pain reliever (this will not be distributed to any individual by event staff, volunteers or medical teams)
- Game face

COURSE MAP



COURSE DESCRIPTION

On a clear day, 50 mile runners will still enjoy views of Mt. Monadnock in New Hampshire, the Berkshires to the west, and the Boston skyline to the east. This year though, 50Mile runners will navigate the trails of DCR Wachusett Mountain, summiting only twice before hopping on the Mid-state Trail to DCR Leominster State Forest. Here 50Mile athletes will do two loops of Leominster State Forest enjoying the scenic ridge-lines and lakeshore views before heading back across the Mid-state Trail and straight to the finish line. The terrain ranges from rolling unpaved fire roads to more technical, single track and multi-use trails.

COURSE RATING, ELEVATION PROFILE & PACE CHART

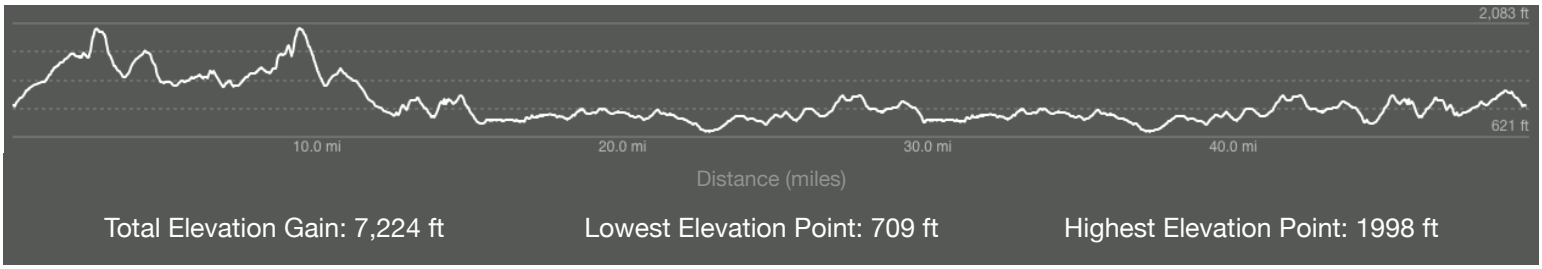
OVERALL DIFFICULTY: ★★★★★

TECHNICAL TERRAIN: ★★★★★

ELEVATION CHANGE: ★★★★★

SCENERY: ★★★★★

				Pace	0:09:05		0:13:01		0:16:58				
Aid Station	Location	Distance	Next Aid	Lead Runner		Middle Runner		Last runner		Crew	Pacer	Drop Bags
Start	Wachusett Ski Area	0.0	4.6	0:00:00	5:00 AM	0:00:00	5:00 AM	0:00:00	5:01 AM	**Yes**	No	**Yes**
Aid #1	Stage Coach	4.6	2.5	0:41:52	5:41 AM	1:00:02	6:00 AM	1:18:11	6:19 AM	No	No	No
Aid #2	Summit	7.1	2.3	1:04:35	6:04 AM	1:32:35	6:33 AM	2:00:35	7:01 AM	**Yes**	No	No
Aid #3	Summit	9.4	2.3	1:25:39	6:25 AM	2:02:48	7:03 AM	2:39:56	7:40 AM	**Yes**	No	No
Aid #4	Mountain Road	11.7	3.8	1:46:16	6:46 AM	2:32:21	7:32 AM	3:18:26	8:19 AM	**Yes**	No	No
Aid #5	Hwy 31	15.5	0.9	2:21:09	7:21 AM	3:22:22	8:22 AM	4:23:34	9:24 AM	No	No	No
Aid #6	Rocky Pond	16.4	4.5	2:29:09	7:29 AM	3:33:49	8:34 AM	4:38:30	9:39 AM	No	No	**Yes**
Aid #7	Rocky Pond	20.9	4.3	3:10:07	8:10 AM	4:32:33	9:33 AM	5:54:59	10:55 AM	No	No	**Yes**
Hard Cut Off	**Rocky Pond**	**All racers need to be through this Aid Station by this time**							**10:55 AM**			
Aid #8	Fenton Road	25.2	4.8	3:48:49	8:48 AM	5:28:02	10:28 AM	7:07:15	12:08 PM	No	No	No
Aid #9	Leo Water Stop	30.0	0.7	4:32:15	9:32 AM	6:30:19	11:30 AM	8:28:22	1:29 PM	**Yes**	**Yes**	No
Aid #10	Rocky Pond	30.7	4.5	4:38:37	9:38 AM	6:39:26	11:39 AM	8:40:14	1:41 PM	No	No	**Yes**
Aid #11	Rocky Pond	35.2	4.3	5:19:35	10:19 AM	7:38:09	12:38 PM	9:56:44	2:57 PM	No	No	**Yes**
Hard Cut Off	**Rocky Pond**	**All racers need to be through this Aid Station by this time**							**2:57 PM**			
Aid #12	Fenton Road	39.4	5.0	5:58:16	10:58 AM	8:33:38	1:34 PM	11:08:59	4:09 PM	No	No	No
Aid #13	Hwy 31	44.4	5.1	6:43:32	11:43 AM	9:38:31	2:39 PM	12:33:30	5:34 PM	No	No	No
Finish	Wachusett Ski Area	49.5	-	7:29:52	12:29 PM	10:44:56	3:45 PM	14:00:00	7:01 PM	**Yes**	No	**Yes**
Hard Cut Off	**Wachusett Ski Area**	**All racers need to be through the Finish Line by this time**							**7:01 PM**			



Total Elevation Gain: 7,224 ft | Lowest Elevation Point: 709 ft | Highest Elevation Point: 1998 ft

CUTOFF POLICY

In accordance with parameters agreed to by **ALL permitting properties** and for the safety of all runners, volunteers and race staff, any runner that is off pace to complete their distance by the designated course cutoff may be pulled at any time by the Race Director.

Please be aware that **14 Hour(s)** is considered a hard cutoff time. All runners will be expected to carry the slowest official finishing pace for the entirety of the course.

If the runner fails to do so and is significantly behind pace, the race staff reserves the right to pull ANY runner from the race at ANY time and at ANY point on the course.

Wave start times are accommodated in the cutoff times.

TURN-BY-TURN DIRECTIONS

START to STAGE COACH Aid Station (4.6 miles):

- From Start area heads towards Balance Rock Trail
- Right on Balance Rock Road
- Left on North Road
- Left on Park Road shoulder briefly
- Right on Semuhenna Trail
- Right on West Side Trail
- Left of W Princeton Rd shoulder briefly
- Left on West Road
- Right on Harrington Trail
- Left into Windmill Farm/Connect over to Stage Coach Road
- Left on Westminster Road shoulder briefly to Aid Station at Parking Lot

Aid Station #1 to SUMMIT Aid Station (7.1 miles):

- Left onto Echo Lake Trail
- Left on Echo Lake Road
- Right on State Admin Road to Harrington Trail Intersection
- Right on Harrington Trail
- Right on Lower Link Trail
- Left on Jack Frost Trail
- Left on Link
- Right on Harrington

Aid Station #2 to SUMMIT Aid Station (9.4 miles):

- Left on Old Indian Trail
- Continue on Old Indian Trail
- Left on Semuhenna Trail
- Continue on Semuhenna Trail
- Left on Harrington Trail back to Summit

Aid Station #3 to MOUNTAIN RD Aid Station (11.7 miles):

- Right on Mountain House Trail to come off the Summit
- Left to continue on Mountain House Trail
- Left on Bicentennial Trail
- Left on bottom of Bicentennial Trail
- Continue on Bicentennial to Aid Station

Aid Station #4 to HWY 31 Aid Station (15.5 miles):

- Cross Mile Hill/Mountain Road to access Mid State Trail
- 3.7 miles on Mid State Trail to Leominster State Park

Aid Station #5 to ROCKY POND Aid Station (16.4 miles):

- Cross 31 and step over guard rail to continue on Mid state Trail into parking lot area
- Hug parking lot area on shoulder
- Continue South past Lower Crowhill Pond on Wolf Rock Trail to Aid Station on Rocky Pond Road

Aid Station #6 to ROCKY POND Aid Station (20.9 miles):

- At Aid Station, make Right on Rocky Pond Road (West)
- Left on Paradise Pond Road
- Left at First Junction to come back North (.5 miles) then loop back South
- Right on King Tut Highway
- Right on Wolf Den Trail (cross Wolf Rock Road) and continue loop counter clockwise to Wolf Rock Road
- Right on Wolf Rock Road to Aid Station hit earlier on Rocky Pond Road

Aid Station #7 to FENTON Aid Station (25.2 miles):

- Leaving Aid Station make a right
- Stay on Rocky Pond Road which will turn into Parmenter Street
- Right on Hells Highway
- Left on Brook Road
- Left on Parmenter Street back to Aid Station

Aid Station #8 to LEO PARKING AID STATION (30.2 miles):

- Right onto Fenton Rd
- At Rocky Pond Trail intersection make a Right on loop that takes you above Fenton Road
- Left on Fenton Road at top of the loop to come back to Rocky Pond Trail
- Right on Rocky Pond Trail
- Left on Ball Hill
- Right on Red Oak Trail
- Left on Black Bear Run to the Aid Station at Leo parking lot

Aid Station #9 to ROCKY POND Aid Station (30.9 miles):

- Hug parking lot area on shoulder
- Continue south past Lower Crowhill Pond on Wolf Rock Trail to Aid Station on Rocky Pond Road

Aid Station #10 to ROCKY POND Aid Station (35.4 miles):

- At Aid Station, make Right on Rocky Pond Road (West)
- Left on Paradise Pond Road
- Left at First Junction to come back North (.5 miles)…then loop back South
- Right on King Tut Highway
- Right on Wolf Den Trail (cross Wolf Rock Road) and continue loop counter clockwise to Wolf Rock Rd
- Right on Wolf Back Road to Aid Station hit earlier on Rocky Pond Road

Aid Station #11 to FENTON Aid Station (39.7 miles):

- Leaving Aid Station make a right
- Stay on Rocky Pond Road which will turn into Parmenter Street
- Right on Hells Highway
- Left on Brook Road
- Left on Parmenter Street back to Aid Station

Aid Station #12 to HWY 31 Aid Station (44.9 miles):

- Right onto Fenton Rd
- At Rocky Pond Trail intersection make a right on loop that takes you above Fenton Rd
- Left on Fenton Rd at top of the loop to come back to Rocky Pond Trail
- Right on Rocky Pond Trail
- Left on Ball Hill
- Right on Red Oak Trail
- Left on Black Bear Run to the Leo parking lot
- After 2nd loop, hug Right and retrace your steps from earlier in the day and make your way back to the Aid Station on Highway 31

Aid Station #13 to FINISH:

- Leave the Aid Station and make your way back up the ridge to the Mid State Trail
- Continue on the Mid State trail back to Wachusett Ski area
- Pass through Mountain Road Aid Station and turn right on Balance Rock Road
- Make a right on Balance Rock Trail to the finish

IMPORTANT COURSE INFORMATION

- All runners will be tracked through every aid station. It is crucial that your bib number is recorded by a volunteer for each pass through.
- When entering an aid station, call out your bib number to the volunteers tracking runners.
- Your race bib must be worn on the front of your body outside of your clothing so that it is visible.
- If you are unable to finish the course, please notify event staff at the nearest aid station that you will not be continuing on the race course. The race staff will then notify the race director and arrange transportation if needed.
- If you see a potentially injured runner on course, please get the runner's bib number and report the situation to the aid station captain at the following aid station.
- Share the trail! Many of our course sections are run on single-track trails. If a faster runner is approaching you and would like to pass provide the opportunity for that runner to safely pass.
- To ensure that all participants complete the proper course, a volunteer will be marking race numbers bib at the following locations:
    - **SUMMIT Aid Station**
    - **ROCKY POND Aid Station**
    - **LEO Water Stop**
- If you **DO NOT** have the appropriate markings upon finishing the race, you are not eligible for any awards.
- The North Face Endurance Challenge is going cupless. Be sure to bring your HydraPak SpeedCup provided at packet pick up or your own bottle/hydration device. Water cups will not be provided.

HEADLAMP POLICY

For safety reasons, all 50 Mile participants are required to have operating headlamps at the start of the race until one hour after sunrise. Failure to comply will result in disqualification.

- Sunrise: 5:10 a.m.
- Sunset: 8:23 p.m.
- Headlamp drop bins will be available at the following location.
    - **Stage Coach Aid Station**
- Ziplock bags and sharpies will be available to store and identify.
- Headlamps will be available for pickup at the Gear Check area post race
- It is the responsibility of the runner to label and deliver headlamp to the appropriate location.

GEAR CHECK

ON-COURSE GEAR BAGS

- 50 Mile participants are allowed a gear bag to be placed on-course.
- Only designated aid stations will accommodate gear bags.
- Bag tags for each location are located at the top of the race number.
- On-course gear bags can be dropped off at packet pickup on Thursday or Friday.
- On race day, bags must be dropped at the Gear Check tent before 4:30 am.
- Gear bags cannot exceed 10 pounds.
- Overweight or bulky bags will not be delivered to drop locations.
- Runners may only drop one bag per location.
- Gear bags will not be refrigerated.
- Unmarked bags will be available at the Gear Check Area and can be retrieved with description.
- Once you will no longer need access to it on-course, place the bag in the area designated for gear bags to return to the Festival.
- All reasonable efforts will be made to return gear bags to the Finish Festival as soon as possible.
- All gear bags will be returned to the Finish Festival after the aid station is closed. (see pace chart)
- The earliest guaranteed time that drop bags will be back to the Finish Festival is two hours after the final runner passes through the aid station.
- Participants are permitted to drive to accessible aid stations to retrieve gear bags at their convenience.
- The North Face and Endurance Challenge are not responsible for lost or stolen gear bags or property.
- On-course gear bags are exposed to the elements. Contents should be weatherproofed.
- Gear bags are subject to search by race staff if necessary.
- **Gear bags will be available for pickup at the Finish Festival until Sunday at 12:30 p.m.**
- **Gear bags not picked up at the Finish Festival will be available at The North Face - BOSTON store for one week following the race.**
- Gear bags WILL NOT be mailed.
- All unclaimed gear bags will be disposed of at the end of the week.

GEAR BAG DROP LOCATION

<u>Rocky Pond Aid Station</u>

- First Pass Mileage: 16.4
- Second Pass Mileage: 20.9
- Third Pass Mileage: 30.7
- Fourth Pass Mileage: 35.2

- Aid Station Close: 3:30 p.m.
- Expected Gear Bag Return: 5:30 p.m.

RECOMMENDED ON-COURSE GEAR BAG ITEMS

EXTRA RACE CLOTHING
shirts
shorts
socks
shoes
rain gear
gloves
hat or neck gaiter

REQUIRED FUEL
energy bars
gels
sandwiches
snacks

REQUIRED HYDRATION
powders
drinks
supplements

FIRST AID
antacids
ibuprofen/aspirin
lip balm
blister protection
analgesics
towels
eye drops
antibiotic ointment
bandages

Drop Bag Tag

GEAR CHECK

FINISH LINE GEAR BAGS

- Runners will be able to leave bags at the Finish in the Gear Check tent.
- Finish Line gear bags must be tagged with the perforated tag located at the bottom of your race bib.
- Race staff will assist with adhering the tag to your bag if needed.
- Gear bags cannot exceed 10 pounds.
- Overweight or bulky bags will not be accepted.
- Coolers will not be accepted.
- Runners may only drop one bag at the Finish.
- Gear bags will not be refrigerated.
- Unmarked bags will be available at the Gear Check Area and can be retrieved with description.
- The North Face and Endurance Challenge are not responsible for lost or stolen gear bags or property.
- Gear bags could be exposed to the elements. Contents should be weatherproofed.
- Gear bags are subject to search by race staff if necessary.
- **Gear bags will be available for pickup at the Finish Festival until Sunday at 12:30 p.m.**
- **Gear bags not picked up at the Finish Festival will be available at The North Face - BOSTON store for one-week following the race.**
- Gear bags WILL NOT be mailed.
- All unclaimed gear bags will be disposed of at the end of the week.

RECOMMENDED FINISH LINE GEAR BAG ITEMS

POST RACE CLOTHING

shirts
shorts
socks
sandals
rain gear
gloves
warm gear

RECOVERY FUEL

recovery bars
recovery powders
snacks
water bottle / hydration device

FIRST AID

antacids
ibuprofen/aspirin
lip balm
blister protection
analgesics
towels
eye drops
antibiotic ointment

Finish Line Gear Bag Tag

AID STATION INFORMATION

The North Face Endurance Challenge believes that their runners should be fueled with proper nutrition and hydration for a successful day on the trails.

Thirteen (13) aid stations are located along the 50 Mile course (see course map for mileage and location). Each aid station consists of the following amenities and menu:

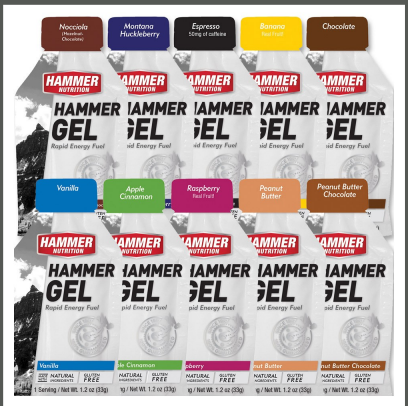
- Medical Tent with accessible DNF transportation
- Toilet facilities
- Menu (V=Vegan; GF=Gluten Free):
  - Salty Snacks:
    - Chips *V GF*
    - Pretzels *V*
    - Saltines
  - Fruit:
    - Oranges & Bananas *V GF*
  - Sweet Snacks:
    - Skittles *V*
    - M&Ms *GF*
  - Peanut Butter & Jelly Sandwiches
  - Potatoes & Salt *V GF*
  - Vegetable Broth *GF*
  - Hammer Gels *V GF*
  - Hammer HEED Electrolyte Hydration *GF*
  - Soda:
    - Cola & Mountain Dew *V GF*
  - Water *V GF*

THE NORTH FACE ENDURANCE CHALLENGE IS GOING CUPLESS

As part of a continuing effort to reduce waste and lessen our race footprint, The North Face Endurance Challenge Series is partnered with HydraPak to be a cupless event. Cups will NOT be available at aid stations or finish line festival for water or electrolyte drink at any of our events. A very limited number of cups will be available for soda and broth upon request.

Each registered runner will receive a HydraPak SpeedCup for re-use at aid stations throughout their race and at the finish line festival. The lightweight and flexible HydraPak SpeedCup is designed to tuck anywhere and easily fill up on a run.

AID STATION ITEMS



HAMMER NUTRITION®

RACE REFUELING BY HAMMER NUTRITION

DO'S AND DON'TS

- **Don't try to "carbo load" the night before**
- **Don't try to load water or sodium in the days before**
- **Don't worry about not sleeping much on Friday night**
- **DO get a good night's sleep Thursday night**
- **DO maintain normal hydration and caloric intake in the days prior**
- **DO attend the panel discussion on Thursday night**

NIGHT BEFORE RACE:

Eat clean, eat until you're satisfied, and then call it a night. For dinner, consume complex carbohydrates, some high-quality protein, and low-to-no saturated fat. Make sure your meal is low in sodium, and be sure to drink sufficient (but not too much) amounts of water. Skip the alcohol, fatty foods, and dessert… save those "rewards" for after the race.

RACE MORNING:

- **Finish all calorie consumption 3 hours prior to your race start.** This puts your body in the ideal physiological state to use its stores of on-board fuel efficiently, while also utilizing the vast amount of calories from body fat stores more effectively.
- If you don't plan on being up to eat 3 full hours before race start, sleep in and skip breakfast.

Breakfast should consist of 400-500 calories from low-fiber carbohydrates, protein, and fat.
Read all about pre-exercise fueling here: https://www.hammernutrition.com/pre-exercise

DURING THE RACE: ***REMEMBER: Less is Best!***

- **Calories –** 120 to 180 per hour
- **Fluids –** 16 to 28 ounces per hour
- **Electrolytes –** 1-3 Endurolytes Extreme per hour (supplies 300 mg of salt per capsule)

SOURCE: https://www.hammernutrition.com/less-is-best

CALORIC INTAKE: The goal of caloric intake is to consume the least amount necessary to maintain energy levels where you want them to be hour after hour. For the majority of athletes, this represents an intake of 120-180 calories per hour. You can always add more!

Calories in Hammer fuels at the aid stations:

- Hammer Gel = 90 calories
- HEED = 5 calories per fluid ounce

SOURCE: https://www.hammernutrition.com/caloric-intake

FLUID INTAKE: Avoid overconsuming! Most athletes can assimilate a maximum of 20-25 ounces per hour. Lighter athletes or cooler temperatures require even less—only 12-16 ounces per hour. Heavier athletes or hot temperatures may require up to 28 ounces per hour.
SOURCE: https://www.hammernutrition.com/hydration

ELECTROLYTE INTAKE: To maintain the optimal performance of many important bodily functions—including muscular performance—regular dosing with a balanced, full-spectrum blend of electrolytes is required.
SOURCE: https://www.hammernutrition.com/electrolytes

AFTER THE RACE:

- **"Refill the tank" ASAP with Recoverite.** Consumed within the first 30 minutes after the race, Recoverite is the convenient and effective way to resupply your body with complex carbohydrates, whey protein isolate, and a full spectrum electrolyte profile.

SOURCE: https://www.hammernutrition.com/recovery

For complete articles on these five topics, be sure to download your FREE copy of ***5 Secrets of Success*** at https://www.hammernutrition.com/5sos

COURSE MARKING

RIBBON MARKINGS

- Each distance will follow a unique color of marking that corresponds to the participant's bib color.
- Any time runners do not see their race color among the ribbons hung on the trails, they should take it as an indication that they are no longer on their race course. They should return to the last place they saw ribbon matching their race.
- For portions of the course that will be impacted before sunrise or after sunset, reflective tape and/or glow sticks will be placed alongside course markings.

FLAG MARKINGS

- As needed, ribbon markings will be replaced by flag markings.

SIGN MARKINGS

- All Endurance Challenge racers will follow the white directional signage arrows on-course.
- In the event that the course is marked with a colored arrow instead of a white arrow, runners should follow the sign color that corresponds to the color of their race bib.
- Locations where this may occur include when the race distances split and at trail intersections.

AID STATION SIGNAGE

- At each aid station, runners will find a sign featuring the current mileage and the distance to the next aid station (see bottom image).

RUNNING WITH GPS WATCHES

We understand that runners will be equipped with a wide variety of GPS watches. These watches should only be used as a guide for measuring your distance throughout your respective trail race. Please be cautioned that satellite reception, tree coverage and other factors will impact the accuracy of the distance displayed on your watch and that the distance of your course will vary depending on the type/model you wear.

SAMPLE MARKINGS

PACER INFORMATION

PACER INSTRUCTIONS

- A pacer is defined as a trail companion that may accompany a registered participant along designated sections of the Endurance Challenge course.
- Only participants running the 50 Mile race are allowed to use pacers.
- Pacers must follow all rules and regulations set forth by The North Face Endurance Challenge.
- Pacers must comply with all instructions from event staff and volunteers at all points along the trail.
- Failure to comply will result in disqualification of the runner.

RULES FOR PACERS

- Pacers are not allowed on the course prior to mile 27.0
- Pacers cannot meet runners at locations other than those designated
- Pacers must check-in with the aid station captain and sign a release waiver before joining their runner
- Pacers must wear the provided pacer bib at all times
- Pacer bibs must be visible on the outside and front of clothing
- Runners can be accompanied by only one pacer at a time
- No “muling” (carrying runner’s gear or nutrition/fluids)
- No vehicular or bike pacing

PACER LOCATIONS

Leo Water Aid Station

- Mileage: 30

PACER TRANSPORTATION

- **Shuttles are provided for Crew/Spectators to Leo Water Stop**
  - **Continuous Shuttle Time: 8:30 a.m. until 5:00 p.m. from Wachusett Mountain Resort**
- Parking is NOT available at ANY Aid Stations on the course map.
- Vehicles parked at aid stations not designated as accessible aid stations may be ticketed and/or towed by park officials.
- **SEE COURSE MAP FOR PARKING AVAILABILITY**

CREW/SPECTATOR INFORMATION

CREW/SPECTATOR INSTRUCTIONS

- A crew member is defined as any individual who provides material support to a runner during the race
- Crew/Spectator must follow all rules and regulations set forth by The North Face Endurance Challenge
- Crew/Spectator members must comply with all instructions from event staff and volunteers at all times
- Failure to comply will result in disqualification of the runner

RULES FOR CREW/SPECTATOR

- Crew/Spectator access is only permitted at designated aid station locations (see pace chart and map)
- Crews must check-in with the aid station captain for direction on where to assist runners
- Crews may only assist runners within a **100ft** radius of the designated aid stations
- A traffic cone will signify the allowable parameters for crew assistance
- Crews are limited to one vehicle per runner at designated aid stations
- No smoking is allowed at any of the aid stations
- Littering of any kind is strictly prohibited
- Runners are responsible for the actions of their crew

CREW/SPECTATOR ACCESSIBLE LOCATION

Summit Aid Station

- First Pass Mileage: 7.1
- Second Pass Mileage: 9.4
- **Chair Lift Access ONLY**

Mountain Road Aid Station

- Mileage: 11.7
- **Walking Distance from Start/Finish Area**

Leo Water Stop

- Mileage: 30
- **Shuttle Access ONLY**

CREW/SPECTATOR TRANSPORTATION

- **Access to SUMMIT Aid Station is available via POLAR EXPRESS Chairlift.**
  - **Continuous Run Time: 5:30 a.m. until 3:30 p.m. from Wachusett Mountain Resort.**
  - **Admission to ride the SkyRide is complimentary of The North Face Endurance Challenge.**
- **Shuttles are provided for Crew/Spectators to Leo Water Stop**
  - **Continuous Shuttle Time: 8:30 a.m. until 5:30 p.m. from Wachusett Mountain Resort**
- Parking is NOT available at ANY Aid Stations on the course map.
- Vehicles parked at aid stations not designated as accessible aid stations may be ticketed and/or towed by park officials.
- **SEE COURSE MAP FOR PARKING AVAILABILITY**