



50 MILE COURSE GUIDE

IMPORTANT UPDATES (09/01/2017)

- Skratz Labs now being served at Aid Station
- Course pending final approval
- Pacer, crew and spectator information

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

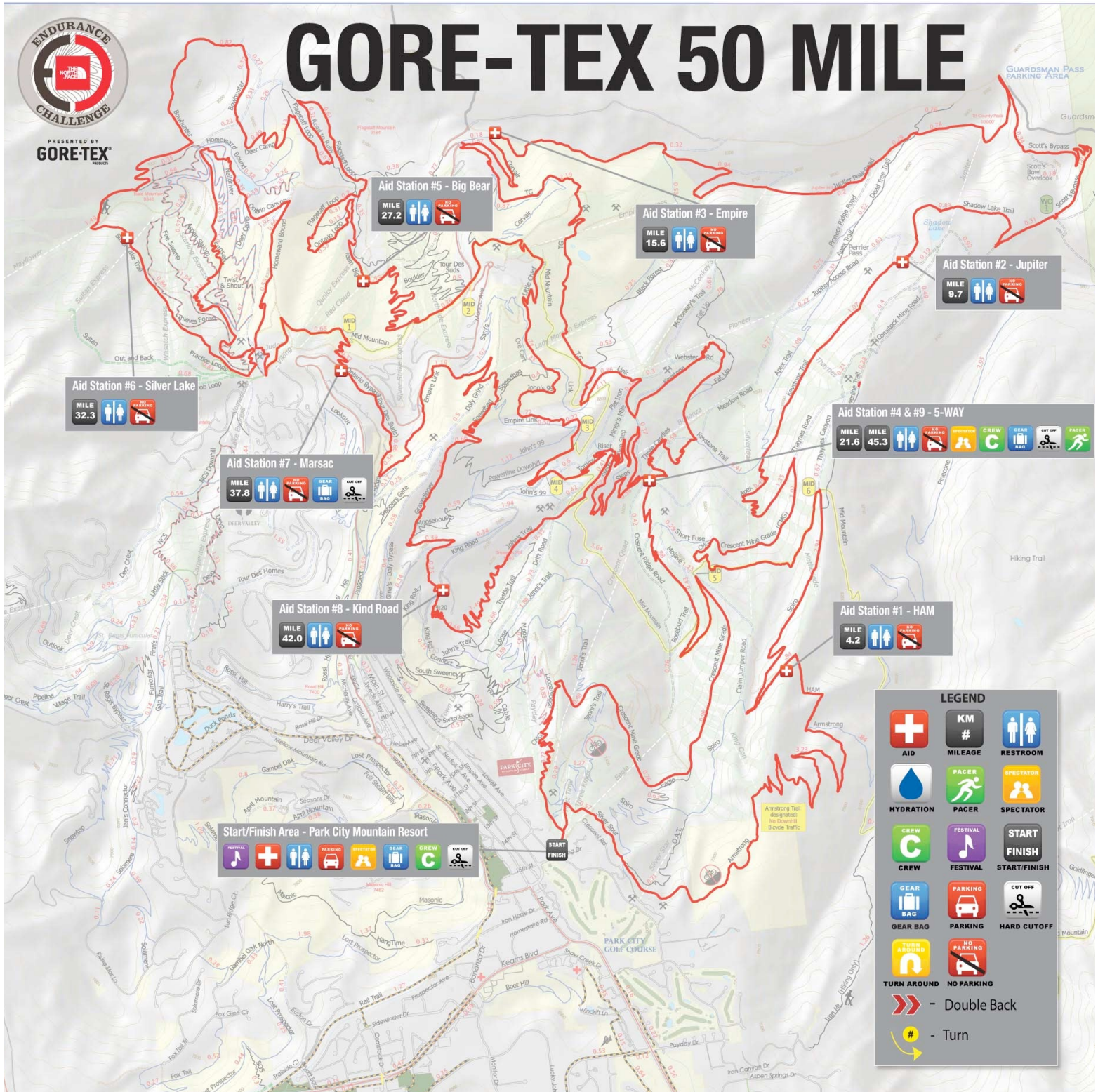
- Directions and/or map to race start, parking location or shuttle pickup location
- Bib, timing device and safety pins
- Bibs should be worn on the front where they will be clearly visible to assist aid station volunteers tracking your progress on the course, and to ensure you will have some great photos 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 GORE-TEX® 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
- 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)

COURSE MAP

GORE-TEX 50 MILE



PRESENTED BY
GORE-TEX
PRODUCTS



COURSE DESCRIPTION

This race course will not only start at the highest elevation within the North America series at 7,000 feet but it will also climb to the highest elevation of 10,000 feet. The North Face Endurance Challenge cruises along the Wasatch Back, part of the Wasatch Mountain Range in the resort destination of Park City. Athletes will navigate this world-renowned ski destination using a mix of double and single track trail, ski runs, mountain bike trails and various dirt access roads. Bring your lungs and legs and be prepared to be awe struck.

COURSE RATING, ELEVATION PROFILE & PACE CHART

OVERALL DIFFICULTY: ★★★★★★

TECHNICAL TERRAIN: ★★★★★★

ELEVATION CHANGE: ★★★★★★

SCENERY: ★★★★★★



Total Elevation Gain: 8,852 ft

Total Elevation Change: 17,704 ft

Highest Elevation: 9,967 ft

Lowest Elevation: 6,900 ft

				Pace		0:09:00		0:13:29		0:17:58			
Aid Station	Name	Mile	Next Aid	Lead Runner		Middle Runner		Last runner		Crew	Pacer	Drop Bags	
Start	PCMR	0.0	4.2	0:00:00	5:00 AM	0:00:00	5:00 AM	0:00:00	5:01 AM	Yes	No	Yes	
Aid #1	HAM	4.2	5.5	0:37:48	5:37 AM	0:56:37	5:57 AM	1:15:27	6:16 AM	No	No	No	
Aid #2	Jupiter	9.7	5.9	1:27:18	6:27 AM	2:10:47	7:11 AM	2:54:15	7:55 AM	No	No	No	
Aid #3	Empire	15.6	6.0	2:20:24	7:20 AM	3:30:19	8:30 AM	4:40:14	9:41 AM	No	No	No	
Aid #4	5 Way	21.6	5.6	3:14:24	8:14 AM	4:51:13	9:51 AM	6:28:01	11:29 AM	Yes	Yes	Yes	
Hard Cut Off		5 Way	All 50 MILE racers need to be through this Aid Station by this time						11:29 AM				
Aid #5	Big Bear	27.2	5.1	4:04:48	9:04 AM	6:06:43	11:07 AM	8:08:37	1:09 PM	No	No	No	
Aid #6	Silver Lake	32.3	5.5	4:50:42	9:50 AM	7:15:28	12:15 PM	9:40:14	2:41 PM	No	No	No	
Aid #7	Marsac	37.8	4.2	5:40:12	10:40 AM	8:29:37	1:30 PM	11:19:03	4:20 PM	No	No	Yes	
Hard Cut Off		Marsac	All 50 MILE racers need to be through this Aid Station by this time						4:20 PM				
Aid #8	King Road	42.0	3.3	6:18:00	11:18 AM	9:26:15	2:26 PM	12:34:29	5:35 PM	No	No	No	
Aid #9	5 Way	45.3	4.8	6:47:42	11:47 AM	10:10:44	3:11 PM	13:33:46	6:34 PM	Yes	Yes	No	
Finish	PCMR	50.1	-	7:30:54	12:30 PM	11:15:27	4:15 PM	15:00:00	8:01 PM	Yes	Yes	Yes	
Hard Cut Off		PCMR	All 50 MILE racers need to be through the Finish Line by this time						8:01 PM				

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 **15 Hours** 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 Aid Station #1 - Ham (4.2m)

- Start heading up First Time Road.
- Turn Right onto Silver Spur.
- Turn Right onto Spiro.
- Bear Left onto Armstrong.
- Turn Left onto Ham

Aid Station #1 to Aid Station #2 - Jupiter (5.5m)

- Head Right Up Claim Jumper Road.
- Turn Right onto Spiro
- Turn Left onto Mid Mountain
- Turn Right onto CMG.
- Turn Left onto Thaynes Road.
- Turn Right onto Apex.
- Turn Right onto Keystone.
- Bear Right at Jupiter Access Road.

Aid Station #2 to Aid Station #3 - Empire (5.9m)

- Turn Left (Straight) onto Shadow Lake Loop.
- Turn Left at Wasatch Crest Connector
- Turn Left onto Scott's Bypass
- Turn Left onto Jupiter Peak Road
- Follow to Flagpole at Jupiter Peak.
- Head Down Pioneer Ridge towards McConkey's (Loose!)
- Continue along ridge across "DMZ" to Empire at Deer Valley.
- Turn Right onto Empire Dirt Road and Turn Left to continue to the saddle.
- Continue Straight onto path along the ridge that becomes an unnamed road.
- Bear Left to stay on unnamed dirt road contouring around hill.

Aid Station #3 to Aid Station #4 - 5-Way (6m)

- Turn Left onto Corvair
- Turn Right to stay on (traversing) Corvair.
- Turn Left on TG/Corvair.
- Turn Left to stay on TG.
- Turn Left on Empire lodge rd to stay on TG.
- Turn Right at next Rd intersection (follow the road uphill curving to the left).
- Turn Right onto TG2.
- Turn Right at intersection with Black Forest (stay on TG2).
- Turn Left on Mid Mountain.
- Turn Left onto Link.
- At bottom of Pioneer Lift, turn Right onto Thaynes rd.

- Continue Up and Right on Thaynes Rd.
- Turn Left onto Keystone Tr.
- Go Straight (Left) onto Keystone Tr/ Webster Rd.
- Continue Straight on Keystone Tr.
- Turn Right onto Three Candles.

Aid Station #4 to Aid Station #5 - Big Bear (5.6m)

- Turn Right onto Tommy Two steps.
- Turn Left to stay on Tommy Two Steps.
- Turn Right on Mid Mountain.
- Left onto Empire Link.
- ***(50mile break off 50K)**
- Right onto Johns 99.
- Straight onto Little Chief.
- Stay Right to continue on Little Chief.
- Left onto Mid Mountain.
- Cross Marsac Ave on Mid Mountain.
- Right onto Team Big Bear.

Aid Station # 5 to Aid Station #6 - Silver Lake (5.1m)

- Continue on Team Big Bear
- Left onto Ontario Loop
- Turn Left (Downhill) onto Trump Rd
- Turn Right onto Holy Roller
- Turn Right onto Bald Mtn Trail
- Turn Left onto BowHunter
- Straight onto Bald Mtn Hiking Trail
- Right onto Silver Lake Hiking Trail

TURN-BY-TURN DIRECTIONS

Aid Station #6 to Aid Station #7 - Marsac (5.5m)

- Straight on Silver Lake Rd.
- Right on Silver Lake Hiking Trail.
- Left onto unnamed single track at bottom of Silver Lake.
- Left onto Homeward Bound.
- Left onto Silver lake Road.
- Bear Right onto Sunset.
- Right on Road to Ruby
- Right onto Ontario Hiking Trail.
- Left onto Ontario Canyon Road.
- Right onto Ontario Hiking Trail.
- Right onto Ontario Canyon Road.
- Left onto Ontario Hiking trail.
- Left onto Mid Mountain.
- Right Onto TDS Ontario Bypass.
- Cross Marsac Ave

Aid Station #7 to Aid Station #8 - King Road (4.2m)

- Left on Empire Link.
- Left again on Empire Link.
- Bear Right to stay on Empire Link.
- Right on Speed Bag.
- Right on Ontario Ridge Road.
- Left around Power Station onto Grave Digger.

Aid Station #8 to Aid Station #9 - 5-Way (3.3m)

- Cross King Road and continue straight onto 4:20.
- Left onto Johns.
- Left onto Dirt road at top of Johns.
- At “Angle Station,” go Straight up “Upper Angle Rd.”
*(50mile/50K rejoin)
- Continue up Steps Access.
- Right onto Steps.
- Follow steps to 5 Way.

Aid Station #9 to Finish (4.7m)

- Enter Mojave Trail.
- Turn Left onto Mid Mountain.
- Turn Right onto CMG.
- Follow CMG to “First Time” access trail.
- Take a left on access trail and head up the grade.
- Continue down First Time hill hugging right side of mountain all the way to the road.
- Make hard right & follow to Start/Finish line.

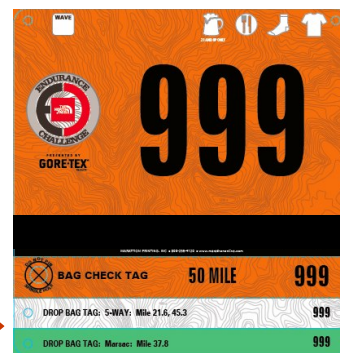
IMPORTANT COURSE INFORMATION

- 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.
- To ensure that all participants complete the proper course, a volunteer will be marking race bibs at the following locations:
 - **5 Way Aid Station**
- If you DO NOT have the appropriate markings upon finishing the race, you are not eligible for any awards.

GEAR BAG DROP

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 bottom 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 a.m.
- 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. and then at The North Face - Salt Lake City 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 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

GEAR BAG DROP LOCATIONS

Location #1: 5-Way Aid Station

- First Pass Mileage: 21.6
- Second Pass Mileage: 45.3
- Aid station close: 7:35 p.m.
- Expected gear bag return: 8:25 p.m.
(Gondola access available at aid station for bag retrieval)

Location #2: Marsac Aid Station

- Mileage: 37.8
- Aid station close: 4:15 p.m.
- Expected gear bag return: 6:15 p.m.

AID STATION MENU

Salty Snacks:

Chips **V GF** | Pretzels **V** | Saltines **V**

Fruit: Oranges & Bananas **V GF**

Sweet Snacks: Skittles **V** & M&Ms **GF**

Peanut Butter & Jelly Sandwiches

Potatoes & Salt **V GF**

Vegetable Broth **GF**

Energy (Skratch Labs Fruit Drops)

Scratch Labs Hydration Drink **V GF**

Soda: Pepsi & Mountain Dew **V GF**

Water **V GF**

V = VEGAN

GF = GLUTEN FREE



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. and then at The North Face - Salt Lake City 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.



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: 7:17 a.m.
- Sunset: 7:18 p.m.
- Headlamp drop bins will be available at the following locations.
 - 5-Way 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.

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 21.0
- 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

Location #1: 5-Way Aid Station

- First Pass Mileage: 21.6
- Second Pass Mileage: 45.3

PACER TRANSPORTATION

- Transportation is NOT provided to or from the designated aid stations.
- 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 or venue officials.
- **Access to 5-Way aid station is available via Crescent Mine Chairlift.**
- **Endurance Challenge discount is available with a voucher redeemable at the Park City Mountain Ticket Desk.**
- **Vouchers can be found on participant bibs and are available at the information booth.**
- **SEE COURES MAP FOR PARKING AVAILABILITY**

CREW INFORMATION

CREW INSTRUCTIONS

- A crew member is defined as any individual who provides material support to a runner during The North Face Endurance Challenge event
- Crews must follow all rules and regulations set forth by The North Face Endurance Challenge
- Crew 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

- Crew 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 **100 ft** 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 ACCESSIBLE LOCATIONS (see pace chart for mileage)

Location #1: 5-Way Aid Station

- First Pass Mileage: 21.6
- Second Pass Mileage: 45.3

CREW TRANSPORTATION

- 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 or venue officials.
- **Access to 5-Way aid station is available via Crescent Mine Chairlift.**
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- **SEE COURES MAP FOR PARKING AVAILABILITY**

SPECTATOR INFORMATION

SPECTATOR INSTRUCTIONS

- Spectators must follow all rules and regulations set forth by The North Face Endurance Challenge
- Spectators 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 SPECTATORS

- Spectator access is only permitted at designated aid station locations (see pace chart and map)
- 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 spectators

SPECTATOR ACCESSIBLE LOCATIONS (see pace chart for mileage)

Location #1: 5-Way Aid Station

- First Pass Mileage: 21.6
- Second Pass Mileage: 45.3

SPECTATOR TRANSPORTATION

- 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 or venue officials.
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