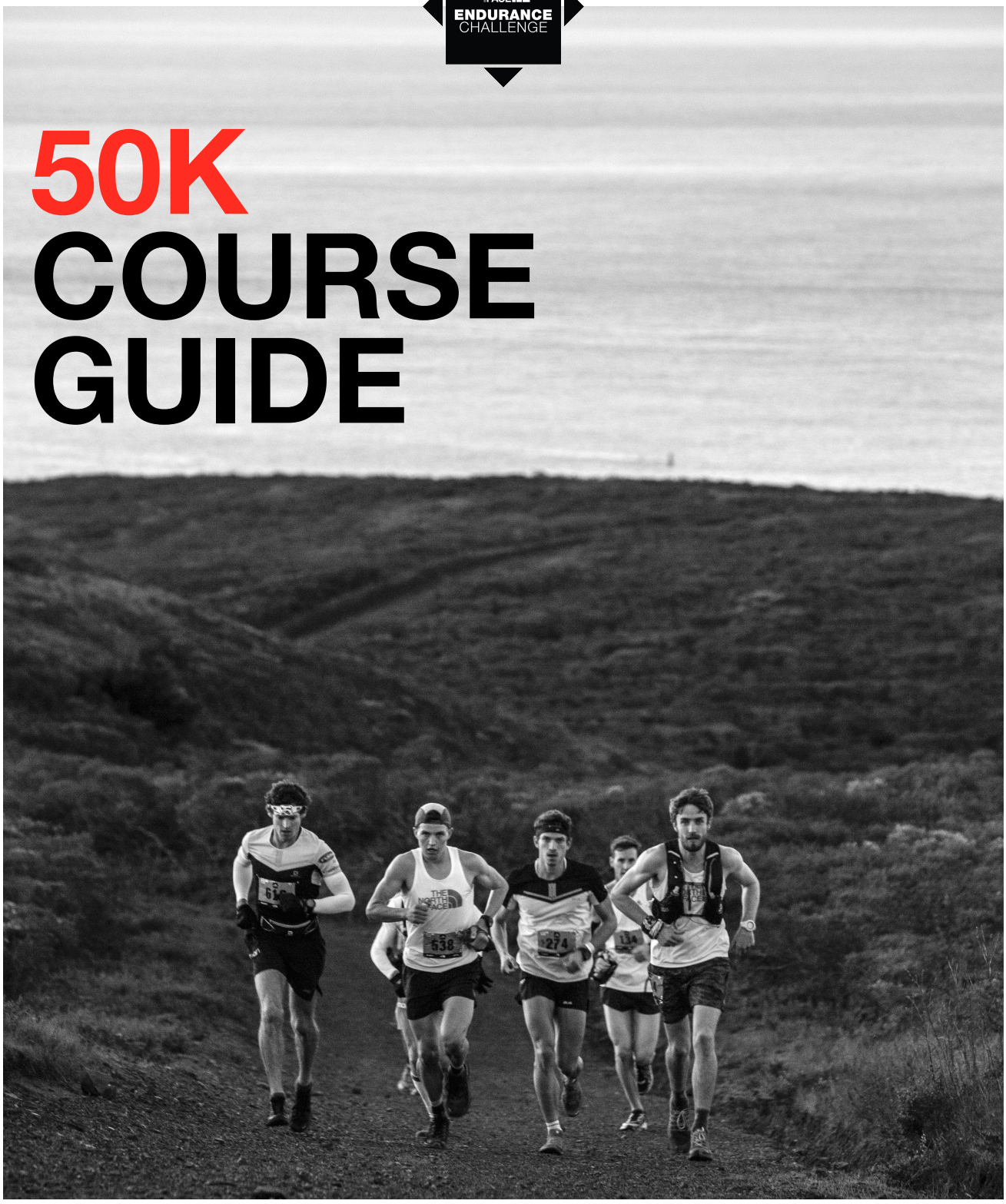
THE NORTH FACE ENDURANCE CHALLENGE

50K COURSE GUIDE



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RACE DAY CHECKLIST

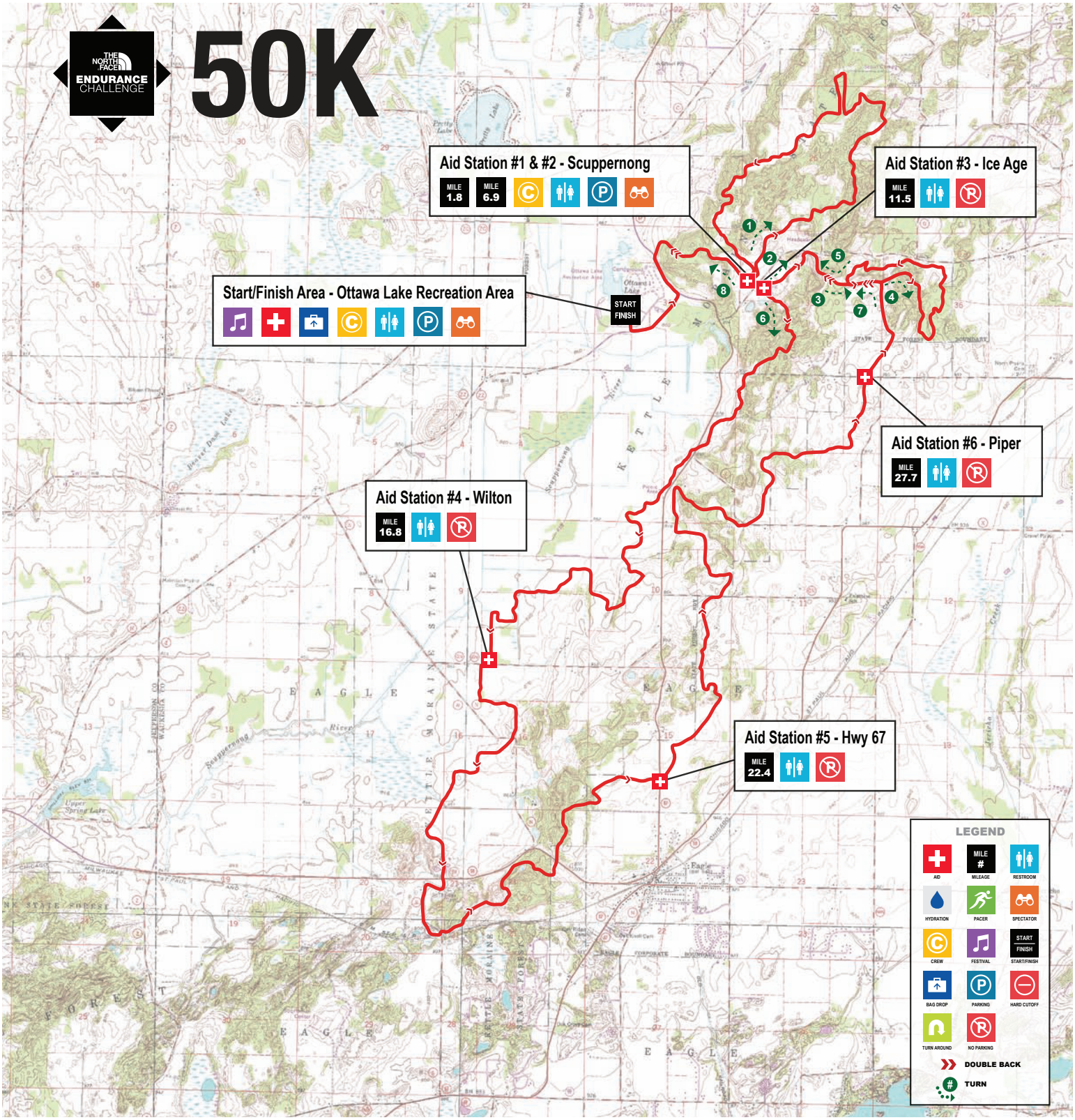
PRE-RACE PREPARATION

- 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

Located 60 miles east/southeast of Madison, in the southern reaches of picturesque Kettle Moraine State Park, a large portion of the course takes place on the renowned Ice Age Trail. The forested area, massaged by monstrous glaciers many millennia ago, contains wake-up-call hill climbs of 200-300 feet and enough undulating terrain to challenge even those granite-legged mountain runners. Overall, the soft, forgiving course is 80% single-track, with slightly wider, equestrian sections sprinkled in between. This is the least technical of all the Endurance Challenge courses.

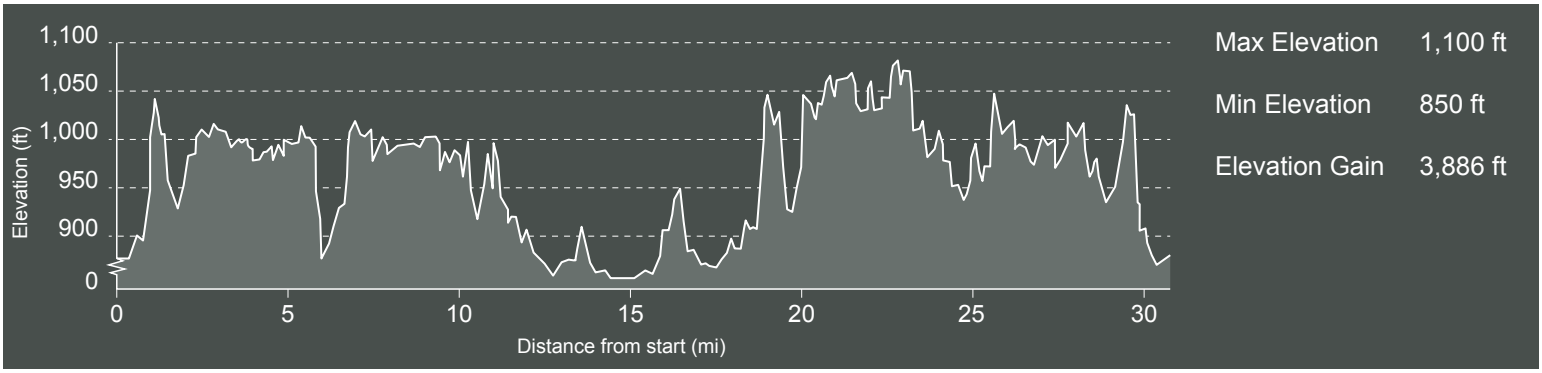
COURSE RATING, ELEVATION PROFILE & PACE CHART

OVERALL DIFFICULTY: ★★★★★

TECHNICAL TERRAIN: ★★★★★

ELEVATION CHANGE: ★★★★★

SCENERY: ★★★★★



				Pace	0:06:30		0:11:51		0:17:12	
Aid Station	Name	mile	Next Aid	Lead Runner		Middle Runner		Last runner		Crew
Start	Ottawa Lake	0.0	1.8	0:00:00	7:00 AM	0:00:00	7:01 AM	0:00:00	7:02 AM	Yes
Aid #1	Scuppernong	1.8	5.1	0:11:42	7:11 AM	0:21:20	7:22 AM	0:30:57	7:32 AM	Yes
Aid #2	Scuppernong	6.9	4.6	0:44:51	7:44 AM	1:21:45	8:22 AM	1:58:40	9:00 AM	Yes
Aid #3	Ice Age	11.5	5.3	1:14:45	8:14 AM	2:16:16	9:17 AM	3:17:46	10:19 AM	No
Aid #4	Wilton	16.8	5.6	1:49:12	8:49 AM	3:19:04	10:20 AM	4:48:55	11:50 AM	No
Aid #5	Hwy 67	22.4	5.3	2:25:36	9:25 AM	4:25:25	11:26 AM	6:25:13	1:27 PM	No
Aid #6	Piper	27.7	3.7	3:00:03	10:00 AM	5:28:13	12:29 PM	7:56:22	2:58 PM	No
Finish	Ottawa Lake	31.4	-	3:24:06	10:24 AM	6:12:03	1:13 PM	9:00:00	4:02 PM	Yes
Hard Cut Off	**Ottowa Lake**	**All 50K racers need to be through the Finish Line by this time**							**4:02 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 **9 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 Aid Station #1 - Scuppernong

- Depart the main event site heading straight out to Hwy ZZ
- Turn left on Road ZZ (staying on the shoulder)
- Turn left on Hwy 67
- At roughly 0.9 miles from start, cross Hwy 67
- Run through the clear cut onto the horse riding trail
- Turn right towards Scuppernong Parking lot
- At 1.8 miles, turn left and run outer edge of parking lot to Scuppernong trail head
- At the trail head, turn left to enter trails
- Make your first right and continue on the “green” trail going in a counter clockwise motion
- Follow “green” trail to Aid Station

The Scuppernong trails are mostly wooded ski trails with the entire loop designated by square “green” post markings. The wide trails and excellent footing make this section fast and fun, but the rolling “Kettle Moraine” hills make it challenging and scenic.

Scuppernong to Aid Station #2 - Ice Age

- Turn left back on horse trail
- Continue on horse trail crossing Road ZZ, making your way to the 2.89 mile loop.
- Turn left at second intersection, followed by an immediate right
- Turn left toward Ottawa ZZ parking lot
- Continue straight past ZZ parking lot and take an immediate right
- Turn right to connect back to the out and back section heading back towards Road ZZ
- Make a hard left at Road ZZ
- Continue down dirt access road that leads to the Ice Age Trail and parking lot

Ice Age to Aid Station #3 - Wilton

- Leave Aid Station #2 and head towards the Ice Age trail
- Turn right at Ice Age trail junction and proceed south on the Ice Age Trail
- Continue south and cross Piper Road
- Cross Hwy 67
- Turn south and cross Wilton Road to Aid Station

This section of the trails is narrow undulating single track that starts off with some short climbs and descents then gives way to a steady descent to Piper Road, Hwy 67 and into the Ice Age Trail parking lot. After crossing the parking lot the Ice Age trail passes briefly through a low lying wooded area and opens into a prairie section of trail.

Wilton to Aid Station #4 - Hwy 67

- Continue south out of after crossing Wilton road
- Cross Road N
- At Eagle Dog Trial Grounds take the gravel road for approximately 0.2 miles
- Cross Hwy 59 and get back on the Ice Age trail
- Split from 50 Mile race at Road S
- Continue a short distance on Road S to the horse trail
- Turn left at the horse trail and head north
- Cross Hwy 59 and continue to Aid Station at Hwy 67

The prairie section of the trails continues until the turn on to the horse trails at Road S. This section is fairly flat and fast with just enough wooded area and undulation to make it interesting.

Hwy 67 to Aid Station #5 - Piper

- Continue north crossing Wilton Road
- Cross Road X and continue to Piper Aid Station

This stretch of the horse trail contains a few extremely sandy sections. Runners will want to run along the side of the trail to avoid the sand as much as possible. The horse trails are mostly wide and flat but this section does have a few rolling hills and one of the longer uphill segments on the course.

Piper to Finish

- Turn left at first junction towards Scuppernong Aid Station
- Cross Road ZZ and continue past Scuppernong Aid station
- Re-trace route up the horse trail to the clear cut through the woods
- Cross Hwy 67 and turn left
- Turn right at Road ZZ and follow the shoulder of the road
- Turn right on to the grass trail into Ottawa Lake

Runners will be very familiar with this next section as they make their way back towards the initial horse loop lollypop section.

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.
- 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.

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 - BROOKFIELD 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.

Six (6) aid stations are located along the 50K course (see course map for mileage and location). Each aid station consists of the following amenities and menu:

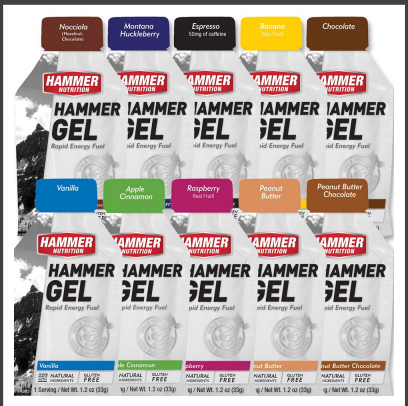
- Medical Tent with accessible DNF transportation
- Toilet facilities
- Menu (V=Vegan; GF=Gluten Free):
  - Salty Snacks:
    - Chips *V GF*
    - Pretzels *V*
    - Saltines
  - Fruit:
    - Oranges & Bananas *V GF*
  - Sweet Snacks:
    - Skittles *V*
    - M&Ms *GF*
  - Peanut Butter & Jelly Sandwiches
  - 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

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

- Scuppernong Aid Station
    - First Pass Mileage: 1.8
    - Second Pass Mileage: 6.9

CREW/SPECTATOR TRANSPORTATION

- Parking is available at designated aid stations.
- 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**

AID STATION DRIVING DIRECTIONS

START LINE TO SCUPPERNONG AID STATION (5 MINUTES):

- Exit Ottawa Lake Recreation Area by taking a left onto County Highway ZZ
- At the T-intersection take a right onto State Highway 67
- Continue on State Highway 67 until your first left
- Turn Left on County Highway ZZ
- Turn right into Scuppernong Hiking/Ski trail parking lot
- End at Scuppernong Aid Station