



COURSE GUIDE 50K

IMPORTANT UPDATES

- New Course Guides for 2018!
- New CUT OFF TIMES

TABLE OF CONTENTS

RACE DAY CHECKLIST	3
COURSE MAP	4
COURSE DESCRIPTION	4
COURSE RATING, ELEVATION PROFILE & PACE CHART	5
CUTOFF POLICY	5
TURN-BY-TURN DIRECTIONS	6
IMPORTANT COURSE INFORMATION	7
GEAR CHECK	8
AID STATION INFORMATION	9
COURSE MARKING	10
RUNNING WITH GPS WATCHES	10
CREW/SPECTATOR INFORMATION	11

RACE DAY CHECKLIST

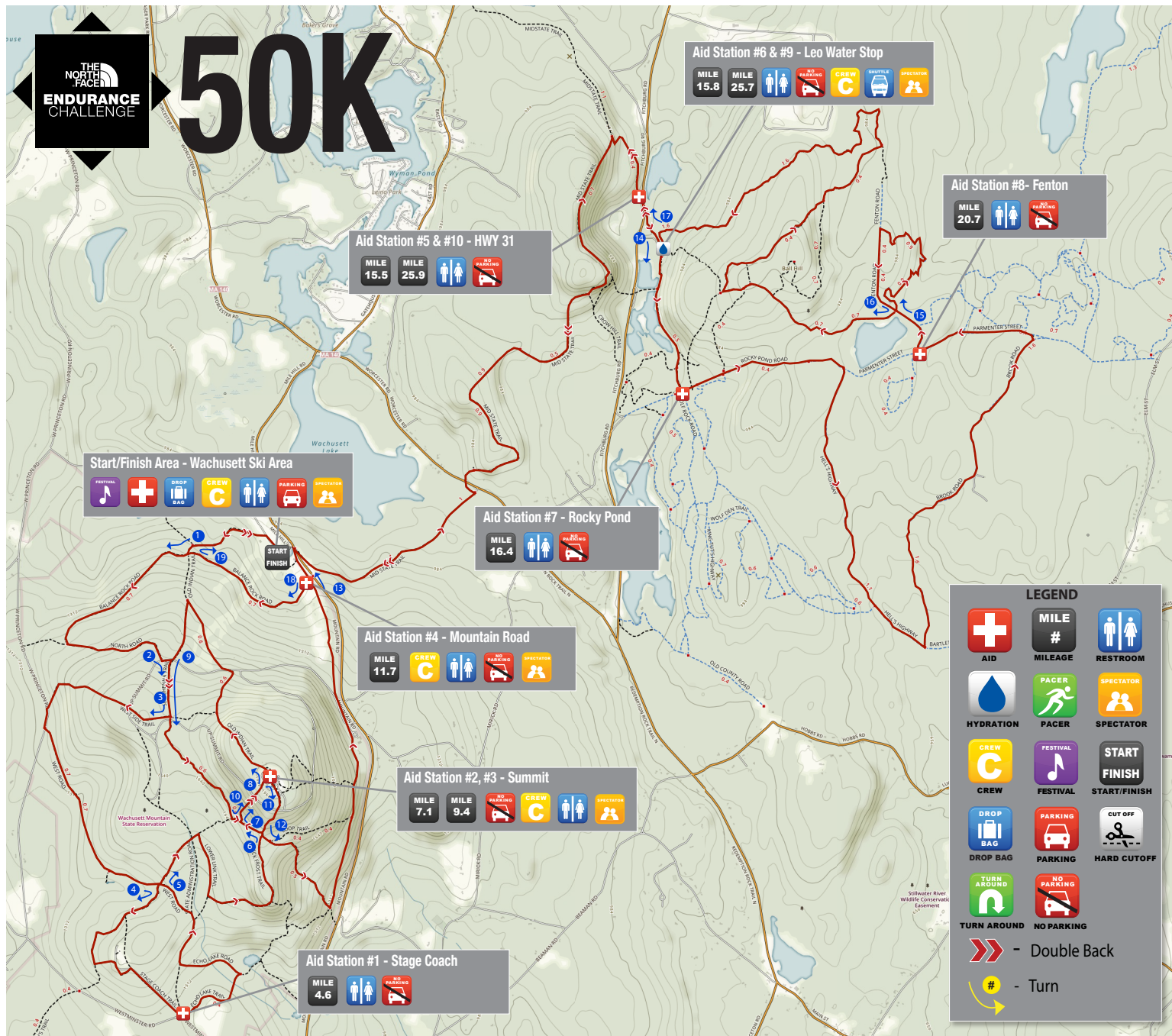
PRE-RACE PREPARATION

- 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
- 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, Marathon runners will still enjoy views of Mt. Monadnock in New Hampshire, the Berkshires to the west, and the Boston skyline to the east. Marathon runners will navigate the trails of DCR Wachusett Mountain, summitting only twice before hopping on the Mid-state Trail to DCR Leominster State Forest. Here, Marathon athletes will do a slightly varied loop 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.

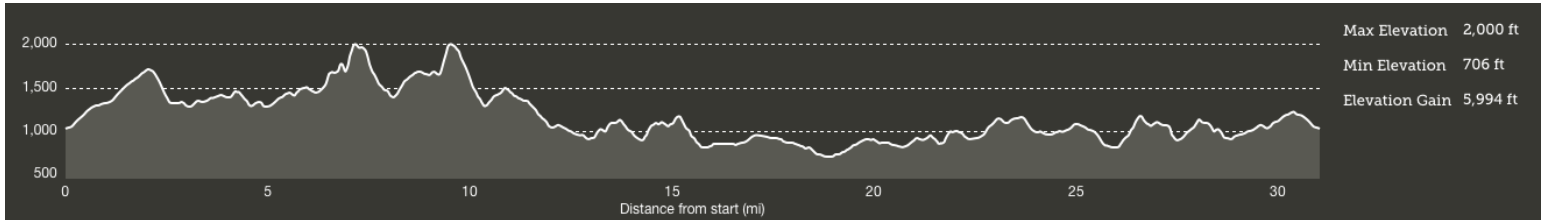
COURSE RATING, ELEVATION PROFILE & PACE CHART

OVERALL DIFFICULTY: ★★★★★★

TECHNICAL TERRAIN: ★★★★★★

ELEVATION CHANGE: ★★★★★★

SCENERY: ★★★★★★



Aid Station	Location	Distance	Next Aid	Pace			Crew			
				0:08:45	0:15:02	0:21:18				
				Lead Runner	Middle Runner	Last runner				
Start	Wachusett Ski Area	0.0	4.6	0:00:00	7:00 AM	0:00:00	7:01 AM	0:00:00	7:02 AM	Yes
Aid #1	Stage Coach	4.6	2.5	0:40:20	7:40 AM	1:09:16	8:10 AM	1:38:13	8:40 AM	No
Aid #2	Summit	7.1	2.3	1:02:13	8:02 AM	1:46:51	8:47 AM	2:31:28	9:33 AM	Yes
Aid #3	Summit	9.4	2.3	1:22:31	8:22 AM	2:21:42	9:22 AM	3:20:54	10:22 AM	Yes
Aid #4	Mountain Road	11.7	3.8	1:42:22	8:42 AM	2:55:49	9:56 AM	4:09:15	11:11 AM	Yes
Aid #5	Hwy31	15.5	0.2	2:15:58	9:15 AM	3:53:31	10:54 AM	5:31:04	12:33 PM	No
Aid #6	Leo Water Stop	15.8	0.7	2:17:49	9:17 AM	3:56:41	10:57 AM	5:35:32	12:37 PM	Yes
Aid #7	Rocky Pond	16.4	4.3	2:23:41	9:23 AM	4:06:45	11:07 AM	5:49:49	12:51 PM	No
Aid #8	Fenton Road	20.7	5.0	3:00:57	10:00 AM	5:10:46	12:11 PM	7:20:34	2:22 PM	No
Aid #9	Leo Water Stop	25.7	0.2	3:44:37	10:44 AM	6:25:45	1:26 PM	9:06:53	4:08 PM	Yes
Aid #10	Hwy 31	25.9	5.1	3:46:27	10:46 AM	6:28:54	1:29 PM	9:11:21	4:13 PM	No
Finish	Wachusett Ski Area	31.0	-	4:31:05	11:31 AM	7:45:32	2:46 PM	11:00:00	6:02 PM	Yes
Hard Cut Off		Wachusett Ski Area		All racers need to be through the Finish Line by this time				6:02 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 **11 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 #1:

- Head 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 on West Road
- Right on Harrington Trail
- Left into Windmill Farm/ Connect over to Stage Coach Road
- Right along the shoulder to Aid Station at Parking lot

Aid Station #1 to SUMMIT - Aid Station #2 (1st Pass):

- Cross Road to access 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 towards summit

Aid Station #2 to SUMMIT - Aid Station #3 (2nd Pass):

- Left on Old Indian Trail
- Continue on Old Indian Trail
- Left on Semuhenna Trail
- Continue on Semuhenna Trail
- Continue on Semuhenna Trail
- Right on Harrington trail
- Right on Harrington towards summit

Aid Station #3 to MOUNTAIN RD - Aid Station #4:

- Right on Mountain House Trail to come off the summit
- Left to continue on Mountain House Trail
- Left on Bicentennial trail
- Continue along the road at the Park Headquarters & Visitor Center
- Take a right onto Donbrowo Trail
- Continue down to Balance Rock Road

Aid Station #4 to HWY 31 - Aid Station #5 (1st Pass):

- 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 - #7:

- 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

*Runners will once again pass by **Aid Station #6 - Leo Water Stop** where they will have access to hydration as well as Crew & Spectators.*

Aid Station #7 to FENTON - Aid Station #8:

- Leaving aid station make a LEFT (east) **50 Mile Split - Stay on BLUE course*
- Stay on Rocky Pond Road which will turn into Parmenter St
- Right on Hells Hwy
- Left on Brook Road
- Left on Parmenter St to Aid Station

Aid Station #8 to HWY 31 - Aid Station #10 (2nd Pass):

- 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
- 3rd Junction on right make right on Ball Hill Trail
- Continue to make the loop in counter clockwise motion and make your way back to park entrance
- Retrace your steps earlier in the day and make your way back to the aid station

*Runners will once again pass by **Aid Station #9 - Leo Water Stop** where they will have access to hydration as well as Crew & Spectators.*

Aid Station #10 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 at Balance Rock Rd
- Right on Balance Rock trail back to 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**
- If you DO NOT have the appropriate markings upon finishing the race, you are not eligible for any awards.

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 from Tuesday to Monday.**
- 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

First Aid

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



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.

Eight (8) aid stations are located along the Marathon course (see course map for mileage and locations). 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 V GF
 - Bananas V GF
 - Sweet Snacks:
 - Skittles V
 - M&Ms GF
 - Peanut Butter & Jelly Sandwiches
 - Potatoes & Salt V GF
 - Vegetable Broth GF
 - Energy Gels
 - Electrolyte Hydration
 - Soda:
 - Cola V GF
 - Mountain Dew V GF
 - Water V GF

AID STATION ITEMS



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 North Face Endurance Challenge event
- Crews/Spectators must follow all rules and regulations set forth by The North Face Endurance Challenge
- Crews/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 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 **100 foot** radius of the designated aid stations
- A traffic cone will signify the allowable parameters for **crew** assistance
- WHEN AVAILABLE, 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/Spectators

CREW/SPECTATOR ACCESSIBLE LOCATIONS

- | | | |
|---------------------------------|------------------------------------|------------------------------|
| - Summit Aid Station | - Mountain Road Aid Station | - Leo Water Stop |
| - First Pass: Mile 7.1 | - First Pass: Mile 11.7 | - First Pass: Mile 15.8 |
| - Second Pass: Mile 9.4 | - Walking Distance from | - Second Pass: Mile 25.7 |
| - Chair Lift Access ONLY | Start/Finish Area | - 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**
 - **Ticket Price: \$10/Adult; \$8/Kid (Age 6-12)**
 - **Tickets can be purchased at the ticket counter inside Wachusett Mountain Resort**
- **Shuttles are provided for Crew/Spectators to Leo Water Stop**
 - **Continuous Shuttle Time: 8:30 a.m. until 4:00 p.m. from Wachusett Mountain Resort**
- 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.
- **SEE COURSE MAP FOR PARKING AVAILABILITY**