



PRESENTED BY  
**GORE-TEX**  
PRODUCTS

# GORE-TEX 50 MILE COURSE GUIDE

## IMPORTANT UPDATES

- New Course Guides for 2017!
- Preliminary Course Information

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# RACE DAY CHECKLIST

## PRE-RACE PREPARATION

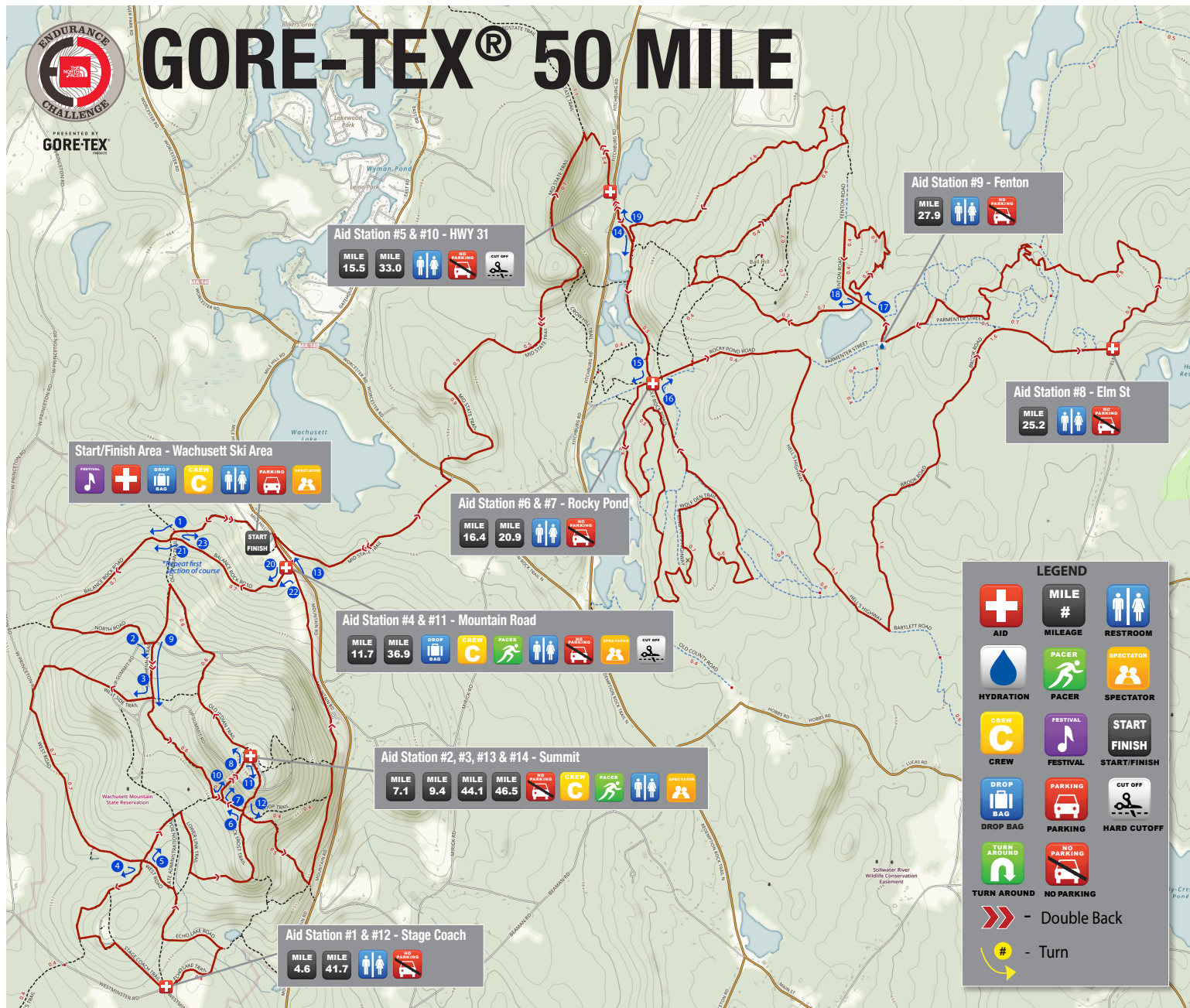
- Review the shuttle and parking information on the website and make a plan for your transportation to the start area. Allow extra time if you are required or planning to take a shuttle.
- Locate crew- and spectator-accessible Aid Stations on the course map and inform your family/friends where they can 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](http://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)
- Game face

# COURSE MAP



# COURSE DESCRIPTION

TBD.

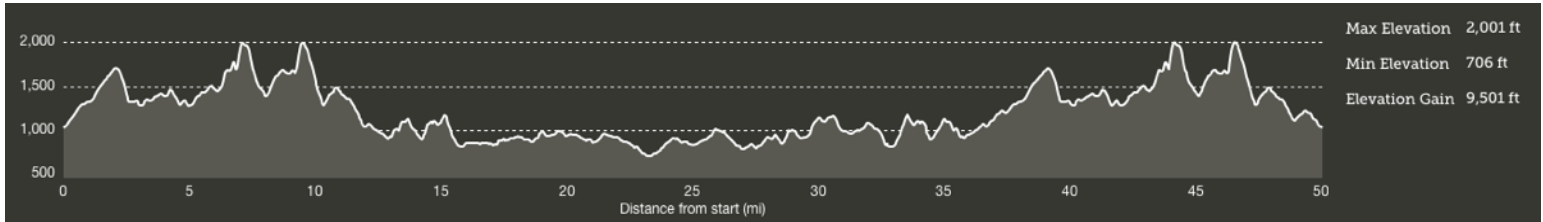
# COURSE RATING, ELEVATION PROFILE & PACE CHART

OVERALL DIFFICULTY: ★★★★★

TECHNICAL TERRAIN: ★★★★★

ELEVATION CHANGE: ★★★★★

SCENERY: ★★★★★



				Pace 0:07:35		0:12:12		0:16:49				
Aid Station	Name	Mile	Next Aid	Lead Runner		Middle Runner		Last runner		Crew	Pacer	Drop Bags
Start	Wachusett Ski Resort	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	0:34:58	5:34 AM	0:56:15	5:56 AM	1:17:32	6:18 AM	No	No	No
Aid #2	Summit	7.1	2.3	0:53:55	5:53 AM	1:26:45	6:27 AM	1:59:35	7:00 AM	Yes	No	No
Aid #3	Summit	9.4	2.3	1:11:31	6:11 AM	1:55:04	6:55 AM	2:38:37	7:39 AM	Yes	No	No
Aid #4	Mountain Road	11.7	3.8	1:28:43	6:28 AM	2:22:46	7:23 AM	3:16:48	8:17 AM	Yes	No	Yes
Aid #5	Hwy 31	15.5	0.9	1:57:51	6:57 AM	3:09:37	8:10 AM	4:21:23	9:22 AM	No	No	No
<b>Hard Cut Off</b>	<b>Hwy 31</b>	<b>All racers need to be through this Aid Station by this time</b>						<b>9:22 AM</b>				
Aid #6	Rocky Pond	16.4	4.5	2:04:31	7:04 AM	3:20:21	8:20 AM	4:36:11	9:37 AM	No	No	No
Aid #7	Rocky Pond	20.9	4.3	2:38:43	7:38 AM	4:15:23	9:15 AM	5:52:03	10:53 AM	No	No	No
Aid #8	Elm	25.2	2.7	3:11:01	8:11 AM	5:07:22	10:07 AM	7:03:42	12:04 PM	No	No	No
Aid #9	Fenton Water Stop	27.9	5.2	3:31:12	8:31 AM	5:39:49	10:40 AM	7:48:27	12:49 PM	No	No	No
Aid #10	Hwy 31	33.0	3.8	4:10:29	9:10 AM	6:43:01	11:43 AM	9:15:34	2:16 PM	No	No	No
Aid #11	Mountain Road	36.9	4.8	4:39:36	9:39 AM	7:29:53	12:30 PM	10:20:10	3:21 PM	Yes	Yes	Yes
<b>Hard Cut Off</b>	<b>Mountain Road</b>	<b>All racers need to be through this Aid Station by this time</b>						<b>3:21 PM</b>				
Aid #12	Stage Coach	41.7	2.5	5:16:00	10:16 AM	8:28:27	1:28 PM	11:40:54	4:41 PM	No	No	No
Aid #13	Summit	44.1	2.3	5:34:44	10:34 AM	8:58:35	1:59 PM	12:22:27	5:23 PM	Yes	Yes	No
Aid #14	Summit	46.5	3.5	5:52:19	10:52 AM	9:26:54	2:27 PM	13:01:28	6:02 PM	Yes	Yes	No
Finish	Wachusett Ski Resort	49.9	-	6:18:43	11:18 AM	10:09:21	3:09 PM	14:00:00	7:01 PM	Yes	No	Yes
<b>Hard Cut Off</b>	<b>Wachusett Ski Resort</b>	<b>All racers need to be through the Finish Line by this time</b>						<b>7:01 PM</b>				

## 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 #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
- Left on Lower link trail
- Left on Jack Frost Trail
- Right on Link
- Right on Harrington towards summit

## **Aid Station #3 to MOUNTAIN RD - Aid Station #4 (1st Pass):**

- Right on Mountain House Trail to come off the summit
- Left to continue on Mountain House Trail
- Left on Bicentennial trail
- Continue to bottom of Bicentennial trail

## **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 - #6 (1st Pass):**

- 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 #7 (2nd Pass):**

- At aid station, make Right on Rocky Pond Road (west)
- Left on Paradise Pond Road

- Left at First junction to come back north (.5 mi) then loop back south
- Right on King Tut Hwy
- Right on Wolf Den trail (cross Wolf Rock Rd) and continue loop counter clockwise to Wolf Rock Rd
- Right on Wolf Rock Road to aid station hit earlier on Rocky Pond Road

**Aid Station #7 to ELM ST - Aid Station #8:**

- Leaving aid station make a right (east)
- Stay on Rocky Pond Road which will turn into Parmenter St
- Right on Hells Hwy
- Left on Brook Road
- Right on Parmenter St to border of Elm Street gate

**Aid Station #8 to FENTON WATER STOP - Aid Station #9:**

- Left on trail heading north from aid station
- Left at first junction(east)
- Left at T-intersection
- Right at first intersection
- Right at T-intersection
- Left at T-intersection
- Left at T-intersection
- Left at T-intersection
- Right at T-intersection
- Left at intersection
- Left again to comeback on Parmenter St
- Right on Parmenter St (west)

**Aid Station #9 to HWY 31 - Aid Station #10 (2nd Pass):**

- Right on 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
- 3<sup>rd</sup> 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

**Aid Station #10 to MOUNTAIN RD - Aid Station #11 (2nd Pass):**

- 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

**Aid Station #11 to STAGE COACH - Aid Station #12 (2nd Pass):**

- Right at Balance Rock Rd to head back to Balance Rock Trail intersection
- Continue 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 #12 to SUMMIT - Aid Station #13 (3rd 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 #13 to SUMMIT - Aid Station #14 (4th 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
- Left on Lower link trail
- Left on Jack Frost Trail
- Right on Link
- Right on Harrington towards summit

#### **Aid Station #14 to FINISH:**

- Right on Mountain House Trail to come off the summit
- Left to continue on Mountain House Trail
- Left on Bicentennial trail
- Continue to bottom of Bicentennial trail
- Left at Balance Rock Rd to head back to Balance Rock Trail intersection
- Right on Balance Rock trail 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.
- 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**
- If you DO NOT have the appropriate markings upon finishing the race, you are not eligible for any awards.



# ON COURSE GEAR BAGS

## ON-COURSE GEAR BAGS

- GORE-TEX® 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.**
- **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.



## GEAR BAG DROP LOCATIONS

Location #1: Mountain Road Aid Station

- First Pass Mileage: 12.9 miles
- Second Pass Mileage: 37.6 miles
- Aid station close: 4:30 p.m.
- Expected gear bag return: 6:30 p.m.

(Walking Distance to Aid Station from Finish Area)

## 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 Gels

Electrolyte Hydration **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.**
- 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.



## HEADLAMP POLICY

For safety reasons, all GORE-TEX® 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 locations.
  - 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.

# 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 GORE-TEX® 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 may only meet runners within a **100 foot** radius of the designated aid stations
- A traffic cone will signify the allowable parameters for pacer assistance
- 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

- Mountain Road Aid Station (second pass ONLY) — Mile 37.0 **\*\*Walking Distance from Finish Area**
- Summit Aid Station (third & fourth passes ONLY) — Mile 44.8 & Mile 47.2 **\*\*Chairlift access ONLY**

## 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 SUMMIT aid station is available via POLAR EXPRESS Chairlift.**
- **SEE COURSE 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 foot** 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)

- Mountain Road Aid Station — **Walking Distance from Finish Area**
- Summit Aid Station — **Chairlift access ONLY**

## CREW 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 SUMMIT aid station is available via POLAR EXPRESS Chairlift.**
- **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)

- Mountain Road Aid Station — **Walking Distance from Finish Area**
- Summit Aid Station — **Chairlift access ONLY**

## SPECTATOR 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 SUMMIT aid station is available via POLAR EXPRESS Chairlift.**
- **SEE COURES MAP FOR PARKING AVAILABILITY**