

ULTRAS ABRIDGED INFORMATION PACKET

Mt. Si 50-Mile and 50K Runs – April 23, 2017

Additional details: MtSiRelay.com

Start/Finish

Snoqualmie Elementary School, 39801 SE Park St., Snoqualmie, WA
50 Mile Run - 6:00 a.m. (5:00 a.m. early start*) 50K Run - 8:30 a.m. (no early start)
Best parking: Centennial Field - City of Snoqualmie Park east side of school

Overview map (Printable PDF) of both courses showing aid stations [here](#) at MtSiRelay.com

Aid Stations

Salt tabs or pain relievers not provided.

If you want a special drink, food or soup, put some in your drop bag.

50 Mile - Full aid stations at 5.7, 9.9, 14.0, 20.4, 29.8, 34.4, 39.9 miles
Self-serve water at 23.5 and 46.8 miles
Drop bag #1 at 5.7 & 14.0 miles
Drop bag #2 at 28.9 miles (until 12:30 p.m.)

50K Full aid stations at 10.0, 15.5 and 21.0 miles
Self serve water at 4.6 and 27.8 miles
Drop bags at 10 and 21 miles (until 12:30 p.m.)

Mark drop bags with
your race number

Rules (50 Mile) Web map see <http://www.gmap-pedometer.com/?r=2607297>

- 11 hour time limit for 6:00 AM starters, 12 hour time limit for 5:00 AM early starters
- Aid station mile 28.9 closes at 12:30 p.m.
- Aid station mile 34.4 closes at 1:40 p.m.
- Aid station mile 39.9 closes at 3:00 p.m.
- Finish line closes at 5:00 p.m.
- Foot Pacer OK starting at mile 20, bike pacer OK starting at mile 20
- Once aid stations close a pacer is **strongly** recommended for any runners who want to continue.

Rules (50K) Web map see <http://www.gmap-pedometer.com/?r=2607297>

- 8.5 hour time limit
- Aid station 10 miles closes at 12:30 p.m.
- Aid station 15.5 miles closes at 1:40 p.m.
- Aid station 21 miles closes at 3:00 p.m.
- Finish line closes at 5:00 p.m.
- Foot Pacer OK starting at mile 21, bike pacer OK starting at mile 21
- Once aid stations close a pacer is **strongly** recommended for any runners who want to continue.

Rules (all)

- No littering on the course
- You must yield to vehicle traffic; volunteers do not have authority to stop traffic.
- If you drop out, please notify the finish line or call race director at cell 206-276-1635

Additional Information

- Packet pickup at Everyday Athlete in Kirkland, 12:00-4:00 p.m. on Saturday, April 22nd
- Packet picket at start line on day of race prior to start. Arrive early. No race day registration.