

## ULTRAS ABRIDGED INFORMATION PACKET

### Mt. Si 50-Mile and 50K Runs – April 29, 2018

Additional details: [MtSiRelay.com](http://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 at [mtsirelay.com/ultras.html](http://mtsirelay.com/ultras.html)

#### 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, 22.1 (opens at 9:30am), 24.4, 28.9, 34.4, 39.8, 44.4, 46.6 and 48.4 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 1.5, 5.5, 10.1, 15.5, 21, 25.5, 27.8 and 29.5 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 #11 at 46.6 miles becomes self service water station only at 3:00 p.m.
- Aid station #12 at 48.4 miles closes at 3:30 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 #11 at 27.8 miles becomes self service water station at 3:00 p.m.
- Aid station #12 at 29.5 miles closes at 3:30 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 race director by text or call at 206-999-3060.

#### Additional Information

- Packet pickup at Everyday Athlete, 264 Central Way Kirkland, on Saturday, April 28th 12-4pm.
- Packet picket at start line on day of race prior to start. Arrive early. No race day registration.