

ULTRAS ABRIDGED INFORMATION PACKET

Mt. Si 50-Mile and 50K Runs - April 10, 2011

Additional details: www.MtSiRelay.com

**Mandatory Reading for
all 50K/50 Mile Participants**

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

* If you elect to take an early start send an email to mtsirelay@frontier.com
prior to day of race or call 206-276-1635

Aid Stations

Drugs, salt tabs or pain relievers not provided; bring your own if you need them.

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

50 Mile -Full aid stations at 5.7, 14, 20, 29, 34, 40 miles

Self-serve water at 10, 24, 47 miles

Drop bags #1 at 5.7 & 14 miles; #2 at 29 miles (until 12:30 p.m.)

50K Full aid stations at 10, 15.5 and 21 miles

Self serve water at 5 and 28 miles

Drop bags - at 10 and 21 miles (until 12:30 p.m.)

Rules (50 Mile)

Web map see <http://www.gmap-pedometer.com/?r=2607297> (Note: last 30.7 miles same as 50K course)

- 11 hour time limit for 6:00 AM starters, 12 hour time limit for 5:00 AM early starters
- Aid station mile 29 closes at 12:30 p.m.
- Aid station mile 34.5 closes at 1:40 p.m.
- Aid station mile 40 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=735495>

- 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 9
- Packet picket at start line on day of race prior to start. Arrive early.
- No race day registration (late registration OK at packet pickup subject to 120 runner limit)