

ULTRAS ABRIDGED INFORMATION PACKET
Mt. Si 50-Mile and 50K Runs – April 21 2024

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 at <http://www.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* <https://www.mapmyrun.com/routes/view/1293595117>

- 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* <https://www.mapmyrun.com/routes/view/977083497>

- 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 206-779-1043.

Additional Information

- Packet pickup at Super Jock n Jill on Saturday, April 21st 10am-1pm
- Packet picket at start line on day of race prior to start. Arrive early. No race day registration.