

Mt. Si 50 Mile and 50 Km Runs

Sunday, May 4, 2025

Revised 04/24/25

For additional information, visit our website: mtsirelay.com

Packet Pickup

There will be **no early packet pickup** this year. All participants will pick up their packets on **race day** near the starting line at **Snoqualmie Elementary School**, beginning at **4:30 a.m.**.

Packets will include:

- Race shirts
- Race numbers
- Safety pins

To help limit paper waste, **packets will not include** printed driving directions, course descriptions, or maps. Please review and print any necessary information ahead of time from our website: mtsirelay.com.

Important:

Runners who do not show up for the race will **forfeit their entry fees**. No exceptions.

Getting to the Start

The 50-Mile and 50K courses start and finish at **Snoqualmie Elementary School**:
39801 SE Park Street, Snoqualmie, WA.

Parking:

Parking is available at Snoqualmie Elementary School or **Centennial Fields Park** (located just east of the school). For additional maps and directions, visit: mtsirelay.com.

Rules

- **Cutoff Times:**
 - 50M: 11 hours (12 hours for early start runners).
 - 50K: 8.5 hours.
- **Early Start (50M only):**
 - 5:00 a.m. by request prior to race day.
 - Only for runners expecting to run slower than 12:00 min/mile pace.
- **Support Crews:**
 - Allowed anywhere, but must not interfere with traffic or other runners.
- **Pacers:**
 - Allowed from:
 - Mile 20 (50M runners)
 - Mile 21 (50K runners)
 - Pacers must not interfere with others.
- **Dropping Out:**
 - Notify race officials if dropping.
 - Call Race HQ at **206-779-1043**.
- **Once Aid Stations Close:**
 - A pacer is strongly recommended if you continue.

Traffic

- **Important:** Runners must **yield to all vehicles**.

- Volunteers cannot stop traffic.
- No police traffic control.
- Use the same caution as on a training run.

Course Overview

- **Course Maps:**
 - [50K Solo Course Map](#)
 - [50M Solo Course Map](#)
(*Note: Last 30.7 miles are same as 50K course.*)
- The course runs at the **base** of Mt. Si — you do not run up the mountain!
- **Trail Details:**
 - 50K: 95% trail, ~1000 ft elevation gain/loss.
 - 50M: 88% trail, ~1400 ft elevation gain/loss.
 - Surfaces: Crushed rock, packed dirt, old railroad grade.
 - Steepest climb: 450 ft over 5 miles (North Bend to Rattlesnake Lake).
- **Course Highlights:**
 - Snoqualmie Valley Trail & Palouse to Cascades State Park Trail.
 - Views of the Cascade foothills, Snoqualmie, and Tolt Rivers.
 - 50K joins 50M course at mile 19.4 (in Snoqualmie).
- **Spectators at Twin Falls Trailhead:**
 - **Discover Pass** required for parking.
 - Access via Exit 38 on I-90.

Drop Bags

50-Mile Runners:

- **Allowed Two Drop Bags:**
 - Aid Station at Mile 5.7/14.0
 - Aid Station at Mile 28.9
- **Instructions:**
 - Label bags with name and race number.
 - Drop off at the start line before **6:00 AM**.
 - Return schedule:
 - Mile 5.7/14.0 drop bags back by 11:00 a.m.
 - Mile 28.9 drop bags back by 1:00 p.m. (*bags leave aid station at 12:30 p.m.*)

50K Runners:

- **Allowed One Drop Bag:**
 - Aid Station at Mile 10.0/21.0
- **Instructions:**
 - Drop off at start line before **8:30 AM**.
 - Return by 1:00 p.m. (*bags leave aid station at 12:30 p.m.*)

Aid and Water Stations

50-Mile Course Aid Stations:

(Miles: 5.7, 9.9, 14.0, 20.4, 22.1, 24.4, 28.9, 34.4, 39.8, 44.4, 46.6, 48.4)

50K Course Aid Stations:

(Miles: 1.5, 5.5, 10.0, 15.5, 21.0, 25.5, 27.8, 29.5)

- **Portable Toilets:**
 - Available at multiple aid stations (see detailed course charts).
 - Available pre- and post-race at Snoqualmie Elementary School.
- **Runner Tip:**
 - Carry a water bottle and necessary food between stations.

Food and Fluids at Aid Stations *(Subject to change)*

50K Aid Stations:

- Water, Soda, GU Sport Drink
- Potatoes, Cookies, Potato Chips, Bananas
- Mile 10.1/21: **PB&J sandwiches, drop bags available**

50M Aid Stations:

- Water, Soda, GU Sport Drink
- Potatoes, Cookies, Potato Chips, Bananas
- PB&J sandwiches at Mile 28.9/39.8
- **Drop Bags:** Available at Miles 5.7/14.0 and 28.9

Finish Line:

- Water, Fruit, Cookies, Candy, Bagels, Hot Chocolate, and much more!