

T4T 50K Athlete Guide

Dress in layers we are expecting early race start time temperatures in the low to mid 40's but highs in the 60's later in the day. The 50K starts at 9:55am. If you're doing the Triple Dog you know the reason for this. (the Triple Dog is the 15K, 5K & 50K back to back to back).

The 50K course will have a bib checks at 3 turnaround points. Two in Rock Hopper and one on the Canal Path. Please be sure you get your bib marked or you will get penalty or DQ. There will be an unsupervised bag drop area near the finish line.

Aid stations will be stocked with:

S-tabs- 50K Rock Hopper station only at mile 15 & 21

PB&J on wheat- 50K Rock Hopper station only at mile 15 & 2w

Warm grilled Cheese-50K Rock Hopper station only at mile 15 & 22

Tailwind- 50K Rock Hopper station only at mile 15 & 22

Bananas- 50K Rock Hopper station only at mile 15 & 22

Gatorade Endurance- All aid stations

Honey Stinger Gels & Waffles- All aid stations

Pretzels-All aid stations

5Hour Energy Extreme- All aid stations

Peanut M&M- All aid stations

Potato Chips-All aid stations

Coke & Ginger Ale- All aid stations

Of course we will have water and pitchers to fill your hand bottles or Bladders

T4T 50K course detail

The 50K course starts with 9 miles in Washington Crossing Park. If you watch the 5K and 15 K course videos you'll see the train in Washington Crossing which is mostly single track with some roots, very little rocks, a few bridge crossings which can be very slippery if damp or wet and one stream crossing. There's an aid station that you'll hit twice before heading to Baldpate.

The Baldpate section is just 3 miles and Climbs about 500 feet. The course is Rocky and Rooty with a fun fast trip down the switchbacks and a brutal climb up the backside of the powerline trail. You'll exit the park on what we call the maple syrup trails as you'll see all the maple syrup lines that the Howell Living Farm runs.

When the trail ends you will cross Pleasant Valley Road to Valley Road and the new bridge they completed last year. This will take you to Woodlands Lane stay right on wooden plane to the trail head for Dry Run Creek trail. This road section is a half mile.

Dry Run Creek trail is approximately a mile and a half long and fairly flat by Ultra standards with moderate to easy trail running over roots and rocks with a stream crossing which will probably be dry (go figure).

Once you exit Dry Run Creek you'll find an aid station across 518 where we will help you cross to get to the Rock Hopper trail. This is probably the most technical trail on the course with lots of rocks. If you ran last year this section will be slightly different as we will omit the yellow trail which was very confusing last year. We will stay on blue and red adding a short section around a field and a short out and back at the power lines. You will also run down Stymiest rd to a turnaround / bib check. We will have water & Gatorade Endurance at that turnaround. This will be approximately 5 miles in. From there you will follow blue trail out of the park. Back to the aid station at rt 518.

The short road section once you exit Rock Hopper is the same as last year. You will cross Rt. 518 heading right as you exit the trail and aid station for approximately a 1/3 of a mile to left on Hewitt rd. Follow Hewitt to Goat Hill Road where you'll make a left. Follow Goat Hill Rd. down to Valley Road where you'll make a right. Valley Road will end at Route 29. Please be careful crossing route 29 traffic will not stop. We will have a volunteer to help you cross.

As you cross Route 29 you'll go down the ramp that will lead to a bridge and the DNR canal path. This year you will head north on the canal $\frac{3}{4}$ of a mile to the Aid Station and turnaround where will be another bib check. This will be a flat fast 6 mile stretch on the canal path back to Washington Crossing Park, up the pedestrian bridge where you will pick-up continental trail to the finish line.

The 50K course will have aid every 5 to 6 miles or sooner. When you hit the Church Rd aid station in Washington Crossing at mile 9 you will not have aid until the Rock Hopper aid station at mile 15.

You will hit this aid station again at approx. mile 22. There will be water & Gatorade at mile 20 where the turnaround is.

50K total elevation gain is 2000 feet. The last 8 miles starts with 2.5 miles of mostly downhill country roads then it's a flat finish on the canal path until you get back into the park via the pedestrian bridge & Continental Trail for the last $\frac{1}{2}$ mile.

All proceeds go to it's a Ruff Life Rescue an all breed rescue in Mercer County NJ. Invite your family and friends to come out all are welcome to see the dogs, play games, run the dog agility course & visit the beer & wine garden (21 & over). All that is sure to make you hungry so make sure to visit the food trucks.