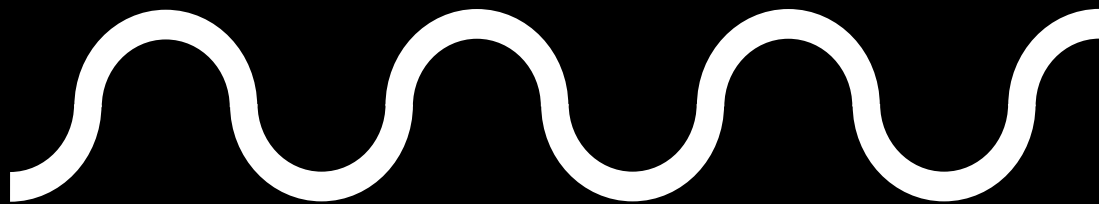
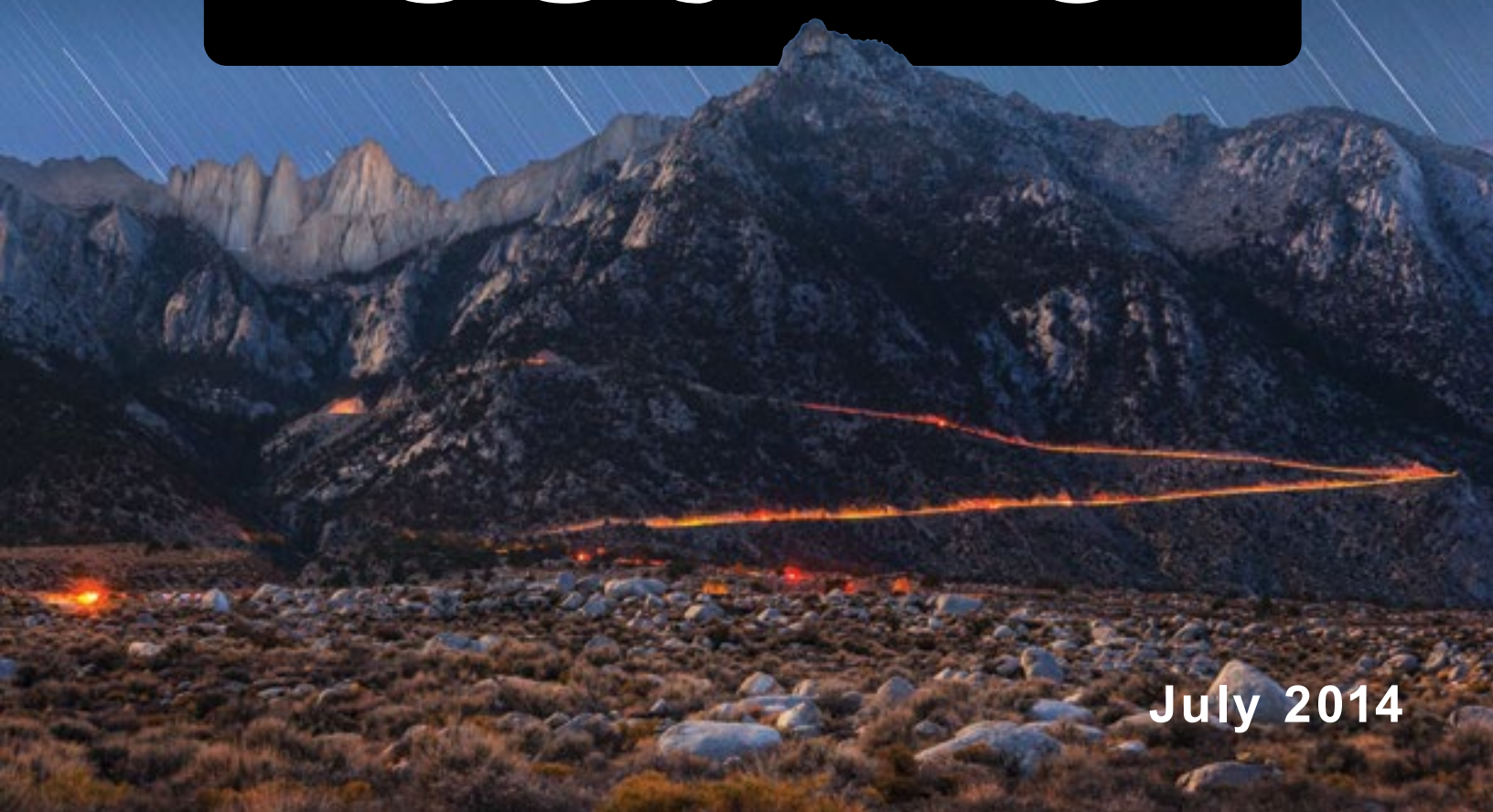


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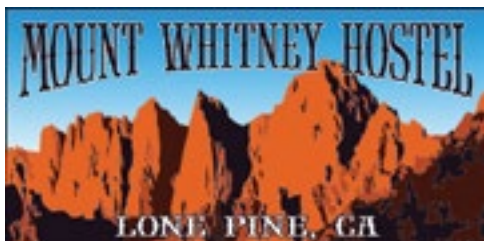
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*Independent testing. Results may vary.

THANK YOU, SPONSORS AND SUPPORTERS

AdventureCORPS is pleased to welcome the support of Skechers USA, Nathan Performance Gear, ZZYXXXZ, Zensah, Caring House Project Foundation, DII Computers, and ZombieRunner.com. AdventureCORPS also appreciates the support of the Mount Whitney Hostel & Store, Pizza Factory of Lone Pine, Dow Villa of Lone Pine, the community of Lone Pine, CA, the County of Inyo, and other generous companies and individuals.



adventureCORPS®

"Out There Since 1984"



Chris and James Kern.



Chris and Meredith Dolhare.



Chris and Joilson Ferreira.



Chris and Cheryl Zwarkowski.

Welcome to the July 2014 edition of BADWATER® Magazine! We are AdventureCORPS®, Inc., an athlete-run firm producing and promoting ultra-endurance sports events and the BADWATER® brand. Adventure is our way of life, so we are pleased to host the 37th anniversary Badwater® 135, known globally as “the world’s toughest foot race,” on July 21-23, 2014.

The Badwater 135 is the final event in the Badwater Ultra Cup, a three race series which began with the 51-mile Badwater Cape Fear in March, continued with the 81-mile Badwater Salton Sea in May, and now concludes with the Badwater 135 in July. Those runners who complete all three events in the same calendar year will be featured on the Badwater.com website and their virtues will be extolled throughout the Internet and in future editions of BADWATER Magazine. Seven athletes have completed the first two Badwater races and will now toe the line at the third and final race.

A true “challenge of the champions,” this legendary race pits up to 100 of the world’s toughest athletes from 24 countries and 24 American states—runners, triathletes, adventure racers, and mountaineers—against one another and the elements. Held at the hottest time of the year and traversing the most epic terrain imaginable, the Badwater 135 is the most demanding and extreme running race offered anywhere on the planet.

The Badwater 135 covers 135 miles (217km) non-stop from Lone Pine, CA to the summit of Horseshoe Meadows (elev. 10,000 feet / 3048m), then crosses the Owens Valley to a 5,500 foot dirt road ascent to the authentic western ghost town of Cerro Gordo. Next follows a trek to the entrance to Darwin and then the final dramatic ascent to the end of the highest paved point on Mt. Whitney, CA at 8,360’ (2530m). The Badwater course covers three mountain pass ascents for a total of over 17,000’ (5,800m) of cumulative vertical ascent and 12,700’ (4450m) of cumulative descent. The finish line at Whitney Portal is the trailhead to the Mt. Whitney summit, the highest point in the contiguous United States.

Now in our fifteenth year producing this race, AdventureCORPS is pleased to welcome the support of Skechers USA, Nathan Performance Gear, ZZYXXZ, Zensah, Caring House Project Foundation, DII Computers, and ZombieRunner.com. AdventureCORPS also appreciates the support of the Mount Whitney Hostel & Store, Pizza Factory of Lone Pine, Dow Villa of Lone Pine, the community of Lone Pine, CA, the County of Inyo, and other generous companies and individuals.

Additionally, we salute the U.S. Forest Service, Inyo County, California Department of Transportation, and California Highway Patrol, whose staff—and permits—oversee this event.

Finally, this race could not be held without the 40 amazing, tireless, wonderful volunteers who make it all happen! I thank them most of all!

We wish everyone—racers, crews, staff, and media—a safe and successful race this year. May this truly be a life-changing experience for everyone.

Yours in sport,

Chris Kostman

Race Director and Chief Adventure Officer

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Most photos by Chris Kostman, except:

P15: Cape Fear group by Tom Rickard

P17: Salton Sea teams by Marco Apostol

P52-55: Mustang, Nepal by Richard Bull

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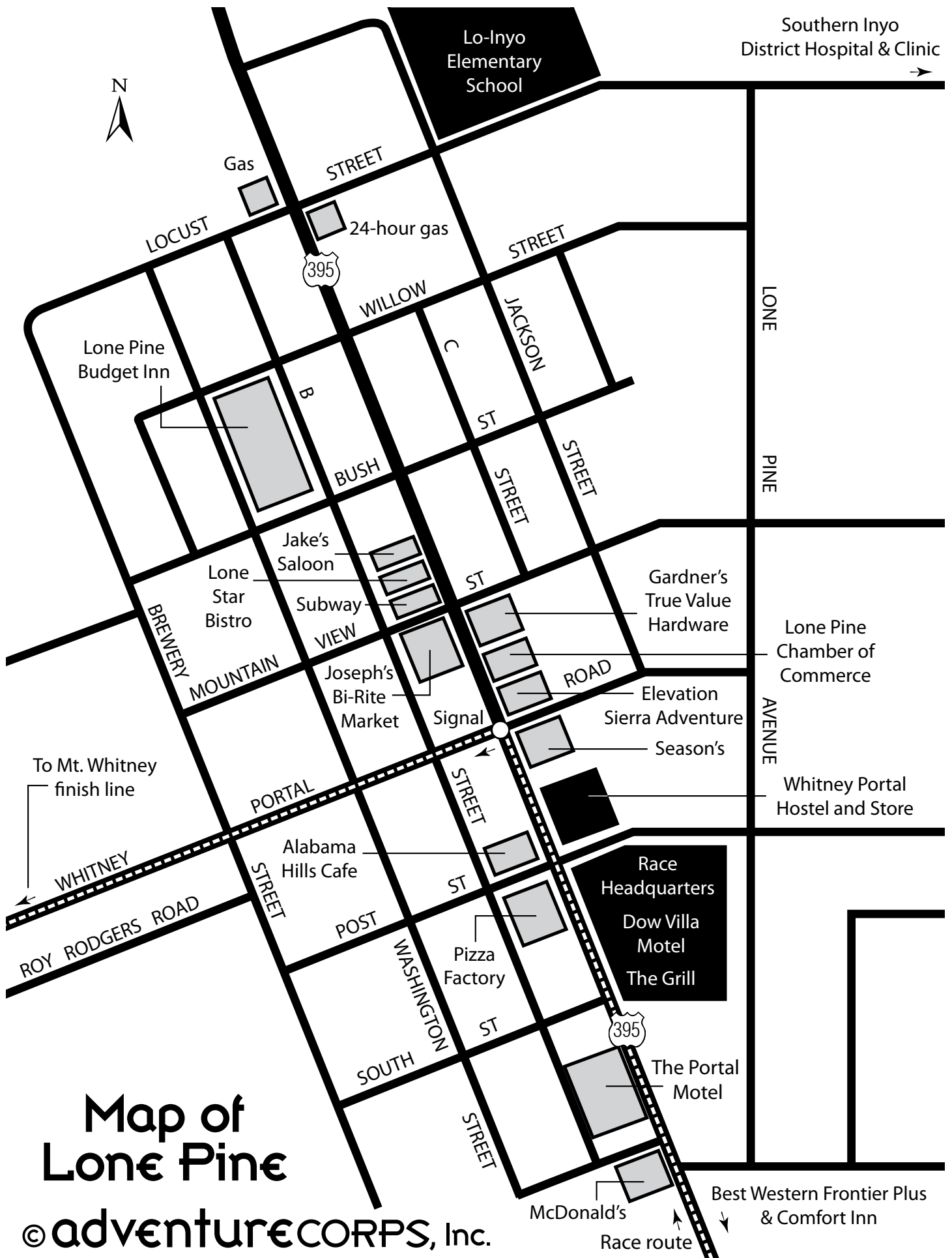
SCHEDULE OF EVENTS

Date/Time	Events
10:30AM to 1:30PM Sunday, July 20	MANDATORY RUNNER CHECK-IN (Each Racer and their designated Crew Chief must attend; all crew are welcome as space allows), Lo-Inyo Elementary School, Multipurpose Room, 223 East Locust Street.
1:30PM Sunday, July 20	GROUP PHOTO OF ALL RUNNERS Lo-Inyo Elementary School, 223 East Locust Street.
3:00PM to 4:00PM Sunday, July 20	MANDATORY PRE-RACE MEETING ALL runners, ALL crew chiefs, and as many crew members as possible, must attend the Pre-Race Meeting, Lo-Inyo Elementary School, 223 East Locust Street.
4:00PM to 4:30PM Sunday, July 20	MEDIA MEETING There will be a brief, mandatory meeting of all journalists at the Lo-Inyo Elementary School, 223 East Locust Street, after the Pre-Race Meeting concludes.
5:00PM to 7:00PM Sunday, July 20	SOCIAL MIXER Come meet and mingle with other Badwater runners and crews, enjoy some refreshments, and check out the three-part AT&T Uverse television coverage of the 2013 Badwater 135! No charge; free drinks! Hosted at Mount Whitney Hostel, 238 South Main Street.
5:00PM to 7:00PM Sunday, July 20	ROOKIE (AND VETERAN) CREW TRAINING Takes place outside Mount Whitney Hostel, 238 South Main Street, concurrent with the Social Mixer inside. Drop by for an hour and learn some important, useful stuff! No matter how many ultras you've crewed, this informal session will help you with tips and tricks to make sure you, your runner, and the rest of your crew have a great time at the race. We'll cover common mistakes, give an overview of race rules, and even help with ideas to organize your van and be prepared for almost anything. Hosted by CHP Scott Wall (1-time crew member and 9-time race official at Badwater).
6:00AM, 7:00AM, and 8:00AM Monday, July 21	STARTING TIMES Runners may attend only their assigned start time. Runners must check in and be weighed, 30 minutes prior to their start.
6:00AM, 7:00AM, and 8:00AM Wednesday, July 23	ENDING TIMES The event is officially over 48 hours after each starting group, so ALL runners MUST leave the course by either 6:00AM, 7:00AM, or 8:00AM, depending upon their starting wave.
11:00AM to 1:00PM Wednesday, July 23	POST-RACE GET-TOGETHER Lo-Inyo Elementary School, Multi-Purpose Room, 223 East Locust Street. Pizza and drinks will be served. No charge for all staff, racers, and up to four crew members with each racer.

PERMITS: This event is held under permits from the California Department of Transportation, Inyo National Forest, and Inyo County, under the oversight of the California Highway Patrol. (If one of them won't issue us a permit, this race's long history will come to an end. Set a good example!)

SUNRISE / SUNSET:
Civil Twilight (AM): 5:22am | Sunrise: 5:51am | Sunset: 8:03pm |
Civil Twilight (PM): 8:32pm.

DRIVING DISTANCES:
Lone Pine to Las Vegas Airport: 240 miles
Lone Pine to Los Angeles Airport: 210 miles



Map of Lone Pine

© adventureCORPS, Inc.

LONE PINE: QUICK REFERENCE TO THE MOST POPULAR PLACES FOR BADWATER FOLKS

Lone Pine is located at Mile 0, Mile 44, and Mile 122 of the 2014 Badwater 135 race route and is an important hub of activity before, during, and after the race. Located at 3727 feet (1136m) at the foot of Mt. Whitney and with a population of just over 2000 friendly people, it is a wonderful and appealing destination year-round and particularly important to the success of the Badwater 135.

Lone Pine meets every need, from great food to comfortable hotels, plus all enjoy the Post-Race Get-Together at the school, followed later by the traditional social hour(s) at Jake’s Saloon. We hope you enjoy the town, spend lots of money there, and let everyone know how much you enjoy racing in their back yard!

Many Badwater runners and crews buy race equipment and supplies at True-Value Hardware or Whitney Portal Hostel and Store (which is an excellent outdoors shop and place to stay), groceries at Joseph’s Bi-Rite, and purchase moderately priced gas in town or excellent coffee, snacks, and sandwiches at Lone Star Bistro, get an excellent meal at the newly opened The Grill or enjoy fine dining at Seasons Restaurant.

During the race, many secondary support vehicles will stop, or go into, town to pick up coffees, pizza from The Pizza Factory, To Go Food from The Grill, or to obtain fresh ice, water, and groceries. Most runners will have a motel room booked in Lone Pine throughout the race, so that the secondary crew members, or perhaps a weary runner, can get a nap and shower during the race as well as after finishing.

Pre-Race Check-In and Meeting on Sunday, plus Post-Race Get-Together on Wednesday

Lo-Inyo Elementary School at 223 East Locust Street, 1.5 blocks east of 395 (north end of town)

Pre-Race Social Mixer on Sunday from 500pm to 700pm

Whitney Portal Store and Hostel at 238 S Main St

Wednesday Evening: Traditional Post-Race Get Together Location all evening / night

Jake’s Saloon at 119 N Main St

Motels / Hotels (Not a complete list! See LonePineChamber.org for more listings!)

Best Western Frontier Hotel	
1008 S Main Street	760-876-5571
Comfort Inn	
1920 S Main Street	760-876-8700
Dow Villa Motel	
310 S Main St (Race HQ)	760-876-5521

Portal Motel
425 S Main St 760-876-5930

Whitney Portal Hostel (and Store)
238 S Main St 760-876-0030

Popular Eateries

Lone Star Bistro at 107 N Main St (Coffee drinks, sandwiches, pastries, ice cream, smoothies, and such, plus WiFi. Very popular with PCT hikers.)
760-876-1111 Open 6am-10pm daily

The Grill at 446 S Main St. (Located on the southern end of the Dow Villa parking lot. Great food and great location!)
760-876-4240 Open 6am-10pm daily

Alabama Hills Cafe at 111 W Post S
760-876-4675 Open 6am-2pm daily

Pizza Factory at 301 S Main St
760-876-4707 Open 11am-10pm daily

Season’s Restaurant at 206 S Main St
760-876-8927 Open 5pm-10pm daily

Groceries, Gas & Mini-Mart, Outdoor Outfitters, Hardware

Whitney Portal Store and Hostel at 238 S Main St
760-876-0030 Open 6am-10pm during Badwater
They carry a full assortment of nutrition and hydration products from Hammer Nutrition, First Endurance, GU, Clif, Nuun, Pocketfuel, CytoSport, Camelbak, Acli Mate, Honey Stinger, Sport Beans, Pro Bar, and Health Warrior. Other essentials on hand are blister kits, anti-chafing ointments, E-Caps, CompressSport (arm and leg sleeves as well as socks), Injinji Socks, headlamps, insulated water bottles and Altra running shoes! Plus a well-stocked cooler of assorted drinks and ice cream, not to mention \$5 hot showers!

Elevation Sierra Adventure at 150 S Main St
760-876-4560 Open 9am-630 or 7pm daily

Joseph’s Bi-Rite Market at 119 S Main St
760-876-4378 Open 8am-9pm daily

Gardner’s True Value Hardware at 104 S Main St
760-876-4208 Open 8am-6pm, Mon-Sat

L.P. Chamber of Commerce at 120 S Main St
760-876-4444 Open 830am-430pm daily

Chevron & Lee’s Frontier Deli at 1900 South Main St
760-876-5844 Gas 24/7; Deli closed 2-4am only
(This is the last business on the west side of the road on the far southern end of town. Many crews call ahead to order sandwiches as they approach town, or if making a quick run into town from the race route.)

Exxon-Mobil & AM-PM at 380 North Main St
760-876-4073 Open 24 Hours a Day

A SALUTE TO DEAN KARNAZES, TEN-TIME FINISHER

By Chris Kostman

In 2014, we salute Dean Karnazes of Ross, CA for his ten Badwater finishes. He joins Marshall Ulrich, Scott Weber, Jack Denness, Arthur Webb, John Radich, and Dan Marinsik in this distinction.

The author of “Ultra Marathon Man” and several other best-selling running books and featured on the cover of Outside and many other magazines, Dean is perhaps the world’s best known ultra runner. He has competed in ultras on all seven continents and ran marathons in all 50 states in 50 consecutive days, among many other accomplishments. At the Badwater 135, though, he’s just a member of the family, always a solid competitor and a great sportsman. He’s consistently upbeat, encourages everyone he encounters on the course, and will spend hours in conversation at the finish line, signing copies of his books for his fans.

In his 2013 race application, Dean wrote:
Calling it the “World’s Toughest Footrace” only tells part of the story. Although I’ve finished the Badwater Ultramarathon 9-times (in 10 attempts), the experience never dulls. No matter how many times you’ve been there before, the race has a special magic unlike any other event on the planet. Of course I would like to finish the Badwater Ultramarathon for a 10th time in 2013, but that is not my driving motivation for applying. More than anything, I have grown to love and revere the event and to respect and admire all of the amazing people who are involved with it, from the other competitors to the race support staff and volunteers.

Dean’s Ten Badwater Finishes (and one DNF):

1995:	DNF	Age 32	DNF
1996:	51:23:00	Age 33	10th place
2000:	32:42:20	Age 37	7th place
2003:	28:51:26	Age 40	2nd place
2004:	27:22:48	Age 41	1st place
2006:	33:33:41	Age 43	10th place
2007:	31:31:34	Age 44	10th place
2008:	27:11:00	Age 45	4th place
2009:	34:51:20	Age 46	22nd place
2012:	29:57:50	Age 49	12th place
2013:	32:27:17	Age 50	17th place





THE OFFICIAL CHARITIES

THE OFFICIAL CHARITIES OF ADVENTURECORPS ARE THE CHALLENGED ATHLETES FOUNDATION, MAJOR TAYLOR ASSOCIATION, CARING HOUSE PROJECT FOUNDATION, AND BALD HEAD ISLAND CONSERVANCY. THE GOAL AND PURPOSE OF OUR EVENTS IS TO RAISE FUNDS FOR, AND AWARENESS OF, THESE WONDERFUL AND IMPORTANT ORGANIZATIONS.



The Challenged Athletes Foundation was created on the belief that people of all abilities should have the opportunity to pursue a life full of physical activity and of sports. Be they recreational or in pursuit of a gold medal at the Paralympic Games, people with a physical disability are limited only by their access to funding. Since 1994, CAF has raised more than \$47 million—allowing the Foundation to satisfy thousands of funding requests from challenged athletes in all 50 states and across the globe.

Over eighty cents of every dollar raised by CAF provides funding and programs that get challenged athletes into the game. Whether it's a \$2,000 handcycle, helping underwrite a \$15,000 running prosthetic or arranging enthusiastic encouragement from a mentor who has triumphed over a similar injury, CAF's mission is clear: give those with the desire to live active, competitive lifestyles every opportunity to compete in the sports they love.

Since 2002, AdventureCORPS has raised over \$300,000 for CAF, and AdventureCORPS athletes have raised equally impressive sums!

Website: www.challengedathletes.org



The Bald Head Island Conservancy was founded on Bald Head Island, NC in 1983 with a focus on barrier island conservation, preservation, and education. The Conservancy sponsors and facilitates scientific research that benefits coastal communities and provides numerous recreational and educational activities to the public. In coordination with various organizations, partnerships, and collaborations, the Conservancy has led the nation in conservation and research efforts and is uniquely poised to become a leader in Barrier Island Conservation world-wide.

Badwater fans and race participants will appreciate that BHIC cares for the pristine setting for the Badwater Cape Fear race route and its role as a sea turtle nesting site and sanctuary. The Conservancy also serves as the host and finish line for our event. As such, our goal is to raise \$10,000 to purchase one of the special UTV vehicles which BHIC uses to patrol the beach and care for sea turtle nesting sites.

Website: www.bhic.org



New for 2014, AdventureCORPS is proud to recognize **Caring House Project Foundation** as an Official Charity and support their efforts. Founded by eight-time Badwater 135 veteran Frank McKinney, and based on the principal that “stability begins at home,” the CHPF provides shelter to the world's most desperately poor and homeless people. CHPF has impacted the poorest of the poor in the countries of Haiti, Honduras, Nicaragua, Indonesia and Africa.

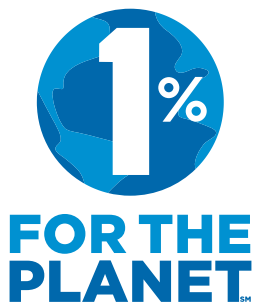
As of today, over 7,000 people will have been sheltered because of CHPF, and thousands more are alive because of the foundation's efforts. In 2014, Caring House Project is planning to build its 21st self-sufficient village in Ravine à Couleuvre, a small Haitian enclave near the Town of L'Estere (pop 3,000), located on the northwest coast of Haiti.

Website: www.chpf.org

ENVIRONMENT

AdventureCORPS events happen not in a man-made stadium, but in the real world “out there.” We care deeply about the natural world for we are intrinsically linked with it and because we want to enjoy these events in their awesome natural settings for a long, long time.

As such, we joined **One Percent For The Planet** on July 1, 2008, a growing global movement of more than 1200 companies that donate at least 1% of their sales to a network of more than 3600 approved environmental organizations worldwide. Therefore we donate at least 1% of total revenues (in other words, “off the top,” not just 1% of profit) to environmental causes. This is in addition to all the work we do on behalf of, and donations we make to, Challenged Athletes Foundation, Major Taylor Association, and Caring House Project Foundation, which are wonderful causes but not environmental in their focus. In the past ten years, we and our fellow One Percent For The Planet members have invested over \$100 million in positive environmental change.



In association with our membership in One Percent for the Planet, we have supported **The Conservation Alliance** since September, 2008. The Conservation Alliance is an organization of outdoor businesses whose collective contributions support grassroots environmental organizations and their efforts to protect wild places where outdoor enthusiasts recreate. Alliance funds have played a key role in protecting rivers, trails, wildlands and climbing areas throughout North America.



Membership in the Alliance is open to companies representing all aspects of the outdoor industry, including manufacturers, retailers, publishers, mills and sales representatives. The result is a diverse group of businesses whose livelihood depends on protecting our natural environment. Since its inception in 1989, the Alliance has contributed close to \$13 million to grassroots conservation groups throughout North America. The results of our funding have been remarkable. Alliance funding has helped save more than 42 million acres of wildlands; protect 2,825 miles of rivers; stop or remove 26 dams; designate five marine reserves; and purchase nine climbing areas. There are now more than 185 member companies, and plan to disburse \$1.7 million in 2014.

In 2014, we began supporting the **Bald Head Island Conservancy** with the inaugural BADWATER Cape Fear race by focusing attention on the race route’s pristine setting as a sea turtle nesting area and BHIC’s role as a leader in barrier island conservation, preservation and education.



Additionally, we have championed other environmental causes including the **Los Angeles County Bicycle Coalition**, a nonprofit organization with over 1,000 members that engages cyclists through advocacy, education and outreach across the county. Founded in 1998, LACBC brings together the diverse bicycling community in a united mission to improve the bicycling environment and quality of life for the entire region. In 2011, we donated \$10,000 to LACBC to initiate and sponsor the Jim Swarzman Memorial Membership Drive, an effort that brought \$23,000 into LACBC.

AdventureCORPS joined the **Death Valley Natural History Association** as Life Members and recognized DVNHA as an Official Charity of AdventureCORPS from 2009 through 2013. DVNHA is a non-profit organization supporting education, research, and preservation in Death Valley National Park and Ash Meadows National Wildlife Refuge. Some of their efforts include DeathValley R.O.C.K.S. (bringing inner city kids to experience one of the largest outdoor classrooms in the world), Devil’s Hole Pupfish Recovery, Death Valley All Taxa Biological Inventory, plus they run the wonderful gift shops in the Park.



According to DVNHA, AdventureCORPS has paid for, at the minimum, “every need (sleeping bags, cooking fuel, transportation) for one Death Valley ROCKS school group (50-60 students, chaperones, and teachers) every year since 2009.” AdventureCORPS athletes have also supported this and other DVNHA causes! Additionally, through DVNHA, AdventureCORPS and our athletes have donated \$5000 to support the recently renovated Death Valley National Park Visitors Center, as evidenced by five “donor tiles” are in the Visitors Center (one per \$1000 donation.)



Race leader Gabriel Helmlinger heads north up the beach from Cape Fear.

The 2014 Badwater Ultra Cup kicked off in North Carolina with the inaugural Badwater Cape Fear, held March 22, 2014.

After a week of rain, the weather was fabulous, the locals in the Village of Bald Head Island and at Fort Fisher were extremely supportive, and the entrants gave us rave reviews about an extremely challenging, but breathtaking race course. The variety of terrain and sights along the route is unparalleled: the start of the race at Old Baldy Lighthouse and over the creek on the wooden bridge, a straight traverse across the middle of the island through the forest canopy, a lap around the eastern end of the island and its oceanfront homes, running the length of south beach, trekking through the Maritime Forest Preserve, and then the beach running between Cape Fear and Fort Fisher provided a scenic challenge for all the runners.

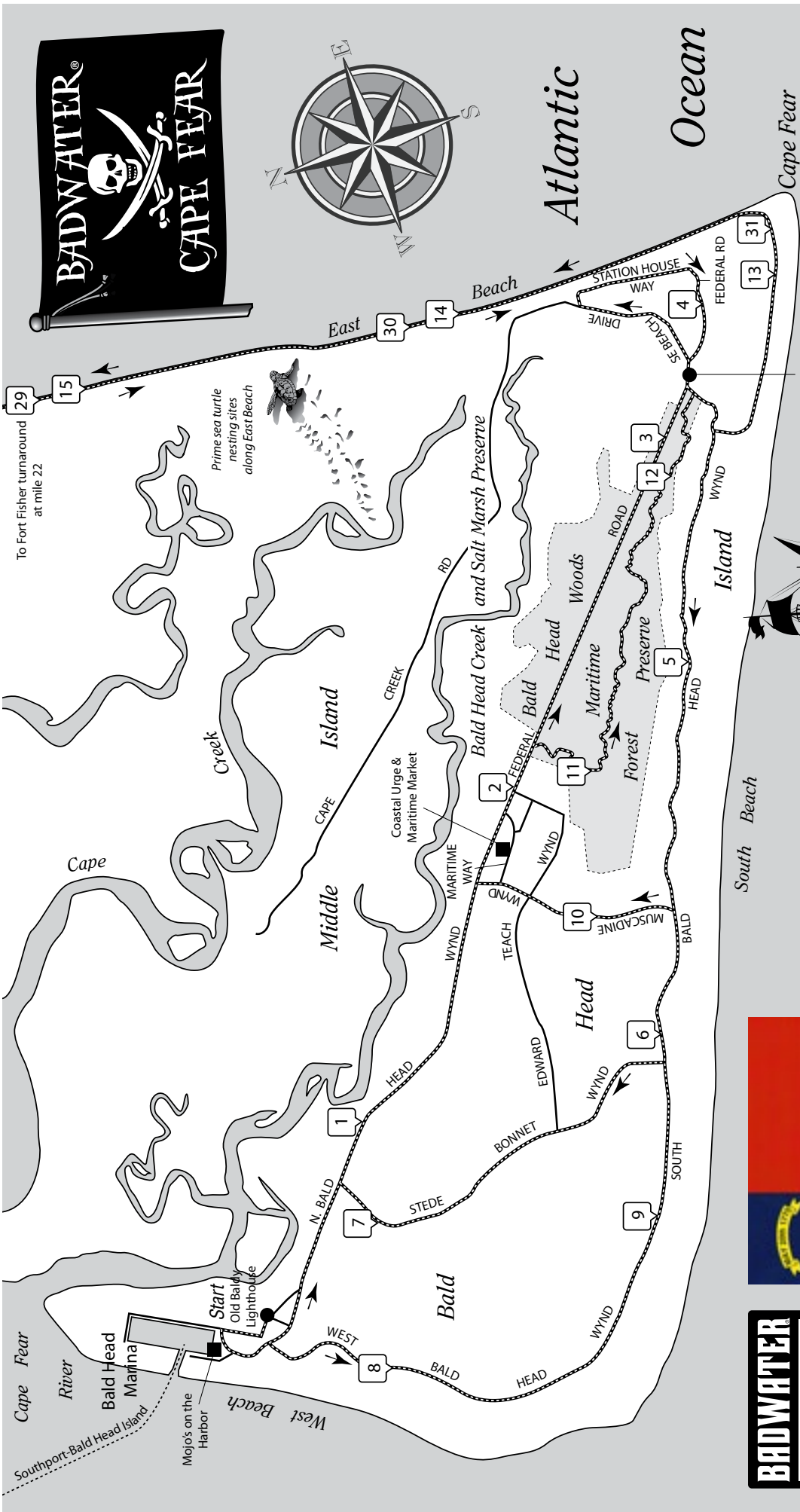
Living on “island time” made it a true get-away from the real world, and many of the runners brought their families along to enjoy Bald Head Island and to support them when they passed by the Bald Head Island Conservancy four times, plus at the finish line. Bald Head residents also came and lent their support at the finish line as well, adding a personal touch to the hospitality shown by the folks at Coastal Urge, who hosted the pre-race social mixer, and by Maritime Market, which hosted the post-race breakfast. In

particular, Bald Head Island Conservancy was a fantastic host for the race. We literally based our race headquarters on their campus, and their staffers, Poul Lindegarrd and Jane Baldrige, took great care of us. In turn, we are pleased to shine a light on their important work and to raise money to support their efforts.

Eighty runners competed, with 24 runners completing the 50km race and 56 runners completing the 51.4-mile race. They represented seventeen states plus Canada. Twenty-two women and sixty-eight men competed, ranging in age from 20 to 72. Gabriel Helmlinger, 47, of Cambridge, MA took home top men’s honors, covering the 51.4 miles in 8:12, while the women’s champ, Katherine Plichta, 27, of New York, NY was the lead women and tied for 4th overall in a time of 9:13. See the inside back cover of this magazine for photos of the seven runners who are competing in all three Badwater Ultra Cup events in 2014: Badwater Cape Fear, Badwater Salton Sea, and Badwater 135.

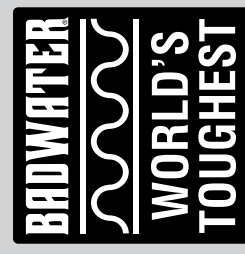
Please mark your calendars for the second edition of the race on March 21, 2015! Seemingly all of this year’s 80 runners promised to be back, and bring their friends, so we’re hoping to have 150 runners tackle Badwater Cape Fear next year.





To Fort Fisher turnaround at mile 22

Prime sea turtle nesting sites along East Beach



BALD HEAD ISLAND CONSERVANCY (Race HQ, Mile 4/12/32 CP, and Finish Line)



Frying Pan Shoals

©AdventureCORPS, Inc.

Left to right: 2014 Badwater Cape Fear racers Linda Quirk, Jason Bennett, Katherine Quirk, Michael Schaffer, and Pamela Rickard celebrate their accomplishment the day after their adventure race on Bald Head Island, NC.





Badwater Salton Sea

First held in 2013, **Badwater® Salton Sea** was held this year on May 5-6, with 57 runners competing. This remarkable event challenged nineteen teams of three ultrarunners - running together for the duration, not in a relay - to tackle an unimaginable traverse of Southern California deserts and mountains. Starting below sea level at the shoreline of the Salton Sea, the route covers 81 miles (130km) non-stop through Anza-Borrego Desert State Park—including an eight-mile, rugged, mountain trail—and finishes atop Palomar Mountain, the almost tallest mountain in San Diego County. The finish line is at 5500 feet above sea level and there is a total elevation gain of over 9000 feet.

With five more teams competing than in 2013, all of them finished within the 28-hour time limit. However,

just eleven teams crossed the line with all three runners still together. A delicious finish line brunch offered a chance for the racers and crews to swap stories about the “four seasons of weather” through which they had raced. This included first day temps over 100 degrees, a ferocious sand storm with wind over 35mph, and then heavy fog and freezing rain during the final ascent.

Badwater Salton Sea was the second and final race in the “Badwater Coast to Coast” challenge, which also included Badwater Cape Fear on Bald Head Island, NC in March (see P. 56) and was the second of three events in the Badwater Ultra Cup, which concludes with the Badwater 135 in July (see P. 57).

For more information, visit www.badwater.com



“Once again, you guys don’t disappoint. What an amazing, first class event! I was absolutely impressed with every aspect of it, including the way you summoned just about every type of weather phenomena to the course!”

—Tony Portera

“Great job with Salton Sea. Incredible course. Loved the team format. The extremes of weather were a challenge, but I’d expect nothing less from a race with the “Badwater” label on it. Our whole team and crew thoroughly enjoyed it.”

—Tony Spencer



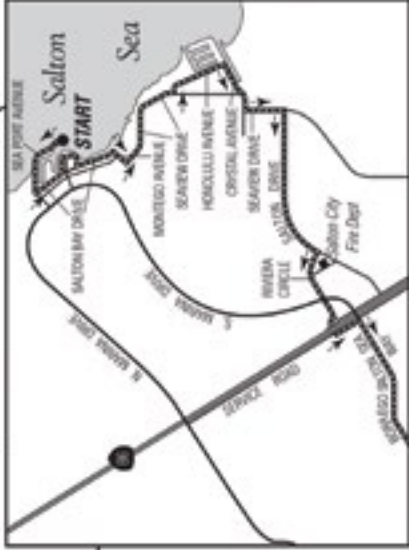
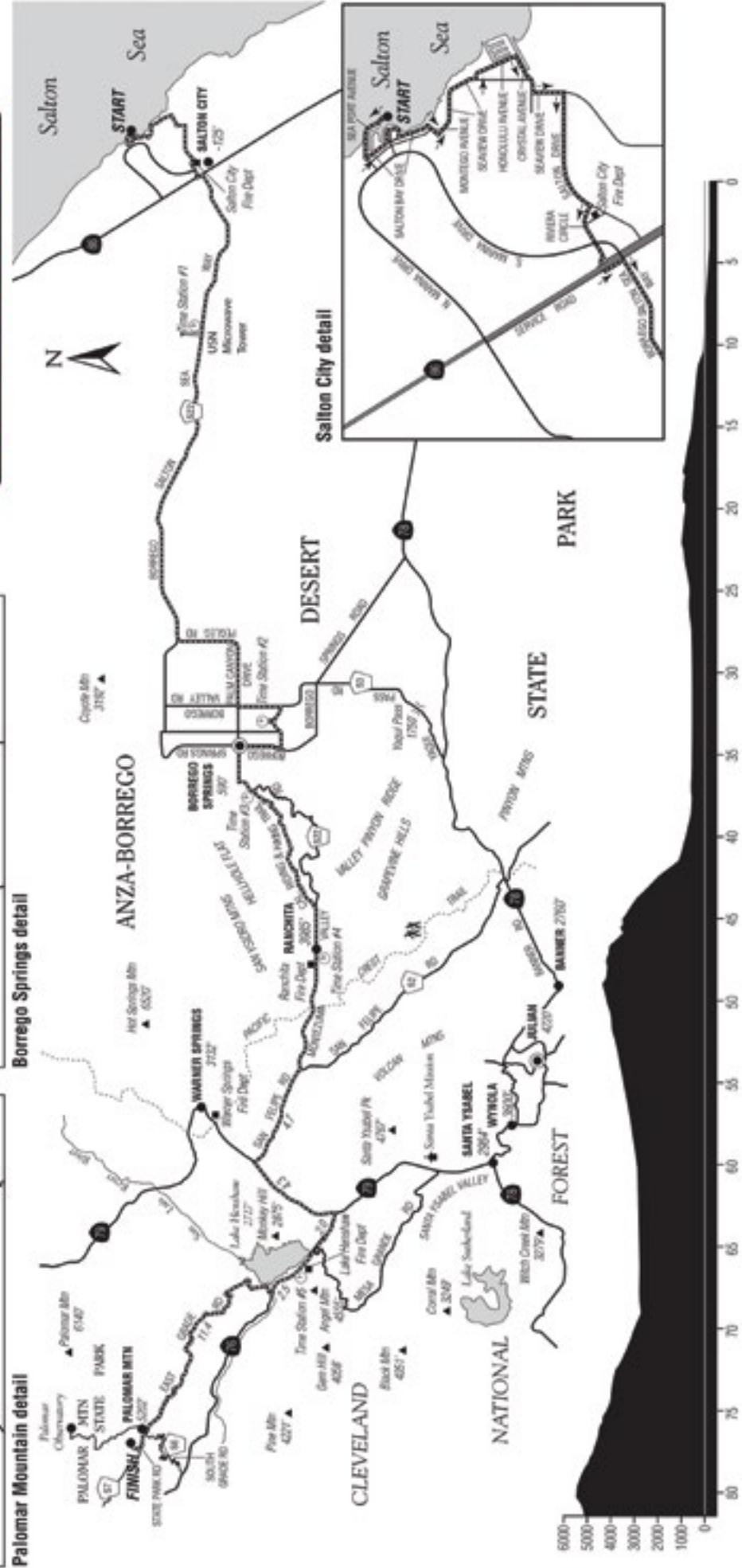
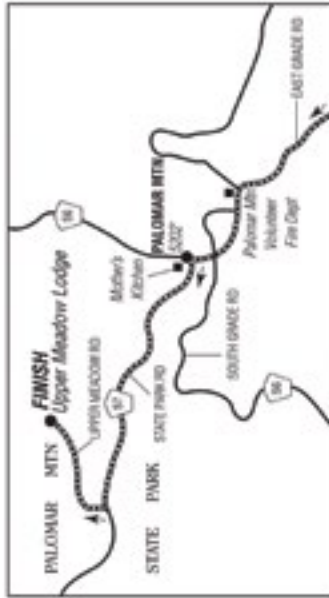
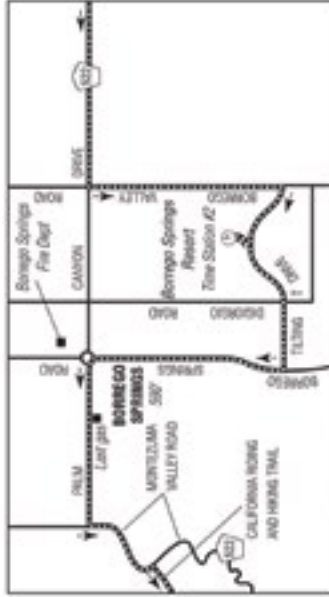
Team Sole2Soul



Team Seasoned



Team Smells Like Team Spirit





THE DANGERS OF RUNNING IN THE HEAT

By Jason Hodde, MS, ATC/L

Running in hot weather can pose many dangers to ultrarunners. Although most runners are aware of the dangers of running for prolonged distances in hot and humid weather, many are also inadequately prepared for the intense stress placed on the body during these hot weather runs.

Scott Jurek takes one of many ice baths in 2006.

In July 2002, I participated in the 25th anniversary of the Badwater Ultramarathon, a 135-mile trek from the lowest place in the continental United States (Badwater Basin), through Death Valley National Park, and to the foot of Mount Whitney, the Whitney Portals, at an altitude of 8,360 feet (2,548 meters). The run was held in the middle of one of the most severe heat waves southern California has ever seen. In preparation for the run, I made sure my crew was aware of the signs and symptoms of heat illness, as well as how to treat me should problems occur. Here are some of the dangers of ultrarunning in the heat, and preventative measures that can be taken to avoid potential problems.

- 5' 7" (170 cm) in height
- 147 pounds (67 kg) in weight
- Caucasian
- At 98.6° F (37° C) body temperature
- Clothed in long pants and a short-sleeved shirt
- In shade
- Walking at a speed of 3.1 mph (5 kph)
- In a breeze of 6 mph (10 kph)
- Not dripping with sweat

Changing any of these factors can either increase or decrease the heat index from those shown in the table. Be aware that heat index values of over 100 significantly increase your risk of heat-related illness.

The Heat Index

The heat index is the apparent temperature felt by the body due to the combined effects of actual temperature and humidity. Most people understand that as the air temperature goes up, so does the heat index, but humidity also plays a role. As the humidity rises, the body is unable to efficiently evaporate the sweat it produces. Therefore, the perceived temperature is much higher than the actual air temperature. The loss of cooling efficiency thus makes exercise extremely dangerous.

Although it is convenient to use a single number to describe the apparent temperature your body feels, keep in mind that heat and humidity affect everybody differently. Several assumptions are made to calculate the heat index measurements in the table below. Specifically, the heat index assumes the body to be:

Relative Humidity	Air Temperature (Degrees F)										
	70	75	80	85	90	95	100	105	110	115	120
0%	64	69	73	78	83	87	91	95	99	103	107
10%	65	70	75	80	85	90	95	100	105	111	116
20%	66	72	77	82	87	93	99	105	112	120	130
30%	67	73	78	84	90	96	104	113	123	135	148
40%	68	74	79	86	93	101	110	123	137	151	
50%	69	75	81	88	96	107	120	135	150		
60%	70	76	82	90	100	114	132	149			
70%	70	77	85	93	106	124	144				
80%	71	78	86	97	113	136	157				
90%	71	79	88	102	122	150	170				
100%	72	80	91	108	133	166					

Heat Illnesses

There are three major heat illnesses—and all of them can be exacerbated by ultra distance running and prematurely end an ultrarunner's race. In all cases, the main reason that runners experience heat illness is dehydration. If you replace lost fluids and electrolytes and are able to train your body to process a high volume of fluid in a short period of time, you significantly decrease the risk of experiencing these race-ending medical emergencies.

Heat cramps: Exercising in hot weather can lead to muscle cramps, especially in the legs. This is usually caused by imbalances or deficiencies in your body's electrolyte stores. A cramp is characterized by sharp, stabbing pain in the muscle and rarely works itself out on its own. On a training run earlier this year in Death Valley, many runners complained of cramps in their legs; I suffered from cramps in my diaphragm and had difficulty breathing for more than an hour! Cramps become less frequent with heat training, but for those of us unaccustomed to such extreme conditions, maintaining adequate hydration and electrolyte balance is critical to avoiding them. To eradicate cramps, you should stop running, drink fluids containing electrolytes, cool your body with wet towels, and immediately get out of the sun.

Heat exhaustion: Losing fluid and electrolytes through sweat leads to dizziness and weakness if the lost fluids are not replaced. Heat exhaustion is characterized by a moderate rise in body temperature, dizziness, nausea and vomiting, and a headache. You might also experience weakness, lack of coordination, heat cramps, heavier than usual sweating accompanied by moist and cold skin, and "goose bumps." Your heart rate may rise and you won't be able to run as fast due to fatigue. Many runners—even those who are well trained—will suffer from mild heat exhaustion after running for several hours in hot and humid conditions. If you experience the signs of heat exhaustion, stop running immediately and drink fluids containing electrolytes, cool your body with wet towels, lie down and elevate your feet a few inches above your heart, and immediately get out of the sun. Since heat exhaustion can lead to the most severe form of heat-related illness, heat stroke, seeking prompt medical attention for heat exhaustion is also highly recommended.

Heatstroke: In extreme cases heat can upset the body's thermostat, causing body temperature to rise to 105 degrees F or higher. This is a life-threatening situation that requires immediate medical attention. While it is common for untreated heat exhaustion to rapidly progress to heatstroke, heatstroke can (and does) occur without the signs of heat exhaustion being apparent. Symptoms of heatstroke include lethargy and extreme weakness, confusion and odd or bizarre behavior, disorientation and unconsciousness. Because heatstroke is a complete failure of the body's temperature regulation system, sweating ceases and the skin becomes hot and dry. Convulsions or seizures can

occur as the brain begins to shut down. Coma and death are also possible in extreme cases. Heatstroke is a medical emergency that requires immediate medical attention. Call the emergency response system immediately! Get the runner out of the sun, remove all clothing, and immediately rub their body with ice or immerse the runner in cold water.

By staying properly hydrated and recognizing the early warning signs of heat illness, as a runner you can prevent a heat-related problem from becoming a life-threatening situation. As a volunteer, recognizing these heat-related dangers may one day help you save the life of a runner who has underestimated the intensity of the surroundings.

About the Author:

Jay is a nationally Certified Athletic Trainer (ATC) licensed to practice in Indiana. He holds Master's degrees in Exercise Physiology and the Basic Medical Sciences, both from Purdue, with an emphasis on tissue repair and healing. Jay works full-time as the Clinical Affairs Manager for Cook Biotech Incorporated, a medical device company in Indiana. He has completed over 60 ultramarathons, including the Grand Slam of Ultrarunning and the 2006 Badwater Ultramarathon.



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THE DANGERS OF HOT WEATHER RUNNING

DEHYDRATION, HEAT CRAMPS, HEAT EXHAUSTION, HEATSTROKE & HYPONATREMIA

By Claudio Piepenburg
(Originally published by Road Runner Sports)

2007 men's champion and record-breaker Valmir Nunes gets help with staying cool.

Running in hot weather can pose dangers to runners. Particularly dangerous is racing in hot, humid summer conditions. Here's how to protect yourself from these five serious (and potentially fatal) conditions.

Dehydration

Dehydration is not limited only to the summer months, although it's probably more likely to occur during that time. Many physicians believe that most people are in a constant state of dehydration. Since coffee, tea, soda and alcohol act as a diuretic, anyone who drinks these fluids on a daily basis, and doesn't drink at least an equal amount of water, will probably be dehydrated. If the person is physically active, the potential for dehydration is even greater.

Working out in hot, humid conditions promotes sweating, which in turn can cause dehydration. Sweating is good for you because it cools your body, but when you lose too much water you become dehydrated. If you're already slightly dehydrated, sweating will

only make it worse. It's important to maintain an adequate fluid intake all the time. Don't expect that you can make up for several days of not drinking enough by downing two cups of sports drink before your next long run or race. It's important to keep hydrated all the time. Once you start to feel thirsty, it's too late.

The average (sedentary) person needs a minimum of eight 8-ounce glasses of fluid a day. Runners need more: anywhere from four to eight quarts of fluid. That translates to at least sixteen 8-ounce glasses daily. Remember that diuretics don't count! Drink water and sports drinks, and if you don't have to worry about calories, fruit drinks or juice.

Two hours before your daily summer workout or a race, you should drink 16 ounces of fluid. Then ten minutes or so before you start to run, drink another one or two cups of water or sports drink. Drinking early and drinking often is the key. During a race you should drink six to twelve ounces of fluid every 15-20 minutes. If the weather is very hot, you may need to drink even more. Training in warm weather, you should drink at least

every 35 to 40 minutes. (Remember you will have already had two 8-ounce glasses before you started.) If you're running a race shorter than 30 minutes, you probably won't need any water other than what you drank before the start. The same goes for the last few miles of a longer race. If you're racing or training for longer than an hour, drink sports drinks as opposed to strictly water.

Start drinking immediately after finishing a run, no matter if it was a race or a workout. Minimum is 16 ounces for every 30 minutes you ran. If you tend to sweat a lot, you'll need more. Weigh yourself after you've run. Drink at least 16 ounces of fluid for every pound you lose through sweating.

By monitoring the color of your urine you can tell if you're hydrated. It should be pale yellow or even clear. If it isn't, you need to drink more fluids. It's important that you retain the fluid, so be careful it you're urinating every fifteen or twenty minutes. To restore your fluid balance, eat something salty (a bag of pretzels, salted nuts, crackers or potato chips), then drink a sports drink. The salt will make you thirstier, so you'll take in even more fluid and urine production will decrease.

Heat Cramps

Have you ever seen a runner bent over at the side of the road massaging their calves during a race? Chances are that he or she had heat cramps. Heat cramps are very painful (envision someone stabbing a knife deep into your muscles!) and rarely "work themselves out". The cramps occur because you've lost minerals through sweating and dehydration. Once you've reached the point of heat cramps, it's too late to try to replace fluids on the run. To make the cramps go away you should:

- Stop running
- Drink fluids immediately. The fluids should include sports drinks as well as water
- Massage the muscles once the pain begins to subside
- Cool your body with wet towels
- Get out of the sun

Heat Exhaustion

Heat exhaustion is a very serious condition that can lead to heatstroke. The symptoms of heat exhaustion are:

- Dizziness
- "Goose bumps" (particularly on the torso and arms)
- Nausea (sometimes accompanied by vomiting)
- Moderate to severe headache
- Weak legs
- Lack of coordination
- Rapid pulse

- Heavy sweating often accompanied by moist and cold skin
- Muscle cramping

If you experience any of these symptoms you must:

- Stop running immediately
- Get medical attention
- Drink large amounts of fluids, including sports drinks
- Get out of the sun
- Lie down and elevate your feet above your heart
- Loosen your clothing

Heatstroke

Heatstroke can be fatal. Unfortunately runners will sometimes ignore the symptoms of heat exhaustion (particularly in races longer than 10K) and will continue to push themselves until they're nearing a total thermoregulatory breakdown. The symptoms of heatstroke are very similar to those of heat exhaustion, but rapidly progress to:

- Disorientation
- Weakness in the legs to the point that the runner may fall
- Strange behavior (including flailing with the arms and shoving)
- "Fuzzy" thinking
- Rapid pulse
- Cessation of sweating and hot/dry skin
- Body temperature that may reach 104 degrees or higher
- Lack of consciousness
- Convulsions or seizures
- Coma

Someone suffering from heatstroke needs immediate medical attention. They should be moved out of the sun, cooled by either rubbing their body with ice or immersing them in cold water and given fluids intravenously.

Hyponatremia

Within the last few years the condition known as hyponatremia has begun to attract the attention of sports medicine physicians, exercise physiologists, and the medical directors at some of the larger marathons around the country. Hyponatremia has been called water intoxication because of the symptoms it produces. According to Dr. Tim Noakes, Professor of Exercise & Sports Science Director at the University of Cape Town, "...a person with hyponatremia looks like he or she is mildly drunk. They can't concentrate normally...they forget what you were talking about and start to concentrate elsewhere."

THE DANGER OF HOT WEATHER RUNNING



Noora Alidina receives fluids for inside and out during the 2007 race from her husband and daughter.

Hyponatremia occurs when the body becomes dangerously low in sodium. It's caused when you literally take in too much water. Although scientists have known about it for a long time, it has only been in the last few years as more runners have been competing in marathons that it has become a concern. According to Dr. Noakes, fluid has to be ingested at high levels for several hours for hyponatremia to occur. He suggests that a runner would have to be drinking water regularly for at least four to six hours to develop the condition. So runners taking four to six hours or more to run a marathon are at particular risk.

Unfortunately, symptoms of hyponatremia tend to mimic those of severe dehydration and/or heat exhaustion. By giving the athlete more water to drink the hyponatremia becomes worse, as more and more sodium is flushed out of the system. If a runner with hyponatremia is given fluids intravenously, they can suffer a fatal reaction. Dr. Noakes and other sports medicine professionals recommend that physicians and other medical personnel at road races be alert for the signs of hyponatremia. One of the earliest symptoms is a craving for salty food.

Although hyponatremia is rare, it's wise to be aware that it can occur, particularly if you're running a marathon in unusually hot

weather. Hyponatremia serves as a reminder that water is good, but don't forget sports drinks, which replenish your body with the sodium, potassium and other trace minerals you lose through sweat. It's worth repeating: if you're going to be running (or racing) for longer than an hour, you should be drinking a sports drink as well as water.

About the author:

Claudia Piepenburg has been running for 21 years and is the current editor for Peak Run Performance. She holds or has held state age-group records in Michigan, North Carolina, Florida, Tennessee and Virginia. In 1990, she was ranked 18th fastest masters woman in the world and 8th fastest masters woman in the U.S. in 1990 and 1991. She competed in the 1988 Olympic Marathon Trials, was 20th woman overall in the 1987 Boston Marathon and women's winner of the 1986 Virginia Beach Marathon. If you have questions or comments for Claudia, she can be reached at cpiepe@roadrunnersports.com.

MEDICAL RISKS IN THE BADWATER ULTRAMARATHON

This 135 mile race is probably the most physically taxing competitive event in the world. It also has considerable medical risks. All runners and crews must appreciate these two facts both before and during the race.

Heat illness and heat stroke are serious risks. These can cause death, renal shutdown, and brain damage. It is important that runners and crews be aware of the symptoms of impending heat illness. These include: nausea, vomiting, headache, dizziness, faintness, irritability, lassitude, weakness, and rapid heart rate. Impending heat stroke may be signaled by a decrease in sweating and goose bumps, especially over the chest.

Heat stroke may progress from minimal symptoms to complete collapse in a very short period of time. Deaths and renal shutdown (kidney failure) have been reported in other ultra-marathons. Adequate conditioning is mandatory.

Adequate fluid and electrolyte intake is the most important preventative for heat illness. Runners may well require dozens of gallons of fluid during this race. Proper pace is crucial.

The high altitude plus exertion can also produce various degrees of altitude sickness. This can lead to severe lung and brain swelling, and even death. The main treatment is rest, and especially to get to a lower altitude.

Blisters are also a problem on this course, with pavement temperatures perhaps reaching 200 degrees. Proper foot care & preparation are essential for having a successful race.

Remember, you are responsible for your well-being while participating in this race. There are no aid stations. Know where your limits are and know your body. Your acceptance of invitation to this race declares that you are aware of the risks & potential health problems.



2011 champ Oswaldo Lopez stays cool during the 2013 race.

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Check the website for details
www.keys100.com

May 16, 2015



Founded by 9x Badwater veteran Frank McKinney, the **Caring House Project Foundation** builds self-sufficient villages for the world's most desperately poor and homeless by providing housing, education, food, water, medical support & capitalism in **Haiti, Honduras, Nicaragua, Indonesia, Africa & the United States.**

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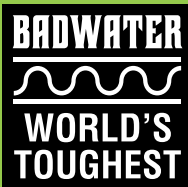


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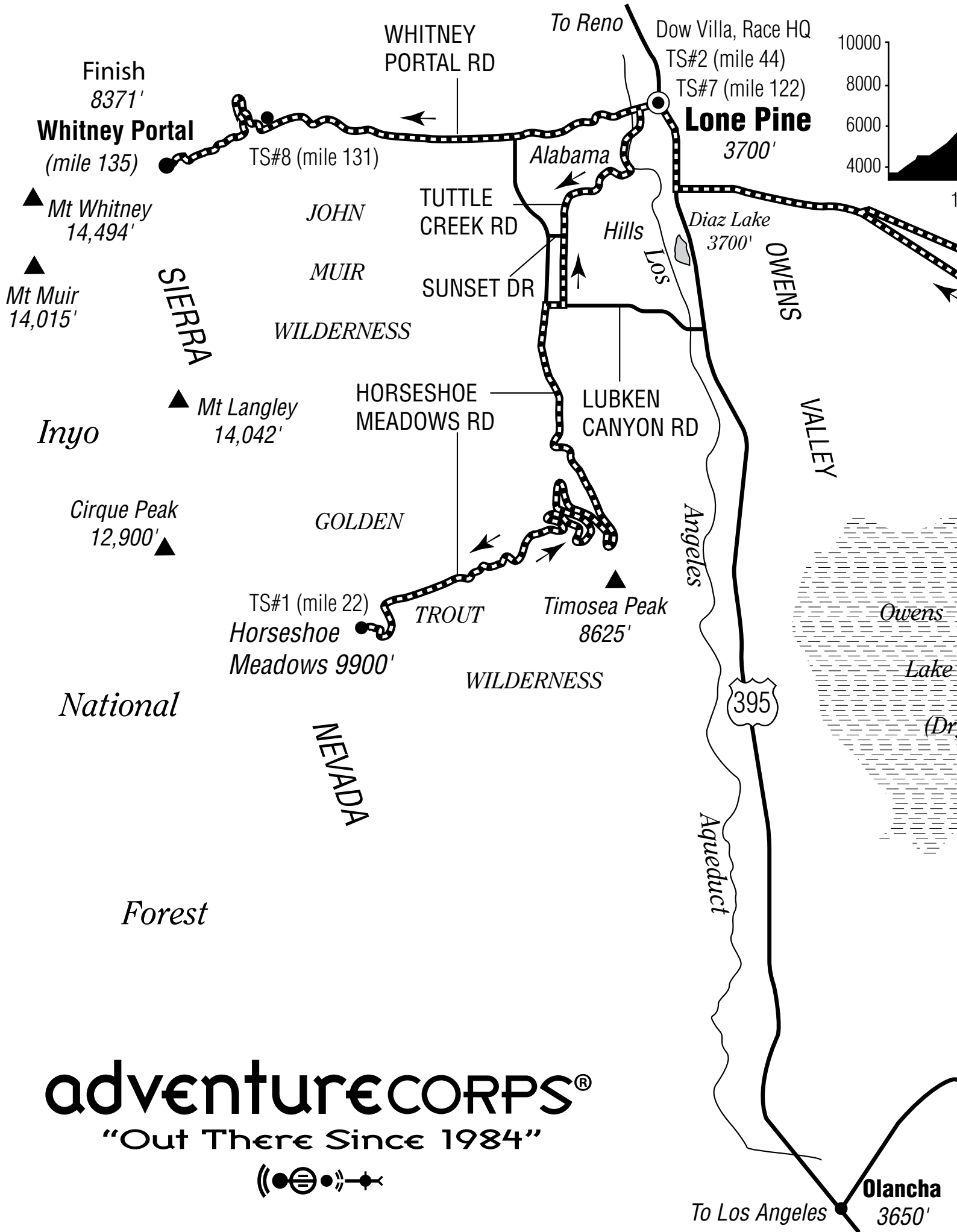
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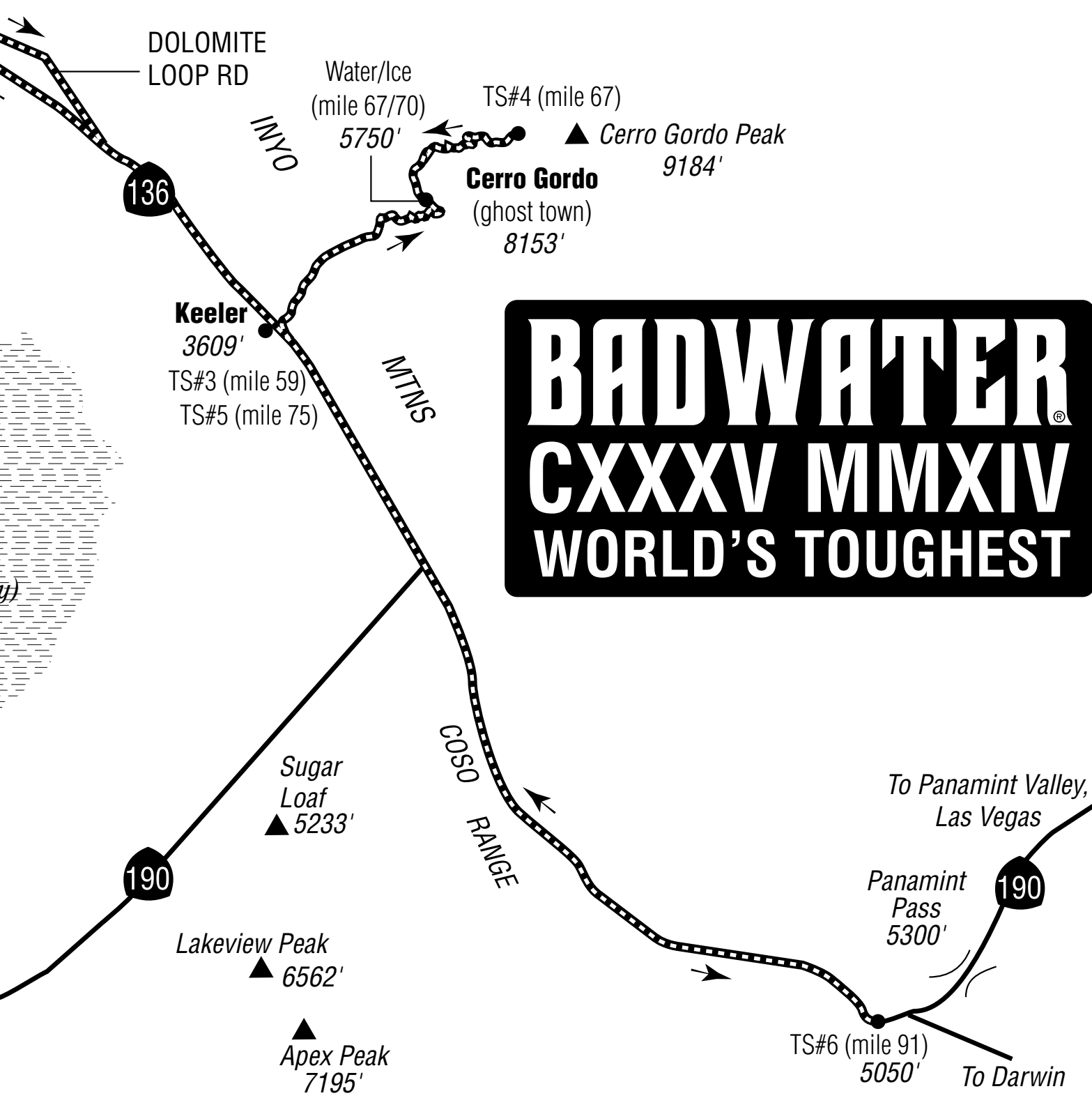
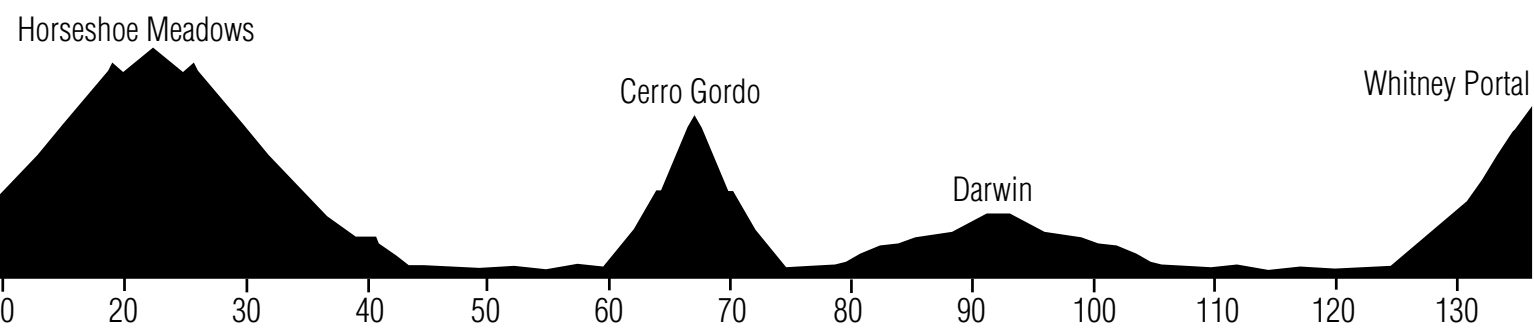


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OFFICIAL RACE ROUTE

<i>Distance (Mi.)</i>	<i>Landmarks</i>	<i>Elevation</i>
NOTE: TL = Traffic Light; SS = Stop Sign; T-Int = T-Intersection		
0.0	Start west on Whitney Portal Road from Brewery Street	3740'
0.4	Left on Tuttle Creek Road (NO SUPPORT VEHICLES NEXT 3.7 miles)	3780'
0.6	Pass Portagee Joe Campground on right (toilet 50 yards west of road)	3790'
1.55	Cross LA Aqueduct	3800'
3.8	Pass Hopalong Cassidy House on Right	4500'
4.1	Pass Thundercloud Lane on Left VEHICLE SUPPORT BEGINS	4580'
5.8	Right on Lubken Canyon Rd. (SS, T-Int)	4700'
6.2	Left on Horseshoe Meadows Rd. (SS, T-Int)	4800'
Dangerous, narrow area! No slow driving or stopping on road!		
9.2	DeLaCour Ranch (Switchback #1 starts) TOILET	5470'
10.6	Enter Inyo National Forest	6000
11.65	Switchback #2 starts	6400'
13.3	Switchback #3 starts	7000'
14.8	Switchback #4 starts	7600'
15.9	Switchback #5 starts; watch for rocks on road	8000'
16.6	Cell Service ends for Verizon; AT&T continues to work for 1.4 miles	
16.7	Switchback #6 starts	8400'
16.9	Switchback #7 starts	8500'
18.0	Walt's Point (AT&T cell service ends)	9000'
19.0	Summit, followed by short downhill	9300'
19.9	Low Point; resume climbing	9050'
21.6	"Wood Gathering Prohibited" / Gate	9600'
21.7	Stay left / Straight (Old Pack Station location)	9700'
21.9	Stay left / Straight towards Cottonwood Pass	9720'
22.1	Left into Day Use area (Time Station #1) (6135' cumulative ascent)	9730'
22.2	Toilet on short loop road	9730'
22.3	Right to return down/east on Horseshoe Meadows Rd. (SS, T-Int)	9730'
24.4	Low Point; begin 250' ascent	9050'
25.25	Summit; begin long descent	9300'
26.4	Walt's Point (AT&T cell service resumes)	9000'
27.4	Switchback #7 starts	8500'
27.8	Switchback #6 starts	8400'
27.9	Verizon cell service resumes	
28.4	Switchback #5 starts	8000'
29.4	Switchback #4 starts	7600'
30.9	Switchback #3 starts	7000'
32.6	Switchback #2 starts	6400'
35.0	DeLaCour Ranch (Switchback #1) TOILET	5470'
38.4	Right on Lubken Canyon Rd.	4800'
38.5	Left on Tuttle Creek Road	4700'
40.0	Cross Sunset Drive (Crew vehicles go west to meet runners at Mile 43.9)	4580'
40.2	Pass Thundercloud Lane on Right NO SUPPORT VEHICLES NEXT 3.1 MILES	4580'
42.8	Cross LA Aqueduct	3800'
43.8	Pass Portagee Joe Campground on left (toilet 50 yards west of road)	3790'
43.9	Right on Whitney Portal Rd. (SS, T-Int) VEHICLE SUPPORT RESUMES	3780'

OFFICIAL RACE ROUTE

<i>Distance (Mi.)</i>	<i>Landmarks</i>	<i>Elevation</i>
44.4	Right on Hwy 395 (TL)	3740'
44.5	Pass Dow Villa on Left: Time Station #2	3740'
45.9	Pass last gas and food: Chevron / Lee's Frontier Deli on right	3700'
46.2	Left on SR 136 / SR 190	3690'
48.8	Cross Owens River	3610'
49.6	Left onto Dolomite Loop	3600'
54.2	Left onto Hwy 136 (SS, T-Int) WATCH FOR SOFT SHOULDERS	3440'
59.1	Pass Cerro Gordo Rd. on right in Keeler	3680'
59.4	Left on Cerro Gordo Rd: Time Station #3 TOILET NO SUPPORT VEHICLES NEXT 15.4 MILES	3680'
64.0	False Summit "Geology Flats" (Water/Ice) (8650' cumulative ascent)	5750'
65.0	Enter Joshua Tree forest	6200'
65.8	"No Hunting" sign on wooden mining equipment on left	6930'
67.1	American Hotel in Cerro Gordo: Time Station #4 TOILET (11,000' cumulative ascent)	8000'
70.2	False Summit "Geology Flats" (Water/Ice)	5750'
74.8	Left onto Hwy 136 (SS, T-Int) Time Station #5 TOILET VEHICLE SUPPORT RESUMES	3670'
79.3	Straight onto Hwy 190 (No Cell Service until Mile 102)	3830'
80.6	4000' Elevation Sign on left	4000'
82.6	Gunsight Pass	4340'
85.9	Gravesite / Large Cross on left	4540'
90.7	Mile Marker 36.0 on right	5000'
91.25	Large pull-out on right: Time Station #6 TOILET (0.9 mile before Darwin turn-off)	5150'
96.5	Gravesite / Large Cross on right	4540'
99.8	Gunsight Pass	4340'
100.7	"100 MILES" painted on road on left side	4160'
101.9	4000' Elevation Sign on right	4000'
103.1	Straight onto Hwy 136 at Hwy 190 junction (Cell Service Resumes)	3830'
107.7	Pass Cerro Gordo Road on right in Keeler TOILET (former TS #3/5)	3670'
113.0	Pass Dolomite Loop on right	3440'
117.2	Pass Dolomite Loop on right again	3600'
118.0	Cross Owens River	3610'
120.7	Right on Hwy 395 (SS, T-Int)	3690'
122.4	Pass Dow Villa on right: Time Station #7	3740'
122.5	Left on Portal Road (TL)	3740'
No slow driving or stopping on road!		
125.6	Pass Horseshoe Meadow Rd. on left	4520'
126.8	Pass Cuffe Ranch on right	5100'
128.1	Pass Olivas Ranch Rd. on left	5300'
129.0	Pass Lone Pine Campground on left	5700'
Dangerous, narrow area! No slow driving or stopping on road!		
130.8	Large pullout on right before switchbacks section: Time Station #8	6890'
131.8	"The Switchback"	7215'
132.4	Vista Point on left	7400'
133.4	Whitney Portal Recreation Area sign	7700'
133.7	Family Campsites on left	8100'
134.3	Overflow Parking Lot on left	8200'
134.4	Finish Line 100 yards beyond Mount Whitney Trail sign (17,000' cumulative ascent)	8360'

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ocean songs

“Poosa pen airy, cutesy indie rock tunes—songs that are simultaneously silly and profound.”

—Download.com

POOSA's lead singer, Melissa Sonnen, has been a Badwater 135 race staff member since 2006. Her husband, Keith Kostman, designed the album artwork and has co-produced the Badwater 135 webcast since 2000. They are donating the latest POOSA album—in vinyl but also including the MP3 download information—to each Badwater finisher in 2014.

They hope the soothing sounds of “Ocean Songs” help everyone recover from “the world’s toughest foot race.”

RACE RULES

GENERAL RACE RULES

1. There are three starting times for the 2014 Badwater 135 Ultramarathon (6am, 7am, and 8am on July 21, 2014), but all racers in all groups are competing in the same race. Runners must check in at the start line, ready to race, 30 minutes prior to their start time. Starting Groups are assigned by the race director and are non-transferable. Split times will be collated throughout the race to maintain overall standings. There are only two divisions: men's and women's. The racer to arrive at the finish line in each division with the lowest overall time, based on their starting time, will be considered the winner.

2. The race number must be worn on the front of the body, unmodified, unfolded, and visible at all times during the race. It may not be worn on the head or hat.

3. The clock does not stop for any reason until the race course officially closes 48 hours after each designated official start time. All racers must leave the course by the 48th hour beyond their start time: Finishing, or remaining on the race course with the intent to continue, is not allowed after 48 hours.

4. All runners are strongly encouraged to have passed, and be proceeding forward, beyond the following locations along the race route within the specified time cut-offs:

- Lone Pine at Mile 45 (3.5mph): within 13 hours.
- Cerro Gordo at Mile 67 (3.35mph): within 20 hours.
- Darwin Turn-Off at Mile 92 (3.0mph): within 30 hours.
- Lone Pine at Mile 124 (3.0mph): within 42 hours.

Additionally, beyond the Darwin Checkpoint, if it becomes clear that a runner will not be able to finish the race officially within the 48-hour time limit, that runner may be forced to withdraw from the course and the race prior to the actual conclusion of the 48 hours.

5. Running must always be single file, on the far left side of the road or off the left side of the road, facing traffic (pacers, too).

6. Racers must make their presence known at all Time Stations located along the route. Runner arrival times at Time Station will be recorded and made public.

7. The race ends at Mt. Whitney Portal. If any entrant or crew member chooses to hike to the summit, official race logos must not be worn and the appropriate permits must be obtained from the Forest Service.

8. Racers, crew, and staff must not litter, mar, or pollute the landscape or environment.

9. All racers, crew and staff must display courtesy, good taste, decorum, and sportsmanship at all times. Nudity is specifically not allowed.

Legal and Bureaucratic Issues

1. "Badwater[®]" is a federally registered trademark and may not be used in any commercial or promotional manner except under license from AdventureCOPRS, Inc. In particular, t-shirts (such as for crew members) may not state "Badwater" or feature any version of the race logo.

2. All applicants must be a minimum of 19 years in age when submitting an application to race.

3. All racers must follow and complete the entire application and entry process, filling out all forms and paying all necessary fees.

4. Each Runner's Support Crew shall have a designated Crew Chief and his or her name and email address must be provided at least six weeks before the race. All crew chiefs must study all race rules and information about supporting a runner and organizing and overseeing a support team, as well as study all email correspondence sent by the race organizers. Each Crew Chief is to be primarily responsible for managing the support crew, maintaining adherence to all race rules, state and local laws, and common sense, as well as overseeing the Health and Safety of all crew members and the runner at all times.

5. The names and email addresses of all support crew members must be provided at least four weeks before the race. All crew members must study all race rules and information about supporting a runner and organizing a support team, as well as study all email correspondence sent by the race organizers.

6. Each runner is strongly encouraged to bring a nurse, EMT, MD or other first responder or medical professional on his or her support team.

7. Each runner is strongly encouraged to bring at least one crew member or Crew Chief who is a veteran runner, crew member, or Crew Chief with Badwater 135 experience.

8. All racers and all crew members must sign the Accident Waiver and Release of Liability / Release of Name and Likeness. Each entrant must also bring the properly completed Check-In Form and Medical History Form to Runner Check-In.

9. All race vehicles must meet the minimum requirements of property damage and personal injury liability automobile insurance for the State of California. All vehicle drivers must be fully licensed.

10. All racers and all designated Crew Chiefs must attend Racer Check-In, while all crew members are encouraged to attend. Additionally, all racers, their designated Crew Chiefs, and as many crew members as possible must attend the Pre-Race Meeting. Those racers and/or their Crew Chiefs who do not complete the scheduled check-in and attend the Pre-Race Meeting will not be allowed to participate. No exceptions will be made.

11. All racers must be willing to submit to a drug urine test before (at any point prior to the race, after being officially confirmed for entry), during (at any time), or after the race (up to 90 days after the conclusion of the race). If any WADA banned substances are detected, the racer will be disqualified from competition, listed as **DISQUALIFIED FOR DOPING** in the final standings of the race, and banned for life from any AdventureCORPS event. Refusal to submit a urine specimen upon demand will also result in the racer being disqualified from competition, being listed as **DISQUALIFIED FOR DOPING** in the final standings of the race, and being banned for life from any AdventureCORPS event. Additionally, any Badwater 135 finisher who fails a drug test within 36 months after competing in any edition of the Badwater 135 will be retroactively disqualified from any and all previous Badwater 135 races, removed from all Badwater 135 race results, as well as banned for life from any AdventureCORPS events.

12. All entrants must bring one U.S. dollar (or more) in a sealed envelope to Racer Check-In. Please write the runner number on the envelope. This envelope will not be returned and the money will be donated to charity.

13. During Racer Check-In, all entrants must display a minimum of four satisfactory reflective vests and eight blinking red lights - which will be worn and utilized by the runner and crew during nighttime periods of the race. Runners without satisfactory quality, or quantity, nighttime safety equipment will be required to purchase additional gear at that time, IF any such gear is available.

14. During Racer Check-In, all entrants must display four race-legal vehicle identification signs (details below) for each support vehicle which will support them during the race.

15. During Racer Check-In, all entrants must show that they have at least eight personal portable toilet products such as the Biffy Bag for use on the race course wherever toilets are not available. Such products must be used discreetly and must be disposed of properly after use. Public and/or unsanitary defecation by runners or crew members will result in disqualification of the runner.

16. No TV, film, or video crew, person, producer, director or other broadcast media representative may accompany or cover any racer or the race itself without the specific written permission of AdventureCORPS, Inc. All film crews must sign a Non-Exclusive Licensing Agreement and, in some cases, pay a Rights Fee. Additionally, California Department of Transportation and/or the U.S. Forest Service may also require payment of a filming fee and signature of a filming agreement.

Support Crew and Assistance

1. Each racer must be accompanied by a support crew comprised of no more than one four-wheeled motor vehicle and at least two and no more than four crew members - at least two of whom are legally licensed to drive and at least one of whom can speak English - at all

times. Race entrants may have no more than one support vehicle and no more than four crew members in total on the race course.

2. Each racer must have his or her own personal support crew and vehicle; crew and support vehicles may not be shared, except informally in the spirit of the event, i.e., crews may lend assistance to other racers or crews. (Exceptions may be made under some circumstances for married couples or others who have a history of racing together and would like to race this event in this manner. Please inquire.)

3. “Unofficial” or extra crew members and “family cheering squads” may only be present in Lone Pine and at the finish line; they may not drive on the race course except between Lone Pine and the finish line and such drive must be made without stopping en route.

4. Runners must progress under their own power without drafting, helping, pushing, supporting, or any other type of physical assistance. Runners may not use walking sticks, ski poles, or the like. So-called “cooling vests” or other types of artificial / technological cooling systems may not be worn or utilized by race entrants while making forward progress on the race course. Crewmembers may not carry an umbrella or shade cover for a runner while he or she is moving forward on the race course.

5. Runners may not be accompanied by more than one pacer at any given time while making forward progress on the race course. Additional crew members that are handing off supplies, or otherwise providing aid, to the runner and/or pacer must be off the roadway at all times (i.e. left of the white line on the shoulder) and may not run along with the runner. To be clear: if a runner is moving forward on the race course, **NO MORE THAN ONE** crew member may also be moving with, or near, the runner at the same time.

6. No more than two crew members, including a pacer if one is present, may be on the other side (runners’ side) of the highway at any given time.

7. Runners must not run abreast with other runners or with pacers. All running must be single-file. Pacers may not run in front of, even slightly, race entrants at any time.

8. Crew members may not use illegal drugs, stimulants, or dope, as well as alcohol of any kind, during the race or at any official race events or activities.

9. Runners may not be accompanied by pacers or moving crew members until mile 45 at the Lone Pine time station.

10. Wheeled conveyances (other than a motorized support vehicle), including in-line skates, strollers, and bicycles, are prohibited on the course at all times. Likewise for hovercrafts and helicopters. Runners accompanied by any such conveyance will be disqualified.

RACE RULES

Support Vehicles

1. The California Motor Vehicle Code, and all local, county, and/or federal laws, rules, and regulations, must be respected at all times. In particular, support vehicle drivers and crews are reminded that phones must only be operated by the driver with a hands-free device; seat belts must be worn by all vehicle occupants at all times while moving, and it is illegal to drive on a highway while displaying emergency flashers. For further information, consult the DMV Code.

2. Support vehicles may not be wider than 78" in width, not counting mirrors, fenders, or bumper which extend beyond the widest part of the actual vehicle body. Small Cars, Minivans, and SUVs are recommended. Oversize SUVs, vans, and trucks, or other types of oversize vehicles are strongly discouraged. Motorhomes, RVs, "SportsMobiles," Sprinter Vans, and all types of Hummers are specifically not allowed.

3. All support vehicles must have their headlights on while driving, 24 hours a day, except as noted in Rule 8 in this section of the rules.

4. All race vehicles must have highly visible signage on the back of the vehicle stating "CAUTION RUNNERS ON ROAD." Magnetic reusable signs may be ordered from our sign vendor, or one-time use signs will be provided by the race organizers at Runner Check-In.

5. All support vehicles must have their racer's name and race number easily and clearly visible on all four sides. The race number must be at least 11" (28cm) tall and the racer's name must be at least 6" (15cm) tall. Our suggestion is to order standardized, professionally made signs for this purpose from a specific Los Angeles-based sign shop. It is each race entrant's responsibility to create or pay for their vehicle identification. For those who order the signs from the specified LA sign shop, the race organizers will pick up all ordered signs, bring them to Lone Pine, and deliver them at Racer Check-In.

6. Vehicle windows may not be blocked or obstructed with any signage, paint, or the like. All vehicles must be inspected in Lone Pine, and no runner will be allowed to start the race who has any vehicle windows blocked. If a runner support vehicle is found with blocked windows during the race, that runner will be forced to stop and wait while the vehicle's windows are unblocked and signage properly mounted.

7. Vehicles must "leapfrog" the runner at all times. Each "leapfrog" must be at least two miles or more in length. Racers may not be "shadowed" (driving a vehicle at the runner's speed) and vehicles must not "caravan" (drive together, like a train, at any speed). Driving may never be at the speed of any racer. Driving must be done at the speed of traffic, never slowing down to encourage, talk to, or lend assistance to any racer while moving.

All assistance must be provided by pedestrian crew members; handing off of supplies from the vehicle is never allowed.

8. Vehicles must be parked completely off the road surface whenever they are stopped (with all four tires right of the white line). The doors on the left side of the vehicle must never be opened into the roadway, even momentarily. All exiting of the vehicle by active crew members must be from the right side of the vehicle; drivers may exit from left but only if space allows for them to do so without their door opening into the roadway. Crew members must not stand on the left side of a parked vehicle (between the road and the vehicle.) Many areas of the route have very little shoulder for parking so care must be taken in choosing stopping places. When stopping/parking, vehicles may not stop on the left side of the road. All stopping/parking must be on the right side of the road, off the roadway. From 700pm to 600am each day (night) of the event, at all times while stopped or parked off the road, support vehicles must have their headlights turned off and emergency flashers turned on.

9. Support vehicles are not allowed for the first 4.1 miles of the race course (Tuttle Creek section). Crews will drive around that section, using Horeshoe Meadows Road, and await their runners at mile 4.1, or slightly later.

10. Support vehicles are not allowed on Cerro Gordo Road (Route Mileage 59-75): Runners must run without support vehicle assistance, with no more than one crew member as a pacer, on the 15-mile round-trip stretch between Hwy 136 and Cerro Gordo. Water and ice will be made available in Cerro Gordo as well as at approximately halfway in both directions.

11. Support vehicles must not park across from parked vehicles on the other side of the road (50 meters in either direction), in order to avoid bottleneaking the roadway.

Safety and Medical Issues

1. Remember, at all times and in all situations, safety is the most important issue. This means safety for racers, crew, staff, and the general public. The roads are not closed for this event and are, in fact, quite busy with tourist and local traffic.

2. I.V.s (intravenous fluids) are not permitted during the race. If a racer receives an I.V. during the race, for any reason, then that racer is disqualified and must withdraw from the race and the race course.

3. For the duration of the race, including daylight, all crew members must wear high-visibility clothing and/or vests.

4. From 700pm to 600am each day (night) of the event, while outside on the race course, all racers and all crewmembers/pacers must wear reflective material facing in all four directions, as well as blinking red lights facing front and rear. We highly recommend the products from Nathan Sports, available from

ZombieRunner.com (click “Nighttime Running” in their store.) Time penalties or disqualification will be enforced for any runner or crew member who disregards nighttime running rules and common sense on the roadway.

5. During nighttime hours, all runners and crews must stop briefly at each time station to demonstrate that they are wearing all necessary high-visibility clothing and/or vests, as well as reflective materials and lights, as required in point 4 above.

6. Racers are responsible for both their own and their crew’s actions; crews are responsible for both their own and their racer’s actions.

7. Always look and listen both ways before crossing the highways. Remember that drivers will not expect to encounter a racer or parked vehicle out on the course. Remember we are on public roads. Racers should not cross over the highway more than necessary; crew should cross the highway carefully to bring assistance to their racer. Time Penalties or Disqualification will be enforced with a Zero Tolerance Policy towards dangerous crossing of, or behavior on, the roadway.

8. All entrants and crew must study “Medical Risks in the Badwater 135,” “Dangers of Running in the Heat,” and “The Dangers of Hot Weather Running”.

Leaving the Course or Withdrawing

1. Every inch of the course must be traveled by each racer. In the event of a routing error, e.g., wrong turn, the racer may be driven back to the exact original spot where he/she left the course and continue running from that location. There will be no allowance made for lost time or miles run in the wrong direction.

2. If a racer needs to leave the course, his/her crew must note the exact location with a numbered stake in the ground. This numbered stake must be visible from the road in both directions. The racer must then resume the race from the same place that he/she left it. The numbered stakes will be provided to all runners at Runner Check-In. Racers may only leave the course for appropriate reasons such as rest or medical attention. Focus must be kept on the speedy completion of the course.

3. If a racer withdraws, he/she or his/her crew must contact Race Headquarters or a Time Station immediately. Name, reason for withdrawal, time of withdrawal, and miles completed must be stated. All racers and crew who drop are encouraged - and expected - to come to the finish line and both post-race events to greet and celebrate with their fellow racers and crews.

4. All Emergency Evacuation costs for participants or crews will be borne by that person or their heirs. The race organizers are in no way liable or responsible for emergency evacuation.

Awards

1. All racers who begin the event will receive a Badwater 135 race t-shirt, hat, Race Magazine, and a goodie bag with other one-of-a-kind Badwater items and products from the race sponsors, as well as entry into the post-race pizza party (for the racer and up to four crew members). All racers who officially complete the event within 48 hours will receive a finisher’s t-shirt and commemorative Badwater 135 buckle.

Rule Enforcement and Penalties

1. Race rules are designed to provide a safe and fair experience for everyone involved and to help ensure our ability to produce the race again next year.

2. Major rule infractions by racers or their crew, especially those regarding “cheating,” will result in immediate disqualification of the racer.

3. Other, lesser offenses will result in the following cumulative time penalties:

• **First Penalty: One Hour**

• **Second Penalty: Disqualification**

4. Time penalties are imposed by the penalized runner stopping at the final Time Station in Lone Pine to serve his/her time penalty. The race and clock will continue while the penalized racer waits out his/her penalty time. A Race Official will be present to oversee this process.

5. The Race Director has the authority, at any time, to overrule any rule or invent a new rule based on extenuating, unforeseen, and/or unusual circumstances and/or to maintain the integrity and fair play necessary for the successful completion, and continuation, of the race. The Race Director has ultimate authority in regards to all rules, their interpretation, and their enforcement. There is no “appeals committee” nor an “appeals process.” All entrants in the race, and their support crews, willingly acknowledge this fact, as well as all other race rules, by attending the race in any capacity.

6. In all cases and circumstances, it is the intent, and spirit, of the rules which will govern their implementation and enforcement.

Finally

1. Have fun and keep smiling! Remember, you chose to be here!

BADWATER is going to NEPAL!

See page 52 for the scoop!

FINISHER DATA ANALYSIS: 1990-PRESENT

FINISHER DATA ANALYSIS: BADWATER ULTRAMARATHON, 1990-2013

Year	Starters	Finishers	Buckle Cut-Off	Sub 60hr	Sub 48hr	Sub 40hr	Sub 34hr	New Men Record	New Women Record
2013	96	81	48 Hours	NA	84%	39%	23%		
2012	96	89	48 Hours	NA	93%	71%	34%		
2011	94	81	48 Hours	NA	86%	76%	20%		
2010	80	73	48 hours	91%	83%	51%	19%		26:16:12
2009	86	75	48 hours	87%	77%	47%	24%		
5yr avg	87	76		89%	85%	57%	24%		
2008	82	75	48 hours	91%	83%	37%	10%		26:51:33
2007	84	78	48 hours	93%	77%	47%	18%	22:51:29	
2006	85	67	48 hours	79%	62%	24%	13%		
2005	81	67	48 hours	83%	56%	22%	7%	24:36:08	
2004	72	57	48 hours	79%	58%	28%	8%		
5yr avg	80.8	68.8		85%	67%	32%	11%		
2003	73	46	48 hours	63%	42%	14%	5%		
2002	78	58	48 hours	74%	47%	12%	4%		27:56:47
2001	71	55	48 hours	77%	46%	14%	7%		
2000	69	49	48 hours	71%	41%	16%	12%	25:09:05	29:48:27
1999	42	33	48 hours	78%	60%	26%	12%	27:49:00	36:58:00
5yr avg	66.6	48.2		73%	47%	16%	8%		
1998	29	20	48 hours	69%	41%	17%	10%	28:09:00	
1997	27	20	48 hours	74%	44%	26%	3%	29:10:00	37:01:00
1996	23	14	45 hours	61%	35%	1%	4%	33:01:00	41:13:00
1995	24	16	45 hours	67%	38%	13%	0%		
1994	25	16	45 hours	64%	32%	1%	4%		
5yr avg	25.6	17.2		67%	38%	12%	4%		
1993	12	10	60 hours	83%	50%	25%	17%		
1992	14	13	60 hours	92%	29%	14%	14%		
1991	14	14	60 hours	100%	71%	36%	14%		
1990	21	17	70 hours	81%	29%	29%	14%		
4yr avg	15.25	13.5		89%	45%	26%	15%		

AGE GROUP AND **OVERALL COURSE RECORDS

Age Group	Men	Time	Women	Time
10-19	Nickademus Hollon, 19, USA, 2009	33:21:29	NA	NA
20-29	Zach Gingerich, 29, USA, 2009	25:06:12	Jen Lee Segger, 28, Canada, 2008	32:31:57
30-39	Oswaldo Lopez, 39, Mexico, 2011	23:41:40	Jamie Donaldson, 35, USA, 2010**	26:16:12
40-49	Valmir Nunes, 43, Brazil, 2007**	22:51:29	Pamela Reed, 47, USA, 2008	27:42:52
50-59	Charlie Engle, 50, USA, 2013	26:15:35	Irina Reutovich, 50, Russia, 2000	29:48:27
60-69	David Jones, 60, USA, 2012	30:33:19	Linda Quirk, 60, USA, 2013	44:00:39
70-79	Arthur Webb, 70, USA, 2012	33:45:40	NA	NA
Youngest Ever	Nickademus Hollon, 19, USA, 2009	33:21:29	Claire Heid, 23, USA, 2012	41:15:47
Oldest Ever	Jack Denness, 75, UK, 2010	59:13:02	Sigrid Eichner, 64, Germany, 2005	52:45:46
Oldest Ever				
(Sub-48 Hrs)	Arthur Webb, 70, USA, 2012	33:45:40	Dixie A. Madsen, 63, USA, 2000	47:04:00

ROSTER QUICK-REFERENCE

Bib	Wave	First	Last	Bib	Wave	First	Last
1	800	Carlos	Sa	51	600	Kimberlie	Budzik
2	800	Eric	Spencer	52	700	Kimani	Long
3	800	Oswaldo	Lopez	53	600	Solane	Machado
4	700	Nathan	Longcrier	54	600	Philippe	Grizard
5	800	Josh	Spector	55	700	Luigi	Dessy
6	800	Pam	Reed	56	800	Mark	Matyazic
7	700	Andrea	Kooiman	57	600	David	Coats
8	800	Maggie	Beach	58	700	Larry	Stephens
9	800	Nikki	Wynd	59	700	Jeff	Gleason
10	600	Joan	Vila Casanovas	60	700	Keith	Straw
11	800	Scott	Newton	61	800	Chris	Rice
12	700	Jared	Fetterolf	62	700	Glenn	Sutton
13	800	David	Goggins	63	600	Mark K.	Olson
14	600	Aoife	O'Donnell	64	700	Alexander	Scherz
15	700	Cristiano	Marcelino	65	600	Sergio	Radovcic
16	800	Ed	Ettinghausen	66	600	William	McCarty
17	700	Vito	Rubino	67	800	Andy	Woods
18	700	Darren	Fortney	68	700	Steve	Maliszewski
19	600	Lorie	Alexander	69	600	Bob	Becker
20	800	Gavin	Woody	70	800	Juan Carlos	Sagastume
21	800	Julio Cesar	Angel Andrade	71	800	Grant	Maughan
22	700	David	Clark	72	700	Francisco	Manzanares
23	600	Carla	Goulart	73	700	Andre	Blumberg
24	800	Nicole	Matera	74	600	Dan	Marinsik
25	800	Amy	Costa	75	600	Parvaneh	Moayed
26	700	Pete	Kostelnick	76	600	Kelly	Lim Thong
27	800	Brandon	Purdeu	77	600	John	Radich
28	700	Alan	Murphy	78	600	Joao Jos	Morelli Neto
29	600	Rob	Ulm	79	700	Federico	Sanchez
30	800	Christian	Colque	80	700	James	Ehasz
31	800	Kurt	Lindermuller	81	600	Gerald	Tabios
32	800	Alyson	Venti	82	700	Juan	Craveri
34	800	Lee	Wallington	83	800	Craig	Wheeler
35	800	Harvey	Lewis	84	700	Danny	Westergaard
36	800	Joshua	Holmes	85	700	Phil	Nimmo
37	800	Dariusz	Strychalski	86	600	Reuben	Cheang
38	800	Christopher	Benjamin	87	800	Philippe	Verdier
39	600	Simone	Valentin	88	600	Piyush	Shah
40	800	Mauro	Chasilew	89	600	Anthony	Portera
41	800	Ray	Sanchez	90	700	Dariusz Jacek	Labudzki
42	600	Thomas	Zaide	91	700	Bradford	Lombardi
43	800	Hiroyuki	Nishimura	92	700	Bill	Thompson
44	800	Nobumi	Iwamoto	93	700	Zbigniew	Malinowski
45	600	Geoffrey	Foote	94	700	Dan	Brenden
46	600	John	Corey	95	800	Robert	Youngren
47	700	Carl	Cleveland	96	600	Jim	Schroeder
48	600	Marianne	Blangy	97	700	Jonathan	Savage
49	600	Karla	Kent	98	600	Russ	Reinbolt
50	600	Cheryl	Zwarkowski	99	600	Nghee Huat	Lim
				100	800	Katherine	Plichta

2014 OFFICIAL RACE ROSTER

6:00AM START

#	First Name	Last Name	City	State	Country	Nationality	R/V	M/F	Age
19	Lorie	Alexander	Calgary	AB	Canada	Canada	V	F	55
69	Bob	Becker	Fort Lauderdale	FL	USA	USA	V	M	69
48	Marianne	Blangy	Chaussin		France	France	V	F	51
51	Kimberlie	Budzik	Friendswood	TX	USA	USA	V	F	54
86	Reuben	Cheang	Singapore		Singapore	Singapore	R	M	49
57	David	Coats	Houston	TX	USA	USA	V	M	53
46	John	Corey	Cincinnati	OH	USA	USA	R	M	46
45	Geoffrey	Foote	Chandler	AZ	USA	USA	V	M	46
23	Carla	Goulart	Contagem-Minas Gerais		Brazil	Brazil	R	F	38
54	Philippe	Grizard	Chaussin		France	France	V	M	61
49	Karla	Kent	Las Vegas	NV	USA	Czech Republic	V	F	51
99	Nghee Huat	Lim	Singapore		Singapore	Singapore	V	M	61
76	Kelly	Lim Thong	Singapore		Singapore	Singapore	R	F	44
53	Solane	Machado	Uberlandia		Brazil	Brazil	R	F	53
74	Dan	Marinsik	San Jose	CA	USA	USA	V	M	55
66	William	McCarty	San Francisco	CA	USA	USA	R	M	66
75	Parvaneh	Moayedi	San Antonio	TX	USA	Iran	V	F	50
78	Joao Jos	Morelli Neto	Campinas		Brazil	Brazil	R	M	44
14	Aoife	O'Donnell	Dublin		Ireland	Ireland	R	F	31
63	Mark K.	Olson	Covina	CA	USA	USA	V	M	67
89	Anthony	Portera	White Plains	NY	USA	USA	V	M	43
77	John	Radich	Monrovia	CA	USA	USA	V	M	60
65	Sergio	Radovic	Scottsdale	AZ	USA	Serbia	V	M	40
98	Russ	Reinbolt	La Jolla	CA	USA	USA	V	M	49
96	Jim	Schroeder	Indialantic	FL	USA	Australia	R	M	66
88	Piyush	Shah	Ahmedabad		India	India	R	M	54
81	Gerald	Tabios	Elmhurst	NY	USA	Philippines	R	M	44
29	Rob	Ulm	Charleston	IL	USA	USA	R	M	38
39	Simone	Valentin	Naples	FL	USA	Brazil	R	F	38
10	Joan	Vila Casanovas	Mexico City		Mexico	Spain	V	M	43
42	Thomas	Zaide	Long Beach	CA	USA	USA	R	M	36
50	Cheryl	Zwarkowski	Victorville	CA	USA	USA	V	F	56

7:00AM START

73	Andre	Blumberg	Hong Kong		Hong Kong	Germany	R	M	44
94	Dan	Brenden	Phoenix	AZ	USA	USA	R	M	63
22	David	Clark	Lafayette	CO	USA	USA	V	M	43
47	Carl	Cleveland	Overland Park	KS	USA	USA	R	M	47
82	Juan	Craveri	Buenos Aires		Argentina	Argentina	R	M	45
55	Luigi	Dessy	Ponce	PR	USA	USA	R	M	36
80	James	Ehasz	Bisbee	AZ	USA	USA	V	M	61
12	Jared	Fetterolf	Austin	TX	USA	USA	R	M	25
18	Darren	Fortney	Middleton	WI	USA	USA	V	M	46
59	Jeff	Gleason	Wexford	PA	USA	USA	V	M	56
7	Andrea	Kooiman	Mission Viejo	CA	USA	USA	R	F	39
26	Pete	Kostelnick	Lincoln	NE	USA	USA	R	M	26
90	Dariusz Jacek	Labudzki	Sandomierz		Poland	Poland	R	M	54
91	Bradford	Lombardi	Croton-On-Hudson	NYU	USA	USA	V	M	45
52	Kimani	Long	Charlotte	NC	USA	USA	R	M	40
4	Nathan	Longcrier	Fullerton	CA	USA	USA	R	M	41
93	Zbigniew	Malinowski	Kolobrzeg		Poland	Poland	R	M	60
68	Steve	Maliszewski	Houston	TX	USA	USA	R	M	42
72	Francisco	Manzanares	Chihuahua		Mexico	Mexico	R	M	43
15	Cristiano	Marcelino	Niteroi / RJ		Brazil	Brazil	R	M	34
28	Alan	Murphy	Saginaw	MI	USA	USA	R	M	28
85	Phil	Nimmo	Mansfield	TX	USA	USA	R	M	50
17	Vito	Rubino	Pasadena	CA	USA	Italy	R	M	36
79	Federico	Sanchez	Saint Helena	CA	USA	Mexico	R	M	44
97	Jonathan	Savage	Charlotte	NC	USA	USA	R	M	48

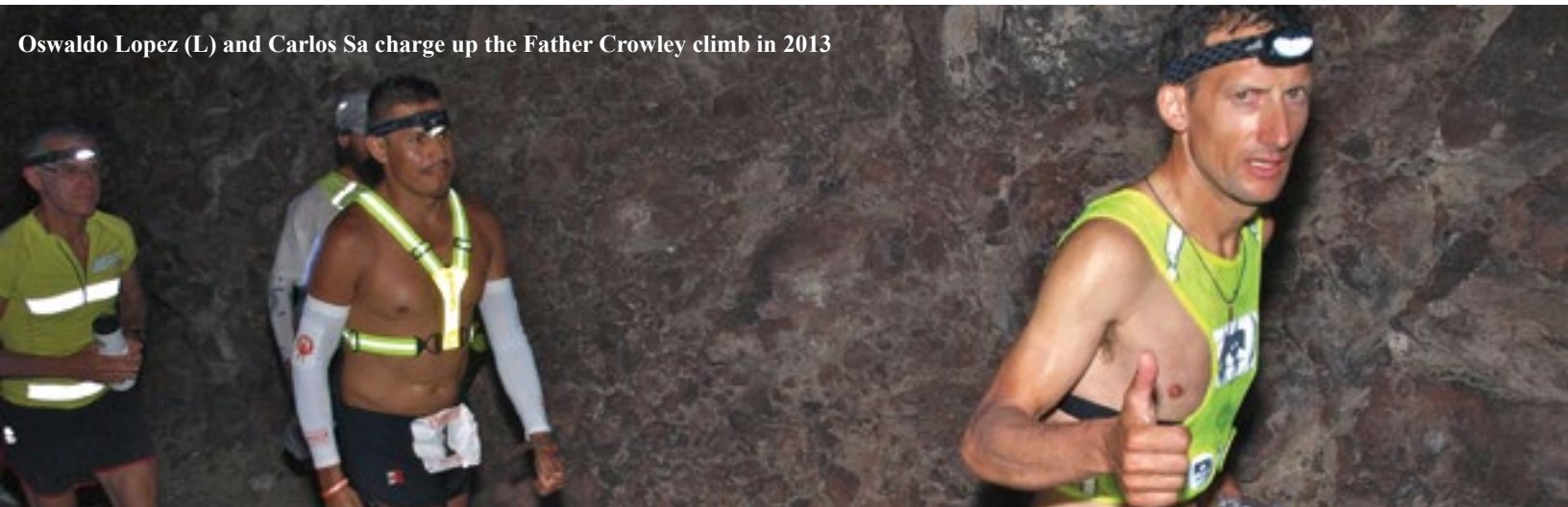
7:00AM START (Cont.)

#	First Name	Last Name	City	State	Country	Nationality	R/V	M/F	Age
64	Alexander	Scherz	Oberwil		Switzerland	Switzerland	R	M	41
58	Larry	Stephens	Portland	OR	USA	USA	R	M	58
60	Keith	Straw	Malvern	PA	USA	UK	V	M	59
62	Glenn	Sutton	Dunedin		New Zealand	New Zealand	R	M	40
92	Bill	Thompson	Moon Township	PA	USA	USA	V	M	48
84	Danny	Westergaard	Palos Verdes Estates	CA	USA	USA	V	M	55

8:00AM START

21	Julio Cesar	Angel Andrade	Mexico		Mexico	Mexico	V	M	48
8	Maggie	Beach	Pasadena	CA	USA	USA	V	F	43
38	Christopher	Benjamin	Harrisonville	MO	USA	USA	R	M	38
40	Mauro	Chasilew	Rio de Janeiro		Brazil	Brazil	V	M	45
30	Christian	Colque	Cordoba		Argentina	Argentina	R	M	40
25	Amy	Costa	Jacksonville	FL	USA	USA	V	F	49
16	Ed	Ettinghausen	Murrieta	CA	USA	USA	V	M	51
13	David	Goggins	Libertyville	IN	USA	USA	V	M	39
36	Joshua	Holmes	Los Angeles	CA	USA	USA	R	M	36
44	Nobumi	Iwamoto	Chiyoda	Tokyo	Japan	Japan	V	M	48
35	Harvey	Lewis	Cincinnati	OH	USA	USA	V	M	38
31	Kurt	Lindermuller	San Rafael de Heredia		Costa Rica	Germany	V	M	54
3	Oswaldo	Lopez	Madera	CA	USA	Mexico	V	M	42
24	Nicole	Matera	Fullerton	CA	USA	USA	R	F	24
56	Mark	Matyazic	Irvine	CA	USA	USA	V	M	49
71	Grant	Maughan	Dudley		Australia	Australia	V	M	50
11	Scott	Newton	Shell Beach	CA	USA	USA	R	M	44
43	Hiroyuki	Nishimura	Chiba		Japan	Japan	V	M	44
100	Katherine	Plichta	New York	NY	USA	USA	R	F	27
27	Brandon	Purdeu	Lawton	OK	USA	USA	R	M	27
6	Pam	Reed	Jackson	WY	USA	USA	V	F	53
61	Chris	Rice	Suffern	NY	USA	USA	R	M	40
1	Carlos	Sa	Barcelos		Portugal	Portugal	V	M	40
70	Juan Carlos	Sagastume	Guatemala		Guatemala	Guatemala	R	M	42
41	Ray	Sanchez	Sacramento	CA	USA	USA	V	M	47
5	Josh	Spector	West Hollywood	CA	USA	USA	R	M	41
2	Eric	Spencer	Miami Beach	FL	USA	USA	R	M	35
37	Dariusz	Strychalski	Lapy		Poland	Poland	V	M	38
32	Alyson	Venti	Miami	FL	USA	USA	R	F	32
87	Philippe	Verdier	Nice		France	France	R	M	51
34	Lee	Wallington	Somerset		UK	UK	R	M	34
83	Craig	Wheeler	Burlington	KY	USA	USA	R	M	52
67	Andy	Woods	Ponte Vedra Beach	FL	USA	USA	R	M	41
20	Gavin	Woody	Kirkland	WA	USA	USA	R	M	37
9	Nikki	Wynd	Lysterfield		Australia	Australia	R	F	42
95	Robert	Youngren	Huntsville	AL	USA	USA	V	M	40

Oswaldo Lopez (L) and Carlos Sa charge up the Father Crowley climb in 2013





Brazil: Carlos Henrique Gusmão



New Zealand: Amy Campbell



USA: Will Glover



Switzerland: Iris Cooper-Imhof



Japan: Hiroyuki Nishimura



USA: Lane Vogel



Tammy Massie, final female finisher, 2013 (USA)



Alexander Lalonde, final male finisher, 2013 (Canada)



On October 5, a hardy band of cycling warriors will write history as the 31st anniversary of the race commonly known as “The 508” will begin in Reno, NV under its new moniker, “Silver State 508.” Will YOU be there for an epic cycling challenge and to create a lifetime of stories to swap?

Four-rider relay teams are super popular, and often super fast, while a two-rider team division and - for those who only want to suffer—a solo division—are also offered. Sub-categories are offered for “classic bikes,” tandems, recumbents, and fixed gear bikes, along with seven age groups. As this a new race route, course records will be set in every category entered, for those who finish! Come set a record!

Additionally, continuing in the tradition of the Death Valley Cup, there will be special recognition for those who complete both the Badwater 135 and Silver State 508 (as a soloist) in the same calendar year.

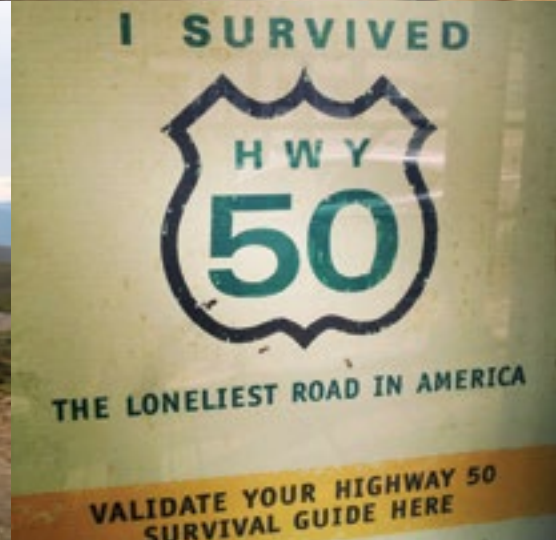
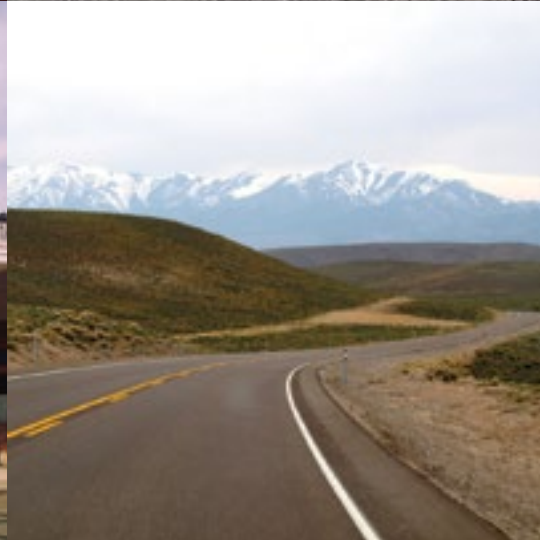
Though the start / finish line is in the glitzy, glamorous bright lights of Reno, racers will quickly leave that behind to tackle the outback of northern Nevada. Held mostly on Hwy 50, known as “the loneliest highway in America,” the course is over 508 miles long, with 22,000 feet of elevation gain, crossing SIXTEEN mountain passes!

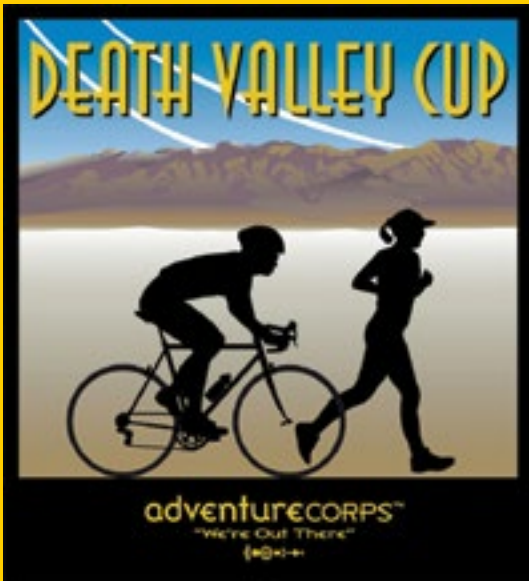
Held since 1983, and now in its fourth iteration, this one-of-a-kind ultramarathon bicycle race is revered the world over for its epic mountain climbs, stark desert scenery, desolate roads, and its reputation as one of the toughest but most gratifying endurance challenges available, bar none.

Will you take on the challenge, write history, and go home with bragging rights to last a lifetime? Entry is open NOW!

For more information, visit: www.the508.com

The
**SILVER
STATE**
508
Since 1983





The Death Valley Cup recognizes those athletes who complete both the Badwater Ultramarathon 135 Mile Running Race and the Furnace Creek 508 Mile Bicycle Race in the same calendar year. To earn this recognition is a very significant achievement in endurance sports and especially for those athletes who have come to know and love Death Valley and its environs.

For more information about Furnace Creek 508, now known as Silver State 508, visit: www.the508.com

CURRENT DEATH VALLEY CUP RECORD HOLDERS

Charlie Engle, “Water Dragon” Greensboro, NC, 47, 2009 (2nd DV Cup)



Badwater

25:45:11, 4th place

Furnace Creek

33:19:25, 4th place

=59:04:36 total time*

Shanna Armstrong “Dik Dik” Lubbock, TX, 34, 2008



Badwater

31:16:10, 3rd female, 7th overall

Furnace Creek

34:30:58, 5th female, 24th overall

=65:47:08 total time*

(*To receive the Death Valley Cup plaque, these combined record times must be broken.)

DEATH VALLEY CUP FINISHERS

Athletes	Yr	Badwater	FC508	Time
Shanna Armstrong "Dik Dik" Lubbock, TX, 34	2008	Badwater, 31:16:10, 3rd female, 7th overall	Furnace Creek, 34:30:58, 5th female, 24th overall	=65:47:08*
Patrick Candé, "Golden Eagle" Tahiti, French Polynesia, 48	2005	Badwater, 34:13:21, 7th place	Furnace Creek, 36:52:12 37th place	=71:05:33
Angelika Castaneda, "Cat" San Diego, CA, 56 (1st Ever female DV Cup)	1999	Badwater, 36:58, 1st female, 8th overall	Furnace Creek, 43:46:40, 3rd female, 18th overall	=80:44:40*
Meredith Dolhare, "RedAssd Monkey" Charlotte, NC, 40	2013	Badwater, 30:52:40 3rd female, 20th overall	"Trona 353*," 30:42:00 8th female, 54th overall	=60:34:40
Charlie Engle, "Water Dragon" Greensboro, NC, 45	2007	Badwater, 27:42:32, 5th place	Furnace Creek, 34:31:12, 13th place	=62:13:44
Charlie Engle, "Water Dragon" Greensboro, NC, 47 (2nd DV Cup)	2009	Badwater, 25:45:11, 4th place	Furnace Creek, 33:19:25, 4th place	=59:04:36*
Charlie Engle, "Water Dragon" Greensboro, NC, 51 (3rd DV Cup)	2013	Badwater, 26:15:35, 5th place	"Trona 353*," 26:52:00, 12th place	=53:07:35*
Monica Fernandez, "Quetzal" Casablanca, Morocco, 40, Guatemala	2008	Badwater, 35:17:59, 7th female, 12th overall	Furnace Creek, 32:58:12 2nd female, 12th overall	=68:16:11
Paul Grimm, "Wile E Coyote" Littleton, CO, 44	2012	Badwater, 46:13:12, 87th place	Furnace Creek, 45:10:28, 41st place	=91:23:40
Tim Hewitt, "Muskox" Greensburg, PA, 56	2010	Badwater, 36:30:52 26th place	Furnace Creek, 42:11:07 32nd place	=78:41:59
Nickademus Hollon, "Horned Lizard" San Diego, CA, 19	2009	Badwater, 33:21:29, 18th place	Furnace Creek, 44:06:44, 24th place	=77:28:13
Nickademus Hollon, "Horned Lizard" San Diego, CA, 20 (2nd DV Cup)	2010	Badwater, 31:53:00, 13th place	Furnace Creek, 39:53:28 21st place	=71:46:28
David Jackson, "Jackass" Lexington, KY, 43	2002	Badwater, 47:12:30, 25th place	Furnace Creek, 38:56:12 15th place	=86:08:42
James Kern, "Shrike" Sunnyvale, CA, 55	2013	Badwater, 33:57:30, 22nd place	"Trona 353*," 22:31:00, 11th place	=56:28:30
Charlie Liskey, "Lizard" Somis, CA, 40	1996	Badwater, 58:26, 14th place	Furnace Creek, 39:32:08 17th place	=97:58:08
Eric Meech, "Cattle Dog" San Diego, CA, 44	2013	Badwater, 41:17:32 47th place	"Trona 353*," 26:45:00 33rd place	=68:02:32
Jean Michel Monot, "Manta Ray" Tahiti, French Polynesia, 45	2005	Badwater, 36:51:12, 11th place	Furnace Creek, 35:53:48 31st place	=72:45:00
Ted Philip, "Mountain Gorilla" Wayland, ME, 47	2012	Badwater, 32:30:48, 24th place	Furnace Creek, 38:52:59, 17th place	=71:23:47
Greg Pressler, "Pheasant" Portland, OR, 43	2011	Badwater, 38:36:46 43rd place	Furnace Creek, 42:18:56 39th place	=80:55:42
Kaname Sakurai, "Sea Lion" Nagoya, Japan, 36	2000	Badwater, 27:52:14, 3rd place	Furnace Creek, 32:31:56, 2nd place	=60:24:10*
Michele Santilhano, "Shongololo" Menlo Park, CA, 38, South Africa	2008	Badwater, 39:42:23, 11th female, 29th overall	Furnace Creek, 38:01:42, 7th female, 42nd overall	=77:44:05
Del Scharffenberg, "Spider" Portland, OR, 52	1997	Badwater, 48:16, 13th place	Furnace Creek, 42:15:26, 10th place	=90:31:26
Monica Scholz, "Scarlett Fairy Cup" Jerseyville, ON, Canada, 37	2004	Badwater, 29:22:29, 1st female, 3rd overall	Furnace Creek, 44:29:15, 1st female, 25th overall	=73:51:44
Monica Scholz, "Scarlett Fairy Cup" Jerseyville, ON, Canada, 39 (2nd DV Cup)	2006	Badwater, 32:07:01, 1st female, 8th overall	Furnace Creek, 40:00:02, 2nd female, 27th overall	=72:07:01
Steve Teal, "Desert Duck" Phelan, CA, 40	2005	Badwater, 43:56:20, 34th place	Furnace Creek, 35:39:52 29th place	=79:46:12
Steve Teal, "Desert Duck" Phelan, CA, 41 (2nd DV Cup)	2006	Badwater, 42:29:16, 32nd place	Furnace Creek, 41:24:06 29th place	=83:53:22
Steve Teal, "Desert Duck" Phelan, CA, 42 (3rd DV Cup)	2007	Badwater, 44:16:27, 50th place	Furnace Creek, 34:16:04, 11th place	=78:32:31
Steve Teal, "Desert Duck" Phelan, CA, 43 (4th DV Cup)	2008	Badwater, 45:24:20, 56th place	Furnace Creek, 35:12:55, 26th place	=80:37:15
Steve Teal, "Desert Duck" Phelan, CA, 45 (5th DV Cup)	2010	Badwater, 42:15:49 47th place	Furnace Creek, 37:15:00, 16th place	=79:30:49
Marshall Ulrich, "Unicorn" Ft. Morgan, CO, 43 (1st Ever DV Cup)	1996	Badwater, 33:01, 1st place	Furnace Creek, 38:32:45 16th place	=71:33:45
Danny Westergaard, "Wiener Dog" Rolling Hills, CA, 48	2007	Badwater, 32:22:58, 12th place	Furnace Creek, 35:51:38, 19th place	=68:14:36
Danny Westergaard, "Wiener Dog" Rolling Hills, CA, 49 (2nd DV Cup)	2008	Badwater, 36:31:46, 17th place	Furnace Creek, 34:38:34, 23rd place	=71:10:20
Danny Westergaard, "Wiener Dog" Rolling Hills, CA, 50 (3rd DV Cup)	2009	Badwater, 35:51:24, 28th place	Furnace Creek, 39:54:25, 14th place	=75:45:49
Danny Westergaard, "Wiener Dog" Rolling Hills, CA, 51 (4th DV Cup)	2010	Badwater, 37:13:19 30th place	Furnace Creek, 40:32:17 23rd place	=77:45:36
Danny Westergaard, "Wiener Dog" Rolling Hills, CA, 52 (5th DV Cup)	2011	Badwater, 38:29:58 42nd place	Furnace Creek, 37:40:22 23rd place	=76:10:20
Danny Westergaard, "Wiener Dog" Rolling Hills, CA, 53 (6th DV Cup)	2012	Badwater, 39:52:42, 26th place	Furnace Creek, 33:22:00, 20th place	=73:14:42
Danny Westergaard, "Wiener Dog" Rolling Hills, CA, 54 (7th DV Cup)	2013	Badwater, 42:41:28, 59th place	"Trona 353", 28:54:00, 45th place	=71:35:28

* Note: The 2013 edition of Furnace Creek 508, also known as "Trona 353," was held on an abbreviated 353-mile course due to the federal government shutdown.

MOVE AND BE MOVED

THE BEST DAY IN TRIATHLON



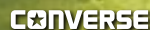
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FEB. 15, 2015

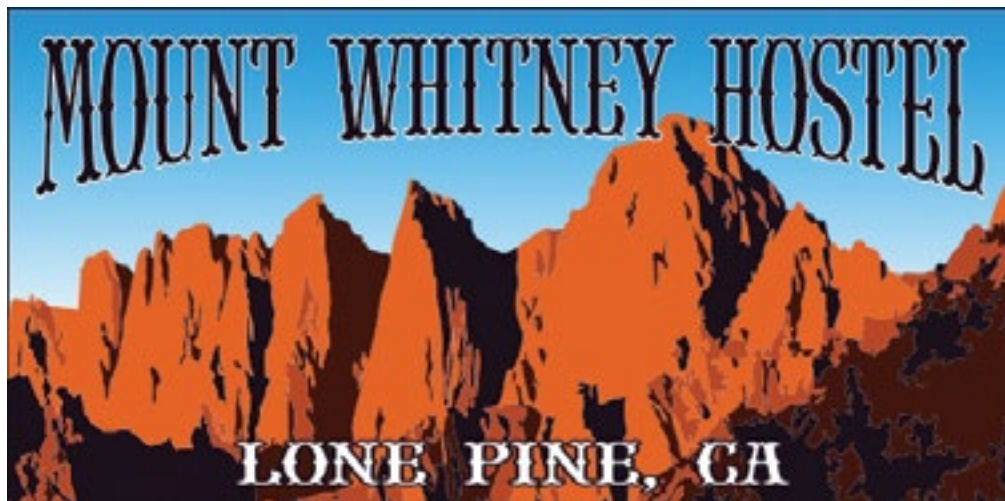
Destin, Florida

100M 50M 50K 24hr

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50 Mile Team Relay

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The Mount Whitney Hostel is located in Lone Pine. It was created to help travelers replenish, socialize, and enjoy the beauties of the Eastern Sierra. We are on Main Street (U.S. 395) and are open 7:00 a.m. to 9:00 p.m. seven days a week. We offer bunk beds and newly renovated hotel rooms, at reasonable rates and with outstanding views of Mt. Whitney!

In addition to lodging, we offer \$5 showers, camping supplies, bear canisters and bicycle rentals! There is a new lobby area for guests to gather and a full gear / nutrition shop in case you forgot something or need to put together your backcountry meals!

To contact us, call (760) 876-0030 or go to our website at www.whitneyportalstore.com

BADWATER® LIP BALM

Organic! Made in the USA! Proven at the World's Toughest Races!

AdventureCORPS® are pleased to offer BADWATER® Lip Balm in three flavors (Luscious Lavender, Mountain Mint, and Mojito Mint) which are presented in neat little display boxes that hold 12 of each flavor, for a total of 36 balms per box. The balms are custom-made by Joshua Tree Products for us, and are organic, SPF-15, and Made in the USA.

The tube is oval, so that it doesn't roll away when set on a smooth surface.

This product has been tested and proven in "the world's toughest foot race," the Badwater 135, and in "the toughest 48 hours in sport," the Furnace Creek 508 bicycle race, both of which we organize annually in Death Valley and the Mojave Desert. BADWATER Lip Balm works equally well in cold weather climates.

Additionally, we are members of 1% For The Planet and support various charitable and environmental causes, including the Conservation Alliance, Death Valley Natural History Association, Challenged Athletes Foundation, Major Taylor Foundation, and Los Angeles County Bicycle Coalition. Buying BADWATER® supports these causes!

The BADWATER Lip Balm display boxes contain 36 balms and measure just 4.5" square, so they take up just 20 square inches of counter space! These are great impulse buys and the product is just as useful in the winter as in the summer months. They also make great stocking stuffers and gift bag or basket additions.

Suggested Retail is \$3.95 per lip balm. Contact AdventureCORPS to become a dealer!

Also available at retail from ZombieRunner.com, in Furnace Creek and Stovepipe Wells, and at select outdoors, running, and cycling shops across America.





ZENSAH

**OFFICIAL COMPRESSION SPONSOR
BADWATER 2014**





IN 2015, BADWATER
IS GOING TO NEPAL!

Yes, we are super excited to announce that we will be co-hosting a fourteen-day adventure - including a tough eight-day Trans-Himalayan stage race - from October 17 through October 30, 2015. YOU are invited!

In fact, we're going to a region of Nepal that even the Nepalese consider remote: The Kingdom of Mustang! It's a dramatic, gorgeous, and exotic locale unlike anywhere else you've ever been, let alone run. You do not want to miss out on this once in a lifetime opportunity!

To host this race and insure that the entire trip goes off fabulously, we are partnering with Richard Bull, organizer of Trail Running Nepal and the race director of the Mustang Trail Race and other events. He's a British expat who has lived in Nepal for many years. His Mustang Trail Race is held annually in April, but in 2015 he will host a special "Badwater Presents" edition of that event in October, just for us.

The race field is limited to twenty-five runners and we hope you will be among the lucky few to join in this remarkable experience. Though the race course will be challenging, on rugged terrain at high altitudes, we believe it is the cultural experience that you will remember most, along with the camaraderie with fellow Badwater runners. We are particularly

pleased to mention that your Badwater race director, Chris Kostman, will be competing alongside everyone, as will his brother Keith Kostman, who has worked on the Badwater 135 webcast for more than ten years. It's time for us to get "out there" and run with you!



By Richard Bull

Mustang is a special place—ask anyone who’s been there. It offers a captivating mix of Tibetan culture in a kaleidoscopic landscape hidden behind the Himalayas.

The Mustang Trail Race takes you on a journey through this landscape, running, and racing way out there in another world.

“Looking back now at the experience, I feel as if the race became a kind of nine day meditation. When I try to remember what I thought about in Mustang, I realize that I really didn’t think about a whole lot of anything. Expressed another way, perhaps I thought and talked about a lot, but those things lingered only for the present moment, and then were gone. There are plenty of things I remember: the wide open sky, the snowy peaks above the eroded, haunting landscape, the artwork in the caves and monasteries, the exceedingly friendly local people encountered along the way, the conversations with my new friends. I realize now that I was living almost entirely in the moment, and more than that, I was just noticing and absorbing everything as it happened without judgment. It seems as if nothing was better or worse than anything else. I had virtually no expectations going into this race, and so there was nothing to compare what actually happened with. The routine day in and day out was so similar: everything became either running, recovering, or enjoying the company of others and exploring new towns, places, or spiritual traditions while doing one of these two things. Never

was I uncomfortable, never did I wish that things were any different, pine for anywhere else, or look at what was happening and desire something different. It all just was, as it was. A beautiful thing! A mindset I feel lucky to have discovered, as wide open as the land itself.” —**Andy Wellman, USA**

“The Mustang Trail Race has left an indelible mark on me. Everything good about trail running: cultural exploration, adventure, challenging oneself, and the camaraderie that comes from multi-day races, was present in huge quantities. Similarly to a great book, or amazing album, I could bore my friends to death by begging them to experience the Mustang Trail Race for themselves.” —**Matt Moroz, UK**

“I feared disappointment. Mustang is undoubtedly a hyped destination ... but I was blown away by the landscape, the villages, the trails, and the company. Apparently Mustang is much more powerful than any hype effect.” —**Roger Henke, Netherlands**

“This race is a once in a lifetime opportunity. You will experience adventure in an ecosystem unlike anywhere else on the planet—through high red desert, dramatic canyons, villages of twelve households, with Annapurna and Dhaulagiri looming in the background. You will be challenged by the running and the altitude and nurtured by the views and the wonderful people with whom you’re experiencing these timeless communities. An absolute must do.” —**Kathryn Sall, USA**



BADWATER PRESENTS THE MUSTANG TRAIL RACE

ITINERARY

Saturday, 10/17: Arrival in Kathmandu (El. 1400m)

Kathmandu has long been described in poetic terms, as a Shangri La, an ancient mystical city nestled high in the Himalayas. Hold on tight to those thoughts! Kathmandu is a rapidly urbanising Asian city and these days its magic is swamped by a wave of messy development, but magic is there, if a little hidden, and you'll experience it very soon.

We'll collect you from the airport and drive you to your hotel which takes about 15 minutes to reach. Time is short here on the outward journey as we will fly to the lakeside town of Pokhara on Sunday afternoon. On Saturday we'll give a briefing at the hotel, though to save time we'll have sent you an information pack to read before you arrive. We'll do some administration in preparation for getting the necessary permits and then you're free to relax and recover from the flight, get a massage, or head out to see the heritage sites.

Sunday, 10/18: Pokhara (El. 827m)

Dawn on Sunday morning is an ideal time to experience surreal Swayambhunath, aka "The Monkey Temple," or the enormous stupa at Boudhanath.

We fly from Kathmandu to Pokhara on Sunday afternoon. Flights in to the mountains only leave early morning so we must stop off here overnight. Pokhara is at an elevation of around 800m and famous for its mountain views from the shores of Phewa Lake. We can relax in the hotel garden and do a final kit check. Any missing equipment can be bought in the many stores along the lakeside strip. We'll eat at a lakeside restaurant and retire early for a 4:30am start.

Monday, 10/19: Jomsom (El. 2800m)

The flight is an experience in itself, and a lesson in scale. In a tiny Twin Otter plane, we squeeze between two of the world's highest mountains, through the world's—in a technical sense at least—deepest gorge. Imagine you're a dragonfly flying through a doorway.

Jomsom is a little bit Wild West, a small village acting as district headquarters, with small areas of cultivated land surrounded by the dry landscape of the ancient Tethys Sea. The fault between the Indian and Eurasian tectonic plates is just a few kilometres from here. The steep north face of Nilgiri, the Blue Mountain, is unmissable, and will be a geographic constant through the coming days.

After tea, a snack, and a short briefing, we're going to take a hike. We're at high altitude, and so spend this day hiking as a group acclimating. A steep climb brings us to a pass where we can survey the landscape. We take tea in a seldom visited village called Phalyak, and continue to Kagbeni, the fort village which acts as the gateway to Upper Mustang. The mules will carry our gear bags, and this is the only day when they will beat us to the day's end point. We can visit the crumbling monastery, and walk through the narrow alleys of this medieval village, and gaze into Upper Mustang which looks at the same time empty, desolate and wholly inviting.

Tuesday, October 20:

Stage 1: Kagbeni (El. 2900m) to Tsaile (El. 3100m)

15km / Gain 538m / Loss 316m

This is the first stage run in earnest. Again this stage cannot be so far because of altitude, and we do run as far as we can at a safe altitude. After running along a jeep road built to service a new apple farm, we gain trails and pass through two ancient villages which set the scene for Mustang. The running is fast with the exception of the climb on the second half on a goat herders trail. There is a steep climb up to Tsaile, a fortress-like village some 50m above the Kali Gandaki river.

Wednesday, October 21:

Stage 2: Tsaile (El. 3100m) to Ghemi (El. 3520m)

25.5km / Gain 2083 / Loss 1580m

Today you'll experience the first check-in, check-out checkpoint at a cave monastery where Guru Rinpoche, the Second Buddha, was said to have meditated on his journey teaching Buddhism across the Himalayas. This gives you time to be shown around the cave by the cave's warden. On this stage we begin to appreciate Mustang's frequently changing landscapes with glimpses to the Grand Canyon-esque Kali Gandaki gorge. It's one of the longest stages with very runnable trails. Worth a walk in the afternoon around Ghemi and the fields behind it backed by organ pipe cliffs marked with disused caves.

Thursday, October 22:

Stage 3: Ghemi (El. 3520m) to Lo Manthang (El. 3840m)

21km / Gain 1097m / Loss 849m

Dhakmar means 'red cliffs.' Just outside Ghemi is the site where legend says Guru Rinpoche slaughtered an evil dragon and the cliffs are stained red with its blood. It gets worse—you'll run along its bowels (a wall of prayer-carved stones, the longest in Mustang) within the first mile, and see red claws protruding from the earth at the midway point. Highlights today include a checkpoint at an 800 year old monastery, crossing 14,000ft and the long, gentle downhill run to Lo Manthang, the tiny walled city, where nomads often graze their yaks.

To aid acclimating, we will next take Friday, October 23 as a rest day in Lo Manthang. Here we take a guided tour of the main monasteries of Lo and see the artwork that is being painstakingly restored.

Saturday, October 24:

Stage 4: Lo Manthang (El. 3840m) to Konchok Ling (El. 4100m)

29.1km / Gain 1063m / Loss 1063m

In 2007 a small cave in an impossibly remote place was rediscovered. It became known as the snow leopard cave because of the footprints found inside. It contains a collection of 55 cave paintings from 12th to 14th century depicting the life of Buddha. While they are damaged and badly in need of restoration, the wild location in this badlands landscape, and the imagination of this being a monks' dwelling, make this a treat to visit during this stage's check-in, check-out point. The route follows river valleys and crosses wide open spaces making it a runnable route.



Sunday, October 25:

Stage 5: Lo Manthang (El. 3840m) to Yara (El. 3530m)

16.0km / Gain 650m / Loss 835m

This is the shortest stage, a morning stage only, with some unusual features. After a final lap around the walls, we make a brief climb on to the hills to the south. The trail from here traverses rounded hillsides with wide open views to the surrounding hills. Then we plunge downwards along the most amazing trail curling into and out of narrow canyons dropping down to the Kali Gandaki river. It's fun.

In the afternoon after post-stage lunch in Yara, we walk 40 minutes up to Tashi Kabum, a tiny series of caves hollowed out in a cliff of clastic rock reached by a thin trail - not for the faint of heart. Inside is a chorten that once held handwritten prayer scripts and a fine painting of Chenrezig, whom Tibetans believe is incarnated repeatedly as Dalai Lama.

Monday, October 26:

Stage 6: Yara (El. 3530m) to Tanggye (El. 3240m)

18.3km / Gain 816m / Loss 1294m

We walk to Luri to start, the location of another famous monastery embedded high in a cliff. On the way we take tea in Ghasa in a traditional family home. After a short visit to the monastery, the stage begins with a fast descent back to Yara. The rest of this stage crosses a camel back of two climbs with plunging descents separated by a river which we have to cross. The trails are bizarrely rounded and twisting.

Tuesday, October 27:

Stage 7: Tanggye (El. 3240m) to Chuksang (El. 2900m)

23.9km / Gain 1168m / Loss 1523m

This is a day of continuous high altitude running across one of the most amazing trails in the Himalayas. There's a river crossing followed by a steady but relentless climb of nearly 3000 ft. What

follows is a series of descents, traverses and rises on an old trade route, which slowly brings you to the crest of the Siyarko Tangk Danda. This ridge affords views in all directions, from the border with Tibet to the peaks of the Himalayas, and down into multi-hued erosion landscapes. From the finish line, we can watch other runners making the long descent from the ridge.

Wednesday, October 28,

Stage 8: Chuksang (El. 2900m) to Jomsom (El. 2800m) via Muktinath (El. 3700m)

15.1km / Gain 1184m / Loss 484m

This is a short final stage ending in the pilgrimage place of Muktinath, where 108 stone taps flow year round and an eternal flame burns which all Hindus wish to visit before they die. We pass the ancient huddle of mud houses and fields of Tangbe, after which the climb steepens into a narrow river valley. At the pass, there's a wide-open view to Annapurna and Dhaulagiri, and a long steady descent to the finish. Afterwards, we return to Jomsom by jeep or optionally on foot.

Completion and Return

In Jomsom we'll wash up after being reunited with a bag of clean clothes and proceed with a dinner and prize presentation. We'll take the first flights out of Jomsom on Thursday, October 29 back to the heat of Pokhara where we spend a couple of hours before flying on to Kathmandu.

REGISTRATION

Visit MustangTrailRace.com for videos, photos, and all the info about the the race, the setting, and more, but also stay tuned for announcements and details about our special "Badwater Presents Mustang Trail Race" edition at www.badwater.com. Registration, which includes ALL accommodations, meals, domestic (in Nepal) flights, gear and luggage transport, and more, will open soon.



Badwater Coast to Coast

Badwater Cape Fear + Badwater Salton Sea in One Year!

With new BADWATER® races now offered on the east coast at Cape Fear, Bald Head Island, North Carolina and on the west coast at Salton Sea and Palomar Mountain, California, we are pleased to recognize those exceptional, adventurous athletes who have competed in, and completed, both of these one-of-a-kind Badwater races on both ends of the continent!



**HERNAN GARCIA, 44,
COCOA, FL**

Cape Fear: 10:41:00
Salton Sea: 26:31:53
Combined: 37:12:53

Hernan ran with Hell on Heels



**JULI GOLDSTEIN, 36,
VERO BEACH, FL**

Cape Fear: 12:03:00
Salton Sea: 25:24:04
Combined: 37:27:04

Juli ran with Run It Fast



**PAMELA RICKARD, 51,
ROCKY MOUNT, VA**

Cape Fear: 10:40:00
Salton Sea: 21:23:23
Combined: 32:03:23

Pam ran with Old Mamas Runwell

Lorie Alexander, Jeff Gleason, Phi Nimmo, Anthony Portera, Eric Spencer, Keith Straw, and Bill Thompson also completed both Badwater Cape Fear and Badwater Salton Sea, but are in the running for the Badwater Ultra Cup by also competing in the Badwater 135.

Visit www.badwater.com for all the information!

BADWATER® ULTRA CUP

The **BADWATER® ULTRA CUP** comprises *Badwater Cape Fear* in March, *Badwater Salton Sea* in May, and *Badwater 135* in July. Those runners who complete all three full-distance events in the same calendar year will be featured on the Badwater website and their virtues will be extolled throughout the Internet and in future editions of *BADWATER Magazine*. Pictured below are the 2014 contenders.



LORIE ALEXANDER



JEFF GLEASON



PHIL NIMMO



ANTHONY PORTERA



ERIC SPENCER



KEITH STRAW



BILL THOMPSON

First	Last	City	State	Country	Nationality	Age	M/F	Cape Fear	Salton Sea	Combined
Lorie	Alexander	Calgary	AB	Canada	Canada	55	F	11:08:00	22:31:03	33:39:03
Jeff	Gleason	Wexford	PA	USA	USA	56	M	9:49:00	19:39:00	29:28:00
Phil	Nimmo	Mansfield	TX	USA	USA	50	M	11:37:00	22:31:03	34:08:03
Anthony	Portera	White Plains	NY	USA	USA	43	M	12:03:00	24:44:00	36:47:00
Eric	Spencer	Miami Beach	FL	USA	USA	35	M	10:07:00	25:24:04	35:31:04
Keith	Straw	Malvern	PA	USA	UK	59	M	9:57:00	19:39:00	29:36:00
Bill	Thompson	Moon Township	PA	USA	USA	48	M	9:49:00	19:39:00	29:28:00

Visit www.badwater.com for all the information!

Run run run eat run run run...



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