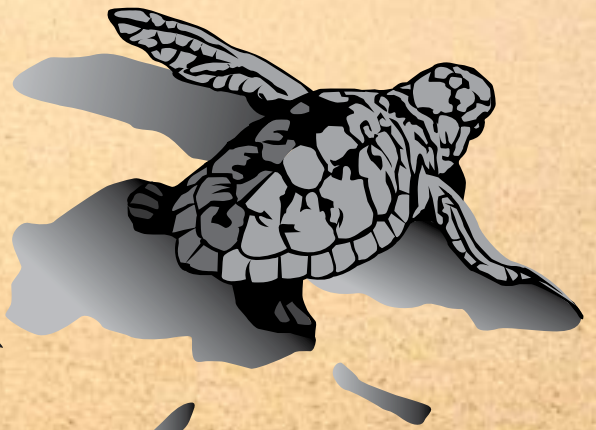


BADWATER®



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**WORLD'S  
TOUGHEST**

**March 2014  
Cape Fear, NC**





# adventureCORPS®

"Out There Since 1984"



Welcome to the inaugural Badwater® Cape Fear and the March 2014 edition of BADWATER® Magazine. I am so extremely excited about this new event, our first-ever East Coast Badwater race!

This is an exciting year for AdventureCORPS, and especially for the evolution of the Badwater Ultra Cup. Badwater Cape Fear on March 22 kicks off the cup, followed by Badwater Salton Sea on May 5-6 and then Badwater 135 on July 21-23. It all begins on Bald Head Island, home of Badwater Cape Fear!

I could not be more pleased with this new race venue: The setting is absolutely gorgeous, quiet, and completely one-of-a-kind. It has all the hallmarks of a true BADWATER race: uniqueness, beauty, and an epic challenge. It's an escape from the real world and a precious chance to bond with Mother Nature, but while the challenge is high, I truly believe everyone will really enjoy and appreciate the fantastic setting.

What's more, Bald Head Island and Fort Fisher Recreation Area have welcomed this unique event with open arms. Honestly, I have never met friendlier or more helpful people than the North Carolinians who are welcoming us to their front and back yards for this race that I like to think of as the "Badwater Spring Break and East Coast Family Reunion."

Everybody who helped develop this race is from North Carolina, and to them I am personally thankful: Meredith Dolhare of Charlotte, who completed our Badwater Salton Sea, Badwater 135, and The 508 in 2013, co-created the whole route and concept with me in May of 2013. Rebecca Byerly, who lives in New Delhi, but hails from Pleasant Garden, helped me put the finishing touches on the route in November, and suggested the skull and crossed swords motif for the logo. The folks at Bald Head Island Conservancy—Suzanne Dorsey, Jane Baldrige, and Poul Lindegaard, in particular—have been ongoing sources of insights and wisdom and it has been an absolute pleasure to learn about, and support, the outstanding and important work they are doing on the island and beyond.

The Village of Bald Head Island have been extremely supportive. I thank especially Calvin Peck, the City Manager, and Karen Ellison, the Director of Communications and my main point of contact with the Village. I also thank Caroline Mitchell and her staff with VBHI Public Safety, who will be out in force to help us host a safe and successful race. Equally I thank Jeffrey T. Owen, Park Superintendent, and the rest of his staff at Fort Fisher State Recreation Area for their support of the event and their management and oversight of the vast majority of the beach stretches of the race route along the Atlantic seaboard.

Local businesses have been very supportive, too: Jeoffrey Nathan generously offered, without prompting, to host a social mixer at his Coastal Urge store on the island. Claude Pope helped to rally the troops to embrace this event and will be catering the finish line food and post-race breakfast through his Maritime Market, under the direction



*Chris and Laurie Kostman on East Beach in August, 2013, trekking the race route.*

of Chef Chip Pridgen. Local home rental agents including Carrie Moffett of Bald Head Island Limited, Rick Nelson with Seabreeze Rentals, and Wendy Wilmot of Best of Bald Head Properties have all offered up their best possible rates and finest properties for the race entrants and their families and friends to enjoy.

New friends in Southport, just across the Cape Fear River from Bald Head Island, have also been very helpful, as have other NC mainlanders: Marybeth Ray (a captain for the Southport—Fort Fisher ferry boat and the proprietor of Southport Paddle & Sail) has provided much local advice, made connections, and will volunteer at the event. Eleanor Erickson manages the Hampton Inn in Southport and has extended a special rate; she will also volunteer on race day. Other race day volunteers include Scott Kollins and Keith Weitz of Durham, both four-time veterans of our Furnace Creek 508 ultracycling race, as well as others from Bald Head Island, Southport, and the greater Wilmington area: we thank all of them for making March 22 a day to remember and a great experience for everybody!

Finally, I thank my wife and partner in everything, Laurie Kostman, for suggesting this race idea in the first place and for joining me in not only hosting it, but in becoming huge fans of North Carolina!

Yours in sport,

*Chris Kostman*

Race Director and Chief Adventure Officer



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## adventureCORPS®

"Out There Since 1984"



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Front Cover: Meredith Dolhare runs the beach, heading north  
from Cape Fear to Fort Fisher.

Inside Front: Aerial view of the entire Badwater Cape Fear race  
route; Race Director Chris Kostman stands at Cape Fear.

Photos courtesy Chris Kostman, Meredith Dolhare,  
Bald Head Island Conservancy, and others.

Design and Layout by Kevin Fung, kevin@kfungdesign.com

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**SCHEDULE OF EVENTS****Friday, March 21**

Afternoon Suggestion: Climb to the top of Old Baldy Lighthouse. (The race will start at its foot and the view from up top is not to be missed!)

300-500pm: Mandatory Racer Check-In at Bald Head Island Conservancy (BHIC). Location: 700 Federal Road (far eastern end of the island).

500-630pm: Social Mixer with drinks and hors d'oeuvres at Coastal Urge for all runners, staff, family, and friends. Location: Shops at Maritime Way, mid-island, near North Bald Head Wynd / Federal Road and Muscadine Wynd: 12 B/C Maritime Way. See below for phone numbers and hours of operation.

**Saturday, March 22**

600am or 700am: Runners not staying on Bald Head Island must depart via ferry from Deep Water Marina in Southport. (Ferries depart hourly from SPT to BHI on the hour from 600am to 1100pm on Saturdays.)

628am: Morning Twilight (First light in sky)

713am: Sunrise

725am: 700am ferry from Southport arrives; it is a ten-minute walk from the ferry to the race start line

745am: 51-4 mile / 50km Race starts at Old Baldy

1230pm (app.): First runners return to BHIC at 50km mark

330pm (app.): First 51.4-mile finishers

345pm: Cut-Off for 51.4-mile finishers to depart BHIC at mile 32 for their second loop to and from Fort Fisher

445pm: Cut-Off for Officially Finishing the 50km Race (9 hour time limit)

725pm: Sunset

750pm: Evening Twilight (Last light in sky)

945pm: 51.4-mile Race Course Closes at BHIC (14 hour time limit)

1130pm: Final ferry departure from BHI (Ferries depart hourly from BHI to SPT on the half hour from 630am to 1130pm on Saturdays.)

**Sunday, March 23**

800-1000am: Breakfast Buffet at Maritime Market: Breakfast is complimentary for all registered 51mi/50km racers and volunteers, and available for a nominal charge to all family and friends. The winner of the BHIC Fundraising Challenge will be recognized at this event. Location: mid-island, near North Bald Head Wynd / Federal Road and Muscadine Wynd: 8 Maritime Way. See below for phone numbers and hours of operation.

1030am: Depart from Bald Head Island Conservancy for a beach trek along the race route to Fort Fisher (and back, unless you want to take ferry to Southport from Fort Fisher). Why? To enjoy the experience of trekking this awesome shoreline, while making sure the beach is left absolutely spotless. Open to runners, staff, family, and friends. Please RSVP. No charge. Self-supported.

Afternoon options: Lay on the beach, go paddle boarding or kite surfing, cruise the island on a beach cruiser, shop at Coastal Urge, relax!

500pm: Drinks, then Dinner, at Mojo's On The Harbor. Open to runners, staff, family, and friends (no host).

**MARITIME MARKET**

Main Number: 910-457-7450. Orders to-go, including pizza, family meals and platters: press 2, or dial direct: 910-269-2850. Online at [maritimemarketbhi.com](http://maritimemarketbhi.com)

**Market Hours:**

8am - 6pm, Monday-Saturday

8am - 2pm, Sunday

Cafe Breakfast: 8am - 10:30am

Cafe Lunch: 11:30am - 2pm Sunday - Thursday

11:30 am - 7pm Friday - Saturday

Cafe Pizza: 11:30am - 2pm Sunday - Thursday

11:30 am - 7pm Friday - Saturday

**COASTAL URGE**

Besides hosting our pre-race soirée on Friday evening, Coastal Urge offer rentals of bikes, paddleboards, and kite boards, and bicycle repairs, plus has an outstanding selection of all kinds of great stuff for outdoor adventures: clothes, sunglasses, sunscreen, shoes, sandals, hats, and much more. They are open seven days a week from 10am to 600pm. Phone is 800-383-4443. Web: [coastalurge.com](http://coastalurge.com)

# adventureCORPS®

AdventureCORPS, Inc., the masterminds behind the world-famous 135-mile Badwater® 135 Ultramarathon running race held every July between Death Valley and Mt. Whitney, have announced a three-race **Badwater Ultra Cup** for 2014. The series kicks off with the first ever East Coast Badwater event, **Badwater Cape Fear** on Bald Head Island, NC on March 22, continues with **Badwater Salton Sea** on May 5-6, and then culminates with a new and improved **Badwater 135** on July 21-23.

The BADWATER® ultra running experience comes to the East Coast for the first time when the inaugural BADWATER CAPE FEAR race takes place on Bald Head Island, North Carolina on March 22, 2014.



With 50km and 51-mile options, the race features a twelve-mile warm-up on the car-free, one-lane-wide roads of Bald Head Island, followed by either 19 or 39 miles of running on the wild and secluded sandy beach between Cape Fear and Fort Fisher. The race is held along the Atlantic Seaboard with spectacular views of the Frying Pan Shoals to the east and wild and undeveloped marshlands to the west. It is a dramatic, invigorating, inspiring setting to experience Cape Fear in all its grandeur!

This exquisite natural setting is the perfect antidote to the “real world” and a wonderful counterpart to the desert sands of the Mojave Desert and Anza-Borrego Desert featured in the two West Coast BADWATER® races.

Bald Head Island and nearby Southport, NC (featured in the film “Safe Haven”) are ideal vacation get-away spots for the entire family, located less than one hour from Wilmington, NC and its major airport with Delta and US Airways service.

Once the remarkable beauty and quaint southern charm of this area are experienced once, we anticipate that most Badwater Cape Fear participants will make this race an annual pilgrimage.

Over 85 runners are registered for the inaugural race, representing the following 17 states: CT, FL (21 runners!), GA, IL, KY, MA, MD, NC (15 runners!), NJ, NY, OH, PA, SC, TN, TX, VA, WV, plus Alberta, Canada.

The Official Charity of BADWATER CAPE FEAR is the Bald Head Island Conservancy, a leader in barrier island conservation, preservation, and education. Race participants will appreciate that BHIC cares for this race route’s pristine setting and its role as a sea turtle nesting site, and are encouraged to fundraise for BHIC and support its mission.



The goal of the race is to raise \$10,000 for Bald Head Island Conservancy, which is enough to purchase one of the special electric UTV vehicles which BHIC uses to patrol the beach and care for sea turtle nesting sites. Learn more at <http://www.bhic.org>

Local Sponsors include Coastal Urge, which will host a pre-race social at their Bald Head Island location, featuring local brew by Natty Greene’s. The finish line feast and the post-race breakfast will be catered by Maritime Market. Special home rental offers on Bald Head Island are available through Bald Head Island Limited, Seabreeze Rentals, and Wendy Wilmot Properties, while the Hampton Inn in Southport has also extended a special rate. The event is being hosted under special permits from the Village of Bald Head Island and Fort Fisher State Recreation Area.

Badwater Cape Fear is the first leg of the BADWATER ULTRA CUP, which includes Badwater Cape Fear on March 22, the 81-mile Badwater Salton Sea on May 5-6, and then Badwater 135 on July 21-23. 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. The male and female runners with the lowest combined times for the three events will be recognized as the 2014 Badwater Ultra Cup champions.

AdventureCORPS, Inc. is an athlete-run firm producing and promoting ultra-endurance sports events and BADWATER® lifestyle products. Founded in 1984 by Chris Kostman, this group effort is dedicated to exploring the inner and outer universes, seeking adventure, energy, and insight both in daily life and “out there.”



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# History of Bald Head Island

*Reprinted from VillageBHI.org.*

The Village's history is peppered with colorful people and connections. Through the years, the island has been a breeding ground for wild boar, a prime hangout for bootleggers, a supplier of materials for cedar pencils, a Civil War fort, a nesting ground for loggerhead turtles, and a produce farm and fruit orchard. Pirates, lighthouse keepers, Indians, river pilots, ruffians, soldiers, farmers, and entrepreneurs of all types have come and gone, and yet, the Village's essence is unchanged. This can only be because the island itself is a living thing, with its own integrity and spirit, its wild beauty more or less disregarding man's inclination to tinker.

In the 17th and 18th centuries, when pirates ruled the waters off the coast of North Carolina with greed and terror, the Village was a favorite refuge and base for the notorious buccaneers. In all, the waters surrounding Cape Fear were a hideaway for hundreds of pirates, the most famous of which were Edward Teach, better known as Blackbeard, and Stede Bonnet, the gentlemen pirate.

Bonnet, the so-called "Gentlemen Pirate" from Barbados, was an educated retired military officer who turned to piracy in 1717 as a second career in order to escape what one historian tactfully referred to as "the discomforts he found in a married state." During his short stint as a pirate, Bonnet terrorized the Carolina and Virginia coasts aboard his sailing sloop *Revenge* with 10 guns and 70 men. For a brief time, Bonnet even linked up with Blackbeard, a pirate who never carried the title "gentlemen." In 1718 Blackbeard was cornered and killed aboard his sloop, *Adventure*, by two warships sent by the governor of Virginia. Just three weeks later, Bonnet was captured at Bonnet's Creek in Southport by Colonel William Rhett of South Carolina and hanged near Charlestown. Their deaths marked a dramatic end to the Golden Age of Piracy in North Carolina.

Long before pirates ever discovered the Village's nooks and crannies, Native Americans hunted Bald Head Island and fished its surrounding waters in the spring and summer while maintaining permanent settlements on the mainland. The island was, in effect, a seasonal retreat for the Native Americans when supplies of corn or grain began running low.

Early river pilots were responsible for giving the Village its unique and descriptive name. Eager to offer their navigational services to

ships approaching the entrance to the Cape Fear River, they took up watch on a high dune headland on the southwest point on the island. According to local lore, the headland was worn bare of vegetation, making it stand out in contrast to the forest behind it. This "bald" headland served as a reference point for ships entering the river, and the name Bald Head Island has endured.

The year 1817 saw the construction of the island's most revered landmark and symbol, Old Baldy Lighthouse. Still the island's only "high rise," Old Baldy lighthouse was the second of three lighthouses built on Bald Head Island, and is the only one remaining. In 1903, the lighthouse was decommissioned when the Cape Fear Light was erected on the eastern end of the island, but it still serves as a prominent day marker for mariners. Due to restoration efforts by the Old Baldy Foundation and the generosity of hundreds of contributors, visitors to North Carolina's oldest lighthouse can climb up her 108 steps for a spectacular panoramic view of Bald Head Island.

The foundation of the Cape Fear Light can still be seen at the end of Federal Road across from three lightkeeper's cottages known as Captain Charlie's Station, after Captain Charles Norton Swan, a lighthouse keeper who lived with his family on Bald Head Island from 1903 until 1933. Captain Charlie's Station is listed in the



National Register of Historic Places, and still commands a sweeping view of the dunes and sea at the island's southeastern point.

In addition to lightkeepers, in the late 19th and early 20th centuries the island was home to members of the U.S. Lifesaving Service, the predecessor to the modern day Coast Guard. Several buildings on the southeastern shore of the island overlooking Frying Pan Shoals served as equipment storage and housing for the servicemen. The only remaining Lifesaving Station structure is a boathouse that was moved from the beachfront to back among the dunes where it is now a private residence.

Another symbol of the past presence of lightkeepers and lifesaving servicemen on the island is the Old Boat House on Bald Head Creek, built in 1903 to store supplies and boats. A dramatic change in the shape of the creek channel over the last ninety years makes it appear to have moved several hundred yards.

The most notable feature on the 1864 Blackford map (established by B.L. Blackford) was Fort Holmes, located on the Bald Head promontory at the southwest corner of the island. Most of what we know regarding the fort can be gathered from a detailed sketch of its layout prepared in 1865. In addition, several firsthand accounts prepared by officers at Fort Holmes are extant. The fort had been hurriedly erected in 1863 and 1864 as part of a defense system for the lower Cape Fear. The string of forts from Bald Head to Wilmington kept the river, the "lifeline of the Confederacy," open for blockade runners. Given the presence of two navigable entrances, that at Bald Head and a second above Smith Island at New Inlet, the river was ideal for such traffic.

The sketch of Fort Holmes prepared by Federal occupation forces in 1865 indicates that the earthen breastworks extended the width of the island from the lighthouse to the southwest tip at Bald Head. A road to the opposite end of the island ran through the upper part of the fort. The earthen works, it was noted, were reinforced with



palmetto and oak logs. Four batteries extended along the east side of the fort. The fifth and largest, Battery Holmes, with bombproof magazines, was at the island's southwesternmost point. A flagstaff was positioned on the Bald Head promontory. Quarters and storehouses were located in several spots inside the fort.

Despite subtle shifts in sand and sea, Bald Head Island remains much as it was centuries ago. It still serves as a natural sanctuary for educators and students interested in coastal ecology, a home for a special breed of permanent residents that share a kinship of spirit with the hardy, independent lightkeepers and servicemen of days long past, and a refuge for vacationers seeking privacy and rejuvenation in a beautiful, relaxed setting.





*Barrier Island Conservation • Preservation • Education*

The Bald Head Island Conservancy is a non-profit organization that was founded in 1983. The Conservancy’s mission is barrier island conservation, preservation and education. It is located in a unique area within the Smith Island Complex which includes Bald Head, Middle, and Bluff Islands, all of which are bounded by the Cape Fear River and the Atlantic Ocean.

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.

As a subsidiary corporation and partner of the Conservancy, The Smith Island Land Trust complements these efforts by preserving significant properties in perpetuity, ensuring that land within the island complex will be forever protected in its natural state.

As a 501 (C-3) nonprofit membership organization, we are able to continue this work through the generosity and commitment of our

many members, island visitors and other supporters. Please know that your support of our work is greatly appreciated!

Explore the natural wonder of Bald Head Island...

**The Smith Island Complex** is comprised of Middle, Bluff, and Bald Head Island. Spanning ten miles of beach and dunes, 10,000 acres of salt marsh, 4,000 acres of barrier island ‘upland,’ and 193 acres of Bald Head Woods maritime forest preserve, Bald Head Island is an exceptional location to conduct research and educational activities.

Hailed as one of the last remaining barrier islands in North Carolina where one can walk uninterrupted through salt marsh, maritime forest, dunes and beach habitats, Bald Head Island is *the* place for your next class or research trip. The Bald Head Island Conservancy is here to facilitate your discovery of Cape Fear.

**Barrier Island Study Center** – a LEED Gold Certified building that contains a wet laboratory, dry laboratory, multimedia theater, and research library. Environmentally friendly features include Cape Fear river wood, recycled floor tiles, skylights, recycled lint insulation, energy efficient lighting, zone specific HVAC system, SIPS walls, 7,000 gallon rainwater cistern, and recycled metal for support structures. The multimedia theater seats 40 and facilitates presentations, DVDs, and interactive meetings. The dry laboratory seats 10 and it outfitted with a complete glassware set, buret, basic measurement tools, and gas hookup. The wet laboratory seats 40 and contains microscopes, dissection scopes, autoclave, fume hood, touch tank exhibit with live invertebrates, and two walls of 10 gallon saltwater research aquaria. The research library contains 6 study carols.





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| Free Education Program Passes to Scheduled Programs<br><i>Excluding Kayaking, Turtle Walks, and Camps</i>                                                                                         | all             | 4              | 2               |                 |               |
| Priority Registration for Camps through 3/15/14                                                                                                                                                   | ✓               | ✓              | ✓               |                 |               |
| Camp Discount                                                                                                                                                                                     | ✓               | ✓              | ✓               | ✓               | ✓             |
| Family Adventure Program Discounts<br><i>Excluding Kayaking</i>                                                                                                                                   | ✓               | ✓              | ✓               | ✓               | ✓             |
| Conservator<br>Quarterly online - magazine                                                                                                                                                        | ✓               | ✓              | ✓               | ✓               | ✓             |
| Conservancy Corner<br>Monthly E-mail newsletter programs and events                                                                                                                               | ✓               | ✓              | ✓               | ✓               | ✓             |
| Turtle Walk Passes<br>by Reservation<br><i>Maximum 8 passes per walk<br/>Turtle Walk Card must be presented at each walk</i>                                                                      | 32              | 24             | 16              | 8               | 2             |
| 10% discount<br>on Turtle Central Gift Shop items                                                                                                                                                 | ✓               | ✓              | ✓               | ✓               | ✓             |

*100% of membership net revenues directly support the educational programs and opportunities offered by the BHI Conservancy.*

# BHI Conservancy's Sea Turtle Protection Program

## 2013 Sea Turtle Season Stats:

**Nests Laid: 120 | Nests Hatched: 120**

Efforts to protect the habitats and activities of sea turtles on Bald Head Island go back to 1980. Since its inception in 1983, the Bald Head Island Conservancy has coordinated and sponsored the Sea Turtle Protection Program, in cooperation with the North Carolina Wildlife Resources Commission and the National Marine Fisheries Service. As one of NMFS's "index beaches," Bald Head Island is nationally recognized for its sea turtle nesting activity, and for the Conservancy's efforts to protect this resource.

Each summer, the Conservancy funds and houses six interns to conduct field work for the Sea Turtle Protection Program, under the direction of our sea turtle biologist. The interns are typically undergraduates majoring in natural resource related fields. This internship opportunity is both unique and demanding. The interns not only conduct nightly patrols of the beach, but also experience the full range of job functions associated with running a small nonprofit organization.

The majority of an intern's summer is spent patrolling for nesting sea turtles from dusk until dawn on an all terrain vehicle. BHIC is the only NGO in North Carolina permitted to flipper tag nesting female sea turtles. Saturation tagging, tagging every possible female, provides a census of all nesting females. Very few other beaches conduct tagging studies as demanding. Data collected from nesting sea turtles includes GPS nest locations; flipper tag data; PIT tagging; straight and curved line carapace dimensions; and occasionally satellite tagging.

After the nesting female returns to the ocean, interns protect the nest from predation by a protective wire cage around the nest thus preventing raccoons, foxes, and dogs from disturbing the nest, while allowing the hatchlings to emerge unimpeded. Before the use of wire cages became standard practice on Bald Head, predation resulted in a nest mortality of approximately 50%. This has been greatly reduced in recent years.





Nests laid in a suboptimal location may be relocated to a safer location. Eggs may be in danger if they are laid below or close to the high tide line, in an area of high foot traffic, or of low sand quality. A nest can be relocated within the first six hours after it was laid, which is facilitated by our intensive beach patrolling.

As our interns return to school in mid-August, the sea turtle biologist assumes patrol duties to monitor nesting activity and emerging hatchlings. Since the incubation time for sea turtles in our locale is approximately sixty days, Bald Head hosts sea turtle hatching events from late July through mid-October.

After a nest has hatched, or if the nest is overdue, it will be excavated to determine nesting success. Success is determined by counting the number of eggs that successfully hatched vs. the total in the nest. This is evident by the number of empty eggs left in the nest along with the number of unhatched eggs. Frequently, viable hatchlings are rescued and released on the beach so they can make their way to the ocean.

Most of the sea turtles that visit our beaches are loggerheads (*Caretta caretta*), but we will occasionally see the Atlantic green sea turtle (*Chelonia mydas*).

Sea turtle nesting on Bald Head Island has experienced a general downward trend over the past 25 years but we are hopeful that through our protection efforts the number of nesting females will begin increasing in the years to come. Find out what you can do to help us continue this important research so that we ensure future generations will have the chance of witnessing these majestic, ancient creatures.









# Fort Fisher State Recreation Area, Kure Beach, NC



*Reprinted from NCParks.gov*

Prior to European settlement, the Cape Fear Native Americans, of the Siouan language group, lived in and around the lower Cape Fear peninsula; farming, fishing and hunting. Artifacts of the native culture, including pottery fragments, arrowheads and mounds of oyster shells, or midden piles, have been found in this area.

Early attempts at colonization in the area were unsuccessful, mainly due to conflicts with the Cape Fear Native Americans. Pirating, common in the area during colonial times, also contributed to the struggles of early settlers. About 1730, further upstream along the Cape Fear River from Fort Fisher, the port of Wilmington was settled. Wilmington became a bustling port, particularly important for its exports of naval stores - tar, pitch and turpentine products derived from the resin of the longleaf pine.

During the Civil War, Fort Fisher, built in 1861, served to protect the valuable port of Wilmington from Union forces. By late 1864, it was the last southern port open to trade. In this same year the first of two Union attacks on Fort Fisher took place. The fort held strong during the first battle and Union forces withdrew, but the Confederacy was not so lucky the second time.

In early 1865, a fleet of 56 ships bombarded the fort prior to a land assault by a force of more than 3,300 infantry. After a six-hour battle, Fort Fisher was captured and the Confederate supply line was broken. It was the largest land-sea battle fought in any war up to that time. The outcome contributed significantly to the outcome of the Civil War. Approximately three months after the fall of Fort Fisher, the Civil War came to an end.

In the late 19th century, a long rock jetty called “The Rocks” was built west of Fort Fisher to aid navigation by stopping shoaling in the Cape Fear River. Completed in 1881, The Rocks closed the former New Inlet, once used by Confederate blockade-runners to avoid the U.S. Navy, and created a lagoon, now called “The Basin”. Today, The Rocks and The Basin are part of the Zeke’s Island component of the North Carolina National Estuarine Research Reserve, and 1160-acre area of outstanding estuarine and ocean resources with extensive marshes and tidal flats.

The southern tip of New Hanover County became an island (now known as Pleasure Island) in 1929 when the U.S. Army Corps of Engineers dredged Snow’s Cut (named for Major William A. Snow, Chief Engineer for the Wilmington District). This cut is a canal that connects the Cape Fear River to Masonboro Sound and is now part of the Intracoastal Waterway.



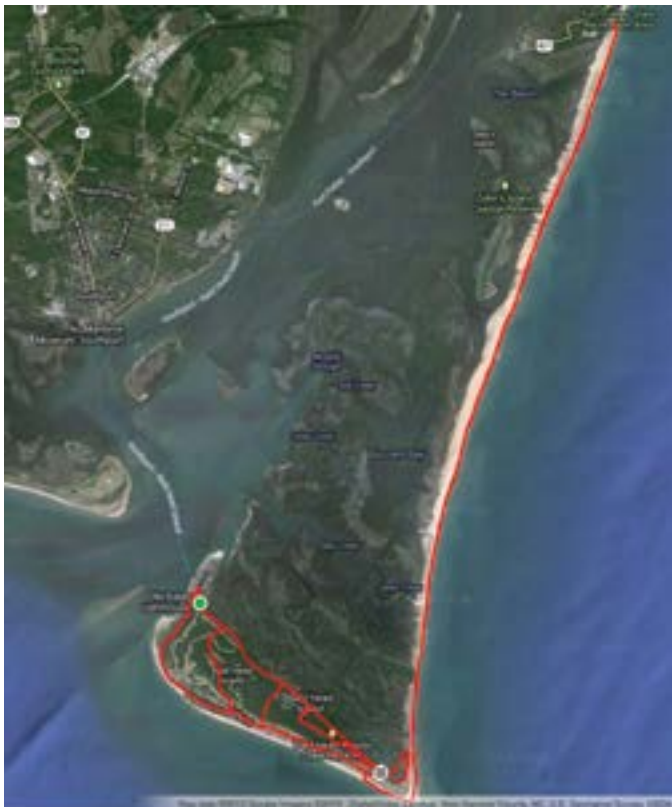
World War II caused huge economic and social changes in the Wilmington area as industrial development and shipyards boomed. Civilian workers and military personnel poured into the area during the war years, causing Wilmington's population to quadruple.

In late 1940, construction began on Camp Davis, located about 30 miles north of Wilmington. The base used five remote training sites along North Carolina's southern coast, and Fort Fisher became the primary firing range. The range stayed open until 1944, training many military personnel and aiding the war effort. A bunker still remains along the Basin Trail from the World War II base.

From 1955 to 1972, Robert E. Harrill, who became known as the Fort Fisher Hermit, lived in the World War II bunker. He became a celebrity and philosopher of sorts, becoming known to the thousands of visitors who came to Fort Fisher during those years. Harrill relied on nature for much of his food, eating oysters, clams and fish as well as what he would grow. Over time, as his popularity and reputation grew, he also benefited from donations left by his many visitors.

Fort Fisher State Recreation Area was established as a unit of the North Carolina State Park system in 1986 when 287 acres were transferred from the Historic Site to the Division of Parks and Recreation. Today, Fort Fisher offers beach access, educational programming and many other amenities to hundreds of thousands of park visitors annually.

For more information, visit [www.ncparks.gov](http://www.ncparks.gov)



Located just down the road from the FFSRA Park Headquarters in Kure Beach, NC (the northernmost point of the Badwater Cape Fear race route) is the **North Carolina Aquarium at Fort Fisher** and it is absolutely worth a visit! Visitors journey along "The Waters of the Cape Fear" – from freshwater streams and swamps, to coastline habitats, reefs and the open ocean. It is an outstanding destination for visitors of all ages.

The North Carolina Aquarium at Fort Fisher is located on US 421 approximately 15 miles south of Wilmington, just beyond Kure Beach. From Southport, take the Southport - Fort Fisher Ferry. For ferry schedule, call 910-457-6942 or toll free at 1-800-BYFERRY.

Open 9 a.m. to 5 p.m. daily (closed Thanksgiving Day and Christmas Day).

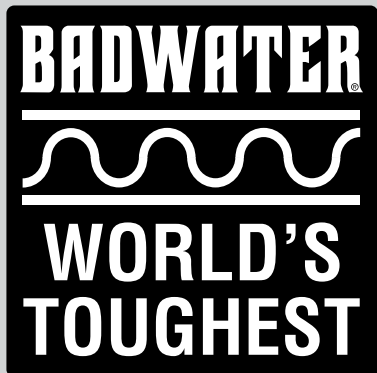
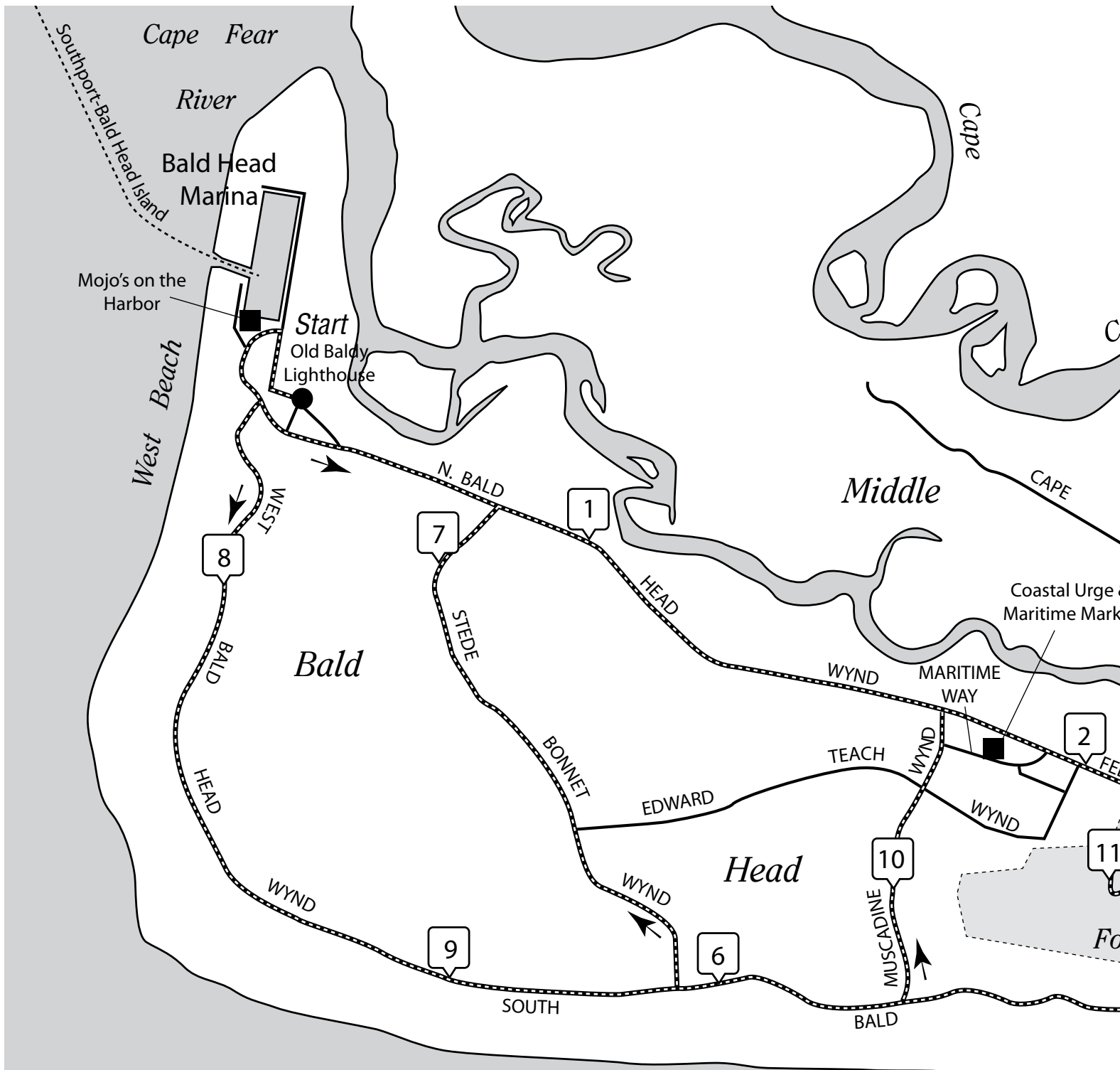
For more information, visit [www.ncaquariums.com](http://www.ncaquariums.com)



*FFSRA Park HQ, and also the northernmost checkpoint of the BWCF Race Route!*



*Fishing is a popular activity within the northern end of the race route. Watch for fishing lines!*







## BADWATER CAPE FEAR ROUTE LANDMARKE

| <i>Distance (ml.)</i> | <i>Landmarks</i>                                                                                                                                                                                                               | <i>2nd Lap Distance</i> |
|-----------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------|
| 0.0                   | Start at Old Baldy Lighthouse<br><i>Cross over creek bridge, then head east across island</i>                                                                                                                                  |                         |
| 3.2                   | <b>CP1:</b> Pass Race HQ at Bald Head Island Conservancy<br><i>Loop around east end of island via Station House Way</i>                                                                                                        |                         |
| 4.1                   | <b>CP2:</b> Pass Race HQ at Bald Head Island Conservancy<br>Head west on South Bald Head Wynd                                                                                                                                  |                         |
| 6.1                   | Right / north on Stede Bonnet Wynd                                                                                                                                                                                             |                         |
| 7.2                   | Left / west on North Bald Head Wynd                                                                                                                                                                                            |                         |
| 7.6                   | Left / south on West Head Wynd                                                                                                                                                                                                 |                         |
| 8.6                   | Becomes South Bald Head Island Wynd (east)                                                                                                                                                                                     |                         |
| 9.8                   | Left / north on Muscadine Wynd                                                                                                                                                                                                 |                         |
| 10.3                  | Right / east on North Bald Head Wynd / Federal Road                                                                                                                                                                            |                         |
| 10.8                  | Right / south onto North Carolina Coastal Reserve trail                                                                                                                                                                        |                         |
| 10.9                  | Stay left at Loop Trail sign                                                                                                                                                                                                   |                         |
| 11.0                  | Stay left onto Middle Trail                                                                                                                                                                                                    |                         |
| 11.6                  | Hard right onto East Trail                                                                                                                                                                                                     |                         |
| 12.15                 | Turn left at the end of trail onto road                                                                                                                                                                                        |                         |
| 12.17                 | Turn right at stop sign                                                                                                                                                                                                        |                         |
| 12.21                 | <b>CP3:</b> U-turn at Race HQ at Bald Head Island Conservancy                                                                                                                                                                  | (31.8) <b>CP7</b>       |
| 12.25                 | Head west, briefly, on South Bald Head Wynd                                                                                                                                                                                    | (31.84)                 |
| 12.45                 | Turn left onto South Beach at Beach Access                                                                                                                                                                                     | (32.04)                 |
| 12.55                 | Turn left / east onto South Beach                                                                                                                                                                                              | (32.14)                 |
| 13.15                 | Turn left / north at Cape Fear onto East Beach                                                                                                                                                                                 | (32.74)                 |
| 14.05                 | Pass final / northernmost BHI staircase / house                                                                                                                                                                                | (33.64)                 |
| 14.65                 | Bald Head State Natural Area sign in dunes                                                                                                                                                                                     | (34.24)                 |
| 17.85                 | <b>CP4:</b> Enter Fort Fisher State Rec area beach fishing zone<br><i>NOTE: 4x4 vehicles possible (generally parked) and fishing lines on route</i>                                                                            | (37.44) <b>CP8</b>      |
| 18.85                 | "Crossover 4" sign                                                                                                                                                                                                             | (38.44)                 |
| 19.8                  | "Crossover 3" sign                                                                                                                                                                                                             | (39.39)                 |
| 21.25                 | "No Vehicles Beyond This Point" sign                                                                                                                                                                                           | (40.84)                 |
| 21.95                 | Turn left / west to Fort Fisher Ranger HQ wooden pathway                                                                                                                                                                       | (41.54)                 |
| 22.0                  | <b>CP5:</b> U-Turn at Fort Fisher Ranger HQ                                                                                                                                                                                    | (41.59) <b>CP9</b>      |
| 22.75                 | Enter Fort Fisher State Rec area beach fishing zone<br><i>NOTE: 4x4 vehicles possible (generally parked) and fishing lines</i>                                                                                                 | (42.34)                 |
| 24.25                 | "Crossover 3" sign                                                                                                                                                                                                             | (43.84)                 |
| 25.15                 | "Crossover 4" sign                                                                                                                                                                                                             | (44.74)                 |
| 26.18                 | <b>CP6:</b> End Fort Fisher State Rec area beach fishing zone                                                                                                                                                                  | (45.77) <b>CP10</b>     |
| 30.0                  | Pass first / northernmost BHI staircase / house                                                                                                                                                                                | (49.59)                 |
| 30.4                  | Pass beach access, life preserver, 911 phone                                                                                                                                                                                   | (49.99)                 |
| 30.9                  | Pass life preserver signpost at Cape Fear                                                                                                                                                                                      | (50.49)                 |
| 31.55                 | Exit beach at Beach Access 35                                                                                                                                                                                                  | (51.14)                 |
| 31.65                 | Turn right onto South Bald Head Wynd                                                                                                                                                                                           | (51.24)                 |
| 31.8                  | <b>CP7:</b> U-turn at Race HQ at Bald Head Island Conservancy<br><i>Repeat miles 12.21 to mile 31.8 as above, for a total of 51.4 miles<br/>(Second lap mileages are listed above in parentheses in the far right column.)</i> | (51.39) <b>FINISH</b>   |



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## GENERAL RACE RULES

1. The clock, and the race, start at 745am for all entrants.
2. There are only two divisions: men's and women's, and two distances: 50km and 51mi.
3. The clock does not stop for any reason until the race course officially closes after 14 hours.
4. Wear your assigned race number on the front of the body, visible at all times.
5. All runners are strongly encouraged to carry a cell phone at all times.
6. All runners should keep in mind that the race route is largely remote and aid is provided at just three locations along the route; carrying water and food at all times is strongly encouraged.
7. All running while on pavement must always be single file, on the far left side of the road. Be careful of, and courteous towards, golf carts, shuttles, bicycles, and other vehicles and pedestrians.
8. Please make your presence known at the three checkpoints located along the route, each time you pass them.
9. Runners must progress under their own power without drafting, helping, pushing, supporting, or any other type of physical assistance. Racers may only be accompanied by fellow racers. (No pacers are allowed and no outside assistance of any nature may be received except at the Bald Head Island Conservancy checkpoint, except in an emergency)
10. Remember, at all times and in all situations, safety is the most important issue. This means safety for racers, volunteers, staff, and the general public. The roads and beaches are not closed for this event.
11. Please do not litter, mar, or pollute the landscape or environment.
12. Please must display courtesy, good taste, decorum, and sportsmanship at all times.
13. In all cases and circumstances, it is the intent, and spirit, of the rules which will govern their implementation and enforcement.
14. The range of possible penalties for breaking or disregarding rules include time penalties, disqualification, public shunning, loss of friends, humiliation, and/or being forced to swim back to Southport.

### Time Limits

1. The time limit for the 50km race is nine hours.
2. The time limit for the 51mi race is fourteen hours, with a mandatory intermediate cut-off of eight hours at mile 32 at BHIC. 51mi racers who arrive at mile 32 in more than eight hours (and in less than nine hours), will be recategorized as 50km racers and ranked accordingly.
3. Racers may change distances during the event, switching from 50km to 51mi, or vice-versa, so long as time cut-offs and limits are respected.

### Leaving the Course or Withdrawing

1. Short cutting is not allowed. There will be no allowance made for lost time or miles run in the wrong direction.
2. Do not "go missing." If you must withdraw from the race, please let us know.
3. All Emergency Evacuation costs for participants will be borne by that person or their heirs. The race organizers are in no way liable or responsible for emergency evacuation.

### Legal and Bureaucratic Issues

1. All racers and must sign the Accident Waiver and Release of Liability / Release of Name and Likeness.
2. All racers must attend Racer Check-In.
3. 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.
4. 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 willingly acknowledge this fact, as well as all other race rules, by attending the race in any capacity.

## OFFICIAL RACE ROSTER

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### 2014 OFFICIAL RACE ROSTER

| First Name  | Last Name  | City             | State | Age | M/F | Category  |
|-------------|------------|------------------|-------|-----|-----|-----------|
| Jason       | Bennett    | Virginia Beach   | VA    | 40  | M   | 50km      |
| Rob         | Breault    | Branford         | CT    | 52  | M   | 50km      |
| Jamie       | Eastham    | Atlanta          | GA    | 32  | M   | 50km      |
| Shawn       | Eichelman  | Largo            | FL    | 41  | F   | 50km      |
| Mark        | Gaffney    | Milton           | MA    | 38  | M   | 50km      |
| Susan       | Garwood    | Branford         | CT    | 58  | F   | 50km      |
| Barry       | Hopkins    | Calgary          | AB    | 60  | M   | 50km      |
| John        | Jancewicz  | Hixson           | TN    | 47  | M   | 50km      |
| Dana        | Little     | Hampstead        | NC    | 49  | F   | 50km      |
| Laura       | Makey      | Orchard Park     | NY    | 45  | F   | 50km      |
| Robert      | McClure    | Chapel Hill      | NC    | 48  | M   | 50km      |
| Georganna   | Quarles    | Duck Key         | FL    | 59  | F   | 50km      |
| Greyson     | Quarles    | Duck Key         | FL    | 72  | M   | 50km      |
| Katherine   | Quirk      | Boca Raton       | FL    | 37  | F   | 50km      |
| John        | Alexander  | Bald Head Island | NC    | 60  | M   | 51.4-mile |
| Lorie       | Alexander  | Calgary          | AB    | 55  | F   | 51.4-mile |
| Bob         | Becker     | Fort Lauderdale  | FL    | 68  | M   | 51.4-mile |
| Katherine   | Bermudez   | Jersey City      | NY    | 39  | F   | 51.4-mile |
| Jerry       | Busbee     | Fort Lauderdale  | FL    | 41  | M   | 51.4-mile |
| Luis Miguel | Callao     | Locust Valley    | NY    | 44  | M   | 51.4-mile |
| David       | Coats      | Houston          | TX    | 53  | M   | 51.4-mile |
| Dave        | Cockman    | Apex             | NC    | 56  | M   | 51.4-mile |
| Steve       | Colella    | merritt Island   | FL    | 54  | M   | 51.4-mile |
| Bonnie      | Collins    | Delray Beach     | FL    | 37  | F   | 51.4-mile |
| Drew        | Coombes    | Wilmington       | NC    | 30  | M   | 51.4-mile |
| Michael     | Dacar      | Durham           | NC    | 37  | M   | 51.4-mile |
| Bradley     | Davis      | New York         | NY    | 31  | M   | 51.4-mile |
| Daniel      | Donlevie   | Long Branch      | NJ    | 42  | M   | 51.4-mile |
| Charlie     | Engle      | Carrboro         | NC    | 51  | M   | 51.4-mile |
| Amy         | Formica    | Butler           | PA    | 40  | F   | 51.4-mile |
| Hernan      | Garcia     | Cocoa            | FL    | 44  | M   | 51.4-mile |
| Mike        | Garvey     | Jacksonville     | FL    | 46  | M   | 51.4-mile |
| Eric        | Gelber     | Chappaqua        | NY    | 46  | M   | 51.4-mile |
| Jeff        | Gleason    | wexford          | PA    | 56  | M   | 51.4-mile |
| Will        | Glover     | Stuart           | FL    | 43  | M   | 51.4-mile |
| Juli        | Goldstein  | Vero Beach       | FL    | 36  | F   | 51.4-mile |
| Dave        | Hale       | Columbia         | SC    | 52  | M   | 51.4-mile |
| Keith       | Hanson     | Charleston       | SC    | 27  | M   | 51.4-mile |
| Gabriel     | Helmlinger | Cambridge        | MA    | 47  | M   | 51.4-mile |
| Timothy     | Henderson  | Sayville         | NY    | 44  | M   | 51.4-mile |
| Michael     | James      | Winston Salem    | NC    | 41  | M   | 51.4-mile |
| Brian       | Keefer     | Forest           | VA    | 27  | M   | 51.4-mile |
| Holly       | Klein      | Boone            | NC    | 38  | F   | 51.4-mile |
| Dave        | Krupski    | Miami            | FL    | 37  | M   | 51.4-mile |
| Timothy     | Kysela     | Sterling         | VA    | 47  | M   | 51.4-mile |
| Henry       | Layne      | Jonesborough     | TN    | 45  | M   | 51.4-mile |
| Rebecca     | Le Baron   | Boca Raton       | FL    | 29  | F   | 51.4-mile |



**OFFICIAL RACE ROSTER**

| <b>First Name</b> | <b>Last Name</b> | <b>City</b>    | <b>State</b> | <b>Age</b> | <b>M/F</b> | <b>Category</b> |
|-------------------|------------------|----------------|--------------|------------|------------|-----------------|
| Michael           | Lee              | Garner         | NC           | 48         | M          | 51.4-mile       |
| Bradford          | Lombardi         | Jensen Beach   | FL           | 45         | M          | 51.4-mile       |
| Julie             | Maze             | little hocking | OH           | 36         | F          | 51.4-mile       |
| Francis           | McKinney         | Delray Beach   | FL           | 50         | M          | 51.4-mile       |
| Jason             | Micinski         | Norfolk        | VA           | 22         | M          | 51.4-mile       |
| James             | Moore            | Bowie          | MD           | 69         | M          | 51.4-mile       |
| Andy              | Nazworth         | New Market     | MD           | 50         | M          | 51.4-mile       |
| Matt              | Nelson           | Lake Worth     | FL           | 49         | M          | 51.4-mile       |
| Phil              | Nimmo            | Mansfield      | TX           | 50         | M          | 51.4-mile       |
| Melanie           | Papatestas       | Boca Raton     | FL           | 40         | F          | 51.4-mile       |
| Allan             | Perez            | Silver Spring  | MD           | 57         | M          | 51.4-mile       |
| Louis             | Pitts            | Greensboro     | NC           | 51         | M          | 51.4-mile       |
| Katherine         | Plichta          | New York       | NY           | 27         | F          | 51.4-mile       |
| Jessica           | Pollock          | Freeburg       | IL           | 46         | F          | 51.4-mile       |
| Anthony           | Portera          | White Plains   | NY           | 43         | M          | 51.4-mile       |
| Linda             | Quirk            | Jacksonville   | FL           | 61         | F          | 51.4-mile       |
| Pam               | Rickard          | Rocky Mount    | VA           | 51         | F          | 51.4-mile       |
| Christopher       | Ricks            | Raleigh        | NC           | 36         | M          | 51.4-mile       |
| Michael           | Schaffer         | Mentor         | OH           | 52         | M          | 51.4-mile       |
| Jim               | Schroeder        | Indialantic    | FL           | 66         | M          | 51.4-mile       |
| Timothy           | Scott            | Newport News   | VA           | 29         | M          | 51.4-mile       |
| David             | Sisk             | Spartanburg    | SC           | 45         | M          | 51.4-mile       |
| Eric              | Spencer          | Miami Beach    | FL           | 34         | M          | 51.4-mile       |
| Dan               | Stephan Jr.      | Parkersburg    | WV           | 56         | M          | 51.4-mile       |
| Scott             | Stiles           | Mount Laurel   | NJ           | 35         | M          | 51.4-mile       |
| Keith             | Straw            | Malvern        | PA           | 59         | M          | 51.4-mile       |
| Jared             | Struck           | Sumter         | SC           | 32         | M          | 51.4-mile       |
| Gerald            | Tabios           | Elmhurst       | NY           | 44         | M          | 51.4-mile       |
| Jolene            | Taylor           | Parkersburg    | WV           | 50         | F          | 51.4-mile       |
| Bill              | Thompson         | Moon Twp       | PA           | 47         | M          | 51.4-mile       |
| Travis            | Weeks            | Goldsboro      | NC           | 31         | M          | 51.4-mile       |
| Jodi              | Weiss            | Highland Beach | FL           | 43         | F          | 51.4-mile       |
| Bill              | Wenner           | Charlotte      | NC           | 48         | M          | 51.4-mile       |
| Joshua            | Wennrich         | Sumter         | SC           | 38         | M          | 51.4-mile       |
| Greg              | Whaley           | Wilmington     | NC           | 47         | M          | 51.4-mile       |
| Craig             | Wheeler          | Burlington     | KY           | 52         | M          | 51.4-mile       |
| Amanda            | Williams         | Washington     | WV           | 40         | F          | 51.4-mile       |
| Aaron             | Yocum            | Core           | WV           | -1         | M          | 51.4-mile       |
| Sandra            | Yocum            | Core           | WV           | -1         | F          | 51.4-mile       |



# 2014 TURTLE TROT 5k

## Season Dates

April 2 spring break  
April 19 Easter  
May 25 Memorial Weekend  
June 3 runs  
July 5 runs  
August 4 runs  
Nov 29 Thanksgiving



- **Registration** 8:30am-9:15am
- **Run/Walk** begins: 9:30 am
- Pre-registration \$35 adult, \$25 children 12 & under
- Race day registration \$45 per person, \$35 children under 12 (all registrations include a t-shirt)

Enjoy a 3.1 mile(5k) beach/road **run/walk** to support the BHI Conservancy's conservation efforts.

Water and snacks provided before and after the race. Additional food will be available for purchase at **Mike's Bites** on the Conservancy Campus.

The race route starts and ends at the Conservancy. Prizes will be given for male and female 1st place finishers, in both adult and youth categories

**All proceeds from the event support our Sea Turtle Protection Program**

Pre-register online at  
[www.bhic.org/turtle-trots](http://www.bhic.org/turtle-trots) (click on Register Now link)



P.O. Box 3109, 700 Federal Road, BHI, NC 28461  
910-457-0089, [www.BHIC.org](http://www.BHIC.org)





# BADWATER® IMMERSION

May 2-4, 2014 in Borrego Springs, CA

Immerse yourself in the world of ultra running and Badwater with some of the biggest names and most insightful coaches, promoters, and professionals ever assembled. Come to learn, to have fun, to expand your horizons, to learn the secrets of longevity, health, and more in this jam-packed weekend get-away held at a southern California desert oasis. Come to Badwater Immersion on May 2-4 in Borrego Springs, CA!

Open to the public, to anyone with on the quest to know and do more, Badwater Immersion will be held immediately before the world-famous Badwater Salton Sea race, giving participants the chance to rub elbows, run, practice yoga, and hang out with some of ultra running's most elite athletes.

Held just a few hours from San Diego and Los Angeles, Badwater Immersion will take place from Friday evening, May 2 until Sunday morning, May 4 at the Borrego Springs Resort in Borrego Springs,

CA. Invitation to attend is extended to anyone interested in the BADWATER events and Ultra Running, whether as a competitor or crew member.

The program includes two morning runs through Borrego Springs, Yoga Tune Up® and Yoga For Athletes classes, a three-hour uphill hike through Anza-Borrego Desert State Park (on the trail section of Badwater Salton Sea), and four sessions of programs on subjects such as:

**Designing a Multi-Year Plan to Compete in a Pinnacle Event:**  
**Jimmy Dean Freeman**

**Crewing 101: Jimmy Dean Freeman and Kate Martini Freeman**

**Finding a Balance in Your Life: Marshall Ulrich**

**Mental Aspects of Ultra Sports: Marshall Ulrich**

**Conquering Your Life's Badwaters: Frank McKinney**

Presenters include Marshall Ulrich, Jimmy Dean Freeman, Frank McKinney, and Laurie Kostman, plus an all-star panel of Badwater veterans for a round-table Q&A. The host of the event is Chris Kostman, the Badwater race director for 15 years and an ultra athlete since 1983.

For more information, visit [www.badwater.com](http://www.badwater.com)







AdventureCORPS, Inc. is pleased to make the BADWATER® experience available to more adventurers across the USA and beyond with new venues and formats offered in 2013 and beyond. The first of these “sister races” is BADWATER Salton Sea, a new annual event first held May 6 -7, 2013. An official qualifier for Badwater 135 and epic challenge in its own right, this remarkable event challenges 30 teams of three ultrarunners - running together for the duration, not in a relay - to tackle an unimaginable traverse of Southern California deserts and mountains. The route covers 81 miles (130km) non-stop from below sea level at the shoreline of the Salton Sea, across, up, and over Anza-Borrego Desert State Park, to the top of Palomar Mountain with a dramatic view of the Pacific Ocean. The second edition will be held May 5-6, 2014.

The inaugural race was held Monday and Tuesday, May 6 and 7, 2013 and was received with wide acclaim. For 2013, each invited team was required to include at least one Badwater 135 veteran runner or staffer. In 2014, teams will not be required to have a Badwater 135 veteran, but teams with Badwater 135 or Badwater Salton Sea veterans will receive priority entry.

The BADWATER Salton Sea route is approximately 81 miles from Salton City (elevation 125 feet below sea level) to Palomar Mountain, the almost tallest mountain in San Diego County (finish line elevation: 5500 feet above sea level.) There is a total elevation gain of over 9000 feet. Eight of the 81 race miles pass through Anza-Borrego State Park on the California Riding and Hiking Trail from near Borrego Springs to near Ranchita, so, unlike the all-pavement Badwater 135, this race is a mix of road and trail.

**Team Format:**

Unique to this Badwater race, all race entrants must enter and race as teams of three runners (all male, all female, or co-ed divisions), remaining together for the duration, sharing one support vehicle with at least two crew members. For 2014, approximately 30 teams will be accepted. For teams with no Badwater 135 veteran on the team, all team members must have completed at least one bona fide 50-mile running race, or longer. (Teams with a Badwater 135 veteran as Team Captain are given somewhat wider latitude in selecting their teammates.)

For more information, visit [www.badwater.com](http://www.badwater.com)



*“I thought the team concept was excellent. Having teammates was a tremendous motivator for me. It kept the whining to a minimum! Even when I wanted to take a break, for example, I did my best to keep going, not wanting to slow down or disappoint my mates. The concept places a premium on compatibility—race goals, running conditioning and ability, personality. I’d do that format again in a heartbeat.”*

—Bob Becker, Team Stray Dogs #2



*“I loved it. And I’ll be the first to say that Salton Sea turned out to be the exact opposite of what I expected. Honestly, it turned out better. I had some serious reservations about doing a team event, but now, I would jump at the chance to do it again. I left with more valuable things than I could’ve hoped for. I have some new close friends, and an even stronger bond formed with Amber. It’s amazing how close you can become to another person just by running an ultra with them...”*

—Ashley Walsh, Team AAAsugar

**RESULTS**

- 1 Coyote**                    **15:57:18**            **Men’s 30+**  
Jimmy Dean Freeman, Ray Sanchez, David Villalobos
- 2 Miami Thrice**            **17:02:04**            **Men’s 40+**  
David Krupski, Bradford Lombardi, Grant Maughan
- 3 Sole 2 Soul**              **19:34:00**            **Men’s 30+**  
Oswaldo Lopez, Scott Newton, Gabriel Ramirez
- 4 Neopolitan**              **20:20:26**            **Mixed 40+**  
Meredith Dolhare, Charlie Engle, Mosi Smith
- 5 ULTRA University**      **21:12:08**            **Mixed 30+**  
Elizabeth Kocek, Tracie Phan, Iso Yucra
- 6 Canada**                    **23:10:30**            **Women’s 40+**  
Tracey McQuair, Barb Owen, Lucy Ryan
- 7 Stray Dogs #3**            **23:40:25**            **Men’s 50+**  
Bob Becker, Matt Nelson, Sergio Radovicic

- 8 Stray Dogs**              **23:40:25**            **Mixed 50+**  
Jill Anderson, Bob Haugh, Marshall Ulrich
- 9 A Step Ahead**            **24:47:18**            **Mixed 40+**  
Nathan Longier, Amy Palmiero-Winters, Russ Reinbolt
- 10 Stray Dogs #2**         **26:34:03**            **Mixed 40+**  
Kate Fishbeck, Chris Frost, Danny Westergaard
- 11 FOMO**                    **26:40:23**            **Mixed 50+**  
Bill Andrews, Molly Sheridan, John Vigil
- AAAsugar**                    **22:26:00 (Honorary)** **Women’s 20+**  
Amber Hanks, Marie-Ange Smith (DNF), Ashley Walsh
- Jay & The Americans**    **24:34:30 (Honorary)** **Men’s 40+**  
Jay Birmingham (DNF), Derek Fey, Chris Twiggs
- Brazil**                      **DNF**  
Mario Lacerda, Douglas Melo, Regina Célia Vieira de Melo

# Need Creative Design?

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The background of the advertisement is a photograph of a male runner, Terry Sentinella, in a desert landscape. He is wearing a white long-sleeved shirt, grey shorts, and a race bib with the number 87. A large, stylized sun icon is in the upper left corner of the image.

## **RaceReady**<sup>®</sup>

**Ultra-lightweight running apparel**

RaceReady apparel keeps you cool and dry even in the world's toughest race conditions. Our shirts wick faster and weigh less than the competition and our patented Long Distance running shorts set the pace for ultra-convenience! Get RaceReady - it's a way of life!

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**www.raceready.com**  
**1-800-537-6868**  
100% Made in the USA since 1993

RaceReady athlete Terry Sentinella runs to a 10th place Badwater finish in 2012 in RaceReady LD shorts and shirts.



# 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](http://ZombieRunner.com), in Furnace Creek and Stovepipe Wells, and at select outdoors, running, and cycling shops across America.



**THE OFFICIAL CHARITIES OF ADVENTURECORPS** ARE THE CHALLENGED ATHLETES FOUNDATION, MAJOR TAYLOR ASSOCIATION, CARING HOUSE PROJECT FOUNDATION, AND BALD HEAD ISLAND CONSERVANCY (BHIC IS FEATURED ON THE ENVIRONMENT PAGE, AND ELSEWHERE, IN THIS MAGAZINE). 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](http://www.challengedathletes.org)



**The Major Taylor Association** was formed by residents of Worcester, Mass., who became intrigued with the story of the 1899 world champion bicycle racer from Worcester who overcame racial prejudice to become the first internationally acclaimed African-American sports star.

The organization's mission is to memorialize Major Taylor with a statue on public land in Worcester, in recognition of his athletic achievements and strength of character—his sportsmanship, concern for those less fortunate, devotion to God, and personal struggle for equality. Further, the Major Taylor Association aims to create a living memorial to Taylor by conducting good works in his name and educating people about his life and legacy.

MTA hosts the annual George Street Bike Challenge for Major Taylor, a short, steep uphill time trial on a downtown Worcester street where Major Taylor used to train. Additionally, Major Taylor Association offers a free curriculum guide for schools, for grades 3 through 8, featuring lessons about the trailblazing black athlete Marshall W. "Major" Taylor. The materials are designed to be used at any time—such as Black History Month (February) or National Sportsmanship Day (first Tuesday in March)—in conjunction with an optional readathon to benefit the Major Taylor Association.

AdventureCORPS has proudly sponsored the Major Taylor Association annually since 2004. Many AdventureCORPS athletes have also ridden, run, or raced on behalf of MTA.

**Website:** [www.majortaylorassociation.org](http://www.majortaylorassociation.org)



New for 2014, AdventureCORPS is proud to recognize **Caring House Project Foundation** as an Official Charity and support their efforts. Founded by nine-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.

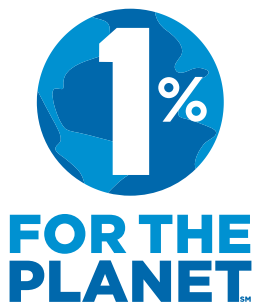
**Website:** [www.chpf.org](http://www.chpf.org)



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.



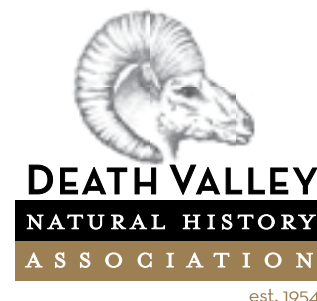
Membership in the Alliance is open to companies representing all aspects of the outdoor industry, including manufacturers, retailers, publishers, mills and sales representatives. The result is a diverse group of businesses whose livelihood depends on protecting our natural environment. Since its inception 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. See elsewhere in this magazine for more about BHIC.



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.)



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.**

## What CHPF is doing?

This year **Caring House Project** will build its newest self-sufficient village in **Ravine á Coulevre**, a small Haitian enclave near the Town of L'Estere (pop 3,000). By the end of 2014 (21 villages and 11 years later) nearly **10,000 people will be sheltered because of CHPF, and thousands more are alive because of its efforts.**



## How can you help?

Please visit [www.chpf.org](http://www.chpf.org) to donate today.

There are many different donation options to choose from (Housing, Schooling, Orphanages, Church/Community Centers, Medical Clinics, Renewable Food, Clean Drinking Water, and a Miscellaneous category).

[www.chpf.org](http://www.chpf.org)  
**561.274.9696**



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MOVE AND BE MOVED

# THE BEST DAY IN TRIATHLON



# SAN DIEGO

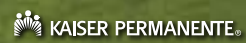
## TRIATHLON CHALLENGE

1M SWIM 44M BIKE 10M RUN

OCT 19, 2014 LA JOLLA COVE

Conquer an exhilarating and scenic course while raising funds to give challenged athletes the opportunity to participate in sports. It's a celebration of ability that will change your life.

[WWW.CHALLENGEDATHLETES.ORG/SDTC](http://WWW.CHALLENGEDATHLETES.ORG/SDTC)



# adventureCORPS® cycling 2014



## **Santa Monica Mountains Cycling Camp February 24-27**

The latest, greatest edition of **CORPScamp** features four days of SAG-supported, one-of-a-kind cycling in and around the Santa Monica Mountains. We've been cycling regularly here since 1994 and we never tire of sharing one of the world's most dramatic, inspiring, and invigorating landscapes. The camp features a specific route each day, with route sheets, and a support vehicle on the course. Each afternoon features "The Yoga Social" with a rejuvenating yoga class, while two group dinners are also included.



## **Santa Clarita - Trona - Santa Clarita May 31- June 1**

New for 2014, we are pleased to offer a 308-mile ultracycling extravaganza from Santa Clarita to Trona and back to Santa Clarita: an epic race from the Los Angeles basin through the Mojave Desert. The route is based upon the wildly successful abbreviated route used for the 2013 edition of The 508 which had to be shortened due to the U.S. government shutdown. Solo, two-person relay, and four-person relay divisions are offered, as well as a self-supported solo randonneur category.



## **All New Route! October 4-6**

The 508, known as "The Toughest 48 hours in Sport," is the world's premier ultra cycling race. This 508-mile 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. A brand new race route will be unveiled with the 2014 edition. Solo, two-person relay, and four-person relay divisions are offered.

**Visit [www.adventurecorps.com](http://www.adventurecorps.com)  
& [www.the508.com](http://www.the508.com) for all the info!**



# BADWATER® ULTRA CUP

AdventureCORPS is pleased to offer the BADWATER® experience in three one-of-a-kind locations in 2014, as well as a special new training and learning experience. 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. We hope you will join us!



March 22, 2014

The BADWATER® ultra running experience comes to the East Coast for the first time when the inaugural **BADWATER® CAPE FEAR** race takes place on Bald Head Island, North Carolina on March 22, 2014. With 50km and 51-mile options, the race features a twelve-mile warm-up on the car-free, one-lane-wide roads of Bald Head Island, followed by either 19 or 39 miles of running on the wild and secluded sandy beach between Cape Fear and Fort Fisher. The race is held along the Atlantic Seaboard with spectacular views of the Frying Pan Shoals to the east and wild and undeveloped marshlands to the west. It is a dramatic, invigorating, inspiring setting to experience Cape Fear in all its grandeur!



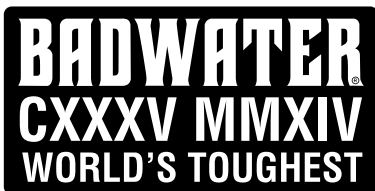
May 2-4, 2014

Immerse yourself in the world of ultra running and Badwater with some of the biggest names and most insightful coaches, promoters, and professionals ever assembled. Expand your horizons, have fun, and learn the secrets of longevity, health, and more in this jam-packed weekend get-away held at a southern California desert oasis, Borrego Springs. Includes two morning runs through Borrego Springs, Yoga Tune Up® and Yoga For Athletes classes, a three-hour hike, and four sessions of programs on subjects such as Designing a Multi-Year Plan to Compete in a Pinnacle Event, Crewing 101, Finding a Balance in Your Life, Mental Aspects of Ultra Sports, and Conquering Your Life's Badwaters. Presenters include Marshall Ulrich, Jimmy Dean Freeman, Frank McKinney, and Laurie Kostman, plus an all-star panel of Badwater® veterans for a round-table Q&A.



May 5-6, 2014

First held in 2013, **BADWATER® SALTON SEA** challenges 30 teams of three ultrarunners—running together for the duration, not in a relay—to tackle an unimaginable traverse of Southern California deserts and mountains. The route covers 81 miles (130km) non-stop from below sea level at the shoreline of the Salton Sea, across, up, and over Anza-Borrego Desert State Park, to the top of Palomar Mountain with a dramatic view of the Pacific Ocean.



July 21-23, 2014

"The World's Toughest Foot Race" is going through an evolution this year because of permitting issues with the National Park Service. The new and improved 135-Mile World Championship event will feature an incredible route based in Lone Pine, CA. The 2014 route features over 19,000 feet of elevation gain, 15,000 feet of loss, two dramatic ascents into the Sierra Nevada to 10,000 feet and 8300 feet, and a 15-mile, self-supported, dirt road trek to Cerro Gordo, an authentic ghost town. As always, the finish line is at Mt. Whitney Portal.

Visit [www.badwater.com](http://www.badwater.com) for all the information!

# Run run run eat run run run...



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