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TOUGHEST**

July 2015







# nutrimatix

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# adventureCORPS®

"Out There Since 1984"



*Chris with Amy Costa.*



*Chris with Simone Valentin.*



*Chris with Francisco Manzanares.*



*Chris with Thomas Zaide.*

Welcome to the July 2015 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 38th anniversary Nutrimatix Badwater® 135, known globally as “the world’s toughest foot race,” on July 28-30, 2015.

The Nutrimatix 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 Nutrimatix Badwater 135 in July. Those runners who complete all three events in the same calendar year are featured on the Badwater.com website and their virtues are extolled throughout the Internet and in future editions of BADWATER Magazine. In 2014, seven remarkable athletes completed the entire Badwater Ultra Cup, while this year ten 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,” the legendary Nutrimatix Badwater 135 pits up to 100 of the world’s toughest athletes representing 24 countries and 21 American states—runners, triathletes, adventure racers, and mountaineers—against one another and the elements. Covering 135 miles (217km) non-stop from Death Valley to Mt. Whitney, CA, at the hottest time of the year, the Nutrimatix Badwater 135 is the most demanding and extreme running race offered anywhere on the planet.

The start line is at Badwater Basin, Death Valley, which marks the lowest elevation in North America at 280’ (85m) below sea level. The Badwater 135 course covers three mountain ranges for a total of 14,600’ (4450m) of cumulative vertical ascent and 6,100’ (1859m) of cumulative descent. Whitney Portal is the trailhead to the Mt. Whitney summit, the highest point in the contiguous United States, and serves as the finish line.

Now in its sixteenth year producing this race, AdventureCORPS is pleased to welcome our new title sponsor, Nutrimatix, makers of the world’s best tasting, all-natural vitamin powder sticks, blended using a combination of your fitness data and responses to an interactive lifestyle questionnaire. These customized supplements are backed by real science and more than 30 years of pharmaceutical and exercise research, as well as through three consecutive Badwater 135 finishes by the company’s founder and CEO, Sergio Radovic. We also greatly appreciate the support of Caring House Project Foundation, ZZYXXZ, Nathan Performance Gear, and ZombieRunner.com, plus the local support of Furnace Creek Ranch, Stovepipe Wells Resort, Panamint Springs Resort, Dow Villa, Pizza Factory, the community of Lone Pine, CA, the people of Inyo County, and other generous companies and individuals.

Additionally, we salute the National Park Service, U.S. Forest Service, Inyo County, California Department of Transportation, and California Highway Patrol, whose staff—and permits—oversee this event. Also, this race could not be held without the over 40 amazing, tireless, wonderful volunteers who make it all happen! We thank them especially!

This year in particular, we must thank the thousands of people who wrote letters and otherwise worked to bring this iconic race back to its namesake, including Congressman Paul Cook, Matt Kingsley and the Inyo County Supervisors, Kathleen New and the Lone Pine Chamber of Commerce, as well as Dave Krupski, Tony Portera, Frank McKinney and other race veterans. Our hat is off to them and their tireless devotion to this very special event, held annually since 1987 and which brings so much to the region (including a large portion of its annual \$1.2M economic impact), to the runners, support crews, staff, charities supported, and other people, businesses, and organizations for whom the Badwater 135 is an integral part of the fabric of their life

Yours in sport,

*Chris Kostman*

Race Director and Chief Adventure Officer

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## adventureCORPS™

"Out There Since 1984"



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Cover: 2014 women's champ Alyson Venti, by Ian Parker.

Inside Front Cover: 2014 men's champ Harvery Lewis, by Ron Jones.

P1: 69-year-old 2014 finisher Bob Becker, by Ron Jones.

P16-19: Photos by Chris Kostman.

P56, Top: In 2014, Darren Fortney notched his fourth  
Badwater 135 finish in 47:15:15. Chris Kostman photo.

Bottom: The 2014 final finishers were Marianne Blangy and  
Philippe Grizard of France in 47:20:55. Chris Kostman photo

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

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all night or take a week off  
after working with us!



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**BOB CORMAN 508 HOF 2014**



# AL ARNOLD'S INSIGHTS

**Welcome to Badwater 2015.** 40 years ago, on my second attempt at running from Badwater to Mt. Whitney, I got “cute” and frolicked across the Devil’s Golf Course and hyper-extended my knee: Stupid! So, stay focused, stay smart, and respect the importance of your being at the starting line of this year’s Badwater 135!

Chris Kostman, Race Director, has worked tirelessly in bringing the toughest ultramarathon in the world back to its namesake. His efforts to perpetuate this event require every participant, including non-runners and crew members, to recognize that you’re the guest of Death Valley National Park and that all rules and regulations of the Park and the Race Director must be respected. Disregard for these regulations will only lead to the prohibition of this and other ultra events through Death Valley National Park. Think about it: your actions determine the fate of this race!

I’m pleased but not surprised, that Jack Denness, 80 years young, is continuing his amazing ultra resilience in completing ultramarathons. He completed the 2005 race at age 75 in 59 hours. He’s such a modest fellow. I now have marginal use of the lower half of my body, but I hope to return—as a fan and spectator—in 2018. I’ll be 90 and hope that Jack will return for another age record that year. :-)

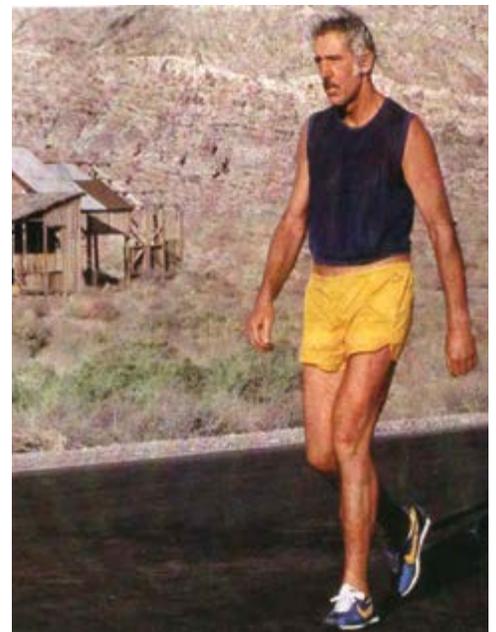
A Badwater Family Reunion is how many participants view this event: All efforts are extended in helping others in their effort to successfully complete this grueling event. The Badwater 135 requires each participant, regardless of experience, to stay focused on their own abilities and goals and to not lose them within the hype of the event.

My successful Badwater/Whitney trek of 1977 is still very vivid in my memory. I hope that yours will be as well and that you will subsequently become a Badwater Ambassador as you continue to further our extensions into the unknown of the human’s desire towards new quests.

Four decades of accumulated data and experience about running the Badwater 135 route state clearly that it is your responsibility to return home ... safely and successful. Other than your fellow ultra athletes, few people understand your commitment. So, other than being polite, few are willing to listen to a “did-not-finisher”! (The only reason the media was interested in my two DNF’s in 1974 and 1975 is because the run had never been done. So, on my third, and successful attempt, in 1977 it was an international success.) My finishing time wasn’t an issue; it was all about completing the route. For most participants today, beating the cut-off-time is an issue. But, as I review the roster of remarkable athletes lining up for this year’s race, I believe all participants should finish below the time constraints.

Good luck, stay smart.

IL VECCHIO, AL

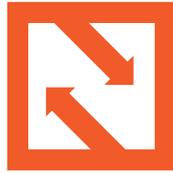


*NOTE: Al Arnold is the Neil Armstrong and Edmund Hillary of ultramarathons, the first to run between Badwater and Mount Whitney, back in 1977, after two failed attempts in 1974 and 1975. He became the first inductee into the Badwater Hall of Fame in 2002, on the 25th anniversary of his historic run, and remains a staunch friend and fan of the race. He lives in Walnut Creek, CA and is 87 years old. His birthday is February 4, 1928. He can be reached by email at [alarnold1977@msn.com](mailto:alarnold1977@msn.com) and loves hearing from fellow ultrarunners. His essays are archived on the [Badwater.com](http://Badwater.com) website.*

## THANK YOU, SPONSORS AND SUPPORTERS

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AdventureCORPS is pleased to welcome the support of Nutrimatix, Nathan Performance Gear, ZombieRunner.com, Caring House Project Foundation, ZZYXXXZ, Furnace Creek Ranch, Stovepipe Wells, Panamint Springs Resort, and Dow Villa of Lone Pine, the community of Lone Pine, CA, the County of Inyo, and other generous companies and individuals.



# nutrimatix



## SCHEDULE OF EVENTS

### Monday, July 27

**100-400pm: Runner Check-In and Registration / Retail of BADWATER Gear:** Held in Marquez Room, Furnace Creek Inn. Park in gravel lot by the tennis courts with driveway entrance near the Badwater Road intersection. Do not drive up to the main entrance to the Inn. Please do not all show up at 300pm! It takes quite a while to go through the Check-In process! We suggest that 1st wave runners arrive at 100pm, 2nd wave runners arrive at 200pm, and 3rd wave runners arrive at 300pm. (Each Racer and their designated Crew Chief must attend; all crew are welcome as space allows)

**500-630pm: Pre-Race Meeting for ALL Racers + ALL Crew Chiefs.** ALL racers and ALL crew chiefs must attend the Pre-Race Meeting (but no other crew members). Held in the Auditorium at the Visitors Center, NOT at the Furnace Creek Inn.

**630pm: Group Photo of All Racers at the Thermometer in front of the Visitors Center.**

### Tuesday, July 28

**1200-200pm: Badwater Gear Retail** In the Marquez Room, Furnace Creek Inn.

**1230-130pm: OPTIONAL RACE RULES REVIEW / QUESTIONS & ANSWERS / DISCUSSION OF BEST CREWING PRACTICES.** Since only racers + crew chiefs may attend the Pre-Race Meeting on Monday, we are offering a follow-up meeting to review race rules and best crewing practices, as well as a Q&A session. If you want or need to know more before you start the race this evening, please attend! Held in the Marquez Room, Furnace Creek Inn..

**130-200pm: Media Check-In and Briefing:** All journalists / media / photographers must attend. Held in the Marquez Room, Furnace Creek Inn.

**200-300pm: Private Staff Meeting:** Marquez Room, Furnace Creek Inn.

**Afternoon: Rest & Relaxation; Vehicle Prep.**

**800pm: 1st Wave Starts at Badwater:** (ALL Wave 1 runners must check in at 730pm).

**930pm: 2nd Wave Starts at Badwater:** (ALL Wave 2 runners must check in at 830pm).

**1100pm: 3rd Wave Starts at Badwater:** (ALL Wave 3 runners must check in at 930pm).

### Wednesday, July 29

**1000am: First Time Cut-Off.** Deadline for ALL RUNNERS, regardless of starting wave, to pass Mile 50.5 (2000' Elevation Sign, located 8.6 miles beyond Stovepipe Wells)

**800pm:** Approximate Time for First Runner to Cross the Finish Line.

**1159pm: Second Time Cut-Off.** Deadline for ALL RUNNERS, regardless of starting wave, to pass Mile 72 (Panamint Springs Resort)

### Thursday, July 30

**500am: Third Time Cut-Off.** Deadline for ALL RUNNERS, regardless of starting wave, to pass Mile 90 (Darwin Time Station)

**700-900pm:** Post-Race Get-together, Lo-Inyo Elementary School, Multipurpose Room, 223 East Locust Street, 1.5 blocks east of 395 (north end of town). Pizza and drinks will be served. No charge (up to four crew per runner may attend). **NOTE: Though the 48-hour overall time limit remains in place in 2016, ALL RUNNERS are encouraged to complete the race by 600pm on Thursday in order to attend the post-race get-together in Lone Pine. That "soft" deadline equals a 46 hour completion for the 800pm wave runners, 44.5 hours for 930pm wave starters, and a 43 hour completion for 1000pm wave starters**

**800pm:** Course Closes for 1st Wave Runners (48 hour time limit, based on start; all runners recommended to finish by 600pm.).

**930pm:** Course Closes for 2nd Wave Runners (48 hour time limit, based on start; all runners recommended to finish by 600pm.).

**1100pm:** Course Closes for 3rd Wave Runners (48 hour time limit, based on start; all runners recommended to finish by 600pm.).

**SUNRISE / SUNSET:** Civil Twilight (AM): 5:27am | Sunrise: 5:56am | Sunset: 7:58pm | Civil Twilight (PM): 8:27pm | Moonrise: 5:35pm | Moonset: 3:12am.

**PERMITS:** This event is held under special use permits from the California Department of Transportation, Inyo National Forest, Death Valley National Park, and Inyo County, and is additionally overseen by the California Highway Patrol. (If one of these agencies won't issue us a permit, this race could be cancelled. Please keep that in mind!)

#### DRIVING DISTANCES:

Las Vegas Airport to Furnace Creek: 140 miles  
 Los Angeles Airport to Furnace Creek: 250 miles  
 Lone Pine to Las Vegas Airport: 240 miles  
 Lone Pine to Los Angeles Airport: 210 miles

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# THE MEANING OF BADWATER

*The word BADWATER means strength, bravery & passion.*

—Michelle Barton

*It's more than just a place to me for sure.*

*It's more of a mindset that lives with you throughout the year, whether you're training for the event or not. Just to walk around and know in your mind you have been there and survived makes you hold your head a little higher. Those who have experienced it know a bond that no other runner will ever know.*

—Tony Clark

*Courage, guts, perseverance despite all odds.*

—John Radich

*To me, the name BADWATER is a question. How much are you ready to give? How much are you willing to commit? How much training, how much suffering and hurt will you push through? How badly do you want it? How do you give back? Where is your limit? It is a question and a challenge. It is a title for the toughest. It is a surname for an ultrarunning family. BADWATER is the feeling of excitement in your chest caught at the thought of adventure. BADWATER is the pain of blisters and the joy of triumph. The name and brand of BADWATER hold many meanings for me, all of which make me exuberant to have participated in the past, and excited to participate in whatever form in the future!*

—Breanna Cornell

*Strength, endurance, resilience and determination.*

—Rodrigo Pereira Reinaldo de Souza

*Badwater is so much more than a race, transcending running, and even athletic competition.*

—Greg Pressler

*The name to me means "tough," "grit," "determination." The brand is known around the world and the athletes involved are a rare breed.*

—Jared Fetterolf

*Badwater is not just a race to me, it's a way of life. It's not only what we do out on the course, but more importantly how that transpires into everyday life. The Badwater experience is an opportunity to take all that we learn out there and make the world a better place one step at a time. We owe it to the experience to make a difference.*

—Eric Gelber

*It simply means the best of the best from around the world. It means tough races that bring the toughest competitors together to battle it out at first class events.*

—Joshua Holmes

*It means difficulty and triumph.*

*It means soul-searching and enlightenment. It means friendship and family. It is not something to achieve, but something to become. This is why so many people continue to come back year after year. You just can't shake it because it becomes YOU!*

—Andrea Kooiman

*Badwater represents the crux of human potential meeting the challenges of austere conditions.*

—Mosi Smith

*BADWATER = Relentless Forward Progress despite overwhelming circumstances. It's the perfect metaphor for the imperfections of life that we all end up encountering.*

—Jason Romero

*To me, it means many things. It means letting your actions speak for you, both in what you aspire to be and how you help others realize their own dreams.*

*It's a family of individuals who have the highest level of competitive spirit, but at the same time encourage and pull for each other to overcome any obstacle. It's an inner drive that even those with no athletic hopes or dreams are inspired by.*

—Pete Kostelnick

*Badwater is synonymous with world-class sportsmanship, exploration, being the test of the human spirit in the face of adversity, and the ultimate challenge of adventurers from around the globe.*

—Kimani Long

*Badwater to me is more than a race or a course. It's a state of mind. It's about testing yourself to go beyond what people perceive or think is possible and striving to be the best that you can be. It's about a community that develops where you help your fellow competitor when you can, and get just as much satisfaction as seeing them succeed as you do your own.*

—Steve Maliszewski

*The term "Badwater" is emblematic of the epitome, the zenith, the very top of endurance challenges, a symbol of the toughest people doing the toughest event on the planet. - Face the monster, the desert, the heat, the hills, and make them your own.*

—Mandy Miller

*The name Badwater represents the "best of the best" in sport.*

—John Wog

# A SALUTE TO *PAM REED,* TEN-TIME FINISHER

*By Chris Kostman*

In 2015, we salute Pam Reed of Jackson, WY for her ten Badwater 135 finishes. She joins Jack Denness, Dean Karnazes, Dan Marinsik, John Radich, Marshall Ulrich, Arthur Webb, and Scott Weber in this remarkable distinction.

Besides being a world-class ultra runner with scores of accolades and records to her credit, Pam is the author of “The Extra Mile,” has been a guest on Late Night with David Letterman, profiled on 60 Minutes, and has been featured in Outside Magazine and numerous publications around the world. She is also the co-owner and race director of the Tucson Marathon, now in its 21st year and held the first Sunday of December. She is also the co-owner of the Jackson Hole Half Marathon, held annually on the 2nd Saturday in June. Pam is available for consulting and her website is [www.pamreedultra.com](http://www.pamreedultra.com).

*“I would like to thank Chris Kostman and the rest of the management of Badwater 135. This event really changed my life. I am so blessed to have found an event that I was able to succeed at. I love Death Valley and its beauty and feel so blessed to have been able to experience it that way I did, thanks to the Badwater team. I understand how difficult it is to put on a race and how difficult it is to deal with all the different governmental entities. Chris and his team have done a great job at it. I am so happy that Chris worked so hard to get the original course back.*

*“It has been such a thrill and pleasure running with all the different runners over the past 13 years. Can’t believe it has been this long. I really want to do the run starting at night. This year I was lucky enough - or unlucky - to get drawn in both Western States and Hardrock, so I am not sure I can do Badwater also. I hope to return next year.*

*“Lastly I want to thank my Husband Jim, my kids, and all of my crew for the support over all of these years. Truly I could not do it without every one of them.”*

—Pam Reed

Photo by Luis Escobar, 2010 Badwater 135

Pam Reed 2002



Pam Reed 2014



**Pam’s Ten Badwater Finishes (and two DNF):**

|       |          |        |                  |
|-------|----------|--------|------------------|
| 2002: | 27:56:47 | Age 41 | 1st place        |
| 2003: | 28:26:52 | Age 42 | 1st place        |
| 2004: | 31:17:55 | Age 43 | 2nd place; 1st F |
| 2005: | 30:29:55 | Age 44 | 5th place; 1st F |
| 2006: | DNF      | Age 45 | DNF              |
| 2008: | 27:42:52 | Age 47 | 5th place; 2nd F |

|       |          |        |                   |
|-------|----------|--------|-------------------|
| 2009: | 29:03:09 | Age 48 | 7th place; 2nd F  |
| 2010: | 32:23:34 | Age 49 | 14th place; 3rd F |
| 2011: | DNF      | Age 50 | DNF               |
| 2012: | 31:06:43 | Age 51 | 17th place; 2nd F |
| 2013: | 30:39:58 | Age 52 | 13th place; 2nd F |
| 2014: | 29:30:04 | Age 53 | 9th place; 2nd F  |

## THE OFFICIAL CHARITIES

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**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 \$350,000 for CAF, and AdventureCORPS athletes have raised equally impressive sums!

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



Since 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,” CHPF provides shelter to the world's most desperately poor and homeless by building entirely self-sufficient villages in the poorest county in the world, Haiti.

As of today, over 10,000 people will have been sheltered because of CHPF, and thousands more are alive because of the foundation's efforts. In 2015, Caring House Project completed its 22nd self-sufficient village outside of St. Marc, Haiti. That's right, 22nd self-sufficient village! Thanks for all you do, Frank & Nilsa!

**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 to save more than 44 million acres, protect 2,945 miles of rivers, stop or remove 26 dams, and purchase 10 climbing areas. There are now more than 190 member companies, and plans to disburse \$1.65 million in 2015.

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.)



**You show your love for our big blue planet when you buy from brands that give back 1% of their sales to non-profits dedicated to protecting our environment.**

**AdventureCORPS® / Badwater® has been a proud member of One Percent For The Planet since 2008!**



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[nathansports.com](http://nathansports.com)

#werunonwater





The 2nd Badwater® Cape Fear took place March 21, 2015 on Bald Head Island, North Carolina. 115 athletes from Canada, Singapore, Philippines, and 23 American states competed. 78 of 79 completed the 51.4-mile race, while 33 of 36 finished the 50km officially. An expanded multi-day line-up of events is planned around next year's March 19, 2016 race.

Registration is open now via [www.badwater.com](http://www.badwater.com)







The 3rd Badwater® Salton Sea took place May 3-4, 2015. This remarkable event challenges up to 25 teams of two or three ultrarunners—running together as duos or trios for the duration, NOT in a relay—to tackle an unimaginable traverse of Southern California deserts and mountains. The route is a mix of road and trail and 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. Fifty-five athletes from Canada, Japan, Mexico, Peru, Singapore, Slovakia, United Kingdom, and 10 American states competed, many of whom arrived a day or two early to participate in a pre-race hike, trail run, yoga class, and other special events. **Registration for the May 1-2, 2016 race is open now via [www.badwater.com](http://www.badwater.com).**





# THE DANGERS OF RUNNING IN THE HEAT

By Jason Hodde, MS, ATC/L



Scott Jurek takes one of many ice baths in 2006.

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.

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.

## 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:

- 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.

| 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 if 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

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*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](mailto: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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This year **Caring House Project** will build its newest self-sufficient village in **Ravine á Couleuvre**, 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?

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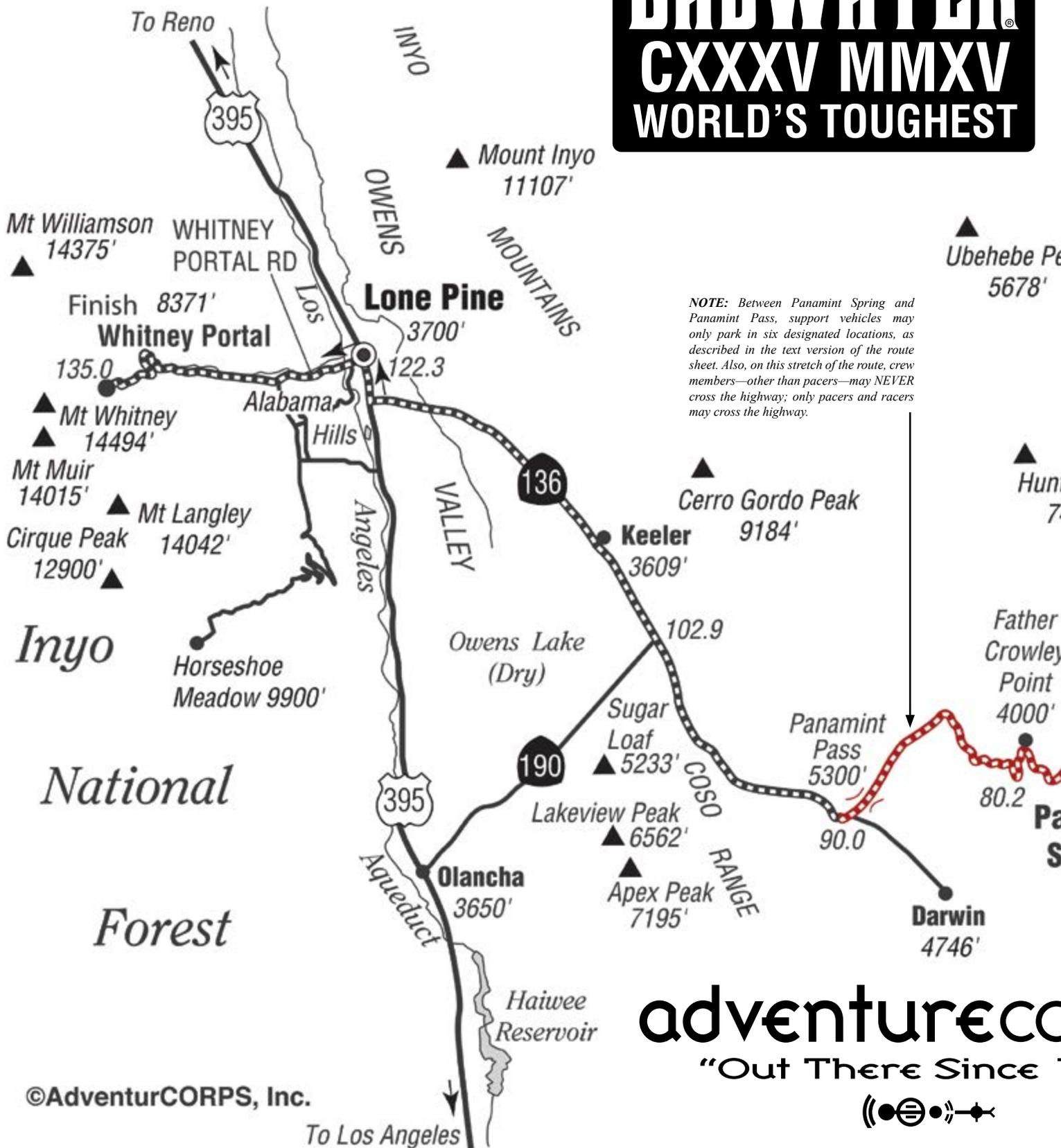
| DISTANCE (MI)                                                                                         | LANDMARK                                                                           | ELEVATION | MILE MARKER |
|-------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------|-----------|-------------|
| NOTE: TL = TRAFFIC LIGHT; SS = STOP SIGN; T-INT = T-INTERSECTION; JCT. = JUNCTION                     |                                                                                    |           |             |
| 0                                                                                                     | Badwater Basin: Head north                                                         | -282      |             |
| 1.8                                                                                                   | Former location of Telescope Peak Sign on L.                                       | -200      |             |
| 3.1                                                                                                   | Wide Shoulder on Right                                                             |           |             |
| 3.5                                                                                                   | Natural Bridge turnoff on R (PACERS MAY JOIN AGE 65+ RUNNERS HERE)                 | -170      | MM 13       |
| 3.9                                                                                                   | Wide Shoulder on R.                                                                |           |             |
| 5.6                                                                                                   | Devil's Golf Course on L.                                                          | -165      |             |
| 8                                                                                                     | Artist's Drive entry on R.                                                         | -165      |             |
| 10.6                                                                                                  | West Side Road on L.                                                               |           | MM 6        |
| 11.7                                                                                                  | Artist's Drive exit on R.                                                          | -70       |             |
| 12.1                                                                                                  | Mushroom Rock on R.                                                                | -170      | MM 5        |
| 14.5                                                                                                  | Golden Canyon on R. (bathroom / parking) (45 MPH)                                  | -165      |             |
| 16.5                                                                                                  | Jct. Hwy 190 & Badwater Rd.: Go Left onto 190 north (Cell Service Begins)          | 0         |             |
| 17.2                                                                                                  | Timbisha Shoshone Reservation on L.                                                | -140      |             |
| 17.5                                                                                                  | Furnace Creek Ranch on L.: <b>Ice &amp; Store close at 300am (Time Station #1)</b> | -165      |             |
| 17.7                                                                                                  | Furnace Creek Fuel on L.                                                           | -165      |             |
| 17.8                                                                                                  | NPS Visitor's Center on L. (Run on bike path left of roadway)                      | -170      |             |
| 18.2                                                                                                  | Furnace Creek Campground on L.                                                     | -170      |             |
| 19.1                                                                                                  | Harmony Borax Works on L.: <b>wait here and let runner go ahead (45 MPH)</b>       | -100      |             |
| <b>NO STOPPING, SLOWING, or PARKING NEXT 1 MILE! Drive directly beyond curvy section!</b>             |                                                                                    |           |             |
| 20.1                                                                                                  | <b>PARKING ALLOWED FROM HERE ONWARDS, where safe and prudent</b>                   |           |             |
| 20.8                                                                                                  | Cow Creek on R.                                                                    |           |             |
| 26.2                                                                                                  | 1st Marathon                                                                       |           |             |
| 28.4                                                                                                  | Daylight Pass Rd. on R. (Cell Service Ends)                                        |           | MM 99.5     |
| 30.8                                                                                                  | Salt Creek turnoff on L.                                                           |           | MM 97.5     |
| 31.5                                                                                                  | Sea Level sign on R.                                                               | 0         |             |
| 32.1                                                                                                  | Sea Level sign on L.                                                               | 0         |             |
| 33.7                                                                                                  | "Summit" / end of rollers section                                                  | 140'      | MM 94.5     |
| 34.9                                                                                                  | North Hwy / Scotty's Castle turnoff on R.                                          |           | MM 93.5     |
| 35.4                                                                                                  | Sea Level sign on L.                                                               | 0         |             |
| <b>MINIMAL PARKING NEXT 6 MILES! SOFT SHOULDERS</b>                                                   |                                                                                    |           |             |
| 36.3                                                                                                  | Devil's Cornfield sign on R.                                                       | -80       | MM 91.5     |
| 37.1                                                                                                  | Parking on R. (Space for 2-3 cars)                                                 |           |             |
| 37.5                                                                                                  | Camera Sign pullout on R. (Space for 4-5 cars only)                                |           |             |
| 40.2                                                                                                  | Sand Dunes Parking Lot on R. (Bathrooms) (35 MPH)                                  | 0         |             |
| 42                                                                                                    | Stovepipe Wells Village Welcome sign: <b>Gas / Food / Store open at midnight</b>   | 0         |             |
| 42.2                                                                                                  | <b>Time Station #2 &amp; Medical HQ on L. by hotel courtyard &amp; flag</b>        | 0         |             |
| <b>(PACERS MAY JOIN RUNNERS OF ANY AGE HERE)</b>                                                      |                                                                                    |           |             |
| 42.4                                                                                                  | Mosaic Canyon turnoff on L.                                                        | 5         |             |
| 46.8                                                                                                  | 1000' Elevation sign on R. (65 MPH)                                                | 1000      |             |
| 47.2                                                                                                  | Short downhill                                                                     |           |             |
| 48.5                                                                                                  | DIP Sign on R.                                                                     |           |             |
| 50.7                                                                                                  | 2000' Elevation sign: <b>All racers must pass by 1000am</b>                        | 2000      | MM 77.5     |
| 51.2                                                                                                  | Wildrose Station (Bathroom; paved parking lot on R.)                               | 2450      |             |
| 51.4                                                                                                  | Wildrose Turnoff on L.                                                             | 2500      | MM 76.5     |
| 52.4                                                                                                  | 2nd Marathon                                                                       | 2800      | MM 75.5     |
| 53.6                                                                                                  | 3000' Elevation sign on L.                                                         | 3000      |             |
| 56                                                                                                    | 4000' Elevation sign on L.                                                         | 4000      |             |
| 56.4                                                                                                  | DIP sign on R.                                                                     |           |             |
| 57.25                                                                                                 | Approaching the summit of Towne Pass (30 MPH)                                      |           | MM 70.5     |
| 59                                                                                                    | Towne Pass Summit sign on R.                                                       | 4965      |             |
| 58.9                                                                                                  | Brake Check area on R.                                                             | 4965      |             |
| 59.6                                                                                                  | "Downhill Next 9 Miles - 9% Grade" - Begin descent into Panamint Valley            |           |             |
| 61.8                                                                                                  | 4000' Elevation sign on R. (55 MPH)                                                | 4000      |             |
| 62                                                                                                    | Vista Point (view of Mt. Whitney) / big gravel pullout on R.                       | 3500      |             |
| 62.5                                                                                                  | Paved pullout on L.                                                                |           |             |
| 63.7                                                                                                  | Gravel pullout on L.                                                               |           | MM 64.5     |
| 64.1                                                                                                  | 3000' Elevation sign on L.                                                         | 3000      |             |
| 65.3                                                                                                  | Large Paved pullout on L.                                                          |           |             |
| 66.4                                                                                                  | 2000' Elevation sign on L. (65 MPH)                                                | 2000      |             |
| 68.4                                                                                                  | Panamint Dry Lake Bed, east edge; "Soft Shoulder" sign                             | 1640      |             |
| 70.2                                                                                                  | Panamint Valley Road to Trona / Ridgecrest on L.                                   | 1750      |             |
| 72.7                                                                                                  | Panamint Springs Resort: <b>Gas / Mini Mart / Food</b> (35 MPH)                    | 1970      |             |
| <b>Time Station #3 on L. at resort hotel (not at gas / mini mart)</b>                                 |                                                                                    |           |             |
| <b>All racers must pass TS3 before midnight.</b>                                                      |                                                                                    |           |             |
| <b>WARNING: Parking now only allowed in designated locations until 84.9: follow odometer closely!</b> |                                                                                    |           |             |
| 73.3                                                                                                  | 2000' Elevation sign on L. (55 MPH)                                                | 2000      |             |
| 73.7                                                                                                  | Darwin Falls turnoff on L. / "Rock Slide Area" sign on R.                          | 2500      |             |

| DISTANCE (MI) | LANDMARK                                                                                                     | ELEVATION | MILE MARKER |
|---------------|--------------------------------------------------------------------------------------------------------------|-----------|-------------|
| 74.5          | Parking Allowed on R. in gravel pullout with yellow left arrow                                               |           | MM 53.5     |
| 76.1          | Parking Allowed on R. in small gravel pullout on right                                                       |           |             |
| 76.2          | 3000' Elevation sign on L. (end parking allowed zone)                                                        | 3000      |             |
| 78.1          | Parking Allowed in large gravel pullout on L. just before left curve                                         |           | MM 13       |
| 78.6          | 3rd Marathon at 25 MPH sign with sharp left curve arrow                                                      | 3400      | MM 48.5     |
| 80.6          | 4000' Elevation sign on L.                                                                                   | 4000      |             |
| 80.65         | Father Crowley's Point on R. (bathrooms) Parking Allowed in lot.                                             | 4000      |             |
| 83.5-83.7     | Parking Allowed on R. along narrow gravel shoulder (35 MPH)                                                  | MM 44.5   | MM 6        |
| 84.9          | "Panamint Pass" (no sign) Parking Allowed on R. in large gravel pullout                                      |           |             |
| 85            | 65 MPH sign on right, just beyond parking zone                                                               |           | MM 5        |
|               | Support vehicles may resume parking wherever it is safe and prudent to do so from here onwards.              |           |             |
| 85.4          | Death Valley National Park sign on L. (65 MPH)                                                               | 4200      |             |
| 86.4          | Saline Valley Rd. on R. (actual DVNP boundary)                                                               | 4800      |             |
| 88.6          | "Adopt a Highway" sign on R.                                                                                 | MM 39.5   |             |
| 90.6          | Darwin turnoff on L.: Time Station #4 on Left before turnoff                                                 | 5050      | MM 37.5     |
|               | All racers must pass TS4 before 500am, Thursday morning                                                      |           |             |
| 96.8          | Gravesite on right (white cross)                                                                             | 4100      |             |
| 99.8          | "Rock Slide Area"                                                                                            |           |             |
| 100           | One hundred miles! (3' wide gray stripe across road with culvert under road)                                 | 4050      | MM 28*      |
|               | * MM 28 is exactly at the 100-mile mark, but is on the LEFT side of the road, facing the opposite direction. |           |             |
| 102.2         | 4000' Elevation sign on R. before "Gunsite Notch" (Cell Service Begins)                                      | 4000      |             |
| 103.4         | Jct. Hwy 136 & Hwy 190: Go straight / north onto Hwy 136 "Lone Pine 19mi"                                    | 3935      |             |
| 104.8         | 4th Marathon                                                                                                 | 3800      | MM 16.5     |
| 106.5         | "100 Sulfate Road" sign                                                                                      |           |             |
| 108.1         | Keeler City sign at Cerro Gordo Rd. on R.                                                                    | 3610      |             |
| 109.1         | Adopt-a-Highway sign on R. after solar panel array                                                           | 3605      |             |
|               | SOFT SHOULDERS NEXT FOUR MILES: BE CAREFUL! DO NOT GET STUCK!                                                |           |             |
| 113.2         | Dolomite Loop Road on R.                                                                                     | 3600      |             |
| 117.5         | Dolomite Loop Road on R.                                                                                     | 3510      |             |
| 118.3         | Cross Owens River: View of Whitney Portal Rd. is straight ahead!                                             | 3500      |             |
| 121           | Jct. Hwy 136 & Hwy 395: Go Right / North                                                                     | 3696      |             |
|               | Runners may run on right side of road into and through Lone Pine: stay well away from traffic lane.          |           |             |
|               | WARNING: SPEED LIMITS DROP TO 25mph as you pass through town!                                                |           |             |
| 121.1         | Comfort Inn on R. (45 MPH)                                                                                   |           |             |
| 121.3         | Chevron / Lee's Frontier Deli / Mini Mart (great sandwiches!) on L.                                          |           |             |
| 122           | Best Western on R. (35 MPH)                                                                                  |           |             |
| 122.3         | Lone Pine City Limits sign on R. (25 MPH)                                                                    |           |             |
| 122.6         | McDonald's on L.                                                                                             | 3610      |             |
| 122.7         | Dow Villa on R.: Time Station #5 & Medical HQ                                                                | 3610      |             |
|               | All racers must pass within 42 hours of their individual wave start!                                         |           |             |
| 122.8         | Portal Road (the only traffic light in Lone Pine): go left                                                   | 3610      |             |
| 123.3         | Tuttle Creek turnoff on L.                                                                                   | 3770      |             |
|               | WARNING: Park and Drive Properly! NO slow driving; NO stopping in roadway!                                   |           |             |
| 123.4         | Los Angeles Aqueduct                                                                                         | 3855      |             |
| 124.5         | Lone Pine Creek                                                                                              | 4200      |             |
| 125.5         | Movie Flat Road on R.                                                                                        | 4590      |             |
| 125.7         | Lone Pine Creek                                                                                              | 4800      |             |
| 125.9         | Horseshoe Meadow turnoff on L.                                                                               | 5000      |             |
| 127.1         | Cuffe Ranch turnoff on R.                                                                                    | 5100      |             |
| 127.4         | Whitney Vista Drive on L.                                                                                    |           |             |
| 128.4         | Olivas Ranch Road on L.                                                                                      | 5300      |             |
| 129.2         | "Entering Active Bear Area"                                                                                  |           |             |
| 129.3         | Lone Pine Campground on L.                                                                                   | 5700      |             |
|               | WARNING: Park and Drive Properly! NO slow driving; NO stopping in roadway!                                   |           |             |
| 129.6         | Lone Pine Creek                                                                                              | 6000      |             |
| 129.8         | "Inyo National Forest" sign on R. (Sign was missing in May, 2015)                                            | 6400      |             |
| 131           | 5th Marathon at Indian Creek Rd. on R.                                                                       | 7000      |             |
| 131.1         | Time Station #6 in Large gravel pullout on R.                                                                | 6890      |             |
| 132           | Road makes a 180-degree switchback to L.                                                                     | 7215      |             |
| 132.8         | Vista Point on Left at large gravel pullout                                                                  | 7400      |             |
| 133.7         | "Campsites 39-44" and "Whitney Portal Recreation Area" signs                                                 | 7700      |             |
| 133.9         | Meysan Lakes trailhead on L.                                                                                 | 8035      |             |
| 134           | Family Campground on L.: Support vehicles should drive ahead to park!                                        | 8100      |             |
| 134.6         | Overflow Parking Lot on L.                                                                                   | 8200      |             |
| 134.7         | Finish Line of the World's Toughest Foot Race: Congratulations!                                              | 8360      |             |

Mile Markers (MM) noted are on R. side of road and within 2/10 of a mile of their stated location. For reference only. Official distance is 135.0 miles. Remember all car odometers have error. Distances above were GPS-measured and are accurate in a relative sense.

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# BADWATER® CXXXV MMXV WORLD'S TOUGHEST



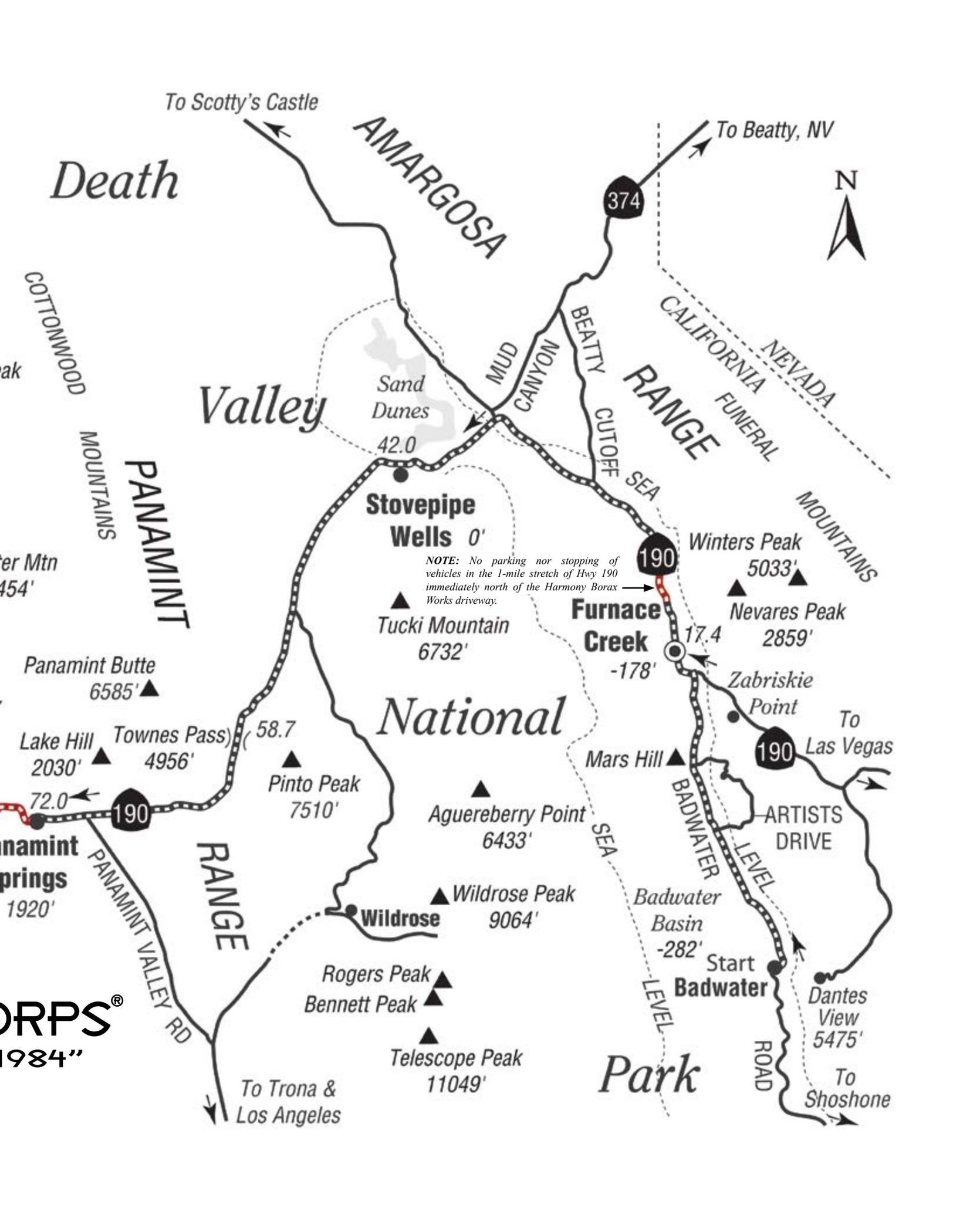
*NOTE: Between Panamint Spring and Panamint Pass, support vehicles may only park in six designated locations, as described in the text version of the route sheet. Also, on this stretch of the route, crew members—other than pacers—may NEVER cross the highway; only pacers and racers may cross the highway.*

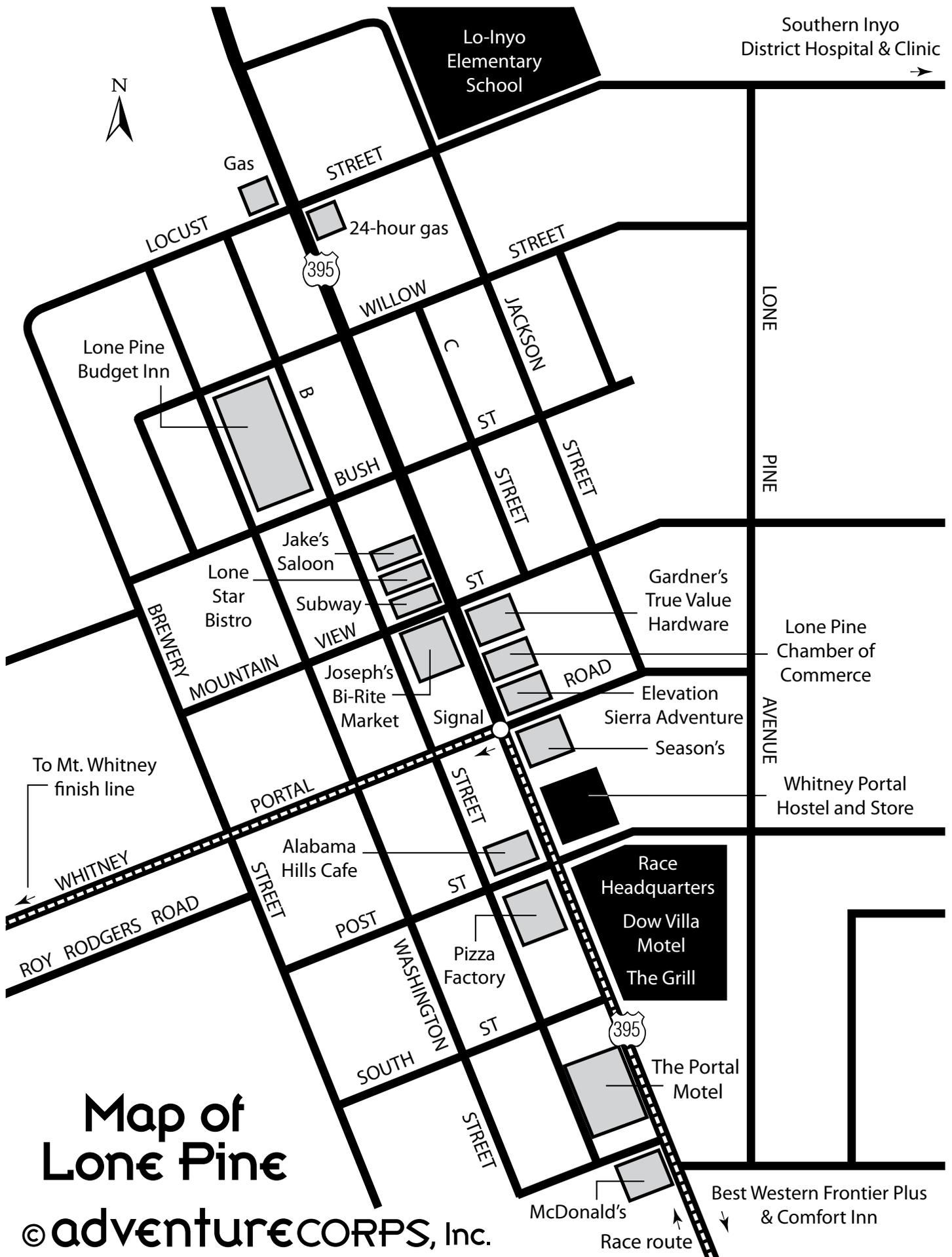
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adventureco

"Out There Since 1971"







# Map of Lone Pine

© adventureCORPS, Inc.

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

Lone Pine is located at Mile 122 of the 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 135 runners and crews buy race equipment and supplies at True-Value Hardware or Whitney Portal Hostel and Store, groceries at Joseph’s Bi-Rite, purchase moderately priced gas in town, and/or excellent coffee, snacks, and sandwiches at Lone Star Bistro, get an excellent meal at The Grill or enjoy fine dining at Seasons Restaurant.

During the race, many support teams will go into town to pick up coffees and more at Lone Star Bistro, pizza from The Pizza Factory, to-go food from The Grill or Lee’s Frontier Deli, or for ice, water, & groceries.

**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

**Jake’s Saloon** at 119 N Main St (Many runners and crews socialize here after attending the official post-race pizza party at the Lo-Inyo Elementary School at the conclusion of the race!)

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

**Whitney Portal Store and Hostel** at 238 S Main St  
760-876-0030 Open 7am-9pm daily in July

**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 (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.)  
760-876-5844 Gas 24/7; Deli closed 2-4am only

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



## COURSE DESCRIPTION

### Badwater Basin, Death Valley (- 85m / 280ft)

The race begins here adjacent to a pool of saltwater located at the lowest place in the Western Hemisphere.

### Furnace Creek Ranch (-170'), Mile 17.5 (Time Station #1)

The first oasis in our journey. A gas station, small general store, hotel, restaurant, camping, and ice are available. Stock up here!

### Stovepipe Wells (Sea Level), Mile 42.2 (Time Station #2)

A small general store, gas station, restaurant and motel. Location of the race's Medical HQ for most of first 15 hours of the race. Stock up here!

### Towne Pass (4956'), Mile 58.7

17-mile long ascent with 5000' of elevation gain, then a 10-mile long descent with 3000' feet of elevation loss into the Panamint Valley. It's a steep and narrow road with limited opportunities to park. Support vehicles, crews, and runners must be cautious and extra aware of the traffic.

### Panamint Springs Resort (2000'), Mile 72.7 (Time Station #3)

Gas station / mini-mart, plus restaurant and motel. We rent out "The Cottage" as a way station for any and all race entrants and crews to use during the race. Bring your own towel, soap, and shampoo and make a big effort to keep the room and bathroom tidy. After passing Panamint Springs, a long, steep climb follows on a steep and narrow road with limited opportunities to park. Support vehicles, crews, and runners must be cautious and extra aware of the traffic, and ONLY park in the six designated parking zones between Panamint Springs Resort and unmarked "Panamint Pass" at mile 84.9.

### Father Crowley's Turnout (4000'), Mile 80.65

The bathrooms and parking lot that designate this view point are not the top of this ascent, though you may hope so. The road continues to rise to 5000' over rolling hills, then eventually descends into the Owen's Valley.

### Darwin Turn-Off (5050'), Mile 90.6 (Time Station #4)

Just a few miles to the south of our route is the small inhabited ghost town of Darwin, the website for which touts "NO broadcast TV; NO AM/FM radio, NO cell signal; NO stores; NO restaurants." This is where the race usually starts to get serious for all entrants. Look for Mile Marker 28 about nine miles ahead to indicate your 100-mile mark!

### Keeler (3610'), Mile 108.1

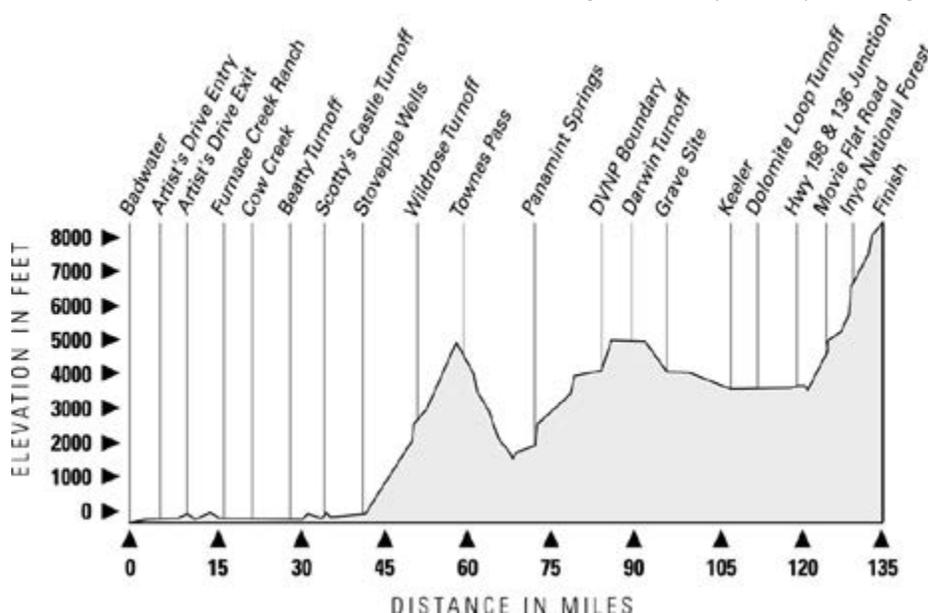
This is a small mining town with no facilities which abuts the Owens Dry Lake Bed the left of the highway. Amazing views of Mt. Whitney and the Sierra Nevada abound. A dirt road to the right ascends to Cerro Gordo, an authentic ghost town which was featured in the 2014 Badwater 135 and will be featured again in the upcoming "Badwater® Cerro Gordo" 102-mile Ultramarathon.

### Lone Pine (3610'), Mile 122.7 (Time Station #5)

Lone Pine offers the weary runner and crew all the amenities of a real town: fast food, pizza, restaurants, motels, gas stations, grocery stores, and more, not to mention our Race Headquarters at the Dow Villa. Restock here for the climb to Whitney Portal. Turn left onto the Whitney Portal Road to begin the final leg, the longest and steepest climb of the race (13 miles with 5000 feet of elevation gain). After the turn from Hwy 395, it's 8.4 miles to Time Station #6, located at the start of the switchbacks. Temperatures will steadily decrease during the ascent (though depending on time of day). Be prepared with extra layers of clothing and rain gear the final few miles; at night it can approach freezing temperature. Be sure your support vehicle is always parked completely off of the road and that you do not block traffic, even for a moment.

### Mt. Whitney Trailhead, (8360'), Mile 135

Congratulations! You have finished the world's toughest foot race! A small diner/shop are open during daylight hours. There is also a stocked fishing pond and a campground (because, of course, after running 135 miles, you really want to go fishing and camping!).



## FINISHER DATA ANALYSIS: BADWATER ULTRAMARATHON, 1990-PRESENT

| Year              | Starters  | Finishers | Buckle Cut-Off | Sub 60hr   | Sub 48hr   | Sub 40hr   | Sub 34hr   | New Men Record | New Women Record |
|-------------------|-----------|-----------|----------------|------------|------------|------------|------------|----------------|------------------|
| 2014              | 97        | 83        | 48 Hours       | N/A        | 86%        | 52%        | 23%        |                |                  |
| 2013              | 96        | 81        | 48 Hours       | N/A        | 84%        | 39%        | 23%        |                |                  |
| 2012              | 96        | 89        | 48 Hours       | N/A        | 93%        | 71%        | 34%        |                |                  |
| 2011              | 94        | 81        | 48 Hours       | N/A        | 86%        | 76%        | 20%        |                |                  |
| 2010              | 80        | 73        | 48 Hours       | 91%        | 83%        | 51%        | 19%        |                | 26:16:12         |
| <b>5 Year Avg</b> | <b>93</b> | <b>81</b> |                | <b>91%</b> | <b>86%</b> | <b>58%</b> | <b>24%</b> |                |                  |
| 2009              | 86        | 75        | 48 Hours       | 87%        | 77%        | 47%        | 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       |                  |
| <b>5 Year Avg</b> | <b>84</b> | <b>72</b> |                | <b>87%</b> | <b>71%</b> | <b>35%</b> | <b>14%</b> |                |                  |
| 2004              | 72        | 57        | 48 Hours       | 79%        | 58%        | 28%        | 8%         |                |                  |
| 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         |
| <b>5 Year Avg</b> | <b>73</b> | <b>53</b> |                | <b>73%</b> | <b>47%</b> | <b>17%</b> | <b>7%</b>  |                |                  |
| 1999              | 42        | 33        | 48 Hours       | 78%        | 60%        | 26%        | 12%        | 27:49:00       | 36:58:00         |
| 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%         |                |                  |
| <b>5 Year Avg</b> | <b>29</b> | <b>21</b> |                | <b>70%</b> | <b>44%</b> | <b>17%</b> | <b>6%</b>  |                |                  |
| 1994              | 25        | 16        | 45 Hours       | 64%        | 32%        | 1%         | 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%        |                |                  |
| <b>5 Year Avg</b> | <b>17</b> | <b>14</b> |                | <b>84%</b> | <b>42%</b> | <b>21%</b> | <b>13%</b> |                |                  |

## 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 (Sub-48 Hrs) | Arthur Webb, 70, USA, 2012       | 33:45:40 | Dixie A. Madsen, 63, USA, 2000    | 47:04:00 |

## RACE RULES

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### GENERAL RACE RULES

1. There are three starting times for the 2015 Badwater 135 Ultra-marathon (800pm, 930pm, and 1100pm on July 28, 2015), but all racers in all groups are competing in the same race. Racers must check in with the medical team on the sidewalk at the Badwater Basin parking lot, ready to race, 30 minutes prior to their start time, then assemble at the Badwater Basin sign exactly ten minutes prior to their wave start. The race will begin at the Badwater Basin sign.

2. 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.

3. The race number must be worn by the racer 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. Bib numbers must also be worn by any pacer / crew member who is running along with his or her racer. (Both racer and pacer bib numbers will be provided at Racer Check-In.)

4. 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.

5. All racers MUST have passed, and be proceeding beyond, the following locations along the race route within the specified time cut-offs:

- Mile 50.5 (2000' Elevation Sign, located 8.6 miles beyond Stovepipe Wells): All racers must pass by 1000am, Wednesday morning (regardless of starting wave).

- Mile 72 (Panamint Springs Resort): All racers must pass by 1159pm, Wednesday night (regardless of starting wave).

- Mile 90 (Darwin Turn-Off): All racers must pass by 500am, Thursday morning (regardless of starting wave).

- Lone Pine at Mile 122: within 42 hours. Additionally, beyond the Darwin Checkpoint, if it becomes clear that a racer will not be able to finish the race officially within the 48-hour time limit, that racer may be forced to withdraw from the course and the race prior to the actual conclusion of the 48 hours.

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

7. The race ends at Mt. Whitney Portal. If any racer 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 Racer'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 racer 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 racer 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 racer and organizing a support team, as well as study all email correspondence sent by the race organizers.

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

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

8. Each racer is strongly encouraged to carry a walkie-talkie for communicating with his or her support crew. This is particularly encouraged for the Father Crowley / Panamint Springs ascent, between Panamint Springs at Mile 72.7 and Panamint Pass at Mile 84.9. (When pacers are allowed to accompany their racer, he or she could carry the walkie-talkie instead.)

9. All racers and all crew members must sign and submit the Accident Waiver and Release of Liability / Release of Name and Likeness. Each racer must also submit the properly completed Check-In Form and Medical History Form.

10. All racer support 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.

11. 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.

12. 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.

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

14. During Racer Check-In, all entrants must display a minimum of two running-style reflective vests - which will be worn and utilized by the racer and pacer (if any) during nighttime periods of the race - and eight blinking red lights for racers, pacers, and crew members to wear at night. Also during Racer Check-In, all racers must display one OSHA Class 2 reflectivity garment for each crew member to wear during the day, and one OSHA Class 3 reflectivity garment for each crew member to wear during the night. See below.

15. During Racer Check-In, all racers must show that they have at least eight personal portable toilet products such as the Biffy Bag or Wag Bag for use on the race course wherever toilets are not available. Such products must be used discreetly and must be dis-

posed of properly after use. Public and/or unsanitary defecation by racers or crew members will result in disqualification of the racer.

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, the National Park Service, U.S. Forest Service, and/or California Department of Transportation may also require special permitting and payment of a permit fee.

17. All racers and crew must pay the Death Valley National Park Entrance Fee for each of their support vehicle(s). Proof must be brought to Runner Check-In. Runners will not be allowed to check-in for the race without proof of paying the Park Entrance Fee.

### **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 with a shared crew. Please inquire.)

3. New regulations for sporting events held within Death Valley National Park require that ALL support crew members (except those actively pacing their racer) for the Badwater 135 wear a minimum of OSHA Class 2 (or higher) high-visibility clothing during daylight hours, and OSHA Class 3 high-visibility clothing during nighttime hours. These regulations may ONLY be met by wearing the special garments pictured on [www.badwater.com](http://www.badwater.com) and developed by ZZYXXZ in collaboration with BADWATER and which can be pre-ordered until June 15 for pick-up in Furnace Creek on July 27, OR by wearing certified OSHA Class 2 (in daytime) and Class 3 (at nighttime) vests / jackets, such as those worn by highway workers. Running-type reflective vests, such as those by Nathan Sports, do NOT meet OSHA Class 2 or Class 3 requirements.

4. Racers, and Pacers when allowed, may dress as they choose during daylight, and must wear 360 degree reflectivity (such as runner-type vests by Nathan Sports) and front and rear blinky lights at night. Racers and Pacers are not required to wear the specific OSHA Class 2 or OSHA Class 3 garments that are required for all crew members, though that level of high-contrast reflectivity and visibility is highly recommended for racers and pacers, too.

## RACE RULES

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5. In addition to the requisite reflective garments, all crew members, pacers, and racers must wear front and rear blinky lights whenever they are outside of a motor vehicle during nighttime.

6. Support vehicles may not stop during the one-mile stretch which begins at Harmony Borax Works at Mile 19.1, while runners pass through the curvy “Harmony Curves” section of Hwy 190. Each support vehicle should wait at Harmony Borax Works long enough to allow the runner to cover the next, mostly uphill mile, then drive ahead (no stopping nor slowing until Mile 20.1).

7. On the Father Crowley / Panamint Pass climb (a 12.2-mile stretch from Time Station 3 at Panamint Springs Resort at Mile 72.7 to “Panamint Pass” at Mile 84.9), support vehicles may only stop at six designated locations along the route. These will be identified in the route book and with signage along the roadway. They are located 1.8, 3.4, 5.4, 7.95, 10.8, and 12.2 miles beyond Panamint Springs Resort. Except in a legitimate emergency situation, stopping at any other location along this stretch of roadway, even momentarily, will result in the immediate disqualification of the racer associated with the stopped crew. In addition to Badwater race staff, this will also be monitored by National Park Service staff who have the authority to disqualify racers. (More details and photos are available at [www.badwater.com](http://www.badwater.com).)

8. “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. A secondary vehicle may not be used to shuttle crew members or supplies to and from the runner and support vehicle, except within Lone Pine.

9. Beginning immediately at the start line, racers must not run abreast with other racers or with pacers, except when passing a slower racer, which must be done quickly. All running must be single-file. Additionally, pacers may not run in front of, even slightly, racers at any time.

10. Racers must progress under their own power without drafting, helping, pushing, supporting, or any other type of physical assistance. Racers may not use walking sticks, ski poles, or the like, unless they are legally blind and have cleared this in advance. So-called “cooling vests” or other types of artificial / technological cooling systems may not be worn or utilized by racers while making forward progress on the race course. Crewmembers may not carry an umbrella or shade cover for a racer while the racer is moving forward on the race course.

11. Any crew member running along with their racer is considered a pacer and must wear the pacer’s designated bib number (provided at Racer Check-In). Racers may not be accompanied by more than one crew member 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 racer and/or pacer must be off the roadway at all times (i.e. left of the white line on the shoulder) and may never run along with the racer. To be clear: if a racer is moving forward on the race course, **NO MORE THAN ONE** crew member may also be moving with, or near, the racer at the same time. Time penalties will be assessed for all infractions.

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

13. Crew members, other than pacers, may never cross the roadway during the entire Father Crowley / Panamint Pass climb (a 12.2-mile stretch from Time Station 3 at Panamint Springs Resort at Mile 72.7 to “Panamint Pass” at Mile 84.9), as described above. Also, each racer, or racer’s pacer, is strongly encouraged to carry a walkie-talkie for communicating with his or her support crew during this 12.2-mile stretch of the race route. In addition to Badwater race staff, this will also be monitored by National Park Service staff who have the authority to disqualify racers.

14. Racers may not be accompanied by pacers or moving crew members until Mile 42 at the Stovepipe Wells time station. Exception: racers over the age of 65 may utilize a pacer from Mile 3.5 (Natural Bridge turn-off.)

15. 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. Racers accompanied by any such conveyance will be disqualified.

16. 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.

### 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. Support vehicles may not pull trailers of any kind.

3. All support vehicles must have their headlights on while driving, 24 hours a day, except as noted in Rule 9 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 (see below), or one-time use signs will be provided by the race organizers at Racer Check-In.

5. All support vehicles must have their racer's bib number easily and clearly visible on both sides, the front, and the left rear in digits that are at least 8" (20cm) tall. The background for the racer number signs must be white and the lettering must be black, red, or blue. (STICKY racer bib numbers will be provided to ALL racers at no charge during Racer Check-In. These racer numbers must be displayed on the support vehicle.)

6. Display of the racer's name is optional, but must be at least 6" (15cm) tall if displayed, with a white background and black, blue, or red letters. Each racer may choose to also create or pay for vehicle identification signs. Our suggestion is to order standardized, professionally made signs for this purpose from the specific Los Angeles-based sign shop which the race is affiliated. (See [www.badwater.com](http://www.badwater.com).) For those who order the signs from the specified LA sign shop, the race organizers will pick up all ordered signs immediately prior to the race, bring them to Furnace Creek, and deliver them at Racer Check-In.

7. Sponsor / Charity names and graphics may be placed on support vehicles on the left and right sides only, not on the front or rear.

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

9. Vehicles must "leapfrog" the racer 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 racer'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, nor is slowing down to speak with or to a racer or other person while moving.

10. 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.

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

4. 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 the event is held 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 (except on the Father Crowley climb as noted elsewhere). Time Penalties or Disqualification will be enforced with a Zero Tolerance Policy towards dangerous crossing of, or behavior on, the roadway.

5. Racers and crew members may not wear any headset covering or any earplugs in both ears, unless it is a necessary prosthetic device that aids the hard of hearing.

6. All racers and crew must study "Medical Risks in the Badwater Ultramarathon," "Dangers of Running in the Heat," and "The Dangers of Hot Weather Running" as posted at [www.badwater.com](http://www.badwater.com) and published in the July issue of BADWATER Magazine.

### **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.

## RACE RULES

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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 racers at Racer Check-In. Racers may only leave or otherwise drive up or down the course via motor vehicle for medical attention, NOT simply to rest. This must be reported as soon as possible to Race Headquarters or the nearest time station. Racers found in a moving motor vehicle will be disqualified unless they are en route to or from medical care. 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 racers 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:

- A WARNING may be issued, depending on the nature of the infraction, at the discretion of the race official (A "slash" will be marked on the racer's bib number.)
- First Penalty: One Hour ("X" will be marked on the racer's bib number.)
- Second Penalty: Disqualification

4. Time penalties are imposed by the penalized racer 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. Any racer who is required to serve a time penalty, but does not stop to do so, will be disqualified.

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

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



Our race staff may be beautiful and smiling, but they expect you to follow the rules, or else!!!  
Norma Bastidas, Tracie Phan, Meredith Dolhare, & Laurie Kostman in 2014.

**ROSTER QUICK-REFERENCE**

| <b>Bib</b> | <b>Wave</b> | <b>First</b>     | <b>Last</b>       | <b>Bib</b> | <b>Wave</b> | <b>First</b> | <b>Last</b> |
|------------|-------------|------------------|-------------------|------------|-------------|--------------|-------------|
| 1          | 1100        | Harvey Sweetland | Lewis             | 50         | 800         | Cheryl       | Zwarkowski  |
| 2          | 1100        | Grant            | Maughan           | 51         | 800         | Kimberlie    | Budzik      |
| 3          | 1100        | Oswaldo          | Lopez             | 52         | 800         | Kimani       | Long        |
| 4          | 930         | Mosi             | Smith             | 54         | 930         | Luigi        | Dessy       |
| 5          | 1100        | Dave             | Krupski           | 55         | 800         | Chris        | Frost       |
| 6          | 930         | Yoshiko          | Jo                | 56         | 1100        | Mark         | Matyazic    |
| 7          | 930         | Jill             | Andersen          | 57         | 1100        | Michael      | Jimenez     |
| 8          | 930         | Breanna          | Cornell           | 58         | 1100        | Piotr        | Kurylo      |
| 9          | 1100        | Nikki            | Wynd              | 59         | 930         | Otto         | Lam         |
| 10         | 930         | Norma            | Bastidas          | 60         | 930         | Keith        | Straw       |
| 11         | 930         | Scott            | Newton            | 61         | 1100        | Camilo       | Martinez    |
| 12         | 930         | Jared            | Fetterolf         | 62         | 930         | Glenn        | Sutton      |
| 13         | 930         | Dale             | Cougot            | 64         | 930         | Camila Maria | Matte       |
| 14         | 1100        | Marcus           | Berggren          | 65         | 1100        | Jovica       | Spajic      |
| 15         | 800         | Shannon          | Farar-Barnholtz   | 66         | 930         | Duke         | Moseley     |
| 16         | 930         | Ed               | Ettinghausen      | 67         | 800         | Eric         | Gelber      |
| 17         | 800         | Michelle         | Barton            | 68         | 930         | Steve        | Maliszewski |
| 18         | 930         | Ricarda          | Bethke            | 69         | 1100        | Padraig      | Mullins     |
| 19         | 800         | Lorie            | Alexander         | 70         | 800         | Bob          | Becker      |
| 20         | 800         | Marshall         | Ulrich            | 71         | 800         | Jodi         | Weiss       |
| 21         | 800         | Michelle         | West              | 73         | 1100        | Thomas       | Podell      |
| 22         | 930         | David            | Clark             | 74         | 800         | Dan          | Marinsik    |
| 23         | 800         | Joshua           | Talley            | 75         | 1100        | Starshine    | Blackford   |
| 24         | 930         | Dan              | Brenden           | 76         | 800         | Kelly        | Lim         |
| 25         | 1100        | Amy              | Costa             | 77         | 800         | John         | Radich      |
| 26         | 1100        | Pete             | Kostelnick        | 78         | 800         | Karsten      | Solheim     |
| 27         | 800         | Emily            | Ryan              | 79         | 930         | Federico     | Sanchez     |
| 28         | 800         | Prisca           | Vis               | 80         | 800         | Jack         | Denness MBE |
| 29         | 800         | Charanjit        | Dhaliwal          | 81         | 800         | Gerald       | Tabios      |
| 30         | 1100        | Valmir           | Nunes             | 82         | 800         | Juan         | Craveri     |
| 31         | 800         | Mandy            | Miller            | 83         | 1100        | Craig        | Wheeler     |
| 32         | 1100        | Alyson           | Venti             | 84         | 930         | Danny        | Westergaard |
| 33         | 800         | Stacey           | Shand             | 85         | 930         | Phil         | Nimmo       |
| 34         | 930         | Joaquin          | Candel            | 86         | 1100        | Byron        | Roca        |
| 35         | 1100        | Rodrigo Pereira  | Reinaldo de Souza | 87         | 930         | Marialdo     | Rodrigues   |
| 36         | 930         | Joshua           | Holmes            | 88         | 930         | Antonette    | Prather     |
| 37         | 930         | Tony             | Clark             | 89         | 800         | Anthony      | Portera     |
| 38         | 930         | Nathan           | Ferraro           | 90         | 800         | James        | Ehasz       |
| 39         | 1100        | Meredith         | Dolhare           | 91         | 1100        | Bradford     | Lombardi    |
| 40         | 1100        | Vicente Juan     | Garcia Beneito    | 92         | 1100        | Jay          | Smithberger |
| 41         | 1100        | Ray              | Sanchez           | 93         | 930         | Jason        | Romero      |
| 42         | 930         | Kazuyoshi        | Saito             | 94         | 930         | John         | Wog         |
| 43         | 930         | Hiroyuki         | Nishimura         | 95         | 1100        | David        | Ross        |
| 44         | 1100        | Pam              | Reed              | 96         | 800         | Charlie      | Scott       |
| 45         | 800         | Bonnie           | Busch             | 97         | 1100        | Mick         | Thwaites    |
| 46         | 930         | Rudolph          | Geoffroy          | 98         | 800         | Russ         | Reinbolt    |
| 47         | 1100        | Andrea           | Kooiman           | 99         | 930         | Greg         | Pressler    |
| 48         | 800         | Frank            | McKinney          | 100        | 800         | Noora        | Alidina     |
| 49         | 800         | Karla            | Kent              |            |             |              |             |

# 2015 OFFICIAL RACE ROSTER

## 8:00PM START

| #   | First Name | Last Name       | City              | State | Country        | Nationality    | Age | M/F | R/V |
|-----|------------|-----------------|-------------------|-------|----------------|----------------|-----|-----|-----|
| 19  | Lorie      | Alexander       | Calgary           | AB    | Canada         | Canada         | 56  | F   | V   |
| 100 | Noora      | Alidina         | Clearwater        | FL    | USA            | Jordan         | 58  | F   | V   |
| 17  | Michelle   | Barton          | Laguna Niguel     | CA    | USA            | USA            | 44  | F   | V   |
| 70  | Bob        | Becker          | Fort Lauderdale   | FL    | USA            | USA            | 70  | M   | V   |
| 51  | Kimberlie  | Budzik          | Friendswood       | TX    | USA            | USA            | 55  | F   | V   |
| 45  | Bonnie     | Busch           | Bettendorf        | IA    | USA            | USA            | 57  | F   | V   |
| 82  | Juan       | Craveri         | Buenos Aires      |       | Argentina      | Argentina      | 46  | M   | V   |
| 80  | Jack       | Denness, MBE    | Rochester         |       | United Kingdom | United Kingdom | 80  | M   | V   |
| 29  | Charanjit  | Dhaliwal        | San Jose          | CA    | USA            | USA            | 43  | M   | R   |
| 90  | James      | Ehasz           | Hereford          | AZ    | USA            | USA            | 62  | M   | V   |
| 15  | Shannon    | Farar-Barnholtz | Hidden Hills      | CA    | USA            | USA            | 54  | F   | V   |
| 55  | Chris      | Frost           | Malibu            | CA    | USA            | USA            | 64  | M   | V   |
| 67  | Eric       | Gelber          | Chappaqua         | NY    | USA            | USA            | 48  | M   | V   |
| 49  | Karla      | Kent            | Las Vegas         | NV    | USA            | Czech Republic | 52  | F   | V   |
| 76  | Kelly      | Lim             | Singapore         |       | Singapore      | Singapore      | 45  | F   | V   |
| 52  | Kimani     | Long            | Charlotte         | NC    | USA            | USA            | 41  | M   | V   |
| 74  | Dan        | Marinsik        | San Jose          | CA    | USA            | USA            | 56  | M   | V   |
| 48  | Frank      | McKinney        | Delray Beach      | FL    | USA            | USA            | 52  | M   | V   |
| 31  | Mandy      | Miller          | Steamboat Springs | CO    | USA            | United Kingdom | 53  | F   | R   |
| 89  | Anthony    | Portera         | White Plains      | NY    | USA            | USA            | 44  | M   | V   |
| 77  | John       | Radich          | Monrovia          | CA    | USA            | USA            | 61  | M   | V   |
| 98  | Russ       | Reinbolt        | La Jolla          | CA    | USA            | USA            | 50  | M   | V   |
| 27  | Emily      | Ryan            | Washington        | DC    | USA            | USA            | 40  | F   | R   |
| 96  | Charlie    | Scott           | Carmel            | IN    | USA            | USA            | 58  | M   | R   |
| 33  | Stacey     | Shand           | Kelowna           | BC    | Canada         | Canada         | 35  | F   | V   |
| 78  | Karsten    | Solheim         | Glendale          | AZ    | USA            | USA            | 78  | M   | V   |
| 81  | Gerald     | Tabios          | Elmhurst          | NY    | USA            | Philippines    | 45  | M   | V   |
| 23  | Joshua     | Talley          | Santa Monica      | CA    | USA            | USA            | 43  | M   | R   |
| 20  | Marshall   | Ulrich          | Evergreen         | CO    | USA            | USA            | 64  | M   | V   |
| 28  | Prisca     | Vis             | Nieuw Vennep      |       | Netherlands    | Netherlands    | 51  | F   | R   |
| 71  | Jodi       | Weiss           | Highland Beach    | FL    | USA            | USA            | 45  | F   | R   |
| 21  | Michelle   | West            | Santa Monica      | CA    | USA            | USA            | 43  | F   | R   |
| 50  | Cheryl     | Zwarkowski      | Victorville       | CA    | USA            | USA            | 57  | F   | V   |

## 9:30PM START

| #  | First Name   | Last Name    | City        | State    | Country     | Nationality | Age | M/F | R/V |
|----|--------------|--------------|-------------|----------|-------------|-------------|-----|-----|-----|
| 7  | Jill         | Andersen     | Reno        | NV       | USA         | USA         | 38  | F   | R   |
| 10 | Norma        | Bastidas     | Delta       | BC       | Canada      | Canada      | 47  | F   | R   |
| 18 | Ricarda      | Bethke       | Solothurn   |          | Switzerland | Germany     | 51  | F   | R   |
| 24 | Dan          | Brenden      | Phoenix     | AZ       | USA         | USA         | 64  | M   | R   |
| 34 | Joaquin      | Candel       | Henderson   | NV       | USA         | Spain       | 45  | M   | R   |
| 22 | David        | Clark        | Lafayette   | CO       | USA         | USA         | 44  | M   | V   |
| 37 | Tony         | Clark        | Augusta     | KS       | USA         | USA         | 37  | M   | V   |
| 8  | Breanna      | Cornell      | Florence    | AL       | USA         | USA         | 22  | F   | R   |
| 13 | Dale         | Cougot       | Garland     | TX       | USA         | USA         | 49  | M   | R   |
| 54 | Luigi        | Dessy        | Ponce       | PR       | Puerto Rico | USA         | 37  | M   | V   |
| 16 | Ed           | Ettinghausen | Murrieta    | CA       | USA         | USA         | 52  | M   | V   |
| 38 | Nathan       | Ferraro      | Norman      | OK       | USA         | USA         | 26  | M   | R   |
| 12 | Jared        | Fetterolf    | Austin      | TX       | USA         | USA         | 26  | M   | V   |
| 46 | Rudolph      | Geoffroy     | Simandres   |          | France      | France      | 44  | M   | R   |
| 36 | Joshua       | Holmes       | Los Angeles | CA       | USA         | USA         | 37  | M   | V   |
| 6  | Yoshiko      | Jo           | Swarthmore  | PA       | USA         | Japan       | 50  | F   | R   |
| 59 | Otto         | Lam          | Wayne       | NJ       | USA         | USA         | 41  | M   | R   |
| 68 | Steve        | Maliszewski  | Houston     | TX       | USA         | USA         | 43  | M   | V   |
| 64 | Camila Maria | Matte        | Leme        |          | Brazil      | Brazil      | 36  | F   | R   |
| 66 | Duke         | Moseley      | Sugar Land  | TX       | USA         | USA         | 46  | M   | R   |
| 11 | Scott        | Newton       | Shell Beach | CA       | USA         | USA         | 45  | M   | V   |
| 85 | Phil         | Nimmo        | Mansfield   | TX       | USA         | USA         | 51  | M   | V   |
| 43 | Hiroyuki     | Nishimura    | Chiba       | Kamagaya | Japan       | Japan       | 45  | M   | V   |
| 88 | Antonette    | Prather      | Garner      | NC       | USA         | USA         | 46  | F   | R   |

# RACE ROSTER

## 9:30PM START (Cont.)

| #  | First Name | Last Name   | City                 | State        | Country     | Nationality    | Age | M/F | R/V |
|----|------------|-------------|----------------------|--------------|-------------|----------------|-----|-----|-----|
| 99 | Greg       | Pressler    | Portland             | OR           | USA         | USA            | 47  | M   | V   |
| 87 | Marialdo   | Rodrigues   | Caxias do Sul        |              | Brazil      | Brazil         | 51  | M   | R   |
| 93 | Jason      | Romero      | Denver               | CO           | USA         | USA            | 45  | M   | R   |
| 42 | Kazuyoshi  | Saito       | Tokyo                | Musashinoshi | Japan       | Japan          | 47  | M   | R   |
| 79 | Federico   | Sanchez     | Saint Helena         | CA           | USA         | Mexico         | 45  | M   | V   |
| 4  | Mosi       | Smith       | Charlotte            | NC           | USA         | USA            | 33  | M   | V   |
| 60 | Keith      | Straw       | Malvern              | PA           | USA         | United Kingdom | 60  | M   | V   |
| 62 | Glenn      | Sutton      | Dunedin              | Waverley     | New Zealand | New Zealand    | 41  | M   | V   |
| 84 | Danny      | Westergaard | Palos Verdes Estates | CA           | USA         | USA            | 56  | M   | V   |
| 94 | John       | Wog         | Long Beach           | CA           | USA         | USA            | 36  | M   | V   |

## 11:00PM START

| #  | First Name       | Last Name         | City             | State          | Country        | Nationality    | Age | M/F | R/V |
|----|------------------|-------------------|------------------|----------------|----------------|----------------|-----|-----|-----|
| 14 | Marcus           | Berggren          | Ljusdal          |                | Sweden         | Sweden         | 40  | M   | R   |
| 75 | Starshine        | Blackford         | Columbus         | OH             | USA            | USA            | 39  | F   | R   |
| 25 | Amy              | Costa             | Jacksonville     | FL             | USA            | USA            | 50  | F   | V   |
| 35 | Rodrigo Pereira  | Reinaldo de Souza | Brasilia         | Candangolandia | Brazil         | Brazil         | 36  | M   | R   |
| 39 | Meredith         | Dolhare           | Charlotte        | NC             | USA            | USA            | 41  | F   | V   |
| 40 | Vicente Juan     | Garcia Beneito    | alcoy - alicante | Spain          | Spain          | 39             | M   | R   |     |
| 57 | Michael          | Jimenez           | Marina           | CA             | USA            | USA            | 41  | M   | R   |
| 47 | Andrea           | Kooiman           | Mission Viejo    | CA             | USA            | USA            | 40  | F   | V   |
| 26 | Pete             | Kostelnick        | Lincoln          | NE             | USA            | USA            | 27  | M   | V   |
| 5  | Dave             | Krupski           | Jacksonville     | FL             | USA            | USA            | 38  | M   | V   |
| 58 | Piotr            | Kurylo            | Augustow         |                | Poland         | Poland         | 43  | M   | R   |
| 1  | Harvey Sweetland | Lewis             | Cincinnati       | OH             | USA            | USA            | 39  | M   | V   |
| 91 | Bradford         | Lombardi          | Croton-on-Hudson | NY             | USA            | USA            | 46  | M   | V   |
| 3  | Oswaldo          | Lopez             | Madera           | CA             | USA            | Mexico         | 43  | M   | V   |
| 61 | Camilo           | Martinez          | New York         | NY             | USA            | Colombia       | 34  | M   | R   |
| 56 | Mark             | Matyazic          | Irvine           | CA             | USA            | USA            | 51  | M   | V   |
| 2  | Grant            | Maughan           | Dudley           |                | Australia      | Australia      | 51  | M   | V   |
| 69 | Padraig          | Mullins           | Cambridge        | MA             | USA            | Ireland        | 33  | M   | R   |
| 30 | Valmir           | Nunes             | Santos           | SP             | Brazil         | Brazil         | 51  | M   | V   |
| 73 | Thomas           | Podell            | Hermosa Beach    | CA             | USA            | USA            | 35  | M   | R   |
| 44 | Pam              | Reed              | Jackson          | WY             | USA            | USA            | 54  | F   | V   |
| 86 | Byron            | Roca              | Lake Worth       | FL             | USA            | Guatemala      | 23  | M   | R   |
| 95 | David            | Ross              | Sutton           |                | United Kingdom | United Kingdom | 47  | M   | R   |
| 41 | Ray              | Sanchez           | Sacramento       | CA             | USA            | USA            | 48  | M   | V   |
| 92 | Jay              | Smithberger       | Yellow Springs   | OH             | USA            | USA            | 46  | M   | V   |
| 65 | Jovica           | Spajic            | Belgrade         |                | Serbia         | Serbia         | 28  | M   | R   |
| 97 | Mick             | Thwaites          | Banyo            |                | Australia      | Australia      | 41  | M   | R   |
| 32 | Alyson           | Venti             | Miami            | FL             | USA            | USA            | 33  | F   | V   |
| 83 | Craig            | Wheeler           | Burlington       | KY             | USA            | USA            | 53  | M   | V   |
| 9  | Nikki            | Wynd              | Lysterfield      |                | Australia      | Australia      | 43  | F   | V   |



The 2014 Badwater race field, by Ron Jones

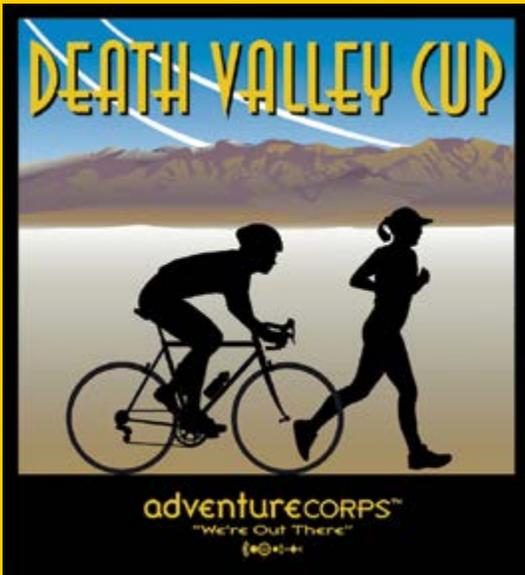
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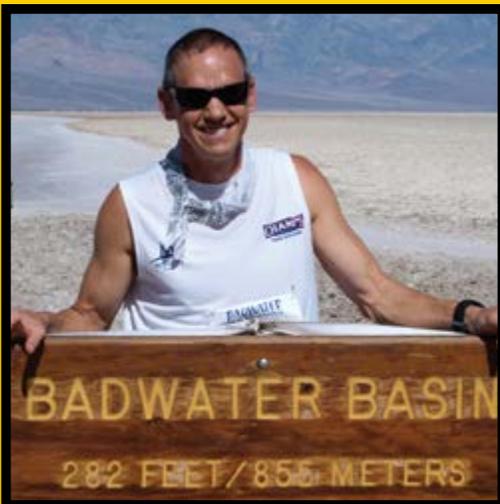


**The Death Valley Cup** recognizes those athletes who complete both the Badwater Ultramarathon 135 Mile Running Race and the Furnace Creek 508 Mile Bicycle Race in the same calendar year. To earn this recognition is a very significant achievement in endurance sports and especially for those athletes 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](http://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

\* 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.

| 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  |
| Vito Rubino, "Crazy Ibex" Pasadena, CA, 36                                   | 2014 | Badwater, 35:23:51 27th place                 | Silver State 508, 37:19:00 14th place             | =72:42:51  |
| 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  |
| Danny Westergaard, "Wiener Dog" Palos Verdes Estates, CA, 55 (8th DV Cup)    | 2014 | Badwater, 38:25:08 46th place                 | Silver State 508, 41:23:00 17th place             | =81:48:08  |
| Thomas Zaide, "Speedy Turtle" Long Beach, CA, 37                             | 2014 | Badwater, 46:33:40 78th place                 | Silver State 508, 47:35:00, 25th place            | =94:08:40  |



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THIS OCTOBER,  
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

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### 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](http://MustangTrailRace.com) and [Badwater.com](http://Badwater.com) for videos, photos, and all the info about the the race. Registration includes ALL accommodations, meals, domestic (in Nepal) flights, gear and luggage transport, and more. Veteran Badwater runners already registered include Tracy Bahr, Jared Fetterolf, Karla Kent, Becky Le Baron, Katie Plichta, John Radich, and Russ Reinbolt, plus Chris Kostman and Keith Kostman, among others. Join us for this ONE-TIME ONLY adventure! Register NOW!

# ENDURANCE RACING MAGAZINE

Bringing Insight, Education and Entertainment Into the World of Endurance Racing.

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YOUR.  
ENGINES.**

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**November**





The 2014 Badwater 135 featured dramatic ascents and descents of Horseshoe Meadow and Cerro Gordo, both of which return on January 23-24, 2016 at the Badwater® Cerro Gordo 102-Mile Ultramarathon!



# BADWATER®



**Death Valley • Mustang, Nepal • Cerro Gordo • Cape Fear • Salton Sea**

July 28-30

October 17-30

January 23-24

March 19

May 1-2

[www.badwater.com](http://www.badwater.com)



## *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!

**More info at [www.badwater.com](http://www.badwater.com)**



**BONNIE COLLINS, 38, DELRAY BEACH, FL**

Cape Fear: 9:24:01  
Salton Sea: 22:37:40



**SANDRA VILLINES, 42, SAN JOSE, CA**

Cape Fear: 10:15:01  
Salton Sea: 24:00:55

**BADWATER  
CERRO GORDO**

*January 23-24, 2016!*  
**Badwater® Cerro Gordo 102-Mile Ultramarathon!**

New for 2016, Badwater® Cerro Gordo will be based upon the Badwater 135 route used in 2014, but excluding the 33-mile out-and-back section between Keeler and Darwin. It will cover 102 miles (166km) non-stop from Lone Pine, CA to the summit of Horseshoe Meadow (elev. 10,000 feet / 3048m), then across the Owens Valley to a 5,500 foot dirt road ascent to the ghost town of Cerro Gordo, and then, after passing back through Lone Pine, a final dramatic ascent to the highest paved point on Mt. Whitney, CA. The start line is at Lone Pine, CA, and the race finishes at Mt. Whitney Portal at 8,360' (2530m). The Badwater Cerro Gordo 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.

It will be a terrific winter counterpoint to the Badwater 135! **More info at [www.badwater.com](http://www.badwater.com)**

# 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.

## 2014 BADWATER ULTRA CUP RESULTS



**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 | 135      | Combined |
|---------|-----------|---------------|-------|---------|-------------|-----|-----|-----------|------------|----------|----------|
| Lorie   | Alexander | Calgary       | AB    | Canada  | Canada      | 55  | F   | 11:08:00  | 22:31:03   | 36:32:37 | 70:11:40 |
| Jeff    | Gleason   | Wexford       | PA    | USA     | USA         | 56  | M   | 9:49:00   | 19:39:00   | 36:21:55 | 65:49:55 |
| Phil    | Nimmo     | Mansfield     | TX    | USA     | USA         | 50  | M   | 11:37:00  | 22:31:03   | 36:23:41 | 70:31:44 |
| Anthony | Portera   | White Plains  | NY    | USA     | USA         | 43  | M   | 12:03:00  | 24:44:00   | 37:09:21 | 73:56:21 |
| Eric    | Spencer   | Miami Beach   | FL    | USA     | USA         | 35  | M   | 10:07:00  | 25:24:04   | 36:45:49 | 72:16:49 |
| Keith   | Straw     | Malvern       | PA    | USA     | UK          | 59  | M   | 9:57:00   | 19:39:00   | 42:21:30 | 71:57:30 |
| Bill    | Thompson  | Moon Township | PA    | USA     | USA         | 48  | M   | 9:49:00   | 19:39:00   | 43:16:16 | 71:44:16 |

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

## 2015 BADWATER ULTRA CUP CURRENT STANDINGS



**JILL ANDERSEN**



**NORMA BASTIDAS**



**BOB BECKER**



**DALE COUGOT**



**MEREDITH DOLHARE**



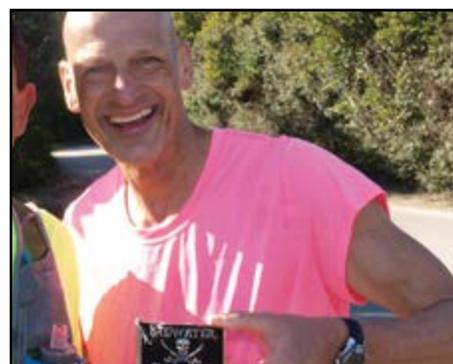
**PHIL NIMMO**



**RUSS REINBOLT**



**EMILY RYAN**



**KEITH STRAW**



**JODI WEISS**

| First    | Last     | City           | State | Country | Nationality | Age | M/F | Cape Fear | Salton Sea | Combined |
|----------|----------|----------------|-------|---------|-------------|-----|-----|-----------|------------|----------|
| Jill     | Andersen | Reno           | NV    | USA     | USA         | 38  | F   | 10:00:00  | 24:53:54   | 34:53:54 |
| Norma    | Bastidas | Delta          | BC    | Canada  | Canada      | 47  | F   | 11:14:01  | 23:57:30   | 35:11:31 |
| Bob      | Becker   | Ft. Lauderdale | FL    | USA     | USA         | 70  | M   | 11:20:00  | 25:30:53   | 36:50:53 |
| Dale     | Cougot   | Garland        | TX    | USA     | USA         | 49  | M   | 9:57:00   | 22:48:28   | 32:45:28 |
| Meredith | Dolhare  | Charlotte      | NC    | USA     | USA         | 41  | F   | 9:31:00   | 23:57:30   | 33:28:30 |
| Phil     | Nimmo    | Mansfield      | TX    | USA     | USA         | 51  | M   | 10:15:02  | 21:18:20   | 31:33:22 |
| Russ     | Reinbolt | La Jolla       | CA    | USA     | USA         | 50  | M   | 8:20:00   | 23:31:00   | 31:51:00 |
| Emily    | Ryan     | Washington     | DC    | USA     | USA         | 40  | F   | 10:48:00  | 23:45:25   | 34:33:25 |
| Keith    | Straw    | Malvern        | PA    | USA     | USA         | 60  | M   | 8:47:02   | 25:30:53   | 34:17:55 |
| Jodi     | Weiss    | Highland Beach | FL    | USA     | USA         | 45  | F   | 10:27:01  | 22:37:40   | 33:04:41 |

# Run run run eat run run run...



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