

adventureCORPS™  
"We're Out There"  
((⊖)•)→

Badwater  
Ultramarathon

43

BADWATER  
ULTRAMARATHON

# BADWATER ULTRAMARATHON

The Challenge of the Champions

2008



Kishel's BAC  
39  
CARMARIFF Kishel's

# adventureCORPS™

"We're Out There"



**Chris Kostman**

Founded in 1984, AdventureCORPS, Inc. is an athlete-run firm producing and promoting ultra-endurance and extreme sports events, lifestyle, and media. Adventure is our way of life, so we are pleased to host the 31st anniversary Badwater Ultramarathon—"the world's toughest foot race"—on July 14-16, 2008.

A true "challenge of the champions," this legendary race pits up to 90 of the world's toughest athletes—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 in temperatures up to 130F (55 centigrade), it is the most demanding and extreme running race offered anywhere on the planet.

The start line is at Badwater, Death Valley, which marks the lowest elevation in the North America at 280' (85m) below sea level! The race finishes at Mt. Whitney Portal at 8,360' (2533m). The Badwater course covers three mountain ranges for a total of 13,000' (3962m) of cumulative vertical ascent and 4,700' (1433m) of cumulative descent. The Portal is the trailhead to the Mt. Whitney summit, the highest point in the contiguous United States.

Now in our ninth year producing the race, we are pleased to welcome three new sponsors of the Badwater Ultramarathon: Marmot, makers of the highest quality performance clothes and gear for the outdoor lifestyle since 1974; Bär Shoes, the high quality shoe manufacturer from Germany which has developed its running shoe concept with the experience made in the Badwater Ultramarathon; and Moeben Sleeves, the UV protected arm sleeves for the outdoor enthusiast created by Badwater veteran Shannon Farar-Griefer.

We also welcome the continuing support of The Coleman Co., Hammer Nutrition, Injinji Performance Toe Socks, and ZombieRunner.com. Furthermore, we appreciate the ongoing support of the Furnace Creek Inn and Ranch Resort, Whitney Portal Store, Caring House Foundation, and Lone Pine's Dow Villa, Seasons Restaurant, Pizza Factory, and Lo-Inyo Elementary School. 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.

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

Sincerely,

*Chris Kostman*

Race Director and Chief Adventure Officer

Dagmar Grossheim  
(World-Champion  
Deca-Triathlon)  
Badwater 2007  
Only 1 Pair HP 2.5  
from the start  
to the finish line!



**BÄR**<sup>®</sup>  
**HIGH PERFORMANCE 2.5**  
Official Shoe Supplier  
BADWATER 2008

BÄR (Premium Comfort Footwear from Germany) has been handcrafting shoes for over 25 years the way nature has designed our feet: with room for the toes to spread naturally while running. Avoids blisters. Badwater proven 2004 and 2007!



The BÄR fit



A tight-fitting shoe

The TPU midfoot chassis offers support for the arch and stability for the whole foot.

Blissfully comfortable: the BÄR toe zone!

Tread with BÄR triangular-shaped elements: outstanding traction

Lacing system ensures an even, snug fit.

Reflectors: make sure you are seen in the dark.

Shock-absorbing grooves

Breathable uppers

[www.high-performance-running.com](http://www.high-performance-running.com)

## TABLE OF CONTENTS

<b>Welcome Letter</b> .....	1
<b>General Information</b> .....	4
<b>The Dangers of Running in Heat</b> .....	6
<b>The Dangers of Hot Weather Running</b> .....	8
<b>Medical Risks in the Badwater Ultramarathon</b> .....	11
<b>Course Map</b> .....	14
<b>Official Race Route</b> .....	16
<b>Course Description and Elevation</b> .....	19
<b>Official Rules and Regulations</b> .....	20
<b>Race Roster</b> .....	24

adventureCORPS™  
"We're Out There"  
(e@i+)

The Race Magazine is published annually by AdventureCORPS, Inc. 638 Lindero Canyon Rd., #311 Oak Park, CA 91377 U.S.A. www.badwater.com www.adventurecorps.com

Front Cover:  
2007 champ Valmir Nunes.  
Photo by Chris Kostman.

Inside Front Cover:  
2007 champ Lisa Bliss with her pacer Larry Ham. Photo by Glenn Tachiyama

Inside Back Cover:  
Final 2007 finishers Nikki Seger and Stephen Hudgens. Photos by Chris Kostman.

Internal photos by Dave Nelson, Chris Kostman, and race staff.

Design and Layout by Kevin Fung,  
yukitopia@mac.com



## Need Help?

We specialize in creative solutions:  
*Logos and Identities,*  
*Illustrations, Brochures.*

We can help.

Contact: Kevin Fung • yukitopia@mac.com

## GENERAL INFORMATION

### MANDATORY RUNNER CHECK-IN:

12:00-2:00PM, Sunday, July 13, 2008, Visitors Center Auditorium, Furnace Creek, CA. Every runner must personally attend at some point during the two hour timeframe. Photo identification is required for all runners. Please bring the completed Runner Check-In Form and signed waivers for all crew members and the runner. All paperwork must be complete before walking in the door. Be sure to pay your \$20 per car Park Entrance Fee at the Furnace Creek Visitor Center BEFORE you come to Runner Check-In.

### MANDATORY PRE-RACE MEETING:

3:30-5:00PM, Sunday, July 13, 2008, Visitors' Center Auditorium, Furnace Creek, CA. Every runner and at least one crew member per runner must attend the entire meeting. We highly recommend that all crew members attend.

### MEDIA MEETING:

There will be a brief, mandatory meeting of all journalists after the Pre-Race Meeting in the auditorium.

### STARTING TIMES:

6:00AM, 8:00AM, and 10:00AM, Monday, July 14, 2008. Runners may attend only their assigned start time. Runners must check in, ready to race, 30 minutes prior to their start.

### ENDING TIME:

The event is officially over 60 hours after each starting group, so either 6:00PM, 8:00PM, or 10:00PM, July 16, 2008.

### POST-RACE GET-TOGETHER:

6:00PM, Wednesday, July 16, 2008, Lo-Inyo Elementary School, Multi-Purpose Room, 223 East Locust Street, Lone Pine, CA. (north end of town; east of Hwy 395). Pizza and drinks will be served. No charge for all staff, racers, and up to six crew members with each racer.

### POST RACE BREAKFAST:

8:00AM to 10:00AM, Thursday, July 17, 2008, Seasons Restaurant, 206 South Main Street, Lone Pine, CA. This is one last opportunity for Badwater runners and crew to get together and share stories. Juice, coffee, muffins, yogurt, and the like will be provided. Room for 75 people total! First come, first served. No charge.

### PERMITS:

This event is held under permits from the Inyo National Forest, Death Valley National Park, California Department of Transportation, and Inyo County. (If one of them won't issue us a permit, this race is history. So don't screw up!)

### 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*



# Make the best out of Badwater!



What you fuel your body with can make the difference between a DNF and a successful ultramarathon. In an environment as harsh as Death Valley, how you fuel is even more crucial. Candy-like gels, bars and glow-in-the-dark sugary drinks don't cut it for Badwater. Instead, give your body the healthy fuel it craves.

More ultra runners use the Hammer Nutrition products and fueling strategy because we use only healthy, natural ingredients. This allows you to enjoy consistent energy and endurance no matter how long you run.

**Try any of our superior fuels today and see for yourself what it means to Fuel Right and Feel Great!**

**ORDER TODAY!**

1.800.336.1977

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



Photo: Chris Kostman

*"I'm just back from the 2007 Badwater Ultramarathon after finishing in 13th place in a time of 32:51. My preparation and focus certainly took me to the finish line, but there's no way that I could have done it without the help of Hammer Nutrition."*

*- Greg Pressler*

Official Sponsor of  
the 2008 Badwater  
Ultramarathon.



# THE DANGERS OF RUNNING IN THE HEAT

By Jason Hodde, MS, ATC/L

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

*Scott Jurek takes one of many ice baths in 2006.*

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

## 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
	Heat Index										
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					

*Data from the US National Weather Service*



## 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. He is currently pursuing a Ph.D. in Pathology, where his emphasis is on the immunopathologic response to soft tissue implants. Jay also works full-time as a scientist 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 Kiehl's Badwater Ultramarathon.



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

# THE DANGERS OF HOT WEATHER RUNNING

## DEHYDRATION, HEAT CRAMPS, HEAT EXHAUSTION, HEATSTROKE & HYPONATREMIA

By Claudio Piepenburg

(Originally published by Road Runner Sports)

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

## THE DANGERS OF HOT WEATHER RUNNING

---



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

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."

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.





08

TEAM INJINJI

**Akos Konya**

Monica Scholz  
Lisa Smith-Batchen  
David Goggins  
Ruben Cantu  
John Radich  
James Smith  
Marshall Ulrich  
Jonathan Gunderson

OFFICIAL "SOCK" OF BADWATER

Strengthen, Prevent, Protect, & Perform Smarter with Injinji patented performance toe socks.

Engineered with five separate toe sleeve to fit your feet like a glove Injinji toe socks create a healthier and more comfortable environment for your feet to perform. Now you can run with your toes protected and away from each other to allow your entire foot to perform more naturally and free, just like being barefoot. Traditional socks, like mittens, cram all of your toes together often creating problems like excessive heat & moisture build up, bacteria and blisters.

Both lightweight and breathable, Injinji toe socks are built with an inside lining made of CoolMax<sup>®</sup> moisture wicking fibers and a durable form fitting outer shell made of Lycra to keep you feet ultra dry and comfortable.

Constructed with:



| LYCRA<sup>®</sup>



# Moeben UV Protected Arm Sleeves

Proud Sponsor of the 2008 Badwater Ultramarathon

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



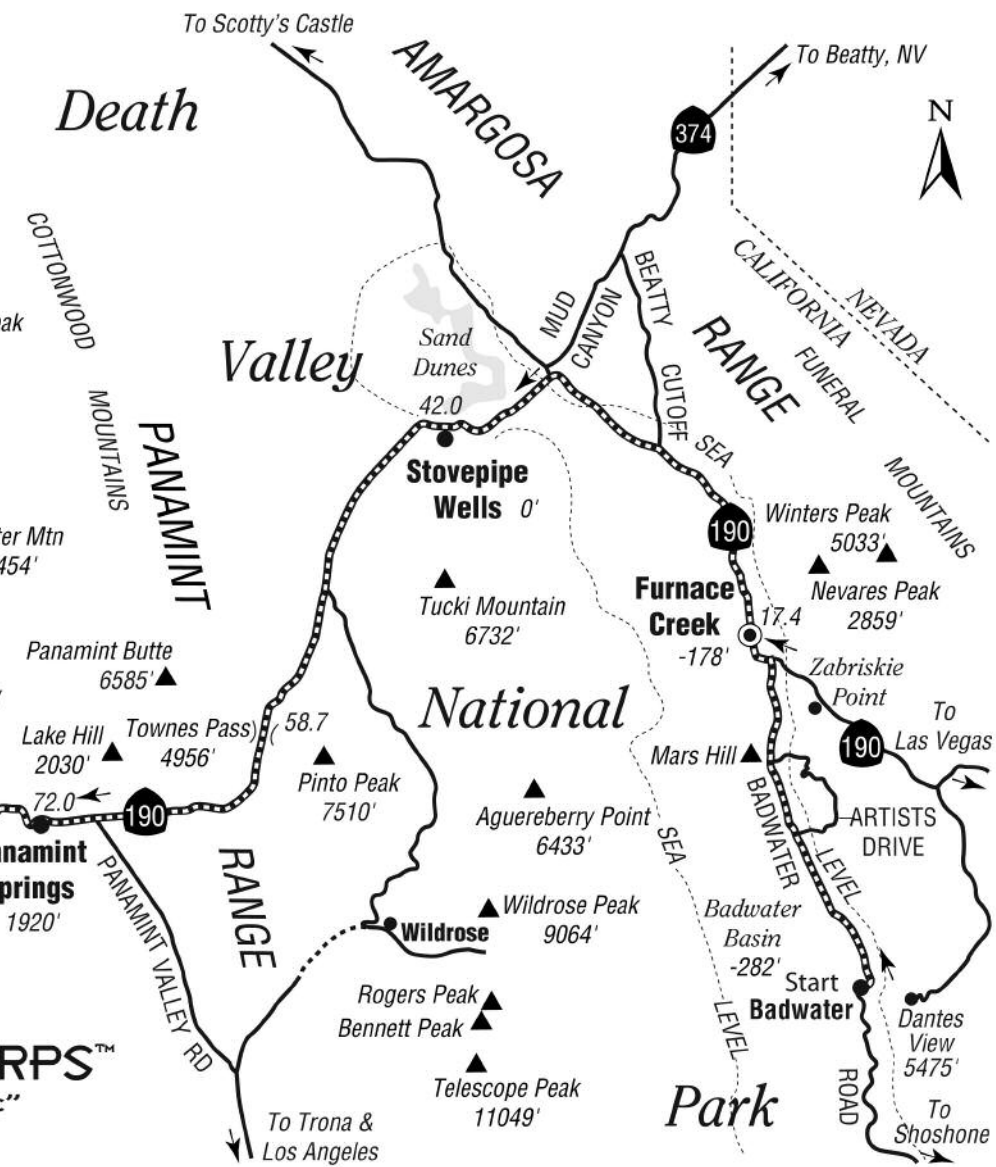
Anne Langstaff stays cool and shows her Moeben style during the 2007 race.



**adventureCORP**  
 "We're Out There"  
 ☉ ☌ ☌ ☌ ☌

©AdventurCORPS, Inc.





## OFFICIAL RACE ROUTE

---

### OFFICIAL RACE ROUTE

<i>Landmark</i>	<i>Distance (mi.)</i>	<i>Elevation (ft.)</i>	
Badwater	0	-282	
Telescope Peak Sign on L.	1.8	-200	
Wide Shoulder on R.	3.1	-200	
Natural Bridge on R.	3.5	-170	
Devil's Golf Course on L.	5.5	-165	
Artist's Drive entry on R.	7.9	-165	
West Side Road on L.	10.5		
Artist's Drive exit on R.	11.6	-70	
Mushroom Rock on R.	12.9	-170	
Golden Canyon on R.	14.4	-165	
Hwy 190 & 178 – Go Left	16.4	0	
<b>Furnace Creek Ranch on L.</b>	<b>17.4</b>	<b>-165</b>	<b>First Time Station on Left after entrance</b>
Chevron Gas and ice on L.	17.6	-165	
Visitor's Center on L.	17.7	-170	
Harmony Borax Works on L.	19.0	-170	
Cow Creek on R.	20.7	-170	
1st Marathon	26.2	-170	
Beatty, NV turnoff on R.	28.3	-165	
Salt Creek turnoff on L.	30.7	-165	
Sea Level Sign on L.	31.9	0	
Scotty's Castle turnoff on R.	34.7	-130	
Sea Level Sign on L.	35.2	0	
Sand Dunes turnoff on R.	35.8	0	
Devil's Cornfield sign on R.	36.1	-80	
Sand Dunes on R.	39.9	0	
<b>Stovepipe Wells Village</b>	<b>41.9</b>	<b>0</b>	<b>Second Time Station on Right before Store</b>
Mosaic Canyon turnoff on L.	42.1	5	
1000' elevation sign	46.6	1000	
2000' elevation sign	50.5	2000	
Wild Rose turnoff on L.	51.0	2500	
2nd Marathon	52.4	2800	
3000' elevation sign on L	53.3	3000	
4000' elevation sign on L.	55.7	4000	
2nd Radiator Water Tank on R.	58.5	4900	
Townes Pass summit	58.7	4965	
4000' elevation sign on R.	61.5	4000	
Vista Point (view of Whitney)	62.2	3500	
3000' elevation sign on L.	63.8	3000	
2000' elevation sign on L.	66.1	2000	

Continued...

<i>Landmark</i>	<i>Distance (mi.)</i>	<i>Elevation (ft.)</i>	
Adopt-a-Highway sign on R	67.7	1800	
Panamint lake bed, east edge	68.1	1640	
Panamint lake bed, west edge	69.1	1640	
Trona turnoff on L.	69.8	1750	
<b>Panamint Springs Resort</b>	<b>72.3</b>	<b>1970</b>	<b>Third Time Station on Left at Resort</b>
2000' elevation sign on L.	72.9	2000	
Darwin Falls turnoff	73.3	2500	<b>Dangerous, narrow area! - miles 74 to 81*</b>
3000' elevation sign on L.	75.8	3000	
3rd Marathon	78.6	3400	
4000' elevation sign on L.	80.2	4000	
Father Crowley's Point on R.	80.2	4000	
DVNP Park Boundary	84.9	4200	
Saline Valley turnoff on R.	86.0	4800	
5000' elevation sign	87.0	5000	
<b>Darwin turnoff on L</b>	<b>90.1</b>	<b>5050</b>	<b>Fourth Time Station on Left at turnoff</b>
5000' elevation sign on L.	92.4	5000	
Grave Site on R.	96.3	4100	
27.5 mile post marker	100.0	4050	
4000' elevation sign on L.	101.6	4000	
Hwy 136 & 190 – go straight	102.9	3935	
4th Marathon	104.8	3800	
Keeler	107.8	3610	
Adopt-a-Highway sign on R.	108.5	3605	
Dolomite loop turnoff on R.	112.6	3600	
Dolomite loop turnoff on R.	116.9	3610	
Owen's River	117.7	3610	
Junction Hwy 136 & Hwy 395 - Go Right	120.3	3695	
<b>Dow Villa Hotel on Right</b>	<b>122.3</b>	<b>3610</b>	<b>Fifth Time Station on Right at Dow Villa</b>
Portal Road light – go Left	122.4	3610	
Tuttle Creek turnoff on L.	122.9	3770	
LA Aqueduct	123.0	3855	
Lone Pine Creek	124.1	4200	
Movie Flat Road on R.	125.1	4590	
Lone Pine Creek	125.3	4800	
Horseshoe Meadow on L.	125.5	5000	
Cuffe Ranch turnoff on R.	126.7	5100	

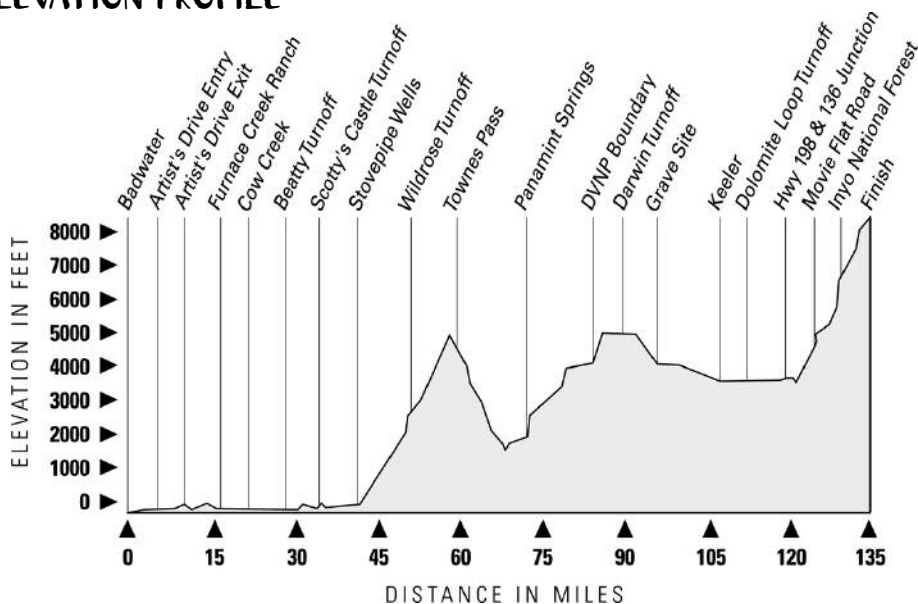
Continued...

## OFFICIAL RACE ROUTE

Landmark	Distance (mi.)	Elevation (ft.)
Olivas Ranch turnoff on L.	128.0	5300
<b>Lone Pine Campground on L.</b>	<b>129.0</b>	<b>5700</b>
		<b>Dangerous, narrow area! - miles 129 -135*</b>
Lone Pine Creek	129.2	6000
Inyo Nat. Forest sign on R.	129.5	6400
Large pullout on R.	130.8	6890
5th Marathon	131.0	7000
Switchback to left	131.7	7215
Vista Point	132.4	7400
"Campsites 39-44" sign on R	133.3	7700
Meysan Lakes trailhead on L.	133.5	8035
Family Campsites	133.7	8100
Overflow Parking	134.3	8200
<b>Finish</b>	<b>134.4</b>	<b>8360</b>

**Official distance is 135.0 miles. Remember all car odometers have error. Distances above are accurate in a relative sense, but you may find variation in the overall distance, as we did when creating the above routesheet.**

## ELEVATION PROFILE



**COURSE DESCRIPTION**

**Badwater, Death Valley**

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

**Furnace Creek Ranch, Mile 17.4**

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

**Stove Pipe Wells, Mile 41.9**

A small market, gas station, restaurant and motel. This is not open 24 hours.

**Townes Pass (4956'), Mile 58.7**

Long ascent, then long descent, followed by approx. 12 long straight miles. 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, Mile 72.3**

Restaurant, gas station, and motel with limited hours. 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.

**Father Crowley's Turnout, Mile 80.2**

This isn't the top. The road continues to rise to 5000' over rolling hills, then eventually descends into the Owen's Valley.

**Keeler, Mile 107.8**

A small mining town with no facilities.

**Lone Pine, Whitney Portal Road, Mile 122.2**

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 Webcast Headquarters. Restock here for the climb to the portals. Turn left onto the Whitney Portal Road to begin the final leg, the longest and steepest climb of the race. Temperatures will steadily

decrease. Be prepared with extra layers of clothing and rain gear the final few miles. Be sure your support vehicle is completely off of the road and that you do not block traffic.

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

Congratulations! You have finished the most extreme running race in the world! A small diner/shop are open daylight hours. There is also a stocked fishing pond and a campground.



*David Goggins and Akos Konya at the 2007 finish line.*

## OFFICIAL RULES

### General Race Rules

- 1.) There are three starting times for the 2008 Badwater Ultramarathon (6am, 8am, and 10am on July 14, 2008), but all racers in all groups are competing in the same race. Runners may attend only their assigned start time. Runners must check in at the start line, ready to race, 30 minutes prior to their start time. Starting Groups are assigned by the race director and are non-transferable. Split times will be collated throughout the race to maintain overall standings. There are only two divisions: men's and women's. The racer to arrive at the finish line in each division with the lowest overall time, based on their starting time, will be considered the winner.
- 2.) The race number must be worn on the front of the body, unmodified, unfolded, and visible at all times during the race. It may not be worn on the head or hat.
- 3.) The clock does not stop for any reason until the race course officially closes 60 hours after each designated official start time. All racers must leave the course by the 60th hour.
- 4.) Running must always be single file, on the far left side of the road or off the left side of the road, facing traffic (pacers, too).
- 5.) Racers must make their presence known at all Time Stations located along the route. Runner arrival times at Time Station will be recorded.
- 6.) The race ends at Mt. Whitney Portal. If you choose to hike to the summit, please remove any official race logos and be sure to have the appropriate permits from the Forest Service.
- 7.) Racers, crew, and staff must not litter, mar, or pollute the landscape or environment.
- 8.) 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.) All racers must follow and complete the entire application and entry process, filling out all forms and paying all necessary fees.
- 2.) All racers must sign the Entrant Contract.
- 3.) All racers and all crew members must sign the Accident Waiver and Release of Liability / Release of Name and Likeness. Each entrant must also bring the properly completed Check-In Form to Runner Check-In.
- 4.) All race vehicles must meet the minimum requirements of property damage and personal injury liability automobile insurance for the state of California. All vehicle drivers must be fully licensed.
- 5.) All racers and at least one crew member for each entrant must attend Racer Check-In and all of the Pre-Race Meeting. Those racers who do not complete the scheduled check-in and attend the meeting will not be allowed to participate. No exceptions.
- 6.) All racers must be willing to submit to a drug urine test before, during, or after the race. If any USOC banned substances are detected, the racer will be disqualified from competition and listed as **DISQUALIFIED FOR DOPING** in the final standings of the race.
- 7.) 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 the Race Director. All film crews must sign a Non-Exclusive Licensing Agreement and pay a Rights Fee. Additionally, Death Valley National Park and/or the U.S. Forest Service may also require payment of a filming fee and signature of a filming agreement.
- 8.) All racers and crew must pay the Death Valley National Park Entrance Fee. 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.

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

### **Support Crew**

1.) Each racer must be accompanied by a support crew comprised of at least one four-wheeled motor vehicle and two crew members - both of whom are legally licensed to drive - at all times. 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. Race entrants may have no more than two support vehicles and no more than six crew members in total (including "unofficial" and "family cheering squads") at the race. This includes at the finish line: no more than six crew members and two vehicles may be present.

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

3.) Runners may not be accompanied by more than one pacer at any given time while making forward progress on the race course. Additional crew members that are handing off supplies to the runner and/or pacer must be off the roadway at all times (i.e. left of the white line on the shoulder).

4.) Runners must not run abreast with other runners or with pacers on the roadway. All running must be single-file on the roadway. If runners or pacers want to run next to one another, they must be OFF the roadway, i.e. left of the white line. Pacers may not run in front of race entrants at any time.

5.) 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.

6.) Runners under the age of 60 may not be accompanied by pacers or moving crew members between Badwater and Furnace Creek.

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

### **Support Vehicles**

1.) Support vehicles may not be wider than 78" in width, as stated in the manufacturer specifications. Small Cars, Minivans, and SUVs are recommended. Oversize SUVs, vans, and trucks, or other types of oversize vehicles are strongly discouraged, even as a secondary support vehicle. Motorhomes and RVs are specifically not allowed. Race entrants may have no more than two support vehicles and no more than six crew members in total (including "unofficial" and "family cheering squads") at the race. This includes at the finish line: no more than six crew and two vehicles.

2.) All support vehicles must have their headlights on whenever the engine is running, 24 hours a day.

3.) All race vehicles must have highly visible signage on the back of the vehicle stating "CAUTION RUNNERS ON ROAD," as provided by the race organizers at Runner Check-In. Magnetic, reflective, professionally made signs for this purpose may be made to order by your local sign shop instead.

4.) All support vehicles must have their racer's name and race number easily visible on all four sides. This type of sign can be made, for example, using yellow, white, or pink adhesive shelf paper with at least 6 inch letters. This should be

## OFFICIAL RULES

---

done in advance of coming to Death Valley. Magnetic, reflective, professionally made signs for this purpose may be made to order by your local sign shop.

5.) Vehicle windows may not be blocked or obstructed with any signage, paint, or the like.

6.) Only one support vehicle is allowed for each racer at the Start Line before the race and then between the Start Line and Furnace Creek during the race.

7.) Due to a severe parking shortage at the finish line, no more than two vehicles per runner may be on the Whitney Portals Road and/or parked at or near the finish line.

8.) Vehicles must "leapfrog" the runner at all times. Attempt to make each "leapfrog" at least one mile or more in length. Racers may not be "shadowed" (driving a vehicle at the runner's speed) and vehicles must not "caravan" (drive together, like a train, at any speed). Driving may never be at the speed of any racer. Driving must be done at the speed of traffic, never slowing down to encourage, talk to, or lend assistance to any racer while moving. All assistance must be provided by pedestrian crew members; handing off of supplies from the vehicle is never allowed.

9.) Vehicles must be parked completely off the road surface whenever they are stopped (with all four tyres right of the white line). 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.

10.) All vehicles must obey the vehicle code laws of California at all times.

### 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.) If a racer receives an I.V. (intravenous fluids) during the race, for any reason, then that racer is disqualified and must withdraw from the race and the race course.

3.) Racers and crewmembers/pacers must wear reflective material facing in all four directions, as well as blinking LED lights facing front and rear, at night. Racers and crewmembers are encouraged to wear reflective material during the day as well. We highly recommend the products from RoadID.com.

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

5.) Always look and listen both ways before crossing the highways. Remember that drivers will not expect to encounter a racer or parked vehicle out on the course. Remember we are on public roads. Racers should not cross over the highway more than necessary; crew should cross the highway carefully to bring assistance to their racer.

6) All entrants and crew must study "Medical Risks in the Badwater Ultramarathon," "Dangers of Running in the Heat," and "The Dangers of Hot Weather Running".

### Leaving the Course or Withdrawing

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



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

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

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

### **Awards**

1.) All racers who begin the event will receive a Badwater Ultramarathon race t-shirt, hat, Race Magazine, and a goodie bag. All racers who officially complete the event within 60 hours will receive a commemorative certificate, a finisher's medal, and a finisher's t-shirt. All racers who officially complete the course within 48 hours will also receive a commemorative Badwater Ultramarathon buckle.

### **Rule Enforcement and Penalties**

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

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

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

*First Penalty: One Hour*

*Second Penalty: Disqualification*

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

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

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

### **Finally**

1.) Have fun and keep smiling!



# 2008 OFFICIAL RACE ROSTER

## 6:00 AM START

#	M/F	Age	Name	City	State	Country	Nationality
23	M	56	Andrews, Bill	Reno	NV	USA	USA
1	M	62	Birmingham, Jay	Orange Park	FL	USA	USA
16	F	44	Blangy, Marianne	Chaussin	Franche-Comté	France	France
47	M	47	Bradley, Bill	Santa Rosa	CA	USA	USA
57	M	57	Butterick, John	Tampa	FL	USA	USA
6	M	65	Cantu, Ruben	Atoka	TN	USA	USA
39	M	39	Catalano, Vincenzo	Desenzano	Brescia	Italy	Italy
94	M	41	Deupree, Chisholm	Edmond	OK	USA	USA
45	M	45	Friedel, Winfried	Biebergemuend	Hessen	Germany	Germany
97	M	34	Furnes, Bjarte	Altona	VIC	Australia	Norway
35	M	43	Geraldi, Alan	Daly City	CA	USA	USA
54	M	55	Grizard, Phillippe	Chaussin	Franche-Comté	France	France
59	M	45	Herrmann, Jan	Wahroonga	NSW	Australia	Australia
52	M	52	Hudgens, Stephen	Fort Worth	TX	USA	USA
51	M	51	Humphrey, Jack	Louisville	CO	USA	USA
58	M	58	Jensen, Daniel	Sioux Falls	SD	USA	USA
74	M	49	Marinsk, Daniel	San Jose	CA	USA	USA
65	M	44	Marshall, Kelvin	Palm Beach	QLD	Australia	Australia
75	M	57	Parker, Ian	Irvine	CA	USA	USA
79	M	59	Prestes, Joao	Curitiba	Parana	Brazil	Brazil
83	M	58	Schubert, Reiner	Ebersbach	DC	Germany	Germany
88	M	34	Thurston, Jarom	Payson	UT	USA	USA
12	M	55	Weber, Scott	Dunsmuir	CA	USA	USA
53	M	53	Whalen, Mike	San Juan Capistrano	CA	USA	USA

## 8:00 AM START

#	M/F	Age	Name	City	State	Country	Nationality
33	F	33	Armstrong, Shanna	Lubbock	TX	USA	USA
24	F	52	Barnes, Rita	Columbus	OH	USA	USA
25	F	50	Bartoletti, Marie	Carnegie	PA	USA	USA
34	M	50	Baum, Todd	Fayetteville	NY	USA	USA
63	M	63	Becker, Robert	Fort Lauderdale	FL	USA	USA
32	M	59	Bialla, Vito	Tiburon	CA	USA	USA
26	M	39	Cook, William	Santa Monica	CA	USA	USA
43	M	43	Douglas, Steven	Sacramento	CA	USA	USA
19	F	46	Elias, Barbara	Yuma	AZ	USA	USA
40	F	40	Fernandez, Monica	Casablanca		Morocco	Guatemala
64	M	64	Finkemagel, Holger	Bad Berleburg	NRW	Germany	Germany
44	F	44	Florine, Jacqueline	Lafayette	CA	USA	USA
66	M	58	Frixe, Eberhard	Meine	Niedersachsen	Germany	Germany
15	F	37	Fromm, Anita	Albuquerque	NM	USA	USA
60	F	45	Gorski, Mary	Milwaukee	WI	USA	USA
30	M	30	Gunderson, Jonathan	San Francisco	CA	USA	USA
80	M	57	Haug, Bob	Paducah	KY	USA	USA
61	F	44	Hutchison, Lorie	Salt Lake City	UT	USA	USA
70	M	46	Moreau, Philippe	Cambremer		France	France
71	M	33	Nemet, Alex	Westlake	OH	USA	USA
72	F	44	Nitzky, Alene	For Collins	CO	USA	USA
81	M	38	Rosenstein, Phil	Silver Spring	MD	USA	USA
82	M	52	Schmidt, Jeff	Hilliard	OH	USA	USA
76	M	53	Snyder, Scott	Littleton	CO	USA	USA
85	F	33	Springman, Alisa	Mercersburg	PA	USA	USA
87	M	47	Taquet, Herve	Ouilly le Vicomte		France	France
73	M	57	Weiss, Erhard	Siselen	BE	Switzerland	Germany
50	F	50	Zwarkowski, Cheryl	Victorville	CA	USA	USA

10:00 AM START							
#	M/F	Age	Name	City	State	Country	Nationality
22	M	41	Amaral, Marcio	Rio de Janeiro	RI	Brazil	Brazil
28	M	50	Cuff, Kermit	Mountain View	CA	USA	USA
99	M	57	D'Andria, Henri	Marseille		France	France
17	F	33	Donaldson, Jamie	Littleton	CO	USA	USA
9	M	45	Engle, Charlie	Greensboro	NC	USA	USA
55	M	57	Frost, Chris	Malibu	CA	USA	USA
29	F	44	Gayter, Sharon	Guisborough		UK	UK
36	M	28	Gingerich, Zach	Aurora	IL	USA	USA
37	M	54	Girard, Serge	Grainville Ymauville		France	France
3	M	33	Goggins, David	Chula Vista	CA	USA	USA
49	M	49	Gungle, Bruce	Tucson	AZ	USA	USA
56	M	56	Hofmann, Juergen	Eisenberg		Germany	Germany
67	M	50	Horner, David	Hendersonville	NC	USA	USA
95	M	56	Jones, David	Eagleville	TN	USA	USA
62	M	50	Karl, Hubert	Zeil		Bavaria	Germany
4	M	45	Karnazes, Dean	San Francisco	CA	USA	USA
2	M	33	Konya, Akos	Oceanside	CA	USA	USA
46	F	46	Lowell, Sarah	Franklin	NC	USA	USA
8	M	40	Pacheco, Jorge	Los Angeles	CA	USA	Mexico
77	M	54	Radich, John	Monrovia	CA	USA	USA
11	F	47	Reed, Pamela	Tucson	AZ	USA	USA
41	M	41	Sanchez, Raymond	Sacramento	CA	USA	USA
38	F	38	Santilhano, Michele	Menlo Park	CA	USA	UK
5	F	41	Scholz, Monica	Jerseyville	ON	Canada	Canada
100	F	27	Segger, Jen	Garibaldi Highlands	BC	Canada	Canada
31	M	43	Smith, James	Superior	CO	USA	USA
7	F	47	Smith-Batchen, Lisa	Tucson	AZ	USA	USA
86	F	39	Tamati-Lusskandl, Lisa	New Plymouth	TA	New Zealand	New Zealand
42	M	42	Teal, Steve	Phelan	CA	USA	USA
21	M	57	Ulrich, Marshall	Idaho Springs	CO	USA	USA
89	M	46	Villella, Peter	Burnaby	BC	Canada	Canada
10	M	66	Webb, Arthur	Santa Rosa	CA	USA	USA
84	M	49	Westergaard, Danny	Rolling Hills	CA	USA	USA



## FROM DEATH VALLEY TO MOUNT WHITNEY, EXTREME CONDITIONS CALL FOR THE COLEMAN® ULTIMATE® XTREME® COOLER

The Coleman® Ultimate® Xtreme® wheeled cooler keeps ice cold for up to six days in extreme heat. This is why it's the official cooler of the 2008 Badwater Ultramarathon. It's the ultimate cooler for the ultimate test of athletic performance. If this cooler can exceed expectations in 120° heat, you know it can handle picnics, camping, tailgating or camping trips. [www.coleman.com](http://www.coleman.com)

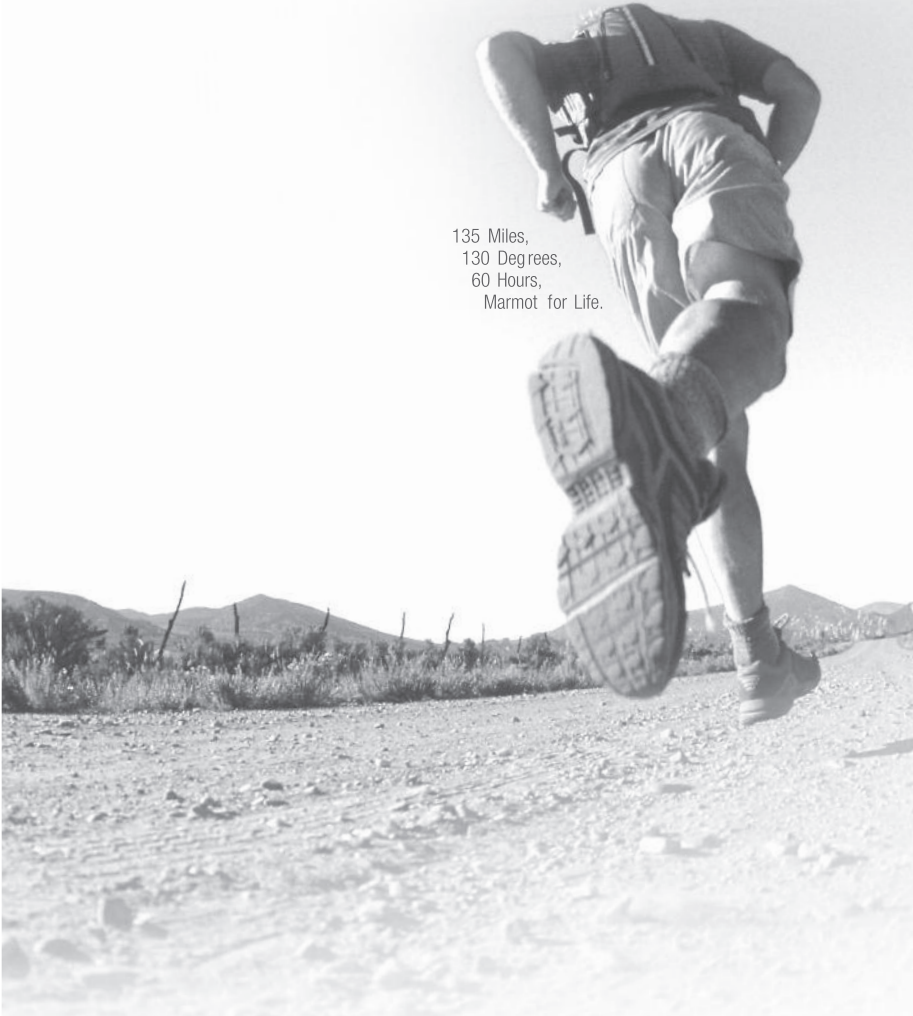


*All 90 participants of the Badwater Ultramarathon will receive a free 50 qt Coleman® Ultimate® Xtreme® cooler. Every runner will be relying on this incredible cooler to store cold water and keep food fresh during the race, despite the punishing heat of Death Valley.*

LET'S GO OUTSIDE

**Coleman**   
The Outdoor Company™

# Marmot<sup>®</sup> FOR LIFE



135 Miles,  
130 Degrees,  
60 Hours,  
Marmot for Life.

 **PEOPLE / PRODUCT / PLANET™** From our extraordinary partners – to the high performance clothing and equipment we design – to the measured steps we're taking toward global sustainability, this is Marmot for Life®.

Photo Gabe Rogel

[MARMOT.COM](http://MARMOT.COM)



# ZombieRunner is an Official Sponsor of the 2008 Badwater Ultramarathon

Cool stuff for ultrarunners:

- ▶ Sports drinks and gels
- ▶ Sunscreen
- ▶ Blister prevention kits
- ▶ Recovery items
- ▶ Cool Off bandanas
- ▶ Electrolytes
- ▶ Shoes and socks
- ▶ Sunglasses
- ▶ Clothing
- ▶ And more!

Shop online with coupon code BW08 and  
get 10% off your order! (exp. 9/1/08)



Get your official Badwater  
gear from ZombieRunner!

# ZOMBIERUNNER



Stuff for people who run.

650-325-2048 [www.zombierunner.com](http://www.zombierunner.com)