

BADWATER[®]

New Races!

*Badwater
Salton Sea!*

*Badwater
Cape Fear!*

**Dan Marinsik,
10x 135 Finisher**

**"The Grinder"
Retires**

adventureCORPS[®]

July 2013











Bringing good water to Badwater[®]



Fire & Ice[™]

Double-wall insulated 360-degree reflective bottle keeps your water colder, longer.

Even in the most brutal conditions.



HYDRATION > GEAR > VISIBILITY

OFFICIAL SPONSOR

adventureCORPS™ presents

BADWATER
ULTRAMARATHON

The Challenge of the Champions

nathansports.com

jetanna

TM

“WE’RE NOT JUST SWIMWEAR, WE’RE EVERY WEAR!”



Jetanna

is launching its Fashionable, Comfortable and Durable

Swim, Sports and Lifestyle Wear

at the 2013 Badwater 135!

Made with **SPF 50+** Environmentally Friendly and Couture Fabrics

Designed by 5x Badwater finisher

Shannon Farar-Griefer

**Made for those who want to be comfortable,
when you're out of your comfort zone!**

Made in Los Angeles, California

www.jetanna.com

(213) 746-3600

adventureCORPS®

"Out There Since 1984"



Founded in 1984, AdventureCORPS, Inc. is an athlete-run firm producing and promoting ultra-endurance sports events and BADWATER® lifestyle products. Adventure is our way of life, so we are pleased to host the 36th anniversary Badwater 135, known globally as “the world’s toughest foot race,” on July 15-17, 2013.

A true “challenge of the champions,” this legendary race pits up to 100 of the world’s toughest athletes from 25 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 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 Western Hemisphere 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 its fourteenth year producing this race, AdventureCORPS is pleased to welcome the support of Nathan Performance Gear, Jetanna, Chica Bands / ChicaSports, Caring House Project Foundation, and ZombieRunner.com. AdventureCORPS also appreciates the support of the Furnace Creek Inn and Ranch Resort, Stovepipe Wells Resort, Panamint Springs Resort, Seasons Restaurant of Lone Pine, Pizza Factory of Lone Pine, Dow Villa of Lone Pine, the community of Lone Pine, CA, 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.

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

Sincerely,

Chris Kostman

Race Director and Chief Adventure Officer

We are also excited to expand the BADWATER experience to new locations in 2013, 2014, and beyond. In May of this year, we presented BADWATER Salton Sea. An official qualifier for the Badwater 135 and epic challenge in its own right, this remarkable event challenges 30 teams of three ultrarunners - running together for the duration, not in a relay - to tackle an unimaginable traverse of Southern California deserts and mountains. The route covers 81 miles (130km) non-stop from below sea level at the shoreline of the Salton Sea, across, up, and over Anza-Borrego Desert State Park, to the top of Palomar Mountain with a dramatic view of the Pacific Ocean. The second edition will be held May 5-6, 2014. We are also now pleased to announce BADWATER Cape Fear, a 50-mile ultra running race along the Atlantic shoreline with 40 of the 50 miles on the beach itself on Bald Head Island and points north. This new BADWATER event will be held in June of 2014. Look for new, international BADWATER venues in 2015!

LEFT HEADING

TABLE OF CONTENTS

Welcome Letter	5
General Information	7
"Grinder" Arthur Webb in His Own Words	8
Salute to Dan Marinsik, Ten-Time Finisher	9
The Official Charities	10
One Percent for the Planet	11
Badwater Salton Sea	12
Badwater Cape Fear	14
Badwater Lip Balm	15
The Dangers of Running in Heat	16
The Dangers of Hot Weather Running	18
Medical Risks in the Badwater Ultramarathon	21
Course Map	22
Official Race Route	24
Course Description and Elevation	26
Badwater à Velo	27
Death Valley Cup	28
Official Rules and Regulations	30
Finisher Data Analysis	34
Race Roster	36
Thank You Sponsors and Supporters	38

adventureCORPS®

"Out There Since 1984"



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

AdventureCORPS® and Badwater® are registered trademarks
owned by AdventureCORPS, Inc.

Front: Mosi Smith, US Marine Corps, en route to his 2012 finish.

Inside Front: 10am wave start, David Jones, Pam Reed.

P1: Paolo Bucci of Italy on Portal Road.

P2: Gerardo Hector Re of Argentina celebrates with crew.

P5: Chris Kostman with Terry Sentinella, Ed Ettinghausen,
Lucy Ryan, Laurie Kostman.

P41: Amy Palmiero-Winters on Towne Pass.

P42: Alexa Dickerson age 24.

P44: Final 2012 finishers Meredith Murphy and Chris Frost.

Photos by Ron Jones, Dave Nelson, Jeff Bell and Chris Kostman.

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

education

programs

research

preservation

The hottest, driest and lowest non-profit in the U.S.

BOOKSTORE LOCATIONS:

Furnace Creek Visitors Center
Stovepipe Wells Ranger Station
Scotty's Castle Museum
Ash Meadows NWR
and Online at dvnha.org

All proceeds go to the Death Valley National Park region.



DEATH VALLEY
NATURAL HISTORY
ASSOCIATION

est. 1954

dvnha.org
(800)478-8564

GENERAL INFORMATION

MANDATORY RUNNER CHECK-IN at 10:30AM to 1:30PM, Sunday, July 14, 2013: Held in the Marquez Room at the 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.

Every runner, along with his or her designated Crew Chief and as many crew members as space allows, must personally attend at some point during the three-hour timeframe. No exceptions.

Please do not all show up at 100PM as it takes about an hour to go through the Check-In process! We suggest that 6AM wave runners arrive at 10:30AM, 8AM wave runners arrive at 11:15AM, and 10am wave runners arrive at 12 noon.

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's Center (and bring proof of same) BEFORE Runner Check-In. Also, bring your reflective gear and lights for the runner and crew members, vehicle identification signs, and anything else required for check-in, as per the Race Rules.

GROUP PHOTO OF ALL RUNNERS at 1:30PM, Sunday, July 14, 2013: Takes place at the pool, just below the Marquez Room at the Furnace Creek Inn. The photo will be taken promptly at 1:30PM: Be on time!

MANDATORY PRE-RACE MEETING at 1:45PM to 3:00PM, Sunday, July 14, 2013: ALL runners, ALL crew chiefs, and as many crew members as possible must attend the outdoor Pre-Race Meeting on the grass near the pool at the Furnace Creek Inn. As this will take place outdoors on the grass, bring proper hat and clothing, plenty of cold drinks, and something on which to sit, such as a blanket or low chair. Media must also attend.

MEDIA MEETING at 3:00PM to 3:30PM, Sunday, July 14, 2013: There will be a brief, mandatory meeting of all journalists in the Marquez Room at the Furnace Creek Inn after the Pre-Race Meeting concludes.

ROOKIE (AND VETERAN) CREW TRAINING from 5:00PM to 8:00PM, Sunday, July 14, 2013: Takes place outside in the 200 row of cabins at the front of the Furnace Creek Ranch: Crewing at Badwater, or racing for the first time? Drop by for an hour and learn some important, useful stuff! No matter how many ultras you've crewed, this informal session will help you with tips and tricks to make sure you, your runner, and the rest of your crew have a great time in Death Valley. We'll cover common mistakes, give an overview of race rules, and even help with ideas to organize your van and be prepared for almost anything.

Hosted by Cory Linkel (7-time crew and 6-time race official at Badwater) and CHP Scott Wall (1-time crew and 8-time race official at Badwater)

SUNRISE / SUNSET: Civil Twilight (AM): 5:18AM | Sunrise: 5:47AM | Sunset: 8:06PM | Civil Twilight (PM): 8:35PM.

STARTING TIMES: 6:00AM, 8:00AM, and 10:00AM, Monday, July 15, 2013. Runners may attend only their assigned start time. Runners must check in, ready to race, 30 minutes prior to their start.

PANAMINT SPRINGS RESORT: PSR is the location of Time Station Three at mile 72 on the race route. Besides our timing staff on hand, we've also rented "The Cottage" there which all runners, crews, and staff may stop in for a shower or a nap. Bring your own towels!

Please note that the gas station/general store/motel check-in will be open all night. They will be selling snacks, drinks, ice, milkshakes, fuel (87/89/91/diesel), and possibly hot soup or cold sandwiches. The restaurant (at the motel) will be open until midnight on the 15th/16th and reopen at 6am on July 16.

Also, due to rising trash removal costs, Panamint Springs can no longer provide a free garbage dumping station for the race participants. Dumping of any trash is not allowed, as they just can't handle the cost. Please be nice about this and respectful of their wishes: don't dump any trash at PSR! Thank you.

ENDING TIME: The event is officially over 48 hours after each starting group, so ALL runners MUST leave the course by either 6:00AM, 8:00AM, or 10:00AM, depending upon their starting wave, on July 17, 2013.

POST-RACE GET-TOGETHER at 12:00PM to 130PM, Wednesday, July 17, 2013, 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.

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

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





"THE GRINDER" RETIRES: ARTHUR WEBB IN HIS OWN WORDS

In 2012, at age 70, Arthur Webb of Santa Rosa, CA set a personal and age group record of 33:45:40, placing 29th in a field of 96 and first among all 600am starters. This was a fitting capstone for a 15-year career at the Badwater 135 that was dedicated to the highest degree of sportsmanship and philanthropy. "The Grinder," as Art is known, dedicated all 15 years of his Badwater career to supporting the Valley of the Moon Children's Home and the children there could have no finer role model. His lovely wife Christine was at Art's side every step of the way. Here are a few choice nuggets of his wisdom:

Regardless of age, if one stays physically fit, mentally alert, continually works extremely hard and never gives up, their dreams and lofty goals are not only always within reach but are also achievable.

Badwater runs through my veins and helps define who I am. Badwater continues to be, besides my family, a major focal point in my life. My extensive training program has led to Badwater success, which has led to my being a more positive, caring and giving back person.

Badwater has allowed me to "compete" against and mingle with some of the greatest adventurer athletes in the world and the incredible opportunity to run/walk/shuffle through all the beauty that is in Death Valley and upon Mount Whitney.

The greatest mutual inspiration and motivation of all is to run for a children's charity. How in the world could you ever look them in the eye and tell them that you quit? They have already seen and heard enough of that. They are looking for hope and genuine heroes and that's what you represent to them and to yourself.

Art's Badwater History

1998:	44:44:00,	age 56
1999:	33:57:00,	age 57
2000:	43:12:58,	age 58
2001:	40:19:58,	age 59
2002:	43:40:10,	age 60
2003:	Unofficial Finisher	
2004:	43:28:10,	age 62
2005:	44:13:10,	age 63
2006:	45:07:21,	age 64
2007:	37:48:53,	age 65
2008:	39:46:53,	age 66
2009:	46:35:29,	age 67
2010:	47:31:20,	age 68
2011:	37:11:40,	age 69
2012:	33:45:40,	age 70



A SALUTE TO DAN MARINSIK, TEN-TIME CONSECUTIVE FINISHER

By Chris Kostman

In 2013, we salute Dan Marinsik of San Jose, CA for his ten consecutive Badwater finishes. He joins Marshall Ulrich, Scott Weber, Jack Denness, Arthur Webb, and John Radich in this distinction. Even among such an illustrious crowd, he stands alone in having ten consecutive finishes.

Dan completed his first ultra in 1993 and currently has 58 50km finishes, 32 50-mile finishes, 4 100km finishes, 7 100-mile finishes, plus 11 135-mile finishes (including one Brazil 135), plus eight other finishes greater than 50 miles with his longest being 290 miles. Even with such a resumé, the Badwater 135 is clearly Dan's favorite race and the race, and place, at which he feels most at home.

“It's pretty much impossible to explain why you do this. People just think you're weird. But you're trying to find your limits where you completely tax yourself. For me, Badwater is that limit.”

Dan's Ten Badwater 135 Finishes:

2003:	53:36:12	age 44
2004:	45:31:17	age 45
2005:	53:56:24	age 46
2006:	49:23:15	age 47
2007:	50:45:45	age 48
2008:	45:44:55	age 49
2009:	43:09:44	age 50
2010:	48:08:04	age 51
2011:	44:46:42	age 52
2012:	42:42:40	age 53, and a personal record!



THE OFFICIAL CHARITIES

THE OFFICIAL CHARITIES OF ADVENTURECORPS ARE THE CHALLENGED ATHLETES FOUNDATION, DEATH VALLEY NATURAL HISTORY ASSOCIATION, AND MAJOR TAYLOR ASSOCIATION. ADVENTURECORPS TAKES GREAT PRIDE AND PLEASURE FROM SUPPORTING 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 \$24 million—allowing the Foundation to satisfy thousands of funding requests from challenged athletes in all 50 states and across the globe.

Eighty-nine 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 \$215,000 for CAF, and AdventureCORPS athletes have raised equally impressive sums!

Website: www.challengedathletes.org



AdventureCORPS joined the **Death Valley Natural History Association** as Life Members and began recognizing DVNHA as an Official Charity of AdventureCORPS in January, 2009. 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 Death Valley 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 at the Furnace Creek Visitor's Center, Scotty's Castle Museum, Stovepipe Wells Ranger Station, and at the Ash Meadows National Wildlife Refuge Office.

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 newly renovated Death Valley National Park Visitors Center, as evidenced by five "donor tiles" are in the Visitors Center (one per \$1000 donation.)

Website: www.dvnha.org



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

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

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

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

Website: www.majortaylorassociation.org

ONE PERCENT FOR THE PLANET

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 1000 companies that donate at least 1% of their sales to a network of more than 3000 approved environmental organizations worldwide. Therefore we donated 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, our two Official Charities, Challenged Athletes Foundation and Major Taylor Association, which are wonderful causes but not environmental in their focus.



FOR THE PLANETSM

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 \$12 million to grassroots conservation groups throughout North America. The results of our funding have been remarkable. Alliance funding has helped save more than 42 million acres of wildlands; protect 2,748 miles of rivers; stop or remove 25 dams; designate five marine reserves; and purchase nine climbing areas.



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 which brought \$23,000 into LACBC.

Since 2010 AdventureCORPS has also been a Gold Level sponsor of Adventure Cycling Association Adventure Cycling, an organization whose mission is to inspire and empower people to travel by bicycle, a type of travel with significant health and economic benefits.

In 2014, we will support the Bald Head Island Conservancy with the inaugural BADWATER Cape Fear 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.



Photo by Ian Parker



adventureCORPS® presents
BADWATER®
SALTON SEA

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

The inaugural race was held Monday and Tuesday, May 6 and 7, 2013 and was received with wide acclaim. For 2013, each invited

team was required to include at least one Badwater 135 veteran runner or staffer. In 2014, teams will not be required to have a Badwater 135 veteran, but teams with Badwater 135 or Badwater Salton Sea veterans will receive priority entry.

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

Team Format:

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

For more information, visit www.badwater.com

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

—Bob Becker, Team Stray Dogs #2



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

—Ashley Walsh, Team AAAsugar

RESULTS

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

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



The **BADWATER®** experience comes to the East Coast for the first time when the inaugural **BADWATER CAPE FEAR** race takes place on Bald Head Island, North Carolina on June 7, 2014.

BADWATER CAPE FEAR is a 50-mile ultra running race featuring a ten-mile warm-up on the car-free, one-lane-wide roads of Bald Head Island, followed by 40 miles of running on the south and east beaches of the island and the wild and secluded sandy beach between Cape Fear and Fort Fisher. The race is held along the Atlantic Seaboard with spectacular views of the Frying Pan Shoals to the east and wild and undeveloped marshlands to the west. It is a dramatic, invigorating, inspiring setting to experience Cape Fear at ground level in all its grandeur!

Forty miles of beach trekking against the clock, even in this absolutely gorgeous setting, is no small feat. After those first ten miles on paved or hard-packed gravel roads, it will be just you and your fellow **BADWATER®** runners amidst the sand, wind, sun, and ocean. Emphasizing self-sufficiency and minimal distractions, there will be just eight aid stations along the fifty-mile route. You will see almost no modernity and hear nothing but wind, birds, and waves. This exquisite natural setting is the perfect antidote to the “real world” and a wonderful counterpart to the desert sands of Death Valley and Anza-Borrego Desert featured in the two West Coast **BADWATER®** races.

Providing opportunities for your friends and family to join you, as well as shorter options if you discover that the full 50-mile **BADWATER®** race is too much, this race will be held in conjunction with the Cape Fear Marathon and 50k Ultra, featuring ten miles of roads with either 16 miles or 21 miles, respectively, of beach running.

Bald Head Island and nearby Southport, NC are ideal vacation get-away spots for the entire family, located less than one hour from Wilmington, NC and its major airport with Delta and US Airways service. Once the remarkable beauty and quaint southern charm of this area are experienced once, we anticipate that most **BADWATER® CAPE FEAR** participants will make this race an annual pilgrimage and that most will incorporate a week-long family vacation as well. It is really that fantastic!

In 2014, there will be a 200-runner limit for all distances and **Badwater 135** and **Badwater Salton Sea** veterans will be given advance registration opportunities. The top male and top female 50-mile race finishers will earn guaranteed entry in the 2015 **Badwater 135**, so long as all other qualification standards are met.

The Official Charity of this event will be the Bald Head Island Conservancy, a leader in barrier island conservation, preservation and education, which cares for this race route’s pristine setting and its role as a sea turtle nesting site.

For all the info, visit www.badwater.com

adventureCORPS® presents
BADWATER®
CAPE FEAR

BADWATER® LIP BALM

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

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

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

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

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

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

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

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



THE DANGERS OF RUNNING IN THE HEAT

By Jason Hodde, MS, ATC/L

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



Scott Jurek takes one of many ice baths in 2006.

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

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

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:

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.

	Air Temperature (Degrees F)										
	70	75	80	85	90	95	100	105	110	115	120
Relative Humidity	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					

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.

Need Creative Design?

We can help.

Branding, Logo,
Print ad, Brochure,
Creative Services.

Visit: www.kfungdesign.com

 kfung design



THE DANGERS OF HOT WEATHER RUNNING

DEHYDRATION, HEAT CRAMPS, HEAT EXHAUSTION, HEATSTROKE & HYPONATREMIA

*By Claudio Piepenburg
(Originally published by Road Runner Sports)*

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

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

Dehydration

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

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

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

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

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

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

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

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

Heat Cramps

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

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

Heat Exhaustion

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

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

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

If you experience any of these symptoms you must:

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

Heatstroke

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

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

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

Hyponatremia

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

THE DANGERS OF HOT WEATHER RUNNING



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

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

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

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

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



About the author:

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

MEDICAL RISKS IN THE BADWATER ULTRAMARATHON

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

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

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

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

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

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

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



RaceReady®
Ultra-lightweight running apparel

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

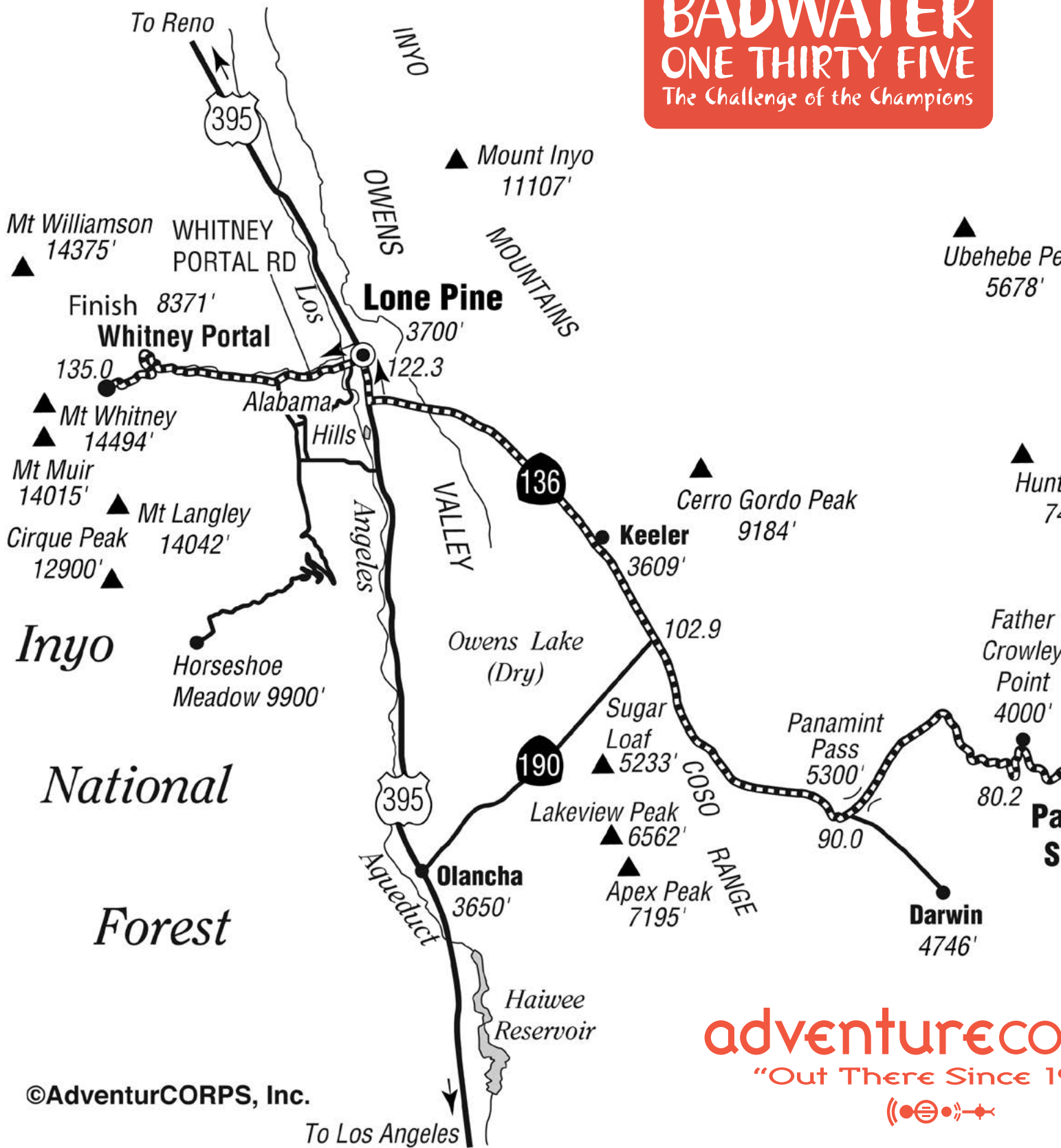
RaceReady apparel keeps you cool and dry even in the world's toughest race conditions. Our shirts wick faster and weigh less than the competition and our patented Long Distance running shorts set the pace for ultra-convenience! Get RaceReady - it's a way of life!

Contact us today!
www.raceready.com
1-800-537-6868
100% Made in the USA since 1993

adventureCORPS® presents

BADWATER ONE THIRTY FIVE

The Challenge of the Champions

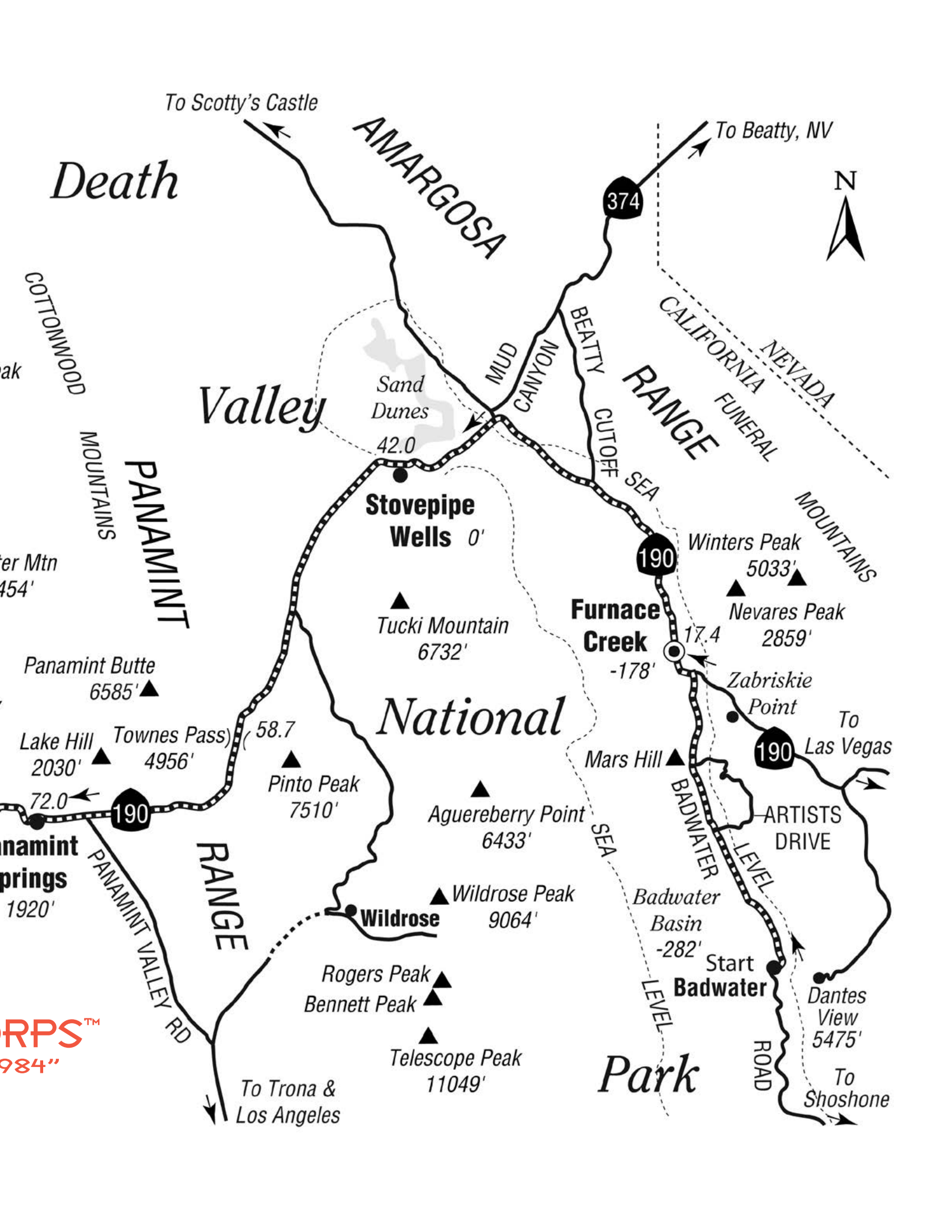


©AdventurCORPS, Inc.

adventureCORPS

"Out There Since 1968"





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	
Furnace Creek Ranch on L.	17.4	-165	First Time Station on Left after entrance
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	
Stovepipe Wells Village	41.9	0	Second Time Station / Medical on Left by Hotel Courtyard
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	
Towne 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	
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	
Panamint Springs Resort	72.3	1970	Third Time Station on Left at Resort
2000' elevation sign on L.	72.9	2000	
Darwin Falls turnoff	73.3	2500	Dangerous, narrow area! - miles 74 to 81*
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	

OFFICAL RACE ROUTE

<i>Landmark</i>	<i>Distance (mi.)</i>	<i>Elevation (ft.)</i>	
Darwin turnoff on L	90.1	5050	Fourth Time Station on Left at turnoff
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	
Dow Villa Hotel on Right	122.3	3610	Fifth Time Station / Medical on Right at Dow Villa
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	
Olivas Ranch turnoff on L.	128.0	5300	
Lone Pine Campground on L.	129.0	5700	Dangerous, narrow area! - miles 129 -135*
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	
Finish	134.4	8360	

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.



COURSE DESCRIPTION

COURSE DESCRIPTION

Badwater, Death Valley

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

Furnace Creek Ranch, Mile 17.4 (Time Station One)

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

Stovepipe Wells, Mile 41.9 (Time Station Two)

A small market, gas station, restaurant and motel. The gas station and restaurant are not open 24 hours. Location of the race's Medical HQ for most of first day and night of the race.

Towne Pass (4956'), Mile 58.7

17-mile long ascent, then 10-mile long descent, followed by approx. 14 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 (Time Station Three)

Restaurant, gas station, and motel with limited hours. Our friends at Panamint Springs Resort are kindly donating the use of "The Cottage" as a way station for any and all race entrants and crews: There are several beds and a shower available throughout the first day and night of the race. Bring your own towel, soap, and shampoo. 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.

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. As of 2011,

there are bathrooms and paved parking here, rather than just a large gravel pullout.

Darwin Turn-Off, Mile 90.1 (Time Station Four)

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.

Keeler, Mile 107.8

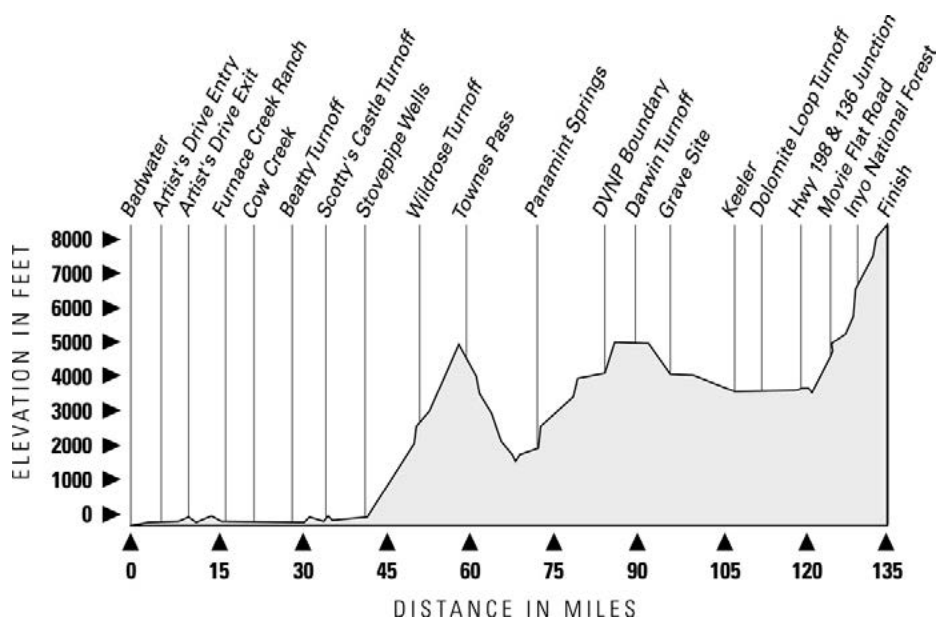
A small mining town with no facilities to the left of the highway. Amazing views of Mt. Whitney and the Sierra Nevada abound.

Lone Pine, Whitney Portal Road, Mile 122.2 (Time Station Five)

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 Six, located at the start of the switchbacks. Temperatures will steadily decrease during the ascent. 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 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 most extreme running race in the world! 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!).

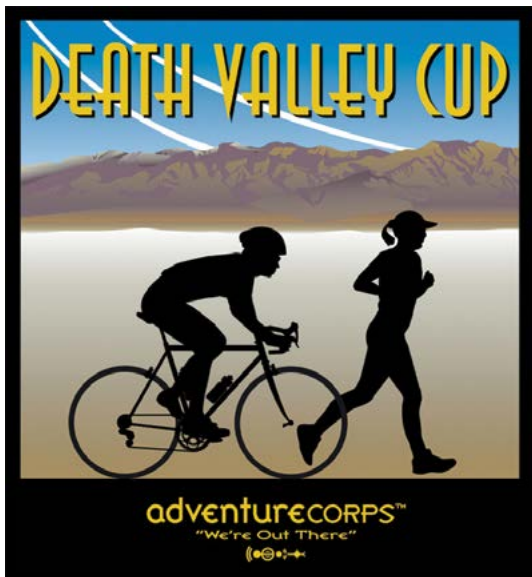


BADWATER À VELO



The
508
Since 1983

WWW.THE508.COM

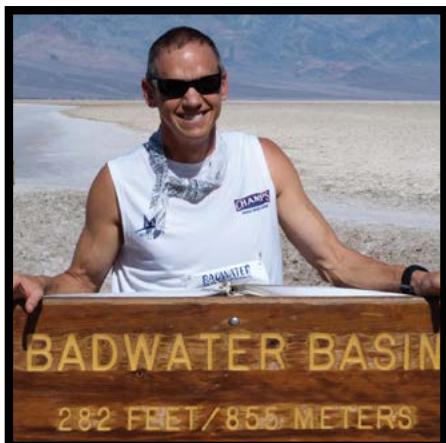


The Death Valley Cup recognizes those athletes who complete both the Badwater Ultramarathon 135 Mile Running Race and the Furnace Creek 508 Mile Bicycle Race in the same calendar year. To earn this recognition is a very significant achievement in endurance sports and especially for those athletes who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

For more information about Furnace Creek 508, visit: www.the508.com

CURRENT DEATH VALLEY CUP RECORD HOLDERS

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

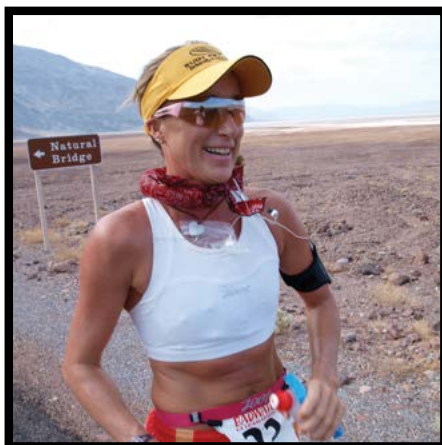


Badwater
25:45:11, 4th place
Furnace Creek
33:19:25, 4th place
=59:04:36 total time*

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

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

Furnace Creek
34:30:58, 5th female,
24th overall
=65:47:08 total time*



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

DEATH VALLEY CUP FINISHERS

Athletes	Yr	Badwater	FC508	Time
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*
Kaname Sakurai, "Sea Lion", Nagoya, Japan, 36	2000	Badwater, 27:52:14, 3rd place	Furnace Creek, 32:31:56, 2nd place	60:24:10
Charlie Engle, "Water Dragon", Greensboro, NC, 45	2007	Badwater, 27:42:32, 5th place	Furnace Creek, 34:31:12, 13th place	62:13:44
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*
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
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
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
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
Ted Philip, "Mountin Gorilla", Wayland, ME, 47	2012	Badwater, 32:30:48, 24th place	Furnace Creek, 38:52:59, 17th place	71:23:47
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
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
Monica Scholz, "Scarlett Fairy Cup", Jerseyville, Ontario, 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
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
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
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
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, 52 (5th DV Cup)	2011	Badwater, 38:29:58, 42nd place	Furnace Creek, 37:40:22, 23rd place	76:10:20
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
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
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
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
Tim Hewitt, "Muskox", Greensburg, PA, 56	2010	Badwater, 36:30:52, 26th place	Furnace Creek, 42:11:07, 32nd place	78:41:59
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
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, 43 (4th DV Cup)	2008	Badwater, 45:24:20, 56th place	Furnace Creek, 35:12:55, 26th place	80:37:15
Angelika Castaneda, "Cat", San Diego, CA, 56	1999	Badwater, 36:58, 1st female, 8th overall	Furnace Creek, 43:46:40, 3rd female, 18th overall	80:44:40
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
Greg Pressler, "Pheasant", Portland, OR, 43	2011	Badwater, 38:36:46, 43rd place	Furnace Creek, 42:18:56, 39th place	80:55:42
David Jackson, "Jackass", Lexington, KY, 43	2002	Badwater, 47:12:30, 25th place	Furnace Creek, 38:56:12, 15th place	86:08:42
Del Scharffenberg, "Spider", Portland, OR, 52	1997	Badwater, 48:16, 13th place	Furnace Creek, 42:15:26, 10th place	90:31:26
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
Charlie Liskey, "Lizard", Somis, CA, 40	1996	Badwater, 58:26, 14th place	Furnace Creek, 39:32:08, 17th place	97:58:08

OFFICIAL RULES

1. There are three starting times for the 2013 Badwater 135 (6am, 8am, and 10am on July 15, 2013), 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 48 hours after each designated official start time. All racers must leave the course by the 48th hour beyond their start time: Finishing, or remaining on the race course with the intent to continue, is not allowed after 48 hours.

4. All runners must have passed, and be proceeding forward, beyond the following locations within the specified time cut-offs:

- Stovepipe Wells: within 12 hours of their respective start time (STRONGLY ENCOURAGED).
- Panamint Springs Resort: within 28 hours of their respective start time (MANDATORY).

Note: Failure to pass Panamint Springs Resort within the specified 28 hour time cut-off will result in disqualification. Runners MAY NOT continue under human power, officially or unofficially, unless they have continued beyond the Panamint Springs time station within 28 hours of their starting time.

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

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

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

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

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

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

Legal and Bureaucratic Issues

1. 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 and Medical History 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 the designated Crew Chief for each entrant must attend Racer Check-In. Additionally, all racers, their designated Crew Chiefs, and as many crew members as possible must attend the Pre-Race Meeting. Those racers who do not complete the scheduled check-in and attend the Pre-Race Meeting will not be allowed to participate. No exceptions.

6. 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.

7. 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.

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

9. During Racer Check-In, all entrants must display a minimum of four satisfactory reflective vests and eight blinking red lights

—which will be worn and utilized by the runner and crew during nighttime periods of the race. Runners without satisfactory quality, or quantity, nighttime safety equipment will be required to purchase additional gear at that time, IF any such gear is available.

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

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

12. 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, potentially, 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.

Support Crew and Assistance

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 and at least one of whom can speak English—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 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. Crewmembers 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, or otherwise providing aid, to the runner and/or pacer must be off the roadway at all times (i.e. left of the white line on the shoulder) and may not run along with the runner. To be clear: if a runner is moving forward on the race course, NO MORE THAN ONE crew member may also be moving with, or near, the runner at the same time.

4. Runners must not run abreast with other runners or with pacers. All running must be single-file. 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 the Furnace Creek time station.

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. The California Motor Vehicle Code, and all local, county, and/or National Park Service 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, even as a secondary support vehicle. Motorhomes, RVs, “SportsMobiles,” Sprinter Vans, and all types of Hummers are specifically not allowed.

3. 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 may be present. Secondary support vehicles, if any, may not “caravan” with the primary support vehicle; secondary support vehicles are to be used for running errands, crew shift changes, and such. For safety reasons, and to make the limited shoulder parking available to all support crews, secondary vehicles may not generally be in the vicinity of the runner and primary support vehicle, except when passing off supplies and/or crew members. Specifically, secondary support vehicles must leapfrog a minimum of five miles when on the race course in the vicinity of their athletes.

4. All support vehicles must have their headlights on while driving, 24 hours a day, except as noted in Rule 11 in this section of the rules.

5. 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 can be made to order by your local sign shop instead.

OFFICIAL RULES

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

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

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

9. Only one support vehicle is allowed to support each runner on the Whitney Portal Road. Any second support vehicle must drive directly from Lone Pine to the finish line, stopping NO MORE THAN ONCE anywhere on the Portal Road, if necessary, to swap crew members or transfer supplies with the active support vehicle.

10. 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.

11. Vehicles must be parked completely off the road surface whenever they are stopped (with all four tires 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. 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.

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. From 700pm to 600am each day (night) of the event, while outside on the race course, all racers and all crewmembers/pacers must wear reflective material facing in all four directions, as well as blinking red lights facing front and rear. Racers and crewmembers are encouraged to wear reflective material during the day as well. We highly recommend the products from ZombieRunner.com (click "Nighttime Running" in their store.)

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 135," "Dangers of Running in the Heat," and "The Dangers of Hot Weather Running".

Leaving the Course or Withdrawing

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

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

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

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

Awards

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

Rule Enforcement and Penalties

1. Race rules are designed to provide a safe and fair experience for everyone involved and to help ensure our ability to produce the race again next year.
2. Major rule infractions by racers or their crew, especially those regarding "cheating," will result in immediate disqualification of the racer.
3. Other, lesser offenses will result in the following cumulative time penalties:
 - First Penalty: One Hour
 - Second Penalty: Disqualification
4. Time penalties are imposed by 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!



GEORGE STREET BIKE CHALLENGE



for **MAJOR TAYLOR**

Sunday, July 21, 2013

www.majoraylorassociation.org

See how fast you can pedal up a steep street in Worcester, Massachusetts, where the 1899 world champion, MAJOR TAYLOR, proved himself.



Pete Banach photos



FINISHER DATA ANALYSIS: 1990-2012

FINISHER DATA ANALYSIS: BADWATER ULTRAMARATHON, 1990-2012

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

AGE GROUP AND **OVERALL COURSE RECORDS

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

ROSTER QUICK-REFERENCE

Bib	Wave	First	Last	Bib	Wave	First	Last
1	1000	Oswaldo	Lopez	51	600	Kimberlie	Budzik
2	1000	Charlie	Engle	52	1000	Otto	Elmgart
3	1000	David	Goggins	53	600	Ben	Gaetos
4	1000	Eduardo	Calisto	54	800	Sandy	Geisel
5	1000	David	Jones	55	600	Chris	Frost
6	1000	Pamela	Reed	56	1000	Mark	Matyazic
7	600	Lisa	Smith-Batchen	57	600	David	Coats
9	1000	Catherine	Todd	58	600	Michael	DeNoma
10	1000	Dean	Karnazes	59	800	Will	Glover
11	600	Chris	Moon	60	800	Keith	Straw
12	1000	Darris	Blackford	61	1000	Carlos Alberto	Gomes De Sá
13	800	Alexa	Dickerson	62	1000	Grif	Griffith
14	600	Alfonso	Chan	63	600	Mark K.	Olson
15	600	Shannon	Farar-Griever	64	800	Carlos Henrique	Gusmão
16	1000	Ed	Ettinghausen	65	800	Sergio	Radovcic
17	600	Marylou	Corino	66	600	Eberhard	Frixe
18	1000	Iris	Cooper-Imhof	67	800	Alexander	Lalonde
19	600	Lorie	Alexander	68	800	Iain	Hughes
20	1000	Mikael	Andersson	69	800	Lane	Vogel
21	800	Julio Cesar	Angel Andrade	70	800	Ray	Sanchez
22	800	David	Clark	71	1000	Grant	Maughan
23	800	Jeff	Ashizawa	72	600	Todd	Bello
25	1000	Amy	Costa	73	600	Paolo	Bucci
26	600	Marshall	Ulrich	74	600	Dan	Marinsik
27	600	Emily	Bello	75	600	Parvaneh	Moayed
28	800	Bruce	Dailey	76	600	Karsten	Solheim
29	800	Matthew	Doellman	77	600	John	Radich
30	1000	Amy	Campbell	78	800	Seow Kong	Ng
31	800	Douglas	Long	80	1000	Oz	Pearlman
32	1000	Ciro	Di Palma	81	800	Nahila	Hernandez San Juan
33	800	Stacey	Shand	82	800	Mark	Woolley
34	1000	David	Ploskonka	83	800	Hajo	Palm
35	1000	Harvey Sweetland	Lewis III	84	800	Danny	Westergaard
36	1000	Dave	Krupski	85	800	Sukhee	Park
37	800	Rico	Dorsey	86	600	Linda	Quirk
38	800	Behnam	Kamrani	87	1000	Glen	Redpath
39	1000	Meredith	Dolhare	88	600	Jarom	Thurston
40	600	Joilson	Ferreira	89	600	Anthony	Portera
41	600	Tammy	Massie	90	1000	Parker	Rios
42	800	Darren	Fortney	91	1000	Jay	Smithberger
43	1000	Hiroyuki	Nishimura	92	800	Bill	Thompson
44	1000	Nobumi	Iwamoto	93	800	Marco	Mazzi
45	800	Geoffrey	Foote	94	1000	Ken	Zemach
46	1000	Gabriel	Helmlinger	95	1000	Eric	Meech
47	600	Elaine	Stypula	96	1000	Chor Kin	Law
48	600	Frank	McKinney	97	1000	Heidi	Perry
49	800	Karla	Kent	98	600	Russ	Reinbolt
50	600	Cheryl	Zwarkowski	99	600	Nghee Huat	Lim
				100	600	James	Kern

OFFICIAL RACE ROSTER

2013 OFFICIAL RACE ROSTER

6:00AM START

#	First Name	Last Name	City	State	Country	Nationality	R/V	M/F	Age
19	Lorie	Alexander	Vernon	BC	Canada	Canada	V	F	54
27	Emily	Bello	Newport	KY	USA	USA	R	F	27
72	Todd	Bello	Newport	KY	USA	USA	R	M	40
73	Paolo	Bucci	San Polo Torrile	Parma	Italy	Italy	V	M	60
51	Kimberlie	Budzik	Friendswood	TX	USA	USA	V	F	53
14	Alfonso	Chan	Colleyville	TX	USA	USA	R	M	43
57	David	Coats	Houston	TX	USA	USA	V	M	52
17	Marylou	Corino	Georgetown	ON	Canada	Canada	R	F	35
58	Michael	DeNoma	London	London	USA	USA	R	M	57
15	Shannon	Farar-Griever	Hidden Hills	CA	USA	USA	V	F	52
40	Joilson	Ferreira	Piracicaba	Sao Paulo	Brazil	Brazil	R	M	40
66	Eberhard	Frixe	Meine	Niedersachsen	Germany	Germany	V	M	63
55	Chris	Frost	Malibu	CA	USA	USA	V	M	62
53	Ben	Gaetos	Los Angeles	CA	USA	Philippines	R	M	56
100	James	Kern	Sunnyvale	CA	USA	USA	R	M	55
99	Nghee Huat	Lim	Singapore	Singapore	Singapore	Singapore	R	M	60
74	Dan	Marinsik	San Jose	CA	USA	USA	V	M	54
41	Tammy	Massie	Gaithersburg	MD	USA	USA	R	F	41
48	Frank	McKinney	Delray Beach	FL	USA	USA	V	M	50
75	Parvaneh	Moayedi	San Antonio	TX	USA	Iran	R	F	49
11	Chris	Moon	Strathaven	Lanarkshire	UK	UK	V	M	51
63	Mark K.	Olson	Covina	CA	USA	USA	V	M	66
89	Anthony	Portera	White Plains	NY	USA	USA	V	M	42
86	Linda	Quirk	Jacksonville	FL	USA	USA	R	F	60
77	John	Radich	Monrovia	CA	USA	USA	V	M	59
98	Russ	Reinbolt	La Jolla	CA	USA	USA	R	M	48
7	Lisa	Smith-Batchen	Driggs	ID	USA	USA	V	F	52
76	Karsten	Solheim	Glendale	AZ	USA	USA	R	M	76
47	Elaine	Stypula	Farmington Hills	MI	USA	USA	V	F	48
88	Jarom	Thurston	Payson	UT	USA	USA	V	M	39
26	Marshall	Ulrich	Idaho Springs	CO	USA	USA	V	M	62
50	Cheryl	Zwarkowski	Spring Valley Lake	CA	USA	USA	V	F	55

8:00AM START

#	First Name	Last Name	City	State	Country	Nationality	R/V	M/F	Age
21	Julio Cesar	Angel Andrade	Mexico	Distrito Federal	Mexico	Mexico	V	M	47
23	Jeff	Ashizawa	Waterloo	ON	Canada	Canada	V	M	47
22	David	Clark	Lafayette	CO	USA	USA	R	M	42
28	Bruce	Dailey	Bondi	NSW	Australia	USA	R	M	42
13	Alexa	Dickerson	Irvine	CA	USA	USA	V	F	25
29	Matthew	Doellman	San Antonio	TX	USA	USA	R	M	29
37	Rico	Dorsey	Stockbridge	GA	USA	USA	R	M	47
45	Geoffrey	Foote	Chandler	AZ	USA	USA	R	M	45
42	Darren	Fortney	Middleton	WI	USA	USA	V	M	45
54	Sandy	Geisel	Atlanta	GA	USA	USA	R	F	49
59	Will	Glover	Stuart	FL	USA	USA	R	M	42
64	Carlos Henrique	Gusmão	Vila Velha	Espirito Santo	Brazil	Brazil	R	M	34
81	Nahila	Hernandez San Juan	Santiago	Santiago de Chile	Chile	Mexico	R	F	39
68	Iain	Hughes	Cincinnati	OH	USA	UK	R	M	50
38	Behnam	Kamrani	Ann Arbor	MI	USA	Iran	R	M	38
49	Karla	Kent	Las Vegas	NV	USA	Czech	V	F	50

(Cont.)

8:00AM START

#	First Name	Last Name	City	State	Country	Nationality	R/V	M/F	Age
67	Alexander	Lalonde	Cambridge	ON	Canada	Canada	R	M	30
31	Douglas	Long	Fort Hood	TX	USA	USA	R	M	31
93	Marco	Mazzi	Valeggio sul Mincio	Verona	Italy	Italy	V	M	46
78	Seow Kong	Ng	Shanghai	Shanghai	China	Malaysia	R	M	51
83	Hajo	Palm	Berlin	Berlin	Germany	Germany	R	M	63
85	Sukhee	Park	dongjak-gu	Seoul	South Korea	South Korea	R	M	46
65	Sergio	Radovicic	Delray Beach	FL	USA	Serbia	V	M	39
70	Ray	Sanchez	Sacramento	CA	USA	USA	V	M	37
33	Stacey	Shand	Regina	SK	Canada	Canada	R	F	33
60	Keith	Straw	Malvern	PA	USA	UK	V	M	58
92	Bill	Thompson	Moon Township	PA	USA	USA	R	M	47
69	Lane	Vogel	Jacksonville	FL	USA	USA	V	M	36
84	Danny	Westergaard	Palos Verdes Estates	CA	USA	USA	V	M	54
82	Mark	Woolley	Alhaurin de la Torre	Málaga	Spain	UK	V	M	49

10:00AM START

#	First Name	Last Name	City	State	Country	Nationality	R/V	M/F	Age
20	Mikael	Andersson	Skultuna	Vastmanland	Sweden	Sweden	V	M	40
12	Darris	Blackford	Columbus	OH	USA	USA	R	M	49
4	Eduardo	Calisto	Resende	Rio de Janeiro	Brazil	Brazil	R	M	34
30	Amy	Campbell	Auckland	Auckland	New Zealand	New Zealand	R	F	30
18	Iris	Cooper-Imhof	Toronto	Ontario	Canada	Switzerland	V	F	54
25	Amy	Costa	Jacksonville	FL	USA	USA	R	F	48
32	Ciro	Di Palma	Reggio nell'Emilia	Re	Italy	Italy	R	M	44
39	Meredith	Dolhare	Charlotte	NC	USA	USA	R	F	39
52	Otto	Elmgart	Bromma	Stockholm	Sweden	Sweden	R	M	43
2	Charlie	Engle	Greensboro	NC	USA	USA	V	M	50
16	Ed	Ettinghausen	Murrieta	CA	USA	USA	V	M	50
3	David	Goggins	Nashville	TN	USA	USA	V	M	38
61	Carlos Alberto	Gomes De Sá	Barcelos	Portugal	Portugal	Portugal	R	M	39
62	Grif	Griffith	San Clemente	CA	USA	USA	R	M	49
46	Gabriel	Helmlinger	Cambridge	MA	USA	France	V	M	47
44	Nobumi	Iwamoto	Chiyoda	Tokyo	Japan	Japan	V	M	47
5	David	Jones	Murfreesboro	TN	USA	USA	V	M	61
10	Dean	Karnazes	Ross	CA	USA	USA	V	M	50
36	Dave	Krupski	Miami	FL	USA	USA	R	M	36
96	Chor Kin	Law	Hong Kong	Hong Kong	China	China	R	M	36
35	Harvey Sweetland	Lewis III	Cincinnati	OH	USA	USA	V	M	37
1	Oswaldo	Lopez	Madera	CA	USA	Mexico	V	M	41
56	Mark	Matyazic	Irvine	CA	USA	USA	V	M	48
71	Grant	Maughan	Dudley	New South Wales	Australia	Australia	R	M	49
95	Eric	Meech	San Diego	CA	USA	USA	V	M	43
43	Hiroyuki	Nishimura	Kamagaya	Chiba	Japan	Japan	V	M	43
80	Oz	Pearlman	New York	NY	USA	USA	R	M	30
97	Heidi	Perry	Lacey	WA	USA	USA	V	F	42
34	David	Ploskonka	Baltimore	MD	USA	USA	V	M	31
87	Glen	Redpath	New York	NY	USA	Canada	R	M	47
6	Pamela	Reed	Jackson	WY	USA	USA	V	F	52
90	Parker	Rios	Brookfield	WI	USA	USA	R	M	46
91	Jay	Smithberger	Granville	OH	USA	USA	R	M	44
9	Catherine	Todd	Knowledge Village	Dubai	United Arab Emirates	Australia	V	F	34
94	Ken	Zemach	Redwood City	CA	USA	USA	R	M	44

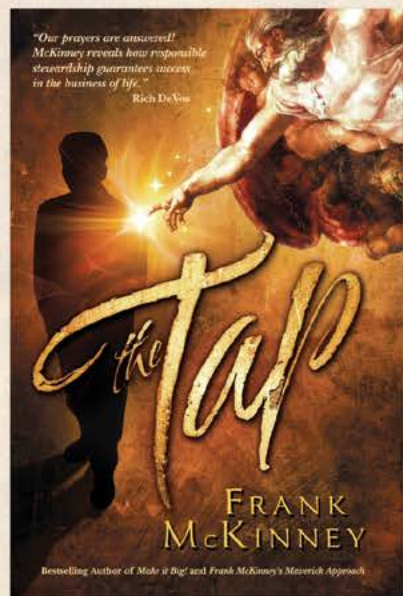
THANKS TO OUR SPONSORS AND SUPPORTERS

THANK YOU, SPONSORS AND SUPPORTERS

AdventureCORPS is pleased to welcome the support of Nathan Performance Gear, Jetanna, Chica Bands / ChicaSports, Caring House Project Foundation, and ZombieRunner.com. AdventureCORPS also appreciates the support of the Furnace Creek Inn and Ranch Resort, Stovepipe Wells Resort, Panamint Springs Resort, Seasons Restaurant of Lone Pine, Pizza Factory of Lone Pine, Dow Villa of Lone Pine, the community of Lone Pine, CA, and other generous companies and individuals.



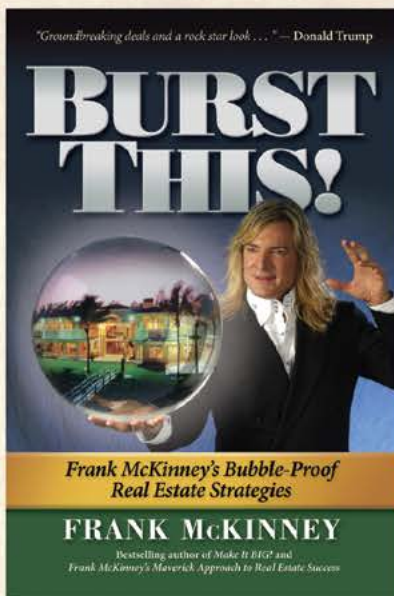
From 8x BADWATER Participant & Bestselling Author Frank McKinney



The-Tap.com

A profound spiritual practice leading to success in the business of life

In *The Tap*, renowned real-estate "rock czar" Frank McKinney reveals the most important spiritual principle of his astronomical success. He explains how God has tapped him (and taps everyone) many times in life, answering prayers and presenting life-changing opportunities. Readers discover how they, too, have been blessed with a special ability to succeed, yet the rewards of their success aren't meant for them alone.



Burst-This.com

Contrarian perspectives and strategies for generational success in real estate

Burst This! presents a resounding counter-opinion to the doomsayers and the get-rich-quick schemers, helping readers guard against falling into their traps. From first-time home buyers to seasoned real estate deal-makers, investors of all experience levels learn to turn the bubble mentality inside out, transforming it into a protective force field and a crystal ball, allowing them to accurately forecast their real estate future.



Dead-Fred.com

A deeply imaginative fantasy sure to race and gladden the hearts of all readers

In the brilliant underwater world called High Voltage, manatees talk, starfish sing, and practical-joking clownfish encourage children to launch their lunchboxes off the bridge. Now the fiendish Megalodon, a 50-foot prehistoric shark, has laid siege to High Voltage and dethroned the king. Will Ppeekk ("Peekie") and her friends be able to save Dead Fred and High Voltage? Read this book to find out!

Frank McKinney (frank-mckinney.com) is a five-time international bestselling author, philanthropist, and extreme risk-taker, best known for his unprecedented success as a real-estate artist and visionary. He sees opportunities and makes markets where none existed before, designing, creating, and ultimately selling some of the most magnificent oceanfront estate homes in the world.

Whether applying his deep, fantastical creativity to these masterpieces or to his first young reader fantasy novel, McKinney consistently defies conventional wisdom to achieve success on his own terms. He is the founder and director of the nonprofit Caring House Project Foundation, which provides homes, schools, orphanages, medical clinics, churches, clean water, and renewable food sources to families in the most underdeveloped nations.



Available wherever books are sold.
To order direct: Phone 800.441.5569 • Online www.hci-online.com





SWIM · BIKE · RUN · HEART



Aspen MEDICAL PRODUCTS INC. SAN DIEGO TRIATHLON CHALLENGE



YEARS THAT CHANGED THE WORLD

SWIM+BIKE+RUN+HEART



THE BEST DAY IN TRIATHLON

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

LA JOLLA COVE CALIFORNIA 10.20.13



WWW.CHALLENGEDATHLETES.ORG/SDTC NOW REGISTERING RELAY TEAMS AND INDIVIDUALS

©2013 Challenged Athletes Foundation. All rights reserved. CAF is a 501c3 non-profit. Tax ID # 33-0739596

#BestDayInTri

SWIM 1 MILE BIKE 44 MILES RUN 10 MILES

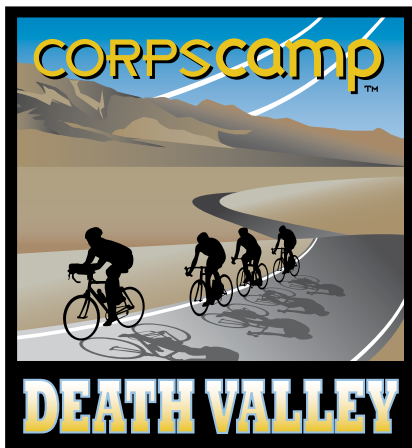


adventureCORPS Cycling



October 26, 2013

Our Fall Death Valley ride offers one-of-a-kind, 108-, 144- and 197-mile cycling routes to Scotty's Castle, Ubehebe Crater, and Hell's Gate in Mother Nature's greatest sports arena, Death Valley National Park! With full rider support, roving SAG vehicles, and impossible-to-get-lost routes with very little traffic, there's no better place to ride a century, ultra century, or double century cycling event!



February 24-27, 2014

The original CORPScamp features four days of SAG-supported, one-of-a-kind cycling in and around Death Valley National Park, as well as daily yoga classes, two group dinners, and more. We've been producing events here since 1990 and we never tire of sharing one of the world's most dramatic, inspiring, and unusual landscapes. From desert flowers to snow-capped mountains, we'll see it all by bicycle. Bring a camera or nobody will believe your stories!



March 1, 2014

Our classic Spring Death Valley ride, held annually since 1990, offers one-of-a-kind, 105-, 150-, and 196-mile cycling routes past Badwater, Ashford Mill, and over the passes to Shoshone and back in Mother Nature's greatest sports arena, Death Valley National Park!

Want to kick off the New Year with a solid week of warm weather riding in paradise? Come ride CORPScamp, and the Spring ride!

Information and Registration: www.adventurecorps.com



TEAM
A STEP AHEAD
PROSTHETICS





BADWATER® ULTRA CUP

AdventureCORPS is pleased to offer the BADWATER® experience in three one-of-a-kind locations in 2014. All offer wondrous settings and life-changing challenges, while both BADWATER SALTON SEA and BADWATER CAPE FEAR also offer qualifying opportunities for the BADWATER 135. Additionally, those who complete all three races in one calendar year will be recognized as **BADWATER ULTRA CUP** finishers.

adventureCORPS® presents
**BADWATER®
SALTON SEA**

May 5-6, 2014

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

adventureCORPS® presents
**BADWATER®
CAPE FEAR**

June 7, 2014

With the inaugural edition offered in 2014, **BADWATER® CAPE FEAR** is a 50-mile ultra running race featuring a ten-mile warm-up on the car-free, one-lane-wide roads of Bald Head Island, North Carolina, followed by 40 miles of running on the south and east beaches of the island and the wild and secluded sandy beach between Cape Fear and Fort Fisher. The race is held along the Atlantic Seaboard with spectacular views of the Frying Pan Shoals to the east and wild and undeveloped marshlands to the west. It is a dramatic, invigorating, inspiring setting to experience Cape Fear at ground level in all its grandeur!

adventureCORPS® presents
**BADWATER®
ONE THIRTY FIVE**
The Challenge of the Champions

July 21-23, 2014

Held since 1987 and the ultimate "challenge of the champions," the legendary **BADWATER® 135** pits up to 100 of the world's toughest athletes from 20+ countries and 20+ American states 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.

VISIT WWW.BADWATER.COM FOR ALL THE INFORMATION!

Run run run eat run run run...



ZombieRunner

We've got your gear!

zombierunner.com

Free shipping on orders over \$50!
Free return shipping!

ZombieRunner
Palo Alto, CA
650-325-2048

ZombieRunner is proud to be part of the Badwater family since 2003!