



PRESENTED BY
GORE-TEX®
PRODUCTS



IMPORTANT UPDATES

- New Course Guides for 2016!

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RACE DAY CHECKLIST

PRE-RACE PREPARATION

- Review the shuttle and parking information on the website and make a plan for your transportation to the start area. Allow extra time if you are required or planning to take a shuttle.
- Locate crew- and spectator-accessible Aid Stations on the course map and inform your family/friends where they can see you on-course. Review the crew and spectator information section of this guide for crew rules and transportation options.
- If your distance allows, make a plan with your pacer to meet you at a designated pacer aid station. Review the pacer information section of this guide for pacer rules and transportation options.
- Locate the designated drop bag aid stations and prepare a gear bag for the specific drop bag location(s). Review the drop bag information section of this guide for more information regarding on-course drop bag processes and policies.
- Pick up your bib and timing device at the designated packet pickup location.
- Attend the Pre-Race Panel Discussion for last-minute questions and advice from TNF Athletes and the Race Director.
- Check the weather forecast and plan clothing and extra supplies accordingly for both you and your friends/family attending the race and Finish Festival. It is typically much colder at the Start/Finish area than it is in the city.
- Make sure to have a hydration and fuel plan in place to ensure you are properly nourished throughout your race. See the Aid Station Menu and the Clif Bar product information for details on the hydration and fuel options available on-course.



WHAT TO BRING

- Directions and/or map to race start, parking location or shuttle pickup location
- Bib, timing device and safety pins
- Bibs should be worn on the front where they will be clearly visible to assist aid station volunteers tracking your progress on the course, and to ensure you will have some great photos of your achievement! Photos will be available a few days after the race, and can be found at www.ultraracephotos.com/tnfec.
- Headlamp or flashlight (mandatory for all GORE-TEX® 50 Mile participants)
- Change of clothes and shoes for the Finish Festival
- Appropriate clothing based on the weather forecast (jacket, pants, gloves, head cover, rain jacket, etc.)
- Appropriate equipment based on the weather forecast (umbrella, poncho, blanket, etc.)
- Bag to store your belongings at the Finish Festival
- Water bottle or hydration pack
- Required medications, inhalers or EpiPens
- Sunscreen
- Sunglasses or hat
- Anti-chafe gel
- Watch/GPS device (remember to charge the night before)
- Cell phone (limited cellular reception at Start/Finish area) or camera
- Cash for food and beer
- I.D. for beer garden
- Ibuprofen or pain reliever (this will not be distributed to any individual by event staff, volunteers or medical teams)
- Game face

COURSE MAP



COURSE DESCRIPTION

Runners can expect terrain changes from packed dirt to loose rocks, from tree roots to leaf-covered trails. The Bear Mountain Endurance Challenge course cuts to the chase, with some trails heading steeply uphill rather than zig-zagging at a gentler grade. Descents end in wooded hollows before the next rapid climb ending with breathtaking views. Make no mistake: this will be a tough test of off-road endurance.

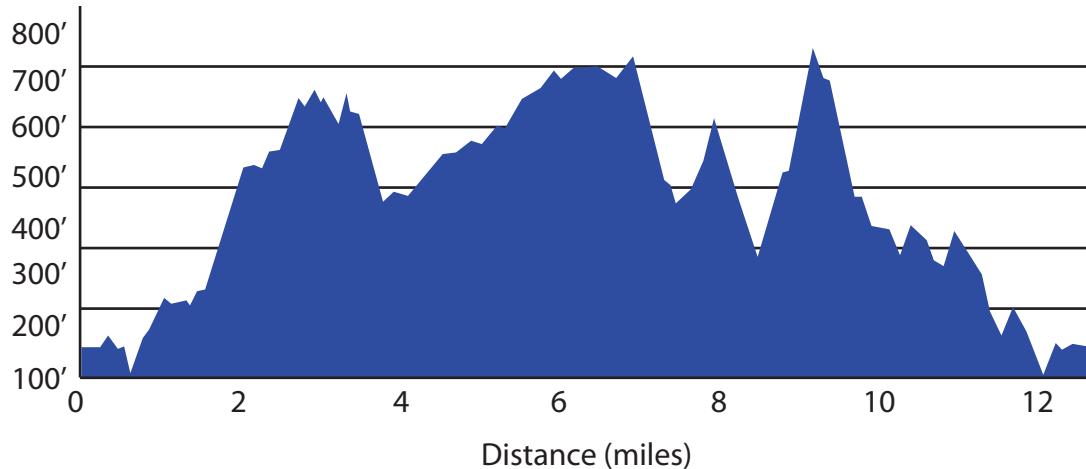
COURSE RATING, ELEVATION PROFILE & PACE CHART

OVERALL DIFFICULTY: ★★★★★

TECHNICAL TERRAIN: ★★★★★

ELEVATION CHANGE: ★★★★★

SCENERY: ★★★★★



Total Elevation Gain: 2,324 feet

Lowest Elevation Point: 96 feet

Total Elevation Change: 4,648 feet

Highest Elevation Point: 806 feet

Aid Station	Name	Mile	Next Aid	Pace		0:07:00		0:12:16		0:17:31		Crew
				Lead Runner	Middle Runner	Lead Runner	Middle Runner	Last runner				
Start	Bear Mountain	0.0	2.6	0:00:00	8:00 AM	0:00:00	8:02 AM	0:00:00	8:05 AM			Yes
Aid #1	Ski Trail Water Stop	2.6	1.4	0:18:12	8:18 AM	0:31:52	8:34 AM	0:45:33	8:50 AM			No
Aid #2	Anthony Wayne	4.0	4.4	0:28:00	8:28 AM	0:49:02	8:51 AM	1:10:04	9:15 AM			Yes
Aid #3	Queensboro	8.4	2.5	0:58:48	8:58 AM	1:42:59	9:45 AM	2:27:09	10:32 AM			No
Aid #4	1777	10.9	2.8	1:16:18	9:16 AM	2:13:37	10:16 AM	3:10:57	11:15 AM			No
Finish	Bear Mountain	13.7	-	1:35:54	9:35 AM	2:47:57	10:50 AM	4:00:00	12:05 PM			No

Hard Cut Off Bear Mountain All Half Marathon racers need to be through the Finish Line by 12:05 PM

CUTOFF POLICY

In accordance with parameters agreed to by ALL permitting properties and for the safety of all runners, volunteers and race staff, any runner that is off pace to complete their distance by the designated course cutoff may be pulled at any time by the Race Director.

Please be aware that **4 Hour(s)** is considered a hard cutoff time. All runners will be expected to carry the slowest official finishing pace for the entirety of the course.

If the runner fails to do so and is significantly behind pace, the race staff reserves the right to pull ANY runner from the race at ANY time and at ANY point on the course.

Wave start times are accommodated in the cutoff times.

TURN-BY-TURN DIRECTIONS

Start to Aid Station #1 - SKI TRAIL AID STATION (2.6 miles):

- Head South on 1777 E to Doodletown Reservoir
- Fork Right on Ski Trail
- Merge with 1777 W (Red) to Aid Station

Aid Station #1 to ANTHONY WAYNE AID STATION (1.4 miles):

- Turn right on old wood road (New Fawn) that goes up the hill
- Right at sharp Left in bridle path
- Go up the hill on New Fawn
- Before the road gets steep, bear right and down in the valley that leads back to the Old Fawn Trail
- Cross AT onto Fawn Trail (Red)
- Turn Left onto Beechy Bottom Road
- Quick Right onto AW/Ski Trail to Anthony Wayne Aid Aid Station

In this section, athletes will have a short hill climb and descent to sort themselves out before route turns into single track and runs into the aid station.

Aid Station #2 to QUEENSBORO AID STATION (4.4 miles):

- Head South through Anthony Wayne Parking to lower parking to Ski/Bike Trail
- Turn Right on Beechy Bottom Rd/Ski Trail
- Turn Right onto 1779 (Blue)
- Turn Right on Bear Mt. (Yellow)
- Turn Left on Pines Road
- Turn Right on 1779 (Blue) to Queensboro Road Aid

This section retraces the route of the British Army as they marched to take over Ft. Montgomery. It is mostly flat and downhill with the exception of climbing over The Pines Mountain. Runners will have to watch the leaves and loose rock on the descents.

Aid Station #3 to 1777 AID STATION (2.5 miles):

- Follow woods road to Northwest
- Turn Right onto Red Cross Trail (red), follow to Timp Pass
- Go Straight on Timp Pass Road follow to 1777 Aid Station

This section is challenging, with several climbs, including the hardest up to the Timp Pass. The Timp Pass Road descending from the Pass turns very rocky.

Aid Station #4 to FINISH (2.8 miles):

- Turn Left onto 1777
- Turn Right onto Ski Trail
- Merge back with 1777E to Finish

Two smaller climbs await you on your way to the finish, so leave something in the tank.

IMPORTANT COURSE INFORMATION

- Your race bib must be worn on the front of your body outside of your clothing so that it is visible.
- If you are unable to finish the course, please notify event staff at the nearest aid station that you will not be continuing on the race course. The race staff will then notify the race director and arrange transportation if needed.
- If you see a potentially injured runner on course, please get the runner's bib number and report the situation to the aid station captain at the following aid station.

AID STATION MENU



Nestle

Energy Gels
Electrolyte Hydration
Water

GEAR CHECK

FINISH LINE GEAR BAGS

- Runners will be able to leave bags at the Finish in the Gear Check tent.
- Finish Line gear bags must be tagged with the perforated tag located at the bottom of your race bib.
- Race staff will assist with adhering the tag to your bag if needed.
- Gear bags cannot exceed 10 pounds.
- Overweight or bulky bags will not be accepted.
- Coolers will not be accepted.
- Runners may only drop one bag at the Finish.
- Gear bags will not be refrigerated.
- Unmarked bags will be available at the Gear Check Area and can be retrieved with description.
- The North Face and Endurance Challenge are not responsible for lost or stolen gear bags or property.
- Gear bags could be exposed to the elements. Contents should be weatherproofed.
- Gear bags are subject to search by race staff if necessary.
- Gear bags will be available for pickup at the Finish Festival until Sunday at 12:30 p.m.**
- Gear bags not picked up at the Finish Festival will be available at The North Face - UPTOWN store from Tuesday to Monday.**
- Gear bags WILL NOT be mailed.
- All unclaimed gear bags will be disposed of at the end of the week.



COURSE MARKING

RIBBON MARKINGS

- Each distance will follow a unique color of marking that corresponds to the participant's bib color.
- Any time runners do not see their race color among the ribbons hung on the trails, they should take it as an indication that they are no longer on their race course. They should return to the last place they saw ribbon matching their race.
- For portions of the course that will be impacted before sunrise or after sunset, reflective tape and/or glow sticks will be placed alongside course markings.

FLAG MARKINGS

- As needed, ribbon markings will be replaced by flag markings.

SIGN MARKINGS

- All Endurance Challenge racers will follow the white directional signage arrows on-course.
- In the event that the course is marked with a colored arrow instead of a white arrow, runners should follow the sign color that corresponds to the color of their race bib.
- Locations where this may occur include when the race distances split and at trail intersections.

AID STATION SIGNAGE

- At each aid station, runners will find a sign featuring the current mileage and the distance to the next aid station (see bottom image).

RUNNING WITH GPS WATCHES

We understand that runners will be equipped with a wide variety of GPS watches. These watches should only be used as a guide for measuring your distance throughout your respective trail race. Please be cautioned that satellite reception, tree coverage and other factors will impact the accuracy of the distance displayed on your watch and that the distance of your course will vary depending on the type/model you wear.

SAMPLE MARKINGS



CREW INFORMATION

CREW INSTRUCTIONS

- A crew member is defined as any individual who provides material support to a runner during The North Face Endurance Challenge event
- Crews must follow all rules and regulations set forth by The North Face Endurance Challenge
- Crew members must comply with all instructions from event staff and volunteers at all times
- Failure to comply will result in disqualification of the runner

RULES FOR CREW

- Crew access is only permitted at designated aid station locations (see pace chart and map)
- Crews must check-in with the aid station captain for direction on where to assist runners
- Crews may only assist runners within a **100 foot** radius of the designated aid stations
- A traffic cone will signify the allowable parameters for crew assistance
- Crews are limited to one vehicle per runner at designated aid stations
- No smoking is allowed at any of the aid stations
- Littering of any kind is strictly prohibited
- Runners are responsible for the actions of their crew

CREW ACCESSIBLE LOCATIONS (see pace chart for milage)

- Anthony Wayne Aid Station

CREW TRANSPORTATION

- Shuttles are provided for crew to designated aid stations:
 - Continuous shuttle from Start/Finish to Anthony Wayne Recreation Area
6:30 a.m. until 12:30 p.m.

**** Anthony Wayne Recreation Area is the designated event parking area and is adjacent to the aid station.**

- Vehicles parked at aid stations not designated as accessible aid stations may be ticketed and/or towed by park officials
- **SEE COURSES MAP FOR PARKING AVAILABILITY**

SPECTATOR INFORMATION

SPECTATOR INSTRUCTIONS

- Spectators must follow all rules and regulations set forth by The North Face Endurance Challenge
- Spectators must comply with all instructions from event staff and volunteers at all times
- Failure to comply will result in disqualification of the runner

RULES FOR SPECTATORS

- Spectator access is only permitted at designated aid station locations (see pace chart and map)
- No smoking is allowed at any of the aid stations
- Littering of any kind is strictly prohibited
- Runners are responsible for the actions of their spectators

SPECTATOR ACCESSIBLE LOCATIONS (see pace chart for milage)

- Anthony Wayne Aid Station

SPECTATOR TRANSPORTATION

- Shuttles are provided for crew to designated aid stations:
 - Continuous shuttle from Start/Finish to Anthony Wayne Recreation Area
6:30 a.m. until 12:30 p.m.

**** Anthony Wayne Recreation Area is the designated event parking area and is adjacent to the aid station.**

- Vehicles parked at aid stations not designated as accessible aid stations may be ticketed and/or towed by park officials
- **SEE COURSES MAP FOR PARKING AVAILABILITY**