

TRANSCENDENCE 12-HOUR ULTRA ENDURANCE CHALLENGE RACE INFORMATION

PACKET PICK-UP: **SATURDAY, 4-6PM AT MARATHON PARK.
SUNDAY, 5-5:45AM AT MARATHON PARK.
NOTE: IF YOU CAN PICK UP YOUR PACKET ON
SATURDAY, WE WOULD APPRECIATE IT**

PRE-RACE BRIEFING: **5:55 AM. ALL RUNNERS MUST BE PRESENT.**

WHAT: **12-HOUR ULTRA-ENDURANCE RUN. CERTIFIED COURSE
AROUND CAPITAL LAKE IN DOWNTOWN OLYMPIA,
WASHINGTON. START/FINISH AT MARATHON PARK.
COURSE DISTANCE: 1.5239 MILE COURSE. USATF
SANCTIONED EVENT. YOU MUST STAY ON THE FOOT
PATH AND/OR THE SIDEWALK AT ALL TIMES. RUNNING
ON THE ROAD IS PROHIBITED AND WILL RESULT IN
DISQUALIFICATION. RACE COURSE WILL BE CLEARLY
MARKED BY ORANGE FLAGS.**

RULES: **FAILURE TO FOLLOW THE RULES WILL RESULT IN
DISQUALIFICATION.**

- **RACE NUMBERS MUST BE VISIBLE AT ALL TIMES AND
WORN ON THE FRONT OF THE YOUR CLOTHING.**
- **RACE WILL BEGIN PROMPTLY AT 6 AM. ALL RACERS
ARE EXPECTED TO BE WEARING THEIR NUMBERS
AND BE AT THE STARTING LINE BY 5:55 FOR PRE-
RACE ANNOUNCEMENTS.**
- **BIB NUMBER MUST BE WORN AND VISIBLE AT ALL
TIMES, ONCE YOUR BIB IS REMOVED YOU MAY NOT
RE-ENTER THE RACE. A RACE OFFICIAL MUST BE
NOTIFIED OF YOUR INTENTION TO EXIT THE RACE
EARLY, SHOULD YOU NOT WISH TO COMPETE THE
ENTIRE 12 HOURS.**
- **RUNNERS NEED TO BE AWARE THAT ONLY FULL LAPS
WILL COUNT AT THE END. YOU ARE ENCOURAGED TO
TRY AND SNEAK ONE FINAL LAP IN IF YOUR LEGS
WILL LET YOU, BUT IF YOU CROSS THE FINISH LINE
AT 6:00:01, THAT LAP WILL NOT COUNT.**
- **THE SAFETY OF EACH PARTICIPANT IS OF UTMOST
IMPORTANCE. THE RACE DIRECTOR AND/OR
MEDICAL DIRECTOR RESERVES THE RIGHT TO
DISCONTINUE ANY COMPETITOR'S RACE AT ANY
TIME FOR ANY REASON.**
- **PACERS WILL BE ALLOWED UNLESS OTHERWISE
INDICATED (CAUSING COURSE CONGESTIONS, ETC.)
BY THE RACE DIRECTOR. IT WILL BE YOUR (AND
YOUR PACERS) RESPONSIBILITY TO ENSURE THAT
YOU ARE NOT IMPACTING THE RACE OF OTHER
RUNNERS.**

- **PARTICIPANTS DO NOT HAVE THE RIGHT OF WAY. THE RACE COURSE WILL BE OPEN TO PEDESTRIANS AND OTHER RECREATIONAL RUNNERS. PLEASE GIVE A COURTEOUS AND AUDIBLE SIGNAL OF YOUR INTENTION TO PASS PARK PATRONS.**
- **PLEASE, NO LITTERING. MULTIPLE TRASH ARE AVAILABLE AROUND THE ENTIRE COURSE. THIS IS A CARRY IN/ CARRY OUT PARK AND RACE STAFF WILL BE RESPONSIBLE FOR FINAL CLEAN-UP.**
- **RACE STAFF AND VOLUNTEERS ARE NOT RESPONSIBLE FOR LOST / STOLEN BELONGINGS.**
- **PARTICIPANTS IN THIS RACE ARE REQUIRED TO BE AGE 18 OR OLDER AND PARTICIPANTS NEED TO AGREE TO THE RACE WAIVER ON OR AFTER THEIR 18TH BIRTHDAY**
- **ONCE REGISTERED, REFUNDS WILL NOT BE GIVEN IF A PARTICIPANT IS UNABLE TO RACE.**

AID STATIONS:

YES. THERE WILL BE AID AT THE START/FINISH AREA. WE WILL HAVE FOOD, BEVERAGES, ICE BATHS, ETC. OUR AID STATION WILL BE BOUNTIFUL, HOWEVER, YOU SHOULD NOT RELY SOLELY ON THE AID STATIONS FOR YOUR DAY'S NUTRITION/HYDRATION NEEDS.

THREE 'STATIONS' WILL BE SET UP FOR YOU AND WILL BE MARKED AS FOLLOWS:

1. **CREATURE COMFORTS – THIS STATION WILL HAVE VASELINE, SUNSCREEN, BAND-AIDS, AND ICE BATHS FOR YOUR FEET. WE WILL HAVE A FEW CHAIRS, TOO.**
2. **GOOD GRUB – THIS STATION WILL HAVE FOOD AND HYDRATION OPTIONS. THIS WILL INCLUDE: COOKIES, PB&J SANDWICHES, BANANAS, ORANGES, POTATO CHIPS, PRETZELS, POTATOES, CHICKEN SOUP, SPORTS GELS, WATER, SPORTS DRINKS.**
3. **EXTRA STUFF – THIS IS WHERE YOU PUT YOUR DROP BAGS. DROP BAGS CAN CONTAIN EXTRA SHOES, CHANGES OF CLOTHES, EXTRA FOOD AND HYDRATION NEEDS. NOTE: THIS 'STUFF' MAY NOT BE STORED IN YOUR VEHICLE. IF YOU LEAVE THE RACE COURSE AT ANY TIME, YOU WILL BE DISQUALIFIED.**

DROP BAGS:

THERE WILL BE A DESIGNATED AREA (EXTRA STUFF) FOR YOUR DROP BAG IN THE START/FINISH AREA. THIS IS WHERE YOU MUST STORE EXTRA CLOTHING, FOOD, HYDRATION, ETC. YOU WILL BE DISQUALIFIED IF YOU LEAVE THE COURSE AT ANY TIME DURING THE EVENT. PLEASE BE SURE YOUR BAGS ARE CLEARLY MARKED WITH YOUR LAST NAME AND YOUR BIB NUMBER.

DRIVING:

FROM I-5 NORTH - EXIT 105 TO STATE CAPITOL / CITY CENTER. RAMP WILL CONTINUE AS 14TH. CONTINUE THROUGH LIGHT & TUNNEL (CAPITOL BLDG STRAIGHT AHEAD). RIGHT ON CAPITOL WAY S. TO DOWNTOWN.

LEFT ON 5TH AVE SW (OK TO TURN LEFT ON SUNDAYS. CONTINUE ON 5TH. CAPITOL LAKE IS ON YOUR LEFT. TURN LEFT ONTO DESCHUTES PARKWAY AT FORK. MARATHON PARK WILL BE 1 MILE FURTHER ON DESCHUTES ON YOUR LEFT. PARKING AVAILABLE IN THE LOT AND ALONG DESCHUTES PARKWAY.

FROM I-5 SOUTH - EXIT 103 (DESCHUTES WAY). AT STOP SIGN GO STRAIGHT. STRAIGHT AT NEXT STOP SIGN. CONTINUE ON DESCHUTES WAY UNDERNEATH I-5. DESCHUTES WAY BECOMES DESCHUTES PARKWAY. MARATHON PARK WILL BE 1 MILE FURTHER ON DESCHUTES ON YOUR RIGHT.

FROM 101 S - EXIT STATE CAPITOL / CITY CENTER. AT EXIT FORK STAY LEFT. RAMP WILL CONTINUE AS 14TH. CONTINUE THROUGH LIGHT & TUNNEL (CAPITOL BLDG STRAIGHT AHEAD). RIGHT ON CAPITOL WAY S. TO DOWNTOWN. LEFT ON 5TH AVE SW (OK TO TURN LEFT ON SUNDAYS. CONTINUE ON 5TH. CAPITOL LAKE IS ON YOUR LEFT. TURN LEFT ONTO DESCHUTES PARKWAY AT FORK. MARATHON PARK WILL BE 1 MILE FURTHER ON DESCHUTES ON YOUR LEFT. PARKING AVAILABLE IN THE LOT AND ALONG DESCHUTES PARKWAY.

PARKING: YES. THERE IS SUFFICIENT PARKING AT AND NEAR THE START/FINISH. PARKING LOTS ARE LOCATED AT MARATHON PARK, ACROSS FROM THE PARK, AND ALONG THE STREET THAT PARALLELS THE RACE COURSE.

RESTROOM: YES. THERE IS A RESTROOM AT THE START/FINISH AND MID-WAY THROUGH THE RACE-COURSE.

MAP: YES. AVAILABLE ON THE EVENT WEBSITE. THE ROUTE IS THE 'SMALL LAKE LOOP" AROUND OLYMPIA'S CAPITAL LAKE. THERE IS GRAVEL TRAIL TO RUN ON FOR THE ENTIRE LOOP. YOU CAN ALSO RUN ON SIDEWALKS.

AWARDS: HELL YEAH! FIRST/SECOND/THIRD MALE/FEMALE OPEN. ALL FINISHERS WILL RECEIVE A RACE MEMENTO.

LODGING: A FEW OPTIONS:

RED LION HOTEL OLYMPIA -(360) 943-4000 [HTTP://REDLION.RDLN.COM/](http://redlion.rdln.com/)

PHOENIX INN & SUITES - (360) 570-0555 [WWW.PHOENIXINN.COM](http://www.phoenixinn.com)

CAPITOL PLAZA HOTEL - (800) 367-7771| [CAPITOLPLAZAOLYMPIA.COM](http://capitolplazaolympia.com)

QUALITY INN -(360) 943-4710
[HTTP://WWW.QUALITYINN.COM/HOTEL-OLYMPIA-WASHINGTON-WA130?PROMO=GGLOCAL](http://www.qualityinn.com/hotel-olympia-washington-wa130?promo=gglocal)

GOVENOR HOTEL - (360) 352-7700
[WWW.OLYWAGOV.COM](http://www.olywagov.com)

CAMPING:

NO. THERE IS NO CAMPING AT OR NEAR THE START/FINISH. THERE ARE CAMPING OPTIONS AVAILABLE OUTSIDE OF OLYMPIA AT MILLERSYLVANIA STATE PARK (APPROX. 30 MIN. DRIVE) AND IN CAPITAL FOREST (APPROX. 30 MIN. DRIVE).

RUNNER SAFETY:

12-HOURS IS A LONG TIME TO RUN. YOUR SAFETY IS OUR FIRST PRIORITY. WE HAVE ALERTED OLYMPIA'S FIRE DEPARTMENT/PARAMEDICS. ALL OF THEIR STATIONS ARE WITHIN MINUTES OF THE START/FINISH. WE WILL PROVIDE ABUNDANT FOOD/DRINKS AT THE AID STATION. WE WILL HAVE MULTIPLE ICE-BATH STATIONS AND TENTS FOR SHADE AT THE START/FINISH. THAT SAID... YOU ARE ULTIMATELY RESPONSIBLE FOR KNOWING YOUR BODY, KNOWING YOUR LIMITS AND MAKING THE RIGHT DECISIONS AT THE RIGHT TIME. YOU NEED TO ENSURE THAT YOU HAVE SUFFICIENT NUTRITION/LIQUIDS ON THE COURSE. DO NOT RELY SOLELY ON THE AID STATIONS. RUNNING IS FUNNING WHEN EVERYONE WEARS THEIR GROWN-UP SHORTS AND TAKES PERSONAL RESPONSIBILITY FOR THEIR HEALTH AND SAFETY. WE WILL DO ABSOLUTELY EVERYTHING WE CAN TO HELP.