

2027 Runner Manual

Friday, August 13th at 12:00pm–Tuesday, August 17th at 11:00 PM
107 hour cut off (4 days, 11 hours)

Check back for the most recent run details and event changes stemming from weather and permitting conditions.

Please join our Facebook group for run updates: Bigfoot 200 Running Group

Recent Updates/Changes to Runner Manual

Added link to wag bag instructional video: How to use a wag bag on trial and with a Lug a Loo

BIGFOOT 200 INTRODUCTION

Welcome to the Bigfoot 200 Endurance Run

The Bigfoot 200 is the first ever point to point 200+ mile race in the United States (The Tahoe 200 was the first single loop 200 mile race). The Bigfoot 200 is completely original from start to finish. Runners will explore such varied terrain as the otherworldly Volcanic Mount St. Helens (erupted in 1980), long mountaintop ridgelines with stunning forest, mountain and lake views, deep old growth forests as green and thick as a rainforest, misty mountain tops, cross streams on their way to completing this massive, life changing event. They might even see a Bigfoot or two… it's been known to happen in these areas.

A Run, Not a Race

This event is considered an "Endurance Run." As such it is not considered a competitive event but rather a life accomplishment. We will record finish times and award top finishers, but the accomplishment of the runner is in the experience of the run, not how fast you can finish it. The spirit of the event is captured in the journey.

The Run

This is a non stop event. When the run starts the clock does not stop until 107 hours later. Runners must leave each aid station before the designated cut off to continue.

Course Amenities

Runners will be well supported on their journey with 12 full-aid stations and 6 of the full-aid stations are designated sleep stations conveniently spaced along the journey. All aid stations have Medical and HAM Radio Communications to ensure your safety along the way.

Awards

All finishers get a unique, artist made belt buckle, a finisher's print, and a finisher's glass. The top 3 male and female finishers receive special awards in addition to finisher's awards.

Swag

At check-in all runners receive a variety of swag that may include swag bag, t-shirt, bumper sticker and more.

Bigfoot 200 Calendar:

August 2027

Thursday 12th	**RUNNER CHECK IN DAY** **1:00 PM to 5:00 PM** **1:00 PM to 3:30PM: Runner Check-in** ● **Mandatory Medical Check** – Our medical director and staff will meet with you, ask you some important questions, and answer yours! ● **Mandatory GPS Check-** be prepared to show the official course track on a navigation device and know how to use it. We recommend the Gaia app on your phone. ● **Mandatory Gear Check**- Bring your pack with the mandatory gear for inspection. ● **Mandatory Mugshots –** by our photographers. Every runner will get a mugshot for the run for live tracking, and a photo for the 'before' and 'after' shots. **1:00 PM to 5:00 PM: Drop Bag Drop Off** –5:00 PM is the final cut off for the Destination Trail team to receive drop bags. **4:00 PM to 5:00 PM:** Mandatory Pre Race Meeting for all runners. Crew and Pacers are encouraged to join.
Friday 13th	**6:30 AM** Buses begin loading at White Pass High School. The bus ride to MarbleMount is optional, you may use your own transportation. **7:00 AM** Buses depart. 2.5 hour ride to the Start (MarbleMount) **10:00 AM** ● Final check-in (MarbleMount) for the run to confirm your participation. ● Pick up SPOT devices (MarbleMount) **12:00 PM, Noon** **Bigfoot 200 Endurance Run begins!**
Tuesday 17th	**10:00 PM Awards, photos, celebration & cheering for the final runners.** Snacks, desserts & drinks provided **11:00 PM** Race Cut Off, 107 Hours After Start

Locations:

Race Check In, HQ, Bus Loading Area and the Finish Line are located at:
White Pass High School
516 Silverbrook Rd
Randle, WA 98377

Race Start is located at:
Sno Park: Marble Mountain
NF-83
Cougar, WA 98616

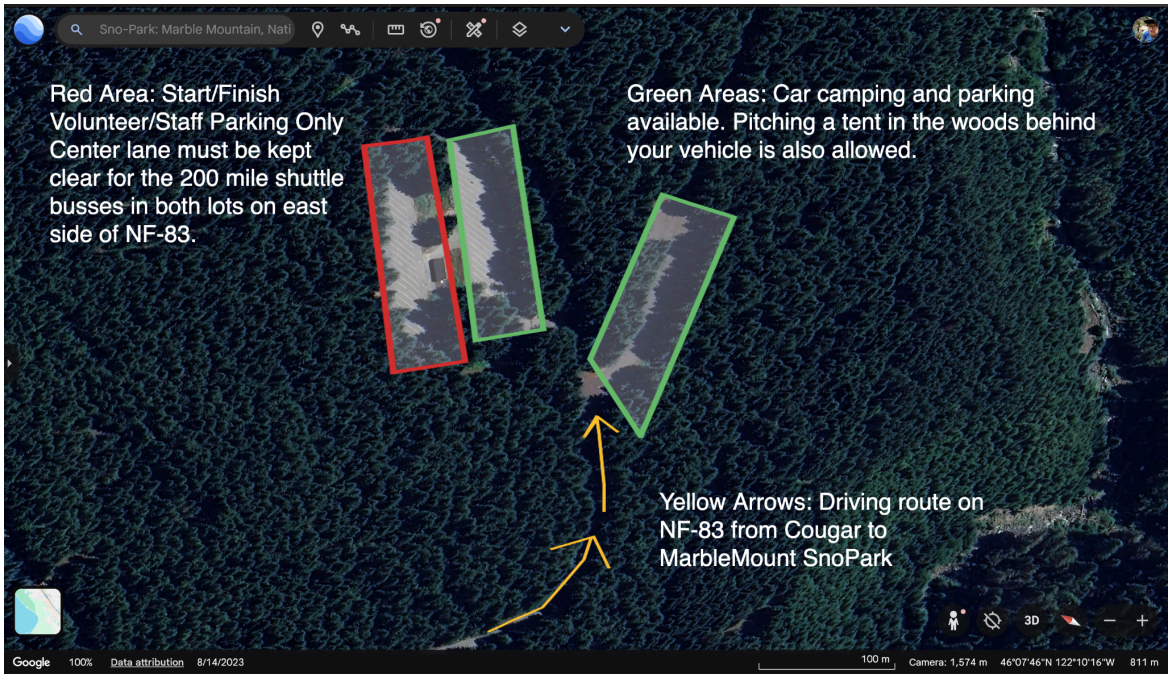
Internet Resources:
Destination Trail:

- Bigfoot 200 Website
- 2027 Official Course Map
- Driving Directions for Gaia or Similar App
- Bigfoot 200 Facebook Running Group
- Bigfoot 200 Live Tracking
- Leave No Trace

Weather and Time - Ephemeris:
Mount Saint Helens Forecast at 3,400 feet/1036 meters.

Parking:
There is free overnight parking during the race and during the day for runner check in.
Parking is located at the Finish: White Pass High School

Map of Parking and Car Camping Area at MarbleMount SnoPark:



ELIGIBILITY

Run Waiver / Graduate Level Event:

The Bigfoot 200 Endurance Run is a graduate level run. Please consider all these factors carefully *before* registering for this event.

Physical & Mental

- This run is not for the faint of heart
- It is a non-stop multi-day event
- It is very physically and mentally demanding
- Runners often experience hallucinations and sleep deprivation

Experience & Preparation

- Runners should have ultra distance experience, fastpacking experience, be properly physically and mentally trained, prepared for heat and cold as temperatures can vary from 30F to 100F, and prepared to carry a heavy pack between aid stations.
- Runners are expected to know what to carry at all times, and to carry extra clothing, food, and water -- even beyond what they think is necessary.
- Runners must carry enough water for each section.

Course & Navigation

- Much of the terrain is rugged and remote. A few of the trails are rarely used.
- Please note that there are very exposed sections, dangerous cliffs, potential for rock fall, wildlife and other hazards throughout the route.
- The course will be marked with reflective ribbons and arrow signs at intersections, overgrown areas and obstacles such as river crossings. Along the route you may encounter sections with little to no markings due to natural causes like weather and animal tampering, human interference or differences in course marking styles.
- This run is inherently dangerous. Runners are expected to be able to navigate in the case that course markers are missing and to have the run's course GPX on them at all times.

Weather

- The Cascade Mountains can exhibit extreme weather: heat through the blast zone, and in the mountains: extreme cold, heavy rain, snow and high winds.

Medical Withdrawal Policy

- During the Event:
    - Any runner who is removed from the race by medical personnel may not volunteer, pace, crew, or otherwise participate in any aspect of the event without explicit approval from the Medical Director. This policy exists to protect the health and safety of all participants and volunteers. When a runner is pulled for medical reasons, it indicates that their condition requires rest, evaluation, or ongoing care. Returning to physical or logistical race duties without clearance could compromise both recovery and overall race safety. The Medical Director will determine if and when it is appropriate for a runner to resume involvement based on the circumstances and medical findings at the time of withdrawal.

- Future Events:
    - Any runner who is withdrawn from a race by medical personnel must obtain medical clearance from the Destination Trail Medical Director before participating in any future Destination Trail event. This policy ensures that any underlying or unresolved medical

issues are appropriately evaluated prior to further participation. The Medical Director may request documentation from a licensed healthcare provider, a summary of treatment or recovery, or other relevant information to determine readiness to return. Approval must be received before registration or lottery placement for the next event, and the decision of the Medical Director is final.

- Destination Trail reserves the right to deny entry or participation based on medical concerns in the interest of participant safety.

Entry Requirements

Age
Runners must be 18 or older on run day.

Pandemic Cautions
During the past few years we have suffered through global pandemic issues with the SARS-CoV2 virus commonly known as Covid-19 and its variants. All persons participating in the Bigfoot 200 Endurance Run, runners, crew, pacers, family and volunteers, must follow health regulations in effect during the run. Please respect others who ask that you wear a mask or use social distancing when near them.

Refund & Transfer Policies

DO NOT REGISTER FOR THIS EVENT IF YOU DO NOT AGREE WITH THESE POLICIES.

Refunds

- We do not offer full refunds. Please keep this in mind before signing up for this event.
- You must email the Destination Trail within specified dates (see below) to get your refund or transfer, if you qualify for one.
- Refunds will be issued via check or Venmo only. If none of these options work a race credit will be issued.

Transfers

- Transfer or refund credit are only applied once, as outlined in our policies.
- Transfers are only good for one calendar year.

Paid in Full

- **For clarity, "Paid in Full" means** those who have paid the entire entry fee and does not apply to payment plans, previous transfers or refunds.
- Any run entries not paid in full will not be eligible for refunds or transfers.

Volunteer Entries

Volunteer entries are good for one calendar year and must be set up in advance with our volunteer coordinator. Email Volunteer@destinationtrailrun.com for more information.

To request removal from the event and a refund or transfer, a runner must email Jess at info@destinationtrailrun.com on or before the dates listed below. You can remove yourself from the event on UltraSignup by logging into your account and going to your registration history, but you must also email us for transfer or refund credit. Runners will not be able to remove themselves from an event on ultrasignup 2 weeks prior to the event.

Policies & Dates of key refund/transfers:

1. **Before April 1**: a 50% refund will be provided OR you can transfer 75% of your fee toward the 2028 race (other years will not be considered) or another Destination Trail 200 mile race - see #10 for more details. Please note that If you end up being unable to run in 2028 you will forfeit your transfer credit.
2. **Between April 1 - May 31:** a 25% refund will be provided OR you may transfer 50% of the entry fees paid to a 2028 race. Transfers are only good for 2028 and cannot be transferred more than once. If you end up being unable to run in 2028 you will forfeit your transfer credit.
3. **Between June 1- June 30:** you may receive a transfer of 25% of the entry fees paid to the 2028 race. Please note that if you end up being unable to run in 2028 you will forfeit your transfer credit.
4. **International refunds (this includes Canada) and Requests to Mail a Check:** Please expect refunds to take longer (up to 30 days). Mailing checks is a flat $25 fee that we will deduct from the refund.
5. **PLEASE DO NOT ASK FOR SPECIAL TREATMENT.** We do not take any special exception requests -- even with doctor's notes. We feel that this is the most fair way to deal with requests.
6. **No refunds after May 31. No transfers after June 30. No exceptions.**
7. No transfers to other runners at any time.

8. Refunds do not include the ultrasignup fee. Ultrasignup is a separate company and a service we use. As such we have no control over refunding their fees.
9. **Transfers to other Destination Trail 200 mile races:** We will allow transfers to our other 200 mile races (Tahoe 200, Moab 240) as long as they follow the guidelines in these policies. If you choose to transfer to another 200 mile race other than the Bigfoot 200, you will be credited your percentage paid based on the dates listed above into a cash credit amount. That credit can then be used toward another 200 mile race of the same year or the following year only. Transfers can only be applied to races that do not have waitlists. If a race is full (sold out) we will not be able to do the transfer.
10. Once you have chosen a refund or transfer as per our policies via email, that choice is binding and cannot be changed. Emails must be **sent** by the dates listed in this policy to be considered. Exceptions will not be made. Emails sent after the cut off date will not be eligible for previous refunds and transfers. Email agreements for refunds or transfers cannot be changed once you choose one option or the other (assuming you are eligible for a refund or transfer). Please consider this before deciding what option you would like.
11. **How long does a refund take?** Expect your refund to take up to 2 weeks, sometimes it takes longer. International refunds can be up to 4 weeks. If we are on site for a race when you email about a refund/transfer please expect a longer delay. If we miss your email, please let us know! Sometimes we miss emails and a reminder is helpful. Please email Jess about race refunds/transfers/credits:info@destinationtrailrun.com
12. Race reserves the right to deny any refunds/transfers at their discretion.
13. Please inquire about a volunteer-trade for race entry if you are interested in additional race credit at: volunteer@destinationtrailrun.com

Run cancellation: The Bigfoot 200 reserves the right to cancel the run based on unforeseen circumstances and “Acts of God”: (1) Extreme snow pack. (2) Extreme weather during the event. (3) Extreme fire danger or active fires on or near the racecourse. (4) Other extreme conditions. (5) Unforeseen circumstances that make directing the race impossible. In the case of cancellation, race entries will not be refunded. If the race is canceled due to fires or fire danger there will be no refunds. Transfers in the case of a race cancellation will be at the discretion of the race and depend on timing. If cancellation due to one of these “acts of god” occurs after all the refund and transfer deadlines are past, no refund or transfer will be applied.

Payment Plans

- We encourage you to pay the full entry fee whenever possible.
- Payment plans are available but must be set up before you register for the lottery/run. There is a $100 payment plan fee. Please do not ask for a payment plan if you don’t need one. We want to continue to offer this option for people who cannot afford the run.
- Payment plans are at the discretion of the Race Director. To apply for a payment plan please email Jess at info@destinationtrailrun.com
- Any initial down payment and fees are non-refundable. Refunds for payment plans follow the same guidelines as other refunds with the refund amount only going toward what has been paid after the initial down payment.

Payment plans details

- Payment plans begin with a down payment of $995 + $100 payment plan fee for a total of $1,095.00
- Down payments are made when you register on UltraSignup.
- The payment plan fee covers the fees payment site, square.com, takes out of monthly payments.
- 3 payments of $200 at 30 days, 60 days and 90 days after the initial payment. Monthly payments are made via square.com.
- We will send you details after you register and you will receive an invoice email every 30 days.
- Please note that down payments and payment plan fees are non-refundable, no exceptions.

Terms of Payment Plans

- Refunds are based on our general refund policy (see below) but no refunds of down payment or payment plan fee will be given.
- Payments made more than 30 days late may be subject to an additional $50 fee per month. If payments are more than 60 days late and/or not paid within 14 days of the run, the runner may be removed from the event and no refunds or transfers will be given. Refunds and transfers are not granted to any payment plan runners unless the entry fee is fully paid for and the request is made within the timeframe of transfers/refunds.

RULES OF CONDUCT

In addition to any previously mentioned rules, please follow these rules or you may be disqualified:

1. **Minimum Runner Age**
    - Runners must be 18 years of age or older on run day to start the run.
    - We will not make any exceptions to this rule.
2. **Endurance Run**
    - This event is considered an “Endurance Run.” As such it is not considered a competitive event but rather a life accomplishment. We record finish times and award top finishers, but the accomplishment of the runner is in the experience of the run, not how fast you can finish it. The spirit of the event is captured in the journey.
3. **Sportsmanship/Respect**
    - We require that all runners treat the trails, our volunteers, and other runners and trail users with respect and kindness.
    - Poor sportsmanship and disrespect for our volunteers or other trail users can be grounds for disqualification.
4. **Runner Gear**
    - Runners must carry their own mandatory and recommended gear during the run. No pacer or other runner may mule your stuff for you.
5. **Mandatory Gear**
    - Runners must be in possession of and carry their mandatory gear at all times.
    - Mandatory Gear checks will be conducted randomly during the event
    - Runners who do not have the mandatory gear will be disqualified or given a time penalty
6. **SPOT Tracker (SPOT included with registration)**
    - Runners must leave the SPOT device on their pack and with them at all times
    - Resetting, replacing or otherwise adjusting the SPOT is to be done only by authorized Aid Station Personnel.
    - Runners must turn in the SPOT when finishing the run or when quitting.
7. **Personal Sanitation**
    - **You may not just poo anywhere**. Please use our portable toilets, lugaloos, or campground toilets. While on the trail runners must use wag bags for human waste and toiletries. Used wag bags can be disposed of at the aid stations. Anyone who does not follow these rules will be disqualified. We have a no tolerance policy for poo or wipes left on the loose!

- If you allow your crew or pacer to violate these rules, you will be disqualified.
- Littering by leaving garbage, toilet paper, wipes, waste or other trash will not be tolerated and will be cause for disqualification.
- Garbage and other waste may only be left in trash receptacles and must be carried by runners between aid stations.

8. Medical Disqualification

- A runner requiring an IV during the event is automatically disqualified. IVs are not allowed for runners in the event.
- A runner requiring the use of emergency medical service (EMS) or search and rescue (SAR) is automatically disqualified.
- A runner refusing the advice of SAR or EMS is automatically disqualified.

9. Course Route

- Runners must follow the assigned course
- No cutting of the course in any way
- Runners may not leave the course for any reason. The only exception is for a medical examination. This must be arranged with Race Officials prior to leaving the course. If a runner leaves the course for an approved medical check and is given the ok to continue running they must return to the same point which they left the course to continue.
- Destination Trail may change the course for runner safety, possibly mid race if weather or conditions dictate it.

10. Progress on the Course

- Runners must complete the entire course on foot, without the aid of motors, bikes, or any other mechanized or non-mechanized aid.
- Runners are not allowed to ride in cars or take other means of transportation at any time other than their own human power. They may sleep in crew cars at aid stations, just not be transported.

11. Pacers

- Runners may have a pacer beginning at Coldwater Lake and onward.
- Pacers will be required to have a Pacer Bib.
- Pacers must carry their own mandatory gear - same as the mandatory gear for runners
- Runners may pick up a pacer only at aid stations allowing pacer access
- You may have different pacers throughout, but only one pacer at a time.
- Pacers not following the rules will disqualify their runner
- Runners may not abandon a pacer unable to keep up – Runners will accompany the pacer to the next aid station
- Runners should keep these rules in mind when choosing or accepting pacers

12. Time Penalties

- Penalties may be given if Destination Trail decides that a runner, the runner's crew or pacer has acted in a way that is unsportsmanlike, or if a runner breaks a rule in such a way as to warrant a time penalty, a time penalty being a lesser punishment than a full disqualification.
- This decision is at the full discretion of the Destination Trail and will be made carefully. If a runner receives a time penalty during the run they will not be eligible to receive any top 3 award or top 3 placement in the timing results, even if their finish places them in the top 3. If this happens, they will be marked as finishing a minimum of 10 minutes after the 3rd place runner of their gender in the results regardless of the actual time penalty.

13. Did Not Finish (DNF)

A DNF is not a penalty of any kind, rather an acknowledgement that the runner started but had to stop the run for whatever reason before reaching the finish line. In contrast, a DQ is a penalty and is given as a result of rules being broken, unsportsmanlike behavior or endangering others and can be given as a result of a person's crew or pacer's actions.
A "DNF" will be given to any runner

- Finishing after the cut off time for the Bigfoot 200
- Choosing, by their own admission, to quit the run before finishing the entire course

- Missing an Aid Station cut off time (not leaving station before the cut off time)
- Returning to your crew at an aid station after the aid station cut off time
- Arriving at an aid station AT the cut off time
- Missing a time cut off
- Advised by the medical team or Destination Trail that they may not continue due to a medical issue including but not limited to:
    1. Any issue that requires hospitalization or is deemed as being grave enough to require hospitalization whether or not runner does indeed seek medical help
    2. Extreme hallucinations or losing touch with reality
    3. Medical issues may be physical or mental as a long endurance run like this can cause breakdown of both the body and the mind.
- Buckles are only awarded to finishes within the course cut off time. DNF runners are not eligible for a buckle.
- Unofficial Finish – Runners may receive an unofficial finish if they leave the last aid station at or before the cut off time but arrive at the finish past the cut off time. Unofficial finishes will receive a finisher print and glass but will not receive a buckle.

14. **Full Disqualification (DQ)**

Runners and their crew are expected to act in a way that maintains and enhances the reputation of the event. DQ is at the discretion of the Destination Trail and will be made after careful consideration of facts.

A DQ is very rare but may be given if a runner, their crew or pacer:

- Blatantly breaks a rule of the run
- Breaks the law
- Endangers anyone in the run
- Endangers any other citizens or trail user
- Endangers the Run's permitting
- Cheats in any form
- Meets with their runner at any place on the course aside from a crew access aid station within the cut off time for that aid station
- A runner interacts with their crew before checking into an aid station or after checking out of an aid station
- Takes outside aid between aid stations
- Refuses to drop from the run when directed (may also result in being banned from other runs.)
- Skips part of the course

15. Responsibility for Crew and Pacers

- Lastly, and most importantly, a runner is 100% responsible for their CREW and PACER(S) and the way the crew and pacer(s) act on course and between aid stations. Nearly all the problems that arise in the run are due to crew breaking rules. Most common issues are crew leaving trash, food, feces, or toilet paper, parking off road on delicate plants/terrain, blocking road/emergency access or access of other trail users, crewing a runner outside of aid stations or at no-crew locations, driving too fast for roads, or not following Leave No Trace rules. We want to continue to allow crewing.
- Runners' responsibilities include educating your crew and pacers carefully, and choosing them even more carefully. They will represent you and thus represent the entire event. The way your crew interacts with and treats our volunteers, staff, locals and other trail users is important. We expect only the most professional, kind and courteous crew.
- Please note that neither crew nor pacer is mandatory or needed to complete this event. Many runners successfully complete the event without pacers or crew.

RULES OF CONDUCT – CREW

Runners will make sure their crew has a copy of the Runner Manual and understands the rules. Crew will disqualify their runners if they do not follow these rules.

1. **Who Is Considered Crew?**
    - Runner support personnel
    - Pacers not actively pacing a runner
    - Professional videographers and photographers
2. **Crew Conduct**
    - Crew contact with runners is permitted only at crew access stations.
    - Crew are allowed only at crew access aid stations.
    - Crew contact with a runner after station cut off time earns the runner a DNF.
    - Crew must leave when the runner leaves the aid station.
    - Crew may not camp out overnight at an aid station
    - Crew must supply their own food and beverages – aid station supplies are reserved for runners and volunteers
    - Food and beverages at the finish line are for runners only
    - At the award celebration all runners, family, crew, and pacers eat for free
    - Crew will respect and follow the rules of the run, and all rules and direction from Aid Station Captains.
    - Crew will be respectful and nice to the volunteers.
3. **Parking At Crew Access Aid Stations**
    - Parking is very limited. Use Live tracking to time your arrival within 30 minutes of runner arrival to the best of your ability. Crew must leave once their runner has left the aid station.
    - Only one crew vehicle per runner
    - Crew must exercise care to park only in legal or designated parking spaces, or the side of road when permitted.
    - Crew must not park off road on flora and fauna. Plant and animal life in this area is very sensitive –we cannot allow parking off road. This may mean parking some distance from the aid station; please plan for this.
    - Each crew vehicle must have and display the Bigfoot 200 Crew Vehicle Access Pass to park at an aid station. Passes are available at runner check-in.
4. **Sleep Aid Stations**
    - Tents & cots are only for registered runners.
    - Crew will supply sleep amenities for their runner's pacer when required.
5. **Waste Management**
    - Crew must follow Leave No Trace principles.
    - Crew must dispose of all their own trash. Aid station and logistics staff, and volunteers already have a lot of trash to transport.
    - Crew must take out what they take in.
6. **Crew Contact with runner between aid stations is permitted ONLY if the runner is a DNF**

RULES OF CONDUCT – PACERS

We encourage friends, family, and the running community to get involved in the run by pacing. Pacers can be very helpful to runners.
Pacers can also disqualify their runners if they do not follow these rules.

1. **Pacer Preparation**
    - Pacer is responsible to read and understand the Bigfoot 200 Endurance Run website
    - Pacer is responsible to read and understand the *Runners' Manual*
    - Pacer is obligated to follow the same rules as runners

2. **Why A Pacer**
    - Pacers are for runner safety and company only, not for giving aid or to gain an advantage over another runner
    - In an emergency situation, a Pacer may share food or water, but the Runner will be disqualified.
3. **Who Is Considered A Pacer?**
    - Pacers are considered pacers only when actively pacing a runner
    - Pacers are considered crew when not actively associated with a runner, and must follow the rules of conduct for crew.
4. **Mandatory Gear**
    - Pacers must carry the mandatory gear that is required for runners
    - Pacers should also have GPX navigation capabilities for themselves
    - Pacers must wear a Pacer bib available at runner check-in or at an aid station
5. **Pacer Conduct**
    - Whether classified as a pacer or as crew (waiting for a pacing opportunity) pacers are subject to follow the same conduct practices as crew
    - A runner may not have more than one pacer at a time
    - Pacers must leave when the runner leaves the aid station.
    - Pacers may not ‘mule’ their runner’s gear, food or water
    - Pacers, only actively pacing a runner, may eat at aid stations
    - Food and beverages at the finish line are for runners only
    - At the award celebration all runners, family, crew, and pacers eat for free
    - Pacers will respect and follow the rules of the run, and all rules and direction from Aid Station Captains.
    - Pacers will be respectful and nice to the volunteers.
    - Pacers will respect aid station cut off times
6. **Pacer Access To The Course**
    - The run does not keep track of pacers – runners are responsible for their pacer
    - Runner is responsible to provide to the pacer travel directions to aid stations
    - Pacing will begin at Elk Pass
    - Pacers must be on foot – bikes or other motorized or non-motorized assistance is not allowed
    - Pacers may access the course only at Crew Access Aid Stations
    - Pacers may not meet a runner between aid stations for pacing –violation is a runner DQ
    - Pacers unable to keep up with their runner must stop at the next aid station
7. **Sleep Aid Stations**
    - Sleeping accommodations are for registered runners only
    - Runner crews are responsible to provide amenities for pacers.
8. **Sanitation & Waste Management**
    - Pacers must use wag bags for human waste and toiletries. Used wag bags can be disposed of at the aid stations..
    - Pacers must dispose of all their own trash. Aid station and logistics staff, and volunteers already have a lot of trash to transport.
    - Pacers must take out what they take in.

Crew and Pacer Access to Aid Stations

Please note that no traditional RVs are allowed or vehicles over 20' long/8.5 ft wide at any Aid Stations for Tahoe 200, Bigfoot 200 and the Moab 240. Trailers are not allowed. Your crew vehicle must fit within one standard parking space. A standard parking spot is no longer than 20' in length and 8.5' wide. Crew vehicles longer and wider than this are not allowed. If a runner's crew shows up with a larger vehicle they will be asked to leave.

Choosing a Crew Vehicle

IMPORTANT: Many aid stations are remote and we recommend having a vehicle that is small enough to turn around on a single way road. No crew vehicles may be over 20' long or 8.5' wide. No RVs - unless they fit 8.5' wide by 20' long. No trailers no matter the length. If you have a van that fits that measurement, that is fine. All vehicles must be parked legally and allow the flow of traffic on roads. If you cannot park without affecting the flow of traffic, you must park farther away - as far as it takes to park legally and safely from the station and walk in. Keep in mind a crew can disqualify their runner and it is important that you do not impede traffic, park illegally, park on vegetation or park beyond race signs designating "no parking" or "no crew vehicles". Please use common sense! Crew vehicles must have a crew parking pass in the front window. No exceptions. Only 1 crew vehicle allowed per runner, again no exceptions. You will be given one crew parking pass when you check in for the race on Thursday. You will not be given any additional passes. Please bring a tire repair kit or a spare tire.

Rules for Crew Parking at Aid Stations:

1. There is no camping at Aid Stations, this applies to all crew and crew vehicle types.
2. Crew are to use the Live Runner Tracking to time their arrival no more than a half hour before their runner arrives.
3. Once a crew's runner has left the Aid Station the Crew must also leave.
4. Crew is to follow all posted parking guidelines and follow any instructions given by the Aid Station Captain.
5. Crew that do not follow these rules risk disqualifying their runner.

Do You Need a Crew/Pacer?

No. Many, including international runners, participate in our 200+ mile runs without crew or pacers. Our aid stations are well stocked and designed to cater to runners without pacers or crew. Each runner will be well taken care of.

DROP BAGS

Drop bags are optional. Runners may choose not to have drop bags or may choose some locations and not others.

If you choose to use drop bags, we will do our best to care for your bag and get it to each location. Drop bags may be lost, mishandled, or not make it to your specified location. It is very unusual, but in very rare cases vehicles may break down delaying delivery or bags can disappear.

Please do not leave valuables or breakable items in drop bags. If you choose to pack valuable or fragile items, you do so at your own risk.

Last chance to pick up drop bags is Wednesday, August 18th at 9:00am. Any drop bags left at race HQ after 9:00 am will be donated.

Size Limits

- **Maximum Size** – Drop bags should be no larger than 16 inches by 24 inches by 10 inches. Drop bags larger than these dimensions will not be transported.
- **No Coolers**, **Plastic Bins or Other Bins with Lids**
- **Construction** – Please use a bag that is re-closeable and sturdy.
- **Bag Retrieval Alarm –** We suggest that you put an alarm on your phone to remind you to pick up drop bags after the run as we do not mail drop bags

Disclaimer

Destination Trail is not responsible for:

- Your drop bag before, during or after the run
- Its contents and valuables
- Timely delivery to aid stations
- Any damage, misplacement or loss.
- Anything that happens to your drop bag

Labeling Drop Bags

All drop bags must be labeled clearly in bold lettering with the following identification:

- Runner's full name
- Bib number
- Aid station name(s)

Unclaimed Drop Bags

- We do not mail drop bags after the event
- If you drop out of the run, or run really fast and leave early, you may need to drive to the aid stations to personally retrieve your bags. Drop bags will not be returned to the finish line until an aid station has closed. Later aid stations often do not return to the finish line until Tuesday afternoon
- We are unable to transport unclaimed drop bags after the run. If you leave yours at the finish line, due to limited space in our trucks, we will donate them to charity or dispose of items.

Required (Mandatory) Runner Gear to Carry at ALL Times

Due to extremely cold nights, extreme weather and the remoteness of the run we have mandatory gear. Athletes will be checked several times throughout the run for mandatory gear and will be disqualified or penalized if they are not carrying it. Temperatures have dropped as low as 7℉ and -14℃
Pacers are not required to carry a Spot Tracker
Spot Tracker, Bivy and Wag Bag are provided to the runner only. Pacers need to supply their own bivy and wag bag

Clothing	Equipment	Food/Water
Jacket with a Hood	SPOT Tracker (provided by DT)	500 extra calories for emergency only
Gloves	Device with GPX Track of the Course	Water Filter
Hat or Buff	Cell Phone	
Pants (must cover entire legs)	Emergency Bivy (provided by DT)	
Long Sleeve Insulating Layer	Head Lamp or Waist Light	
	Extra Batteries	
	Whistle	
	Wag Bag (1 provided by DT)	

Recommended Gear to Carry at ALL Times

If something were to go wrong during the run this gear will help you be more prepared to help yourself and your fellow runners. Please carry warm clothing at all times!

Clothing	Equipment	Food/Water	Medical/ID
Gaiters	Extra Headlamp	Ability to carry 3 Liters	Personal ID
Sun Hat	Extra Batteries	Extra Calories	Emergency Contacts
Puffy Jacket with Hood	Battery Pack		Card with Allergies/Med Conditions
Neck Gaiter	Toilet Paper		First Aid Kit
	Wipes		Personal Meds
	Zip Locks		Sunscreen

Recommended Gear for Drop Bags

Clothing	Equipment	Food/Water	First Aid/Sanitation
Warm Jacket	Ear Plugs for Sleeping	Favorite Foods	Foot Care Kit
Warm Pants/Tights	Sleeping Bag	Spare Water Bottle	First Aid Kit
Change of Clothing	Poles	Electrolytes	Ibuprofene
Shoes and Socks	Headlamp and Batteries	Caffeine	Prescription Meds
Hat and Gloves	Battery Pack		Wet Wipes
	Charging Cords		Toilet Paper
	Zip Lock Baggies		

AID STATIONS Aid Station Descriptions

Aid station facilities are only for Runners, their Pacers, and Volunteers. Crew must supply their own food, beverages and amenities.

- **Full Aid Stations**
  - **Beverages:** Water, Electrolyte drink, soda, and other drinks,
  - **Foods:** Menu varies by location and aid station "theme" and may include hot food to order, soups, quesadillas, sandwiches, bacon, desserts, breakfast, burgers, wraps, vegetarian/vegan options, fruit, candy, and more.
  - **Medical:** first aid and medical personnel
- **Sleep Stations –** In addition to all Full Aid Station amenities sleeping options are available **Facilities Provided:** Tent space or canopy with camp pads and blankets.
  - **Sleep Limit:** Sleeping is limited to 6 hours.
- **Water Only Stations –** Water Only stations are Self Service (no attendants)

Cellular Telephone Service – Because of the remote nature of most of the course, cellular telephone service will not be readily available.

Crew/Pacer Accessible Aid Stations

- Aid stations in this table are accessible using 2WD vehicles
- Only 1 crew vehicle is allowed at crew access aid stations.
- Please consider carpooling with other crew if you can.
- Pacing is allowed from Coldwater Lake until the finish; however pacers may only start at crew access aid stations.

Aid Station Chart: Type/Drop Bags/Crew/Pacer

Aid Station	Mile	Type	Drop Bag	Crew	Pacer Pick-Up/Drop-Off
Blue Lake	12.2	Full	Yes	No	No
Coldwater Lake	37.4	Full	Yes	Yes	No
Norway Pass	56.1	Sleep	Yes	Yes	No
Elk Pass	67.2	Full	Yes	Yes	Yes
RD 9327	82.2	Sleep	Yes	Yes	Yes
Spencer Butte	93.4	Full	Yes	No	No
Lewis River	101	Sleep	Yes	No	No
Quartz Ridge	118.2	Full	Yes	Yes	Yes
Chain of Lakes	134.4	Sleep	Yes	No	No
Klickitat	151.7	Full	Yes	Yes	Yes
Twin Sisters	171.1	Sleep	Yes	No	No
Owens Creek	187.1	Full	Yes	Yes	Yes
Finish	200.1	Full	Yes	Yes	Yes

Aid Station Chart: Segment Descriptions

Segment	Miles	Gain	Loss	Cumulative Gain	Cumulative Loss	Hours	Pace in MPH
Start to Blue Lake	12.2	3,280	2,743	3,280	2,743	5.5	2.2
Blue Lake to Coldwater Lake	25.2	4,002	4,674	7,282	7,417	16.5	1.5
Coldwater Lake to Norway Pass	18.7	5,105	3,909	12,387	11,326	10	1.8
Norway Pass to Elk Pass	11.1	2,037	1,558	14,424	12,884	5.5	2.0
Elk Pass to RD 9327	15	2,543	3,144	16,967	16,028	8	1.8.
RD 9327 to Spencer Butte	11.2	2,817	2,860	19,784	18,888	6.5	1.7
Spencer Butte to Lewis River	7.6	1,282	2,852	21,066	21,740	4	1.9
Lewis River to Quartz Ridge	17.2	7,347	4,522	28,413	26,262	9.5	1.8
Quartz Ridge to Chain of Lakes	16.2	3,846	4,015	32,259	30,277	7.5	2.6
Chain of Lakes to Klickitat	17.3	3,927	3,900	36,186	34,177	9.5	1.8
Klickitat to Twin Sisters	19.4	4,919	4,987	41,105	39,164	11	1.7
Twin Sisters to Owens Creek	16	2,592	4,760	43,697	43,924	8	2
Owens Creek to Finish	13	385	1,639	44,082	45,563	5.5	2.3
Total	200.1			44,082	45,563	107	1.8

Aid Station Chart: Expected First Runner/Cut Off Times

Aid Station	Mile	EFR Day	EFR Time	Cut Off Day	Cut Off Time
Blue Lake	12.2	Friday	2:00 PM	Friday	5:30 PM
Coldwater Lake	37.4	Friday	6:00 PM	Saturday	10:00 AM
Norway Pass	56.1	Friday	11:00 PM	Saturday	8:00 PM
Elk Pass	67.2	Saturday	1:30 AM	Sunday	1:30 AM
RD 9327	82.2	Saturday	5:00 AM	Sunday	9:30 AM
Spencer Butte	93.4	Saturday	9:00 AM	Sunday	4:00 PM
Lewis River	101	Saturday	11:00 AM	Sunday	8:00 PM
Quartz Ridge	118.2	Saturday	5:00 PM	Monday	5:30 AM
Chain of Lakes	134.4	Saturday	7:00 PM	Monday	1:00 PM
Klickitat	151.7	Saturday	11:00 PM	Monday	10:30 PM
Twin Sisters	171.1	Sunday	4:00 AM	Tuesday	9:30 AM
Owens Creek	187.1	Sunday	7:00 AM	Tuesday	5:30 PM
Finish	200.1	Sunday	9:00 AM	Tuesday	11:00 PM

NEW! Driving Directions On Your GPS!

Shows all driving routes, start, finish, aid stations and nearby gas stations.
Works without cell service. For use with CalTopo, Gaia or similar apps.
Link to CalTopo Map of Driving Routes

Aid Station Coordinates

Location	Coordinates	Crew	Notes
MarbleMount	46.13065, -122.17140	Yes	
Blue Lake	46.16652, -122.26225	No	
Coldwater Lake	46.29147, -122.26700	Yes	
Norway Pass	46.30506, -122.08264	Yes	
Elk Pass	46.28913, -121.96825	Yes	
RD 9327	46.21081, -121.91666	Yes	
Spencer Butte	46.13969, -121.94015	No	
Lewis River	46.17453, -121.86162	No	
Quartz Ridge	46.24179, -121.72967	Yes	
Chain of Lakes	46.29392, -121.59481	Yes	
Klickitat	46.42484, -121.55931	Yes	
Twin Sisters	46.48282, -121.76954	No	
Owens Creek	46.51075, -121.86441	Yes	No crew on Cline RD. Use FR 23 for access

SPOT Devices

Mandatory Spot Devices-Included with Registration

*Use of the SPOT provided by Destination Trail is mandatory. No personal devices will be allowed.

- Runners will pick up their SPOT devices on the day of race at the start line.
- A trained volunteer or staff will attach the SPOT tracker to the runner's backpack or other appropriate gear to ensure proper operation.
- The Spot will already be turned on and verified operable in the tracking system. Once the device is on for a bit no lights will be visible, this is normal and prolongs battery life.
- Only trained aid station personnel are authorized to reset or replace a runner's assigned SPOT.
- Runners who lose their tracker or do not return their tracker by the end of the race will be responsible for any cost to replace the tracker.

Runner Tracking

Safety

All runners' progress and locations are monitored 24 hours a day by the Destination Trail Runner Tracking Team. The Tracking Team works alongside the HAM Radio Comm Team giving communications to all Aid Station locations and Medic 1. This allows for quicker response times in the event of a runner getting off course or a medical situation.

Live Tracking

Family, friends and everyone else can follow the runners as they progress along this 200+ mile course.. Live Tracking is available here: Link Available Race Week
*We will also have a finish line video live stream, please see the live tracking link for that link as well.
*****Live SPOT tracking is not always accurate due to terrain and/or environmental factors. This can cause delays in location updates (generally updated approx every 7 minutes) and jumping to random locations.We do not guarantee devices will work or that the live tracking will work or be accurate. We contract tracking through TrackLeaders and do not have direct control or access of the tracking system therefore we rely on TrackLeaders for this service.

NAVIGATION

Download GPS Tracks (Mandatory)

- All runners are required (pacers are recommended) to have the latest course map loaded onto their phone, GPS watch, handheld GPS or other device.
- At Runner Check In all runners will need to show that they have the GPS tracks and know how to use them.
- Course Map
- Video Tutorial How to put GPX tracks on your IPhone
- Video Tutorial of How to put GPX tracks on your Android Phone

**Please note that mileages and altitudes published in the Runners' Manual are the most accurate. If you measure them on the CalTopo program they will read short even though they are not.

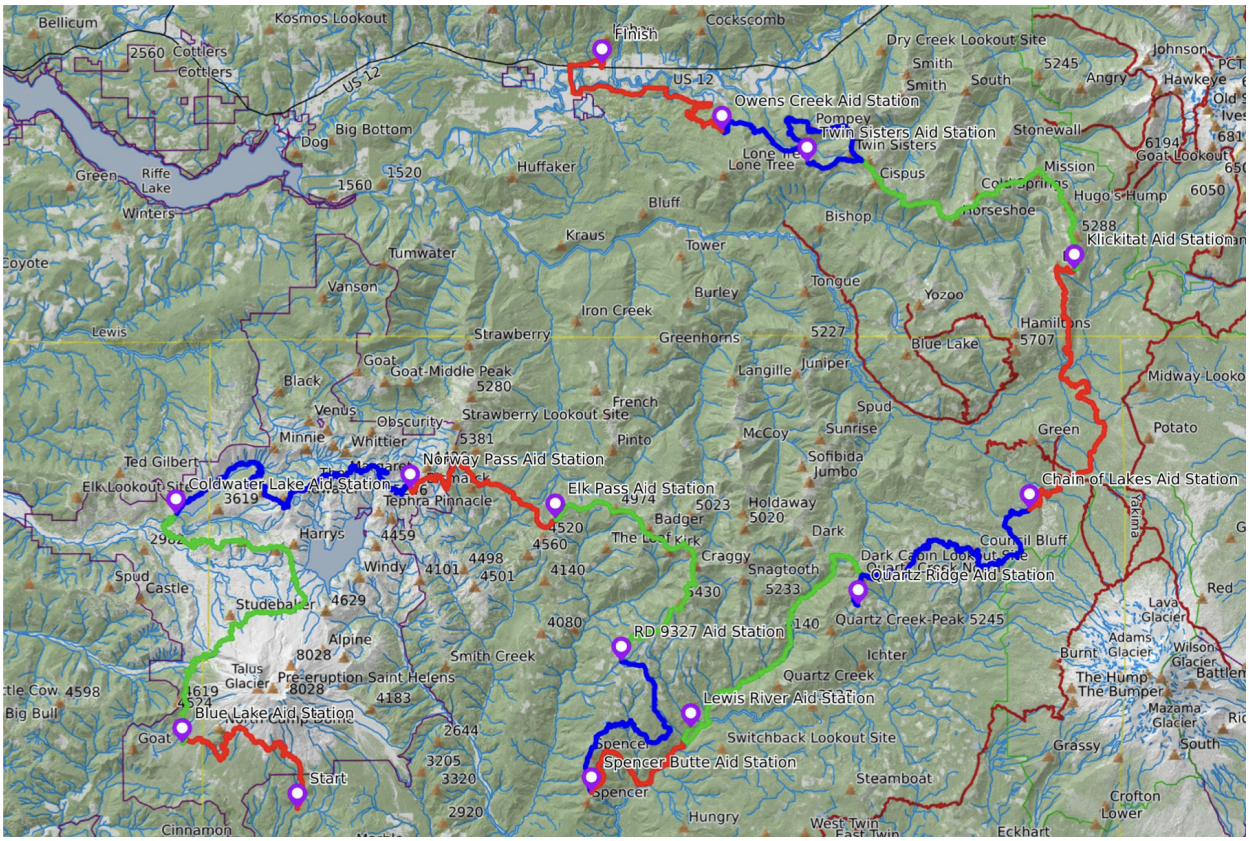
Old School Navigation

Maps: There are two key maps: **Mount Saint Helens Mount Adams**-National Geographic, **Cowlitz Valley Ranger District USFS Map**.

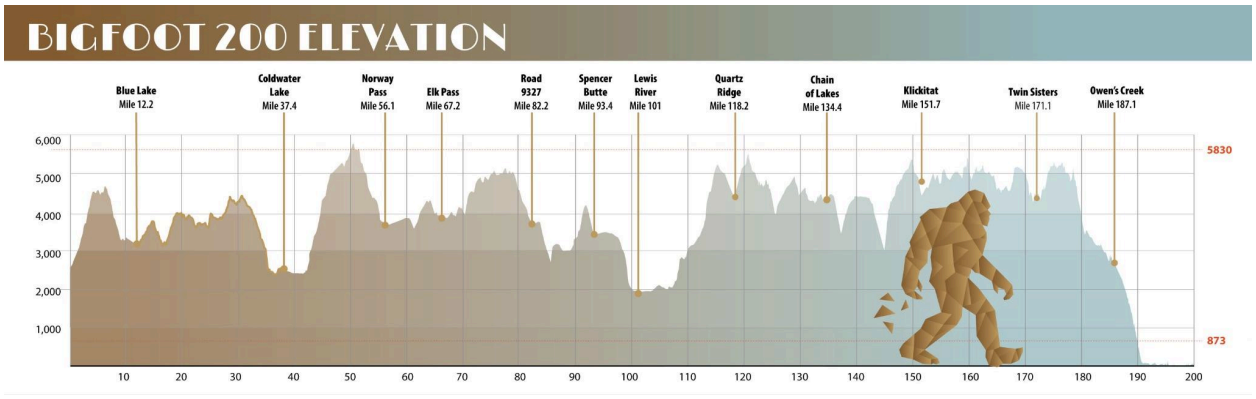
COURSE INFORMATION

Breaking Course News: Course reroute between Blue Lake Aid Station and Coldwater Lake Aid Station due to trail and road closures.

2026 Bigfoot 200 Course Map: LINK HERE



Revised Elevation Profile:



The Course

The Bigfoot 200 is a 200.1 mile, point to point route through the Cascade Mountains.

The yearly permitting process involves local, county, state and federal agencies who review the proposed course. This review may cause slight variances in routing, distance and elevation based on trail closures, environmental concerns and other influences beyond our control such as recent burn scars and ecologically sensitive areas.

Elevation Gain/Loss

The course has approximately 44,082 feet (13,558 meters) of ascent and 45,563 feet (13,890 meters) of descent for a total elevation change of 89,645 feet (27,323 meters).

Course Markings

We take extra effort to mark an accurate, reliable course while using DOT grade reflectors on all of our Dragons and Arrow Signs.

Dragons are made with reflective clothes pins and either pink and blue ribbon or pink and orange ribbon. They are used where needed along the route and at intersections. The individual trail determines the distance between Dragons. Portions of the Klickitat Trail may have Dragons in sight of each other while sections of the Boundary Trail may have miles between dragons..

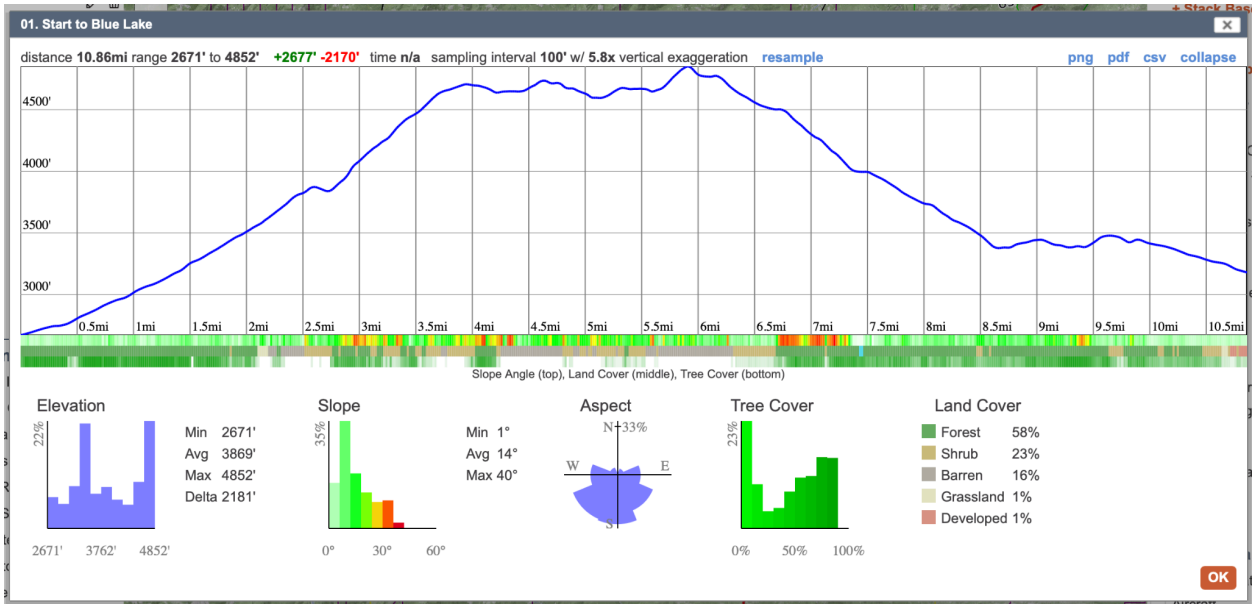
Signs are 7”x11” with a reflective arrow. They are placed at intersections on wooden stakes near the ground.

Course Changes Due to Environmental Factors

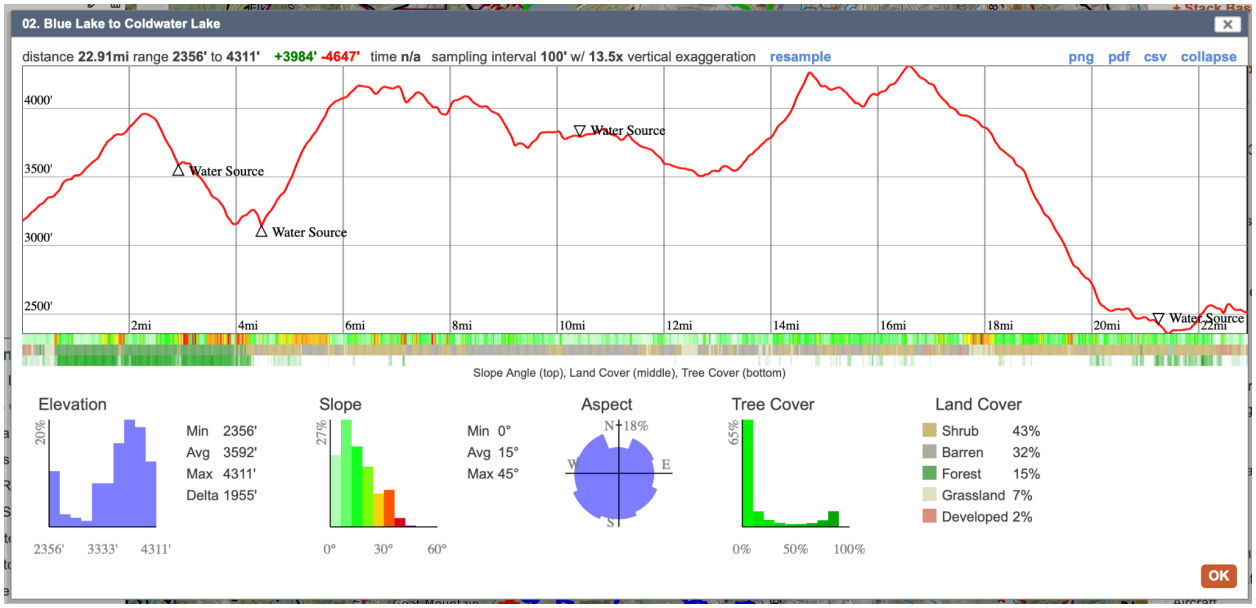
The course length has varied over the Bigfoot 200’s history due to extreme weather, ecology concerns, and wildfires. Destination Trail works closely with local, county, state and federal agencies to assure safety for the runners and the environment alike.
The course is subject to change due to extreme weather events or other safety concerns that may arise.

Course Segment Descriptions with Profiles

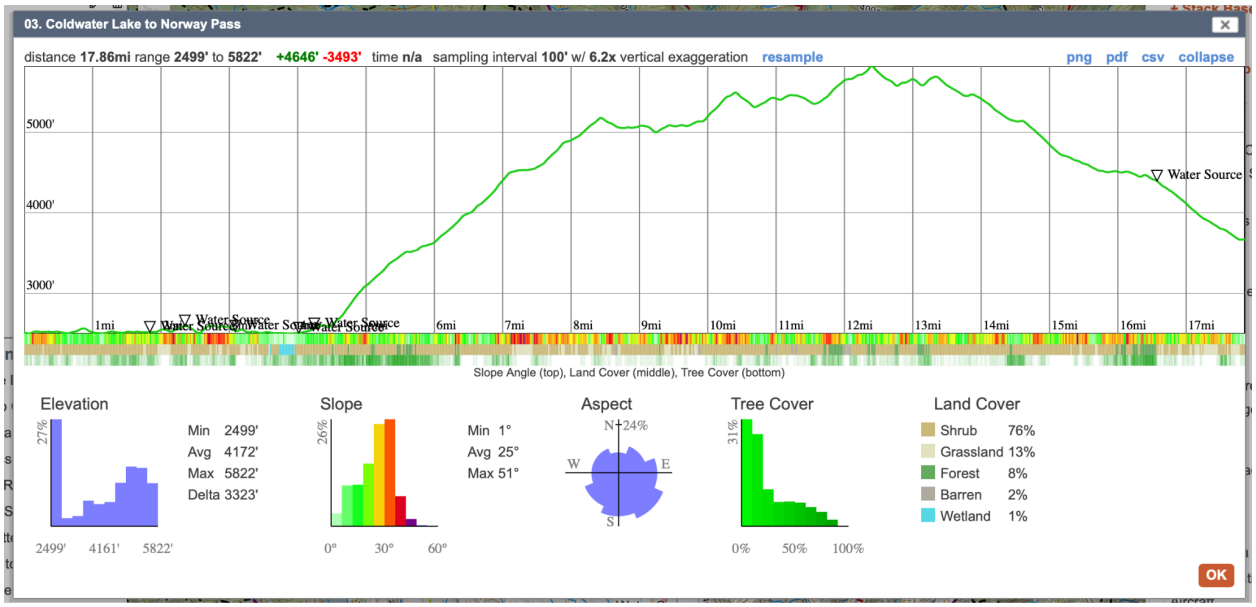
Start to Blue Lake:
12.2 miles, 2,980 ft ascent, 2,490 ft descent
You start the run climbing up historic Mt. St.Helens. Sections range from treed at the start to dry, sandy and even a section with a boulder field. In the boulder field follow the posts and course markers to find your way. Gators recommended. Stream at mile 2.5 (silty), 8.4mi (clean), and mi 10.4 (small creek).



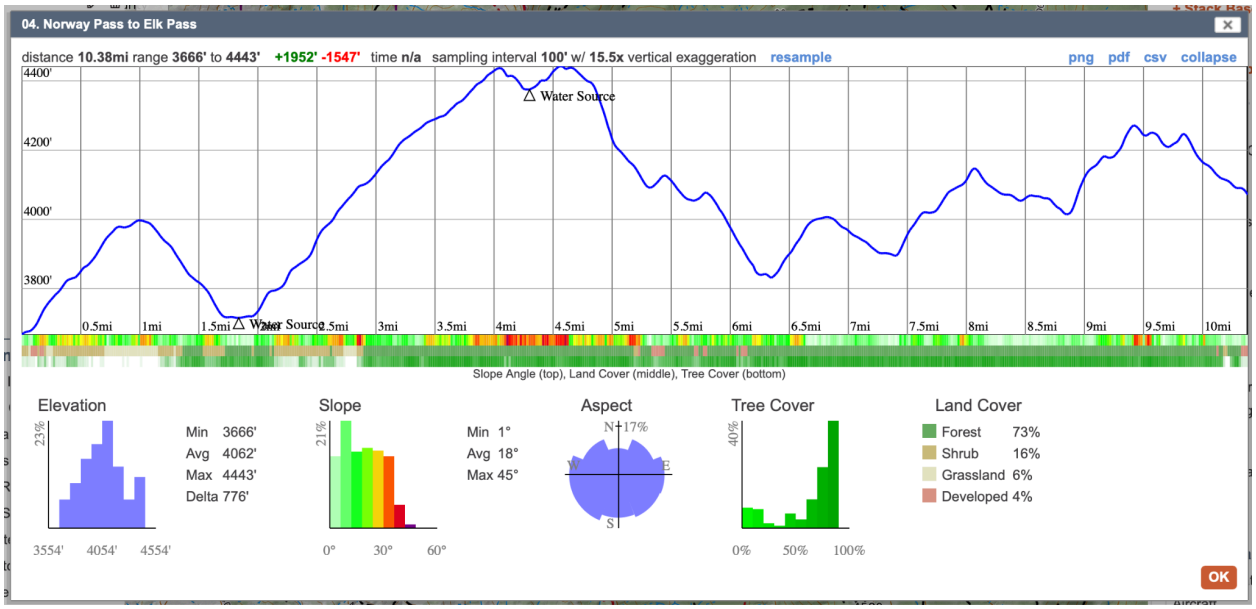
Blue Lake to Coldwater Lake:
25.2 miles, 4,002 ft ascent, 4,674ft descent
The section starts out in woods, crosses a river by Blue Lake (the lake not the aid), Gently uphill until you descend into a canyon (7.4miles into section) on fixed ropes, cross knee deep river, and climb fixed ropes. Continue to climb the exposed mountain side. Some trees. Some steep scrambles through dried river beds. River at mile 3.6 (good flowing), at mile 6.2 last chance for non-silty water for 10 miles! The river is just 1/10 off trail (at sharp hairpin turn), mile 7.4 Silty large river), mile 14.4 very silty river.
Very exposed section with great views of Mt. St. Helens and the path of the volcano eruption that happened in 1980. Feels like you're in another world at times. Lots of small ups and downs. 5-6 extremely overgrown (bushes) sections. They are short and well marked. Sand dunes and a climb past the Johnston Ridge Observatory bring you to a very runnable and mostly downhill trail.



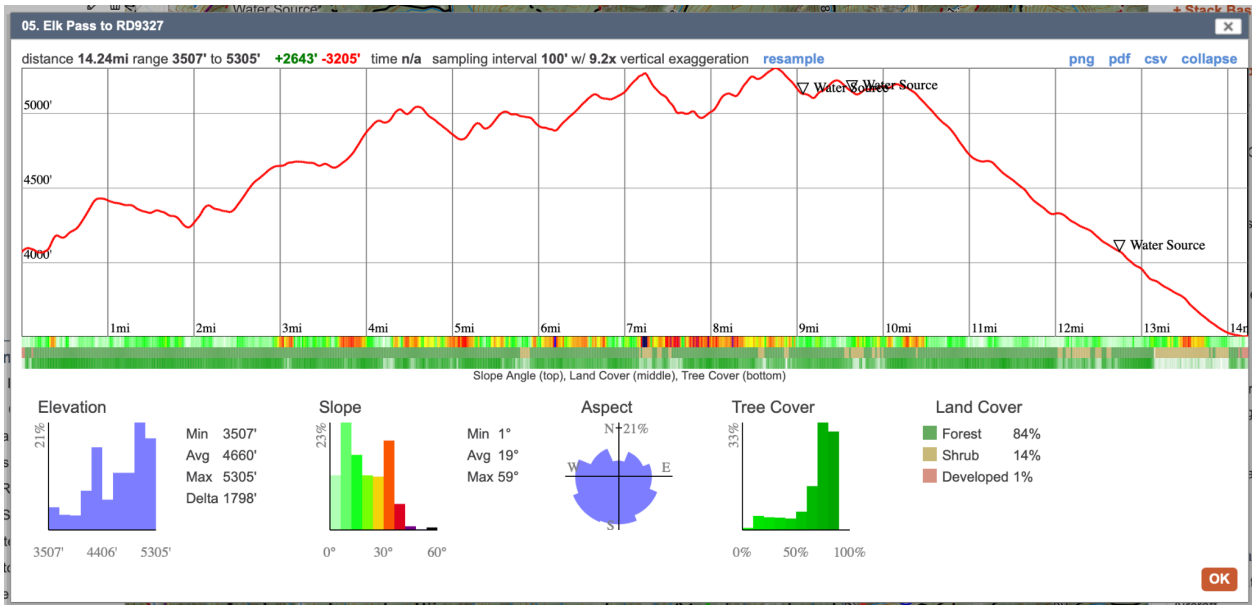
Coldwater Lake to Norway Pass:
18.7 miles, 5,105 ft ascent, 3,909 ft descent
Mostly a runnable section by the lake, make sure you fill up on water at the bridge before you start the steep climb out into the Mount Margaret Backcountry. Incredible views of Loowit, Spirit Lake, Lake Saint Helens, and the blast area. Dusty running, gaiters advised. Best views of the course, recommend running in daylight if possible. Climb up to the summit of Mount Margaret for the high point of the race; it's all downhill from here! Easy descent to Norway Pass.



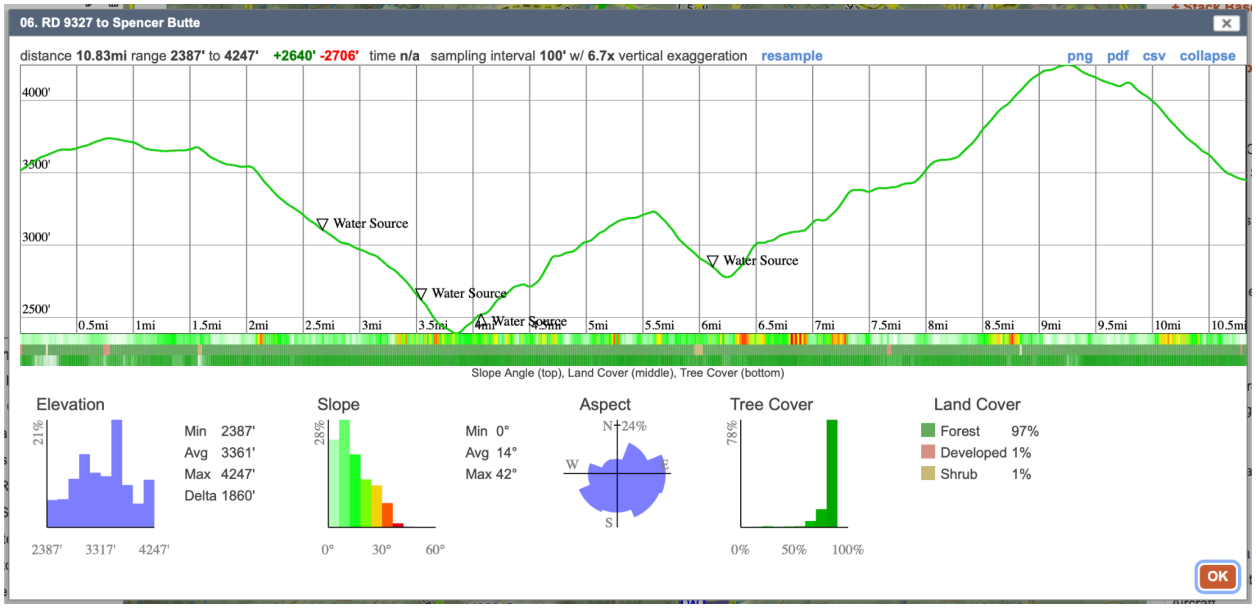
Norway Pass to Elk Pass:
11.1 miles, 2,037 ft ascent, 1,558 ft descent
Climb out from Norway Pass, downed logs in the blast area until Bear Camp. Beautiful forest trails from there to Elk Pass, no large climbs. A few water sources.



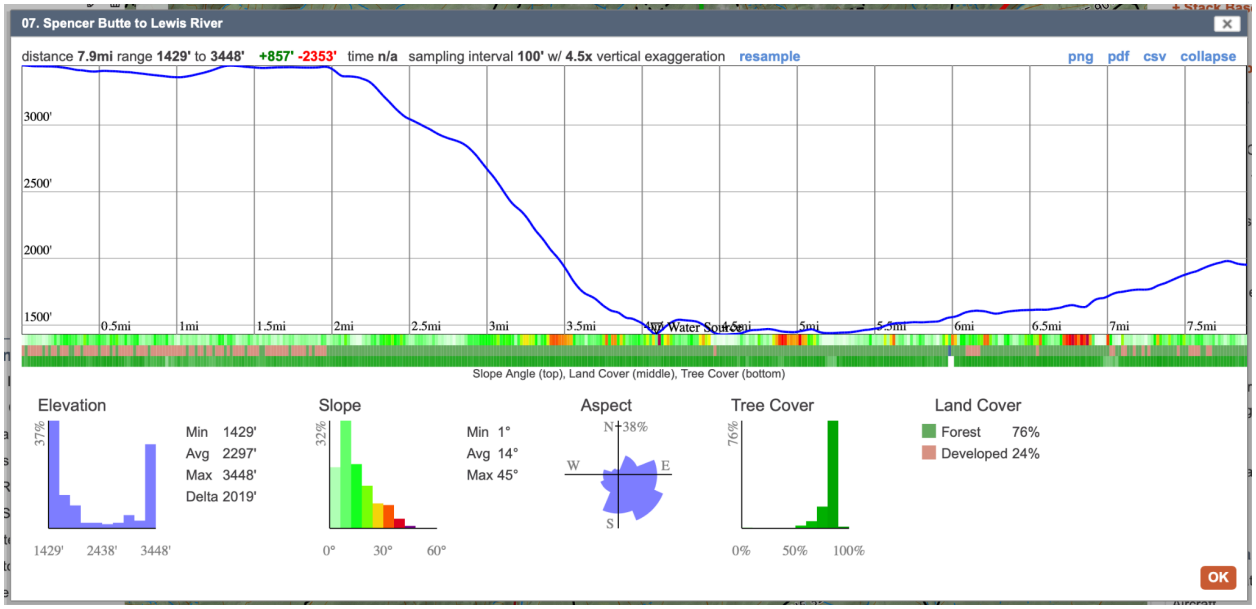
Elk Pass to Road 9327:
15 miles, 2,543 ft ascent, 3,144 ft descent
Easy climb out from Elk Pass to beautiful ridge meadows, knife ridges, and rocky outcroppings. Stop by Shark Rock for a view of Mount Adams and Rainier. Turn off the Boundary Trail to head south with fun descents, but rutted and dusty in a few areas. No water along the route. Fabulous cold swimming hole at 9327 Aid Station.



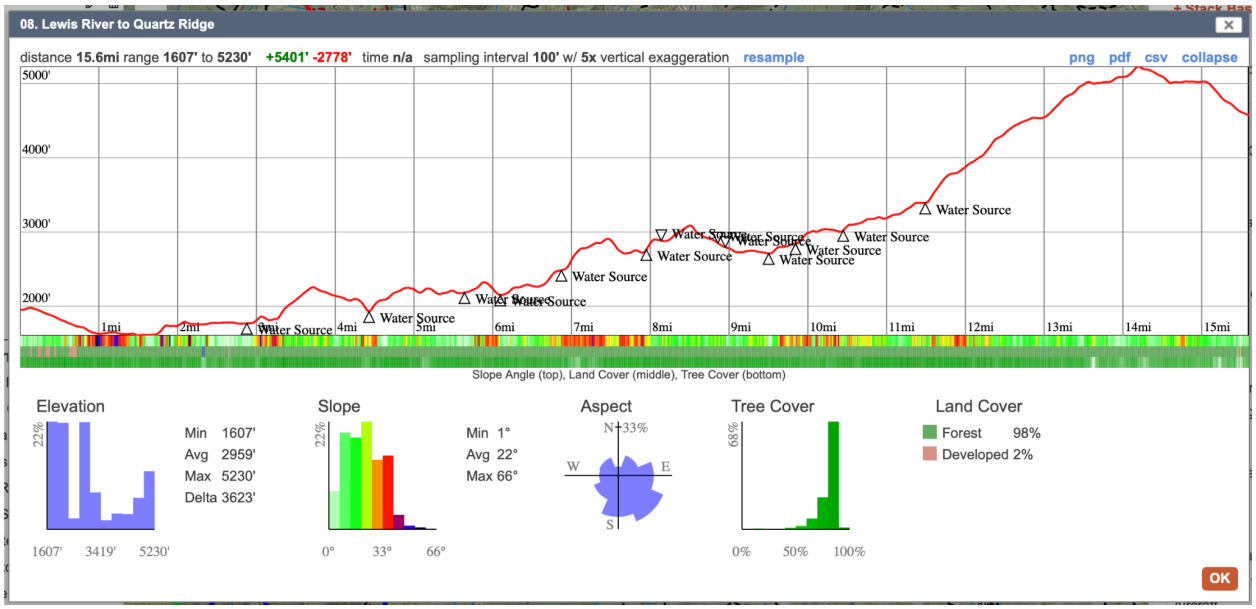
Road 9327 to Spencer Butte:
11.2 miles, 2,817 ft ascent, 2,860 ft descent
Descend and climb back up to the road, lots of great water sources to cool off. Cross the road and climb up and over Spencer Butte. Fast downhill then climb to the Spencer Butte Aid.



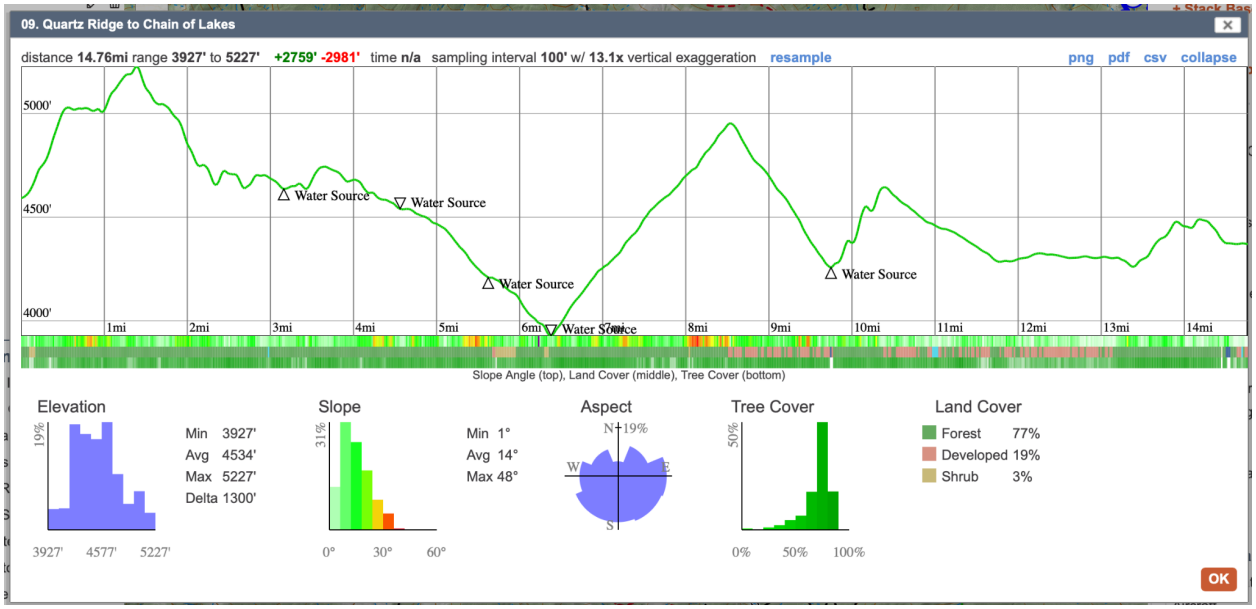
Spencer Butte to Lewis River:
7.6 miles, 1,282 ft ascent, 2,852 ft descent
Two paved miles and then a brushy descent down the Bluff Trail for a few more miles. Make sure you watch out for course markings in this area! Once along the Lewis River, enjoy the best groomed trails of your life with plenty of water. Stop along the Lower Falls for a fabulous waterfall view.



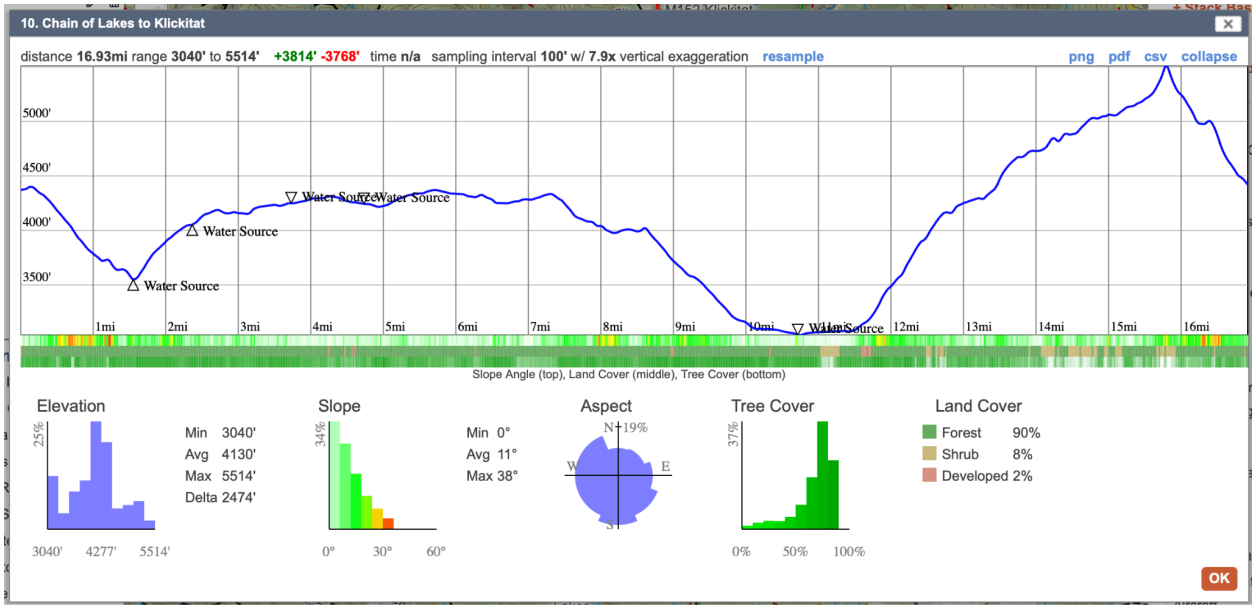
Lewis River to Quartz Ridge:
17.2 miles, 7,347 ft ascent, 4,522 ft descent
Deep, dark, dank Pacific Northwest trail running at it's best. Run along the Quartz Creek with LOTS of hidden elevation with roller coaster hills. Topo maps do not portray the constant ups and downs in this area. Steep climb out of Quartz Creek to meet back up with the Boundary Trail. Dry ridge up high leading to a descent to the next aid. Water along Quartz Creek, but none after the climb out of the valley. 1.8 miles out and back to the new Quartz Creek Aid location off of 9085 road.



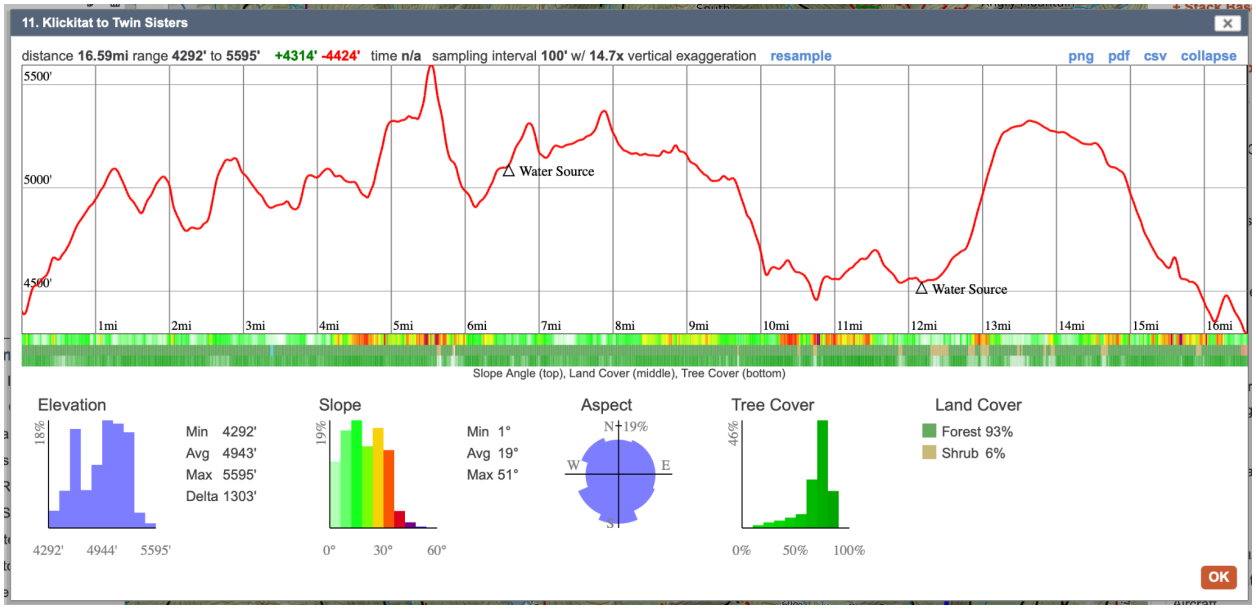
Quartz Ridge to Chain of Lakes:
16.2 miles, 3,846 ft ascent, 4,015 ft descent
1.8 miles from new Quartz Ridge aid back to the boundary trail #1. Another 8.6 miles until you hit the road. Short climb and descent over Council Bluff with an incredible view of Mt. Adams and Council lake, the descent will take you to Council Lake, a fantastic swimming hole. Another short climb and descent over Babyshoe Ridge to take you to a two mile paved section. Back on singletrack for a few more miles to end up at Chain of Lakes. Water to filter is only at the lake.



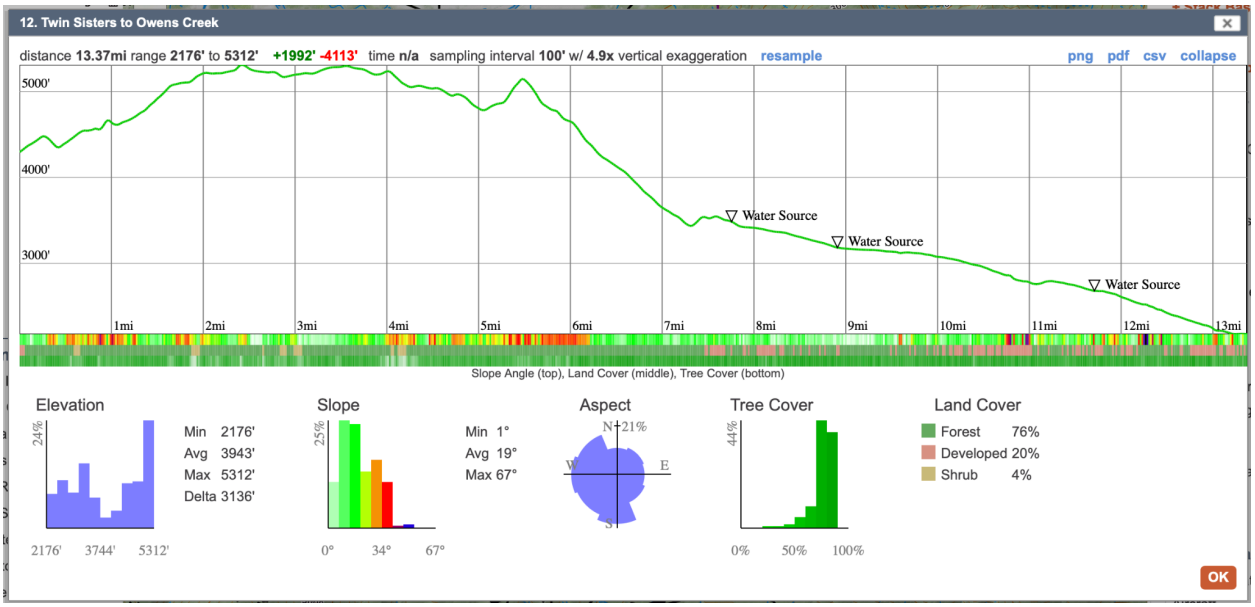
Chain of Lakes to Klickitat:
17.3 miles, 3,927 ft ascent, 3,900 ft descent
Descend to Adams River with a log crossing over the river (careful!). Steady climb back up to Horseshoe Lake and rolling terrain over a plain. Three mandatory wet feet river crossings to your shins (depends on the year how deep these crossings are). Descent into the Cispus River valley. Easy crossing of the Cispus. Steep, undulating four mile climb up to the top of Elk Peak (mandatory out and back) makes this section one of the toughest and longest. Look out from Elk Peak at Helens, now so far in the distance, and Adams, once so far away, now so close. Fast descent to Klickitat Aid. The section can be a bit overgrown, but mostly just with huckleberries.



Klickitat to Twin Sisters:
19.4 miles, 4,919 ft ascent, 4,987 ft descent
Good climb up to Mission Mountain. The trail becomes faint and disappears for a while here, so pay attention to course markings! Lots of overgrown blueberry plants and brush growing into the trail. Bushwhacking, tree hurdling, exposure and lots of technical make this section notorious and especially tough. Incredible views along the way. After Monument Rock, the trail becomes a Bigfoot Game Trail. Stay positive and don't let the downed logs and rough trail mess with your spirits. Cool off in Saint John and Jackpot Lake. After Jackpot Lake, the trail improves dramatically into Twin Sisters. You'll take a 2.7 mile out and back to Twin Sisters Aid at mile 16.7.



Twin Sisters to Owen's Creek:
16 miles, 2,592 ft ascent, 4,760 ft descent
Climb back up to the No.7 Klickitat Trail from Twin Sisters Aid on the 2.7 mile out-and-back, mostly uphill, sometimes steeply until you get to the Klickitat/no 7 trail. Enjoy incredible ridge views on a mostly descending section. Mandatory out-and-back to Pompey Peak (0.2 mi one way). The trail becomes overgrown with downed trees about 2 miles before Pompey Peak and afterward as well. Near the end of this section, the trail will widen into what was once a road and is known as the Green Tunnel. Cross a couple washes then you are at Owen's Creek Aid.



Owen's Creek to Finish:

13 miles, 3,85 ft ascent, 1,639 ft descent

From aid, you will mostly descend on FS roads until you get to Cline Road (left) and follow that to a Right on Cispus Road and then a right on HWY 131, bringing you right into Randle. Cross HWY 12 onto Silverbrook Road. You are very close to the finish. Just past Kehoe Rd, you'll turn into White Pass High School and finish ¾ a lap on the track.

