



2026 Runners Manual

TARCtic FROZEN YETI 30 Hour and 15 Mile Trail Races

Welcome to the 9th running of the TARC100, the TARCtic Frozen Yeti 30 Hour and 15 Mile Trail Races! This two day event is scheduled for February 7-8, 2026 (backup dates of February 14-15, in the case of inclement weather), at Hale Education in Westwood, MA. We hope your training has gone well and are excited to join your friendly fellow trail animals for this amazing winter challenge. Below are all the important details to help make your day(s) more enjoyable.

This event will comply with all Hale property, regional, state, & national mandates that may be applicable at the time of the event. Our goal is to keep this event as safe as possible for everyone.

1. TRAIL‘TUDE

This event, in fact the entire TARC Trail Series, is targeted at attracting a diverse field of runners. The TARC100 has developed a tough reputation. From our first year of mud rolling in Weston, to the three runnings at Hale, where the course earned a reputation for being “sneaky tough,” it has definitely become an event to be remembered! That said, Trail Animals are a relaxed, low-key, fun loving clan. We are competitive but not at the expense of enjoying each others company, embracing nature, or taking ourselves too seriously. This is the “trail ‘tude” at the heart of the TARC Series and the TARCtic Frozen Yeti, and, if new to the trails, we hope you enjoy and become part of the vibe. So chat, run, eat, and take in the beautiful scenery in equal parts. It’s a personal journey shared with like-minded folk.

2. WEATHER

Historically, February in Westwood has an average low of 20°F and high of 39°F, but this is New England and anything can happen so **BE PREPARED FOR THE WORST!** In 2023, it was about -20 degrees (about -30 degrees with the wind chill) at the start and 40 degrees by the end of the race. In 2022, Old Man Winter dropped 2 feet of snow on us race weekend. We postponed the race to the following weekend, and then experienced slush storms in the days leading up to the race (our poor course marking crew...), which then froze into an ice rink on race day. In 2019 &

2024, we had crisp winter weekends, with little to no snow on the ground. Anything can happen.

It is recommended that you have extra clothes, rain gear, etc. If you have it, and then don't need it, no harm. If you don't have it, and need it, well, it'll be really tough, and potentially dangerous, to make it through each loop! There will be "Required Gear" that is outlined later in this manual.

Whdh.com/weather is a great site for local weather. Try not to check it obsessively though. Enjoy your taper rest and know you trained to do this, regardless of the weather! It's pretty much the only thing you can't control, so no use worrying about it!

3. THIS IS A "BRING YOUR OWN CUP" EVENT

We will NOT have disposable cups, bowls or utensils for you at the aid station. This is in an effort to reduce the waste footprint of our races. That includes no cups for soup or soda. Please be prepared for this!

Seriously, we will not have any cups for you. Not even in the middle of the night. Not even if it is below zero.

4. WE WILL BE COMPOSTING

There will be a bucket at the aid station. Please make an effort to place all food scraps in those and keep non-food items (looking at you GU wrappers!) out. Again, we're trying to reduce our impact on the earth!

5. PLEASE BRING A FOOD ITEM FOR DONATION (15MILERS) or SIGN UP FOR AN AID STATION ITEM (30 HOUR)

15 milers - please bring a non-perishable item for donation to a local food bank.

30 hour runners only - sign up to bring an item for the aid station. If we've run out of slots to sign up for an item, please bring an item for donation to a local food bank. (Note: aid station food sign up link will go live closer to race date)

6. DIRECTIONS & PARKING

NO SHUTTLES this year.

You may get dropped off or drop gear off near Powissett Lodge before parking.

CARPOOL PLEASE!!! Parking at Hale is very, very, very limited, especially if we get a lot of snow.

The start/finish area will be in front of Powissett Lodge in Hale Education, Westwood, MA. **You may get dropped off or drop gear off near Powisset Lodge before parking.**

To get to Powissett Lodge, use 80 Carby Street on your GPS. This will take you to the “official” entrance to Hale/Westwood DPW. From here you will continue on Carby Street. Here are the steps to Powissett Lodge once you get off the highway:

- From 95 take exit 16B onto MA 109 W.
- 1.6miles take right onto Dover road
- 0.3 miles right onto Carby Street
- Powissett Lodge is ~1.5 miles down Carby Street (for runner or gear drop-off only, no parking)

PARKING INSTRUCTIONS will be communicated closer to race day based on snow accumulation.

- THERE ARE NO SHUTTLES THIS YEAR, SO YOU WILL HAVE TO WALK FROM THE CAR TO THE LODGE, AND THEN BACK TO YOUR CAR AFTER THE RACE. PLEASE PLAN ACCORDINGLY.
- You may get dropped off or drop gear off near Powissett Lodge before parking.
- The 30 hour race starts at 8 AM, and the 15miler will start at 8 PM.
- Race briefings will be at the lodge at 7:45 AM (30 hour) and 7:45 PM (15 miler).

7. SCHEDULE OF EVENTS

RACE DAY BIB PICK UP:

Bib pick up is at Powissett Lodge Saturday, February 7, 6-7:50 AM for 30 hour then 7-7:50 PM for 15 Mile. If you pre-purchased merchandise, you will pick it up at this time.

START TIMES:

The 30 hour race starts Saturday, February 7 at **8:00 AM**.

The 15 mile race starts Saturday, February 7 at **8:00 PM**,

The finish line **CLOSES** on Sunday, February 8 at

- 2:00 PM for the 30 hour
- 2:00 AM for the 15 milers

This means the 30 hour runners have, you guessed it, 30 hours to complete the course as many times as they want. 30 hour runners must complete at least 30 miles to have a recorded finishers distance and receive a finisher's item. You must leave for your last 5M loop no later than 1pm on Sunday.

15 mile runners will have 6 hours to complete one pass of the full course.

8. DROP BAG

You will be able to place 2 Drop Bags at Powissett Lodge (one inside & one outside). This will enable runners to “grab and go” quickly from their outside drop bag for speedy trips through the

Aid Station. ***Have your NAME CLEARLY PRINTED on your bags.*** The course is designed so that you will have access to your drop bag roughly every 4-5 miles. There are no other drop bag locations on the course. No items may be stashed at any other locations on the course.

9. CAMPING

Camping tents or EZUp tents will be allowed during the race in the field across the street from Powissett Lodge. This field is ~150 feet from the start/finish line aid station. No tents will be allowed at the start/finish line aid station. No fires will be allowed in the tent field. No gas generators will be allowed. No camping will be allowed the night before the race. Please bear in mind that this field will be full of whatever snow Mother Nature has decided to throw at us, so please plan your tenting logistics accordingly.

10. THE COURSE

The 'course' will be roughly 15 miles. The 'course' consists of 3 different loops that are each roughly 5 miles in length. Each loop starts and finishes at Powissett Lodge. The ENTRANCE to each loop will be marked with its corresponding color (Red Loop, Blue Loop, White Loop) and the whole 'course' will be marked with pink surveyors ribbon with an attached reflective tape patch, clipped to branches about chest/head height. There will also be larger directional arrows (with reflective tape) at major intersections.

A GPX file for the proposed course is available [here](#) (or [here](#) on strava), but please note that the final course will completely depend on what Mother Nature throws at us in the days and weeks leading up to the race (it could end up being much shorter).

You may ***not*** leave the race site to take a break. You may take extended breaks inside Powissett Lodge or in the camping area adjacent to Powissett Lodge, but **MUST** inform timing so we don't go sending a search party looking for you. If you fail to inform a race official that you're "taking a break" for a few hours OR that you have returned during the 30-hours, you risk being disqualified.

For folks running the 30 hour race, at some point during the race (TBD), we will begin shutting down and clearing loops. So for the last few hours of the 30 hours you will only be running on one loop. You will not be allowed to start these loops after they have been shut down, and will instead go on to the next loop. 30 hour runners must begin their final loop by 1 PM on Sunday. The course closes at 2 PM on Sunday.

11. SAFETY

SELF RELIANCE NOTE: First and foremost, it is the responsibility of each racers to not only train and prepare adequately, but also know their limits and cease to participate if it means putting themselves (and therefore those that would come to their aid) at risk. While we will be providing a beautiful marked course and Aid at Powissett Lodge, ultimately you are responsible for yourself out there on the course. While each loop of 5 miles seems relatively short, this could take a tired runner hours at night. Be prepared. Train with and know your own cold weather gear needs. You may be facing extended time in below freezing temperatures, so become

experienced taking care of yourself in adverse weather conditions before race day. The list of required gear exists for a reason, and that reason is survival. In the harsh temperatures and conditions of the event, an injury can very quickly turn into a life or death situation without the proper supplies - even though we are just minutes from downtown Boston.

Note that there are additional gear requirements when the forecast wind-chill is below -20°F. The requirement to carry the gear for extreme conditions will be announced to racers within 48 hours of the race start.

REQUIRED GEAR - WILL BE CHECKED AT CHECK-IN

ALL runners for ALL races will be required to have **in their possession at ALL times** during the race:

- Cell phone
- 2 hats (or 1 hat & 1 buff)
- 2 pairs of hand coverings (gloves or mittens)
- 1 shell (wind and water resistant)
- 2 emergency blankets (or 1 blanket & 1 bivy ([example, at REI](#)))
- 1 whistle
- Clothing sufficient to cover ANY exposed skin below the neck (ie: full tights and a long sleeve shirt are fine. If you choose to wear shorts and/or a t-shirt, you will need to carry leg and arm coverings with you in addition to all items listed above.)

Additionally, after 3pm, all runners going into the night will also need to have on them at all times:

- 1 headlamp with back-up batteries
- 1 rear red blinkie light (Yes, red. Yes, only red. Yes, only red, for everyone! Rear bike blinkies or dog collar clip on blinkies are all fine. This is so we can find you when you collapse face down in the snow. Just joking . . . hopefully joking)
- Reflective gear on front and back (can be integral to running gear, does not need to be something separate)

Extreme Cold Additional Required Gear

In the event expected temperatures will fall below -20°F wind chill, all participants will be required to have in their possession:

- Full change of clothes (pants/tights, long sleeve top, socks)
- Free standing shelter and externally attached red blinkie light - The free standing shelter can be whatever you can pitch quickly to shelter in place against precipitation & wind of -15°F windchill if you become injured and immobile. A cheap example of this includes a thick contractor trash bag ([example](#)) as you can put it over yourself sitting up and use trekking poles or a branch to keep it off your head and create warm air space. A mountaineering bivy or similar is also acceptable.
- Insulated hooded jacket

The race directors reserve the right to pull anyone from the race at any time if we feel like your well-being may be in danger. We're taking the potential for bad weather very seriously, and our first priority is your safety.

SNOWSHOES AND TREKKING POLES

Please note: snowshoes are NOT allowed during the TARCtic Frozen Yeti. While we realize there may be a lot of snow race weekend, and that many folks would like to use snowshoes, they are unfortunately NOT covered by our insurance. Trekking poles ARE allowed.

ADDITIONAL READING MATERIAL

We REALLY want you to be ready for whatever Mother Nature might throw at you. Between now and race day, please make some time to read the following links:

- [Outdoor Action Guide to Hypothermia And Cold Weather Injuries](#)
- [Winter Ultra Racing, or 'Confessions of a Human Sled Dog'](#)
- [Frozen Alive](#)

12. TIMING, CHECK-INS, & RESULTS

Timing will be 100% manual. During DAYLIGHT hours all 30 hour runners will be required to check in after each 15 mile segment. After 3 PM or 30 miles, all 30 hour runners will check in after each 5 mile loop! This is for safety during the cold dark hours. The CHECK-IN location will be a VERY clear and easy to find as you speed through the aid station each time.

Results will be posted on RunReg in a timely manner.

13. RESTROOMS

- There will be two **outdoor** porto-potties at the start/finish.
- There are restrooms and running water inside the lodge. *Indoor restrooms can ONLY be accessed if you have removed your traction.*

No shoe traction devices of any type are EVER allowed on any UNPROTECTED indoor flooring or exterior decking.

14. PACERS

All 30 hour runners are encouraged to have a pacer/safety runner after 60 miles or after sunset, whichever comes first.

Pacers are required to carry the same gear as runners and must check-in with the timing table when they arrive for gear check. Pacers will also be required to sign a waiver in order to participate. Pacers will only have access to the lodge during the time they are pacing. They may not remain in the lodge for long after / before their pacing duties.

15. CREW

While we strongly encourage honing your skills of winter self reliance during the TARCtic Frozen Yeti, we realize some of you will want or need a crew for this race. Please bear in mind that crews will **not** have access to the indoor lodge, so you'll be asking them to sit outside in the

bitter cold weather, just for you. Crews must be self-sufficient, including packing out any trash created. Crews can access outdoor portapotties, and weather permitting, there should be a bon-fire.

A parking plan for crews will also be communicated the week before the race. Gear can be dropped off at Powissett Lodge, but drivers must walk to Powissett Lodge from the parking lot (up to 1.5 miles, depending on where you park).

16. AFTERWARDS

Since we are holding two races, it affords the opportunity for those runners that finish early to see and cheer on the rest of the pack as they pass through the start/finish aid station. Trail runners are a close knit community and one of our endearing characteristics is that we believe in supporting each other – regardless of our stature or speed –because it's all about the personal challenge. So plan on bringing a nice warm change of clothes and come hang out at the finish afterwards to cheer on the runners and meet some of your fellow Trail Animals – don't worry, only our mascot bites.

17. YETI HOWL

Much like an Om to open yoga practice, it is Trail Animal tradition to start every race with a TARC hoot/holler/howl so don't ignore this aspect of your training! Our beloved mascot may even crawl down from their frigid mountain top to make an appearance.

Email us with any last minute questions; otherwise, we'll see you on the dirt/mud/snow/ice in Westwood!

See you soon!

Josh, Surjeet, and Carolyn