



2026 Runners Guide

Table of Contents

Welcome.....	4
A Quick Look.....	4
Massif Running Policies.....	5
Rules.....	5
Transgender and Non Binary Policy.....	6
Runners Information.....	6
Gear Requirements/Weather.....	6
Race Check-In/Gear Check.....	7
Start Time & Bib Numbers.....	8
Medical.....	8
Dropping from Race:.....	8
Cutoff Times:.....	9
Training and Coaching.....	10
Runner Parking.....	11
Queen/King of the Mountain/Finish Sprint Segment Challenge:.....	11
Aid Stations.....	12
Course Information 15k:.....	12
Course Overview and GPX:.....	12
Aid Station Miles/Types:.....	13
Course Information 30k:.....	13
Course Overview and GPX:.....	13
Aid Station Miles/Types:.....	15
Course Information 68k:.....	15
Aid Station Miles/Types:.....	17
Drop Bags.....	17
Course Marking.....	18
Restrooms.....	18
Course Records.....	19

Update	Date
Updated Water Drop location from the Cell Towers to the top of Bald Mountain (68k Only)	May 14th, 2026
Updated Packet Pick-up time on Saturday morning to 5am-8:45am and Friday Pick-up time to 4:00-8:00 PM	May 19th, 2026
Fixed Cut-off time at Mormon Flat (68k only). Removed segment challenge	May 21st, 2026
Added information about Lululemon Yoga Classes at the finish line	May 25th, 2026
Fixed 30k GPX Link	May 25th, 2026
Updated 68k Aid Station Graphic to display correct Aid Station placement	May 26, 2026
Removed Ice carrying capacity from required gear	May 27, 2026

Welcome

Please read through this Runner Guide prior to race week to get the most out of your experience. Don't hesitate to email us with any questions (jules@runsingletrack.com).

A Quick Look

RACE DATE: Saturday, May 30th, 2026

START LOCATION: [Basin Recreation Center](#) (Arrive at least 15 minutes before your start time)

FINISH LOCATION: [Newpark Amphitheater](#) (Area in front of Maxwell's Italian)

Training Runs:

[Training Run 1](#): Saturday, May 2: Spring Creek Trail Head 8:00am - 12:00pm

[Training Run 2](#): Saturday, May 9: Spring Creek Trail Head 8:00am - 12:00pm

Friday, May 29th (Race Check-In & Shakeout Run)

- **4:00 - 8:00 PM**: Bib pickup & kickoff at [Newpark Amphitheater](#) (in front of Maxwell's Italian)
- **5:45 PM**: Community shakeout run starting at Newpark Amphitheater (3 miles on course/easy pace)
- **7:00 PM**: Sponsor Raffle + Beer and hangs

Saturday, May 30th (Race Day)

- **5:00am - 8:45am**: Bib pickup at Basin Rec Field House Turf Field
- **6:00 AM**: 68k Start (Inside the Basin Rec Field House Turf Field)
- **8:00 AM**: 30k Start (Inside the Basin Rec Field House Turf Field)
- **9:00 AM**: 15k Start (Inside the Basin Rec Field House Turf Field)
- **10:30 AM: 15k/30k Award Ceremonies**

- **12:00 PM:** Recovery Yoga Class presented by Lululemon
- **1:30 PM: 68K Award Ceremony**
- **3:00 PM:** Recovery Yoga Class presented by Lululemon

CUT OFF TIMES:

68K / 42 Miles: 7:00 PM cut-off (13 hours)

30K / 18.3 Miles: 7:00 PM cut-off (11 hours)

15K / 9.64 Miles: 7:00 PM cut-off (10 hours)

BIB PICKUP:

Option 1: Friday, May 29th

Location: [Newpark Amphitheater](#) (in front of Maxwell's Italian)

Time: 4:00 – 8:00 PM

Option 2: Saturday, May 30th

Location: [Basin Rec Field House Turf Field](#), 1388 Center Dr, Park City, UT 84098

Time: 5:00 - 8:45 AM

GPX FILES:

68K:

- GPX: [68K GPX File](#)
- Strava: [68k Strava File](#)

30K:

- GPX: [30K GPX File](#)
- Strava: [30k Strava File](#)

15K:

- GPX: [15K GPX File](#)
- Strava: [15k Strava File](#)

Massif Running Policies

Rules

Runners who fail to adhere to these rules will be subject to disqualification from the race.

Outside Aid – Runners may not receive any aid outside of designated aid stations. This includes carrying gear, supplies, food, or water by support outside of designated aid stations.

Crew – This event does not allow crew due to permit restrictions. **You must** utilize aid stations and/or drop bags.

Dogs – Dogs are allowed at the finish line but must be on a leash. Runners are not allowed to run with their dogs during the race.

No Pacers – Our permits do not allow for pacers.

Course – Deliberate course-cutting or taking shortcuts will result in disqualification. If you unintentionally go off course, you must return to the last clearly marked spot and resume from there. The Race Director may apply a time penalty for accidental deviations, depending on the circumstances.

Courtesy/Kindness – Runners must follow directions and be courteous to race officials and volunteers.

Restroom use on Course – When nature calls, please step at least 30 feet off the trail and dig a hole at least 6 inches deep. All used toilet paper or wet wipes must be packed out in a zip-lock bag – **do not leave anything behind!** Help us keep the trails clean.

Eco Responsibility – Please DO NOT walk, drive, or park on vegetation.

Leave No Trace – Littering on course by runners will not be tolerated.

Cupless – Twisted Fork will be a cupless event for cold drinks. There will be no paper cups for cold drink hydration at the aid stations. Runners will be responsible for carrying their own container, cup, flask, or bottle to refill along the way. Please consider a bottle

or hydration pack for water and a reusable, easy-to-carry cup for electrolyte refills and soda.

Transgender and Non Binary Policy

Transgender and non-binary runners are encouraged to participate! We will accept every transgender and non-binary runner's self-declared gender category at registration and no one may challenge a runner's self-declaration.

Runners Information

Gear Requirements/Weather

It'll be hard to predict the weather until we're closer to the event. Historically, we've seen high temperatures ranging from 65 to 100 degrees Fahrenheit. There are many sections of every course with no tree cover. We are going to prepare for a hot year for now and may revise the gear requirements closer to the event.

All Distances

You will be asked to show the following during check in:

- Water capacity of at least 1500 ml (ex: 3 500 ml soft flasks)
- Bottle, flask, or reusable cup
- At least 600 calories of nutrition
- A GPS device or phone with the course downloaded (these trails are heavily trafficked, and we cannot prevent people from removing course markings—please, please have the GPS downloaded as a backup)

68k

In addition to the items outlined above, 68K runners must carry the following. You will be asked to show the following during check-in:

- 2L Water capacity
- Whistle
- Ability to carry ice if needed via an ice bandana, sun sleeves, a hat with room for ice, a pack that can get wet

- Leaving the Jeremy Ranch Aid Station for the first time, you are **strongly** encouraged to have 2-3 liters of water (2 if you are mid-pack, 3 if you are back-of-pack).

Gear That is Strongly Recommended for all distances:

- We will have ice at each aid station, so 30K and 15K runners should consider bringing an ice bandana, sun sleeves, a hat with room for ice, or a pack that can get wet.

Race Check-In/Gear Check

Each runner will be required to check in and show required gear during bib check-in.
See below for check-in options for all distances:

(OPTION 1) –

Date: Friday, May 29th

Location: [Newpark Amphitheater](#) (in front of Maxwell's Italian)

Time: 3:00 PM - 8:00 PM

Date: Saturday, May 30th

Location: [Basin Rec Field House Turf Field](#), 1388 Center Dr, Park City, UT 84098

Time: 4:30 AM - 8:30 AM

Start Time & Bib Numbers

All races will start from the Basin Rec Field House Turf Field: 1388 Center Dr, Park City, UT 84098

Twisted Fork 68k – All runners must be in the Basin Turf Field by 5:45 AM.

Twisted Fork 30k – All runners must be in the Basin Turf Field by 7:45 AM.

Twisted Fork 15k – All runners must be in the Basin Turf Field by 8:45 AM.

Medical

If you encounter an emergency on the trail or have any medical questions, please follow the following protocol.

- If you are injured, or encounter another injured runner and have cell service, please call race command at **+1 (302) 518-9342** so we can quickly deploy a medic to your location.
- If you do not have cell service but can reach an aid station or can ask another runner to go to an aid station and notify the staff, they will be able to deploy a medic to you quickly.
- If you or another runner is in a **life-threatening situation** and you do not have cell service and time is of the essence, call **911**.

Dropping from Race:

Runners may only drop from the race at aid stations where an aid station crew member will collect your bib number. **Do not** leave the course without informing a staff member. If possible, we encourage you to drop at the below aid stations as these aid stations are easily accessible by car. Runner extraction outside of emergency cannot be guaranteed.

- Glenwild
- Jeremy Ranch
- Big Mountain Pass

If you are not suffering from an emergency, take a minute to rehydrate, sit, cool-down etc. Depending on where you are, the quickest way out may be to continue on.

Cutoff Times:

Cutoff times are enforced based on gun time. We are enforcing cutoff times to ensure runners safety and to be able to predict logistics and shifts. Cutoff times will be based on what time you leave the aid station, not arrive. If you should get cut off from finishing the race, we will do our best to shuttle you back to the start line. If you do have a ride, please let the aid station captain know.

Details	68k	30k	15k	Aid Type	Drop Bags (68k Only)	Cut Off
Basin Rec Center	Start	Start	Start	N/A	No	
Glenwild	4.65	4.65	4.65	Full	No	
Flying Dog	9.45	9.45		Full	No	
Jeremy Ranch #1	15.1			Full	Yes	
Mormon Flat	19.15			Full	No	12:30 PM
Big Mountain Pass	23.53			Full	No	2:00 PM
Bald Mountain	26.75			Water	No	N/A Water Drop
Jeremy Ranch #2	34.58			Full	Yes	5:00 PM
Red Hawk	37.3	13.95		Full	No	5:30 PM
Finish	Done!	Done!	Done!	Full	No	7:00 PM

Training and Coaching

We've partnered with **Trails & Tarmac** to provide training guides for every distance. Watch the **Training Guide Overview Video** to get started. These resources are perfect for both first-time trail runners and seasoned competitors.

68K Training Guide

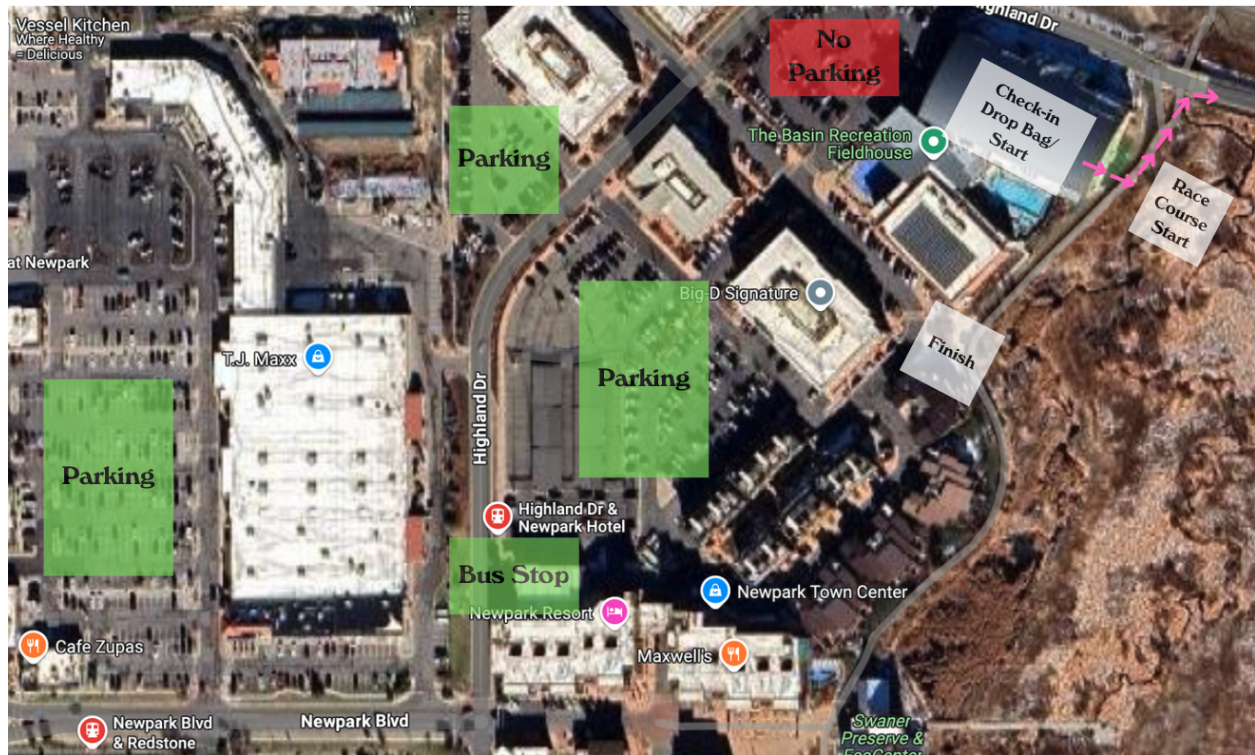
30K Training Guide

15K Training Guide

Runner Parking

Parking will be available within Newpark Shopping center. Do not park in front of Basin Rec Fieldhouse - if you do, you will get towed. Carpooling is strongly encouraged and there is public transportation.

There will be signage for additional parking and parking attendants will guide you in where to go.



Award Ceremonies:

- 15K Podiums: 10:30 AM
- 30K Podiums: 10:30 AM
- 68K Podiums: 1:30 PM

Aid Stations

There will be two different types of Aid Stations - Ice/Water Drops and Full. Full aid stations will include:

- Water
- Ice
- Electrolytes
- [Precision Fuel & Hydration](#) Products
- Coke Products
- Pickles
- PB&J

- Bananas
- Watermelon
- Oranges
- Potato Chips
- M&Ms
- Nerd Clusters

Course Information 15k:

Course Overview and GPX:

Twisted Fork 15k

Start/Finish: Basin Recreation Center/Newpark Amphitheater

Distance: 9.64 Miles

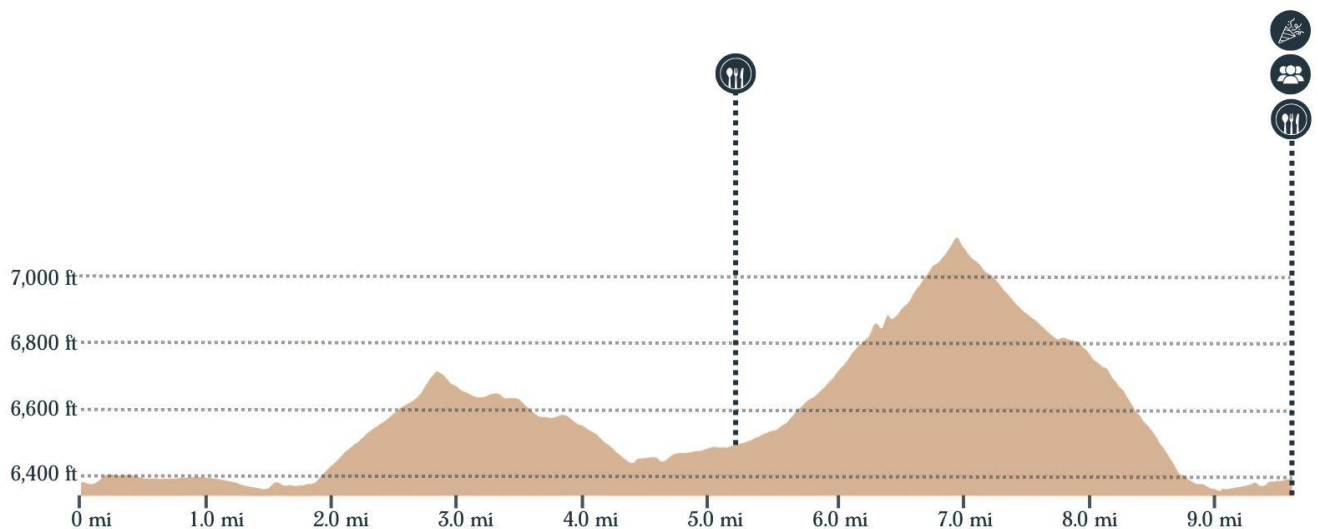
High Point: 7,135'

Low Point: 6,357'

Total Elevation Gain: 1,208'

Cut off: 10 hours (7:00 PM)

Course type: 90% single track, 6% gravel roads, and 4% paved roads



Aid Station Miles/Types:

Details	15k	Distance to Next Aid	Aid Type
Basin Rec Center	Start	4.65	N/A
Glenwild	4.65	4.99	Full
Finish	9.64	Done!	Full

Course Information 30k:

Course Overview and GPX:

Start/Finish: Basin Recreation Center/Newpark Amphitheater

Distance: 18.3 Miles

High Point: 7,762'

Low Point: 6,357'

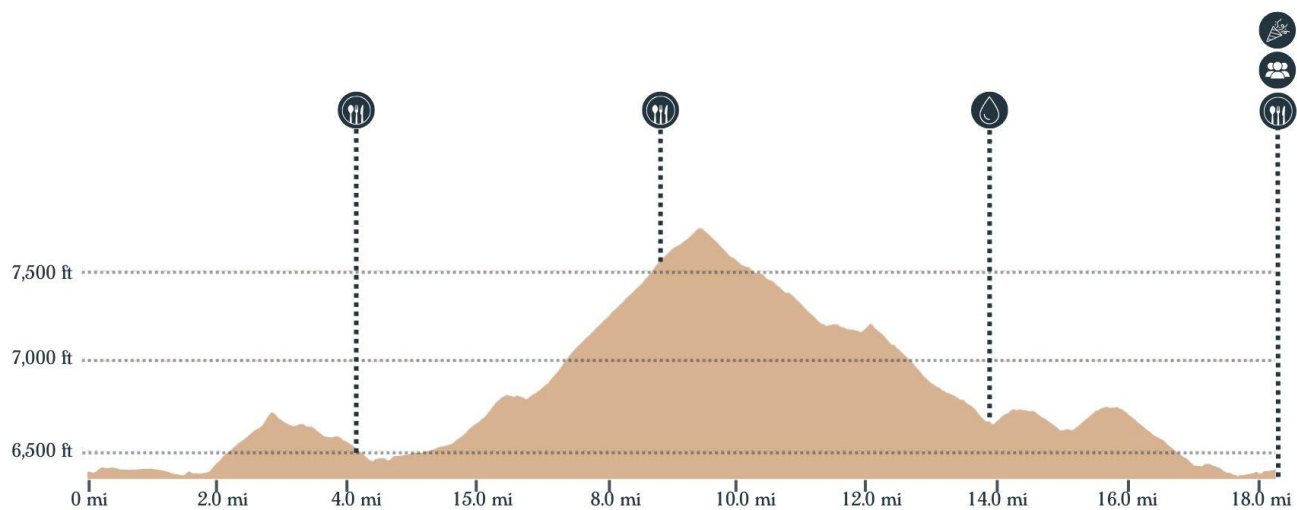
Total Elevation Gain: 2,097'

Cut off: 11 hours (7:00 PM)

Course type: 90% single track, 6% gravel roads, and 4% paved roads

GPX: [30K GPX File](#)

Strava: [30k Strava File](#)



Aid Station Miles/Types:

Details	30k	Aid Type	Cut-Off
Basin Rec Center	Start	N/A	
Glenwild	4.65	Full	
Flying Dog	9.45	Full	
Red Hawk	13.95	Full	5:30 PM
Finish	18.3	Full	7:00 PM

Course Information 68k:

Course Overview and GPX:

Start/Finish: Basin Recreation Center/Newpark Amphitheater

Distance: 68k/42 Miles

High Point: 7,844ft'

Low Point: 6,029ft'

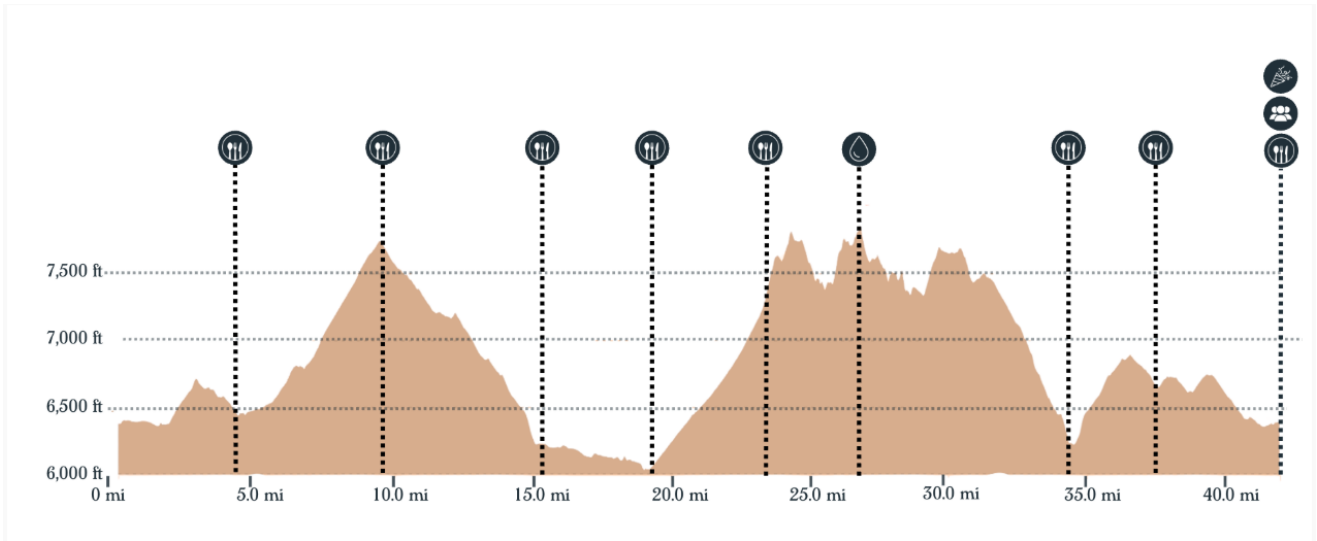
Total Elevation Gain: 6,156'

Cut off: 13 hours (7:00 PM)

Course type: 90% single track, 7% gravel, 3% paved

GPX: [68K GPX File](#)

Strava: [68k Strava File](#)



Aid Station Miles/Types:

Details	Mile Marker	Distance to Next Aid	Aid Type	Drop Bag	Cut-Off
Basin Rec Center	0	4.65	N/A	No	
Glenwild	4.65	4.80	Full	No	
Flying Dog	9.45	5.65	Full	No	
Jeremy Ranch #1	15.10	4.05	Full	Yes	
Mormon Flat	19.15	4.38	Full	No	12:30 PM
Big Mountain Pass	23.53	3.22	Full	No	2:00 PM
Bald Mountain	26.75	7.83	Water	No	N/A Water Drop
Jeremy Ranch #2	34.58	2.72	Full	Yes	5:00 PM
Red Hawk	37.30	5.55	Full	No	5:30 PM
Finish	42.85	Done!	Full	No	7:00 PM

Drop Bags

68k Runners are able to drop a drop bag at Jeremy Ranch #1 - Mile 15.1 and Jeremy Ranch #2 - Mile 34.2. We request that you keep drop bags as minimal in size as possible and no larger than 60 liters (approx. 24"x12"x12"). Bags larger than 60 liters will not be transported to aid stations. Bags should be clearly labeled w/ bib# & aid station name. DO NOT write the runner name or mile of the aid station. There will NOT

be rain or sun protection over drop bags. Please weatherproof your bags if this is a concern. Massif Running is not responsible for any lost or damaged items in drop bags, including the drop bags themselves. Once you are done with your drop bag, move it to the Finish Line Drop Bag section. Our goal is for all of your drop bags to beat you to the finish. Drop bags left at the finish line will not be shipped out to runners after the race.

Course Marking

The course will be marked with a combination of pink glow flagging tape, corrugated plastic lawn signs, corrugated plastic A-frame signs and flags. We had the course vandalized last year and our markings were pulled in certain sections of the course. Runners must have the GPX file downloaded as well for this reason.

Restrooms

There will be bathrooms at the start, finish, Jeremy Ranch, Mormon Flat and Big Mountain Pass. If you need to use the bathroom outside of these aid stations, please step at least 30 feet off the trail and dig a hole at least 6 inches deep. All used toilet paper or wet wipes must be packed out in a zip-lock bag – do not leave anything behind! Help us keep the trails clean and wild.

Course Records

Distance	Gender Cat	Time	Year	Record Holder
15K	Men	55:39	2025	Christian Allen
	Women	1:07:26	2025	Tayler Tuttle

30K	Men	2:00:06	2025	Garrett Corcoran
	Women	2:33:18	2025	Nancy Jiang
68K	Men	5:25:20	2025	Adam Loomis
	Women	6:30:50	2025	Liz Stephen