Tahoe 100k

Endurance Run



Runner Manual

Sunday, June 14th at 7:00am to Monday, June 15th at 7:00am
62.9 Miles, 11,766 Feet of Climbing, 24 hour Cut Off

Welcome to the Tahoe 100K!

Get ready for an unforgettable mountain adventure in one of the most scenic and challenging ultramarathons on the West Coast. The Tahoe 100K features 11,500 feet of climbing and over 23,000 feet of total elevation change, taking you deep into the heart of the Sierra Nevada on nearly all singletrack trails.

You'll reach heights of 9,800 feet, experience sweeping ridge-line views, and pass by Star Lake, Tahoe's highest alpine lake, a true high-elevation gem. This course is as wild and beautiful as it is tough, and we're thrilled to have you join us for the journey.

Let's run some mountains!

Run Waiver / Graduate Level Event:

The Tahoe 100k 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 very physically and mentally demanding

Experience & Preparation

- Runners should have ultra distance experience.
- Be properly physically and mentally trained, prepared for heat and cold as temperatures can vary from 10F to 90F.
- 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 (plus some extra). Distances between aid stations can range from 14 to 17 miles and may not have water sources to refill.

Course & Navigation

- Much of the terrain is rugged and remote.
- Please note that there are very exposed sections, dangerous cliffs, potential for rock fall, snakes, spiders, bears, wildlife, and other hazards throughout the route.
- The course will be marked with reflective ribbons, arrow signs and confidence markings. Although we mark the route for you, 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 are urged to have the course GPX on them at all times.

Weather

- This is a mountain course and weather can change quickly. We have experienced everything from heat, rain, hail and snow during this event. The mandatory gear is in place to keep you prepared for these weather events.

Entry Requirements

Age

Runners must be 18 or older on run day.

Please understand that it is a risk to pre-register for a race. Personal injuries, family emergencies, and unpredictable changes do happen and we do not offer refunds or transfer your entry to another runner.

Transfer Policies:

On the occasion you need to withdraw from a race you've paid for, you must give notice at least 4 weeks in advance to receive a 50% transfer of your entry fee paid (minus Ultrasignup fees which are not transferable) applied to another Destination Trail event. Transfers are not possible until the race registration is open for the event you want to transfer into. Transfers are good to use for one calendar year and can only be used once per entry fee paid.
Merchandise must be picked up at the race you registered for. We do not mail merchandise or swag. If you don't pick it up you forfeit the merchandise/swag.

Exceptions will not be made. Thank you for understanding.

Race Cancellations:

Destination Trail LLC (With events including Fragrance Lake Races, Deception Pass Races, Orcas Island Races, Tahoe Trail Races, Bigfoot Trail Races, Moab 240, Arizona Monster 300, Triple Crown of 200's and Bellingham Trail Marathon/Half) reserves the right to cancel the run based on any "Act of God" including: (1) Extreme snowpack. (2) Extreme weather before or during the event. (3) Extreme fire danger or fires near or on the course including poor air quality. (4) Other extreme conditions. (5) COVID 19 Pandemic or other public health emergencies. (6) Unforeseen circumstances that make directing the race impossible or dangerous. (7) Lack of permits due to an "Act of God" or unforeseen circumstance.

In the case of cancellation, race entries will not be refunded. If canceled less than 2 months before the event, transfers may not be offered. Mid-race cancellations are not eligible for race credit, transfer or refunds due to the high cost of organizing these kinds of events.

Participant Rules:

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

- **All runners must carry a working headlamp from the start.** We also recommend having spare batteries and a backup headlamp.
- **Please follow Leave No Trace Principles.** No trash may be left anywhere other than a garbage can/bag, even at aid stations.
- **You may not just poo anywhere.** All human waste and toiletries are required to be packed out in a wag bag and disposed of at the next aid station. See details in the "wag bag" section below
- **You must carry all your own gear.** No one may carry your gear for you.
- **No pacers** in the Tahoe 100k
- **You must check in at each aid station**. If your times are missing at an aid station it could be grounds for disqualification.
- **Runners must follow the assigned course,** no cutting of the course in any way.
- **Runners must finish in the allotted time or they will be considered a DNF**. This includes making all aid stations cut off times.
- **Runners are required to carry additional calories and water** with them between aid stations for their own safety.
- **No intravenous fluids (IVs)** during the event. If IV fluids are needed or administered, runners will be disqualified.
- **If a runner requires Search and Rescue** assistance or IVs during the event they are automatically disqualified
- **No performance enhancing drugs**
- **All participants must complete the course on foot**, no motorized vehicles, bikes, or other motorized or non motorized aid
- Participants are responsible for making sure their crew understand all the rules. Crew may only meet their runner at the noted "crew stations"
- All runners must be polite and kind to the race staff and volunteers. Rude or whiney runners may be disqualified. We are sharing the trails with other users including hikers and mountain bikers. Treat everyone with respect.
- If, for any reason, you leave the course, you must start back where you left off within the cut off times noted here. Participants who leave the course must inform an aid station captain. Leaving the course in a vehicle will result in a "Did Not Finish".

Online Resources:

- Course Map**:** Tahoe 100K Course Map

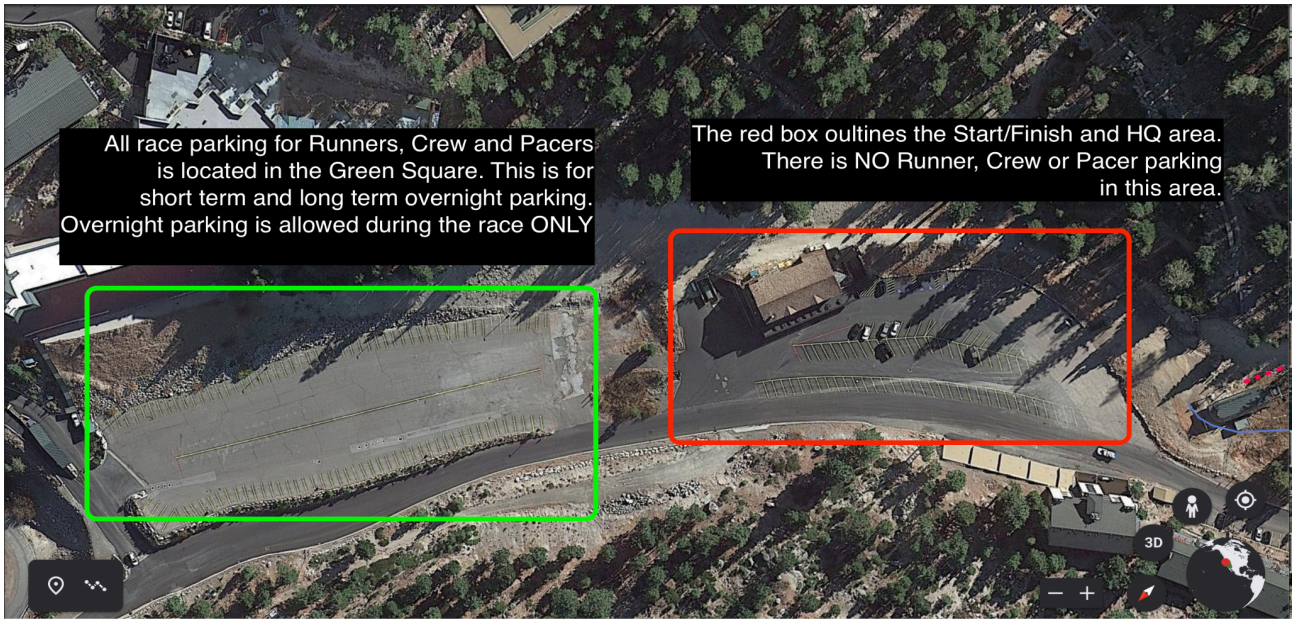
NOAA Weather Forecasts:

- Heavenly Stagecoach Lodge
- Freel Pass at 9,000+ feet

Locations:

- Race Check In/Start/Finish: Heavenly's Stagecoach Lodge

Parking Map:



Schedule:

Sunday, June 14th

- 5:30am to 6:45am: Race Check In and Drop Bag drop off at the Start/Finish
- 7:00am: Start of the Tahoe 100k

Monday, June 15th

- 7:00am: Race Cut Off
- 7:00am to 8:00am: Awards and Post Race Food

Crew/Pacing:

There is no pacing allowed. There is no crew allowed at aid stations due to the limited parking and remote roads. Crew, friends and family are all welcome to see you at the start and finish.

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 as confidence markers along the route and at intersections. The individual trail determines the distance between Dragons.

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

GPX Track of Course:

Although not required it is highly recommended to have the course map loaded onto a device or watch for navigation purposes in case curse markings are tampered with. Use this link to export the course map:

Tahoe 100k Course Map

Required Gear to Carry at ALL Times:

- SPOT Tracker (provided by Destination Trail)
- Headlamp with Spare Batteries
- Jacket
- Gloves
- Hat or Buff
- Emergency Blanket
- 500 Extra Calories
- Wag Bag

Recommended Gear to Carry at ALL Times:

- Light Pants or Tights
- Insulating Layer
- SPOT or Emergency Beacon
- Second Light

*The race organization reserves the right to add/change required gear based on the weather forecast.

What is at Aid Stations:

Aid Stations include general aid station fare including, candy, fruit, wraps, sandwiches, water, juice and soda. Hot soup is also available. Vegan and GF options are available.
Aid Stations are staffed with friendly volunteers and have Medical/First Aid on site.

Neversecond:

We are excited to partner with Neversecond for the on course nutrition. Aid stations will have an assortment of C30 Energy Gels, C30 Fuel Bars and C30 Sports Drink.

Drop Bags:

All drop bags must be labeled with runner name, bib number and aid station. Maximum size is 16x24x10 inches. Race organization is not responsible before, during or after the event. We do NOT mail drop bags. Drop bags can be dropped off during race check in at the start/finish. Drop bags will be returned to the Start/Finish after the aid station closes and has time to wait for any remaining runners on course including sweepers, pack the aid station and drive back to the Start/Finish area.

Aid Station Mile/Type/Drop Bag:

Aid Station	Mile	Type	Drop Bag	Crew
Start	0	Full Aid	Yes	Yes
Armstrong Pass	14.4	Full Aid	No	No
Housewife Hill	30.7	Full Aid	Yes	No
Armstrong Pass	46.9	Full Aid	No	No
Finish	61.3	Full Aid	Yes	Yes

Aid Station Driving Directions:

Location	Coordinates	Link	Miles	Time	Notes
Start/Finish/Heavenly	38.961195, -119.885928	LINK	0	0	Park in lower lot
Armstrong Pass	38.830560, -119.900310	LINK	24	90 mins	Rough dirt road
Housewife Hill	38.795922, -120.017976	LINK	18	38min	

Wag Bags are now Mandatory Gear:

We love our trails and the beautiful places where we host our events. In order to keep the trails in pristine condition for other users we have been implementing Wag Bags as mandatory gear at our ultra distance events. Wag bags are lightweight, easy to use and overall better for the environment. All human waste is required to be packed out and disposed of at the next aid station. Here are the details on the Wag Bags:

Instructions for Proper Use of Wag Bag while on Trail

- Prepare liner bag for use
    - Place the liner bag on the ground in an open upright position
    - Dump the powder into the bag
- Use the Toilet
    - Squat over the liner bag
    - Pee and Poo as usual into the liner bag
- Seal the Bag
    - Tie the top of the liner bag in a knot and seal it in the outer disposal bag
- Trash It
    - Bring the sealed bag to the next aid station and dispose of it in the trash can

Instructions for Proper Use of Wag Bag with a Lug-a-Loo Toilet

Due to the remote nature of the Armstrong Pass aid station it uses Lug-a-Loo style toilets. It is imperative that runners use these properly. Here are steps to a happy Lug-a-Loo Poo:

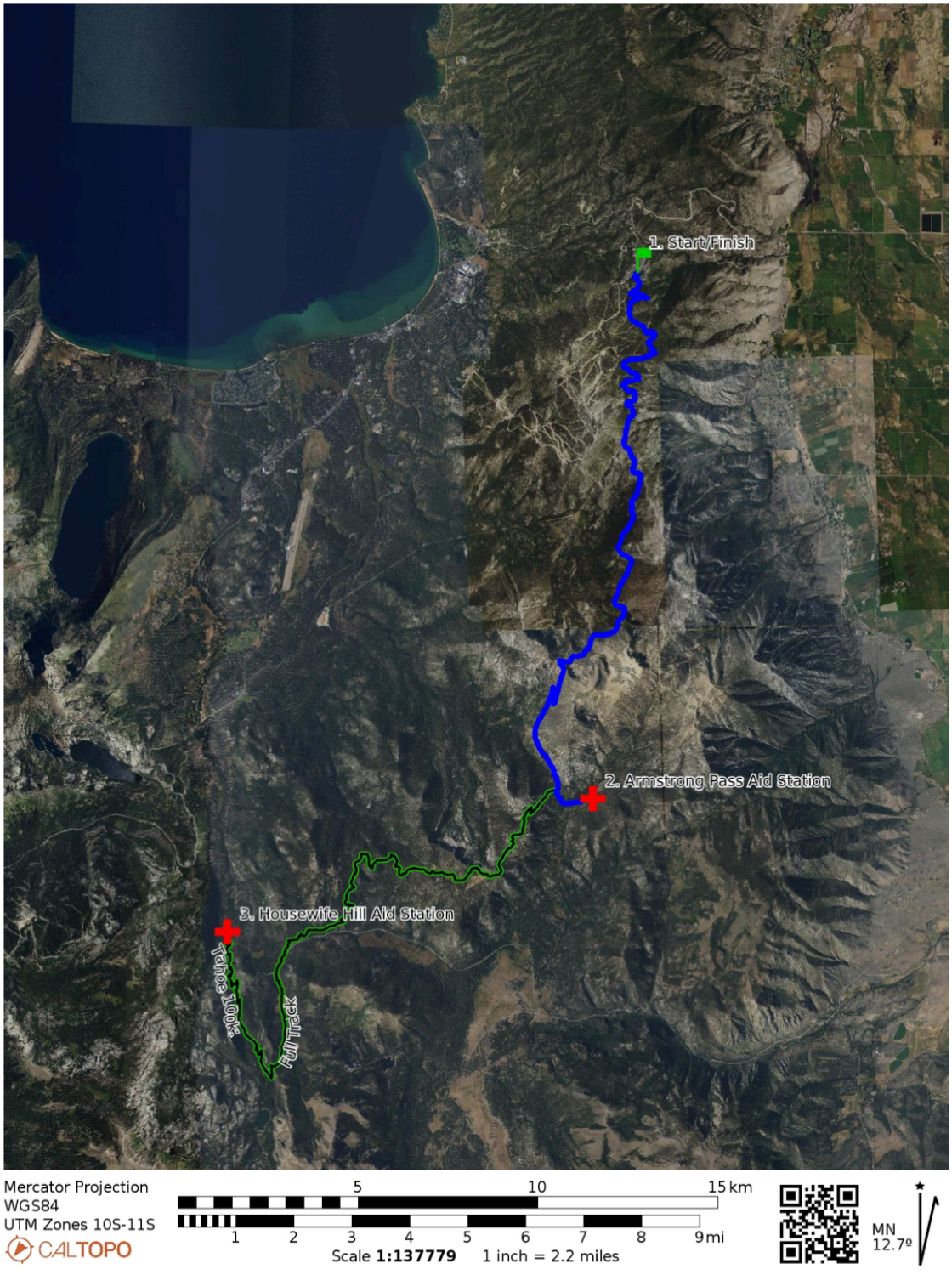
- Line the Bucket
    - Place the liner bag inside the bucket and drape the edges over the rim
    - Dump the powder into the bag
- Use the Toilet
    - Place the seat cover in the bucket
    - Pee and Poo as usual
- Seal the Bag
    - Tie the top of the liner bag in a knot and seal it in the outer disposal bag
- Trash It
    - Dispose of the sealed bag in the trash can

Key take aways for Lug-a-Loo's

- **They are single use.** The bucket is just a convenient seat, not a measure of how much poo they can hold.
- The bucket should be empty when you enter the privacy tent and empty when you leave the privacy tent.
- **Never leave a used bag in the bucket.** You are responsible for cleaning up after yourself

Course Information:

[Tahoe 100k CalTopo Course Map]



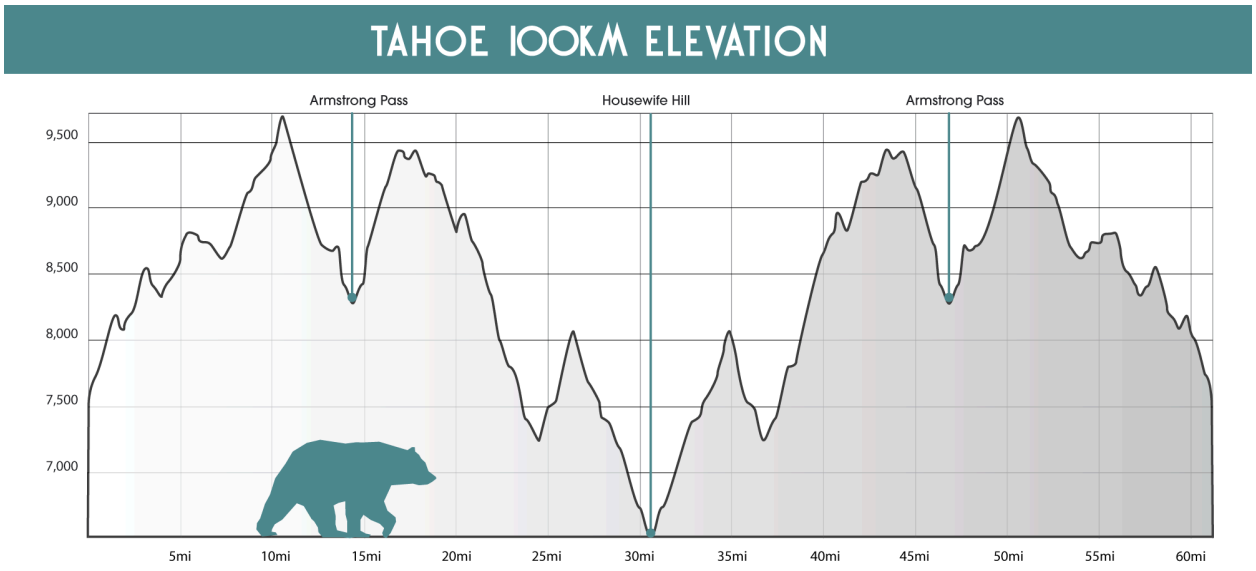
Segment Descriptions:

Segment	Miles	Gain	Loss	Cumulative Gain	Cumulative Loss
Start to Armstrong Pass	14.41	2,905	2,101	2,905	2,101
Armstrong Pass to Housewife Hill	16.25	2,355	4,137	5,260	6,238
Housewife Hill to Armstrong Pass	16.25	4,137	2,355	9,397	8,593
Armstrong Pass to Heavenly	14.41	2,101	2,905	11,498	11,498

Mile/Expected First Runner/Cut Off:

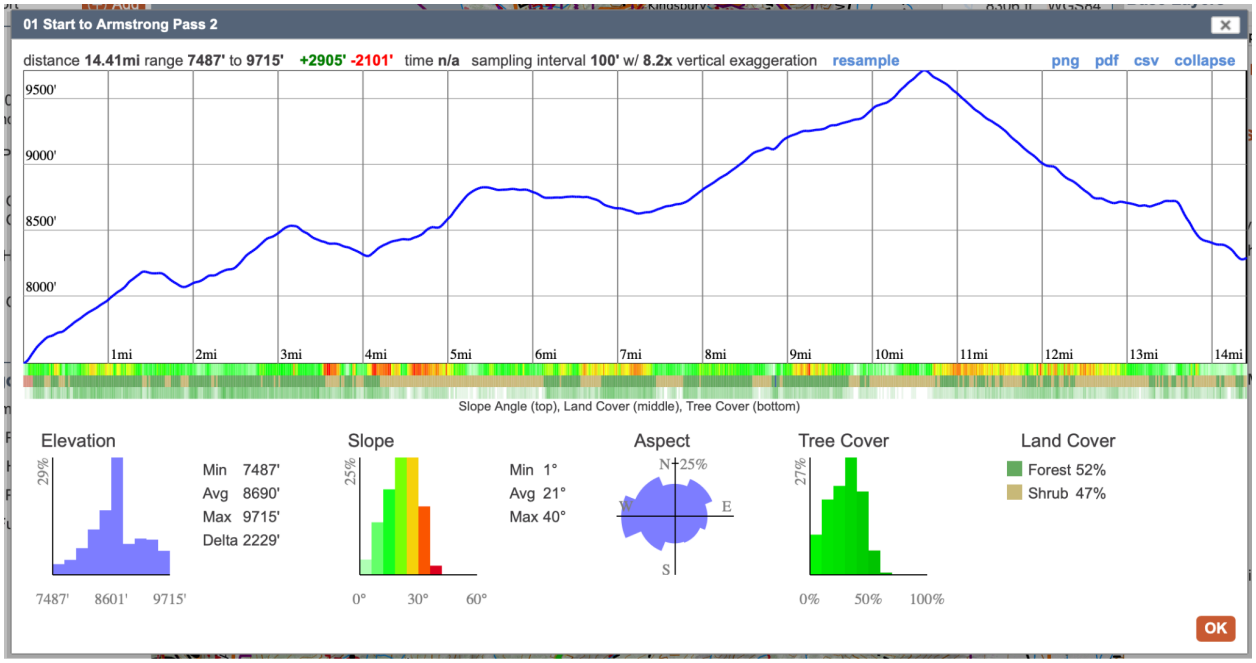
Aid Station	Mile	EFR Day	EFR Time	Cut Off Day	Cut Off Time	Hours
Start	0	Sunday	7:00 AM	-	-	0
Armstrong Pass	14.4	Sunday	10:00 AM	Sunday	12:30 PM	5.5
Housewife Hill	30.7	Sunday	1:30 PM	Sunday	6:30 PM	6
Armstrong Pass	46.9	Sunday	4:30 PM	Monday	1:30 AM	7
Finish	61.3	Sunday	7:30 PM	Monday	7:00 AM	5.5

Full Elevation profile:

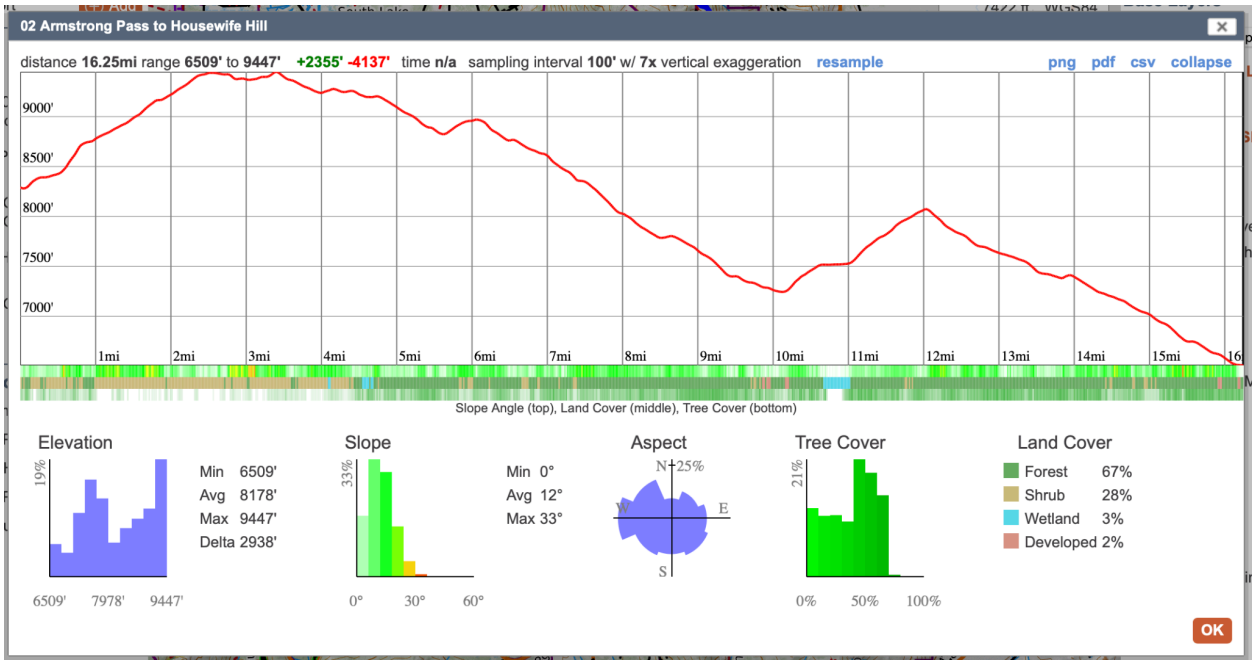


Segment Profiles:

Start mile 0 to Armstrong Pass mile 14.4



Armstrong Pass mile 14.4 to Housewife Hill mile 30.7



Housewife Hill mile 30.7 to Armstrong Pass mile 46.9



Armstrong Pass mile 46.9 to Finish 61.3

