



**2025 Patapsco Valley 50K & 25K Rundown**

**50K: 7:30am**

**25K: 8:30am**

**10/25/2024**

**Last updated: 10/19/2025**

**Packet Pickup on Friday 10/24 is 5pm-7pm @ CCBC-Catonsville Lot 6**

**Saturday 10/25 packet pickup begins at 6:30am**

**Start/Finish Location:**

We are excited to be back at CCBC Catonsville in 2025! Going forward, the race headquarters will continue to be at CCBC Catonsville. We are VERY excited about this, as it will allow for much easier parking for runners, spectators, volunteers, and race support staff. The race will begin and end in the multi-use fields next to the tennis courts ([see this map](#)).

Lots 6, 7, or 8 are closest to the start/finish, but we are officially slotted for Lot 8. All lots are covered by solar panels and are very close to the start line which will be in Lot 6.

## The Course

The course runs counter-clockwise in 2025. The 50k course is 2 loops and measures approximately 16.2 miles per loop. The 25k course is 1 loop.

<https://ridewithgps.com/routes/43657120>

Any changes between now and race day will be sent out to all participants. There is (tentatively) one river crossing at the southeast end of the course. If you definitely do not want to cross the river you can cross on the Gun Rd. bridge. This will add about a quarter mile and will not be marked. Make sure to pick the course back up on the Mill Race trail on the far side of the river crossing.

## Dropping Out/Finishing The Race

50k runners: If you decide that you are going to stop after your first loop, proceed to the finish line and locate any of the race directors (there will nearly always be one of us at the timing tent on the main field). You will have a couple of options:

- Take a DNF of the 50k race
- Ask a Race Director at the finish line about a virtual option
- Be a finisher of the 25k event- You *may not* receive a 25k finishers medal

Whichever options you take, **PLEASE DON'T JUST LEAVE AND NOT TELL SOMEONE IN CHARGE OF THE RACE!** We want to make sure everyone who went into the woods came back, so just let us know. If you decide to drop out mid-loop due to any reason, proceed to the nearest aid station and let the aid station captain know. They can relay this info via HAM radio to us back at the start/finish so we can account for you. THIS IS VERY IMPORTANT!

### 25k runners:

If you decide to drop out mid-loop due to any reason, proceed to the nearest aid station and let the aid station captain know. **PLEASE DON'T JUST LEAVE AND NOT TELL SOMEONE IN CHARGE OF THE RACE!** If you drop out before finishing 25k, you will have the following options:

- Take a DNF of the 25k race
- Ask a Race Director at the finish line about a virtual option

**Cutoff (50k runners only): Runners who do not finish their 1st loop by 12:15pm will be asked to discontinue their run and enjoy the post-race meal.**

## Start Time

The 50k race will start promptly at 7:30am on Saturday, October 25th, 2025. The 25k race will start promptly at 8:30am on Saturday, October 25th, 2025. All runners will have until 5:30pm to officially finish the course. If you arrive late, you can start but you will not be given extra time to finish.

**IF YOU ARRIVE AFTER THE START, DON'T PANIC! Just let a race director know you're here and we'll take care of you!**

## Parking

You may arrive as early as you are comfortable with, but we will not start checking runners in until 6:30am. There is plenty of parking at CCBC for you and any family and friends who wish to watch. PLEASE follow signs on where to park when you arrive. Lots 6, 7, or 8 are closest to the start. All of those lots are covered by solar panels and are very close to the start line which will be in Lot 6.

## Packet Pickup

We will have two packet pickups. First on Friday, October 24th at the start/finish location at CCBC in Lot 6 from **5pm-7pm**. To cut down on race morning congestion, please try to pick up your packet then. If you can't do that then....

We will be holding the second packet pickup at the start/finish line at CCBC Catonsville on race morning beginning at 6:30am. Look for the Check-In banner. Do not leave your bib at home or in your car. Wear it or you won't have a finish time recorded!

Don't worry about knowing your bib #. Just tell staff your distance (50k/25k) and last name. PLEASE try to pick up on Friday to cut down on race morning log jams.

## Drop Bags

You may bring 1 drop bag and stash it in a designated area. You will have access to your bag after completing loop 1 and when you are finished. The race organizers and CCBC Catonsville are not responsible for lost, stolen, or damaged items. Please be careful and smart about what you store in your drop bag. Suggestions include extra shoes & socks, clothing, nutrition, etc.

Keep your cash, cards, and other valuables LOCKED in your car. There is space for any size bag, chair, cooler, or other item you may want or need.

## Trail Marking

We will be using our standard markings. We will have pink pin flags in the ground, pink/black checkered tape tied into tree branches, bold black arrows on white background stapled to trees or stakes in the ground, stickers on the brown plastic posts in the ground (when/if available), and in a few places there will be a course marshall. The course is all new this year! You can download the strava file or gpx to your watch or phone. It is your responsibility to know the course. There can be confusing trail intersections. We always strive to be the best marked course you'll ever run, but markings only work if you are paying attention. Simply put... **YOU are responsible for knowing and following the course.**

## Getting Off Course

Your distance traveled as measured by your watch or phone does not make you a finisher of the race. You must finish the course as it is laid out. If you get off course, you must return to where you got off course and finish to be considered a finisher. You may not cut off sections or take the shortest path back on course. Anyone found to purposefully cut the course will be disqualified.

## Passing

It should go without typing, but you are required to be kind to your fellow runners. If someone wants to pass, they need to announce their intention. "I'd like to pass when I can". The runner being passed should reply, "Cool. Let me find a spot". The runner being passed should find a spot to step off the trail and give some space to the passing runner. The passing runner should be cool about waiting a minute or two for that safe space. Please be kind to each other there. Enjoy it!

## Aid Stations

There will be aid stations at around mi 6.2, 11, 16.2 of each loop. You should carry some hydration at all times. Check into the aid station by telling them your bib number. Confirm they have checked you in. We will have Gatorade, water and disposable cups of soda. You can expect a variety of sweet, salty, and surprise foods on the course! **PLEASE** make every effort not to

litter and have a method to hold your trash to the next aid station. Remember to follow the directions of the volunteers. Be kind.

## **Bathrooms**

This will be the best year for bathrooms yet! There will be even more porta-potties and hand washing stations at the start/halfway/finish. You will also have bathroom access near the Cascade Falls aid station, and just before the river crossing at the pavilions (10.3 miles and 26.7).

## **Other Park Users**

The Park is open for business and will be busy. You should be ready to see all sorts of users of all sorts of experience. Remember that you are representing our race and the trail running community. Be kind to all that you meet.

## **Cars**

There are a few places on the course where you will briefly be running on or crossing roads. **PLEASE** be careful. Stay on the shoulder, look both ways, and be kind!

## **Finish Line**

One of our favorite things about putting this race on is hanging out with everyone at the finish line. We will have our beautiful finisher mugs (50k runners) and medals (25k runners) available for you to choose from, so please choose wisely before leaving the finish area. Don't forget your drop bag. If you choose to hang out for a little while, bring a camping chair and make sure you do so safely. Chef Mario will be cooking the post-race meal at the finish line- be sure to fill up- you earned it!

## **Prizes**

We will award prizes for the top 3 men and women overall as well as top finishers in each age group. We will also have a few surprise prize categories that our aid station captains typically vote on, so be extra nice or you might get a trick instead of a treat!

## **SWAG (Shit We All Get)**

Everyone will get a Brooks tech shirt, a race-logo duffle bag, and the coveted PV50K hand-crafted finishers mug (50k runners) or HUGE finishers medal (25k runners). 5-Time finishers will receive an embroidered fleece blanket. 10-Time finishers will receive an embroidered jacket. We love our loyal runners! You'll also have an amazing post-race meal!

## **2025 Menu**

Vegan chili with corn tortilla chips & toppings bar

Pulled pork sandwich with BBQ

Pasta salad

Chips, cookies & condiments available

Soft drinks, water, Gatorade

Assorted additional foods & snacks



## Final Words

This race is a tentative agreement with Governor Moore, the state park system, Patapsco State Park, the MD Department of Health, CCBC Catonsville, you all, and us. The race could be canceled at any time. We really have no control over this. If this were to happen, everyone would be shifted to the virtual race. We hope that won't happen and don't think it will, but we need to say it. We have had to cancel multiple races in the past with COVID and a derecho in 2018 plus make others virtual. We almost went out of business. We are so happy to be out there. Support local businesses and especially your local running stores! We love you all!

**\*\*IF the race must be canceled, the first option is our rain date of Sunday October 26th. If it is not possible for you to run that day, or if the whole weekend gets wiped out, EVERYONE will be part of the virtual event and have until November 26th to run a 50k or 25k at their preferred time on whatever course they choose. Patapsco Valley State Park has a very strict rain policy to protect the trail system and be good stewards of this awesome natural resource. We know this isn't anyone's favorite option, but we support the parks policies and place stewardship of our natural resources above all else.\*\*\***

Sincerely,

Ryan, Mario & Shawn

White Oak Running Company

**Please be understanding of all the precautions. Go gently out there.**

