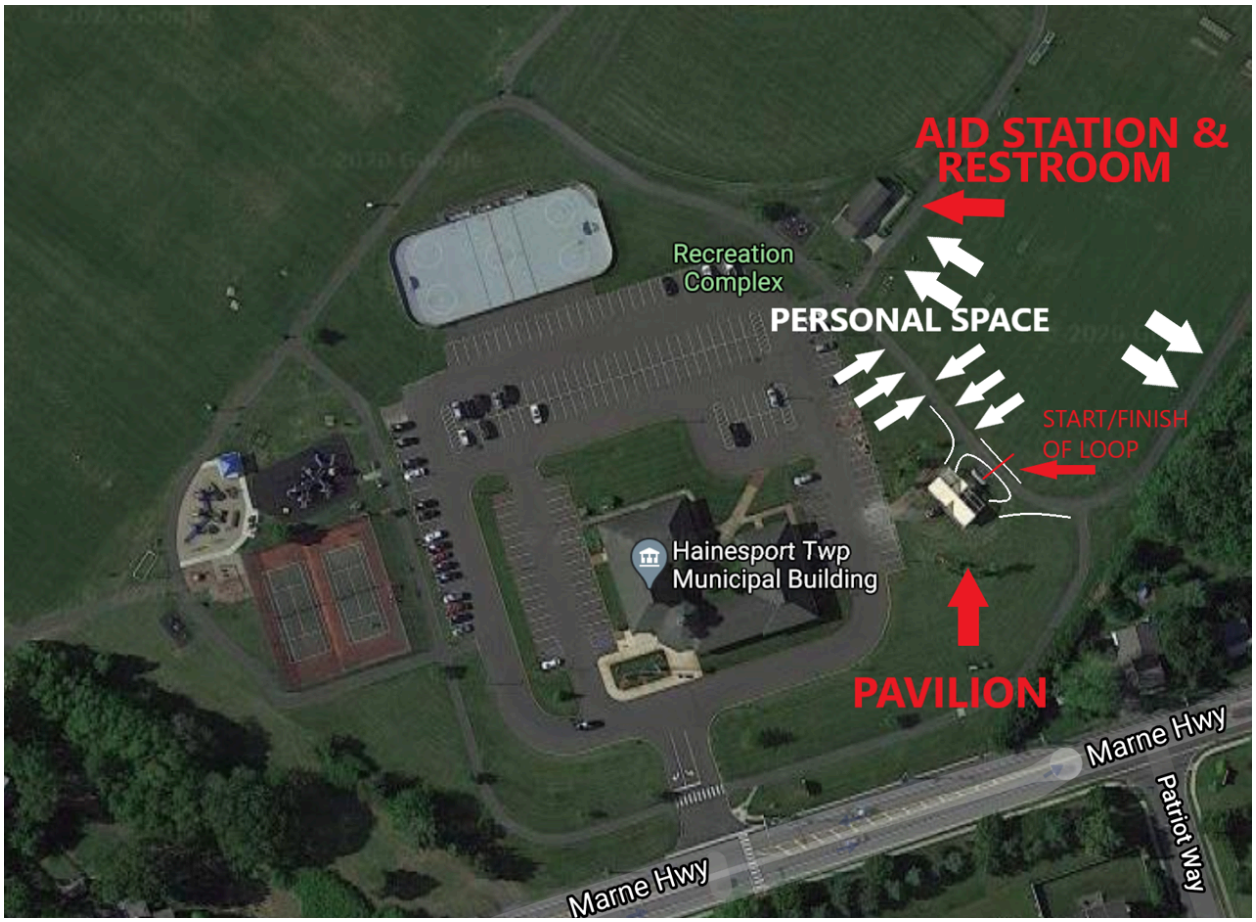
ATHLETE GUIDE

At-a-Glance

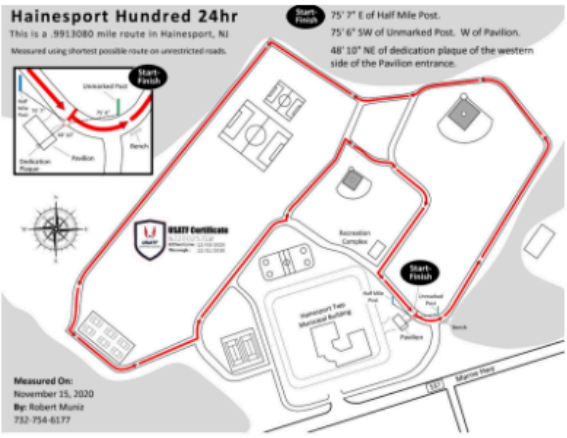
- **Registration:** OPEN until **30 minutes before** each start time
- **Shirts: Sold out**
- **Location:** Hainesport Township Park, **1401 Marne Hwy, Hainesport, NJ 08036**
- **Parking:** Anywhere in the lot; **east side** is closest to the course, aid, and pavilion

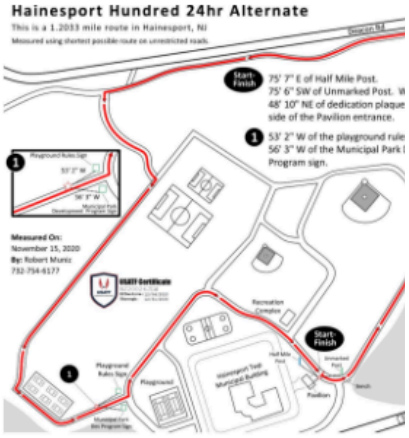


Course Overview

- **Primary loop: 0.9913 miles**, paved & flat — **100 miles = 101 loops**. [Course Map]
- **Alternate loop (if needed): 1.2033 miles — 100 miles = 84 loops**. [Alternate Course Map]
- **The alternate loop may be used at the discretion of race staff** for any necessary reason—such as water, obstructions, or other safety considerations.
- **Direction:** Counter-clockwise
- **Marking:** Green route arrows on the ground
- **Lighting:** Entire course is **lit** with generator lights (one section by the pickleball courts may be slightly dimmer due to neighbor restrictions).

USATF Sanctioned & Certified





- Hainesport Endurance Run: **NJ20025JLW**
- Hainesport Endurance Run (Alternate): **NJ20026JLW**

Event Rules, Switching & Buckles

- **100M athletes:** If you reach **80+ loops by 9:00 AM Sunday (24 hours)**, you may continue **until 3:00 PM Sunday** or until you hit 100 miles. Once you reach 100 miles, you're done.
- **24-Hour athletes:** Exit the course at **9:00 AM** the day after your start, regardless of mileage.
- **Switching (Saturday only):** Saturday **24-Hour** and **100M** entrants may switch **during the race—tell us before 9:00 AM Sunday**.
- **Sunday 24-Hour** entrants **cannot** move to the 100M.
- **No upgrades to 48-Hour after start.** If you need more time for 100 miles, upgrade **before** the start on **Saturday**.
- **Course Boundaries & Crew Access:**The grass areas alongside the loop are **off course**. All **forward progress** must happen on the **paved, marked path**. You may briefly step off the path to access your **personal/crew spot** that's directly adjacent to the course, then return to the path **at the same point**. **Do not run or walk along the grass** to advance your position or move between points. To leave the venue or reach parking, use the **pavilion chute**.

Awards & Finisher Items

- **100-mile finishers (any event): buckle**
- All who complete at least one loop: **Hainesport medal**
- Podium: **Top 3 male & female** in 12-Hour, 24-Hour, 100-Mile, 48-Hour (awards **mailed**)

Aid Station (near restrooms)

Classic ultra fare: water, Coke, Mountain Dew, ginger ale, coffee, hot chocolate, grilled cheese, quesadillas, **vegan & gluten free options**, noodle soup, chips, candy, cookies.

Hot food schedule:

- **1:00–5:00 PM:** hot dogs/burgers (vegan: **black bean burritos**)
- **5:00–9:00 PM:** pizza/vegan pizza
    - **Sat vegan special:** Cauliflower Sweet Potato Curry over rice
    - **Sun vegan special:** One-Pot Lentil Dahl & rice
- **1:00–5:00 AM:** pancakes (**vegan**)

- **5:00–9:00 AM:** eggs—burritos, sandwiches (vegan: **Southwestern breakfast burritos**)

Personal Setups, Pavilion & Community Space

- **Personal space:** Set up along the course near start/finish where **white arrows** indicate.
    - Areas marked by **white lines** are for fencing—**no tents** there.
    - **No setup before 7:00 AM.**
- **Pavilion:** Large covered area available to participants; outlets on many posts. Please be courteous—**unplug when finished**.
    - Do **not** unplug cords marked **with blue tape (RACE)**.
- **Community space:** Shared tables, chairs, and **4 cots** near the aid/pavilion. If local, please bring your own; supplies are limited.
    - We **cannot** provide tables, chairs, or tents for personal use.

Course Access & Relay

- **Enter/exit** the course **only through the chute** at the pavilion (e.g., to your car, long breaks, leaving venue). Exiting elsewhere may result in **DQ**.
    - You do **not** need the chute to step into your personal setup right along the course.
- **Relay exchange:** At the chute entrance/exit. Each teammate has their **own bib**. **Tag/high-five** in the exchange area before the next runner proceeds.

Pacers, Poles & Camping (USATF)

- **No pacers** allowed; friends/family/crew may not run or walk with you for any portion of a loop. **No exceptions.**
- **No trekking poles** if you wish to be **USATF record-eligible**.
- **No overnight camping/parking** in the park before or after the event.

Records & National Team Attempts

Attempting a record or **US National 24-Hour Team** qualifier? Tell us in advance. Review USATF Rules **144.3 (Assistance to Athletes)** and **166.3(a) (Leaving the Course)**.

Participants intending to attempt a distance-based record must notify us via email no later than the Wednesday prior to the event. Please note that partial laps will not be measured during the event.

Volunteers (Earn Transferable Credit)

We can't do this without volunteers. Volunteers earn transferable race credit valid for any future Beast Coast Productions event.

Volunteers still needed (priority order):

- **Aid Station:** Sun 10/12 **9 PM–1 AM** (Mon 10/13)
- **Aid Station:** Mon 10/13 **1–5 AM**, **5–9 AM**
- **Race Clean up:** Mon 10/13 **8 AM–11 AM**

VOLUNTEER

Thank you for choosing one of our events—we can't wait to watch you crush miles!

Questions? info@beastcoastpro.com