

Upchuck 50K
18th Year
November 7, 2026



ALL participants must carry some form of hydration: hydration pack, hand-held water bottle, waist belt, or a water bottle from the local gas station duct taped to your hand. Please note that aid stations will have few to no cups for your use and that is why you will need a hydration source.

Race Basics:

Please, oh please don't sign up for this race and expect to be catered to with lots of goodies and swag and stuff that you may or may not think are cool, but surely will toss in the landfill days or weeks later. This is first and foremost a wilderness single track ultra trail race. That is what you are signing up for and that is precisely what you will get. Aid is minimal and if you run off course you will likely never be found. If you have a history of roaming off course you should bring a cell phone, but if you decide to use that phone for a non-emergency call, you will be attacked by the locals and never heard from again. This all may sound sort of grim, but there is a significant upside. This could very well be the finest 50K course in all the land. It has wicked climbs and crippling descents into Soddy Creek, Possum Creek and Rock Creek. It will, without a doubt, go down in the race log as one of the best 50k courses you will ever do, and we will cook you a burger at the end. Expect nothing more, and do not even think of making this your 1st ultra.

Save the Planet:

First of all, the Upchuck is not the norm for trail races. This is a back to the basics race...like back to nature. This is not only a no frills, no weenies kind of race, but also we are working to be as paper free/waste free as possible. There will be no race numbers (body marking instead) and

any other waste we produce should be recyclable/compostable. There will be no cups at the aid stations. Certainly you must bring your own form of hydration pack that we are happy to fill for you with water or an electrolyte replacement drink. If you care for a sip of Coke or Mtn Dew and you don't already have one of the slick new re-usable cups, get one. We should not need to define the word re-usable. Please help us along in this process by keeping trash off the trail and taking note of our recycling bins at the finish.

Registration:

Registration on wildtrails.org will open the Wednesday after Labor Day, 12:00 NOON Eastern Time.

Cost

\$75 - Limit to first 72 registrations

Race Finish / Bus Depart

190 Depot St, Soddy-Daisy, TN 37379

Map link - <https://goo.gl/maps/toZxgmYus732>

Race Start

Lower Legget Rd Cumberland Trailhead, Sale Creek

Map link - <https://maps.app.goo.gl/jiZM76NT4j8A1kow9>

Schedule:

Everyone will meet at the finish and get your leg marked and jump on the bus. Here are the times to keep in mind:

Body marking - 6:30

Bus leaves - 7:30

Race starts - 8:00

Do Not Litter: We have witnessed an increase in trail litter over the past few years. We will not tolerate littering. This is not a road race! We know that accidents happen, but if we catch you obviously throwing your trash on the trail, you will not only be disqualified from this race, but you will be banned from any future Wild Trails race. Sorry to be so sour, but the littering must stop. Please take the extra two seconds to make sure that your trash is safely tucked in a pocket.

Headphones: We strongly discourage the use of headphones during this race for the reason of safety. Not only is it more challenging to hear other runners, but more difficult to communicate with our race marshals and volunteers along the course. In short, we ask all runners to be as safe and courteous as possible.

Registration changes/transfers

No Refunds or transfers. Race numbers may not be transferred to another race or another person.

