

## **Speedgoat 50k runner rules and instructions**

1. Course will be marked with pink ribbons with a Montrail logo, pink sprinkler flags and paper plates directing where to go.
2. All runners must check out of each aid station, check in is not necessary
3. No littering anywhere on the course, garbage service will be available at each aid station.
4. If a runner needs to drop out, it must be reported to the aid captain. If such runner does not report to aid captain upon dropping out, you will be banned from future Speedgoat events and a potential of search and rescue may be called, which could cost you a fortune.
5. Anyone caught cutting any switchbacks will be banned from future Speedgoat events
6. No stepping on any revegetated areas, Alta and Snowbird are very pristine areas and violating this policy could affect the future of this race.
7. All runners must respect decisions of aid personnel on Baldy Ridge to ensure the safety of other runners. Rocks could slide down and we may have to go one at a time.
8. Headphones ARE permitted, but please use respect when entering aid stations and especially on Baldy where it would be best to take them off temporarily. Not being able to hear when a rock is falling could be fatal.
9. The cutoff at Hidden Peak will be 6pm sharp, no exceptions. This will give all runners who flurt with the cutoff to make it down safely before dark. Tram rides will be available to transport the runners down.
10. All runners MUST sign Alta waiver, or will not get a number
11. Dropping out at Sugarloaf Pass will be difficult as there is no transportation down the mountain from there
12. No whining, only goat calls

## **Food selections available at aid stations**

1. Water
2. EFS electrolyte carbohydrate drink from First Endurance
3. Red Bull
4. Salt Capsules
5. Soup Bouillon
6. Oranges
7. Bananas
8. Peanut Butter-Jelly Sandwiches
9. Chips
10. Pretzels
11. Salty Potatoes
12. Any other suggestions email Karl at [:wahsatchspeed@aol.com](mailto:wahsatchspeed@aol.com)

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24. No whining, only goat calls
25. Awards at 7:00 p.m.
26. Showers and lockers at the finish
27. Race day please use entry 2 of Snowbird and walk in to the tram center and go upstairs to the starting line. LOOK FOR THE TRAM!