

**BERRYMAN 50-MILE AND MARATHON TRAIL RACES**  
**SATURDAY, MAY 18, 2019**

Welcome to the 20<sup>th</sup> ANNUAL Berryman Trail Races!

50-Mile Start: 6:00 AM, Time Limit = 14 hours, Cut-off 8:00 PM

Marathon Start: 7:00 AM, Time Limit = 12 hours, Cut-off 7:00 PM

**AID STATIONS:**

Five fully stocked aid stations will be located at mile 5, mile 10, mile 16 (Brazil Creek), mile 20, and mile 26.2 (Berryman Campground) of the Berryman loop.

Unmanned, water-only stations will also be located at mile 13 and mile 24.

Aid Station	Distance (miles)	2nd loop Distance (miles)	Marathon Cut-off	50-Mile 2nd Loop Cut-off
1	5	31		2:30 PM
2	10	36	12:00 PM	4:00 PM
3 (Brazil Creek)	16	42	2:30 PM	5:30 PM
4	20	46	4:30 PM	6:30 PM
5 (Start/Finish)	26	52	7:00 PM	8:00 PM

50-mile runners must start 2<sup>nd</sup> loop by 1:00 PM.

**TIME CUT-OFFS:** This race is staffed by volunteers who would be devastated if someone gets seriously hurt on their watch. The time cut-offs are for your own safety. If you miss a time cut-off, it's a pretty good indication that you are very tired and not in a position to make good decisions about continuing. Anybody who argues with or disregards instructions from aid station workers to withdraw from the race when they have missed a time cut-off will be banned from future SLUG events. PLEASE DO NOT DO THIS TO OUR VOLUNTEERS.

**Runners are strongly encouraged to carry a bottle or hydration pack.** This is a hilly and technical trail. It may take you longer than expected to travel 5 or 6 miles and it can be quite hot and humid in mid-May. Please carry fluids.

## DROP BAGS:

Drop bag locations: Start/Finish area (Berryman Campground) and Brazil Creek (mile 16 and 42). Please mark bags with your name, bib number and aid station name, and place them in the designated location at the start of the race.

Note: Large coolers, totes, or other unreasonably large items will not be transported to Brazil Creek.

Drop bags will not be mailed after the race. They must be retrieved on race day. Unclaimed drop bags will be donated or disposed after the race.

## PARKING:

Parking is allowed on one side of the road only. Please obey No Parking signs on the road and in the campground area.

## CREW INSTRUCTIONS

Please Note: Crew (family and friends) are allowed only at the Start/Finish area (Berryman Campground) and the Brazil Creek Campground aid station (mile 16).

### Directions to Brazil Creek Campground:

Total distance = approximately 6 miles from Berryman Campground

Turn LEFT when you exit Berryman Campground and head north on the gravel road. Stay LEFT at the fork around mile 2.5. You will come to a stop sign at approximately 5 miles. Turn RIGHT onto the paved road (W) and drive 1 mile.

CAUTION: Runners will be on the road. Drive slowly on the paved road.

The entrance to Brazil Creek Campground is on the LEFT approximately 300 yards after you cross the bridge over Brazil Creek.

Any runner receiving aid from crew at any location other than Berryman Campground or Brazil Creek Campground is subject to disqualification.

We do not allow crew at any other locations on the course due to lack of parking and to limit dust from dirt and gravel roads. Thank you for your understanding.