

**Survival of the F.I.T.est 34 Hour Ultra
October 3rd-4th 2026**



Race Director:

Darlene Gaudet

Contact Number: 401-533-3604

All participants should save this number in case you need assistance on course

Location: 1464 Diamond Hill Rd, Cumberland, RI 02864

Schedule: All races start at 7am on Saturday 10/3.

This race has a ROLLING START, meaning you can start anytime after the official start time. YOU MUST LET THE TIMER KNOW WHEN YOU START YOUR FIRST LAP AND WHEN YOU ARE OFFICIALLY DONE. All participants (other than pacers) must start on Saturday ie. 8 hour runners cannot start on Sunday. We calculate your cutoff time based on when you start.

The 34 hour race and course closes at 5pm on 10/4. We ensure everyone is safe and off course before departing the venue.

Packet Pickup: Every runner is expected to report to bib pick-up the day of the race. Participants will receive a bib number, reusable cup, and t-shirt. Same day registration will be available.

Start Location: Drive straight past the library, you will see a gazebo and field to the left of the senior center. Head to that field for bib pickup, registration, and the start/finish line.

Parking: There is ample parking, I recommend parking towards the back behind the senior center, once that fills up, there is plenty of parking in the library lots.

Time cut off:

Only miles run and reached within the time cut off in 5 mile increments will be counted. Runners who drop out of the race early need to check in at the start/finish line before leaving the race location. Runners going for a 50k or 100k will have a separate path at the end to complete the exact distance.

Results and Tracking: A Google Sheet link will be shared for live tracking. We take splits every 5 miles. Results will be posted on Runsignup the Monday after the event.

Teams: Teams will be awarded buckles for total team mileage. Team members may run simultaneously or take turns. Each team member will have their own bib number and have their individual results posted in addition to their team result.

Aid Station: There will be 1 main aid station near the start/finish line. Water, candy and a variety of snacks will be provided. During night hours we will have hot water available. Please plan to bring your own essential fuel with you. Small camp stoves and grills are allowed onsite. No campfires are allowed.

Set up: Runners and crew members are allowed to set up a table and supplies within the field area at the start location. Runners may bring tents to use for their own stations. It can be windy on the field so I highly recommend bringing tent stakes or anchor weights. We have a power source, and a couple generators if people need to use them.

Pacers: Pacers will be allowed anytime during the event. Pacers are required to follow the same rules as participants including wearing all required safety gear during night hours. We do not have a cap on the number of pacers allowed per runner. All pacers should check-in at the timing tent before going out on course.

Night running: During night hours, runners will be required to wear something reflective, have a headlight, backup headlight or batteries, and a tail light (preferably red) during night hours.

Medical:

We have the right to hold any runner from continuing if they are deemed medically unsafe to do so. Every runner should be aware of their own limitations, and should not push themselves to the point of serious injury or illness. We do not have medical professionals present at the race location, basic first aid can be provided, however any further medical treatment will be requested by local EMS services.

Swag: All participants will receive a t-shirt. Other apparel is available to purchase in advance online at the following link: <https://ocean-state-trail-llc.square.site/s/shop>
We will also be selling apparel in person on race day.

Anyone completing a 50k and over will receive a belt buckle!

Volunteers: We are looking for volunteers to help along the course and at aid stations. All volunteers receive free entry to (1) future Ocean State Trail owned event of your choosing which includes any of the F.I.T races. If you're interested in volunteering, you may email oceanstatetrail@gmail.com.

Required gear:

- ☐ Cell phone

Required night gear:

- ☐ Headlight
- ☐ Backup headlight or batteries
- ☐ Blinking taillight
- ☐ Reflective strip on gear or clothing

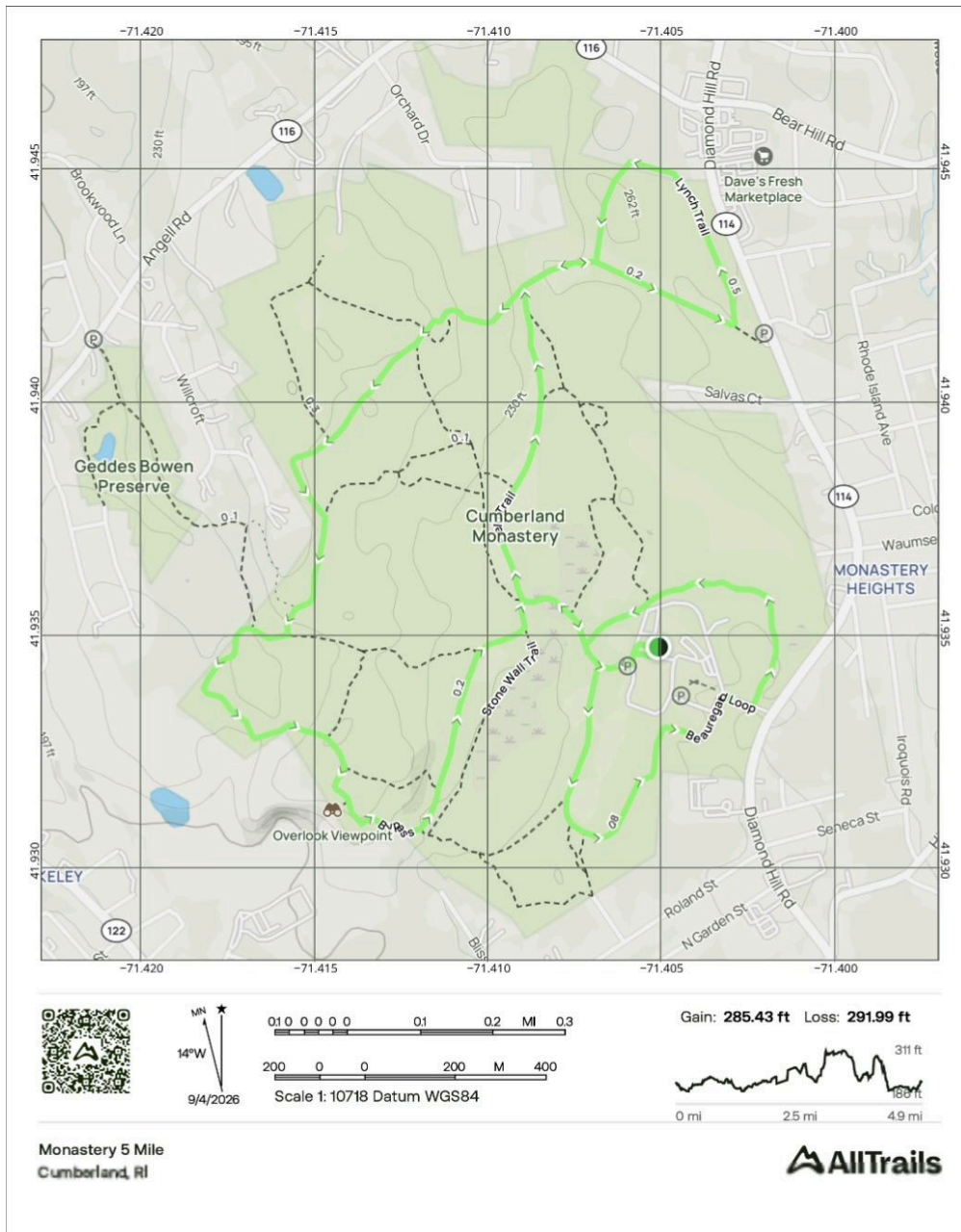
Recommended packing list:

- ☐ Glide, vaseline
- ☐ Blister protection
- ☐ Foot powder
- ☐ Extra socks
- ☐ Change of clothes
- ☐ Sunscreen and lip protection
- ☐ Bugspray
- ☐ Sunglasses
- ☐ Backup pair of sneakers
- ☐ Hat
- ☐ Windbreaker
- ☐ Reflective gear
- ☐ Running vest or belt
- ☐ Warm clothing for night hours
- ☐ Electrolytes (salt pills and/or drink mix)

***Runners should have their phone on them at all times. Should an emergency occur we need to be able to contact participants.**

Course:

The course is a 5 mile loop, 50% smooth, non- technical terrain and 50% moderately technical terrain composed of rocks and minimal roots. Participants looking to reach a 50K will run 6, 5-mile loops and finish with the front 1 mile loop (identical to the first mile of the 5 mile course). Participants looking to finish a 100k will run 12, 5-mile loops and finish with two of the 1 mile loops.



[AllTrails Link](#)

See you on Race Day!