

Last Updated 3/29/26



# 2026 Athlete Guide



ENDLESS ENDURANCE



# WELCOME!

## **Welcome runners to The Old 6 Day.**

The Old 6 Day will take place at Cooper River Park - Jack Curtis Stadium. We are excited to bring back this historic race, formerly The Edward Payson Weston 6 Day Race.

You'll notice that all photos in this guide are from the original event.

The race will be held on a 5 lane rubber track (original footprint as the original race). The official course measurement is 399.519m and USATF Certified Course #NJ24039JLW & USATF Sanction #162872. This is also an IAU Bronze Label event.



# RACE INFO

## LOCATION

Cooper River Park -  
Jack Curtis Stadium  
5300 North Park Drive  
Pennsauken, NJ 08109

## PACKET PICKUP

All runners can begin picking up  
bibs starting Monday, 4/6 8:00am at  
the track.

## RACE DATES

6 Day | Monday, 4/6, 10am  
24 hr Invitational | Wed, 4/8, 10am  
3 Day | Thursday, 4/9, 10am  
2 Day | Friday, 4/10, 10am  
1 Day | Saturday, 4/11, 10am  
12 Hour | Saturday, 4/11, **10pm**  
**(note the night start)**  
6 Hour | Saturday 4/11, 10am



# THE BASICS

- **Weather:** This is April in NJ and it will likely be 4 full seasons. It could rain, it could snow, it could be hot, and it could be cold; all in the same week.
- **Bathrooms:** The venue has indoor bathrooms, but we will also have portable bathrooms dedicated to our event. Don't rely on the cleanliness of the indoor and the indoors are usually locked overnight.
- **Showers:** We have 24/7 access & transportation to/from the track to the Camden County Boathouse (.3 miles away).
- **Shoes:** If you're going for a record or national team, do not wear a banned shoe.
- **Pets:** No pets on the track, but they can come visit us.
- **Trekking Poles:** Permitted with caps on, but no spikes.
- **Drops and Distance Changes:** Runners cannot switch distances.
- **Partial Laps:** Only full laps will be counted in your total milage.
- **Tents/Shelter:** We will have a large tent that will act as a pit area for runners who do not have tents, or for runners that want to go "inside".
- **Pacers:** Pacers are NOT allowed. Someone can briefly walk next to a runner, but no pacers.
- **Lights:** Lights will be on at the track every night.



# PARKING

Use 5300 N. Park Dr., Pennsauken, NJ 08109 for GPS.

There are parking lots located on either side of the track. Please do not use the parking lot where LaScala's Birria restaurant is located - this is for restaurant customers.

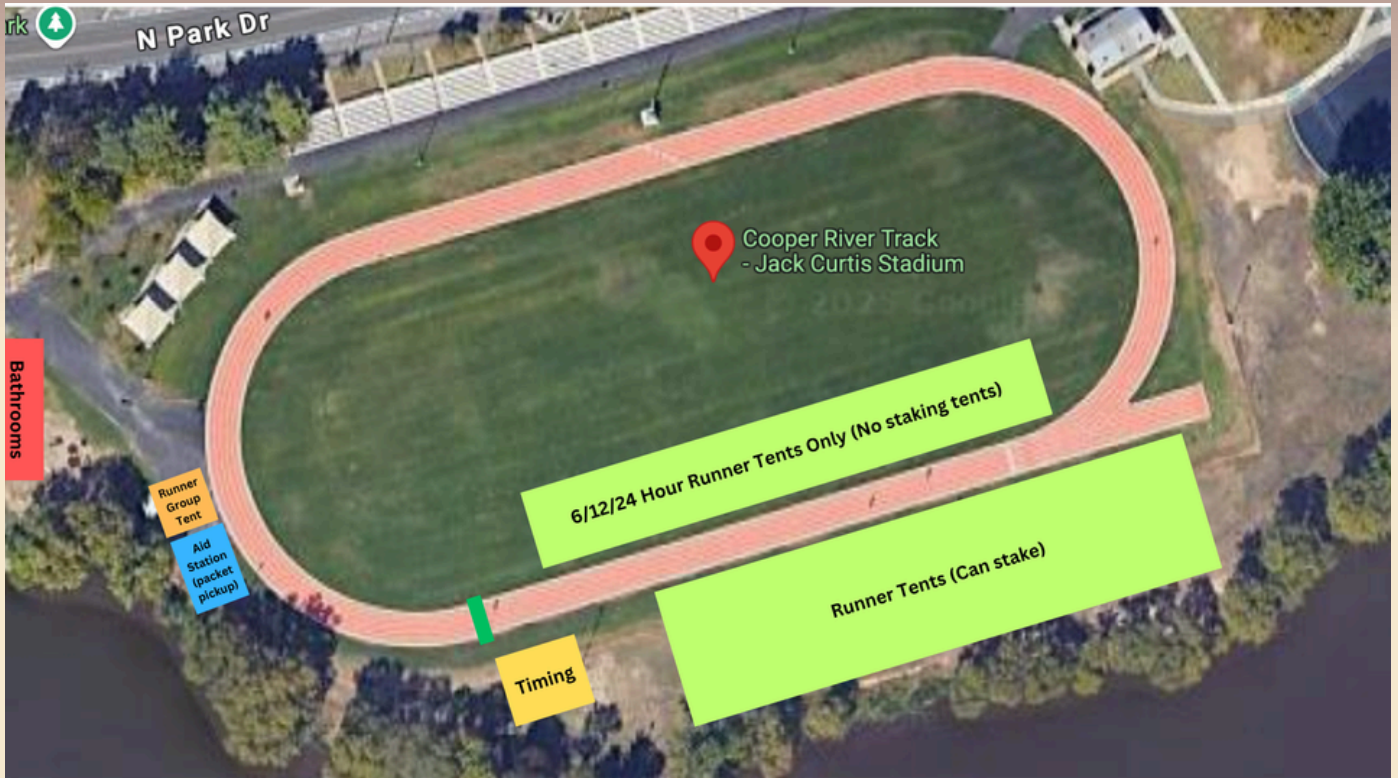


The other parking lot is larger and only for The Old 6 Day runners and crew. **Please print the parking pass** located at the end of this athlete guide and place in your dashboard. All cars associated with the event must have this parking pass. There is a regatta scheduled on 4/11-4/12 at the park, and this parking lot is going to be closed for our event only.

Street parking is also available all around the venue.

If you plan on bringing an RV, please park in the last row (closest to the water) and do NOT block any parking lot traffic. You could probably also park on the street out front of the venue

# RACE SITE



Runners can use the field as noted above as a pit area for you to stash your stuff. **No cars are allowed down into the track area, even to unload.**

Please only set up in the designated areas for your race. **Only 6,12, and 24 hour runners are permitted to set up on the infield.** All other runners MUST set up in the area between the grass and water. This is the ONLY part of the venue you can stake your tents in.

**No staking your tents into the ground on the infield. If you are set up between the track and the water, you CAN stake into the ground. The infield has a sprinkler system that we cannot break..**



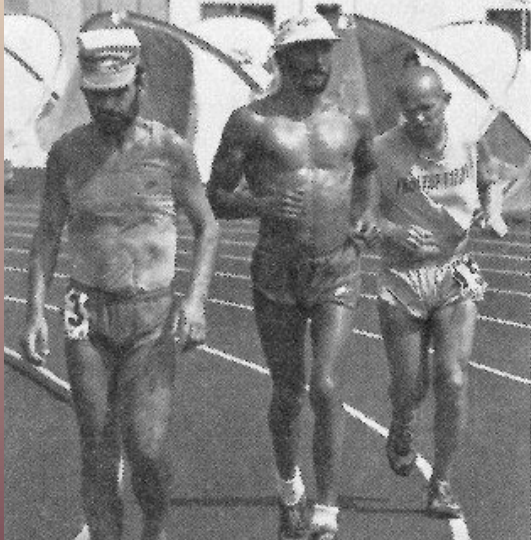
# RACE TIMING

The race will be chip timed, with chips on your bib and chips attached to your shoes. Timing will be managed by Mike Melton from MCM Timing and Results. He will have screens set up so you can see how many miles and laps you have run.

Runners will have the allotted time to run as far as you possibly can on this track. We will not be counting partial laps and only full laps.

We will change directions on the track every 6 hours.

If you plan on taking an extended break and leaving for any period of time, please notify the timer or race directors.





# AID STATION

There will be one large tent aid station located at the curve of the track, as well as a table with water and Tailwind on the track for easy access without leaving the track.

## Hydration and Nutrition:

- Tailwind is our official nutrition sponsor of The Old 6 Day.
- Flavors: Naked & Watermelon
- **Cupless Race:** We are committed to minimizing our environmental impact. This event will be a cupless race, with the exception of hot items.

## Food Options:

- Fruit, sweet snacks (cookie, candy, etc.), salty snacks (chips, pretzels, etc.), soda, Pickle Juice, PB&J sandwiches, potatoes, soups, bean burritos, quesadillas
- We will make grocery store runs during the week. If you want something your crew can't provide, ask us.

Sandwiches, burritos, quesadillas will be made on demand.

We strive to accommodate all dietary restrictions, including vegan options. We will have vegan options for all meals. However, if you have specific nutrition needs or hydration requirements, we encourage you to supplement using your pit area.



# MEALS

All meal options will have a Vegan and non-Vegan options available based off your registration questions.

Breakfast will be a self serve variety of cereals and oatmeal. Pancakes, bagels, and waffles will be available on certain days throughout the week (timing TBD).

Lunch will be a catered rotation of subs, wraps, and sandwiches with potato and orzo salads throughout the week and will be begin around 1pm. Vegan options for all lunches/salads.

**\*\*Lunches not provided on the day your event starts due to 10am start\*\***

## Dinner Menu\*

Monday: Mushroom Chik'n (V) and Chicken Marsala

Tuesday: Burgers (V and non-V)

Wednesday: Rice Bowls (V and non-V)

Thursday: Tacos (V and non-V)

Friday: Pasta Primavera (V and non-V)

Saturday: Pizza (V and non-V)

Dinner begins around 6pm

*\*Subject to change*

# AWARDS & MILEAGE MILESTONES

All runners will receive a finisher medal when you decide to end your race.



A buckle will be given to any runner who runs 100 miles.

Mileage milestone patches for any runner who runs 200 miles, 300 miles, 400 miles, or 500 miles.



# THE OLD 6 DAY PARKING PASS

PLEASE LEAVE ON YOUR DASHBOARD

MARK WHICH RACE YOU ARE  
PARTICIPATING IN:

- |                          |       |                          |         |
|--------------------------|-------|--------------------------|---------|
| <input type="checkbox"/> | 6 DAY | <input type="checkbox"/> | 1 DAY   |
| <input type="checkbox"/> | 3 DAY | <input type="checkbox"/> | 12 HOUR |
| <input type="checkbox"/> | 2 DAY |                          |         |



# **THE OLD 6 DAY VOLUNTEER PARKING PASS**

**PLEASE LEAVE ON YOUR  
DASHBOARD**

