

**Ocean State Ultra
Runner Packet
August 29th-30th**



Race Director:

Darlene Gaudet

Contact Number: 401-533-3604

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

Schedule:

Race Start August 29th 2026

6:30am Race Check-In/ Bib Pick-up Begins

Setup opens

7:45am Mandatory 100 mile pre-race meeting

8:00am 100 mile start

8:45am Mandatory 12/6 hr pre-race meeting

9:00am 12 hour and 6 hour start

3:00pm 6 hour event ends, pacers may start

9:00pm 12 hour event ends

100 miler end time: August 30th 8pm

Packet Pickup: Every runner is expected to report to bib pick-up the day of the race. Participants will receive a bib number and sweatshirt.

Cups: This is a cupless event, please come prepared with a reusable cup, water bottle, or bladder to be filled at aid stations.

Start Location: West Greenwich Sand Dunes, West Greenwich Sand Dunes, 145-151 Division Rd, West Greenwich RI

Course: The course consists of 10 mile loops (1.5 miles of desert/sand, 1 mile of pavement, and 7.5 miles of trails) through Big River Management Area. The trail is relatively flat with an elevation gain of 430ft per loop and minimally technical terrain.

Course link: <https://connect.garmin.com/app/course/484042649>

Parking: Parking will be offsite at the Park & Ride at Hopkins Hill Road (Park & Ride Hopkins Hill Rd, 39-41 Hopkins Hill Rd, West Greenwich RI) and at 92 New London Turnpike. I suggest that everyone try the Hopkins Hill parking first until it has been filled before using the other lot. A shuttle will be provided to transport participants and spectators to and from the race location. Runners may be dropped off at the trail entrance. 100 mile participants requesting onsite parking during the event, please email me in advance at oceanstatetrail@gmail.com.

Shuttle: Our 15 passenger shuttle runs 24/7 for race weekend. It will make runs between the park and ride and start area. Additional runs will be made as needed at the midpoint aid station, Burnt Sawmill trail, and New London Turnpike. Participants can text my cell phone during event weekend regarding shuttle pickup requests and or questions. Race staff will also communicate when a runner needs to be picked up.

Time cut off:

6 hour runners will start at 9am and have until 3pm to run as many miles as possible. 12 hour runners will start at 9am and have until 9pm to run as many miles as possible. 100 mile runners will start at 8am on August 29th and have until 8pm on August 30th. Pacers are allowed after 3pm on Saturday (after the 6 hour race ends). Mileage checkpoints will be at the start and the midpoint aid station located around 4.10 miles. Runners can drop out at either aid station and have their mileage counted. Runners who drop out at mile 4.10, will be picked up by the shuttle and brought back to the start area.

Runners who drop out of the race early need to check in at the start/finish line before leaving the race location.

Aid Stations: Items available at our aid stations include: watermelon, pickles, bananas, snacks, candy, ramen, pizza (during certain times), hot water, soda, and quesadillas. If there is something you can't race without, please plan to bring it with you. We will NOT be serving any nut products at the aid stations to accommodate nut allergies.

Aid station mileage:

Start/finish line: Main aid station & porta potties

1.5 miles: unmanned hydration station (water, tailwind, ice)

4.10 miles: Midpoint aid station, food, hydration, porta potty, runner drop out, shuttle pickup

7 miles: 2 porta potties

8 miles: unmanned hydration station (water, tailwind, ice)

Set up: Runners and crew members are allowed to set up a table and supplies within the designated area at the start location. Our permit does not allow tents beyond what we have at our aid stations, please do not bring one. Umbrellas are allowed and are recommended in lieu of a tent. Crews may cook food in small camp stoves, hotplates, or similar but no open flames, grills, etc. are allowed at the race location.

There will be tents provided for runner gear, for runners to sit in shade, and a small sleeping area.

There are multiple locations on course that can be accessible for crews and spectators:

Burnt Sawmill (around mile 7-8)

https://maps.app.goo.gl/An1Tr4Wv8GxTetjB9?g_st=ipc

When you enter the trail, you can walk a couple hundred feet to see runners before they turn onto the next trail or you may drive down the dirt road up until the metal gate. Runners will be on course so please be careful!

New London Turnpike (around 1.5 miles away from start/finish line)

https://maps.app.goo.gl/DErvPzqT7DmLfm7ZA?g_st=i

There are a few parking spots available in front of the gate on New London Turnpike (right side of Hopkins Hill Road), from there you will walk about ½ mile to reach the second aid station and the 1.5 mile mark for runners.

Start/Finish Line

https://maps.app.goo.gl/wbtQBzmqnv7sK15HA?g_st=ic

There is limited parking in a small parking lot and on the side of the road. All spectators are welcome to park in the participant park and ride lot and take a ride on the shuttle to the start area.

Pacers: Pacers will be allowed for 12 hour and 100 mile runners starting at 3pm. 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.

Drop Bags: You may have drop bags at the start/finish line and at the mid-point aid station. We will be transporting drop bags to the midpoint after all the races start. Please clearly mark your bag with your name and bib number and place it in the appropriate pile.

Night running: 12 hour and 100 mile runners will be required to wear something reflective, have a headlight, backup headlight or batteries, and a tail light (preferably red) during night hours.

Weather: It may be HOT. Please be prepared for the weather and know the warning signs of heat exhaustion and dehydration:

<https://www.samitivejhospitals.com/article/detail/heat-stroke-prevention-tips-for-trail-ultra-runner>
[S](#)

We will have a cooling tent set up at the start/finish line area which runners will pass every 10 miles. There is a swimming hole just a short walk from the start line. Runners are welcome and encouraged to cool off there between laps.

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.

Swag: All participants will receive a finisher sweatshirt. Other apparel is available to purchase in advance online and on race day at the following link:

<https://ocean-state-trail-llc.square.site/s/shop>

100 mile finishers 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.

Volunteer signup can be found here:

<https://runsignup.com/Race/Volunteer/RI/WestGreenwich/OceanStateUltra>

Required gear:

- ☐ Cell phone
- ☐ Water bottle, soft flask or bladder

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
- ☐ Reflective gear
- ☐ Running vest or belt
- ☐ Warm clothing for night hours
- ☐ Electrolytes (salt pills and/or drink mix)
- ☐ Umbrella for start area

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

I would love to host this race in future years so please follow all our rules to ensure we're invited back to Big River!

See you on Race Day

Maps:









