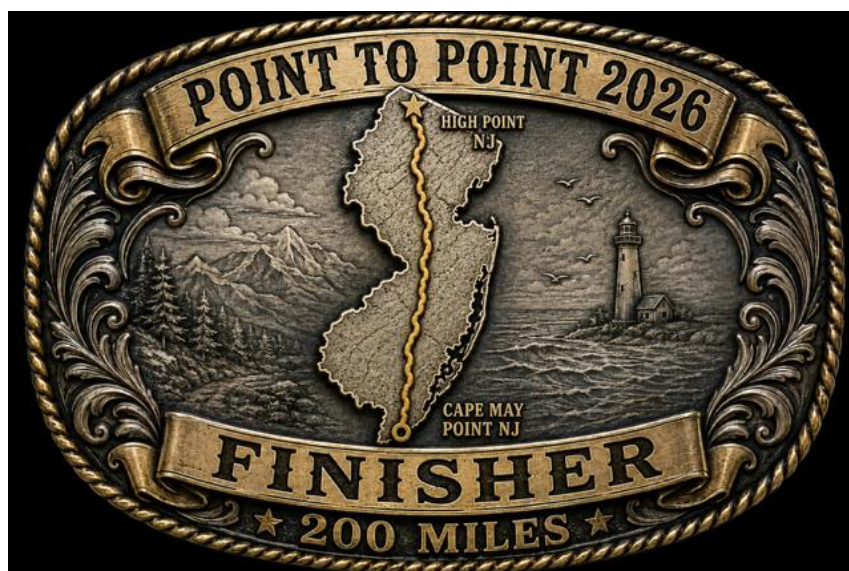


Point to Point/ Hopatcong 50K

2026

Runner and Crew Guide



October 9th -12th 8AM Start

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Race Overview

Point to Point 2026 is a self-supported approximately 200 mile road race from High Point to Cape May New Jersey. The “Hopatcong 50 K” first leg will act as a checkpoint/ Finish line. After that 200 mile runners may choose any route road or trail within the confines of the rules laid out below and the law to finish the distance.

Awards

200 mile finishers will receive a custom Point to Point belt buckle. First place in the men’s and women’s divisions will receive an additional prize.

50 Kilometer finishers will receive a custom Point to Point finisher medal. First place in the men’s and women’s division will receive an additional prize.

Swag

All participant will receive a Point to Point 2026 T-shirt and other event items.

Rules and Regulations

Age restrictions

Participants in both the 50 Kilometer and 200 mile events must be at least 18 years of age as of the 9th of October 2026.

Qualifications- Participants in the 200 mile event must submit a running resume by no later than the 30th of September 2026. The minimum standard for selection is the completion of at least (1) 100 mile race (road or trail) within the last 3 years. In order to qualify events must be verifiable. Submit all resumes through Run Sign-up or email to Stridingforwardnpo@yahoo.com.

Routes and Navigation

Hopatcong 50K

Start line @ Veteran's Memorial High Point State Park

Monument Rd.

Mile 2 left onto **Rt. 23**

Mile 19 right onto **County Rd. 517**

Mile 23.5 veer left onto **Main St.**

Mile 24.5 Turns into **181 (AKA Woodport Rd)**

Mile 30 right onto **Espanong rd.**

Mile 31.1 Finish Line **@ 1 Brady Rd Lake Hopatcong NJ**
Prospect Point

Point to point 200

All participants are required to complete the Hopatcong 50K
after this section runner may choose any route they want
except for the following.

- Private property not associated with Point to Point 2026
- NJ Transit authority property e.g railroads
- The Garden State Parkway
- The New Jersey Turnpike
- The Atlantic City Expressway
- I-80, I-95, I-280, I-70

- Any other roadways, easements or trail off limits to pedestrian foot traffic

There are no restrictions on navigation aids or crew assistance with route making. Pacers are permitted throughout the race and may assist with navigation at any time.

Finish Line for Point to Point will be at the Cape May Light House 215 Light House Ave. Cape May Point, NJ 08204

Required Gear

50K

- Appropriate running attire eg Closed toe running shoes
- On person hydration (carried or worn)
- Cell Phone

200 Mile

- Appropriate running attire eg Closed toe running shoes
- On person hydration (carried or worn)
- Cell Phone
- A GPS capable watch or hand held GPS

- Head Lamp and pack light for visibility from the rear at night.
- Extra batteries for lights (Must be carried on person)
- A list of any medical conditions or critical medications must be carried in a water proof case (Zip lock is fine) AT ALL TIMES.
- Means to charge cell phones and GPS devices. (may be carried by crew until needed)

Cut off times- 50K and 200 mile races will start together @ 8 AM 10/9.

50K- 12hours (8 PM 10/9)

200 mile- 76 hours (Noon 10/12)

Pacing

Pacing for Point to Point is not only permitted it is encouraged. We want to see everyone finish and that takes a team. Pacer may help in any way other than physically assisting runner (unless their well-being is in jeopardy), carrying required gear, or impeding other runners.

****Pacers must carry required gear for the prospective race they are assisting with.****

Check-ins and Drops

Runners of the 200 mile must check-in with remote monitor at 6am, 12pm, 6pm and 12am each day by texting with their name, bib number and approximate location. Phone number for remote monitor will be distributed to runners and crews on race day and group chat will be established.

Any runner who, for any reason, must drop from the race must report in by the same method.

Code of conduct

Runners and crews are required to exhibit sportsmanship, professionalism and respect at all times. Inhibiting or harassing other runners or their crew will not be tolerated and will be grounds for disqualification. Runners and crews must take care not to damage or disrupt any property along their way. It takes a lot to keep you in the race, take it out with you, DON'T LITTER. (we want to do this again next year)

*****Crews and crew vehicle operators must abide by all traffic laws, not inhibit the flow of traffic or endanger themselves or others while assisting their runner.*****

Contacts

Race Director- Stan Jackson (609) 276-8724

Remote check in and monitor- Steph Paris (609) 351-1356

Assistant Race Director- Katie Jackson (609) 864-6024

Assistant Race Director- Grant Stambaugh (609) 661-4908

Event Management Company- JDL Event Management and
Timing

Lou Burgese (609) 706-8079

Dan Seifring (609) 287-0096

*In case of emergency call 911 and inform the assistant race
director and remote monitor as soon as possible.*

Check-in Sheet

I, _____ by signing below agree that I have read and understand the rules and regulations set out in the Point to Point 2026 Runner and Crew guide. I understand the inherent risks involved in this event. I also understand that I must abide by all local, state and federal laws and any damages incurred by not doing so will be the responsibility of the offender and I will not hold Striding Forward inc or any other entities involved in this event liable.

Sign _____

Date _____

Staff only _____

- ☐ Required Gear
- ☐ Medical form check
- ☐ USATF Wavier
- ☐ Packet and bibs