



**Summer Trail Fest Ultra
50 Mile, 50K, Half Marathon & 5 Mile
June 13th, 2026**

Schedule of Events

Early Packet Pick Up:

- June 12th: Sleepy Hollow Park from 4:30 pm - 6:00 pm

RACE DAY: June 13, 2026

- Packet Pickup & Ruck Weigh In Start - 5:30 am - 7:45 am
- We strongly encourage 50 Mile runners to utilize Friday early packet pickup.
- 5:30-6:00 am packet pickup is for 50 Milers & 50K Ruckers
- 50 Mile Start Time - 6:00 am
- 50K Ruck and 50K Early Start Time- 6:30 am (Note, aid stations may not be set up until the official race start) (50K early start are not eligible for awards)
- Pre-Race Announcements - 7:20 am
- 50K, Half Marathon, and Half Marathon Ruck Start Time - 7:30 am
- 5 Mile and 5 Mile Ruck Start Time - 8:00 am
- 5 Mile Award Time (estimated) - 9:30 am
- Half Marathon Award Time (estimated) - 10:30 am
- 50K & 50K Ruck Cut-Off (15.5 Mile) - 12:40 pm
- Course Cutoff - Please see Course Cutoff slide (6) - 50K has three cutoffs and 50 Mile has four cutoffs.

Course Markings

- Since this is an all-day event and the park is open to the public, we will not be physically blocking off any trails.
- The course will be marked with hanging tape or surveyor flags on the **Right** side of the trail at least every .08 miles (within line-of-sight), but more frequently close to turns.
- Turns on the course will be marked with small Turn Signs like the ones pictured here. This course is very easy to follow with the amount of markings we have used!
- We do not use many Wrong Way signs, but in areas where your first instinct would take you the wrong direction, we have placed one or two of those signs.



Aid Stations, Restrooms & Cutoffs

Aid Station	5 Mile	Half Marathon Mileage	50K Mileage	50 Mile	Aid Available	Drop Bag	Restroom	Hard Cutoff Time
-		N/A	1.8		-		Park Bathroom	
1		1.75	2.4 & 17.6	5.4 & 20.9 & 36.5	PB&J, Trail mix, fruit cups, Chips, huma gels Water & Tailwind			
2		3.1	4.9 & 20.0	7.9 & 23.4 & 39	Quesadilla, Bean and cheese burritos, pretzels, pickles, Jelly Beans, Huma Gels Water & Tailwind			
3		7.1	9.1 & 24.6	12.1 & 27.6 & 43.3	Pierogies with salt, PB and Cheese Crackers, fruit cups, huma gels Water & Tailwind			50 Mile - Mile 43.3 (5:04pm) 50K - Mile 24.6 (3:55pm)
-		7.4	9.3		-		Portable Toilet	
4		10.7	12.75 & 28.2	15.7 & 31.2 & 46.9	Hummus wraps, Candy, fig bars, salt tablets, Coke Water & Tailwind			50 Mile - Mile 46.9 (5:59pm) 50K - Mile 28.2 (5:45pm)
5	3.8	12	14.4 & 30	17.4 & 32.9 & 48.7	Water & Tailwind, huma (self-serve after 5 mile finishes)		Park Bathroom	
6		N/A	15.5	3 & 18.6 & 34.1	Bananas, watermelon, potato chips, oreos, pickles, huma (also finish line food - Burgers and Hot Dogs), veggie burgers, baked beans Water & Tailwind	Yes	Portable Toilet	50 Mile - Mile 18.6 (10:45am) Mile 34.1 (2:41pm) 50K - Mile 15.5 (1:08pm)

2026 Aid station offerings

Course Cut-Offs

The entire race cut-off time for the 50 miler is 12 hour 45 min and the 50 Kilometer is 11 hours and 15 min. There are also multiple course cut-off locations that you need to be aware of. These are hard cut-off times. 50 mile is based on a **15:23 per mile pace** and 50K is based on a **21:41 per mile pace**.

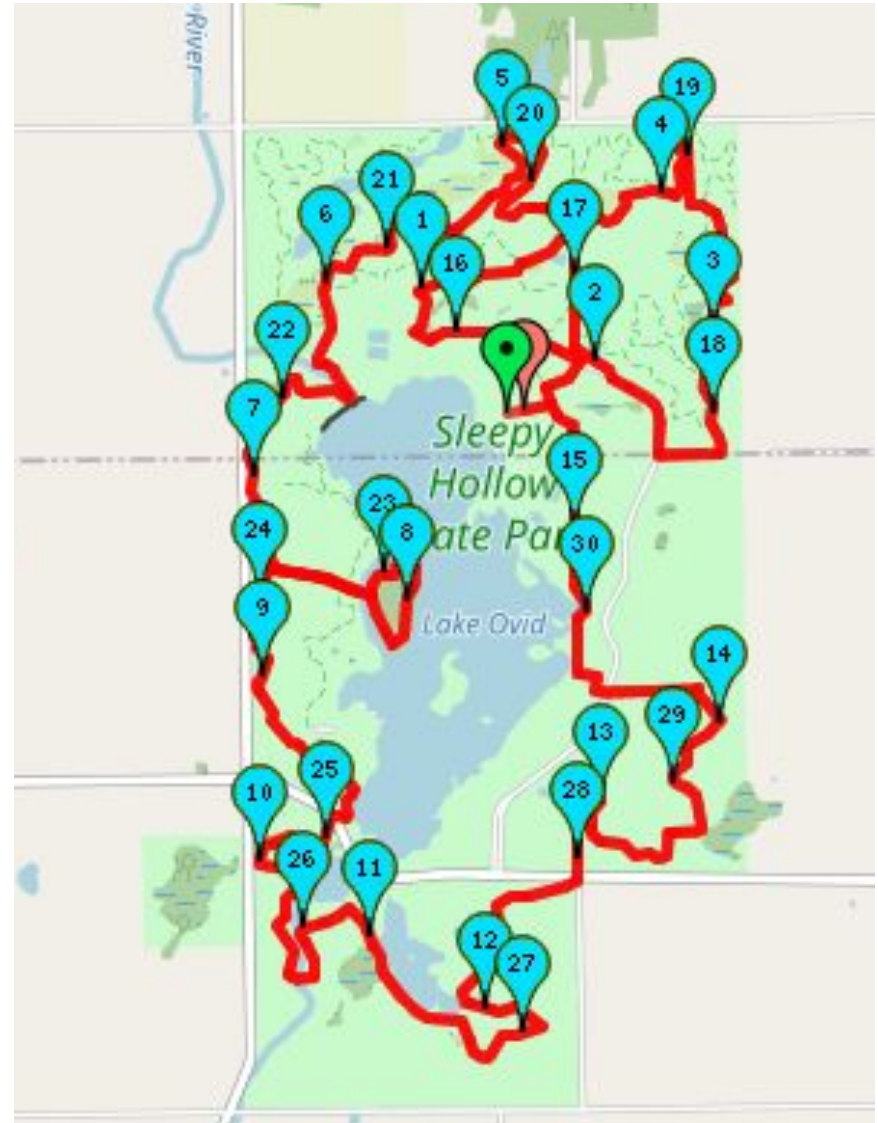
Cut off location	50 Mile Distance and Time	50K Distance and Time
Aid 6	18.6 miles (10:45am)	15.5 Miles (1:08pm)
Aid 6	34.1 Miles (2:41 PM)	
Aid 3	43.3 Miles (5:04 PM)	24.6 Miles (3:55 PM)
Aid 4	46.9 Miles (5:59 PM)	28.2 Miles (5:45 PM)

Drop Bags

- Drop Bag Size: 20"x24"x4" clear bag w/drawstring
- You can pack any special food you will need, a change of clothes/shoes and/or a headlamp.
- 50 Mile and 50K runners will have one drop bag which is located at Aid Station 6 (also located at the finish line).
 - See the Aid Station Chart on page 5 for more drop bag details

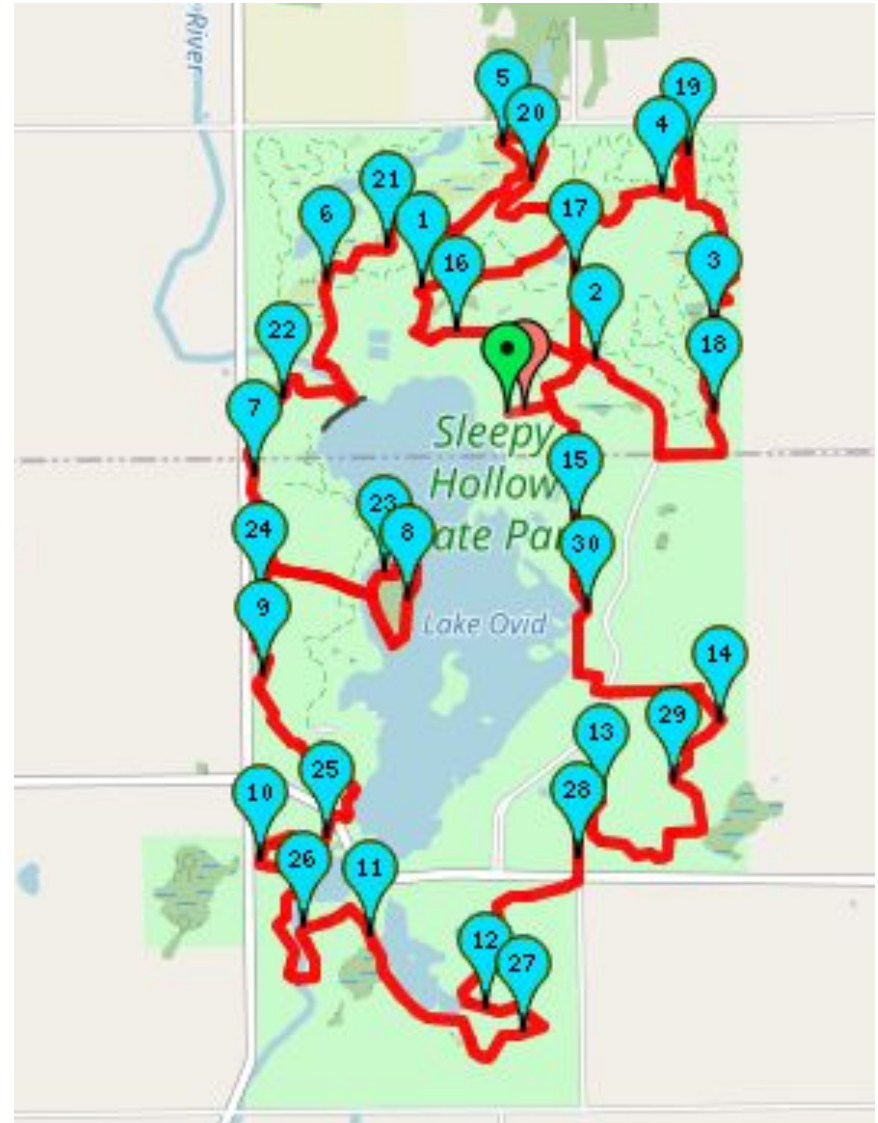
Course Map (50 Mile)

- Strava course map:
<https://www.strava.com/routes/3492518810741784902>
- Remember that the 50 mile is one small loop and then two 50K loops . After the first loop athletes will run past aid station #6 where they will have access to their drop bags!



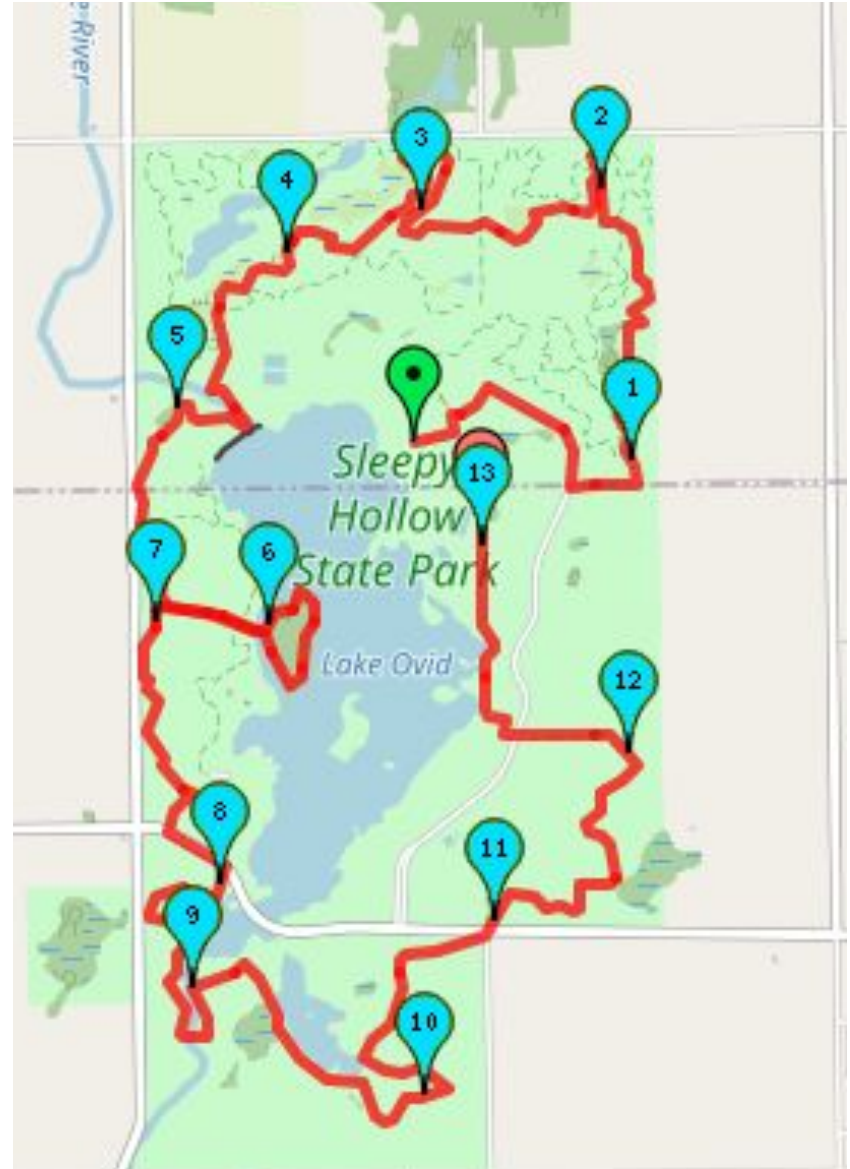
Course Map (50K)

- Strava course map:
<https://www.strava.com/routes/3492607702744471088>
- Remember that the 50K is a two loop course. After the first loop athletes will run past aid station #6 where they will have access to their drop bags!



Course Map (Half Marathon)

- Strava map:
<https://www.strava.com/routes/2770748504427964366>
- This is a one loop course with 5 aid stations. It is not the exact same course as the 50K. The courses will converge at Aid Station #1.



Course Map (5 Mile)

- Strava course map:
<https://www.strava.com/routes/3492522689812349230>
- The 5 mile course has a only 132 ft of elevation change. There will be an aid station at mile 3.8 of the course.



Important Athlete Rules

- Ultra athletes (50 Mile/ 50K) must attend the pre-race meeting at the start line. Athlete's pacers must also have waivers signed by this point.
- Ultra athletes must check in at every manned aid station along the course. It is the athlete's job to make sure they are checked in and out at aid stations.
- Bibs must be worn on the front of the torso at all times and visible.
- This is not a closed course, athletes must obey traffic laws at all times. When running on roads, run facing traffic or on a designated bike/run path for safety.
- Trash may be dropped at manned aid stations only. If an athlete is caught littering on the course they will be immediately disqualified.
- No supplies may be stashed along the course.
- Prior to the race, athletes must provide any pertinent medical information to race staff. If athletes are found to have falsified medical information, they may be banned from all future events.
- Race staff can pull athletes from the race at any time if they feel they are a danger to themselves or others.

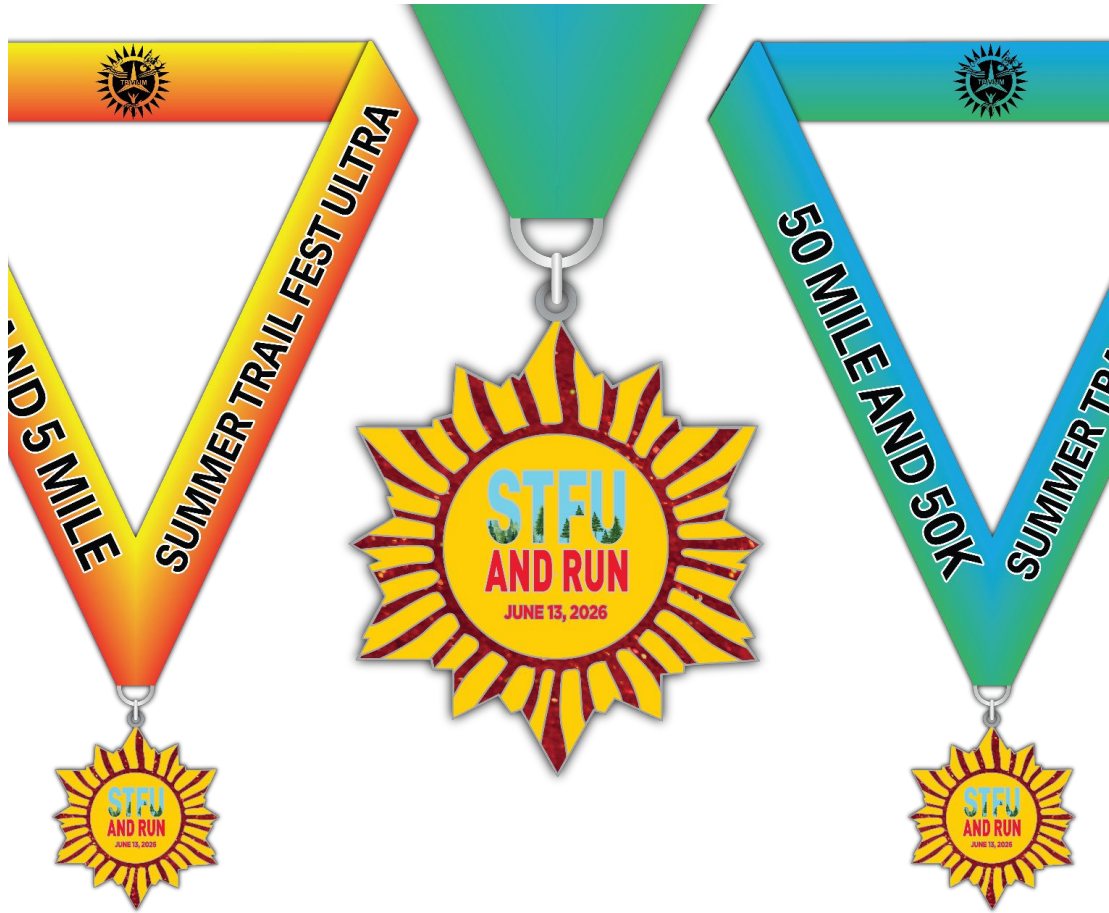
Crew and Pacer Rules

- Both 50 miler and 50 Kilometer athletes can have pacers and crew.
- Athletes are responsible for their crew. If the crew or pacer does not follow the rules the athlete will be penalized.
- Pacers must follow athlete rules stated in previous page
- No aid from moving vehicles, including bicycles.
- Pacers are allowed from the beginning of the race on, but only one pacer is allowed at any given time.
- Pacers MUST wear a pacer bib (will be included with participant bib at packet pick-up) while on the course and pre-sign the waiver ([available here](#)).
- Much of the course has rules about parking, please adhere to them.
- Pacers, please be aware that the course fuel and food is for the athletes racing, while you are allowed to have some, please try to supply as much of your own as possible.
- If your athlete drops out of the race please follow proper procedure by checking in at the closest manned aid station and turning in their race bib.
- Pacers do not receive a medal.

RaceJoy

Make sure to download the [RaceJoy app](#) by RunSignUp (available on Apple and Android) so that you can get progress alerts during your race and see a map of aid stations and bathrooms! If your friends, families, and teammates want to track you during the race, they can download this app as well. All they have to do is enter your bib number to watch your progress and send you cheers throughout the race!





STFU 2026 Singlet



2026 Race Swag

All participants will receive a race singlet, finisher medal, and "STFU and Run" bumper sticker!

Course Records 50k

Summer Trail Fest Ultra Record Holders for 50K		
Age Group	Female Record Holder	Male Record Holder
OVERALL	4:14:21 Erica Aikman (2024)	3:35:34 Sam Skeels (2022)
14 and Under		
15-19		5:25:52 Brendan LaFrenier (2024)
20-24	4:48:46 Irie Jaynes (2023)	4:48:41 Evan Stoneham (2023)
25-29	5:23:40 Kaylee Bernard (2022)	3:43:59 Zach Eagle (2023)
30-34	5:29:20 Rebekah Cullen (2024)	3:57:51 Justin Mauro (2023)
35-39	4:14:21 Erica Aikman (2024)	3:49:32 Johnathon Priebe (2021)
40-44	5:02:16 Nana Ono (2024)	3:35:34 Sam Skeels (2022)
45-49	5:37:47 Mararet Resema (2021)	4:13:08 Mike McKeen (2023)
50-54	4:45:51 Ileana Paul (2022)	5:54:02 Corey Baker (2023)
55-59	5:30:49 Barb Mackey (2023)	5:00:27 George Werner Jr. (2022)
60-64	7:25:03 Janet O'connor (2022)	5:33:43 Jeffrey TenBrink (2024)
65-69	9:24:45 Christelle Ross (2024)	6:04:45 Michael Smith (2024)
70-74		7:52:51 Michael Curtis (2022)
75-79		
80+		

Course Records ½ Marathon

Summer Trail Fest Ultra Record Holders for Half Marathon			
Age Group	Female Record Holder	Male Record Holder	Non-Binary Record Holder
OVERALL	1:43:15 Meridith Anness (2023)	1:27:24 Jordan Desilets (2021)	2:27:09 Jamie Fielder (2023)
14 and Under		1:28:43 Noah Devereaux (2023)	
15-19	1:51:19 Alison Slawson (2021)	1:28:18 Noah Devereaux (2024)	
20-24	1:59:06 Kylie Callison (2021)	1:44:06 Owen Bronni (2022)	
25-29	1:43:15 Meridith Anness (2023)	1:34:27 Matthew Cosby (2024)	
30-34	1:44:20 Lauren Couls (2021)	1:37:25 Benjamin Jones (2024)	
35-39	1:47:31 Tamaryn Kinney (2023)	1:35:11 Dave Hofmann Jr (2024)	
40-44	2:00:58 Veronica Thelen (2023)	1:27:24 Jordan Desilets (2021)	
45-49	1:58:38 Kimberly Rapp (2022)	1:42:38 Eric Fowler (2024)	2:27:09 Jamie Fielder (2023)
50-54	1:50:44 Linda Humpert (2023)	1:52:23 Pedro Solis (2021)	
55-59	2:05:54 Cynthia Miiller (2024)	1:48:19 Tim Price (2022)	
60-64	2:29:33 Amy Wilks (2023)	2:23:24 Mike Hennessey (2024)	
65-69	2:51:31 Ann Little (2021)	2:07:00 Gerard Wilbrink (2023)	
70-74	2:49:23 Terri Veldman (2022)	2:08:48 Gerald Wilbrink (2024)	
75-79	2:54:43 Linda Scorof (2022)	4:34:21 Dave Eldridge (2023)	
80+			

Course Records 5 Mile

Summer Trail Fest Ultra Record Holders for 5 Mile		
Age Group	Female Record Holder	Male Record Holder
OVERALL	38:52.23 Morgan Ashcroft (2024)	29:55.91 Jack Natali, Jr. (2023)
14 and Under	1:10:12 Claire Michalak (2024)	33:05.70 River Fox (2023)
15-19	38:52.23 Morgan Ashcroft (2024)	29:55.91 Jack Natali, Jr. (2023)
20-24	43:02.83 Natalie Brown (2023)	56:50.91 Riston Holley (2023)
25-29	42:51.16 Adrianna Singer (2024)	37:31.31 Michael Nuenninghoff (2024)
30-34	40:30.98 Caroline Leland (2024)	37:57.79 Adam Smith (2024)
35-39	42:10.52 Charlie Spencer (2024)	38:41.03 Mitchell Hondorp (2024)
40-44	43:18.15 Tara Arrendondo (2023)	36:14.04 Mo Waite (2024)
45-49	51:18.61 Melissa Smith (2023)	35:40.55 Matt Maciag (2024)
50-54	41:59.61 Diana Udrea (2024)	41:44:17 Konrad Anderson (2023)
55-59	47:08.97 Meg Gleason (2024)	44:20.92 Steve Wolf (2024)
60-64	46:09.62 Felipe Kohn (2024)	42:18.83 Carl Clarke (2024)
65-69	55:00.44 Brandy Cole (2024)	44:38.11 Michael Du Charme (2023)
70-74	1:15:02 MoringSun Kelly (2024)	54:59.01 John Reed (2023)
75-79		1:23:03 Dave Eldridge (2024)
80+	2:02:04 Nancy Wilson (2024)	1:25:50 Bob Galloway (2024)
2023 was the First Year for the 5 Mile Event		