


## 24 Hours of Elk Basin Race Guide

We hope you're getting psyched for 24 Hours of Elk Basin, we know we are! To help you plan race weekend, take a leisurely read through the Race Guide. It's not extensive, and it might even change a bit, but it's a great starting point. If you haven't raced with us before, hopefully this makes the unknown a little more known but if you still have questions, please don't hesitate to reach out to [redlodgeevents@gmail.com](mailto:redlodgeevents@gmail.com)! Remember, despite sounding intimidating, 24 Hours of Elk Basin is a super chill celebration of running, riding and camping with friends...the competition is as serious or casual as you make it!

### ● GETTING TO THE RACE

-  Elk Basin Motorcycle area
- From Red Lodge, it takes about 45 minutes on pavement and dirt roads.
- Please drive respectfully in residential areas and watch for animals, livestock, and farm equipment.
- On the dirt road leading out to Elk Basin there are lots of oil trucks. They drive fast and frequently, please pay attention and give them space.

### ● SCHEDULE OF EVENTS

- **SATURDAY**
  - 9:45am Mandatory Pre-Race Meeting
  - 10am Race Starts
  - 5:30-8pm Dinner
  - 6pm 8 Hour Race Finishes
  - 7:30pm Kids Race & Campfire
  - 11pm-6am Quiet Hours
- **SUNDAY**
  - 6:30-11am Breakfast (coffee earlier)
  - 9am Last Lap Bell
  - 10am Finish
  - 11ish Awards

### ● RACING CATEGORIES

- **Solo 24 and 8 hour**
  - Running only
  - Biking only
  - Mixed (must do at least 1 lap of each discipline)
- **Teams 24 hour only**
  - Male running, biking or mixed
  - Female running, biking or mixed
  - Co-ed running, biking or mixed

### ● COURSES & COURSE MARKINGS

- [Bike Course Link](#)
- [Run Course Link](#)
- We HIGHLY suggest you download the coursemaps to the device of your choice. There is no cell service of course.

- Runners can only run on the run course. Bikers can only bike on the bike course. There are sections where the courses overlap.
- Runners follow PINK flags.
- Bikers follow GREEN flags.
- Directional arrows will be placed at major junctions.
- Reflective markers will be placed at all major junctions and through the course.

## ● AID STATIONS

- The primary aid station will be at the start/finish area. It will have water, electrolytes, ice, sweet and savory snacks.
- A smaller aid station will be located at the cattle guard with water, electrolytes, and snacks. This is a little less than halfway on the running course. Bikers will see this aid station less than a mile in and then at mile 6ish.
- The bike course has 1 more aid station

## ● SNAKES & CACTUSES

- Yep, this deserves its own bullet point. We are in the desert, in the summer. There will be rattle snakes. It's not our favorite thing, but it's just a fact. Luckily, we have never had reports of snakes in camp.
  - What do we do to mitigate them?
    - We mow the course in grassy areas to give racers a clear view of where they are putting their tires and feet.
    - We have dirt bikes run the courses through the day and night to help scare them off the trails.
  - What can you do?
    - Watch your step, especially at night as things cool off.
    - Stay on the designated trails, check your surroundings if you have to step off trail for a bathroom break.
    - If you see a snake, please report the general location when to an aid station volunteer or someone at the start/finish.
    - Do not approach a snake or inspect a snake that looks dead.
    - Do not move rocks or sticks, do not look in or put anything in snake holes.
    - Run/bike in a group whenever possible.
    - Wear pants/closed-toe shoes whenever possible.
    - Keep your kids and dogs close by at all times.
  - What to do if you are bitten by a rattle snake
    - Move to an area where the snake is not present.
    - Remove all rings, watches and bracelets.
    - Call for help from the nearest racer or volunteer.
    - Sit or lay down and keep your heart rate as low as possible. You can move slowly towards the camping area or an aid station.
    - Do not cut, suck, bandage, apply ice or tourniquet a bite. Do not consume alcohol, caffeine or drugs. We will wash it with warm soapy water and call an ambulance to take you to definitive medical care.

- Less scary, but still present, are cactuses. If we're lucky, the prickly pear will be blossoming and totally beautiful. Make sure to look with your eyes and not with your hands or body. Aside from a punctured tire, no one wants to spend the day picking pricklers out of the skin.

- Please be extra careful with kids and dogs when it comes to cactuses. Check your dog's pads frequently.

- **FOOD**

- We're psyched to announce Samurai Sue's Every Day Foods is catering dinner and breakfast this year!
- We will be asking about dietary restrictions at registration and again right before race week. We will try to accommodate all diets within reason!
- Extra meals tickets can be purchased but should be done in advance if possible so we can accurately report to the catering company.
  - Dinner and Breakfast: \$35 adult/\$20 kids
  - One Meal: \$20 adult/\$10 kids
- Provided wristbands must be worn in order to receive your meals.

- **MEDICAL**

- We will have a fully stocked medical kit, AED, wheeled litter. We have a standby request to have a side-by-side and EMT on site for the entire 24 hours. First aid kits will be at each aid station along with radios to call for help.

- **CAMP AMENITIES**

- We're in the desert and everything you see on race day, aside from the dirt, cactus, and rattlesnakes we haul in. In Camp we provide:
  - Water
  - Electrolytes
  - Seltzer water, soda, pickles and pickle juice, sweet and savory snacks, watermelon, etc.
  - Sunscreen (but you should still bring your own)
  - Portable toilets
  - Shade structures for the start/finish area
  - Catered meals
- Please note, cell service is pretty limited. You can pick it up here and there, especially on ridge lines. Plan accordingly and enjoy 24 unplugged hours!

- **RULES**

- **KIDS**

- Kids under 14 must be supervised and cannot be left in camp unattended while you go out and ride/run.
- Kids not registered for an event will be \$20 for each meal.
- There is a kids race on Saturday night. Runners and bikers are welcome, parents can go with their kids. It will be a small loop around the camping area and we encourage every participant to cheer them on! Each kid will get a small prize!

- **CAMP**

- Always practice Leave No Trace.
  - No fires or BBQs, guns or weapons, fireworks, illegal drugs
  - Quiet hours from 10:30-5:00am.
  - Bring your own adult beverages, only adults 21+ can consume alcohol.
  - Bathrooms are provided, use them!
  - Please drive through camp slowly. There will be lots of cross traffic, dogs, kids, bikes, etc. and your driving kicks up a lot of dust.
  - All food must be secured at night.
- **RACE**
- All participants must be registered and have signed a waiver.
  - All bikers must wear helmets when riding AT ALL TIMES!
  - All participants must have lights (headlamp or bike mounted) from dusk to dawn.
  - Laps are self recorded. The 24 hour race starts at 10am sharp and finishes at 10am sharp and the 8 hour race starts at 10am and finishes at 6pm. After each completed lap there is a scoreboard with team names, please mark your completed lap. Volunteers will be here to assist in this process.
  - **You must be at the start line to start a lap.** We do not have chip timing, this is the only way we can keep tabs on your safety. If we don't know you're out on the course, we won't know you're hurt out on the course!
    - Teams: this means if you finish a lap you cannot tag your next person for their lap from camp. They must be waiting at the starting line for you. If there will be a gap in between laps completed by your team, you will sign in that you have completed your lap and when the next person is ready to do their lap, they must come to the starting line to sign out.
    - **Again, you must sign in and out of each lap from the start/finish area. No exceptions!**
  - TEAMS: only one person on course at a time counts for a lap.
    - You are welcome to do group laps or have pacers/team members join you but this only counts for 1 lap no matter how many people from your team are riding/running.
  - Mixed Racers/Teams: Run on the run course, bike on the bike course. No exceptions.
  - There will be sections of the course bikers and runners are together, going the same direction. Please be courteous and watch out for each other, runners should step off the trail for bikers.
  - Headphones are not permitted.
  - While not required, we suggest everyone rides/runs with a buddy for safety, especially at night!
  - No littering, duh!
  - We reserve the right to pull any racers off course if we suspect they are no longer fit to safely race.

- **DOGS**

- Dogs are one of the best parts about 24 Hours of Elk basin! We've been fortunate to have allowed furry friends every year and not had an issue. Follow the rules and we can keep dogs at Elk Basin!
- Please only bring friendly dogs that will enjoy a chaotic environment. Remember, just because you can bring your dog, doesn't mean you should! It's hot, it's loud, there are lots and lots of people and kids and other dogs.
- Dogs cannot be left unattended in camp and **ABSOLUTELY CANNOT BE LEFT IN A VEHICLE!!**
- Dogs are not allowed on course except from dusk to 10am. It is simply too hot and too crowded to be safe for dogs to be on course. We reserve the right to change this, and potentially not allow dogs on course at all
- Dogs are not required to be on leash but they are required to have a reliable recall.
- Dogs should never be in the food tent.
- Please keep your dog with you and within your camp area. Please don't let your dogs fully roam.
- No one wants their tent peed on and no one wants to step in dog poop. So clean it up and keep a watchful eye on bathroom breaks.
- Cactuses and snakes are everywhere, keep your dog in sight at all times.
- All dogs must have a signed waiver before entering camp. Dogs are the sole responsibility and liability of their owner. All dogs must be up to date on vaccinations.
- Red Lodge Events reserves the right to ask a dog (and their owner) to leave the event. In this case, no refunds will be issued.

- **NON RACERS**

- We encourage you to bring your friends and family and kids! This event is just as fun if you're not on the starting line.
- We order our meals in advance, so if you plan on having your extra attendees eat, please purchase those tickets in advance. We cannot guarantee meals will be available for purchase on race day.
- General Fun entry includes meals, a registration gift, and parking!
- Nonracers are welcome anywhere on course or the surrounding trails. We suggest you download Trailforks and the offline maps of the area. If you do find yourself on course, please be aware of racers and give them the right of way and high five!
- We encourage non-racers to volunteer! Depending on hours volunteered, volunteers receive free entries to our other races or can get refunds for their friends that are racing!

- **WHAT TO BRING (a non-exhaustive list)**

- **Bike**
  - Bike

- Any tools or spare parts you may need. We'll have a bike stand and some basic supplies but there are no mechanics on site so be prepared to fix your own bike!
- Helmet
- Bike light -we HIGHLY recommend a light from Outbound Lighting. Yes they're expensive, but they are a game changer.
  - If you only have headlamps, we suggest bringing 2 and strapping one to your handle bars and one to your helmet. Bring extra batteries!
- Hydration -at least one bottle but we recommend two.
- Fanny pack for snacks, phone, sunscreen, tools, lucky rabbit's foot, etc
- Gloves
- Glasses
- Shoes
- Bike shorts/pants/chamois
- Sun layers and warm layers
- **Run**
  - Shoes
  - Headlamp or waist light. Ideally bring two and extra batteries!
  - Socks -you're going to want more than one pair, we promise
  - Hydration -vest, belt, handheld...the loop is short but if temps are high we will make hydration a mandatory carry. We will post this decision in the pre-race emails that go out.
  - Hat
  - Shorts
  - Sun layers
  - Warm layers
  - Blister repair and wet wipes for your feet....you'll thank us later!
- **Camp**
  - You are in a big open field. There is no natural protection from the elements. Plan accordingly!
  - Camp chairs
  - 10x10 or shade structure with A LOT of stakes to keep it tied down.
  - Place to sleep -in your car, on a cot, in a tent...you can figure that out
  - Warm sleeping bags -it can still get pretty cold at night
  - Small camp table -not required but handy
  - Gallon water jugs -great to have so you don't have to keep walking to the start/finish area to refill bottles.
    - We'll have a big water tank with spigots as well as water and electrolyte jugs.
  - Coffee mug -we'll have coffee in the morning but it's best to bring your own mugs.
    - Want to be a do-gooder? Bring your own camp plate/bowl/utensils so we can reduce our single use products!

- Yard games, bluetooth speakers, camp lights whatever keeps the vibes sky-high
  - **Misc**
    - So much sunscreen. Like a gallon per person.
    - Mini first aid kit of your favorite supplies. We'll have medical and first aid kits at the aid stations, but it's always great to be prepared and have your own.
    - Towels, there is no lake or river, but trust us, a towel is great.
    - Toiletries (wet wipes and eyedrops will be your best friend)
    - Anything you need to charge devices. There are no electrical outlets in camp so plan accordingly
    - Anything for your kids or pets you'd bring camping in the desert.
- **WHAT NOT TO BRING (a non-exhaustive list)**
  - GunNo , weapons, fireworks.
  - No illegal drugs
  - No firepits (propane is okay)
  - No BBQ's
  - NO BAD ATTITUDES! This race isn't perfect, there will probably be hiccups or the weather might be less than ideal, but this is all supposed to be fun...it's manufactured suffering afterall! We will happily address any concerns and gladly take feedback and constructive criticism.
- **AWARDS**
  - Awards will be held at 11. This gives you time to finish your last lap and start packing up camp. We like to take a group photo at awards and thank everyone for coming so we hope you'll stick around even if you didn't win an award.
  - 24 Hour Awards:
    - Overall (1st Place) M/F in the solo run, bike and mixed
    - Overall (1st and 2nd Place) bike only, run only, and mixed across all gender makeups (this means that female teams compete with male compete with co-ed) and across all size make ups (this means a duo is competing against a carnival). Winners are based on # of laps, ties are broken by the time the last lap was completed.
      - \*Note: If we have a category with a staggering amount of teams, we will consider breaking teams out more than what is listed above. Otherwise, there are not enough teams to break it out and we end up giving everyone a prize and that just isn't our vibe. If you need a finisher medal, enter the kids race.
  - 8 Hour Awards
    - Overall (1st Place)
- **WEATHER**
  - This race is all the way outside. There is no permanent infrastructure at Elk Basin. There are no trees in camp. This means you are fully exposed to what

mother nature brings. Temps can range from over 100\* to under 30\* at night and everything in between.

- Please check the point forecast before the race and plan accordingly.
- Hot? Think about your plan for shade in camp. Windy? Think about how you're going to keep your things from blowing across the desert. Cold? Think about what you're going to wear racing at night.

- **VOLUNTEERS**

- This race takes a village. If you plan on not racing the entire 24 hours, we encourage you to sign up for a volunteer slot! Depending on how long you volunteer for, you could get your entry fee refunded fully, partially or get a free entry to another one of our races!
- We encourage teams to have at least 1 member take a 2-hour shift at the finish line. This doesn't require much, except getting stoked for folks to finish a lap and helping them record their times. We promise, it's pretty fun!

- **THANK YOU**

- 24 Hours of Elk Basin, like all races, is a lot of work. But it is SO SO SO SO SO worth it because of racers like you. We have a blast seeing old and new friends out enjoying one of our favorite places to run and ride. We hope you have a great weekend with us and if there is anything we can do to make your experience better, please let us know!

- **What did we miss?**

- There is no way to distill everything about the race into a manual. If you have questions, you're probably not alone so please ask us and we can add it to the Racer Manual!
- [redlodgeevents@gmail.com](mailto:redlodgeevents@gmail.com)