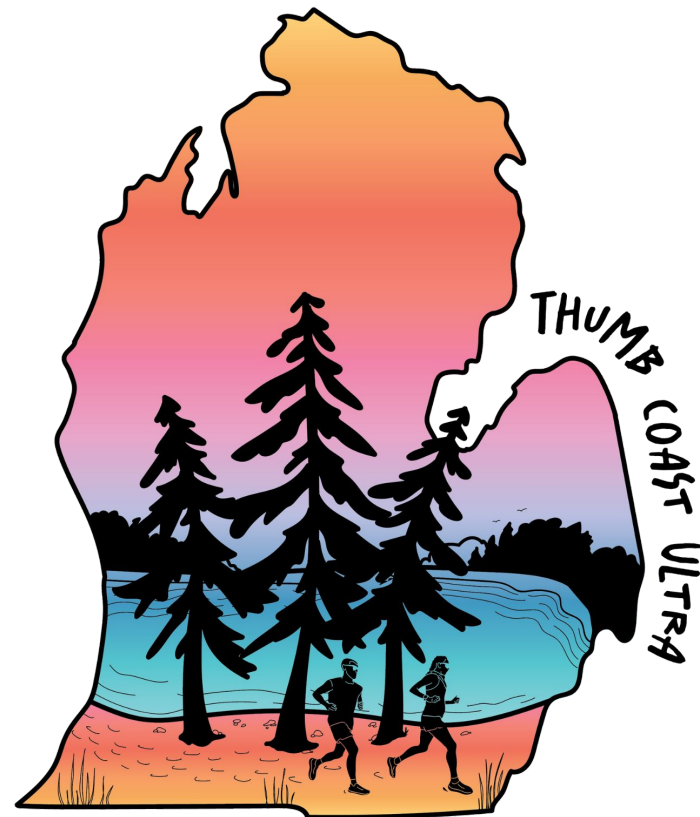


Athlete Guide



50 Mile | 50K | 50 Mile Relay

Race Day Schedule

- Start Times:
 - 50 Mile Ruck - 4:00 AM in Harbor Beach- Note, aid stations will not be available until prescribed times.
 - 50 Mile - 6:28 AM in Harbor Beach (Sunrise)
 - 50 Kilometer - 8:30 AM in Caseville
- Special Award 50 Mile Finish:
 - 8:24 pm in Caseville (Sunset)
- Finish Time:
 - 50 Mile and 50 Kilometer: 9:30 pm

50 Mile Shuttle to Harbor Beach

- There will be a shuttle for the 50 Mile participants who may not have a ride to the start line!
- Park your car at the finish line in Caseville and take the shuttle to the start line, in Harbor Beach, before the race.
- Shuttle tickets are \$25.
- Sign Up for the race shuttle no later than April 5th. If you have already registered for the 50 Mile event but need to add on the shuttle, please see instructions [here](#).
- Shuttle Time: 5:00 am

Course Cut-Offs

- All runners must finish by 9:30pm.
- 50 Mile participants must maintain an 18 min/mile average.
- 50K participants must maintain a 25 min/mile average.

Aid Station	50K Location	Mileage	50 Mile Cut Off	50K Cut Off
D	Point Aux Barques Lighthouse	19.8 (50 Mile)	12:24 PM	
G	West of Larned on Knoblock (50K turn around)	34.55 (50 Mile)/15.5 (50K)	4:51 PM	3:00PM
J	Corner of Sand Rd. and State Park Rd.	46.15 (50 Mile)/ 27 (50K)	8:21 PM	7:45PM

Important Athlete Rules

- All athletes must attend the pre-race meetings before the event, in-person or virtual.
- Athlete's pacers must also have waivers signed by this point. Relay teams only need to have one person per team attend the meeting.
- All athletes must complete the designed 50 mile and 50 kilometer course, under their own power, and without a pace vehicle (this includes bicycles).
- Athletes must check in at every 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.
- Trash may be dropped at 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.
- Athletes may only receive aid from crew at the aid stations. No assistance along the course.
- Athletes must have a headlamp or flashlight, forward and rear facing reflective gear, as well as a red flashing rear light on after sunset 8:24pm.
- 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.
- If an athlete needs to drop for any reason and will be leaving the course with a friend/family member, they must notify staff at the finish line or a volunteer at the nearest aid station. Provide name and bib number.

Relay Rules

- 50 Mile Relay will start in Harbor Beach and finish in Caseville
- Team Size: 2 – 6 People (each member is required to register separately; the first team member to register will be able to create the team name. Additional members will then be able to select the relay team name during registration)
- Relay “leg” distance is up to the team, but exchanges must be done at an exchange zone only (see chart for exchange locations)
- Runners do not have to run an equal number of legs or distances
- All general athlete rules and gear requirements apply to relay team participants.
- Each team must provide their own support vehicle, only one vehicle per relay team.
- Team vehicle must have the team’s name and bib number clearly visible on the vehicle at all times and can be no bigger than a 12 passenger van.
- Relay team “camping” or hanging out for long times at exchange zones is not allowed. There is limited space at exchange zones, please plan accordingly.
- Vehicles supporting the relay should drive on alternative route provided by Trivium. This will reduce traffic on specific race course to ensure the safety of our athletes.

Click [here](#) to access a PDF file with live map links for the relay exchange locations.

Spectator, Crew & Pacer Rules

- All 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.
- Each athlete is allowed one support vehicle, we do not want to overcrowd the course. This vehicle cannot be an RV or van larger than 12 passenger.
- While support vehicles are allowed to carry and supply gear at aid stations, they may not pace the athlete.
- No aid from moving vehicles, including bicycles.
- Support vehicles must have their racer's or team's name and bib number clearly visible on the back and both sides at all times. *We will provide signage at packet pick-up if needed.*
- 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](#)). **Waiver must be completed before April 19.**
- 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.

Drop Bags

Race staff will provide clear drawstring bags (**sized 20"x24"x4"**) marked with the bib number and drop location. Bags can be dropped off at the start line of each race or at the gear check the night before the event.

The Drop Bag at [Aid Station "G"](#) and Finish (50 Miler only) will be returned to athletes at the finish line.

There is no guarantee that your other drop bag will make it back to the finish line in time to meet you.

Aid Station	Location	Mileage
G	<u>West of Larned on Knoblock (50K turn around)</u>	34.55 for 50 Mile 15.5 for 50K

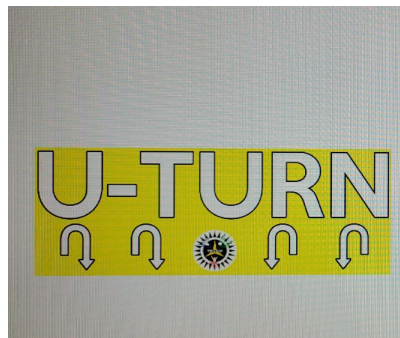
Essentials

- While there are many, many essentials for race day, we have two that we highly suggest are in your bags:
 - Body glide or similar: The air and the sandy roads are an awesome combination for an early exit from this race from chaffing. Please lube up and lube often to make sure everything is sliding around alright
 - Sunscreen: While it may not be hot or bright sunshine, the sun will burn you quickly! Please apply sunscreen often!



Course Markings

- Every 5 miles will have a Thumb Coast Ultra “confidence” marker.
- All turns on the course will be marked with a direction sign.
- Aid stations and Relay exchange zones will be marked
- Aid Station will be marked with what is available at the aid station.



50 Mile Aid Stations

To access a pdf with links to the aid station locations, click [here](#).

Water and Tailwind will be at every aid station.

Aid Station	50 Mile Location	Relay Exchange #	Mileage	Aid Available	Drop Bag?	Hard Cutoff Time
A	Corner of Stafford Rd. and Minnick Rd.	Relay Exchange #1	5.3	Fruit Cups/Granola Bars		
B	Corner of Minden Rd. and Swayze Rd.	Relay Exchange #2	10.25	Humma Gels/Grapes/Trail Mix/Fig Bars/Coffee		
C	Corner of Moeller Rd and Minden Rd.	Relay Exchange #3	15.25	Coke/Ginger Ale/Bacon/Gummy Bears/ Salt Tablets/Pop Corn		
D	Point Aux Barques Lighthouse	Relay Exchange #4	19.8	Coke/Ginger Ale/potatoes and salt/cookies/clementines		12:24 PM
E	Corner of MCGardle Rd and New River Rd.	Relay Exchange #5	25.12	Humma Gels/Hummus Wraps/Assorted Chips/Trail Mix/pickles		
F	Corner of Hunter Rd. and Sullivan Rd.	Relay Exchange #6	30.32	Cheese Quesedillas/PB&J/Clementines/Granola Bars		
G	West of Larned on Knoblock (50K turn around)	Relay Exchange #7	34.55	Coke/Cup O' Noodles/Pretzels/Fruit Snacks/Candy	Yes	4:51 PM
H	Corner of Weaver Rd. and Port Austin Rd.	Relay Exchange #8	38.63	Coke/Humma Gels/Gummy Bears/ Grapes/Bacon/Pickles/Hummus Wraps		
I	South of Quarry Rd. on Old Sand Rd.	Relay Exchange #9	44.75	Ginger Ale/Fruit Cups/Granola Bars/Chicken and Veggie Broth		
J	Corner of Sand Rd. and State Park Rd.	Relay Exchange #10	46.15	Coke/Ginger Ale/PB and J/Fig Bars/Assorted Chips/Candy/Coffee		8:21 PM

50K Aid Stations

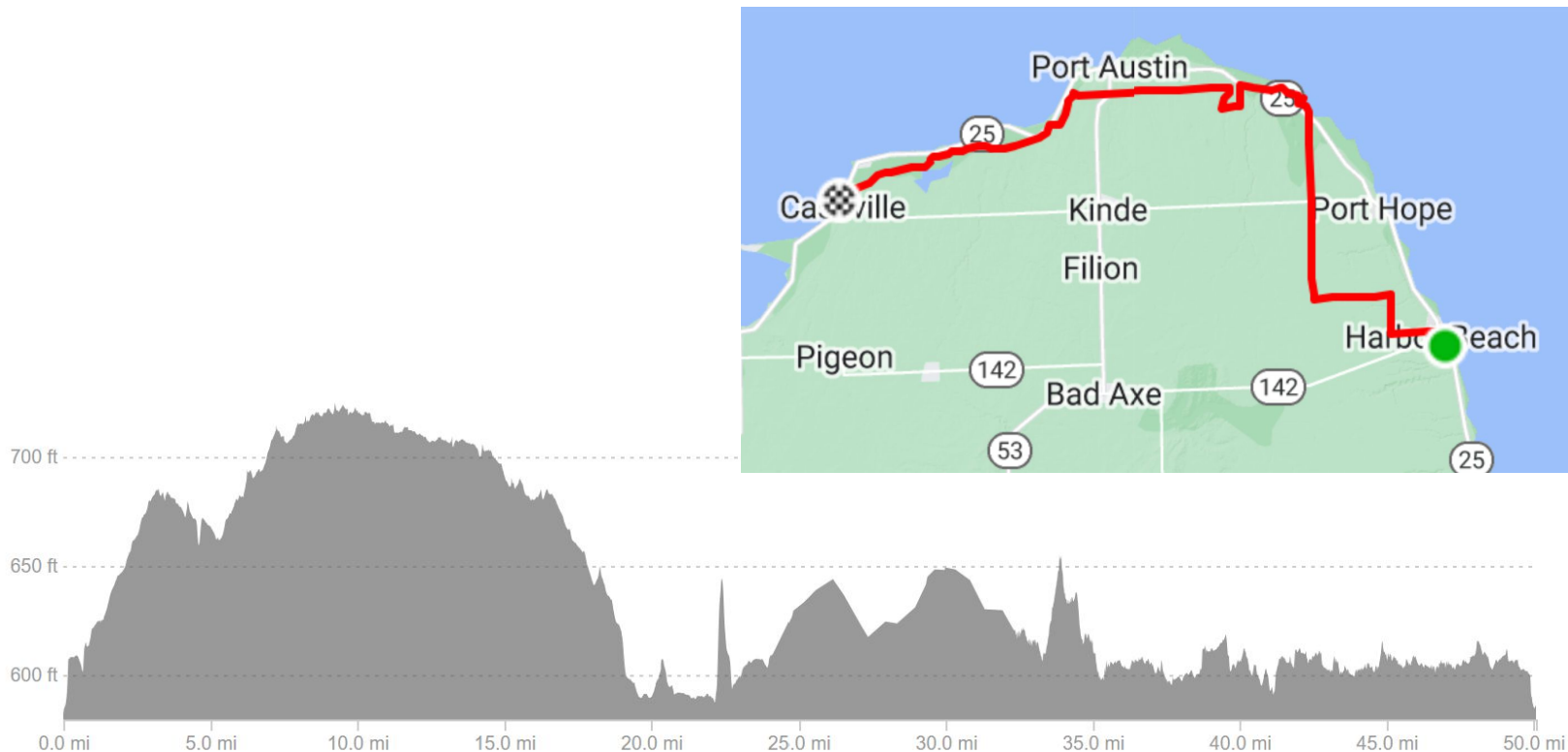
To access a pdf with links to the 50K aid station locations, click [here](#). Note, as this is an out and back course, you will have 4 unique aid stations and return to three of them on your way back to the finish.

Water and Tailwind will be at every aid station.

Aid Station	50K Location	Mileage	Aid Available	Drop Bag?	Hard Cutoff Time
J	Corner of Sand Rd. and State Park Rd.	4	Coke/Ginger Ale/PB and J/Fig Bars/Assorted Chips/Candy/Coffee		
I	South of Quarry Rd. on Old Sand Rd.	5.42	Ginger Ale/Fruit Cups/Granola Bars		
H	Corner of Weaver Rd. and Port Austin Rd.	11.37	Coke/Humma Gels/Gummy Bears/ Grapes/Bacon/Pickles/Hummus Wraps		
G	West of Larned on Knoblock (50K turn around)	15.5	Coke/Cup O' Noodles/Pretzels/Fruit Snacks/Candy	Yes	3:00PM
H	Corner of Weaver Rd. and Port Austin Rd.	19.63	Coke/Humma Gels/Gummy Bears/ Grapes/Bacon/Pickles/Hummus Wraps		
I	South of Quarry Rd. on Old Sand Rd.	25.68	Ginger Ale/Fruit Cups/Granola Bars/Chicken and Veggie Broth		
J	Corner of Sand Rd. and State Park Rd.	27	Coke/Ginger Ale/PB and J/Fig Bars/Assorted Chips/Candy/Coffee		7:45PM

50 Mile Course Map & Elevation

To see the 50 Mile course map, [please click here](#). You can view the course and interactive elevation, as well as download a GPX file from this link to use with your running watch. The approximate elevation change is ~513 ft.



50 Mile Turn by Turn

Please keep in mind the course can be changed at the race director's discretion if the course becomes unsafe due to conditions.

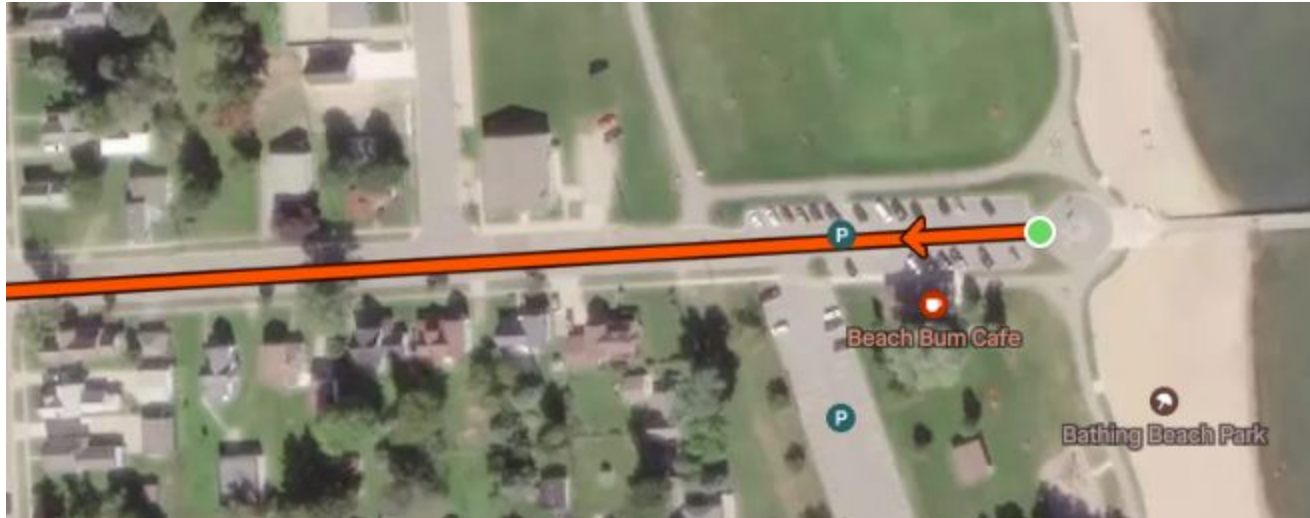
50 Mile Start Location

The 50 Mile Event will start in Harbor Beach at Judge James H. Lincoln Memorial Park at the water's edge!

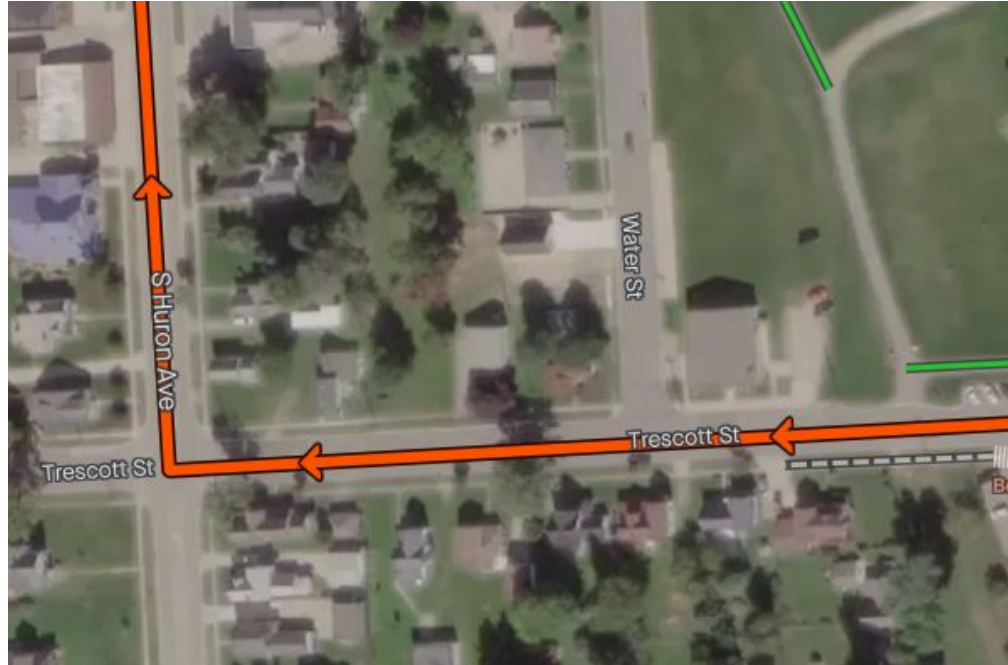
- [1 Trescott St, Harbor Beach, MI 48441](#)



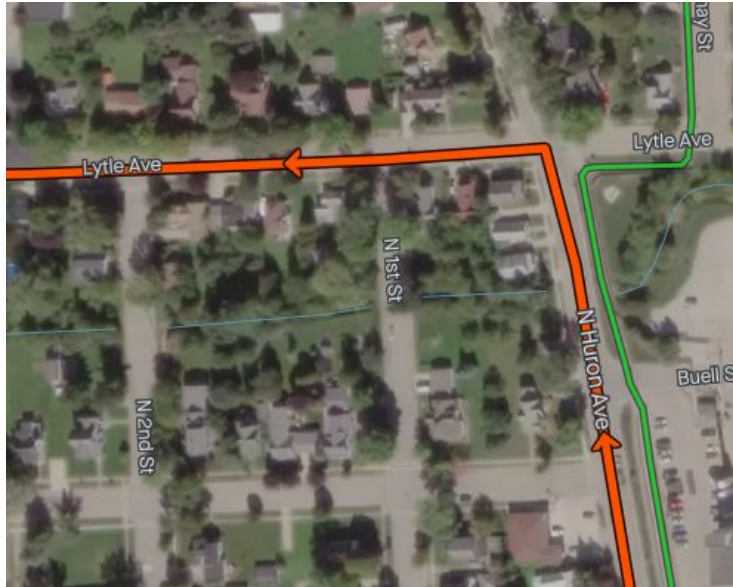
Begin Running out on Trescott St.



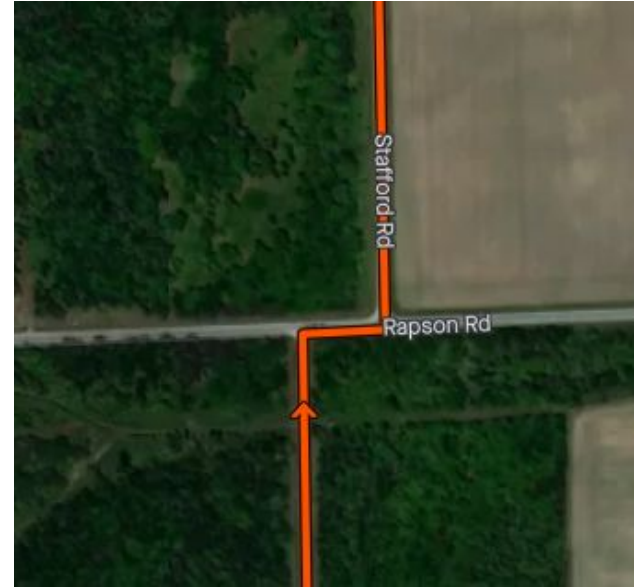
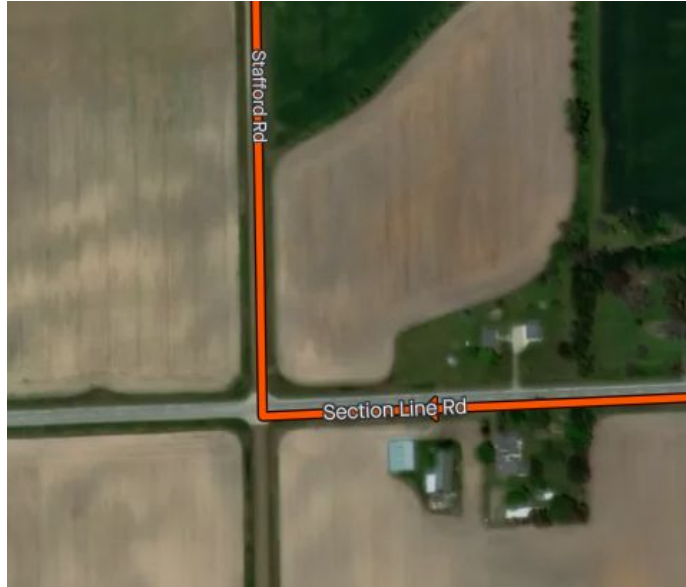
Take a right on S. Huron Ave- Mile .17



Take a Left onto Lytle Ave. - Mile .65
Lytle Ave. will turn into Section Line Rd.- Mile .125



Take a Right onto Stafford Rd.- Mile 3.25
While on Stafford you will take a quick right then left to stay on
Stafford Rd. -Mile 4.25



Take a Left onto Minnick Rd.- Mile 5.26





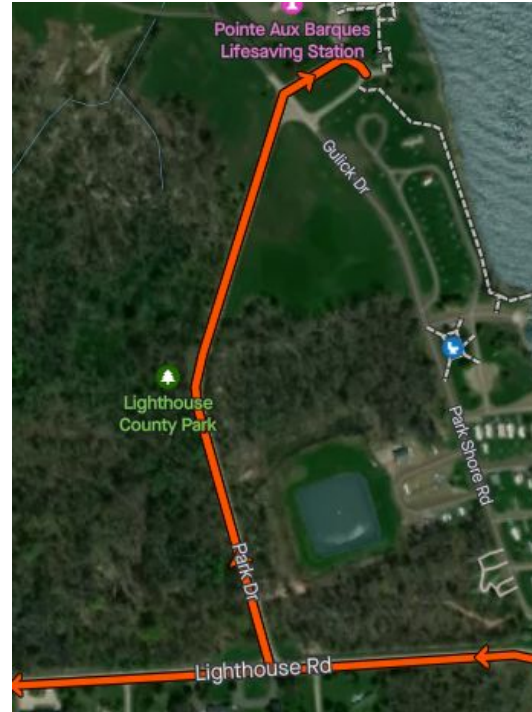
**Take a Right onto N. Minden Rd.-Mile 9.25
N. Minden Rd. will turn into Minden Rd.-Mile
14.25**

**On Minden Rd. cross over
Lakeshore Rd. and the road
name will change to
Lighthouse Rd (Mile 18.63)
to bring you into the
Lighthouse County Park.**

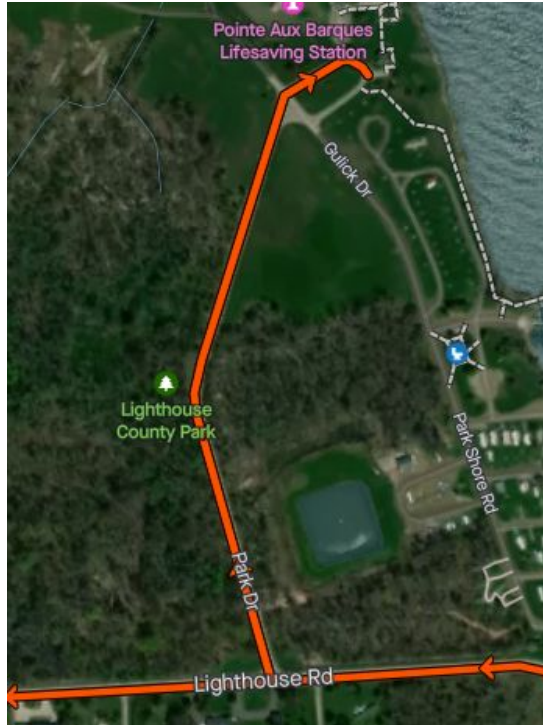


Take a Right onto Park Dr.- Mile 19.45

Complete an out and back segment. U Turn at Mile 19.8.



**After completing the U Turn at Park Drive, take a Right back onto
Lighthouse Rd.- Mile 20.2**

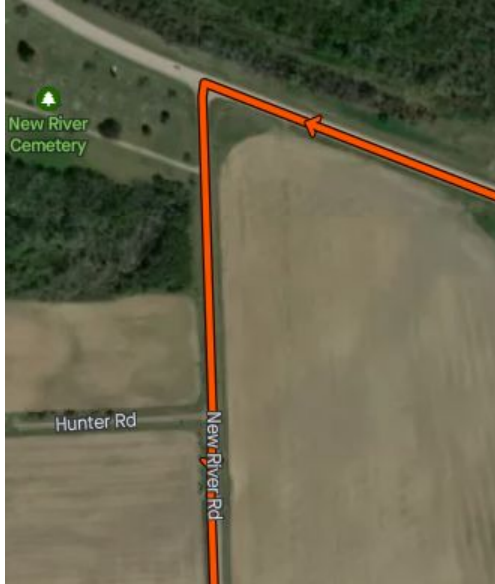


**Lighthouse
Rd will turn
into Pioneer
Rd. at Mile
22.4**

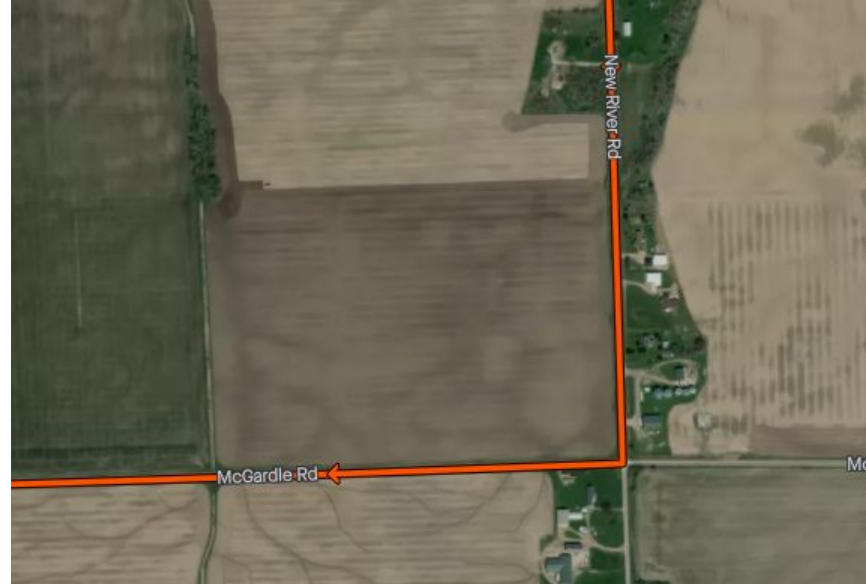
Take a Right onto Lakeshore Rd.- Mile 23.3



Take a Left onto New River Rd.- Mile 24



Take a Right onto McGardle Rd.- Mile 24.45



Take a Right onto Kinch Rd.- Mile 26.5



Take a Left onto Hunter Rd.- Mile 27.9



**Hunter Rd will turn into
Knoblock Rd.- Mile 33.6
after crossing over N. Van
Dyke Rd.**



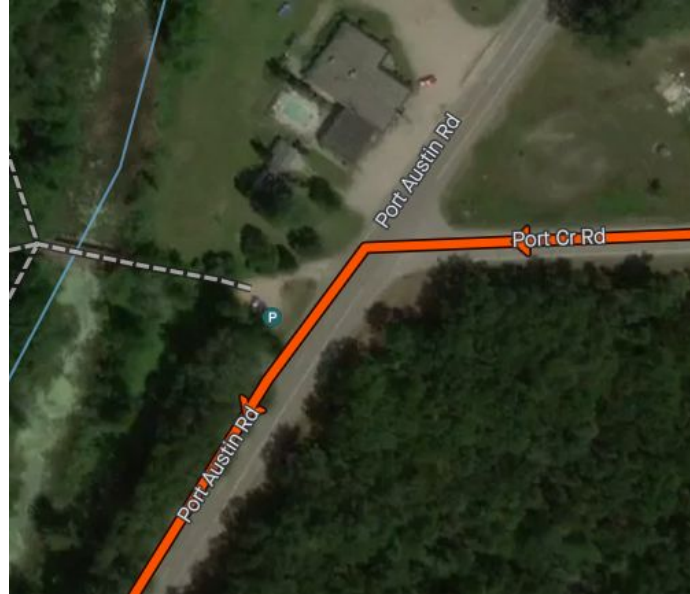
Take a Left Sand Rd.- Mile 35.5



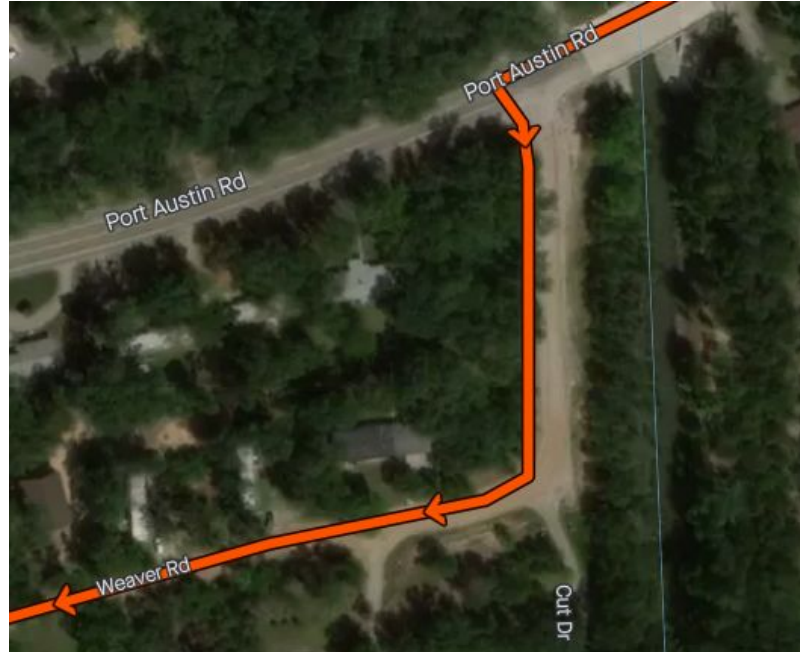
Take a Right on Port Cr Rd.- Mile 37.35



Take a Left on Port Austin Rd.- Mile 37.8



Take a Left on Weaver Rd.- Mile 38.65
Take another Right to stay on Weaver Rd.- Mile 38.7

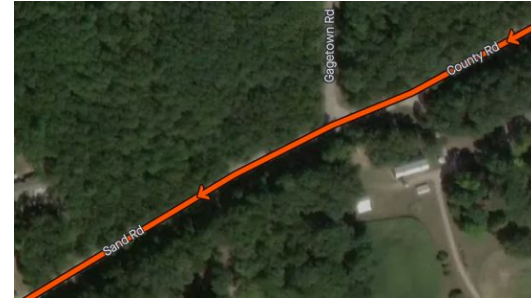
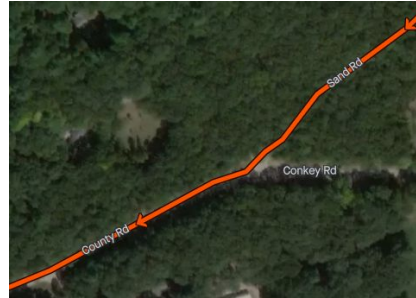
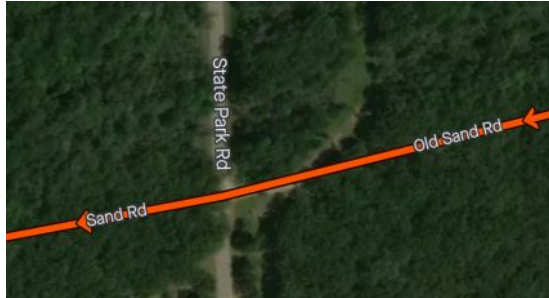


Take a Right to again stay on Weaver Rd.- Mile 41.25



Weaver Rd. will turn back into Sand Rd. (Mile 41.75 after crossing Oak Beach Rd.) and then turn into Old Sand Rd (Mile 43.25).

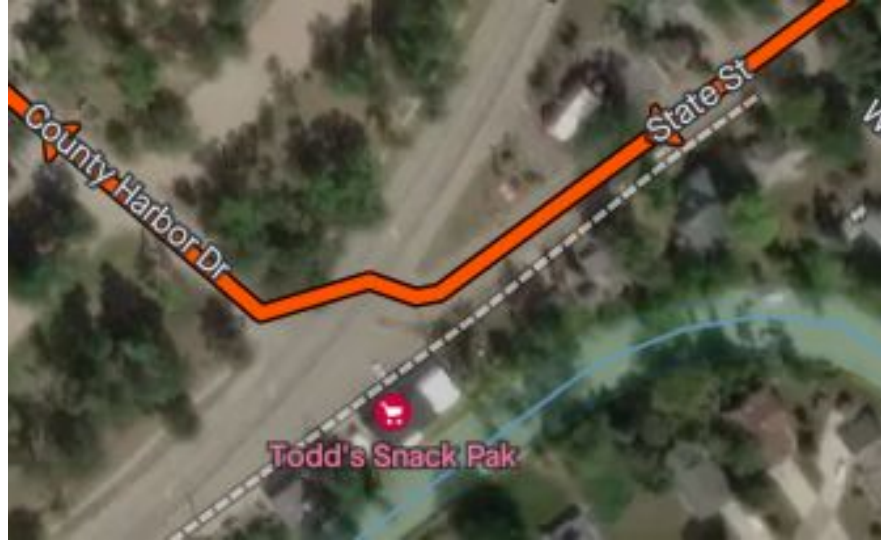
Take a Left to stay on Old Sand Rd.- Mile 44.55



While on Old Sand Rd. the road name will change to Sand Road (Mile 46.2 after crossing over State Park Rd.), Country Road (Mile 48.1), Sand Rd. again (Mile 48.25) and then finally State St (Mile 49.5).

With all of this, you will continue going straight.

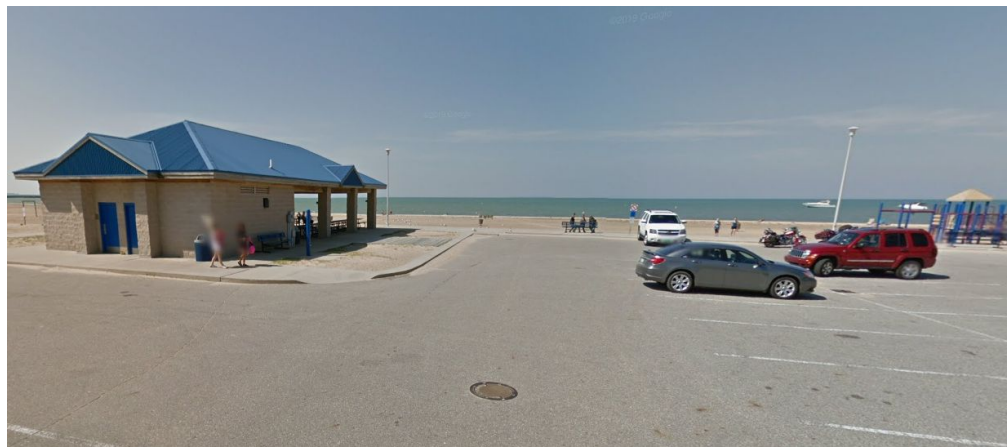
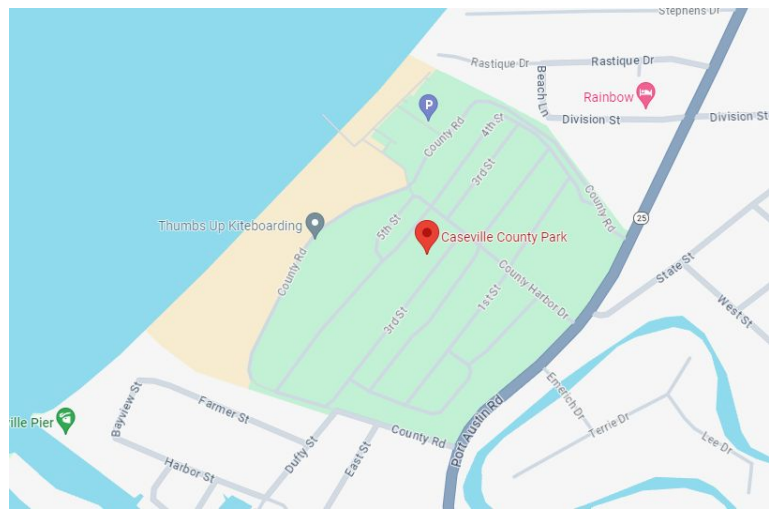
While on State St. you will cross over Main Street and take a Right (Mile 49.9) onto County Harbor Drive which will lead you to the finish line.



50 Mile Finish!!!

The 50 Mile event will end in the Caseville County Park at the water's edge!

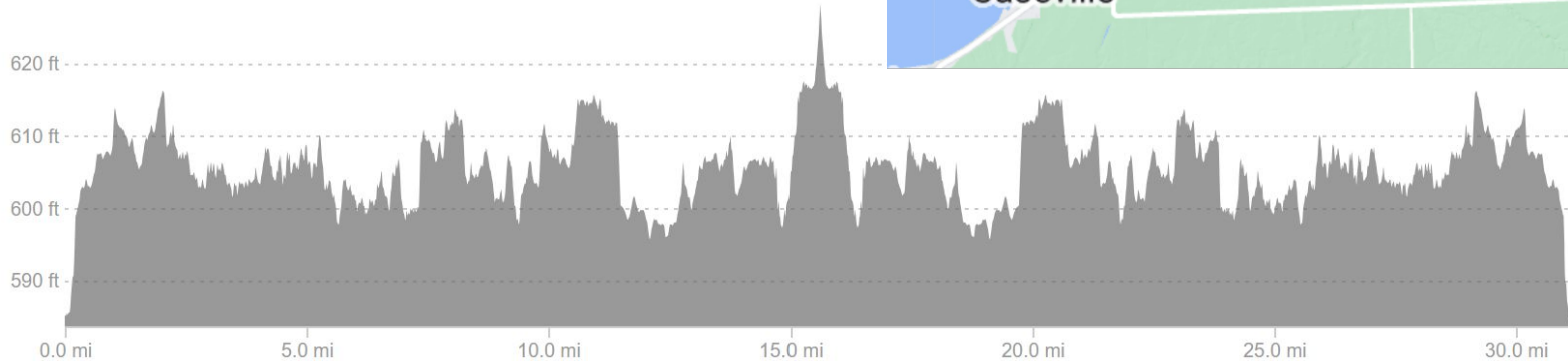
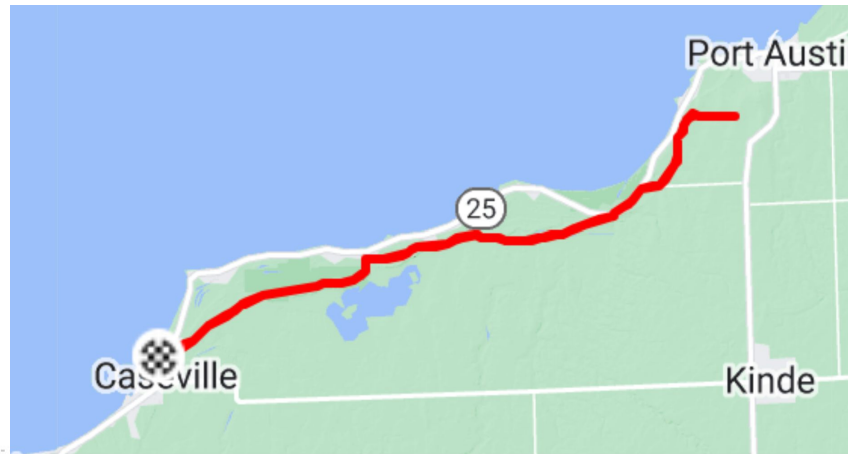
- [6400 Main St, Caseville, MI 48725](#)



50K Course Map & Elevation

To see the 50K course, [please click here](#). You can view the course and interactive elevation, as well as download a GPX file from this link to use with your running watch. The approximate elevation change is ~219 ft.

Please keep in mind the course can be changed at the race director's discretion if the course becomes unsafe due to conditions.



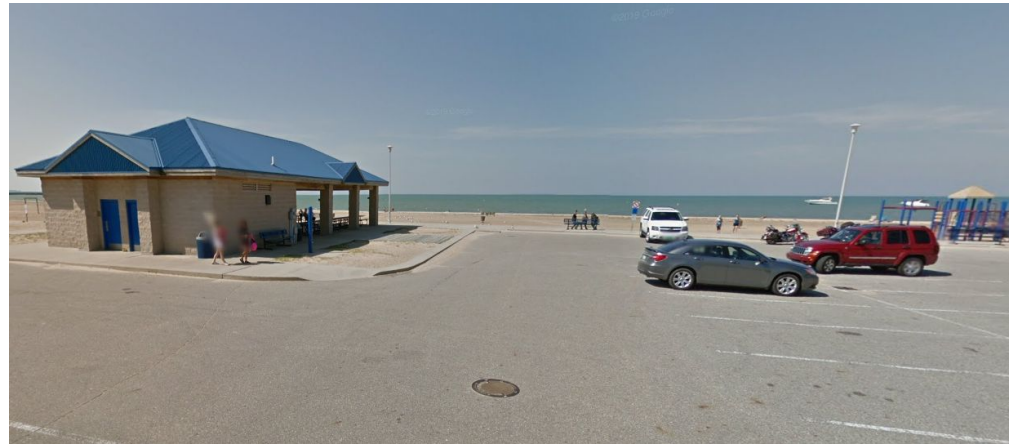
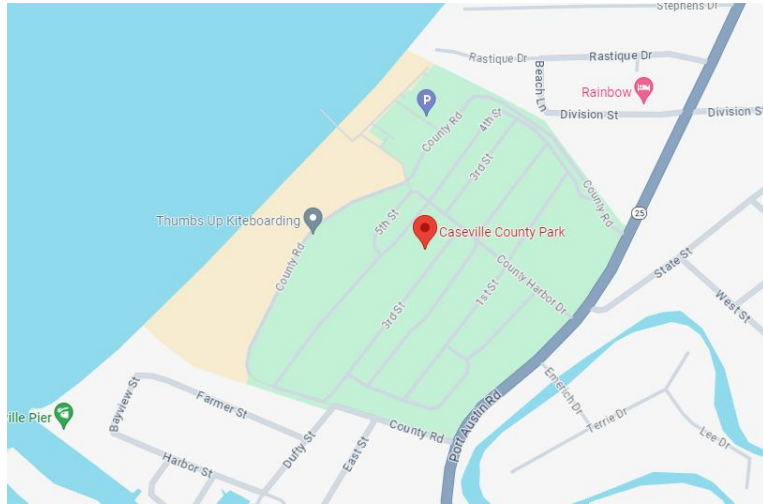
50K Turn by Turn

Please keep in mind the course can be changed at the race director's discretion if the course becomes unsafe due to conditions.

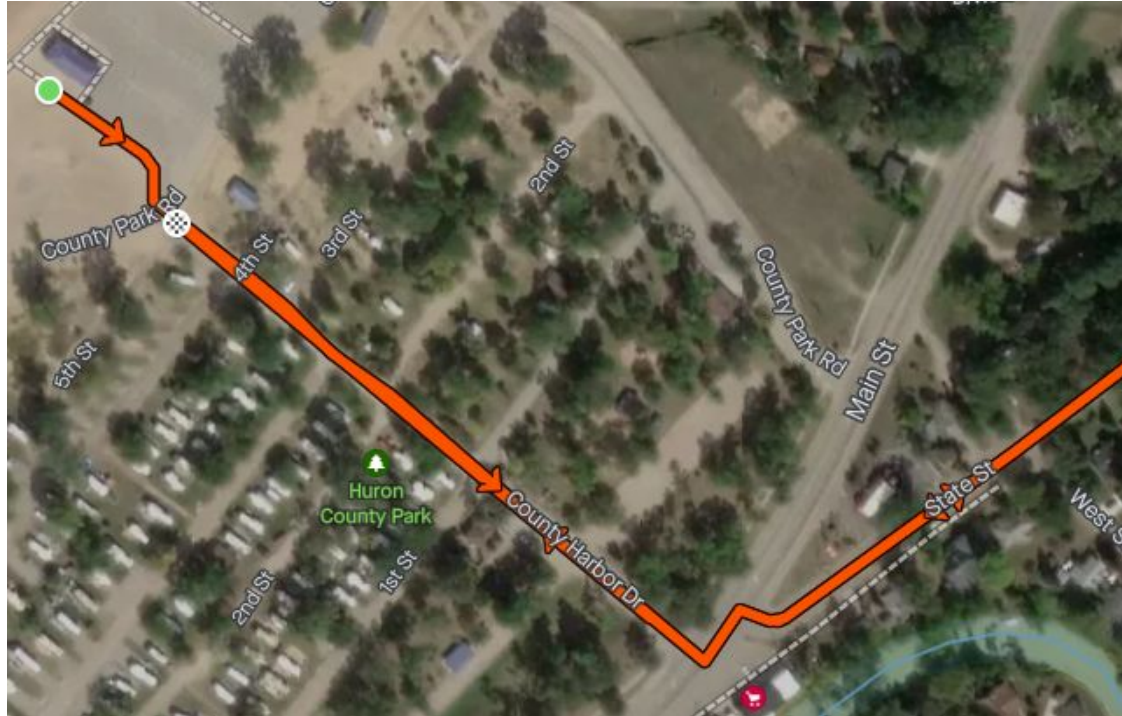
50K Start & Finish Location

The 50K Event will start & end in the Caseville County Park at the water's edge!

- [6400 Main St, Caseville, MI 48725](https://www.google.com/maps/place/6400+Main+St,+Caseville,+MI+48725/@42.2555556,-83.5333333,15z)

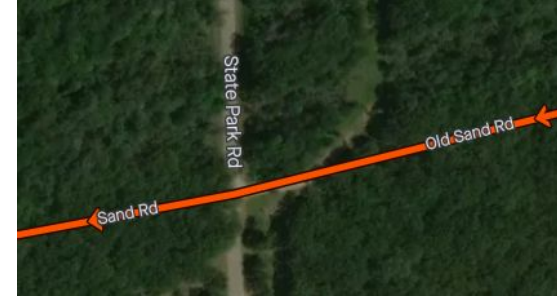
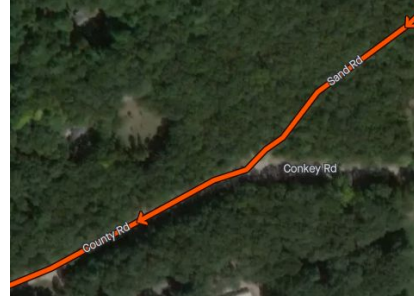
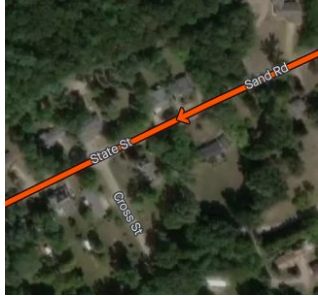


**Begin Running out on County Harbor Dr.
Take a quick left on Main St. then a Right onto State St.- Mile .25**

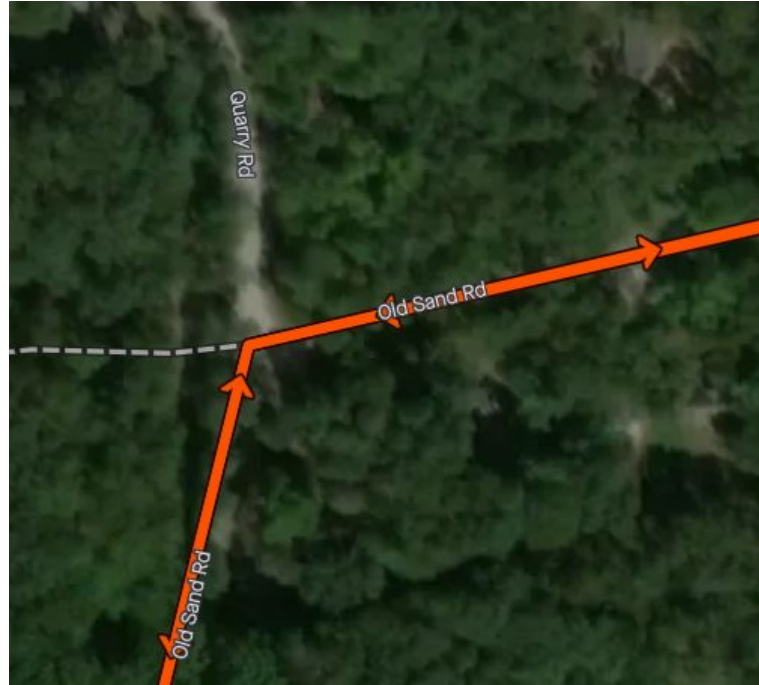


While starting on State St. the road name will change to Sand Rd. (Mile .7), Country Road (Mile 1.7), Sand Rd. again (Mile 2) and then finally Old Sand Rd. after crossing over State Park Rd. (Mile 3.75).

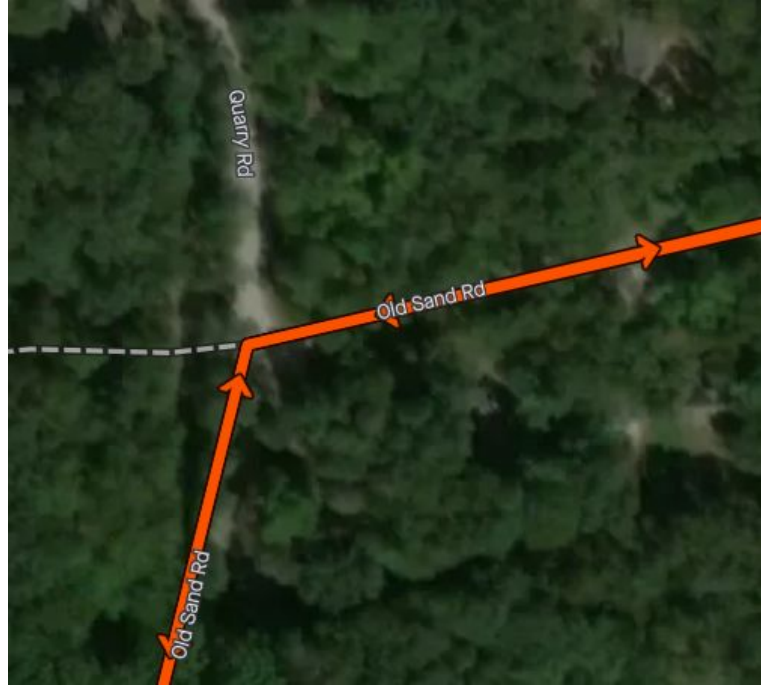
With all of this, you will continue going straight.



Take a Right to stay on Old Sand Rd.- Mile 5.6



Take a Right to stay on Old Sand Rd.- Mile 5.6



Old Sand Rd. will turn into Sand Rd. at Mile 6.9

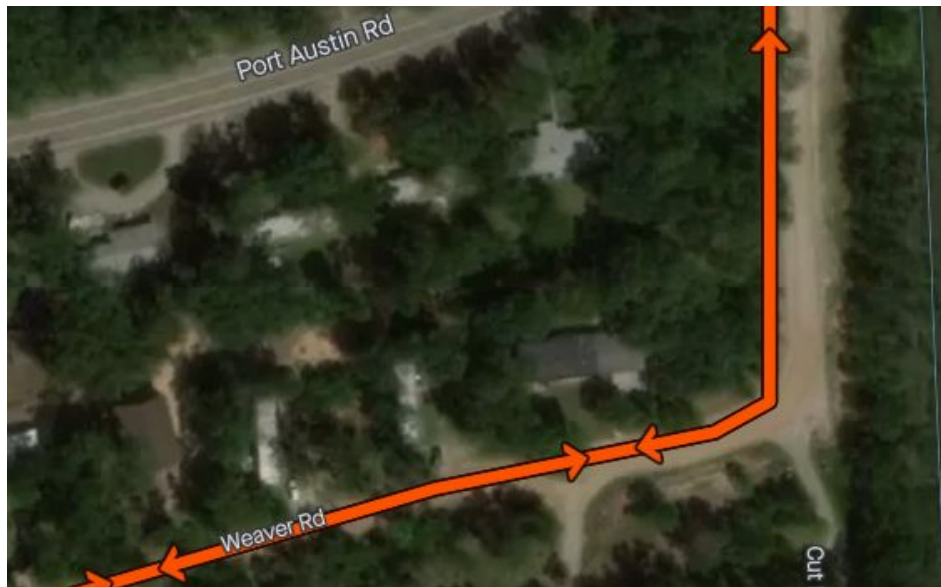
Sand Rd. will turn into Weaver Rd. after crossing over Oak Beach Rd. at Mile 8.15



Take a Left to stay on Weaver Rd.- Mile 8.9



Take a Left to stay on Weaver Rd.- Mile 11.4



Take a Right onto Port Austin Rd. - Mile 11.5



Take a Right onto Port Cr Rd. - Mile 11.5



Take a Right onto Port Cr Rd. - Mile 11.5



Take a Left onto Sand Rd. - Mile 12.8



Take a Right onto Knoblock Rd. - Mile 14.6



**While on Knoblock, and west of Larned Rd., will be Aid Station G &
the 50K U Turn- Mile 15.5
50 Mile runners will be joining the course at this location.**



Return back to the finish line the way you came!

Looking for Places to Stay?

The Thumb Coast Ultra ends in the home of one of Michigan's most popular beaches, Caseville. Visit the [Caseville Chamber of Commerce](#) page for more information on places to eat, accommodations and more.

If you want to stay closer to the 50 Mile start, check out [Harbor Beach Inn](#).



Awards

All finishers will receive a finisher's medal and there will be special awards for the 50 Milers who "beat the sun" and cross the finish line before 8:24 PM ET.

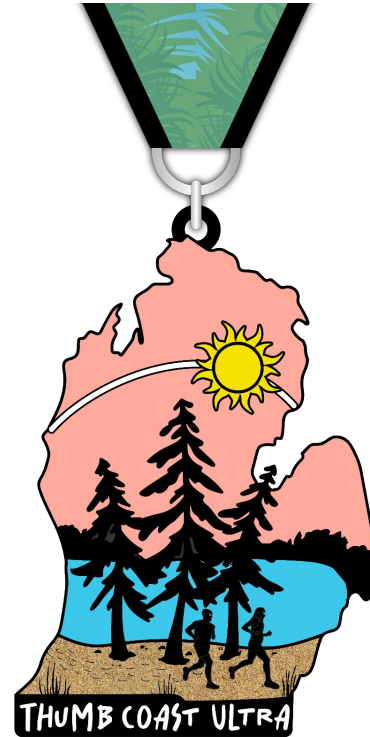
Additional awards include:

- Top 3 overall male and females in the 50 Mile
- Top 3 overall male and females in the 50K
- 1st overall male relay team
- 1st overall female relay team
- 1st overall mixed relay team (at least 2 females on each mixed team, if more than 3 members)

The Medal



Our 2024 medals are designed to have a sun catcher effect and sliding sun— perfect for remembering how you “raced the sunset!”



The Jacket



Front



Back