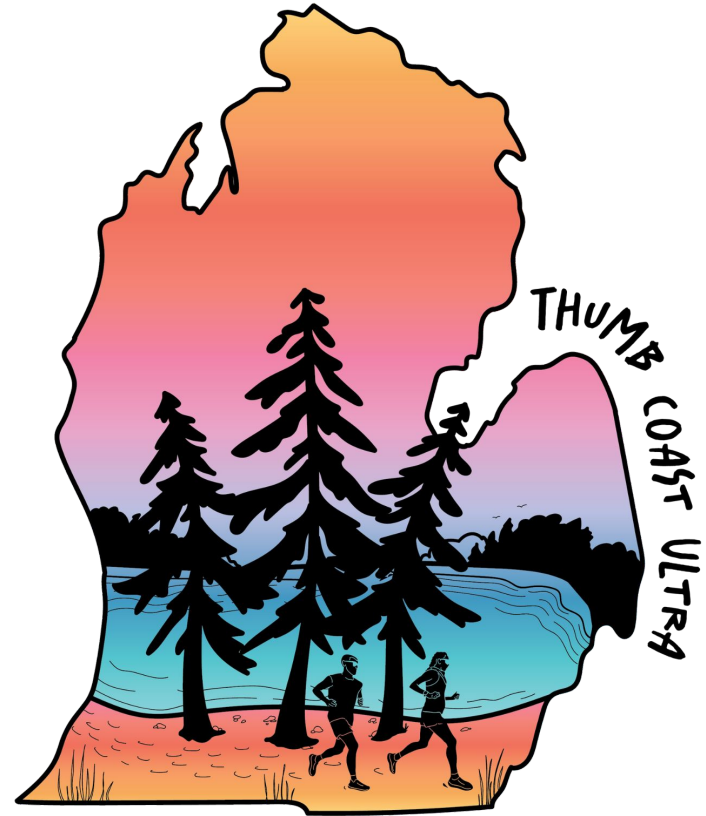


# Relay Guide 2026



50 Mile | 50K | 50 Mile Relay

# Disclaimer

- Due to the popularity of the Thumb Coast Ultra specifically with Relay teams, this guide is to account for the safety of all athletes on the course.
- All Relay Teams must obey by the rules and guidelines stated.
- Failure to follow the rules and guidelines will result in **time penalties or disqualification and removal from the course.**

# Relay Specific Meeting

**Wednesday, April 15 7:00 PM: Relay Focused Meeting**

Video call link: <https://meet.google.com/gwz-pjay-gpm>

Or dial: (US) +1 662-434-4752 PIN: 768 538 172#

More phone numbers: <https://meet.google.com/tel/gwz-pjay-gpm?pin=2330471130861&hs=1>

If you are unable to attend the relay specific meeting, you may attend the alternative [athlete meetings](#).

# Packet Pick Up



- April 24
  - Thumb Brewery at 6758 Pine St, Caseville, MI 48725
  - 2 pm-7 pm
- April 25
  - 50 Mile Start: 5:00-6:10 am

One member of the team may pick up all of the team members items. All items will be available in 1 bag for easy pick up.

Note there is 1 bib for all relay members. Be prepared for an easy way to transfer the bib from runner to runner.

# Bib



There is 1 bib for all relay members. Be prepared for an easy way to transfer the bib from runner to runner.

# Race Day Schedule

- Start Times:
  - 6:31 AM in Harbor Beach (Sunrise)
- Cut Off at Aid Station 4
  - 12:34 pm
- Cut Off at Aid Station 7
  - 5:01 pm
- Cut Off at Aid Station 10
  - 8:31 pm
- Sunset: If you have a team member still on the course, they must have a headlamp, red light and reflective vest.
  - 8:30pm
- Finish Time & Course Closes:
  - 9:40 pm

# Important Athlete Rules

- All athletes must complete the designed 50 mile course under their own power, and without a pace vehicle (this includes bicycles).
- This is a **cupless** race. Cups will be provided to all athletes to use at the aid stations in addition to any packs or handhelds you choose to use.
- Bibs must be worn on the front of the body at all times and visible.
- This is not a closed course, you 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 receive aid at locations other than the aid station, but the spectator/crew vehicle should not drive on the official race course. This means aid can be given at an intersection.
- Athletes must have a headlamp or flashlight, forward and rear facing reflective gear, as well as a red flashing rear light on after sunset 8:30 pm.
- 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 Information & Rules

- 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. 2026 exchange zones are at the 10 aid stations.
- 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.
- Review the General Athlete Guide as well for information.
- All team members may run to the finish line together but only **ONE** member should be wearing the bib.
- There is only **ONE** bib per relay team. Your bib may **ONLY** be exchanged at the Relay Exchanges.
- The relay member who is running **MUST** check in at every aid station/relay exchange.
- Each team must provide their own support vehicle, only **one** vehicle per relay team. No bigger than a 12 passenger van. Vehicles larger than this size will incur penalties or if teams have more than one vehicle penalties may be added.
- When at an exchange, if an active runner needs to use a portable and you are still waiting for your runner, let them go ahead of you.
- Be nice to the aid station and relay exchange volunteers :)

# Relay Vehicle Rules

- Each team must provide their own support vehicle, only **one** vehicle per relay team. No bigger than a 12 passenger van. Vehicles larger than this size will incur penalties.
- Team vehicle must have the team's name and bib number **clearly visible on 3 sides** of the vehicle at all times.
  - Left side
  - Right side
  - Back of the 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.
- Relay vehicles may only park in designated areas at the relay exchange. If there is no parking available, you need to be prepared to drop off the next runner and pick the current runner up later.
- Relay vehicles are not allowed at the aid stations.
- Vehicles supporting the relay **CANNOT** drive on the race course. We have provided a suggested [alternative route](#). This will reduce traffic on specific race course to ensure the safety of our athletes. Failure to drive the alternative route will incur penalties.

# Penalties

For all penalties not deemed to be cheating, hindering other teams or unsafe (by Trivium staff or volunteers).

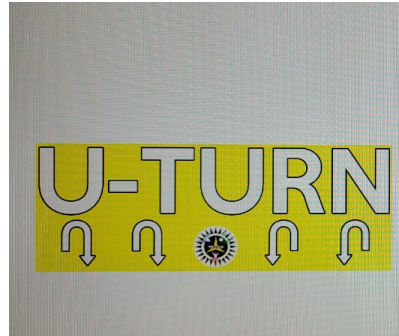
- First offense is a 5 minute penalty for the team.
- Second offense is an additional 15 minute penalty for the team.
- Third offense removal of team from the course.

For all penalties that are deemed cheating or unsafe (by Trivium staff or volunteers)

- Immediate disqualification and removal of the team from the course.

# 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.
- Relay exchange zones will be marked with a tall sail flag.
- Aid Station will be marked with what is available at the aid station.



# 50 Mile Aid Stations and relay Exchange points

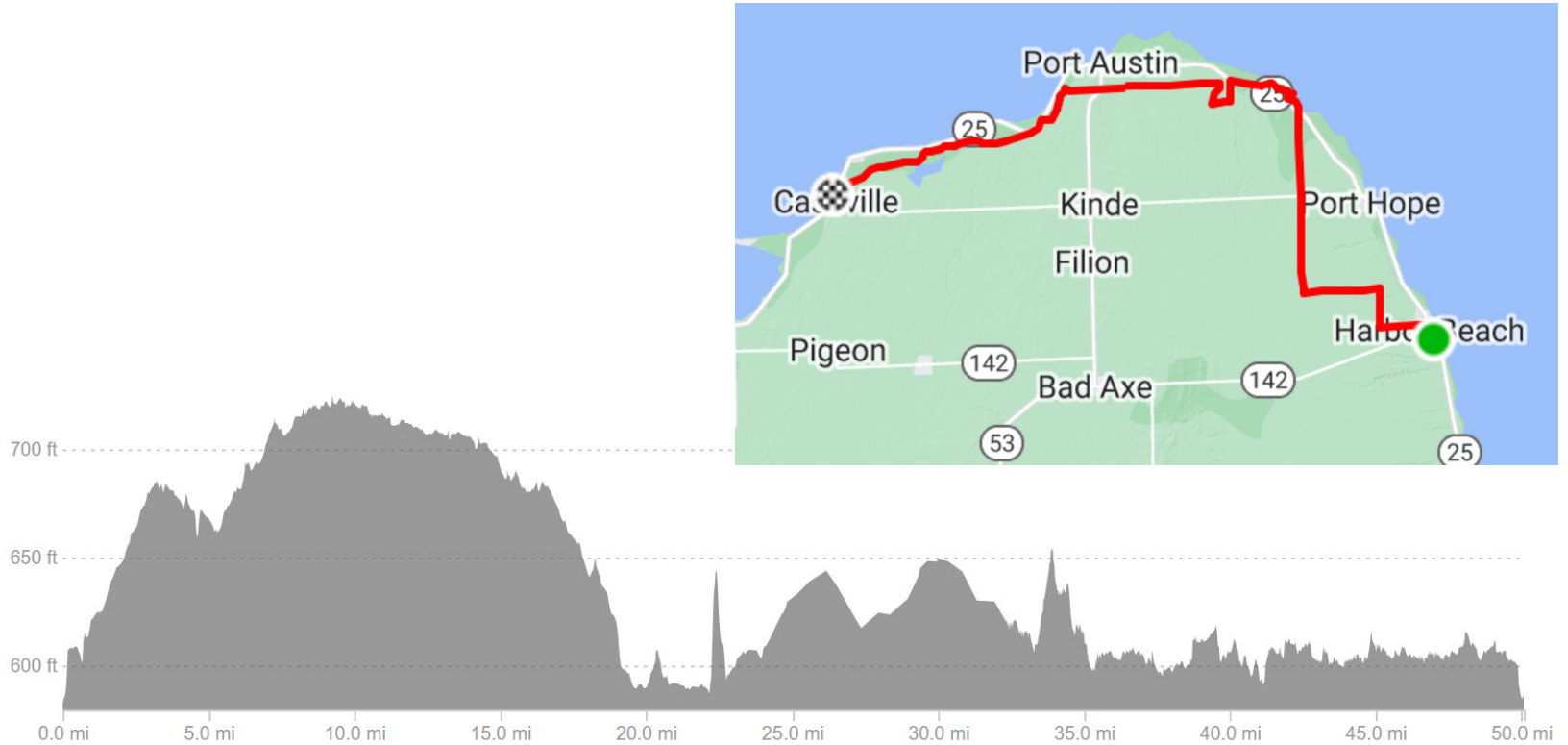
*The Aid Stations will be located at the relay exchanges.  
Relay members must check in at the aid station.*

Aid Station	Location	Mileage	Aid Available	Drop Bag?	Portable	Hard Cutoff Time
1	<a href="#">Corner of Stafford Rd. and Minnick Rd.</a>	5.3	Gummy Bears/Granola Bars Raspberry Tailwind		Yes	
2	<a href="#">Corner of Minden Rd. and Swayze Rd.</a>	10.25	huma Gels/Grapes/Trail Mix/Oreos/ Pickles/ Mandarin Tailwind		Yes	
3	<a href="#">Corner of Moeller Rd and Minden Rd.</a>	15.25	Coke/Ginger Ale/Bacon/Peanut M&M/ Salt Tablets/Pop Corn, Naked TW		Yes	
4	<a href="#">Point Aux Barques Lighthouse</a>	19.8	Coke/Gingerale/Pierogies/cookies/clementines/pickles Mandarin Tailwind		Yes	12:34 PM
5	<a href="#">Corner of Mcgardle Rd and New River Rd.</a>	25.12	huma Gels/Hummus Wraps/Potato Chips/Trail Mix/pickles, Raspberry TW		Yes	
6	<a href="#">Corner of Hunter Rd. and Sullivan Rd.</a>	30.32	Coke/Gingerale/Bacon/PB&J/Clementines/Granola Bars, Naked TW	Yes	Yes	
7	<a href="#">West of Larned on Knoblock (50K turn</a>	34.55	Coke/Ginger Ale/Cup O'Noodles/Broth/Oatmeal/Grits/Fruit Snacks/Candy Mandarin Tailwind		Yes	5:01 PM
8	<a href="#">Corner of Weaver Rd. and Port Austin Rd.</a>	38.63	Coke/Ginger Ale/huma Gels/Gummy Bears/ Grapes/Bacon/Pickles/Hummus Wraps/huma gels, Naked TW		Yes	
9	<a href="#">South of Quarry Rd. on Old Sand Rd.</a>	44.75	Coke/Ginger Ale/Granola Bars/Chicken and Veggie Broth/Bananas/Raspberry Tailwind		Yes	
10	<a href="#">Corner of Sand Rd. and State Park Rd.</a>	46.15	Coke/Ginger Ale/PB and J/Oreos/Assorted Chips/Candy/Pickles/Mandarin Tailwind		Yes	8:31 PM

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

# 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 Course Driving Directions

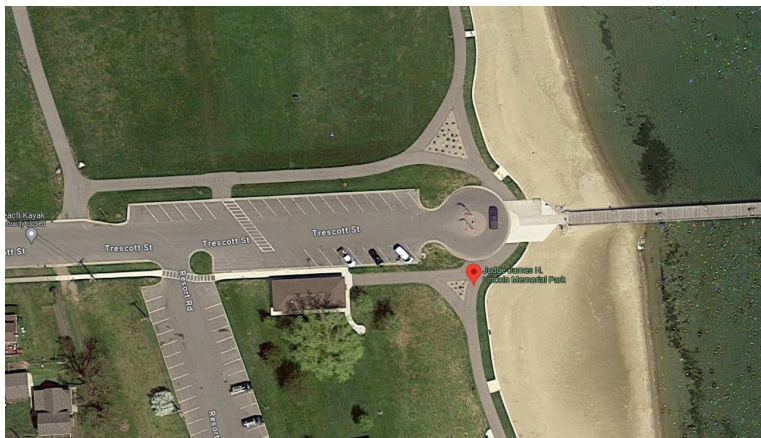
Must be used by ALL Relay Teams. Failure to do so will result in penalties for your team.

Google Map with Suggested Driving Route found [here](#).

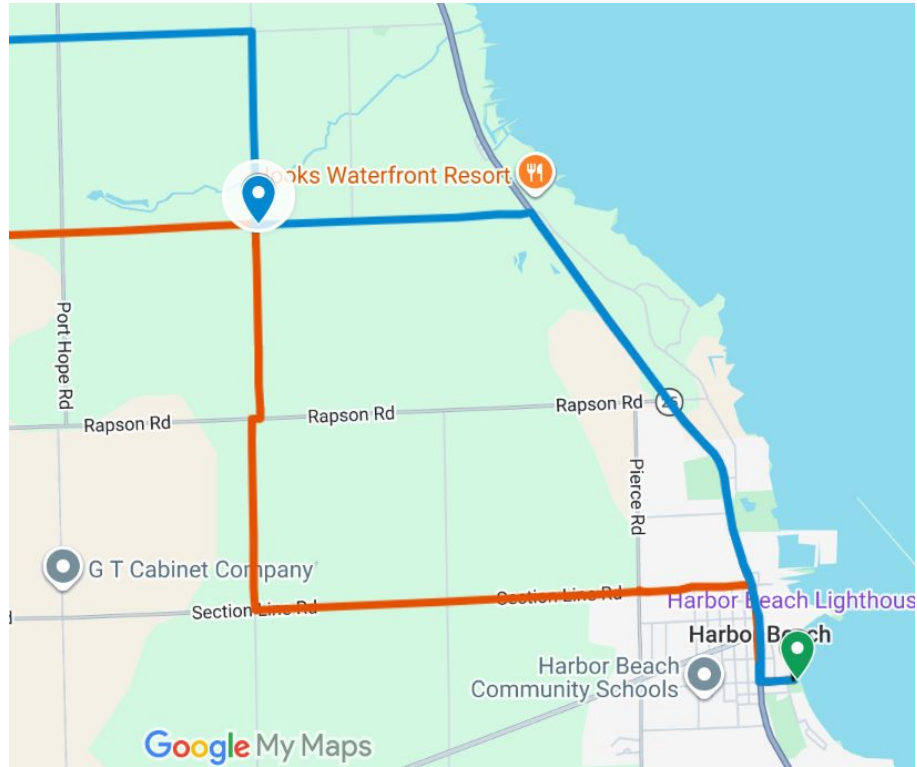
# 50 Mile Start Location

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](#)

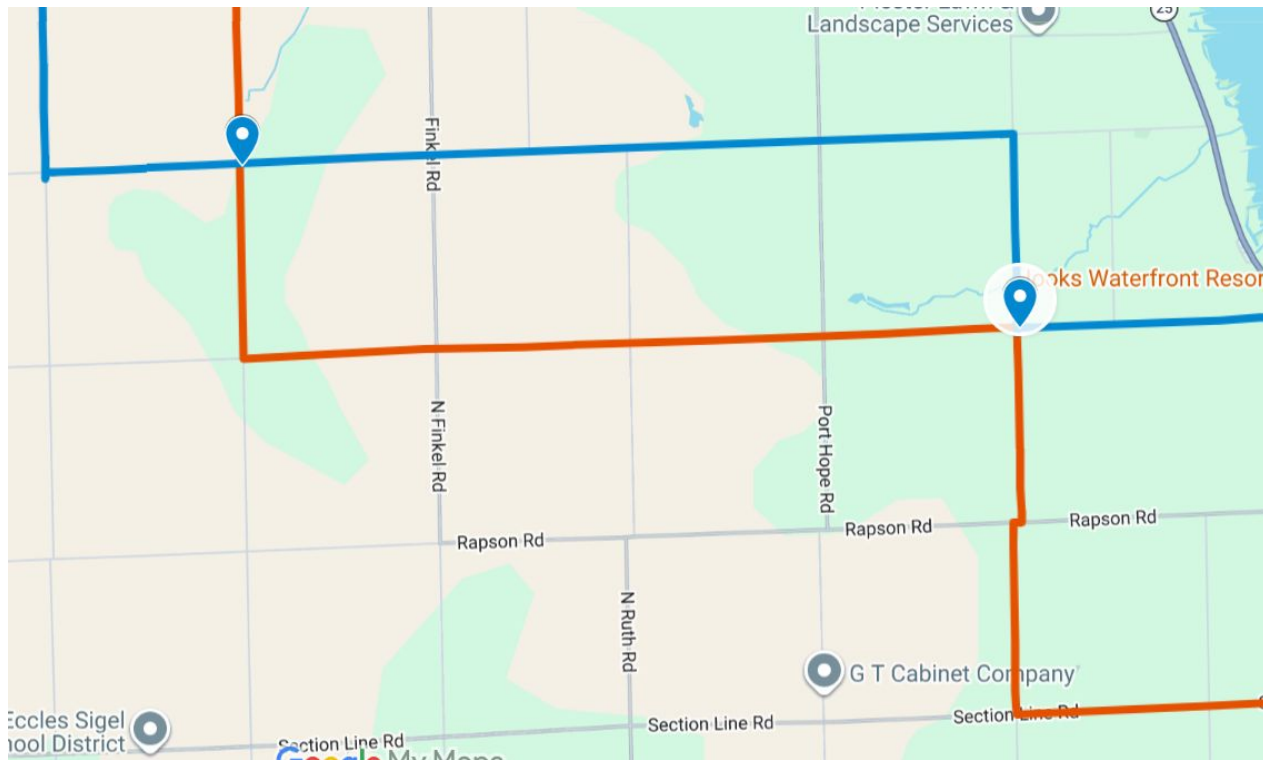


# 50 Mile Start to Relay Exchange 1



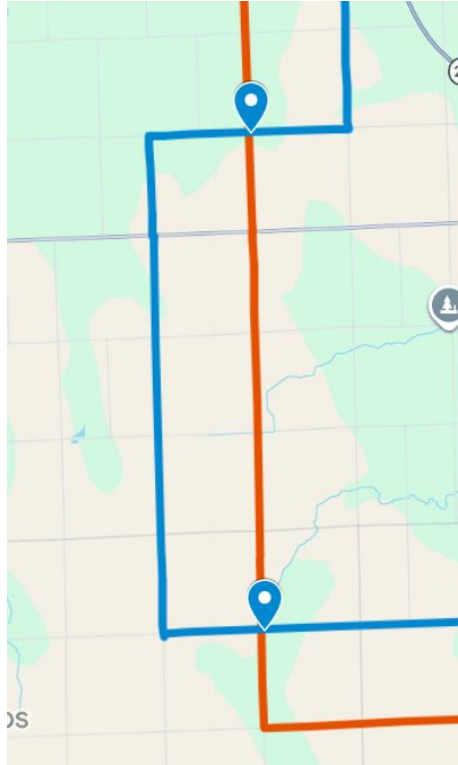
**DO NOT DRIVE ON THE OFFICIAL RACE COURSE**

# Relay Exchange 1 to Relay Exchange 2



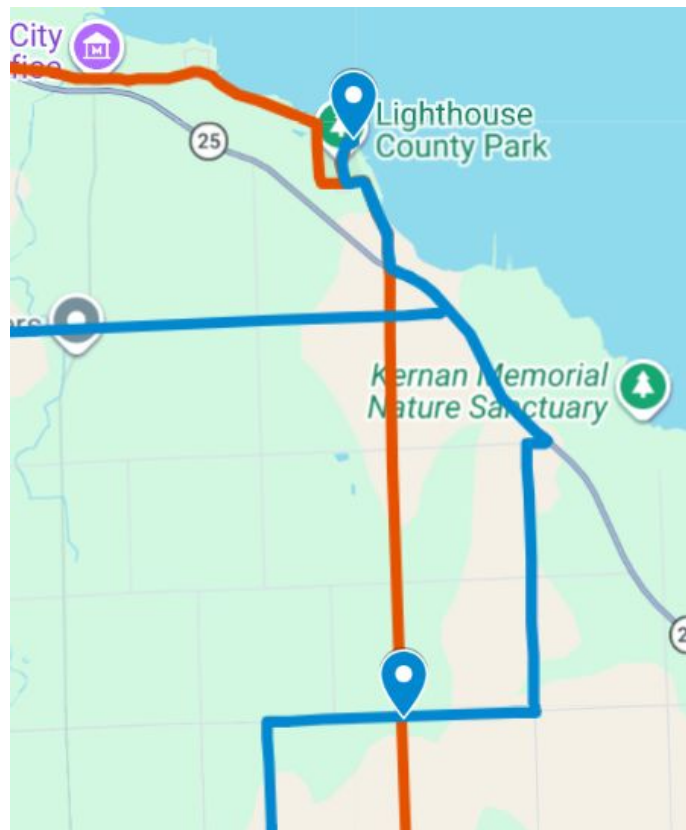
**DO NOT DRIVE ON THE OFFICIAL RACE COURSE**

# Relay Exchange 2 to Relay Exchange 3



DO NOT DRIVE ON THE OFFICIAL RACE COURSE

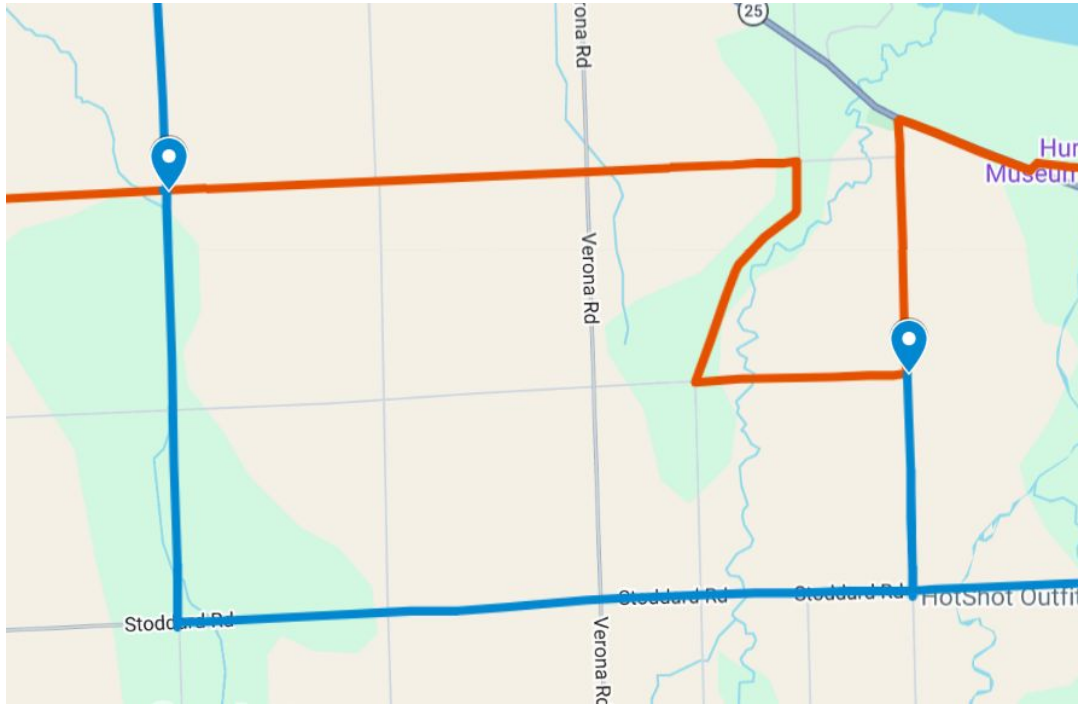
# Relay Exchange 3 to Relay Exchange 4



DO NOT DRIVE ON THE OFFICIAL RACE COURSE

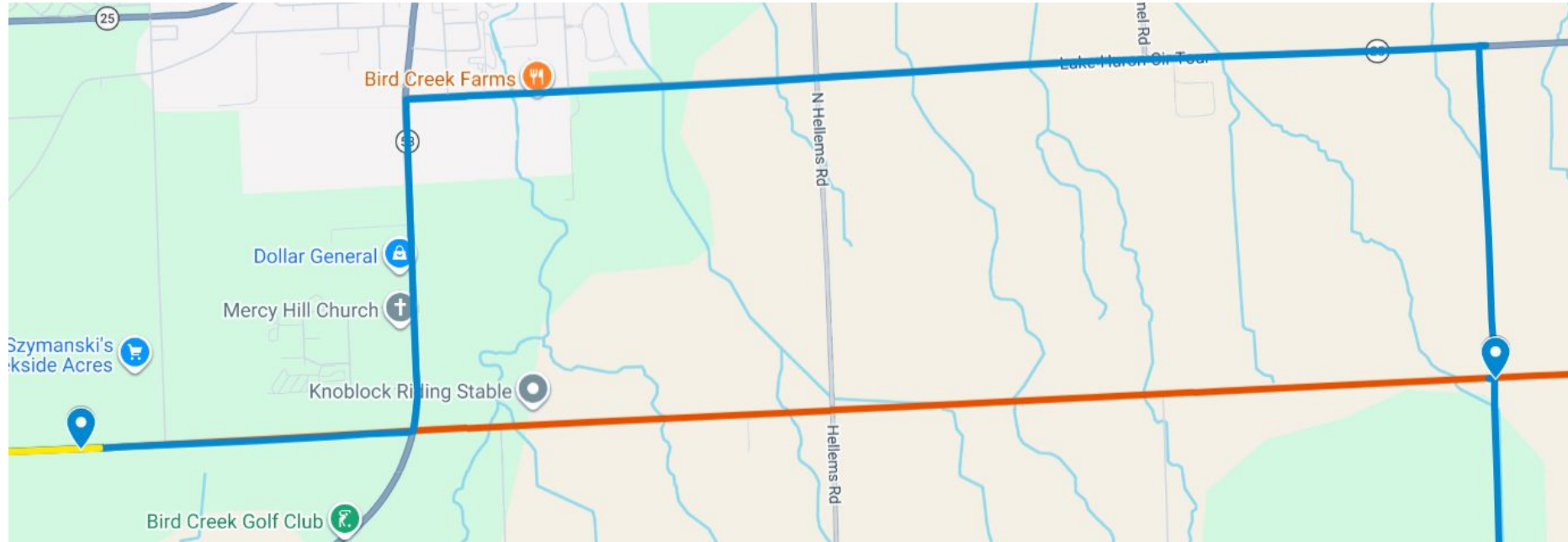


# Relay Exchange 5 to Relay Exchange 6



DO NOT DRIVE ON THE OFFICIAL RACE COURSE

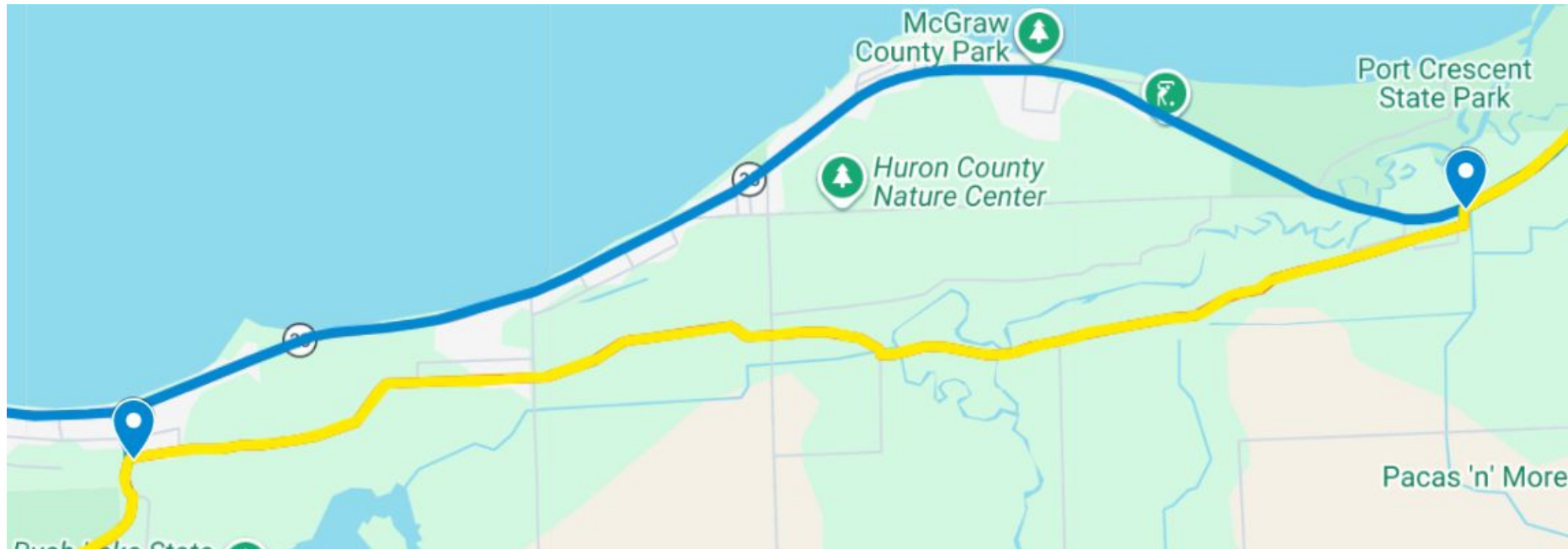
# Relay Exchange 6 to Relay Exchange 7



**DO NOT DRIVE ON THE OFFICIAL  
RACE COURSE**

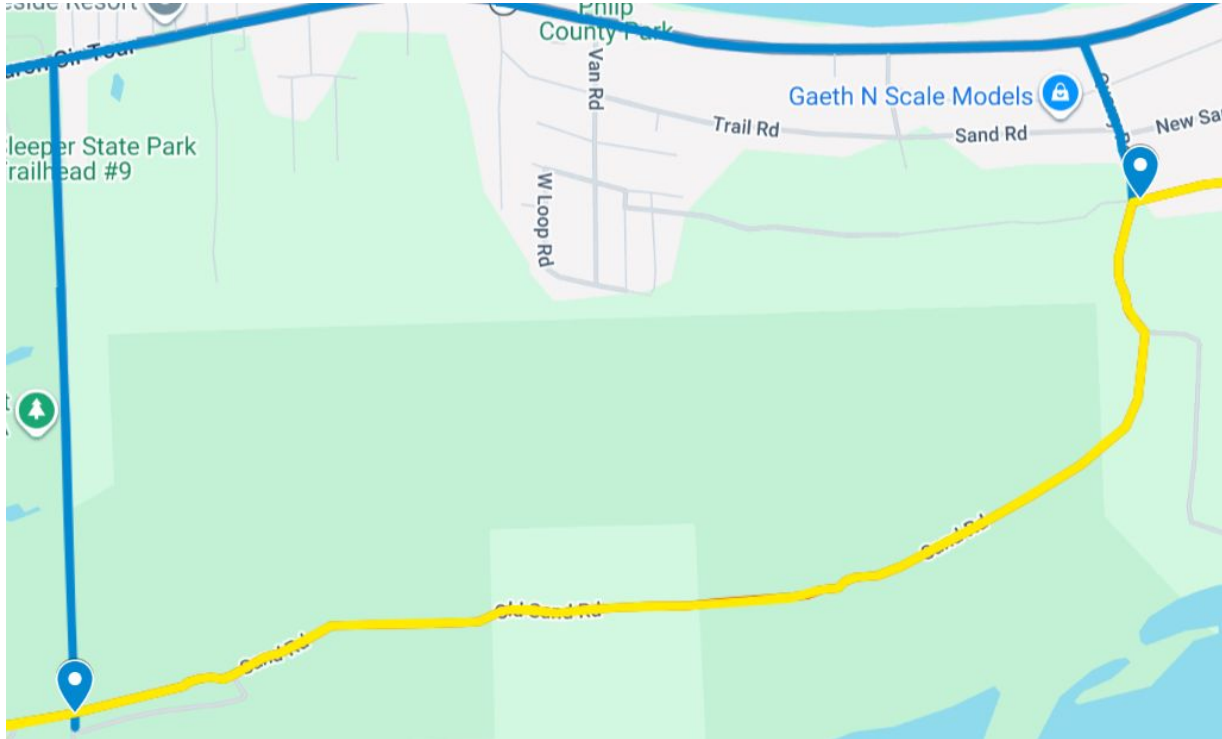


# Relay Exchange 8 to 9



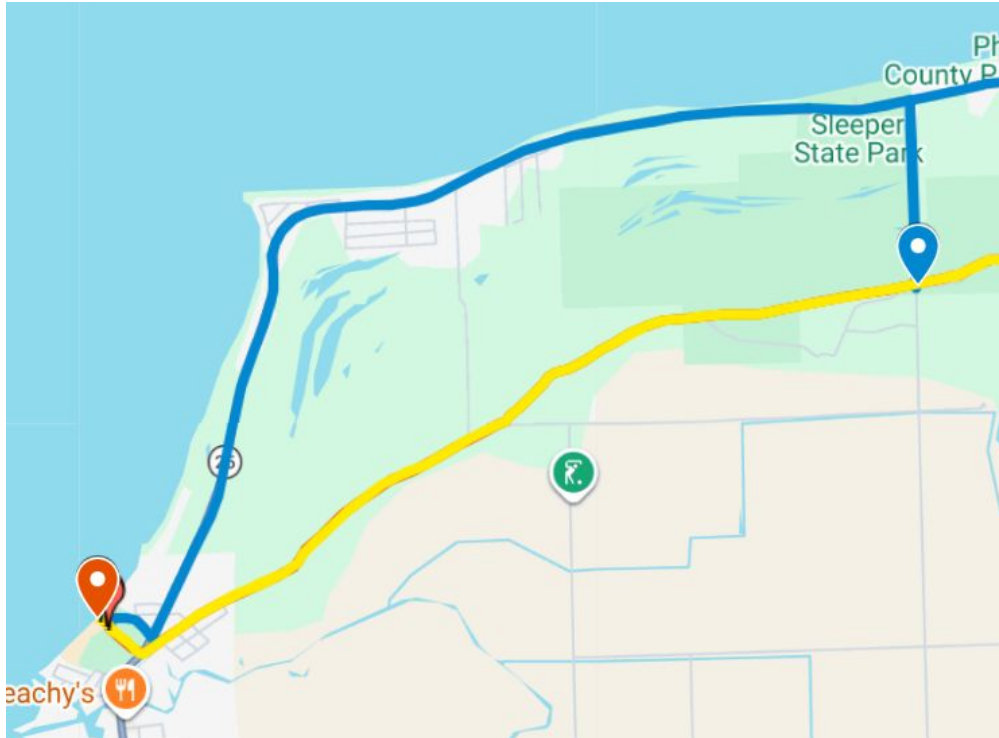
DO NOT DRIVE ON THE OFFICIAL RACE COURSE

# Relay Exchange 9 to 10



**DO NOT DRIVE ON THE OFFICIAL RACE COURSE**

# Relay Exchange 10 to Finish

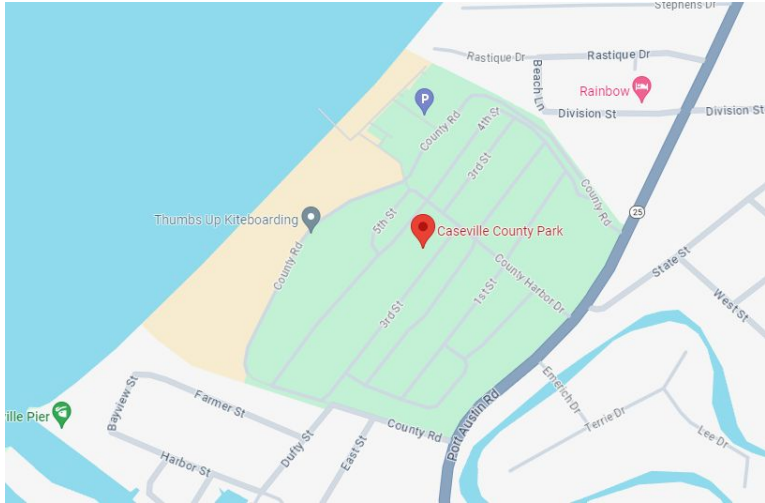


DO NOT DRIVE ON THE OFFICIAL RACE COURSE

# 50 Mile Finish!!!

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

- [6626 Beachway, Caseville, MI 48725](https://www.google.com/maps/place/6626+Beachway,+Caseville,+MI+48725)



# Relay Specific Awards

- 1st overall male relay team
- 1st overall female relay team
- 1st overall mixed relay team (at least 2 females on each mixed team, if team is more than 3 members)

# 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!

For more info and instructions, [click here](#).



# Race Records

## Thumb Coast Ultra Record Holders for 50 Mile Relay

Age Group	Female Relay Record Holder	Male Relay Record Holder	Coed Relay Record Holder
OVERALL	6:36:57 Miles in Life Friends- Kathryn Murdock, Kayla Pike, Lauren Couls, Loretta Tobolske-Horn (2024)	6:17:26 SCRC Hot Boys- Jacob Hill, Mark Pioszak, Marvin Schmitz, Nathan McDonell (2024)	6:31:31 Io Triumphel- Andrew Swihart, Danielle Doctor, Kristina Swihart, Rich Straughen, Tina Smith (2024)