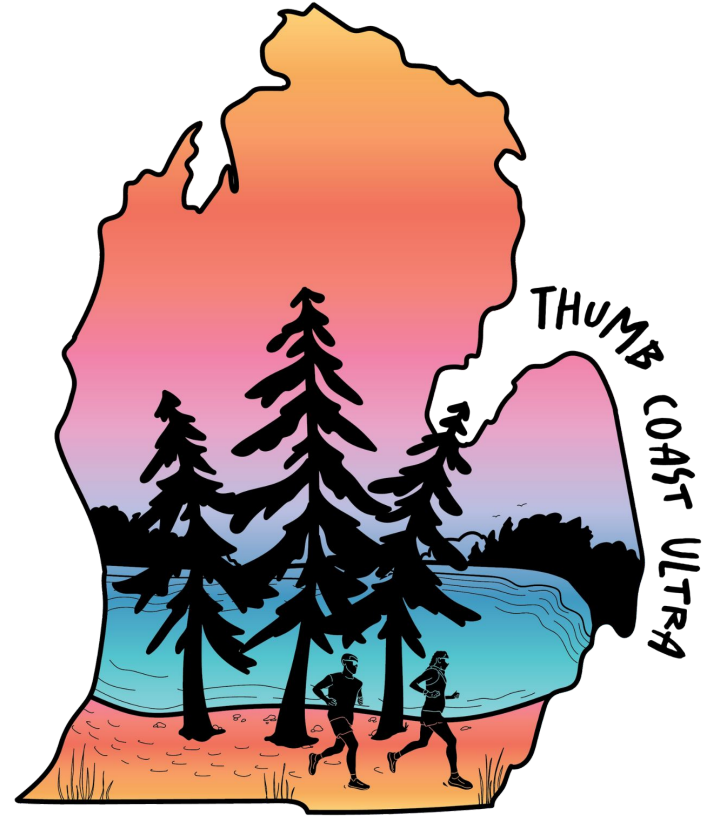


# Athlete Guide 2026



50 Mile | 50K | 50 Mile Relay

# Pre Race Clinics

- **Virtual Clinic #1: December 2, 2025 at 7 pm:** Meet our coaches to learn more about the training plans and ask questions as you begin your official Thumb Coast training! A Thumb Coast Race Director will also be joining the clinic to answer questions about race weekend. Open to registered participants and those interested in registering.
- **Virtual Clinic #2 with Team Wicked Bonkproof: April 7, 2026 at 7pm:** Coach Caleb will discuss the taper phase and answer any questions you have for your coach as you prepare for race weekend! A Thumb Coast Ultra Race Director will also be joining to answer race weekend questions.
- **Mandatory Virtual Pre Race Athlete Meeting: See next slide**

# Mandatory Pre Race Athlete Meetings

*You must attend one of these three clinics.*

*Relay teams, please designate one-two members to attend. The April 15 meeting will be heavily relay focused but your teammate can attend another meeting if you're not available that night.*

## **Wednesday, April 15 7:00PM: 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>

## **Thursday, April 16 6:30PM: Mandatory Athlete Meeting (option 1)**

Video call link: <https://meet.google.com/kbx-bywv-imp>

Or dial: (US) +1 443-507-8545 PIN: 938 030 092#

More phone numbers: <https://meet.google.com/tel/kbx-bywv-imp?pin=8426608274918&hs=1>

## **Monday, April 20 8:00PM: Mandatory Athlete Meeting (option 2)**

Video call link: <https://meet.google.com/suj-gmtv-qzh>

Or dial: (US) +1 636-287-0691 PIN: 454 413 377#

More phone numbers: <https://meet.google.com/tel/suj-gmtv-qzh?pin=8900321657086&hs=1>

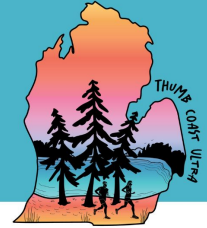
# Packet Pick Up

- April 24th
  - Thumb Brewery: 6758 Pine St, Caseville, MI 48725
  - 2pm-7pm
- April 25th
  - 50 Mile Start line: 5:00-6:10am
  - 50K Start line: 6:30am-8:00am



50 Mile Relay: Please only have 1 representative from your team pick up the relay bag with all of your items.

# Bib Colors



50 Mile | 50K | 50 Mile Relay

## 50 Mile



50 Mile | 50K | 50 Mile Relay

## 50 Km



50 Mile | 50K | 50 Mile Relay

## Relay Team



# Race Day Schedule

- Start Times:
  - 50 Mile Ruck: 5:00 AM in Harbor Beach. Note, aid stations will not be available until prescribed times.
  - 50 Mile - 6:31 AM in Harbor Beach (Sunrise)
  - 50K Ruck - 7:30 AM in Caseville
  - 50 Kilometer - 8:30 AM in Caseville
- Special Award 50 Mile Individual Finish:
  - Deadline: 8:31 pm in Caseville (Sunset)
  - To beat the sun, you will want to maintain a 16:45 min/mile pace
- Finish Time:
  - The course closes at 9:40 pm in Caseville

# 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.
- If you have already registered for the 50 Mile event but need to add on the shuttle, please see instructions [here](#). There are still spots available.
- **Shuttle Time: 4:45 am**
- If you do not pick up your bib and drop bags on Friday, April 25th, please pick them up prior to getting on the shuttle. Staff will be onsite at Caseville County Park to check you in before getting on the shuttle.

# Course Cut-Offs

- All runners must finish by 9:40pm.
- 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
4	<a href="#">Point Aux Barques Lighthouse</a>	19.8 (50 Mile)	12:34 PM	
7	<a href="#">West of Larned on Knoblock (50K turn around)</a>	34.55 (50 Mile)/15.5 (50K)	5:01 PM	3:00 PM
10	<a href="#">Corner of Sand Rd. and State Park Rd.</a>	46.15 (50 Mile)/ 27 (50K)	8:31 PM	7:45 PM

# Important Athlete Rules

- All athletes must attend the pre-race meetings before the event, in-person or virtual.
- 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.
- Athlete's pacers must also [sign a waiver](#).
- 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 at all times and visible. Shirt or right leg are okay, but not on the back of your pack.
- 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 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 may 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 8:30pm. Failure to have lights may result in a penalty.
- 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. 2026 exchange zones are at all 10 [aid stations](#).
- Runners do not have to run an equal number of legs or distances. There is only ONE bib per relay team. Your bib may ONLY be exchanged at the Relay Exchanges.
- 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.
- More relay information may be found in the [Relay Guide](#).

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. All spectators, pacers and crew must adhere to the suggested [driving route](#), i.e. may not drive on the official race course.
- Athletes are responsible for their crew. If the crew, spectator 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. This includes no pacing via a bicycle.
- 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.
- Support vehicles must have their racer's or team's bib number clearly visible 3 sides of the vehicle at all times. *We will provide signage at packet pick-up if needed.*
  - Back
  - Front
  - One side
- Spectator, Crew, & Pacer vehicles may not drive out to Aid Station 4 at the Pointe Aux Barques Lighthouse around mile 19.4. Only Relay vehicles are allowed here.

# Spectator, Crew, & Pacer Rules

- 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 25.**
- 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 fuel as possible.
- Much of the course has rules about parking, please adhere to them.
- 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 early packet pick-up on April 24.

**50 Mile Runners:** One Drop Bag location will be [Aid Station 6](#) which is mile 30.32 on the course. You will have another drop bag for the Finish.

**50K Runners:** You will have a drop back location of [Aid Station 7](#) which is mile 15.5 on the course and also your turnaround.

There is no guarantee that your other drop bag will make it back to the finish line in time to meet you. We will do our best to periodically bring the On Course drop bags to the finish.

	Location	Mileage
6	<a href="#">Corner of Hunter Rd. and Sullivan Rd.</a>	30.32 for 50 Mile
7	<a href="#">West of Larned on Knoblock (50K turn around)</a>	15.5 for 50K
Finish		

# 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!
  - Bug Spray: While the weather is unpredictable, if the weather has been out, our flying friends may be out to greet you as well.



# 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 sail flag!
- Aid Stations will be marked with what is available at the aid station and the distance to the next Aid Station.



# 50 Mile Aid Stations

- 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.
- Water and Tailwind will be at every aid station. The final list will be posted 1 month prior to the race.
- Spectator, Crew, & Pacer vehicles may not drive out to Aid Station 4 at the Pointe Aux Barques Lighthouse around mile 19.4. Only Relay vehicles are allowed here.

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, click [here](#).

# 50K Aid Stations

*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.*

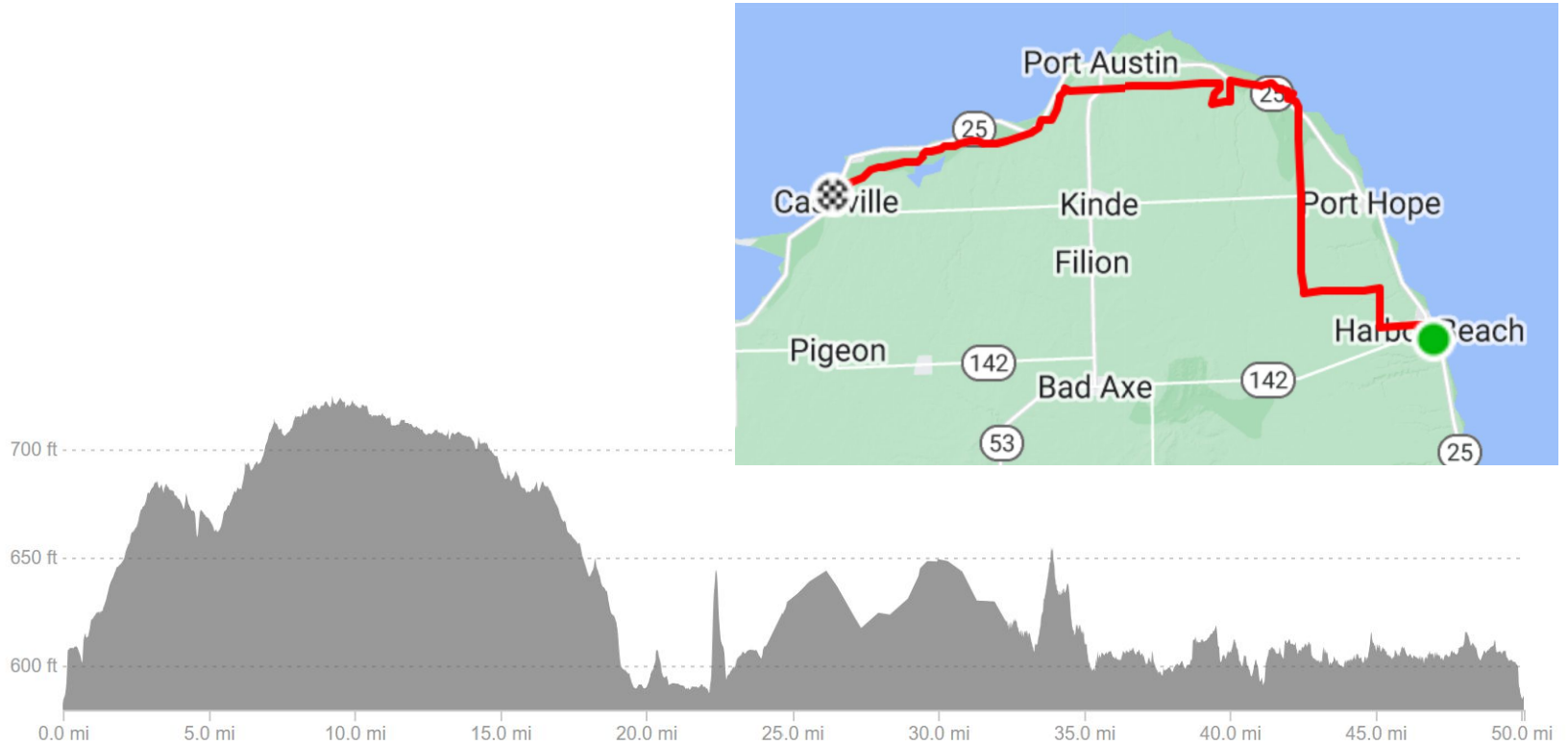
*Water and Tailwind will be at every aid station. Aid Station chart below is an approximate example of what will be provided for 2026. The final list will be posted 1 month prior to the race.*

*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.*

Aid Station	50K Location	Mileage	Aid Available	Drop Bag?	Portable	Hard Cutoff Time
10	<a href="#">Corner of Sand Rd. and State Park Rd.</a>	4	Coke/Ginger Ale/PB and J/Oreos/Assorted Chips/Candy/Pickles/Mandarin Tailwind		yes	
9	<a href="#">South of Quarry Rd. on Old Sand Rd.</a>	5.42	Coke/Ginger Ale/Granola Bars/Chicken and Veggie Broth/Bananas/Raspberry Tailwind		Yes	
8	<a href="#">Corner of Weaver Rd. and Port Austin Rd.</a>	11.37	Coke/Ginger Ale/huma Gels/Gummy Bears/ Grapes/Bacon/Pickles/Hummus Wraps/huma gels, Naked TW		Yes	
7	<a href="#">West of Larned on Knoblock (50K turn around)</a>	15.5	Coke/Ginger Ale/Cup O'Noodles/Broth/Oatmeal/Grits/Fruit Snacks/Candy Mandarin Tailwind	Yes	Yes	3:00 PM
6	<a href="#">Corner of Weaver Rd. and Port Austin Rd.</a>	19.63	Coke/Ginger Ale/huma Gels/Gummy Bears/ Grapes/Bacon/Pickles/Hummus Wraps/huma gels, Naked TW		Yes	
5	<a href="#">South of Quarry Rd. on Old Sand Rd.</a>	25.68	Coke/Ginger Ale/Granola Bars/Chicken and Veggie Broth/Bananas/Raspberry Tailwind		Yes	
4	<a href="#">Corner of Sand Rd. and State Park Rd.</a>	27	Coke/Ginger Ale/PB and J/Oreos/Assorted Chips/Candy/Pickles/Mandarin Tailwind		yes	7:45 PM

# 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.

This course consists of dirt roads for about 85%, paved roads for 10% paved and unimproved park roads for 5% park roads (think gnarlier and sandier than dirt roads). It is a gorgeous, and fast course!!

For the unimproved park roads, there will be orange tape to help with visibility along with turn signs.

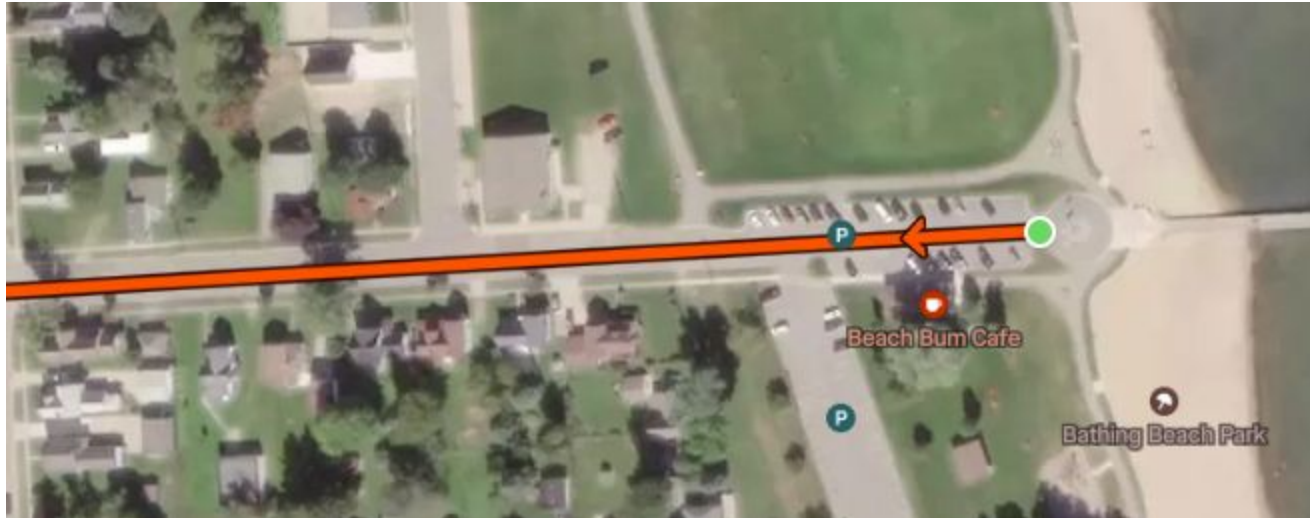
# 50 Mile Start Location

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.

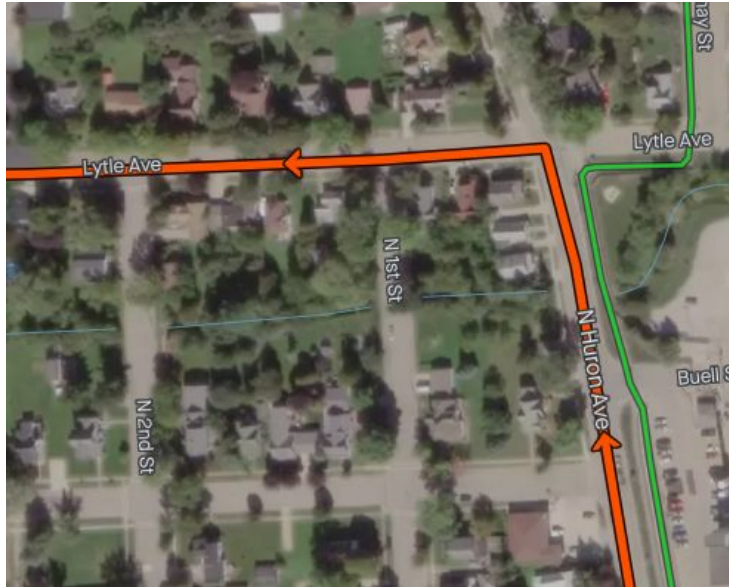


# Take a right on S. Huron Ave- Mile .17

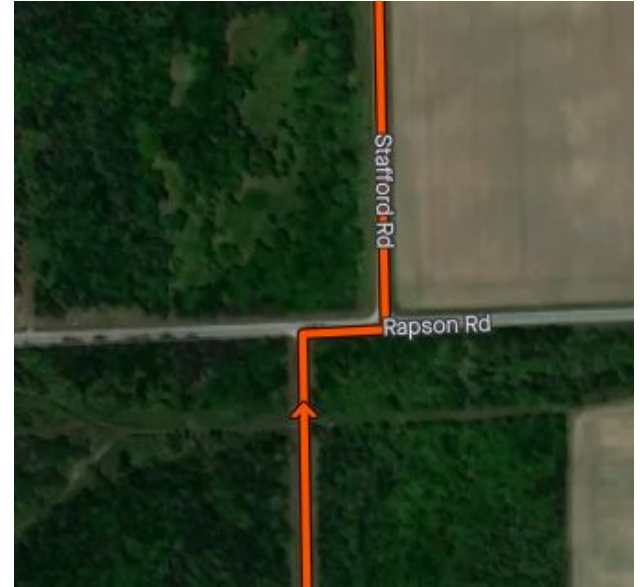
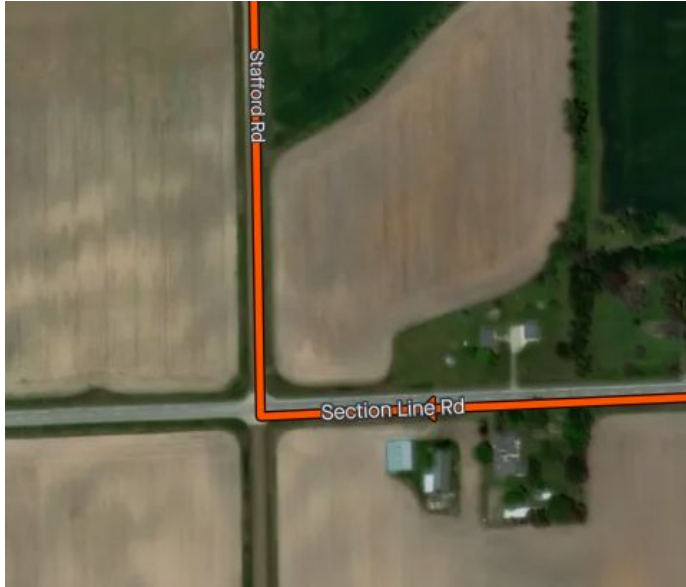


# Take a Left onto Lytle Ave. - Mile .65

## 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**



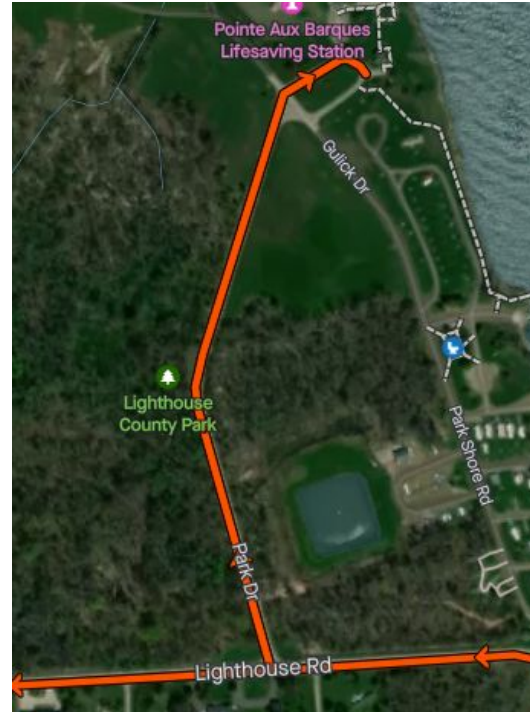
**On Minden Rd. cross over  
Lakeshore Rd. and the road  
name will change to  
Lighthouse Rd (Mile 18.63)  
to bring you into the  
Lighthouse County Park.**



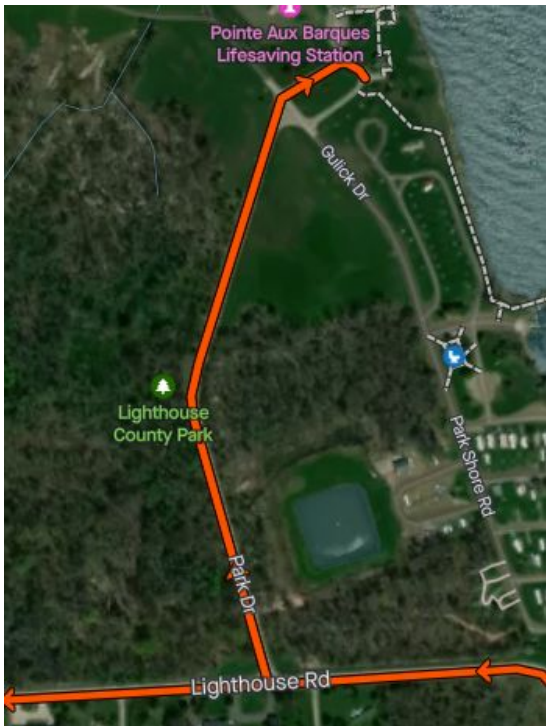
# Take a Right onto Park Dr.- Mile 19.45

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

- Spectator, Crew, & Pacer vehicles may not drive out to Aid Station 4 at the Pointe Aux Barques Lighthouse around mile 19.4. Only Relay vehicles are allowed here.



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

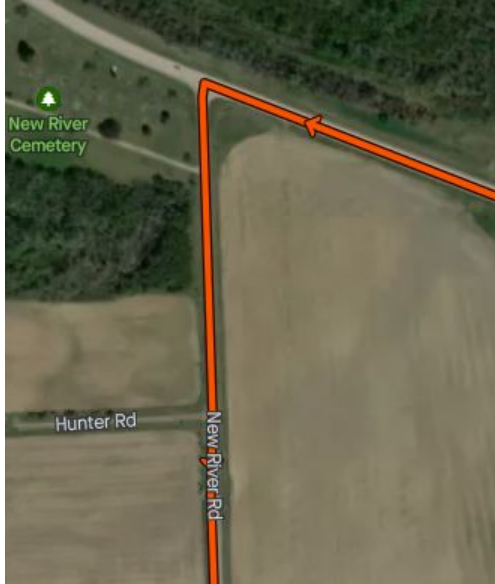


**Lighthouse  
Rd will turn  
into Pioneer  
Rd. at Mile  
22.4**

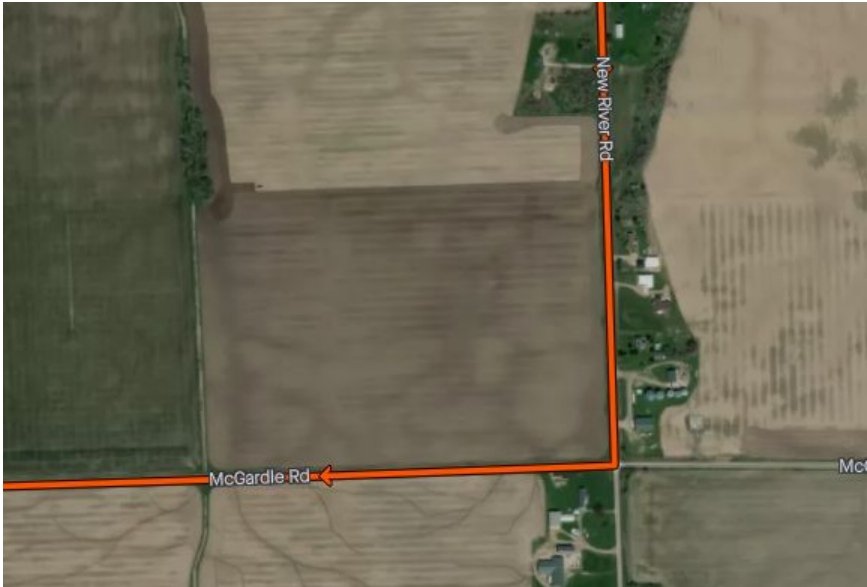
# Take a Right onto Lakeshore Rd.- Mile 23.3



# 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

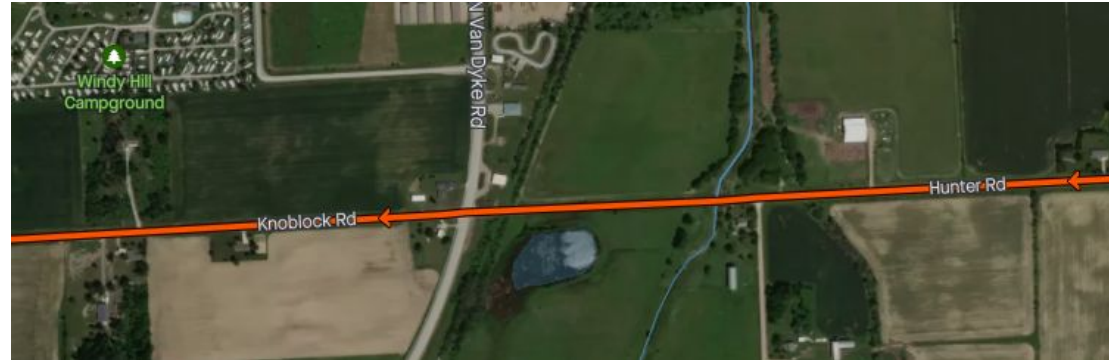


**Take a Left onto Hunter Rd.- Mile 27.9**



**At Aid Station F, mile 30.32  
you will find your drop  
bag.**

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



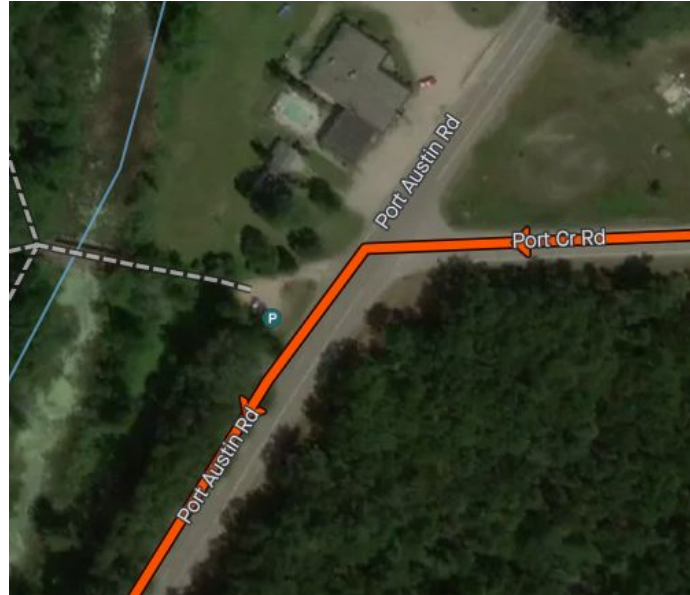
# Take a Left Sand Rd.- Mile 35.5



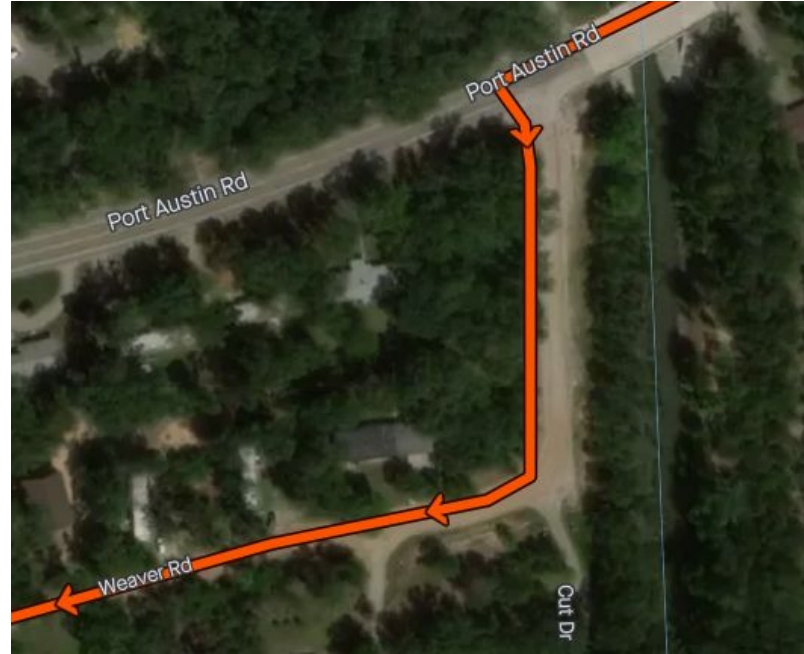
# Take a Right on Port Cr Rd.- Mile 37.35



# 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**

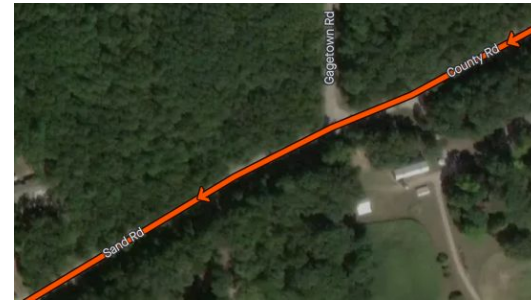
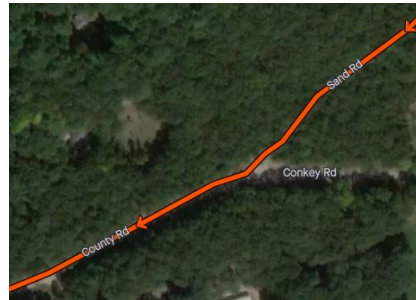
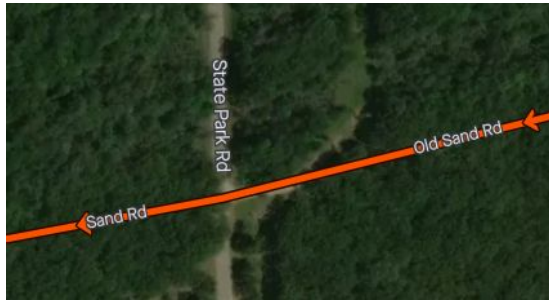


# Take a Right to again stay on Weaver Rd.- Mile 41.25



**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).**

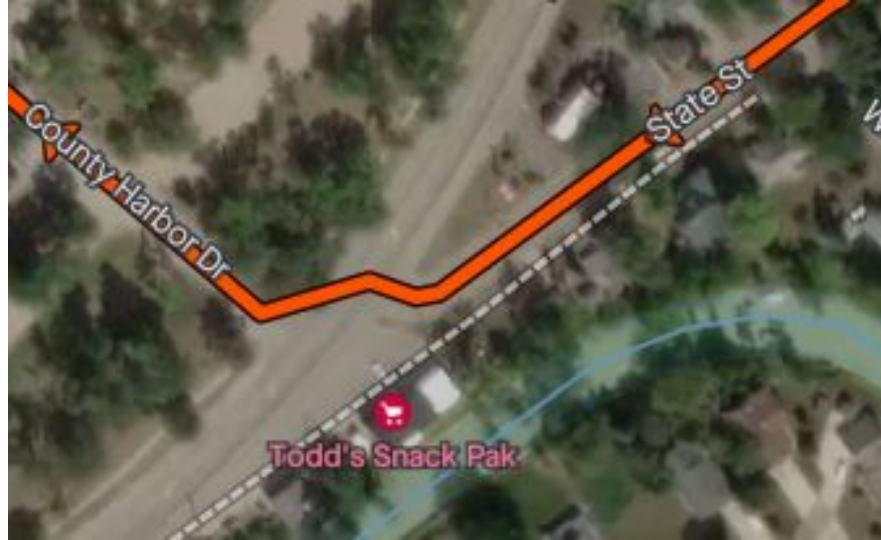
# Take a Left to stay on Old Sand Rd.- Mile 44.55



**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.**

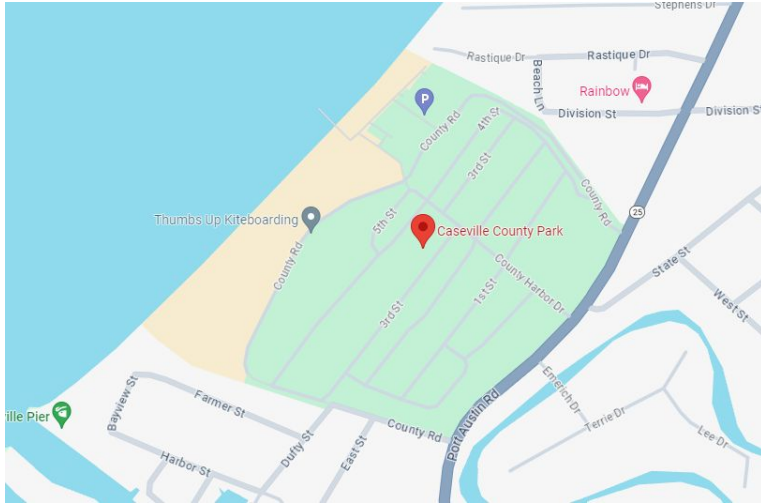
**While on State St. you will cross over Main Street and take a Right (Mile 49.9) onto County Harbor Drive which will lead you to the finish line.**



# 50 Mile Finish!!!

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

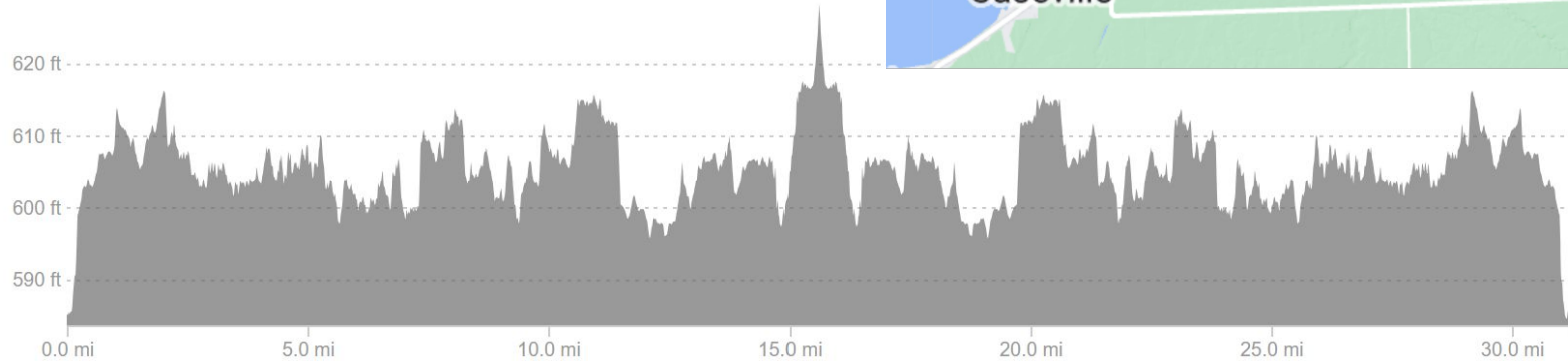
- [6400 Main St, Caseville, MI 48725](https://www.google.com/maps/place/6400+Main+St,+Caseville,+MI+48725)



# 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

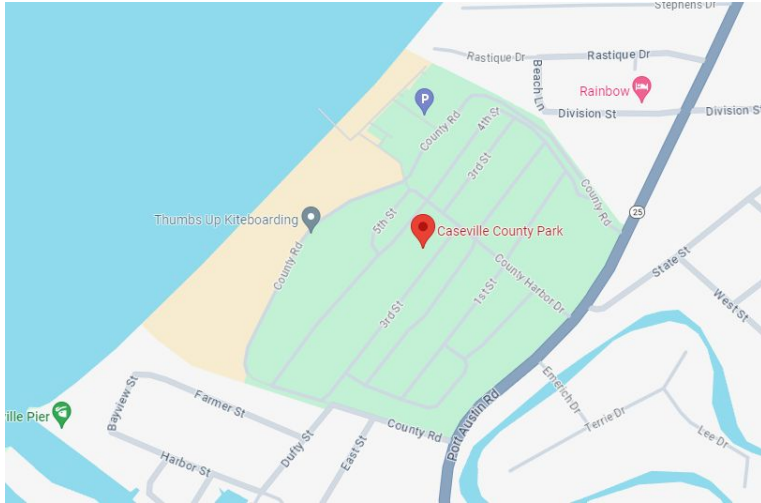
Please keep in mind the course can be changed at the race director's discretion if the course becomes unsafe due to conditions.

For the unimproved park roads, there will be orange tape to help with visibility along with turn signs.

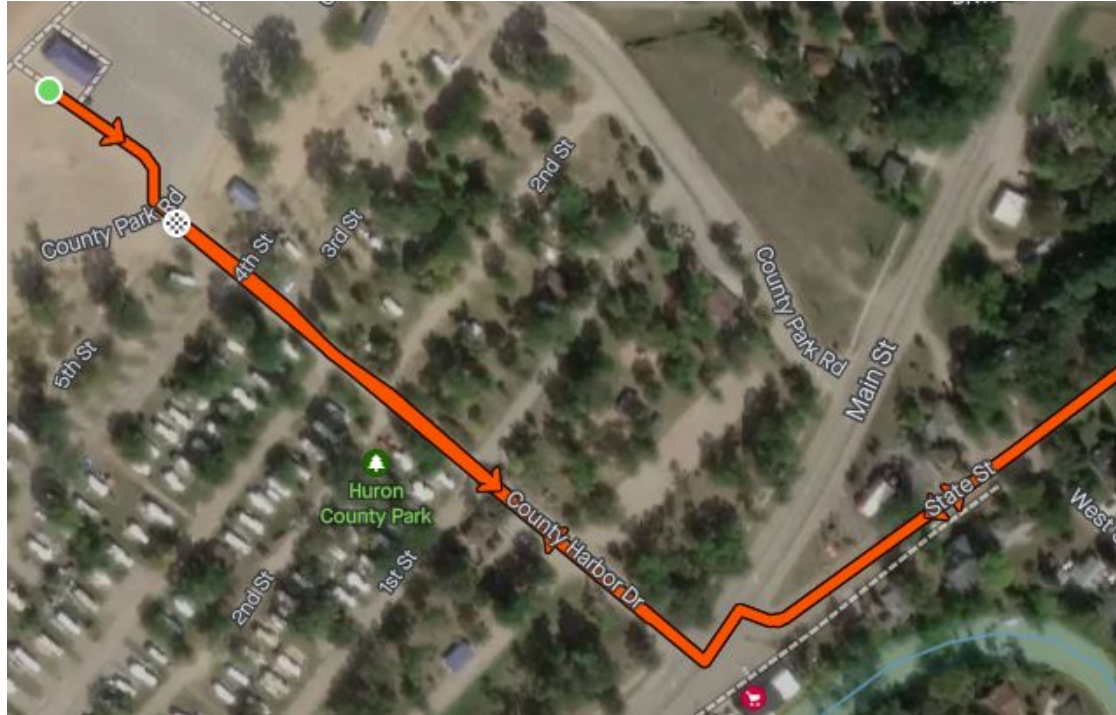
# 50K Start & Finish Location

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)

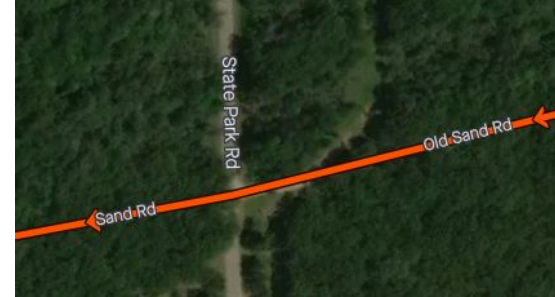
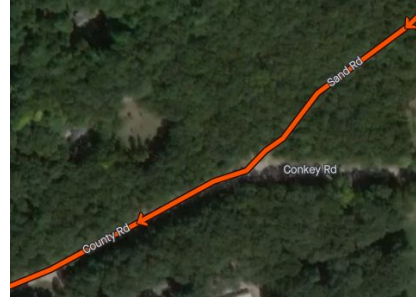
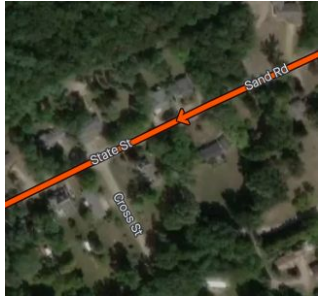


**Begin Running out on County Harbor Dr.  
Take a quick left on Main St. then a Right onto State St.- Mile .25**

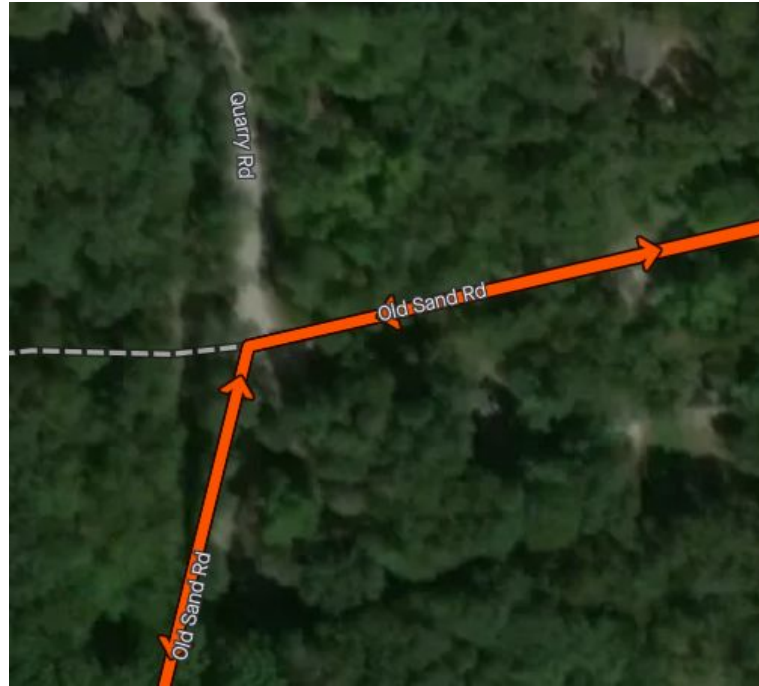


**While starting on State St. the road name will change to Sand Rd. (Mile .7), Country Road (Mile 1.7), Sand Rd. again (Mile 2) and then finally Old Sand Rd. after crossing over State Park Rd. (Mile 3.75).**

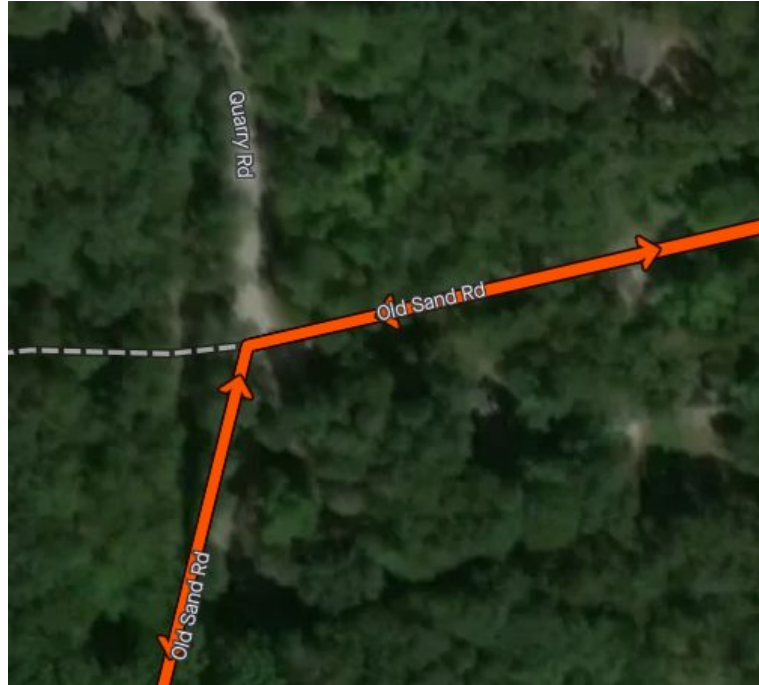
**With all of this, you will continue going straight.**



# 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**

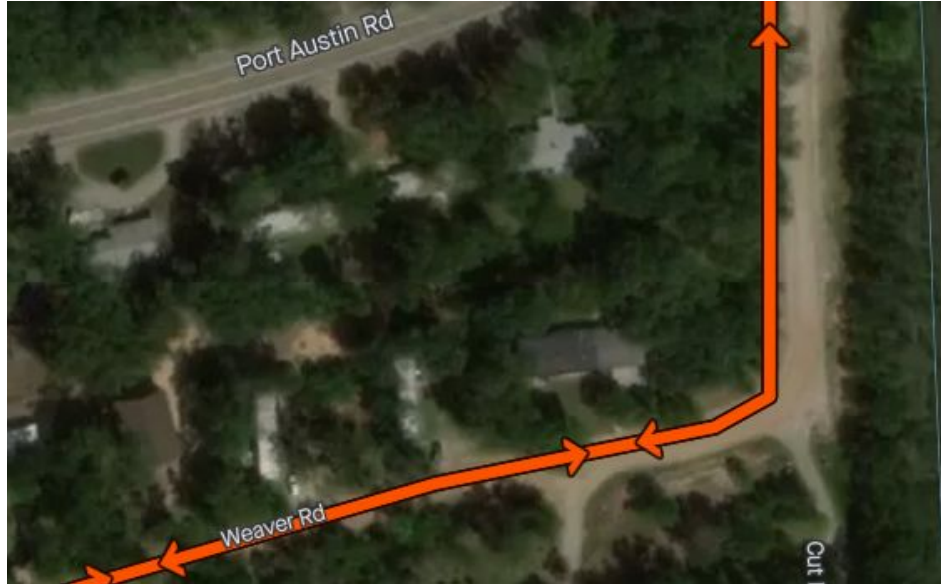
**Sand Rd. will turn into Weaver Rd. after crossing over Oak Beach Rd. at Mile 8.15**



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



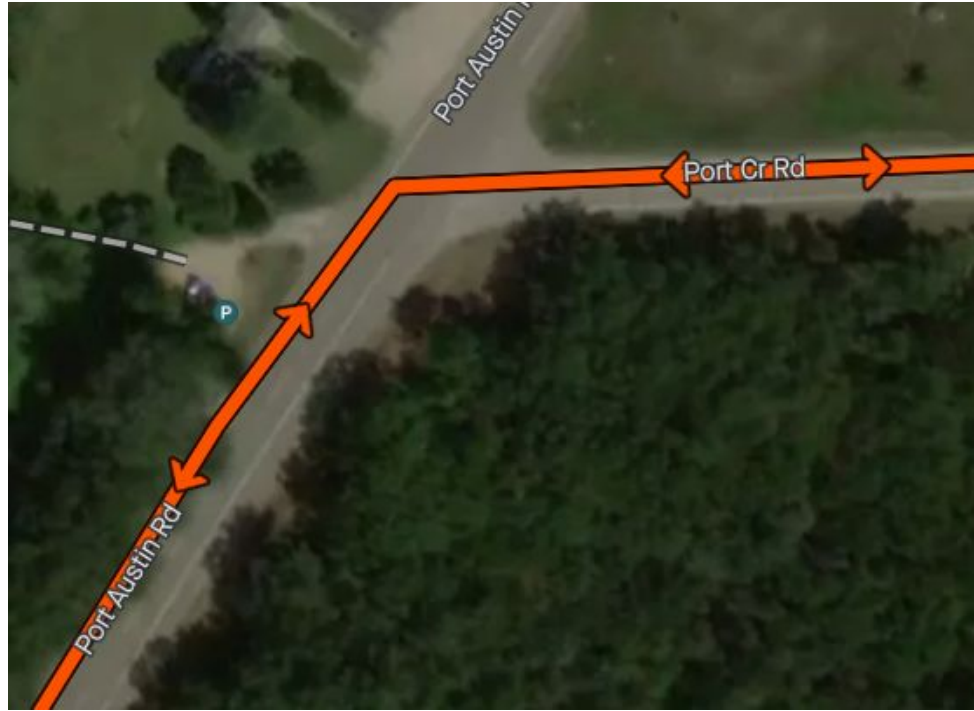
# Take a Left to stay on Weaver Rd.- Mile 11.4



# 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. This will also be the 50K Drop Bag location 50 Mile runners will be joining the course at this location.**



**Return back to the finish line the way you came!**

# Post Race

Finishing is a HUGE accomplishment! Cross the finish line, get your medal, order some food, and celebrate! Cheer in other finishers!

In 2027 we will be grilling out burgers!



If you need to take a shower before you drive home, the Caseville Marina will have their bathhouse with restrooms and showers open. Bring a towel and supplies. Location is [here](#).



# Awards

All finishers will receive a finisher's medal and there will be special awards for the 50 Milers (individual not team) who "beat the sun" and cross the finish line before 8:31 PM ET. The approximate pace to beat the sun is 16:43 min/miles. This is dependent on exact start and finish lines (i.e. we may be able to move closer to the lake's edge).

Overall awards will be presented on a rolling basis throughout the event. If you feel you may have placed in one of the categories below and don't hear an announcement, please check in with staff at the timing area.

Additional awards include:

- 50 Mile Awards: The top 3 men, women & non-binary overall, along with the top 3 men and women in each of the following age groups: 19 and under, 20-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80+ will receive awards.
- 50K Awards: The top 3 men, women & non-binary overall, along with the top 3 men and women in each of the following age groups: 19 and under, 20-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80+ will receive awards.
- 50 Mile Relay: Top 3 relays in the following categories: Overall Men's, Overall Women's, Overall Coed (requires at least 2 females)

# 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

Age Group	Female Record Holder	Male Record Holder
<b>OVERALL</b>	6:25:54 Nicole Monette (2024)	6:24:57 Joe Schramski (2024)
<b>14 and Under</b>		12:13:25 Lukas Brown (2024)
<b>15-19</b>		
<b>20-24</b>	11:54:55 Elizabeth Walker (2024)	9:51:19 Jeremiah Hutson (2024)
<b>25-29</b>	8:22:58 Morgan Benoit (2024)	6:51:56 Nick Gapp (2024)
<b>30-34</b>	9:05:09 Kay Nordine Richardson (2024)	7:32:36 Brad Vincent (2024)
<b>35-39</b>	6:25:54 Nicole Monette (2024)	6:55:26 Chris Mikolajewski (2024)
<b>40-44</b>	8:20:54 Amanda Staron (2024)	6:24:57 Joe Schramski (2024)
<b>45-49</b>	9:05:38 Michelle Spiegla (2024)	7:30:15 Alex Mitevski (2024)
<b>50-54</b>	8:18:16 Anita Harless (2024)	7:35:13 Matthew Antoniou (2024)
<b>55-59</b>	9:26:48 Lisa Shaw (2024)	8:27:01 Bjorn Soderstrom (2024)
<b>60-64</b>	11:54:54 Deana Horchner (2024)	11:52:42 Bob Skrobot (2024)
<b>65-69</b>		11:03:18 Rick Stokes (2024)
<b>70-74</b>		
<b>75-79</b>		
<b>80+</b>		

Thumb Coast Ultra Record Holders for 50K

Age Group	Female Record Holder	Male Record Holder
<b>OVERALL</b>	4:26:39 Mary Hunter (2024)	3:59:17 Steven Marr (2024)
<b>14 and Under</b>		
<b>15-19</b>		5:55:47 Nathan Nikolai (2024)
<b>20-24</b>	7:57:50 Pauline Baranyk Gapski (2024)	
<b>25-29</b>	5:39:58 Danielle Hootman (2024)	3:59:17 Steven Marr (2024)
<b>30-34</b>	4:57:09 Adriana Fowler (2024)	5:02:14 Ethan Drain (2024)
<b>35-39</b>	4:26:39 Mary Hunter (2024)	4:15:06 Sam Dangc (2024)
<b>40-44</b>	4:45:13 Laura Owczarek (2024)	4:12:20 Collin Buerkle (2024)
<b>45-49</b>	5:26:30 Andrea Moss (2024)	4:41:27 Brian DeLeon (2024)
<b>50-54</b>	4:38:29 Paula Antoniou (2024)	4:04:49 Doug Miles (2024)
<b>55-59</b>	5:42:34 Stephanie Buettner (2024)	5:02:39 Christopher Goron (2024)
<b>60-64</b>	5:51:41 Debbie Bellant (2024)	6:36:16 Ross Arseneau (2024)
<b>65-69</b>	6:35:58 Teresa Fulcomer (2024)	6:49:59 Marvin Guitar (2024)
<b>70-74</b>		8:19:26 Dave Maddix (2024)
<b>75-79</b>	7:16:49 Linda Scorof (2024)	
<b>80+</b>		

Thumb Coast Ultra Record Holders for 50 Mile Relay

Age Group	Female Relay Record Holder	Male Relay Record Holder	Coed Relay Record Holder
<b>OVERALL</b>	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)

# The Medal!



# The Jacket



# THANK YOU!!!

Trivium Racing would like to give a HUGE thank you to the cities of Harbor Beach and Caseville.



# Thank You To Our Partners and Sponsors



# Weekend Specials and Local Deals



## Thumb Ultra Weekend Specials

*We are a gift shop and coffee bar offering...*



Gifts \* Clothing \* Books \* Puzzles \* Home Goods \* Jewelry  
Home Fragrance \* Bath & Body \* Coffee \* Smoothies \* Pastries

**10% OFF**  
storewide

Consignment items and coffee bar items excluded

**PLUS \$1 OFF**  
all drinks

**\* April 24-26 8am-4pm**

*Stop in and see us @* 6604 Main Street, Caseville  
989-856-8733

MEET THE TIGER IN YOU.  
**SUNSET LAGER** —  
THUMB BREWERY A PROUD SPONSOR OF THE THUMB COAST ULTRA  
THE OFFICIAL BEER OF THE 2026 THUMB COAST ULTRA RACE.  
THUMB COAST ULTRA 6 RELAY  
SAT APRIL 25, 2026

Official Beer of the 2026 Thumb Coast Ultra Race

A BLEND OF PILSNER AND VIENNA MALT, CRISP, SMOOTH, AND BUILT TO FINISH STRONG WITH A GOLDEN, LIGHTLY TOASTY FINISH.

Thumb Brewery is offering 15% off to all 2026 participants and volunteers during race weekend.