



Devil's Gulch

100-mile and 50-mile Endurance Run

2024 Runner's Manual





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History

The idea of this race was started by Jessie McClurg from Banshee Running. Evergreen was honored to be asked to take over this race in 2023.

While this race is still young, we hope to foster its growth into one of the premier endurance runs of the Pacific Northwest. With technical trails and a whole heck of a lot of elevation, it's not for the faint of heart. However, we hope to soften some of the challenges of the endurance run with our friendly Evergreen Trails staff, well-stocked aid stations, and detailed course marking.

Course Description & Stats

We are thankful to be hosted by Mission Ridge Ski and Board Resort for our start/finish.

Address: Mission Ridge Ski & Board Resort, 7500 Mission Ridge Rd, Wenatchee, WA 98801

The 100-mile runners will do two laps of the 50-mile course.

All distances will start with a climb up through the forest from the base area of Mission Ridge Ski & Board Resort. At the first break in the grade, the half-marathon course will begin a fun descent down to meet the Mission Creek Trail and head back to the finish line at the ski area.

The 50-mile and 100-mile runners will continue climbing up towards Mt. Lillian along Tronson Ridge. We know your head will be down and your quads will be hard at work, but we recommend you take a moment to pause and look up, because this is where the views and the geology are the most magnificent!

The course then descends off Tronson Ridge only to climb back up and over Red Hill. After Red Hill, enjoy a technical but steady descent to the Mission Creek Aid Station.

The course will then start on a nicely-graded, single-track loop to the Sand Creek trailhead, back towards Red Hill, and back to the Mission Creek Aid Station. Then begins the smooth but steady climb (complete with many creek crossings to cool off and enjoy) back to Mission Ridge base area. While the 50-mile runners are then free to rest their weary feet, the 100mile runners will head back out to repeat the 50-mile loop.

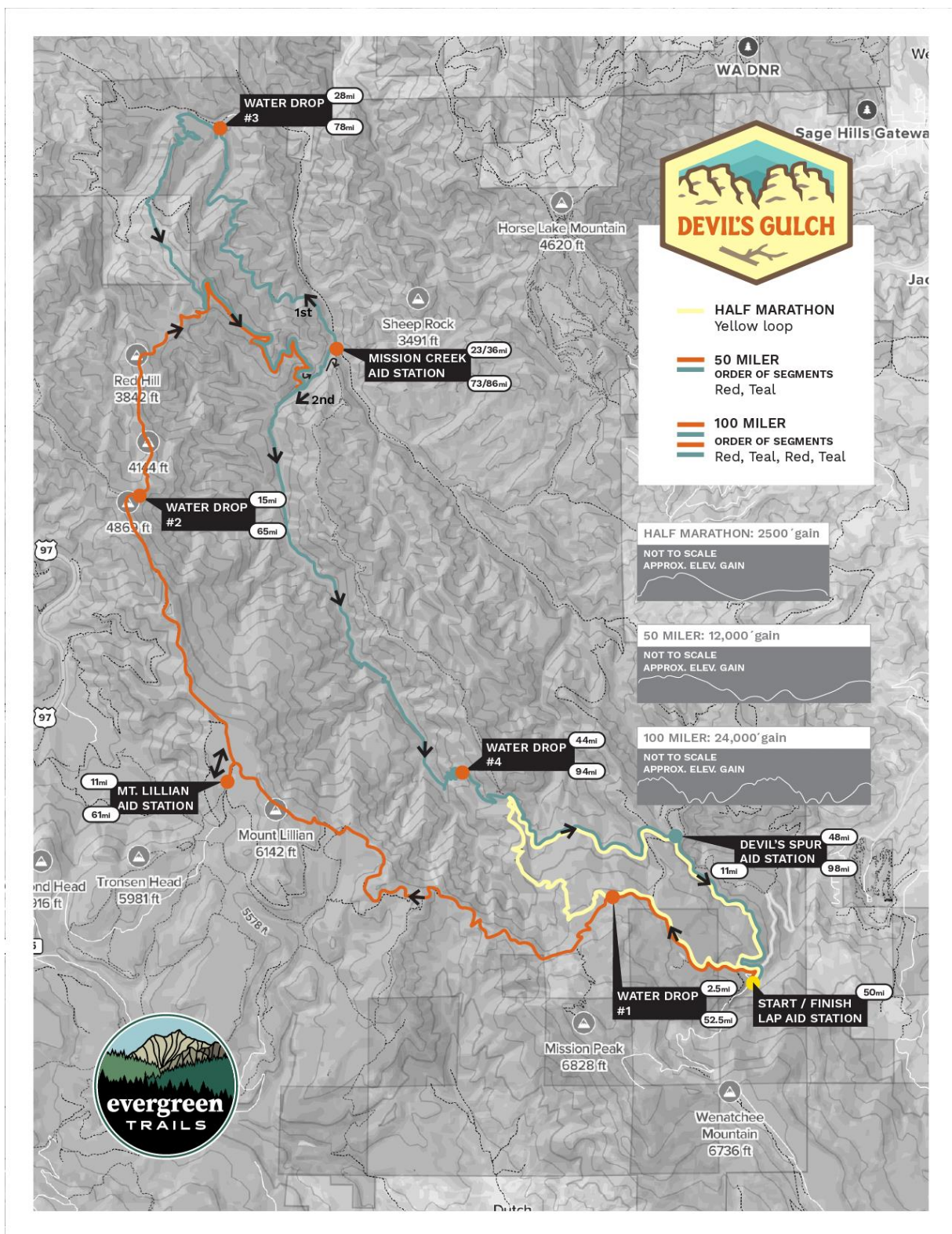
| Course Stats | |
|-------------------------|-----------------------------------------------|
| Elevation Gain | 52-mile: 11,000+ft 104-mile: 22,000+ ft |
| High Point | 6,138 ft |
| Low Point | 1,638 ft |
| Full Aid Stations | 50-mile: 4 100-mile: 9 |
| Water Only Aid Stations | 50-mile: 4 100-mile: 8 |
| Surface | 84% singletrack trail 16% dirt/gravel road |



Course Maps

[LINK TO CALTOPO MAP](#)

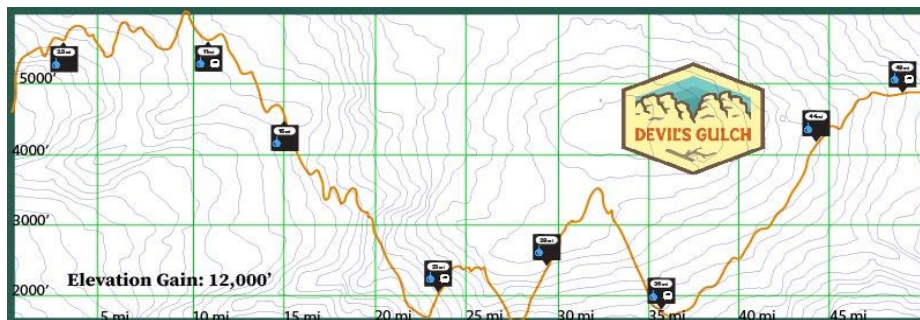
Please download the GPX file to your watch and/or phone



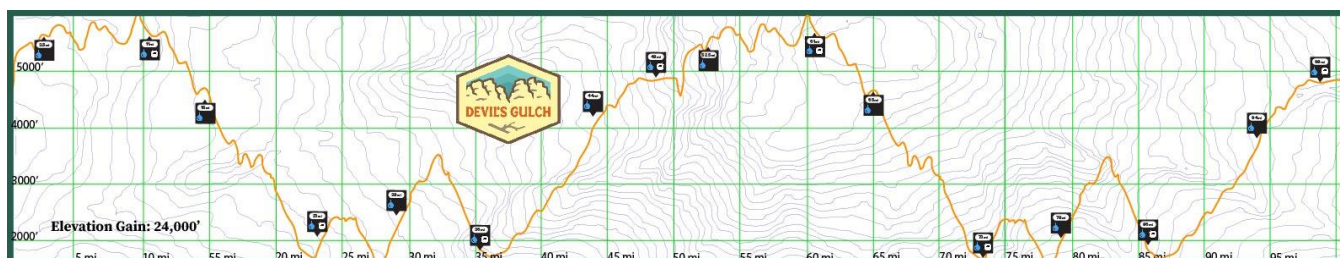


Elevation Profiles

50-mile



100-mile



Aid Stations

While you focus on grinding away on the course, we'll make sure to have our aid stations well stocked with plenty of snacks, electrolyte options, and REAL FOOD. We don't suggest attempting to tackle an endurance run of this caliber just fueling on gels and chips, so each aid station will have some hearty, but tummy friendly, hot food options to keep you going strong.

All aid stations will be well stocked with an assortment of sweet and salty snacks. Some snacks you may encounter are pickles, M&Ms, bars, gels, potato chips, Oreos, gummies, and fresh fruit. In addition to these typical aid station goodies, we will also have hot "real" food! We try to accommodate a range of dietary needs, but if you have specific things you like, dislike, or simply cannot eat, you should plan accordingly (meaning, you may want to bring your own food).

We will have soup and grilled cheese sandwiches overnight, and coffee will be available at the Lap Aid Station. Also, at the lap aid station, we will have dinner provided by the Mission Ridge Kitchen! Other hot foods you can expect along the course are pancakes, bacon, salted potatoes of some form, quesadillas, and ravioli. We'll have the classic peanut butter and jelly sandwiches too!

Don't expect to find everything at all the aid stations, but a mix of stuff along the way as well as some extra treats you didn't expect.



There will be plenty of water available, as well as pre-mixed electrolyte fluids and salt tabs. We'll also provide a selection of fizzy sodas, including Coke, Sprite, and Ginger Ale. During the hottest points of the day, we will try to have ice on hand to pack into those vests!

This is a remote course, and distances between some full aid stations are up to 13 miles. All runners should carry and/or stock up on food, water, gels, and snacks before leaving each aid station! Runners are required to carry at least 2L of water carrying capacity for this event. Trust us, you'll want it all!

Our aid station volunteers are there to help get you what you need and encourage you to keep going!

We adhere to strict cutoffs for this race. Course cutoffs are in place for safety reasons and are required to maintain both our permitting and insurance. This is also out of respect for all the other runners, volunteers, and staff that make this race possible. Please pay attention to the cutoff times and respect the volunteers who have to tell you the bad news. We understand how disappointing this can be after training so hard, but learning how to be a good sport about not meeting your own expectations is part of the journey of endurance running. **50-mile runners are held to the same cutoffs as the 100-mile runners, so take the full 37.5 hours if that's your jam!**

Aid Station Overview Table

| Aid Station | Mileage | Cut-off Time* | Drop Bags? | Crew Access? | Comments |
|---------------|---------|------------------------------------------------|------------|--------------|----------------------------------------------------------------------------|
| Water Drop 1 | 2.5 | - | - | NO | |
| Mt. Lillian | 11 | - | YES | YES | Rough road 1.5 hour drive from Mission Ridge. |
| Water Drop 2 | 15 | - | - | NO | |
| Mission Creek | 24 | - | YES | YES | 1hour drive from Mission Ridge |
| Water Drop 3 | 29 | - | - | NO | |
| Mission Creek | 38 | - | YES | YES | 1 hour drive from Mission Ridge Runners must leave with headlamp |
| Water Drop 4 | 44 | - | - | NO | |
| Devil's Spur | 49 | - | YES | YES | 20min drive from Mission Ridge |
| Lap | 52 | 1:00AM | YES | YES | At Mission Ridge Coffee! |
| Water Drop 1 | 55 | - | - | NO | |
| Mt. Lillian | 61 | - | YES | YES | Rough road 1.5- hour drive from Mission Ridge. |
| Water Drop 2 | 65 | - | - | NO | |
| Mission Creek | 76 | 9:00AM | YES | YES | 1 hour drive from Mission Ridge |
| Water Drop 3 | 81 | | - | NO | |
| Mission Creek | 90 | 1:30PM | YES | YES | 1 hour drive from Mission Ridge |
| Water Drop 4 | 95 | - | - | NO | |
| Devil's Spur | 101 | - | YES | YES | 20min drive from Mission Ridge |
| Finish | 104 | Congratulations! Rest those weary feet! | | | |

*Cutoffs times are intentionally only at aid stations with the best crew access.



Aid Station Driving Directions

Please use the link below for driving directions!!! Google Maps will take you along roads impassable to most vehicles. YOU MUST GO THROUGH THE TOWN OF CASHMERE TO GET TO MISSION CREEK AID STATION.

THERE IS NOT CELL COVERAGE THROUGH MANY OF THESE AREAS. DOWNLOAD THESE DIRECTIONS BEFORE THE RACE!

[Mission Ridge to Mt. Lillian](#) : **YOU MUST GO TO BLEWETT PASS TO GET TO MT. LILLIAN AID STATION**

[Mission Ridge to Mission Creek](#) : **YOU MUST GO THROUGH THE TOWN OF CASHMERE TO GET TO MISSION CREEK AID STATION.**

[Mission Ridge to Devils Spur](#)

[Mt. Lillian to Mission Creek](#)

[Mission Creek to Devil's Spur](#): **YOU MUST GO THROUGH THE TOWN OF CASHMERE TO GET TO DEVILS SPUR AID STATION FROM MISSION CREEK.**

First Aid Supplies

All aid stations will have a robust first aid kit for emergencies, cuts, bruises, and light foot-care products. We will also stock tampons for all the ladies out there. If you are prone to foot issues or chafing, please carry extra products to take care of problems that arise on the long stretches between aid stations.

We are not allowed to hand out pain medication or other over-the-counter products, so please carry your own if you think that will be necessary. But more importantly, if you are in pain, consider backing off, slowing down, or dropping rather than medicating. There will always be another race, so it's not worth additional or worsening injuries for a finish.

If you have specific health needs, please let us know when you pick up your bib. You will be responsible for your own health needs and should plan ahead to carry what you may need. For example, if you are allergic to bees, you need to carry your own epinephrine on you, not in a drop bag that may be miles away. Additionally, please make sure to carry any prescription medication that you may need during the duration of the race. Again, the course is remote with limited cell coverage. It may take your crew, first responders, or race staff hours to reach you.



Drop Bags

Drop bags need to be pre-labeled with your name, bib number, and aid-station destination. Please keep drop bags small (less than 20L). We will have pre-labeled tarps near race HQ where you can set your drop-bags before the race. Drop bags will be returned to the Start/Finish at Mission Ridge by course close at **7:30pm on Sunday**. It is your responsibility to pick up your drop bag. If racing to get home sooner, please have your crew pick up your drop bag from the aid stations.

Drop Bag Locations

| Drop Bag Aid Station | Mileage |
|----------------------|----------------|
| Mt. Lillian | 11**, 61 |
| Mission Creek | 24, 38, 76, 90 |
| Lap | 52 |

****Please note that if you are a fast runner, you may reach Mt. Lillian aid station at mile 11 before the drop bags arrive****



Cutoff Times

In accordance with our safety plan, USFS permit, and respect for our volunteer's time, cutoff times will be strictly enforced. Runners that are not leaving an aid station by the cutoff will be instructed to drop and get a ride back to the start/finish. If this is your first endurance run or you are unsure of making these cutoffs, please plan to have crew support to get a ride back to the starting area at Mission Ridge. In an emergency or unique situation, we can arrange to pick up a stranded runner, but be prepared to wait and hang out with the aid station volunteers for a while before we can get a staff member there.

Because of challenging forest roads and long drive times, we have specifically only set cutoffs at aid stations that have the best access. *If you decide to drop out of the race at other aid-stations that is 100% okay, just be prepared to handle your own transportation logistics.*

| Aid Station | Mileage | Cut-off Time |
|---------------|---------|--------------|
| Mission Creek | 24 | 2:30PM |
| Mission Creek | 38 | 7:00PM |
| Lap | 52 | 1:00AM |
| Mission Creek | 76 | 9:00AM |
| Mission Creek | 90 | 1:30PM |

Crew and Pacer Information

So you've signed up to help your friend complete this race . . . now what!? While not essential for runners to complete the course, having a crew and/or pacer can be as important to a successful endurance run as hydration and fuel. Here is some important information to be a successful crew member or pacer for your runner. Remember they are going to be tired, burnt out, want to quit, just plain mean, or maybe trying to pet a racoon they think is a lost cat. It's your job to keep them grounded in reality and on track to the finish line. You and your runner should have a plan in place to determine when enough is enough and they need to reevaluate whether or not they should continue. You are simultaneously their entertainer, trainer, nutrition expert, friend, doctor, and voice of reason.

Crew

There is limited access along this course, so it's important to know where is reasonable to meet your runner and ensure you can get to the aid station well before your runner. You don't want to be cutting it too close and miss them!!

The dirt roads are wash boarded, and you'll travel many miles on them before you reach some of the aid stations. So, while any mid-size vehicle would work, an SUV-type vehicle with some ground clearance will be best. Please do not speed on the dirt roads!!! With crews coming and going, narrow corners, and steep pitches, you do not want to get into an accident. The extra traffic on forest roads creates a lot of dust and over use impacts road quality; please drive cautiously so the USFS continues to support and permit these events.

ALL AID STATION ACCESS REQUIRES YOU TO DRIVE BACK THROUGH WENATCHEE AND/OR HWY 2 AND HWY 97. DO NOT FOLLOW GOOGLE MAPS ROUTES THROUGH BACKCOUNTRY FOREST ROADS. THESE ROADS ARE IMPASSIBLE



| Aid Station | Course Mileage | Drive time from Mission Ridge | Drive time from Mt. Lillian | Drive time from Mission Creek | Drive Time from Devil's Spur | Comments |
|----------------------|----------------|-------------------------------|-----------------------------|-------------------------------|------------------------------|-------------------------------------|
| Mt. Lillian | 11, 61 | 1.5 hours | - | 1.5 hours | 1 hour & 45 min | Rough road. SUV recommended |
| Mission Creek* | 24, 38, 76, 90 | 1 hour | 1.5 hours | - | 1 hour | Limited parking, be considerate |
| Devil's Spur* | 49, 99 | 20 min | 1 hour & 45 min | 1 hour | - | Drive slowly to keep the dust down. |
| Lap (Mission Ridge)* | 52 | - | 1.5 hours | 1 Hour | 20 min | |

*Preferred Crew Access

Pacers

Pacers are a great way to keep you going throughout your race! While not every runner wants a pacer, some runners find it an essential part of their endurance run experience. If this is your first 100-mile race or your first time pacing someone, there are a lot of good resources/blogs on the internet that can help set both you and your pacer up for success. Do your research and make sure to do some long practice runs with your pacer to make sure it's a good partnership. Some of our best friends may not be our best pacers.

Pacers are allowed for the 100-mile distance only and all pacers must check in at race HQ, sign our liability waiver, and pick up a pacer bib. Pacers are allowed to start at or after the Lap Aid Station (located at Mission Ridge at mile 52).

Lap Aid Station is the ideal location to begin with a pacer if you'd like one for the whole second loop. A good spot to swap out pacers is Mission Creek Aid Station at mile 73 and/or 86. While you can swap out or begin a pacer at Mt. Lillian, we highly discourage this due to the remote location and long drive time to the aid station.

**Pacers, pay attention to the course markings to help your runner!!

Pacer Rules

- ◇ Pacers must be on foot—no mountain bikes, electric bikes, or Back to the Future-inspired hoverboards.
- ◇ Only one pacer at a time per runner is allowed
- ◇ Runners must carry their own gear and water. No mules!
- ◇ Pacers may partake in aid station fuels, but be considerate of the racers and don't go all Yogi Bear on the aid station snacks.



Tips/Tricks for a Successful Run

This is a challenging and remote endurance run. You are expected to show up prepared and knowledgeable of the race rules and course route. Getting off route in the middle of the night could lead to a potentially dangerous and certainly unpleasant experience. You must pay attention to all course markings and take a second look at all intersections, particularly when you're tired and slightly confused.

- ◇ Download the course GPX and study the intersections, elevation profiles, and distances between aid stations. [LINK TO CALTOPO](#)
- ◇ Course markings will consist of 8.5 x 11 signs on colorful paper with arrows, event distance, and wrong ways at intersections. Along with reflective flagging about every ¼ mile along the route. Take note of what they look like during the light of day and focus at the bigger intersections to make sure you are going the correct direction.
- ◇ Take a photo of the course map or save the PDF to your phone.
- ◇ Cell coverage is limited; bring an InReach or emergency beacon in case you need immediate assistance and cannot continue to an aid station.
- ◇ Eastern Washington is hot during the day and cold at night in July (it's the desert after all!). Come prepared with more water than you think you'll need and extra layers in your drop bag.
- ◇ Pests; mosquitoes, ticks, and bees are out there, so bring bug spray, antihistamines, and check yourself after the run.
- ◇ Wild animals, including bears, cougars, and wolves all inhabit this area. Be thankful (but cautious) if you see one; it is an unlikely encounter and something very special. Wild animals are typically not aggressive and are just trying to avoid you. Simply make noise, look big, and DO NOT APPROACH OR PASS until they move along. If you are someone who is nervous about wild animals, carry bear spray. Despite its name it works on all types of wild animals.
- ◇ Bring sunscreen and/or sun protective clothing!! Tronson Ridge, especially, is very exposed.
- ◇ Take a dip in the creek if you're hot. You'll cross it a number of times and it will help a lot!!
- ◇ Consider using trekking poles. If they aren't already on your packing list, think about using them! It's a steep technical course and they may be your savior on the steep ups and downs.

Required Gear

The following list of gear will be checked on race day. Runners missing any items will not be allowed to start the race.

- ◇ All 50- and 100-mile runners must carry 2L of water capacity with them
 - You will receive 2 water purification tablets along with your bib—enough for 2L of water. There are some seasonal creeks and Mission Creek where you can fill up if you run out of water in between aid stations.
- ◇ Headlamp- You must have a headlamp with you when you leave Mission Creek Aid at Mile 38.
- ◇ Warm Layers- At least a long sleeve thermal shirt is required, but consider having pants, a hat, and gloves available in drop bags.
- ◇ Some form of the course map, either on your phone/watch as GPX (highly recommended), printed version, or photo. DOWNLOAD THE MAP TO YOUR PHONE OR WATCH BEFORE THE RACE! [LINK TO CALTOPO](#)



Race Policies and Disqualifications

You can refer to our website at www.evergreentrailruns.com/race-policies/ for a complete review of our policies for deferral, cancellations, transfers, or refunds. Please note, that Evergreen Trail Runs does not issue refunds for any reason.

You are responsible for following the course markings along the way, any deviation from the course will result in a disqualification.

You and your crew must also follow all course rules and be respectful of other runners, volunteers, and race staff. Any disrespect or poor sportsmanship from you OR your crew towards other runners, race staff, or volunteers will be grounds for disqualification.

Runners who are not carrying any required gear will be disqualified.

Any runner not following leave no trace principals for trash or human waste will be disqualified. If you cannot make it to a restroom (we've all been there!), you are required to either dig a 6" "cathole" and bury any human waste or carry it out "dog bag" style.

Swag!

All runners will receive a handmade finishers award commemorating this year's Devil's Gulch race. 50-mile and 100-mile runners will also receive a race t-shirt.

Now what I know you've been waiting for. . . the belt buckle! All 100-mile runners who complete the course will receive a Devil's Gulch Belt Buckle to show off to all your friends, even the ones who have no idea why anyone would choose to run 100 miles.



Awards

Overall winning times are based on gun time and winner categories are Male, Female, and Non-binary.

The top three finishers in each distance will receive a hand crafted plaque and in addition 1st place overall winners will receive some new running gear from our sponsor Arc'teryx!

The first finishers in the Male, Female, and Non-binary categories in the 100-mile distance will split a cash prize of \$1000 evenly!

We will hand out Arc'teryx and Evergreen Awards at the finish line.



Accommodations

There are lots of hotels and nightly rentals to choose from in Wenatchee, which is only a 20min drive away from Mission Ridge.

If you'd rather be as close as possible, camping at Mission Ridge is available and booked through Mission Ridge Resort. It is parking lot camping, so vans, RVs, etc. are ideal. Those of you in tents should prepare to find alternative ways to keep your tent staked down.

Schedule

Friday, July 12th

Packet Pickup

Location: Performance Footwear Wenatchee

Address: 24 S Wenatchee Ave, Wenatchee, WA 98801

Date and time: Friday, July 12th from 3:00 – 6:00PM

Perks: Devil's Gulch participants who come in to pick up their bibs will enjoy 15% off any in-store purchases

*If you can't make the Friday packet pickup, you can also pick up your bib beginning at 5:30am on race day, Saturday, July 13th.

Saturday, July 13th

Mandatory Pre-Race Meetings

5:45am – 100 & 50-mile Race

Race Schedule

6:00am – 100 & 50-miler Start

8:00am – Half-Marathon Start

Sunday July 14th

7:30pm: Course Close