The North Face Endurance Challenge
GORE-TEX 50 Mile Course Information
Mid - Atlantic Regional - Washington, D.C.

June 2-3, 2012

The North Face Global Team athlete Diane Van Deren at the Mid-Atlantic Regional 2011

Photo by Ken Schuh

ENDURANCE CHALLENGE

THE NORTH FACE

PRESENTED BY
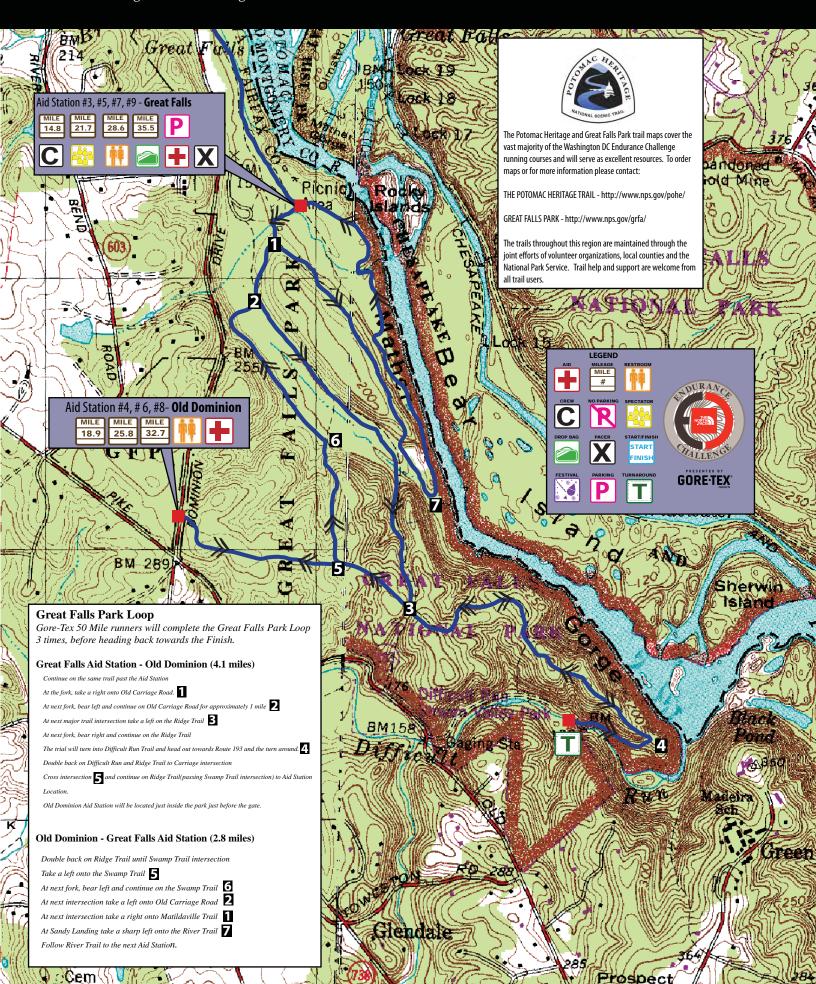GORE-TEX®

GORE-TEX 50 Mile

The North Face Endurance Challenge - GORE-TEX 50 Mile
Mid-Atlantic Regional - Washington, D.C.

The Potomac Heritage and Great Falls Park trail maps cover the vast majority of the Washington DC Endurance Challenge running courses and will serve as excellent resources. To order maps or for more information please contact:

THE POTOMAC HERITAGE TRAIL - http://www.nps.gov/pohe/

GREAT FALLS PARK - http://www.nps.gov/grfa/

The trails throughout this region are maintained through the joint efforts of volunteer organizations, local counties and the National Park Service. Trail help and support are welcome from all trail users.

See Gore-Tex 50 Mile Great Falls Park Loop Map

Aid Station #3, #5, #7, and #9 - Great Falls

MILE	MILE	MILE	MILE
14.8	21.7	28.6	35.5

First Hard Cutoff - 10:42am (5 hours, 42 minutes)

Second Hard Cutoff - 2:59pm (9 hours, 59 minutes)

Aid Station #4, # 6, #8- Old Dominion

MILE	MILE	MILE
18.9	25.8	32.7

Aid Station #2 and #10 - Fraser

MILE	MILE
8.1	42.2

Start/Finish - Algonkian Park

Aid Station #1, #11 and #12 - Sugarland

MILE	MILE
4.8	45.5

MILE
47.9

Course Description:
The Washington, DC Gore-Tex 50 Mile course is a keeper for sure. From the start at Algonkian Park, the trails narrow to single track and wind through lush flood plain. The first third of the course is flat, fast and well shaded. Once runners reach Great Falls Park they will be treated to some stunning loops through the Difficult Run and River Trails. The River Trail carves runners along the edge of Mather's Gorge and the raging Potomac River before sending them back through the fast and shaded Potomac Heritage Trail to a well-deserved finish at Algonkian Park.

Elevation Change:

Technical Terrain:

Overall Difficulty:

Scenery:

LEGEND

AID	MILEAGE	RESTROOM
CREW	NO PARKING	SPECTATOR
DROP BAG	PACER	START/FINISH
FESTIVAL	PARKING	TURNAROUND

First Pass

Second Pass

PRESENTED BY GORE-TEX

ENDURANCE CHALLENGE

Aid Station #3, #5, #7, #9 - Great Falls

MILE	MILE	MILE	MILE
14.8	21.7	28.6	35.5

POTOMAC HERITAGE NATIONAL SCENIC TRAIL

The Potomac Heritage and Great Falls Park trail maps cover the vast majority of the Washington DC Endurance Challenge running courses and will serve as excellent resources. To order maps or for more information please contact:

THE POTOMAC HERITAGE TRAIL - http://www.nps.gov/pohe/

GREAT FALLS PARK - http://www.nps.gov/grfa/

The trails throughout this region are maintained through the joint efforts of volunteer organizations, local counties and the National Park Service. Trail help and support are welcome from all trail users.

Aid Station #4, #6, #8 - Old Dominion

MILE	MILE	MILE
18.9	25.8	32.7

LEGEND

AID	MILEAGE	RESTROOM
CREW	NO PARKING	SPECTATOR
C	R	
DROP BAG	PACER	START/FINISH
	X	START FINISH
FESTIVAL	PARKING	TURNAROUND
	P	T

ENDURANCE CHALLENGE

PRESENTED BY GORE-TEX

Great Falls Park Loop

Gore-Tex 50 Mile runners will complete the Great Falls Park Loop 3 times, before heading back towards the Finish.

Great Falls Aid Station - Old Dominion (4.1 miles)

Continue on the same trail past the Aid Station

At the fork, take a right onto Old Carriage Road. **1**

At next fork, bear left and continue on Old Carriage Road for approximately 1 mile **2**

At next major trail intersection take a left on the Ridge Trail **3**

At next fork, bear right and continue on the Ridge Trail

The trial will turn into Difficult Run Trail and head out towards Route 193 and the turn around. **4**

Double back on Difficult Run and Ridge Trail to Carriage intersection

Cross intersection **5** *and continue on Ridge Trail(passing Swamp Trail intersection) to Aid Station Location.*

Old Dominion Aid Station will be located just inside the park just before the gate.

Old Dominion - Great Falls Aid Station (2.8 miles)

Double back on Ridge Trail until Swamp Trail intersection

Take a left onto the Swamp Trail **5**

At next fork, bear left and continue on the Swamp Trail **6**

At next intersection take a left onto Old Carriage Road **2**

At next intersection take a right onto Matildaville Trail **1**

At Sandy Landing take a sharp left onto the River Trail **7**

Follow River Trail to the next Aid Station.

TURN-BY-TURN DIRECTIONS

START TO AID STATION #1 - SUGARLAND (MILE 4.8):
- Start in the grassy area upriver of the soccer field parking lot
- Loop around the soccer field and turn onto paved road
- Straight on golf cart path
- Left on Potomac Heritage Trail near park entrance
- Left on Potomac Heritage Trail (look for white emblem PHT sign)
- Left onto Sugarland Run (this will be an out and back section)
- Left at the fork in the trail making a loop around Sugarland retracing your steps back to the Potomac Heritage Trail and Aid Station #1

The total distance for this section is 4.8 miles. The start begins on a grassy field with a spectacular view of the Potomac River on your left. After looping around the soccer field for 7/10 of a mile turn onto the golf cart path. This winding narrow path carves through a number of fairways before leading runners to the Potomac Heritage Trail. This trail begins with a wide path of crushed rock. The sharp left turn onto a wide and grassy path through the woods is marked by a short post on the left with a white PHT emblem. This is where it begins to get interesting. Potomac Heritage Trail (marked by turquoise trail blazes) will guide runners through narrowing single track and dense riverside forest.

SUGARLAND TO AID STATION #2 - FRASER (MILE 8.1):
- Continue following the Potomac Heritage trail towards Aid Station #2

The total distance for this section is 3.3 miles. The trail carries runners near and away from the river. This low lying section will pass quickly but there may be a few logs to hop over. This is where runners are sure to see a number of giant Blue Heron and perhaps a passing herd of deer.

FRASER TO AID STATION #3 GREAT FALLS (MILE 14.8):
- Continue to follow the Potomac Heritage trail.
- Right at Potomac Heritage re-route through Riverbend Park
- Left at fork around the left side of the pond
- Right at next fork
- Cross Jeffrey Road
- Right onto Meadow Trail
- Half way around the meadow take a right on to a newly cut trail
- Cross the entrance to Riverbend Park
- Hop onto the trail parallel to Jeffrey Road
- Cross Potomac Hills Street
- Left on the trail where Jeffrey Road takes a sharp right
- Right on Weant Drive
- Quick left on single-track trail.
- Left on dirt road.
- Left on single-track at the red wooden sign.
- Right on Potomac Heritage Trail.
- Follow trail past the Great Falls Visitor Center
- Left on 1st footbridge on the left
- Right on main footpath towards Aid Station #3

The total distance for this section is 6.7 miles. The Potomac Heritage Trail will twist and turn runners through miles of secluded flood plain. There will be lots of little dips and turns to keep runners engaged, not to mention some nettles should runners stray off trail. Runners can look forward to a few steep but short hill climbs where the mighty Potomac River has chewed away the shoreline and diverted the trail to higher ground. It's hard to believe it's so close to Washington DC! There is a quick diversion around Riverbend Park on single track, open meadow, fire road and a steep little downhill to the Potomac Heritage Trail. As runners near Great Falls Park, the trail will widen and improve. Just past the Visitor Center, take a quick left across a short footbridge and continue down the path until the Aid Station appears on the left. There may be a few logs to hop over but most of this section is fast and fun.

GREAT FALLS TO AID STATION #4 – OLD DOMINION (MILE 18.9):
- Continue on the same trail past the Aid Station
- At the fork, take a right onto Old Carriage Road.
- At next fork, bear left and continue on Old Carriage Road for approximately 1 mile
- At next major trail intersection take a left on the Ridge Trail
- At next fork, bear right and continue on the Ridge Trail
- The trial will turn into Difficult Run Trail and head out towards Route 193 and the turn around.
- Double back on Difficult Run and Ridge Trail to Carriage intersection
- Cross intersection and continue on Ridge Trail (passing Swamp Trail intersection) to Aid Station Location.
- Old Dominion Aid Station will be located just inside the park just before the gate.

The total distance for this section is 4.1 miles. Wide open and smooth fire roads will carry runners downriver towards the Virginia border and a stretch of water named Difficult Run. This section of the course is not very technical but offers some great views of the Potomac River.

OLD DOMINION TO AID STATION #5 – GREAT FALLS (MILE 21.7):
- Double back on Ridge Trail until Swamp Trail intersection
- Take a left onto the Swamp Trail
- At next fork, bear left and continue on the Swamp Trail
- At next intersection take a left onto Old Carriage Road
- At next intersection take a right onto Matildaville Trail
- At Sandy Landing take a sharp left onto the River Trail
- Follow River Trail to the next Aid Station

The total distance for this section is 2.8 miles. The real fun begins when runners turn onto the River Trail. This is the most technical section of the course and boasts spectacular views of Mather Gorge and the river. Runners will be challenged by steep ups and downs in this very rocky section. 50 miler runners will make 3 loops of this Great Falls Park loop.

GREAT FALLS TO AID STATION #6 – OLD DOMINION (MILE 25.8):
- Continue on the same trail past the Aid Station
- At the fork, take a right onto Old Carriage Road.
- At next fork, bear left and continue on Old Carriage Road for approximately 1 mile
- At next major trail intersection take a left on the Ridge Trail
- At next fork, bear right and continue on the Ridge Trail
- The trial will turn into Difficult Run Trail and head out towards Route 193 and the turn around.
- Double back on Difficult Run and Ridge Trail to Carriage intersection
- Cross intersection and continue on Ridge Trail(passing Swamp Trail intersection) to Aid Station Location. **16**

- Old Dominion Aid Station will be located just inside the park just before the gate.

The total distance for this section is 4.1 miles. Wide open and smooth fire roads will carry runners downriver towards the Virginia border and a stretch of water named Difficult Run. This section of the course is not very technical but offers some great views of the Potomac River.

OLD DOMINION TO AID STATION #7 – GREAT FALLS (MILE 28.6):
- Double back on Ridge Trail until Swamp Trail intersection
- Take a left onto the Swamp Trail
- At next fork, bear left and continue on the Swamp Trail
- At next intersection take a left onto Old Carriage Road
- At next intersection take a right onto Matildaville Trail
- At Sandy Landing take a sharp left onto the River Trail
- Follow River Trail to the next Aid Station

The total distance for this section is 2.8 miles. The real fun begins when runners turn onto the River Trail. This is the most technical section of the course and boasts spectacular views of Mather Gorge and the river. Runners will be challenged by steep ups and downs in this very rocky section. This concludes the second loop within Great Falls Park. Only one more to go.

GREAT FALLS TO AID STATION #8 – OLD DOMINION (MILE 32.7):
- Continue on the same trail past the Aid Station
- At the fork, take a right onto Old Carriage Road.
- At next fork, bear left and continue on Old Carriage Road for approximately 1 mile
- At next major trail intersection take a left on the Ridge Trail
- At next fork, bear right and continue on the Ridge Trail
- The trial will turn into Difficult Run Trail and head out towards Route 193 and the turn around.
- Double back on Difficult Run and Ridge Trail to Carriage intersection
- Cross intersection and continue on Ridge Trail(passing Swamp Trail intersection) to Aid Station Location.
- Old Dominion Aid Station will be located just inside the park just before the gate.

The total distance for this section is 4.1 miles. Wide open and smooth fire roads will carry runners downriver towards the Virginia border and a stretch of water named Difficult Run. This section of the course is not very technical but offers some great views of the Potomac River.

OLD DOMINION TO AID STATION #9 – GREAT FALLS (MILE 35.5):
- Double back on Ridge Trail until Swamp Trail intersection
- Take a left onto the Swamp Trail
- At next fork, bear left and continue on the Swamp Trail
- At next intersection take a left onto Old Carriage Road
- At next intersection take a right onto Matildaville Trail
- At Sandy Landing take a sharp left onto the River Trail
- Follow River Trail to the next Aid Station

The total distance for this section is 2.8 miles. The real fun begins when runners turn onto the River Trail. This is the most technical section of the course and boasts spectacular views of Mather Gorge and the river. Runners will be challenged by steep ups and downs in this very rocky section. This concludes the 3rd and final loop for the 50milers within Great Falls Park

GREAT FALLS TO AID STATION #10 - FRASER (MILE 42.2):
- Right out of the Aid Station on main trail
- Left on 1st footbridge on the left
- Right on the Potomac Heritage Trail past the Visitor Center
- Left on trail before the dam
- Right on gravel road
- Right on single track
- Right on Weant Drive (dirt)
- Left at the 1st trail
- Right on trail along the shoulder of Jeffrey Road
- Cross Potomac Hills Street
- Cross the entrance to Riverbend Park
- Hop on the newly cut trail towards the meadow
- Left onto Meadow Trail
- Left across Jeffrey Road
- Straight down the trail towards the pond
- Bear right at the pond
- Left turn onto Potomac Heritage Trail
- Follow Potomac Heritage Trail to next Aid Station

The total distance for this section is 6.7 miles. There is a quick diversion around Riverbend Park and back onto the Potomac Heritage Trail. The Potomac Heritage trail will twist and turn runners through miles of secluded flood plain. There will be lots of little dips and turns to keep runners engaged, not to mention some nettles should runners stray off trail. Runners can look forward to a few steep but short hill climbs where the mighty Potomac River has chewed away the shoreline and diverted the trail to higher ground.

FRASER TO AID STATION #11 – SUGARLAND (MILE 45.5):
- Follow Potomac Heritage Trail to next Aid Station

The total distance for this section is 3.3 miles. This section of the course will be mostly flat and in the shade.

SUGARLAND TO AID STATION #12 - SUGARLAND (MILE 47.9):
- Right onto Sugarland Run (this will be an out and back section)
- Left at the fork in the trail making a loop around Sugarland, retracing your steps back to the Potomac Heritage Trail and Aid Station #12

The total distance for this section is 2.4 miles. This section of the course will be mostly flat and in the shade. It will loop around and runners will exit on the same trail they entered.

SUGARLAND TO THE FINISH (MILE 49.6):
- Continue following the Potomac Heritage Trail/gravel road
- Follow the gravel road to the golf cart path
- Take a right on the golf cart path
- At the end of the path continue on short paved road
- Cross the soccer field parking lot and head towards the grassy area
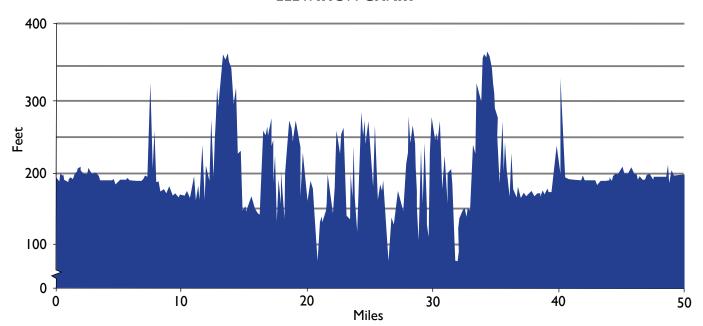- The finish line will be visible from the parking lot

Congratulations!

PACE CHART

Aid Station	Name	Mile	Next Aid	Crew	Pacer	Lead Runner	Middle Runner	Last runner	Drop Bags
Start/Finish	Start/Finish	0	4.8	No	No	5:00AM	5:00AM	5:00AM	Yes
Aid #1	Sugarland	4.8	3.3	No	No	5:38AM	5:52AM	6:15AM	No
Aid #2	Fraser	8.1	6.7	No	No	6:04AM	6:28AM	7:07AM	No
Aid #3	Great Falls	14.8	4.1	Yes	No	6:54AM	7:42AM	8:53AM	Yes
Aid #4	Old Dominion	18.9	2.8	No	No	7:31AM	8:27AM	9:58AM	No
Aid #5	Great Falls	21.7	4.1	Yes	No	7:53AM	8:58AM	10:42AM	Yes
Hard Cutoff #1: Great Falls Aid Station 10:42 AM/5hrs and 42 minutes from Start									
Aid #6	Old Dominion	25.8	2.8	No	No	8:26AM	9:43AM	11:47AM	No
Aid #7	Great Falls	28.6	4.1	Yes	Yes	8:48AM	10:14AM	12.31PM	Yes
Aid #8	Old Dominion	32.7	2.8	No	No	9:21AM	10:59AM	1:48PM	No
Aid #9	Great Falls	35.5	6.7	Yes	Yes	9:43AM	11:29AM	2:59PM	Yes
Hard Cutoff #2: Great Falls Aid Station 2:59 PM/9hrs and 59 minutes from the Start									
Aid #10	Fraser	42.2	3.3	No	No	10:37AM	12:43PM	4:05PM	No
Aid #11	Sugarland	45.5	2.4	No	No	11:03AM	1:19PM	4:57PM	No
Aid #12	Sugarland	47.9	1.7	No	No	11:22AM	1:46PM	5:35PM	No
Finish	Finish	49.6	0.0	Yes	No	11:35AM	2:04PM	6:00PM	Yes

ELEVATION CHART

Total Gain/Loss: 4656 ft

Lowest Point: 94 ft

Highest Point: 374 ft

AID STATION MENU

The following food and beverage items will be provided:

- Salty Snacks (Chips, Crackers, and/or Pretzels)
- Cookies and/or Brownies
- Assorted Candy
- Chicken Broth
- Peanut Butter & Jelly Sandwiches
- Potatoes
- GU Energy Gels *(Vanilla Bean, Chocolate Outrage, Strawberry Banana, Jet Blackberry)*
- Bananas
- GU Electrolyte Brew *(Lemon Lime, Raspberry)*
- nuun Electrolyte Tabs
- Soft Drinks
- Water
- Salt

HEADLAMPS

For safety reasons, all GORE-TEX 50 Mile competitors are required to have operating headlamps at the start of the race and have in their possession until one (1) hour past sunrise, approximately 6:15 a.m. Failure to comply will result in disqualification.

GEAR BAG DROP

On-Course:
GORE-TEX 50 Mile participants may pack a gear bag with extras to be dropped at a specified Aid Station. Only one designated Aid Station will accommodate gear bags. Gear bags must be dropped off at Packet Pickup on Thursday or Friday or at the Gear Check tent race morning by 4:30 a.m. to allow time for crew to place at the specified Aid Station. You will be provided a tag that will be clearly marked with your bib number. Bags without tags will be left at the Start/Finish Line and will be available for retrieval at the Finish Line Festival.

Please limit the weight of your gear bag to 10lbs. Gear bags will not be refrigerated. The North Face and the Endurance Challenge cannot be held responsible for lost bags. All gear Bags must be picked up at the Gear Check Area by 8:00 p.m. Saturday night. **All Gear Bags remaining after 8:00 p.m. will be available for pickup on Sunday. After 12:30 p.m. on Sunday all gear bags will be disposed and will not be mailed to participants.**

GEAR BAG DROP LOCATIONS

Great Falls Aid Station—Mile 14.8, Mile 21.7, Mile 28.6, & Mile 35.5

Race staff will deliver drop bags back to the Start/Finish after the Aid Stations are closed.

RECOMMENDED GEAR BAG NEEDS

Each Gore-Tex 50 Mile athlete will have items that are specific to their own needs at the drop. The following list is a suggested starting point for what may benefit you along the way.
• Extra Race Clothing: shirts, shorts, socks, shoes, rain gear, gloves, hat, etc.
• Preferred Food Items: Energy bars, gels, sandwiches, snacks
• Preferred Drink Items: Additional powders, drinks, supplements
• First Aid: Antacids, ibuprofen/asprin, lip balm, blister protection, analgesics, towels, Visine, antibiotic ointment, bandages, etc.

PACER INSTRUCTIONS - GORE-TEX 50 MILE ONLY

A pacer is defined as a trail companion that may accompany a runner along designated sections of the Endurance Challenge course. Participants running the Gore-Tex® 50 Mile race ONLY are allowed to use pacers. Pacers must follow all rules and regulations set forth by The North Face Endurance Challenge. Pacers must comply with all instructions from event staff and volunteers at all points along the trail. Failure to comply will result in disqualification of the runner.

RULES FOR PACERS

- Pacers are not allowed on the course prior to mile 27.0
- Pacers cannot meet runners at locations other than those designated
  ### *Great Falls Aid Station—Mile 28.6 & Mile 35.5*
- Pacers must check in and sign a release waiver at designated Aid Stations when joining their runner.
- Pacers must wear a bib number provided by Aid Station staff.
- Pacer numbers must be visible on the outside and front of clothing.
- Runners can be accompanied by only one (1) pacer at a time.
- No pacers are allowed on-course prior to the first Aid Station designated for meeting runners.
- No "muling" (pacers carrying runner's gear or nutrition/fluids).
- No vehicular or bike pacing.
- Pacers are responsible for their own transportation to and from the Aid Stations.
- Violating any of these rules will result in runner disqualification.