



2024 Lake Placid Trail Challenge - 10k, Half Marathon, 50k

Start/Finish: Mt. Van Hoevenberg - 31 Van Hoevenberg Way, Lake Placid, NY 12946 [Google Maps](#)

All times expressed on this guide are shown in local time zone - Eastern Daylight Time (EDT)

Start Time: Saturday, August 10th, 7:00am | **Official Finish Time:** Saturday, August 10th, 5:00pm

Welcome to the second edition of the Lake Placid Trail Challenge! We are excited to have you racing with us and for you to see the stunning course we have installed for you this year.

Your safety is our first and highest priority. Please review this document in full to ensure your full understanding and compliance to the rules and policies as specified.

Race Day Schedule - Saturday Aug 10, 2024

50k: 6:00am-6:45am HM: 7:00am-8:45am 10k: 9:00am-10:45am	<i>Race Day Packet Pickup</i>
50k: 7:00am HM: 9:00am 10k: 11:00am	<i>Start Times</i>
12:00am	<i>Half Marathon Awards</i>
12:30pm	<i>50k First Loop Cutoff</i>
1:00pm	<i>10k Awards</i>
5:00pm	<i>Course Closed</i>

*Note: 50k overall awards ceremony will be conducted as soon as the top three men and women have finished. 50k age group award recipients may pick up awards from the timing tent, as the age group podiums will be too spread out to conduct an awards ceremony.



Race Packet Pick-up & Registration

Race packet pickup will only be available on race morning. We highly recommend arriving one hour before your start time in order to avoid a long line immediately before the start of the race.

Requirements:

- ID/ Passport, with name matching your registration
- Race packets must be picked up by the runner

Race packet includes:

- **Runner BIB** is mandatory for all race distances.
- **Chip Timing Tag and holding wristband** mandatory for all race distances.
- **Swag:** Sponsors discounts, product samples.

If there are still spots available, on-site registration is available during packet pickup on Saturday morning. Credit cards only – no cash will be accepted.

Parking

Ample parking will be available at the start/finish line. There are multiple lots – please follow signs and parking attendant instructions toward the preferred location. In the event of overflow, we will move into adjacent lots, all of which are within a short walk of the start/finish area.

Course Information

- COURSE IS SUBJECT TO MODIFICATIONS LEADING TO RACE DATE -

Mt Van Hoevenberg is a massive nordic ski center with endless trails of all types. Single track, double track, flat, steep, and flowy, you'll find it all here at the venue that hosted events for the 1980 Winter Olympics.

Racers will start and finish in the stadium that serves as the centerpiece to this winter sports complex, and their path will take them through dense forest and up steep climbs to the top of a bobsled track and beyond. Epic views await at the summit, as does a test of the legs for the long descent to the finish.

The 50k course will consist of two identical laps.

The total elevation gain for each distance is 1,142 ft for the 10k, 1,774 ft for the Half Marathon, and 3,833 ft for the 50k.

Please visit the Spartan Trail website for detailed, interactive maps of each course.

<https://www.spartantrail.com/lake-placid/>



Aid Stations and Cutoffs

Our goal with our intermediate cutoff times is to allow runners to stay on the course as long as possible. Note that the pace required to make it to the finish is faster than the pace required to beat the prior cutoffs.

Aid	50k Distance	Half Marathon Distance	10k Distance	Cutoff
Start	0	0	0	
Aid Station 1	4.5	4.5	1.5	
Aid Station 2	8.8			
Aid Station 3	11.6	8.9		
Aid Station 4	13.6	12.0	4.7	
Lap Transition	15.7			12:30pm
Aid Station 1	19.9			2:00pm
Aid Station 2	24.2			3:30pm
Aid Station 3	27.0			4:30pm
Aid Station 4	30.0			
Finish	31.4	13.2		5:00pm

Aid Station Offerings

Aid stations – including the 50k transition area – will provide a variety of nutrition options, including water, electrolyte drinks, sodas, GU energy gels and stroopwafels, salty snacks (chips), bars, fruit (bananas and oranges), nuts, and candy. We will not be offering hot items.

The cafe at Mt. Van Hoevenberg will be open after the race where various hot and cold meal options will be available for purchase.

Mandatory Equipment

- **Bib number** must be visible from the front during the entire race. Staff along the race course MUST be able to read the number clearly.
- **Chip timing tag** must be worn for the duration of the race.
- **500ml water carrying capacity** (50k only)

Recommended Equipment

Some additional gear to consider:

- Water bottle, waist pack, soft flask holder or backpack with hydration system. Participants must carry and dispose of their trash at aid stations. **Any runners caught littering will be subject to immediate disqualification.**
- Waterproof jacket in case of rainy weather
- Running shoes with rugged traction
- Trekking poles are allowed.
- Short running gaiters to keep debris out is a great way to prevent blisters



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- Multifunctional neck gaiter or buff which can double as a head cover during cooler temps
- Sunscreen
- Running hat and/or visor
- Eyewear: keep in mind that the race course goes through dark forest areas and sunny open lands so proper eyewear is recommended
- Clean and dry clothes at the start/finish bag check

Drop Policy

If it turns out not to be your day and you are unable to complete the race, ***you may drop at the nearest aid station by surrendering your race bib to the aid station captain.*** Transportation will be provided to transfer you back to the finish line.

We have taken extensive measures to account for all runners that are on course and those dropped from the race. If you drop, you must turn in your chip to a Spartan staff member, not a volunteer.

****** DO NOT exit the course without notifying our staff if you decided to drop. Failure to do so may result in dispatching search and rescue personnel to locate you. You will be responsible for such expenses. ******

Crew/Pacers

None of the on-course aid stations are accessible by crew. For the 50k runners only, crews may assist their runners in the transition area between laps. No pacers are allowed.

Drop bags

Prior to the race 50k racers may place a drop bag in the transition area between laps. They will be able to access this area at the halfway point in the race. The transition area will be located near the start/finish area.

Clean Race Policy

Littering along the race course is grounds for immediate disqualification. NO EXCEPTION. It is our responsibility to have a clean race.

Trash and recycling receptacles are available at all aid stations.

Contact Information

Our team is here to ensure you have the best race experience. If you have any questions or concerns, please use our website, <https://www.spartantrail.com/lake-placid/> or contact us by email trail@spartan.com.