2025 Bear Mountain Trail Challenge - 50K

Start/Finish: Palisades Interstate Pkwy, Exit 17, Bear Mountain, NY 10911 Google Maps

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

Start Time: Saturday, May 3rd, 7:00am | **Official Finish Time:** Saturday, May 3rd, 5:00pm

Welcome to the third edition of the Bear Mountain 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, May 3, 2025 6:00am	***Packet Pickup***	Anthony Wayne Recreation Area Runners are encouraged to arrive early. Leave plenty of time to check in and warm up.
Saturday, May 3, 2025 7:00am	***Race Start***	
Saturday, May 3, 2025 5:00pm	***Course Cutoff***	Racers must be able to complete the 50k in 10 hours.

Race Packet Pick-up & Registration

Packet pickup will be available race morning from 6:00 am to 6:50 am at the start/finish line at Anthony Wayne Recreation Area.

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 Saturday's packet pick-up. Registration will be cashless – only credit cards will be accepted.

Parking

Ample parking for participants and spectators will be available at the start/finish area at Anthony Wayne Recreation Area. It's a large parking lot, so please arrive early enough to leave time for a short walk to the registration area. **NO OVERNIGHT CAMPING IS ALLOWED.**

Course Information

- COURSE IS SUBJECT TO MODIFICATIONS LEADING TO RACE DATE -

Bear Mountain experienced severe flooding and trail damage in the summer of 2023. As a result, many of the trails we used in our first year were destroyed and have not yet been repaired. All courses in 2025 are tentatively the same as the 2024 event, which is substantially different from our 2023 event, and are continually changing as the conditions change at Bear Mountain. All courses should be considered tentative until race day, and participants should follow course marking rather than any downloaded maps.
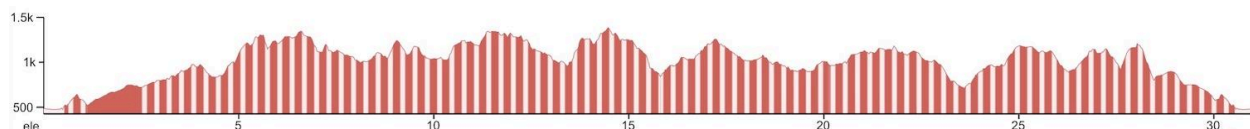
Course Map
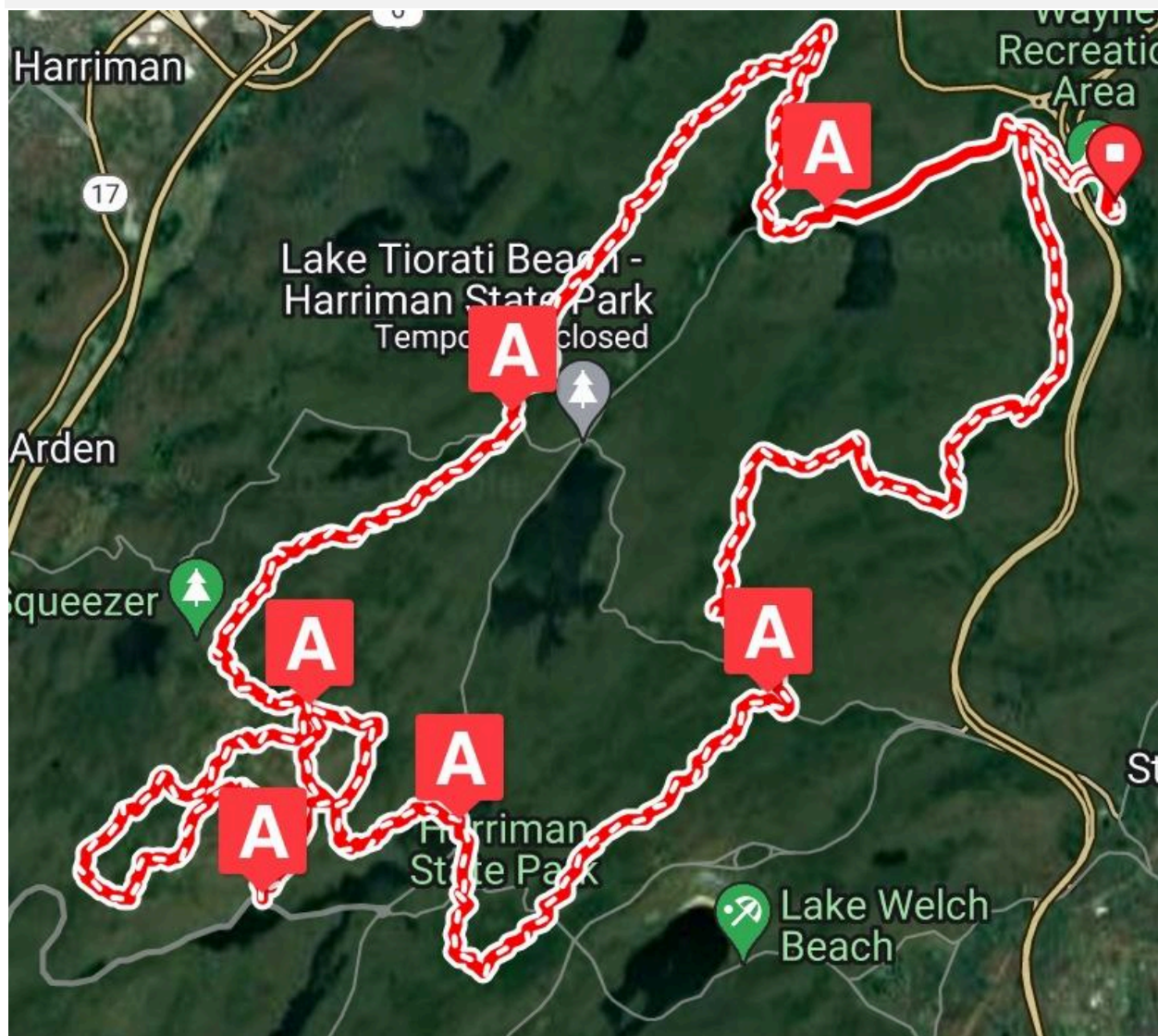
You can navigate the interactive race map at our official website [here](#).

Elevation Chart

The 50K course will see a net gain/loss of 4,340'

Aid Stations and Cutoffs

Our goal with our intermediate cutoff times is to allow runners to stay on the course as long as possible. Making it to the Lake Skannatati and Tiorati Brook Road aid stations before the cutoffs DOES NOT mean you are on pace for the finish line cutoff. Please be respectful of the intermediate cutoffs. These are requirements of the park.

Aid	Distance (mi)	Cutoff	Crew/Spectators	Notes
Start	0		Yes	
Silver Mine	2.4		Yes	
Arden Valley	7.7		No	
Ramapo-Long Path 1	11.2		No	Water Only
Little Long Pond	15.8		No	
Ramapo-Long Path 2	17.5		No	Water Only
Lake Skannatati	19.7	2:00 PM	Yes	
Tiorati Brook Road	23.5	3:00 PM	No	
Finish	31	5:00 PM	Yes	

Aid Station Offerings and Finish Line Food

Aid stations will provide a variety of nutrition options, including Chargel energy gels, Hyk Energy hydration products, water, stroopwafels, salty snacks (chips), bars, fruit (bananas and oranges), nuts, and candy. Due to park regulations we will not be offering hot items.

There will be a food truck at the finish line with hot food for purchase. Participants with specific dietary restrictions should not rely on the food truck being able to accommodate their needs.

Mandatory Equipment

- **Bib number** must be <u>visible from the front</u> 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.
- **One liter (or 32 oz) water carrying capacity AND 400 calories of nutrition** - there is a 7.5 mile stretch without aid at the end of this race. At that point in the day it may be hot, and runners will already be dehydrated. Carrying enough water through this section is essential.
- **Waterproof jacket** - in the week before the race we will make an announcement if a waterproof jacket is required. If the weather looks mild there will be no announcement and a waterproof jacket will not be required.

Recommended Equipment
Some additional gear to consider:
- Waist pack 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 breathable warm gloves. Early morning temperatures can be cold.
- Breathable warm jacket to protect you from low temperatures

- Running shoes with rugged traction
- Trekking poles are allowed.
- Short running gaiters to keep debris out is a great way to prevent blisters
- 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
- Warm 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. Course Marshals or any other staff/volunteer members other than the aid station captains are *NOT* authorized to record any dropped participants.

*** *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

Crew access to the course is limited. Most of our aid stations have no parking available, and spectators may have their runners disqualified if they attempt to watch or crew from any of these locations. The only aid stations accessible by crew are Silver Mine (mile 2.4) and Lake Skannatati (mile 19.7). Runners may receive crew at these aid stations. Crew must park in designated parking spaces. Do not block traffic or park on the shoulder.

Silver Mine aid station is located in the parking lot at the northwest corner of Silver Mine Lake.
Lake Skannatati aid station is located in the parking lot at th northeast corner of Lake Skannatati.

Link to Silver Mine aid: Google Maps
Link to Lake Skannatati aid: Google Maps

Pacers are not allowed.

Bag Check

Bag check will be available at the start/finish. Checked bags will be held at the start/finish at Anthony Wayne Recreation Area. There will be no drop bags available on course.

Clean Race Policy

Our race will take place in Bear Mountain and Harriman State Parks. One of the key factors for success is maintaining the magnificent scenery surrounding the race. Local residents, tourists and all users are responsible for preserving this place. For this reason, *littering along the race course is grounds for immediate disqualification*. 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/bear-mountain-trail-challenge/, or contact us by email trail@spartan.com.