



THE WORLD'S TOUGHEST FOOT RACE CELEBRATES 47th ANNIVERSARY OF ICONIC ROUTE FROM DEATH VALLEY NATIONAL PARK TO MOUNT WHITNEY

Lone Pine, CA: On July 22-24, 2024, AdventureCORPS will present its legendary **BADWATER® 135 Ultramarathon, the 135-Mile World Championship**. Now in its 47th year, this world-renowned event pits up to 100 of the world's toughest athletes against one another and the elements in a crucible like no other. From below sea level in scorching temperatures to altitudes as high as 8,360 feet (2548m), 100 endurance athletes representing 26 nations plus 25 American states will face off in a grueling 135-mile (217km) non-stop running race from Death Valley to Mt. Whitney, CA. Widely recognized as “the world’s toughest foot race,” the invitational Badwater 135 is the most demanding and extreme running race on the planet.

The start line is at Badwater Basin in Death Valley National Park, which marks the lowest elevation in North America at 282’ (85m) below sea level. The race finishes at Whitney Portal at 8,300’ (2530m). The course covers three mountain ranges for a total of 14,600’ (4450m) of cumulative vertical ascent and 6,100’ (1859m) of cumulative descent. Whitney Portal is the trailhead to the Mt. Whitney summit, the highest point in the contiguous United States. Competitors travel through places with names like Mushroom Rock, Furnace Creek, Salt Creek, Devil’s Cornfield, Devil’s Golf Course, Stovepipe Wells, Panamint Springs, Darwin, Keeler, Alabama Hills, and Lone Pine.

The 100 athletes (33 women and 67 men) in the 2024 Badwater 135 represent twenty-one nations: Australia, Brazil, Canada, Cayman Islands, Colombia, Czech Republic, Germany, India, Indonesia, Italy, Japan, Mexico, New Zealand, Norway, Philippines, Poland, Slovenia, Spain, Switzerland, United Kingdom, and United States of America. The age range is 19 to 69.

FULL-LENGTH press release: <https://www.badwater.com/blog/2024-badwater-135-pre-race-press-release/>

Founded in 1984 by Chris Kostman, **AdventureCORPS®** has made its name producing the world’s toughest endurance races in dramatic, remote locations that few people would ever visit, let alone run or bike across. Held under the Badwater® banner, AdventureCORPS events have allowed runners and bicyclists to explore the Death Valley, Salton Sea, Cape Fear, Mojave Desert, and Nevada outback regions in the USA, as well as the Okanagan Valley of British Columbia, Mustang region of Nepal, Yunnan Province of China, and the Republic of Artsakh. AdventureCORPS has now produced more than 170 endurance sports events, and this is our 25th Badwater 135.

More: [Adventurecorps.com](https://www.adventurecorps.com) / [Badwater.com](https://www.badwater.com).

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How to Cover the Badwater 135 Ultramarathon as a Journalist

BEFORE YOU LEAVE FOR THE RACE

- Please submit your contact and publication / network info in advance. (See final pages below.)
- Download our Badwater Magazine from Badwater.com.
- Bring an OSHA Class 3 High-Visibility Shirt / Jacket to wear AT ALL TIMES on the course.
- Bring a wide-brimmed hat and loose-fitting, light clothing that covers you from head to toe, plus sunscreen, lip balm, and an umbrella. Use these items constantly! (ALSO bring clothing for cold weather as it can be near freezing at the finish line at night.)
- Bring one cooler for ice and drinks, another cooler for food, and yet another cooler to hold your computers and camera equipment. A car without A/C running will be boiling hot in minutes.
- Make hotel reservations along the route: We recommend you stay in Stovepipe Wells on July 22, then book rooms in Lone Pine on July 23 and 24. (*Furnace Creek, Panamint Springs, and Pahrump are alternatives to Stovepipe Wells, but staying in SPW is ideal because it puts you at Mile 42 of the race route after you get some sleep.) The post-race party is held the evening of the 24th in Lone Pine. Vegas and Las Vega are the nearest airports. (We can provide a more detailed contact list for hotels along the route, if needed.)

BEFORE THE RACE

- Please note that ALL pre-race activities are held in Lone Pine.
- You may attend all public events on July 21-22: <http://www.badwater.com/event/badwater-135/>
- Attend the Media Briefing on July 22 at 1100am at the Lone Pine High School in Lone Pine.
- Upon arrival in Death Valley, pay \$20 to the National Park Service in Lone Pine, Stovepipe Wells, Furnace Creek, or at Badwater Basin for a park entrance permit (or purchase online in advance.)

DURING THE RACE

- Attend all three wave starts at on Monday evening: 800pm, 900pm, and 1000pm. Arrive at each start at least 30 minutes early to talk to runners and crews.
- Please don't scramble to do a lot of photography for the first few hours of the race. There is no rush, plus shots of long lines of runners do not indicate what this race is really about. Wait until the next morning, when the runners have spread far apart, to get your long shots of "the lonely runner." This will be on the way into Stovepipe Wells (huge sand dunes) and ascending Townes Pass (long shots with the "ribbon of highway" stretching out behind the runners).
- During the race, get gas, water, ice, and food in Furnace Creek, Stovepipe Wells, Panamint Springs, and Lone Pine: yes, in ALL of those places. Even though you're not driving far, you will spend a lot of time with the engine idling and the A/C running, which will burn a surprising amount of gas. You do NOT want to run out of gas, water, ice, or food at any time!
- The first night, after all the racers get underway, either stay up all night (like most people do) or stay in a room in Stovepipe Wells or Furnace Creek. But be prepared to be up early to see and photograph the runners at sunrise near the Mesquite Sand Dunes by Stovepipe Wells and on Townes Pass!

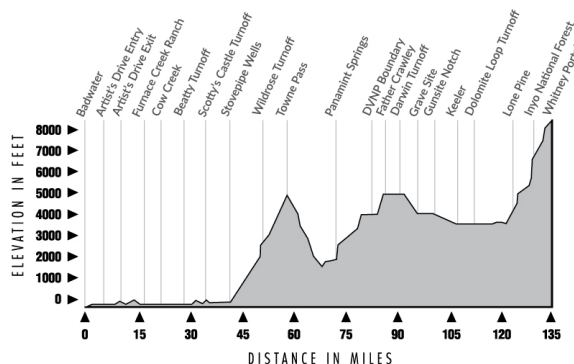
- Check in with Race HQ at the Dow Villa in Lone Pine at any time, or check the race webcast at <https://www.badwater.com/adventurecorps-presents-the-2024-badwater-135/> or timing database at <http://dbase.adventurecorps.com/> to inquire about the location any runner(s). NOTE: The winner could finish by 800pm on Tuesday evening! (We track runners at eight locations.)
- Get to the finish line early, well ahead of anybody you want to see finish. There is not much parking there, so you may have to park a half-mile away. Don't just show up at the last second, or you may not be able to park.
- Stay for as much of the race as you can; every entrant has an interesting story and the course is open for 48 hours (until Wednesday at 1000pm), which means the race is not over until about 24-26 hours after the winner crosses the line!
- Attend the pizza party on Wednesday evening in Lone Pine. Nearly all race entrants will be there with their crews. It's a fun occasion and another chance to interview runners.

JOURNALIST ETIQUETTE AND TIPS ON COVERING THE RACE

- Always drive at the speed of traffic. PLEASE, no driving slowly for photography or rolling interviews! We can not emphasize this enough.
- The CHP, Park Service, and Forest Service expect us, and you, to keep the road clear at all times. NEVER stop briefly, let alone park, on a roadway at any time!
- Always park with all four wheels to the right of the white line, fully off the road. Also, please note - and use - only the designated parking areas on the Father Crowley ascent (the climb beyond Panamint Springs.)
- When parking on shoulders and otherwise near the roadway, always park on the right side of the road, facing in the direction that the race is going. When taking photos or otherwise standing around on the race course, please look back up the road behind you, to make sure you're not blocking the view of other photographers or staff.
- Wear high-visibility clothing at all times (OSHA Class 3 garments, specifically) and pay attention to your surroundings. Never stand in the roadway.

PROPER RACE NAME AND SPELLING / WHAT TO DO AFTER THE RACE

- PLEASE refer to the race by its full, proper name: "Badwater 135" or "Badwater 135 Ultramarathon." Please note that "Badwater" is one word with only one capital letter, at the beginning. Also, Badwater® is a federally registered trademark.
- Contact us by email if you need images or video of the race. Nearly all images from the webcast will be available in high-resolution. If you want any of those images, email us the image number AND photographer name of the images(s) you want and we will email them to you.
- Please mail us a copy of what you publish, plus email us the link to the online version, if there is one. We will promote your race coverage via all our channels.



BADWATER ONE THIRTY FIVE

How NOT to Cover the Badwater 135 as a Journalist:



Photo above from 2002, and never repeated since!

No Driving on the Wrong Side of the Road.

No Driving Slowly Down the Road (i.e. no “tracking shots” as above)

Always Park With ALL Four Tyres RIGHT of the White Line on the right side of the road (in the direction of Lone Pine).

No “swarming” around runners and/or crews ON THE ROAD.

Do NOT block or impede traffic or race entrants, staff, or crew.

Park Legally and Properly at or near the Finish Line

- Get there very early. You may have to park ½ mile away!

Please note: Drones are ILLEGAL within National Park boundaries, and require a U.S. Forest Service permit at the finish line!

Press Credential Request: 2024 Badwater 135 (Please copy/paste and answer the questions, then email this to adventurecorps “at” gmail dot com.)

Your name:

Company / Publication / Network / Website which you represent:

Mailing address:

Email:

Phone number:

Date your story or production will be published or aired:

Size of your team that will attend the race (2-4 people and 1 vehicle maximum):

Focus of your story:

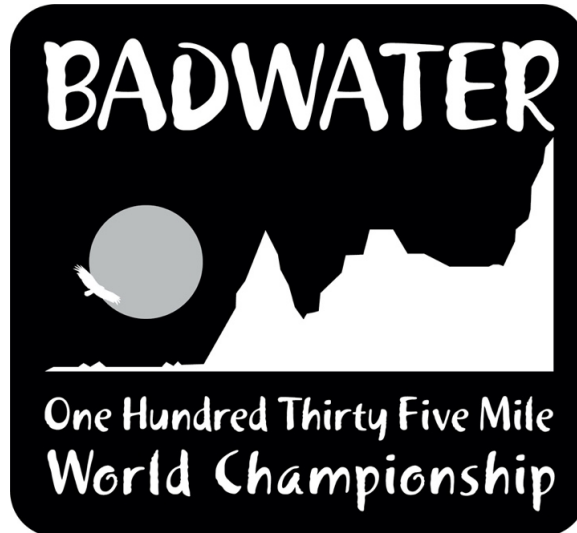
You will conduct yourself with proper decorum and etiquette during the event, to shed favorable light on the race and its entrants and organizers, as well as the setting of the race, and to send us a hard copy or link to whatever you publish or produce:

Please return this page, or the info requested, no later than July 14 to:

AdventureCORPS, Inc.
Chris Kostman, Race Director
638 Lindero Canyon Rd #311
Oak Park, CA 91377 USA

adventurecorps at gmail dot com

Thank you!!



Follow the 2024 Badwater® 135 online!

The 100 Badwater 135 competitors check-in for the race in Lone Pine on July 21, and then the race begins in three waves at 800p, 900pm, and 1000pm from Badwater Basin on Monday evening July 22. The course is open for 48 hours (based upon each wave start), until Wednesday evening, July 24.

Follow the 2024 time splits and results:

https://dbase.adventurecorps.com/results.php?bw_eid=103&bwr=Go

Follow the AdventureCORPS staff's live photostream on Instagram @BadwaterHQ: <https://www.instagram.com/badwaterhq/>

Follow the AdventureCORPS race staff's photostream archive on Flickr: <https://www.flickr.com/photos/adventurecorps/albums>

Follow the race on Twitter @Badwater: <http://twitter.com/badwater>

For the duration of the 2024 race (and permanently), everything will be linked from the webcast page on our website:

<https://www.badwater.com/adventurecorps-presents-the-2024-badwater-135/>

Download the July 2024 issue of BADWATER Magazine:

<https://www.badwater.com/wp-content/uploads/2024/07/2024JulyBadwaterMagazine.pdf>

Official pre-race press release:

<https://www.badwater.com/blog/2024-badwater-135-pre-race-press-release/>

Hashtags: #Badwater135 and #WorldsToughestFootRace