

Celebrating 40 Years of AdventureCORPS!

July 2024







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Front cover: Ashley Paulson + Aaron Hale + Kaylee Frederick + Keith Straw at the 2023 finish line.

All hand-drawn art within these pages courtesy Badwater athlete Rich Peers.

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L-R: The Kostman Family: Chris, Shelby, Keith, and Wayne. Keith heads up the Badwater 135 webcast each year and has supported Chris' events since 1985. Wayne and Shelby volunteered at more than 100 events that Chris produced from 1984 all the way to 2014, and Shelby continued helping through 2023. It was from these amazing parents - who took Keith and Chris on not one, but two, one-yearlong travels through Europe and North Africa during their childhood in Volvo station wagons - that the Kostman brothers learned their appreciation for travel, adventure, "foreign" cultures, languages, history, and so much more.

Welcome to the 2024 Badwater® 135 Ultramarathon, the 135-Mile World Championship globally known as the world's toughest foot race!

This year's race celebrates the 47th anniversary of Al Arnold's original trek from Badwater Basin to Mt. Whitney in 1977. Arnold, an ultrarunning pioneer, human potential guru, and health club manager, competed in a solo effort: it was just Arnold and his support crew against the elements and the clock. It took him three efforts before he was successful, having first attempted the route in 1974 and then 1975. It took four more years until Jay Birmingham also completed the course, in 1981.

The official head-to-head race began in 1987, with all four entrants finishing: Jeannie Ennis and Tom Crawford of the USA, and Eleanor Adams and Kenneth Crutchlow of the UK. The race has been held annually since then without serious incident and we are extremely proud of our safety record and the high esteem in which this race is held both locally and across the globe. We are equally proud that this event has become the de facto "Olympics of Ultra Running" with its incredible international appeal and participation.

As for 2023, sixty-three nationalities have been represented on the Badwater 135 finish line over the years. This year we expect as many as twenty-one flags will be carried proudly across the finish line!

I took the event over after the 1999 edition, so this year marks 25 years of AdventureCORPS producing this historic and legendary race. (I had been invited to compete in the 1991 Badwater 135 – when I was 24 years old and my resumé consisted of a long list

of ultra cycling races plus two Ironman Triathlons – but I ended up accepting a race directing job in British Columbia that summer instead. I have been organizing ultra-endurance events – and competing in them – for 40 years now, since I was in high school in 1984!)

It has been a privilege and an honor – and an epic challenge far surpassing anything I could have ever imagined – to organize and direct this race for the past 25 years. I humbly thank everyone, most especially the incredible race staff who make the magic happen each year. I bow deeply to the entire Badwater 135 race team.

I also enthusiastically endorse and thank our sponsors, Joe Nimble Footwear, Road ID, Fenix Lights, DeSoto Sports, and Lone Pine Chamber of Commerce, along with the drinks produced by Badwater Beverages.

Finally, we also thank our colleagues at Inyo County, the National Park Service, U.S. Forest Service, U.S Bureau of Land Management, California Department of Transportation, and California Highway Patrol – for their important and crucial roles in safeguarding the remarkable setting for this race and for helping to ensure that it runs smoothly, safely, and fairly.

Long live Badwater 135 and may the #BadwaterFamily remain forever strong!

Yours in sport,

Chris Kostman

Race Director and Chief Adventure Officer





By Chris Kostman

My brother Keith and I celebrated our mother Shelby's 87th birthday on April 15 this year, and eight days later, she joined our father Wayne in heaven.

Shelby Jeanne Stafsholt Kostman grew up in St. Paul, Minnesota, graduated from St. Olaf College in 1959, and moved to southern California with our dad to teach for the Azusa Unified School District. From 1959 to 1995, she taught consumer economics, marriage and family, child development, fashion, interior design, nutrition, cooking, and other life skills. Along the way, she earned three masters degrees. In retirement, she was active in the women's philanthropic group PEO, and led two quilting groups, one for 12

years and one for 25 years. Mom was also a life-long Lutheran and very proud of her Minnesota roots and Norwegian heritage.

She was a master quilter, an artist in the Rosemaling style, and could design and create absolutely anything and everything from fabric and thread. She was a voracious reader, a life-long learner, and her two most favorite and powerful phrases were "Only boring people get bored" and "Help me to understand..."

Mom led an absolutely remarkable life, traveling the seven continents with our dad, and - as an educator for 36 years - made an indelible impact on literally thousands of people, but on none more than Keith and me.

Keith and I won the lottery when it came to our parents, two wonderful, supportive,

loving, encouraging human beings who took us across Europe and North Africa for literally an entire year - twice - while growing up, and supported all our endeavors and activities in life all the way to the end. (My parents worked at more than 100 of the 170 endurance sports events I have hosted, and mom was on hand to support Badwater 135 in 2023.)

Her life, her strength, her love, and so much more will live on through my brother Keith and me, my niece Thalia and nephew Dylan, my Uncle Jon, and all her family, friends, colleagues, and students.

Bon voyage, Mom! Say "Hi" to Dad for us! We love you both!



ADVENTURECORPS AT 40 YEARS— A PERSONAL AND PROFESSIONAL HISTORY

Founded in 1984 by yours truly, 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. In all, AdventureCORPS and I have now produced more than 170 endurance sports events!

But how did this all get started?

Please indulge me a little bit as I take you on a trip down memory lane, as it was 40 years ago that this whole AdventureCORPS enterprise began, which led to my taking over the Badwater Ultramarathon 25 years ago!

(And now I will somehow boil 40 years of history down to about 2000 words!)

I got my start early in ultra sports as an athlete and as an event organizer. I was a junior at Glendora (CA) High School in 1984 when my journey began. As fate would have it, I was inspired by the "Race Across America" bicycle race – begun in 1982 - and I was mentored by its founder, John Marino, the "godfather of ultracycling." (I met him in the fall of 1983; he saw something in me and took me under his wing.)

I set the first ever world ultra cycling record for riding against the clock from San Francisco City Hall to Los Angeles City Hall on April 17-18, 1984. At age 17, I put together the route, solicited sponsors (racing bike, clothes, shoes, helmet, nutrition products, and cash), marketed the event, got media coverage, and organized the support. Now four decades later, I offer my special thanks to my first supporters in this endeaovour: my support crew comprised of my parents Wayne and Shelby Kostman and my friend Doug Campbell. I was also accompanied by a Race Official from the Ultra Marathon Cycling Association, Mark Straley, who oversaw and certified my effort. I covered the 472 miles in 32 hours, 13 minutes. I had set a record, and I had produced my first event!

A month later John Marino put me to work on the race staff of his 750-mile Race Across America qualifying event, the John Marino Open. I was literally learning about organizing ultra sports on the open roads of America from the master, the man who invented the



1984: Age 17, at Los Angeles City Hall, after cycling the 472 miles from San Francisco in 31 hours, 31 minutes. The birth of AdventureCORPS!



1984: Age 17, yours truly on left, with my mentor John Marino (far right) and two other race staff working at the the 750-mile 1984 John Marino Open.

whole idea. It was a privilege, and I was over the moon. Still 17, I had now worked at my first professional event, and the wheels were in motion for what would transpire over the next forty years.

As records are meant to be broken, my SF-LA record was shattered just one week after I had set it. Not to be outdone, I broke it back a year later on my 18th birthday in 1985, with a time of 22 hours, 38 minutes. (My brother Keith was on the support crew that time!) A month after that – and two weeks before graduating from high school – I placed 12th in the 750-mile John Marino Open, and and qualified to enter that year's Race Across America.

In that summer of 1985, I was preparing to head off to U.C. Berkeley. I was not quite ready for the transcontinental race, so Marino recruited me for his race staff. I had the front row seat and the most pressure-filled job – outside of Marino, the Race Director – as I oversaw Jonathan Boyer, the first American to compete in the Tour De France just two years prior, and who would now win the 1985 Race Across America in world record time. Over those nine days I barely slept between Huntington Beach and Atlantic City as I kept a watchful eye on Boyer and his crew, and dealt with law enforcement officials, race route detours, inclement weather, and the effects of extreme sleep deprivation on everyone from racers, to support crew and staff.

1986 was another year of heavy racing, another year in college, and another year as the lead race official at the Race Across America, and then in 1987 I entered as a competitor in the 3127-mile transcontinental race. Over 10 days, 23 hours, and 58 minutes I raced my bicycle from San Francisco to Washington, D.C., placing 9th overall and 3rd rookie at age 20, becoming the youngest finisher ever. This was the greatest experience of my life and completely changed my perception of what's possible. It was this which really put me on the path of providing others the opportunity to have that kind of life-changing experience!



1987: Age 20, with my support crew, at the Race Across America finish line (Brother Keith on the far left; Mom Shelby on the far right. My friend Doug Campbell - to my left, holding a camera - is on the Badwater 135 race staff this year!)

"Chasing the horizon" became my vision and motivation as I applied my endurance talents to more than cycling events. Immersing myself fully in the wide world of ultra sports, I competed in events as diverse as three 100-mile snowshoe running races on the Iditarod Trail across the Alaskan wilderness, the Triple Ironman triathlon in France, the 6.5-mile Skaha Lake Ultra Swim in British Columbia, the 10km Bridge to Bridge Swim in San Francisco, the Escape from Alcatraz Triathlon, six Ironman Triathlons, an Ultraman-distance triathlon in Vermont, the 100th anniversary Boston Marathon, and many other endurance races.

From that first year in 1984, and then throughout all these years of competing, I never lost sight of my true path and calling, and continued organizing events for others.





1993: Age 26, en route to finishing my first 100-mile ultramarathon foot race, on snowshoes on Alaska's Iditarod Trail, self-supported with just two checkpoints along the route.



1993: Age 27, sprint finish with Gunther Teichmann of Germany, after 78.6 miles of running (preceded by 7.2 mile of swimming and 336 miles of cycling) at the Triple Ironman distance "World Challenge of Endurance" in Le Fontanil, France. I became close friends with the organizers and joined their race staff as a French-English interpreter the next year.

This included working for prestigious organizations at the highest level, from the Race Across America, where I become a race director at age 22, to the Los Angeles Marathon, where I created a bike event to celebrate the tenth anniversary LA Marathon, convincing the Mayor of Los Angeles, Richard Riordan, to ride the event with a celebrity team that included Bruce Jenner, John Marino, and other sports luminaries.

As for Death Valley, I first went there in May of 1987 at age 20, but I wasn't there to tourist; I broke the record for a south to north to south double-crossing of Death Valley by bicycle. Somewhere there is a photo of me with my bike in the night at the Badwater Basin sign as I stopped there briefly for the photo op. (Little did I know how many more times I would return to that hallowed spot...)

Three years later in 1990, at age 23, I graduated from U.C. Berkeley with an archaeology degree, and entered the Berkeley graduate program. At this time, John Marino handed me the reins to the small ultra cycling race that would become known as Furnace Creek 508. From a humble field of just 25 racers that first year, I grew "The 508" to 249 racers at the final edition in 2013. It became the biggest and most influential ultra cycling event outside of the Race Across America.

Side note: I stayed at UC Berkeley for a total of ten years, earning multiple archaeology degrees and working on, or leading, expeditions to Pakistan, United Arab Emirates, Turkey, and Egypt.

Fun fact: In 1991 I was actually invited to compete in the Badwater 135! I had a long list of ultracycling races on my resumé, plus one Ironman Triathlon. At the same time, I was offered the chance to direct a three-day ultra triathlon stage race in British Columbia. I chose the meager paycheck – and the chance to live in the Okanagan Valley for the summer – over the chance to run Badwater 135. (To a large degree, I regret that choice, but that's another story. Life is a learning experience.)

In 1999, the opportunity to take over the Badwater 135 Ultramarathon presented itself, when the Hi-Tec Sports USA shoe company – which had organized the race since its second edition in 1988 – decided to get out of hosting running events and had also stopped producing "Badwater"-branded shoes. They invited me out to come spectate the 1999 race and be introduced to the competitors as the new organizer.

Incredibly, under the Hi-Tec corporation, there was no Badwater website, no known path to entry, a race staff of literally just two people, no timing checkpoints, no medical support, no race officials, no webcast, and no media coverage. (I know, it's hard to believe, given the millions of dollars potentially behind it! But the race really only existed as a means to market shoes.)



2000: Chris with Angelika Castaneda - 1999 Badwater 135 + 1999 Furnace Creek 508 finisher - at the 2000 Badwater 135.

In 2000 I embarked on my journey of hosting the world's toughest foot race: It was this year that the giant, multi-million dollar, multi-national company handed off the event to one guy working from his laptop on his tiny kitchen table in an even tinier apartment.

I was that one lone guy, who worked my butt off and had learned a heck of a lot about hosting races on the open roads of North America over the previous 15 years. I had also steadily built up a team of seasoned ultra sports veterans who loved working at these amazing events. It was my mission to give this event the world-class production – and international exposure – that it deserved.

And so it was that this small race of about 25 mostly American runners would begin to rise from obscurity to become the absolute pinnacle event in the world of ultra running.

The very first Badwater 135 hosted by us at AdventureCORPS was in July of 2000. No foreigners had won the race since the first edition in 1987, but in 2000 the top five finishers were from Russia, Slovenia, Japan, Russia, and Russia. With sixty-nine runners representing 11 nations on the start line, 49 finished officially, while both the men's and women's course records were shattered by Russian amateur runners. The modern era of Badwater 135 had begun!

A decade went by and the event began to evolve into what it is today. Each year, it got bigger, more international, more coveted, and more competitive. Today the Badwater Family is stronger, bigger, and more diverse than ever: The roster each year features runners from 20 to 25 American states, and representing 20 to 25 nations. It's been won overall by women three times. Runners from 18 to 77 have finished, as have blind runners, deaf runners, runners with prosthetic legs and arms, and runners from sixty-three nations have taken their finisher buckles back to their homeland!

There is just one continuous glaring problem each year as the Badwater 135 Application Review Committee sends out invitations: We can only invite 100 athletes to compete!

This found me pondering how to share the Badwater experience with more athletes and from a broader base. And so, Badwater Salton Sea, born in 2013, and Badwater Cape Fear, born in 2014, came to fruition as a way to grow the Badwater brand, experience, and family.

Last year we celebrated ten years of Badwater Salton Sea, an 81-mile team ultra event like no other on the planet and a "mini" Badwater 135 in terms of low-to-high geography, extreme weather, and mandatory support crew.



2015 Badwater Salton Sea - the Team Ultra.

And this year we celebrated ten years of Badwater Cape Fear, our "(B)east Coast Badwater" race in North Carolina which has become our new home and at which many now well-known Badwater runners have launched their careers on the 50km or 51mi race course.



The 2019 Badwater Cape Fear gets under way.

These sister races have quickly become must-do races with their own individual identities and reputations, while sharing the three main hallmarks of all Badwater races:

- A dramatic, gorgeous location which most people wouldn't otherwise visit.
- 2) Top level competition with a diverse race field from all over the USA and across the globe, but with intentionally small fields to encourage both camaraderie and time alone on the race course to facilitate what I call "exploring the inner and outer universes."
- 3) The highest level of professional event production with an exacting eye for detail and a laser focus on the athletes first and foremost while working in close collaboration with local partners.

Badwater went virtual in 2021 and the response has been phenomenal ever since! As other virtual races came and went, Badwater 267 VR has flourished and become The Badwater Way to start the New Year, laying down a foundation for a season of success. The virtual experience is fun and interactive while bringing all three Badwater race courses to life, and the private Strava Club provides an awesome venue for the growing Badwater family to build camaraderie.

It was my background in archaeology and love of travel, history, languages, and "foreign" cultures that eventually led to AdventureCORPS launching international events under the Badwater banner. These included Badwater Presents Mustang Trail

Race in Nepal in 2015, an eight-day trail stage race held in the little-known Mustang region of Nepal at elevations from 10,000 to 14,500 feet (3000-4500m.) My brother Keith and I even got to participate in Nepal!



The competitors - including Chris Kostman - gather at the start line of the eight-day Mustang Trail Race in Nepal.

The following year, 2016, I was hired by Explore China to help develop and co-race direct the inaugural Badwater Presents Mt. Gaoligong Ultra in China. Held in the Yunnan Province of southwestern China, this was a 104-mile (168km) mountain trail ultra through history and time. It was a remarkable experience.



Chris Kostman and his fellow race staff at the conclusion of the 2016 Mt. Gaoling Ultra.

Many of you know I spent five years developing a six-day stage race across the Republic of Artsakh, a place and people that will always be close to my heart. Sadly – with runners from ten nations set to compete – the inaugural event in 2020 was canceled due to Covid. And then, horrifically, a war perpetrated by Azerbaijan led to the forced displacement of 120,000 Armenians from their homeland, a travesty of the grandest scale. Artsakh is no longer, and the "Artsakh Ultra" will never come to life.



The "We Are Our Mountains" sculpture in Stepanakert, Artsakh was featured on the Artsakh Ultra buckle.

From those starry-eyed beginnings in high school, forty years have largely flown by, but I have not lost my drive "to seek and share adventure." I'm excited to add the new Cape Fear Marathon & Half to our AdventureCORPS event calendar this October, I am starting work on a brand-new overseas stage race, and I've got my sights set on celebrating the 50th anniversary of Al Arnold's Badwater to Mt. Whitney run – and the 40th anniversary of the Badwater 135 – in 2027. I guess I'm a lifer when it comes to making these experiences come to life!

I hope you will continue to "chase the horizon" with me and the entire AdventureCORPS event staff – the heroes who help bring each race to life – in 2024 and well into the future!

Thanks for indulging me... and I will see you "out there"!

Chris Kostman



Chris and some of the race staff during the 2022 Badwater Salton Sea.



Chris and some of the race staff at the conclusion of the 2023 Badwater Cape Fear.



Chris with racers, crew, and staff at the 2023 Badwater 135 pre-race meeting.



The Official Charities of AdventureCORPS include the Challenged Athletes Foundation, Major Taylor Association, Death Valley Natural History Association, and Bald Head Island Conservancy. A primary goal and purpose of our events is to raise funds for, and awareness of, these wonderful and important organizations.



Since 2002, the original Official Charity of AdventureCORPS has been the **Challenged Athletes Foundation**. One of the goals of our events is to raise funds for, and awareness of, this wonderful organization.

The Challenged Athletes Foundation was created on the belief that people of all abilities should have the opportunity to pursue a life full of physical activity and of sports. Be they recreational or in pursuit of a gold medal at the Paralympic Games, people with a physical disability are limited only by their access to funding.

Since 1994, CAF has raised over \$159 million and more than 44,000 funding requests from challenged athletes in all 50 states and over 70 countries supporting 104 different sports have been satisfied. Whether it's a \$2,500 grant for a handcycle, helping underwrite a carbon fiber running prosthetic foot not covered by insurance, or making the introduction to a mentor who has triumphed over a similar challenge, CAF provides those with the desire to live active, athletic lifestyles every opportunity to compete in sports and physical activities.

Eighty cents of every dollar raised by CAF provides funding and programs that get challenged athletes into the game. (CAF has a Four-Star rating by Charity Navigator.)

Since 2002, AdventureCORPS has raised over \$450,000 for CAF, and AdventureCORPS athletes have raised equally impressive sums! We are nearing one million dollars raised for CAF!

Website: www.challengedathletes.org



The Bald Head Island Conservancy was founded on Bald Head Island, NC in 1983 with a focus on barrier island conservation, preservation, and education. The Conservancy sponsors and facilitates scientific research that benefits coastal communities and provides numerous recreational and educational activities to the public. In coordination with various organizations, partnerships, and collaborations, the Conservancy has led the nation in conservation and research efforts and is uniquely poised to become a leader in Barrier Island Conservation world-wide.

Badwater fans and race participants will appreciate that BHIC cares for the pristine setting for the Badwater Cape Fear race route and its role as a sea turtle nesting site and sanctuary. The Conservancy also serves as the host and finish line for our event. As such, our goal is to annually raise \$10,000 to purchase one of the special UTV vehicles which BHIC uses to patrol the beach and care for sea turtle nesting sites.

Since 2014, AdventureCORPS has made or facilitated more than \$125,000 in donations to the Bald Head Island Conservancy.

Website: www.bhic.org

Environment

AdventureCORPS events happen not in a human-made stadium, but in the real world "out there." We care deeply about the natural world for we are intrinsically linked with it and because we want to enjoy these events in their awesome natural settings for a long, long time.

As such, in 2008 we joined One Percent For The Planet, a growing



global movement of more than 5200 companies that donate at least 1% of their sales to a network of more than 6700 vetted environmental nonprofit partners across the globe. Therefore we donate at least 1% of total revenues (in other words, "off the top," not just 1% of profit) to environmental causes. This is in addition to all the work we do on behalf of, and donations we make to, the Challenged Athletes Foundation

and other non-environment-focused organizations. To date, we and our fellow One Percent members have invested over 635 million dollars in environmental nonprofit solutions through the 1% for the Planet network. Learn more at OnePercentForThePlanet.org.

In association with our membership in One Percent for the Planet, since 2008 we have supported **The Conservation Alliance**, an

organization which harnesses the power of businesses and outdoor communities to protect North America's cherished wild places and outdoor spaces.



Through the collective strength of the Conservation Alliance

membership – companies from a range of industries including outdoor industry, brewers, bankers, sportsmen, and renewable energy – solutions are championed – and financed by – C.A. members that balance the best interests of the land, water, wildlife, and people, as well as provide nature based solutions to climate change through the protection of key landscapes and ecosystems.

Since 1989, the Conservation Alliance has awarded over \$31.9 million in grants and helped protect over 82 million acres and 4,570 river miles, remove or halt 38 dams, purchase 22 climbing areas and designate five marine reserves. Learn more at ConservationAlliance.com

Besides The Conservation Alliance, our One Percent For The Planet donations have gone to Bald Head Island Conservancy, Death Valley Natural History Association, Los Angeles County Bicycle Coalition, Trails For Change NGO, American Rivers, Rails to Trails Conservancy, and yet other organizations.

Additionally, we have championed other environmental causes including the **Los Angeles County Bicycle Coalition**, a nonprofit organization with over 1,000 members that engages cyclists through



advocacy, education and outreach across the county. Founded in 1998, LACBC brings together the diverse bicycling community in a united

mission to improve the bicycling environment and quality of life for the entire region. In 2011, we donated \$10,000 to LACBC to initiate and sponsor the Jim Swarzman Memorial Membership Drive, an effort that brought \$23,000 into LACBC.

AdventureCORPS joined the **Death Valley Natural History Association** as a Life Member and began recognizing DVNHA as an Official Charity of AdventureCORPS in 2009. DVNHA is a non-

profit organization supporting education, research, and preservation in Death Valley National Park and Ash Meadows National Wildlife Refuge. Some of their efforts include DeathValley R.O.C.K.S. (bringing inner city kids to experience one of the largest outdoor classrooms in the world). Devil's Hole Pupfish



Recovery, Death Valley All Taxa Biological Inventory, plus they run the wonderful gift shops in the Park.

According to DVNHA, AdventureCORPS paid for "every need (sleeping bags, cooking fuel, transportation) for one Death Valley ROCKS school group (50-60 students, chaperones, and teachers) from 2009 through 2014." AdventureCORPS athletes have also supported this and other DVNHA causes! Additionally, through DVNHA, AdventureCORPS and our athletes donated \$5000 to support renovations at Death Valley National Park Visitors Center, as evidenced by five "donor tiles" are in the Visitors Center (one per \$1000 donation.)

Official Badwater Sponsors













AdventureCORPS is pleased to welcome the support of Joe Nimble Footwear, Road ID, Fenix Lighting, and De Soto Sports as Official Sponsors of Badwater. We also thank the Oasis at Death Valley, Stovepipe Wells Resort, Panamint Springs Resort, and Dow Villa of Lone Pine, the community of Lone Pine, CA, the County of Inyo, the Lone Pine Chamber of Commerce, and other generous companies and individuals who support Badwater 135 each year. Similarly we thank all of our community partners in Southport and Bald Head Island, North Carolina, as well as in Borrego Springs and Palomar Mountain, California.

2024 BADWATER 267 VR

469 Athletes Kicked off the New Year in Badwater Style!



For the fourth year in a row, Badwater 267 VR offered adventurous athletes across the globe the chance to kick off the New Year in a Badwaterly fashion!

This year, 469 athletes in 22 countries - and in 47 American states - took on this incredible 31-day, 267-mile epic Badwater event! Of those, 322 completed the event, a 68.7% finishing rate, which is lower than Badwater 135. World's Toughest, indeed!

Badwater 267 VR competitors had the 31 days of January to virtually and sequentially traverse the routes of all three Badwater® races – the 51-mile Badwater Cape Fear, the 81-mile Badwater Salton Sea, and the 135-mile Badwater 135 – for a total of 267 miles (430km) over 31 days. Competitors could run at their own pace, as often and as far as they wanted, wherever they lived, anywhere on the planet! (In this January event, treadmill running is also allowed, and there are also bike, swim, and multi-sport options with different distance requirements.)

As competitors progressed along the route, they were taken on a virtual tour of all three Badwater race courses. Besides cool graphics and descriptions of the different highlights and landmarks of each race route, there were links to videos and image galleries of the various Badwater events, inspiring stories from the various Badwater races, and much more to encourage everyone to keep moving forward towards their Badwater 267 VR finish line at Whitney Portal.

With massive interaction through a private and super fun Strava club and the #Badwater267VR hashtag on all social media, the excitement for Badwater 267 VR for the entire 31-day duration of January was absolutely off the charts!

It was such a pleasure to host the race and we are already planning and looking forward to the return of Badwater 267 VR in January of 2025! In fact, registration is already open.

For full race results and participant image galleries - and to register for 2025 - visit RunSignUp.com.

Thank you and congratulations to everyone who participated! And see you "out there" in January of 2025!

66

This entire community is so wonderfully compassionate and supportive. Yes... the Badwater 267 VR is hard but that's what makes it wonderful. A full month of grinding out kms with a bunch of other crazy people... it is totally my thing!"

- Jody Di Trolio

66

Thank you so much! This was an amazing challenge. It totally kicked my butt!! I know it is not supposed to be easy, but it was so worth it!!"

- Tammi Smith

66

Thank you, Chris, for making this event absolutely incredible! Loved learning about the routes & the history! I also love being a Badwater Finisher! It was a truly motivating way to start 2023. Thank you for all your hard work in making this the best VR experience.



- Arlene Margulis

66

There is no better way to start a new year than doing a long run $\frac{1}{2}$. Then another $\frac{1}{2}$, and another $\frac{1}{2}$...and so on... $\frac{1}{2}$...

- John Kilburn





We also have a new Cape Fear Marathon & Half on Bald Head Island on October 27, 2024, and will have a special award for those who complete both Cape Fear events in the same year! Registration is also at RunSignUp.com.

With 50km and 51-mile race options, Badwater® Cape Fear features a twelve-mile warm-up on the car-free, one-lane-wide roads and maritime forest trails of Bald Head Island, followed by either 19.5 or 39 miles of running on the wild and secluded sandy beach between Cape Fear and Fort Fisher. The race is held along the Atlantic Seaboard with spectacular views of the Frying Pan Shoals to the east and wild and undeveloped Cape Fear River marshlands to the west. Running this remote coast is a dramatic, invigorating, and inspiring manner in which to experience the Cape Fear region in all its grandeur!

This exquisite natural setting is the perfect antidote to the "real world" and a wonderful counterpart to the desert sands and mountains of Death Valley and Anza-Borrego Desert featured in the two West Coast BADWATER® races.

Bald Head Island and nearby Southport, NC (featured in the film "Safe Haven") are ideal vacation get-away spots for the entire family, located less than one hour from Wilmington, NC and its major airport with American, United, and Delta service. (Flying into Myrtle Beach, SC is another convenient option.) Due to the remarkable beauty and quaint southern charm of this area, as well as this impeccable, authentic BADWATER race experience, many Badwater Cape Fear participants are now making this race an annual pilgrimage!





Total Number of Participants: 1452 (430F / 1022M) **Total Number of Unique Entrants:** 1074

Total Number of Unique Finishers: 1047

Nationalities Represented:

Argentina: 1 Mexico: 5 Armenia: 2 Norway: 1 Australia:1 Philippines: 21 Canada: 20 Portugal: 1 Cayman Islands: 2 Singapore: 1 Colombia: 3 Spain: 1 Sweden: 1 Denmark: 1 Germany: 2 Turkey: 1

India: 4 United Kingdom: 15

Iran: 1 USA: 1366 Japan: 1 Venezuela: 1

American States & Territories Represented: 45

(Only Arkansas, Hawaii, Maine, North Dakota, Oklahoma, Utah, and Wyoming have NOT been represented at Badwater Cape Fear: We are offering a 50% discount to the first runner to register who lives full-time in each of those states!)

Hats Off to our Six- to Ten-Time Finishers!

- Bob Becker, Fort Lauderdale, FL, age 68-78, 10x consecutive finisher
- Gerald Tabios, Elmhurst, NY, age 44-54, 10x consecutive finisher
- Timothy Henderson, Sayville, NY, age 44-54, 9x finisher
- Kevin Delk, Greeneville, TN, age 32-41, 8x finisher
- Keith Straw, Malvern, PA, age 59-69, 8x finisher
- Sandra Buruss, Palm City, FL, age 42-49, 6x consecutive finisher
- Bethany Cazenave, Santa Rosa Beach, FL, age 54-61, 6x finisher
- Suzane Tulsey, Oak Island, NC, age 40-48, 6x finisher, 6x champion





HATS OFF TO BOB BECKER

OF FT. LAUDERDALE, FL, WHO HAS COMPLETED ALL TEN CONSECUTIVE BADWATER CAPE FEAR ULTRAMARATHONS!

2014, age 68, 51.4mi, 12:34:00

2015, age 69, 51.4mi, 11:20:00

2016, age 70, 50km, 6:58:00

2017, age 71, 50km, 7:27:00

2018, age 72, 51.4mi, 12:32:00

2019, age 73, 51.4mi, 12:37:00

2021, age 75, 50km, 7:59:00

2022, age 76, 51.4mi, 13:33:32

2023, age 77, 50km, 7:07:00

2024, age 78, 50km, 7:53:33



2024 Photo by Robert Lee / BeamCatchers.com





HATS OFF TO GERALD TABIOS

OF ELMHURST, NY-REPRESENTING THE PHILIPPINES - WHO HAS COMPLETED ALL TEN CONSECUTIVE BADWATER CAPE FEAR **ULTRAMARATHONS!**

2014, age 44, 51.4mi, 11:05:00

2015, age 45, 51.4mi, 8:28:00

2016, age 46, 51.4mi, 9:18:00

2017, age 47, 51.4mi, 9:52:00

2018, age 48, 51.4mi, 9:42:00

2019, age 49, 51.4mi, 10:29:00

2021, age 51, 51.4mi, 11:11:00

2022, age 52, 51.4mi, 10:17:00

2023, age 53, 51.4mi, 9:35:00

2024, age 54, 51.4mi, 11:19:00



takes place on April 26-28, 2025. Registration is open new at RunSignUp.com and we hope you will join us.

This remarkable event challenges teams of two or three ultrarunners - running together as duos or trios for the duration, NOT in a relay - to tackle an unimaginable traverse of Southern California deserts and mountains. The route covers 81 miles (130km) from Salton City (elevation 234 feet / 71m below sea level) to Palomar Mountain, the almost tallest mountain in San Diego County (elevation 5500 feet / 1676m.) Eight of the 81 race miles pass through Anza-Borrego State Park on an epic and steep single track trail from Borrego Springs to Ranchita, creating a race route which is a mix of road

acclaim. The twelfth edition - with a limit of 100 runners - is scheduled for April 26-28, 2025. Register now at RunSignUp.com.

Photo: (L) Eventual overall 2024 champions Team "Fool Around Find Out" (Michael Demarco and Jason Wheat) cross the Anza-Borrego Desert. Photo by Arnold Begay.

(R) Team Shushi, Armenian runners Aramik Khachatooryan and Hakoop Abnoos in 2024. Photo by Ian Parker.



Historical Data, Badwater Salton Sea, 2013-2024:

Total Number of Participants: 744 (241F / 503M)

Total Number of Unique Entrants: 530 **Total Number of Unique Finishers:** 456

Nationalities Represented:

Armenia: 3 Denmark: 4

Australia: 5 El Salvador: 1 Germany: 7

Belarus: 1 India: 3
Bolivia: 1 Italy: 3
Brazil: 3 Japan: 14
Canada: 21 Kenya: 1
Cayman Islands: 2 Lithuania: 1
Colombia: 1 Mexico: 9
Czech Republic: 2 Mongolia: 4

Netherlands: 1

Peru: 1 Philippines: 7

Poland: 2 Serbia: 1

Singapore: 1

Slovakia: 1

South Korea: 1 Sweden: 3

Switzerland: 3 United Kingdom: 19

USA: 618

American States Represented: 41

Hats Off to our three Seven-Time Finishers!

- Kevin Delk, Knoxville, TN, age 33-41
- Emily Ryan, Washington, DC, age 39-49
- Ray Sanchez, Sacramento, CA, age 46-57













Official Shoe of Badwater® joe-nimble.com









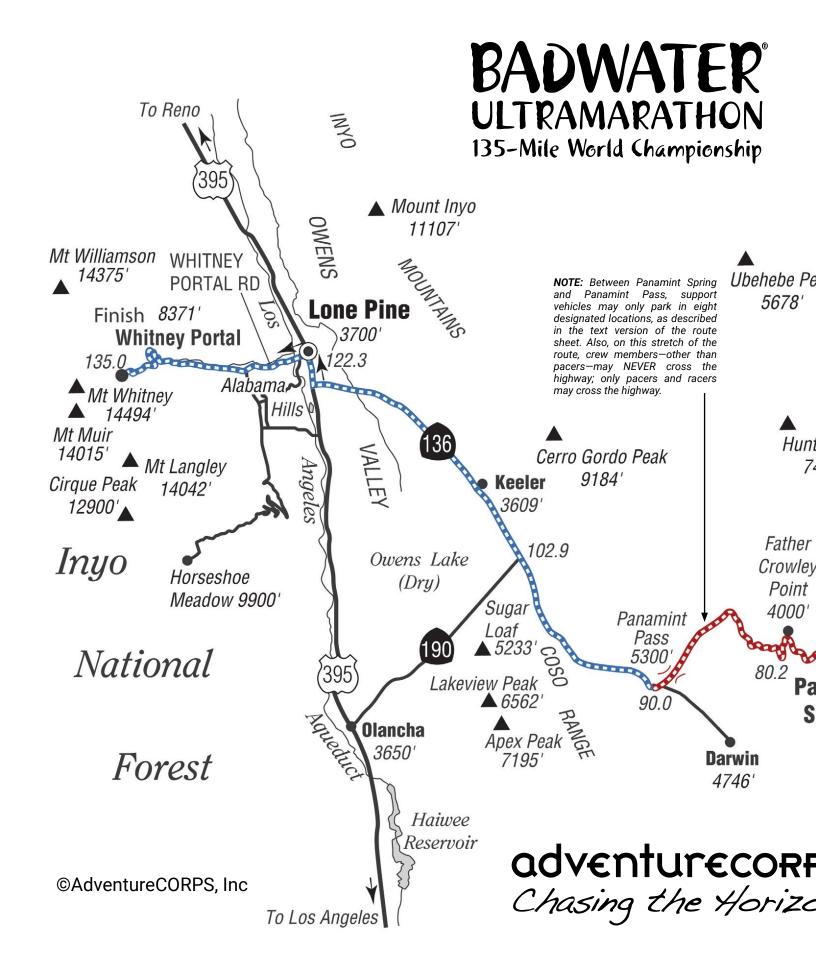
For tutorials, helpful tips, additional accessories, and the occasional chuckle: visit **roadid.com/help**.

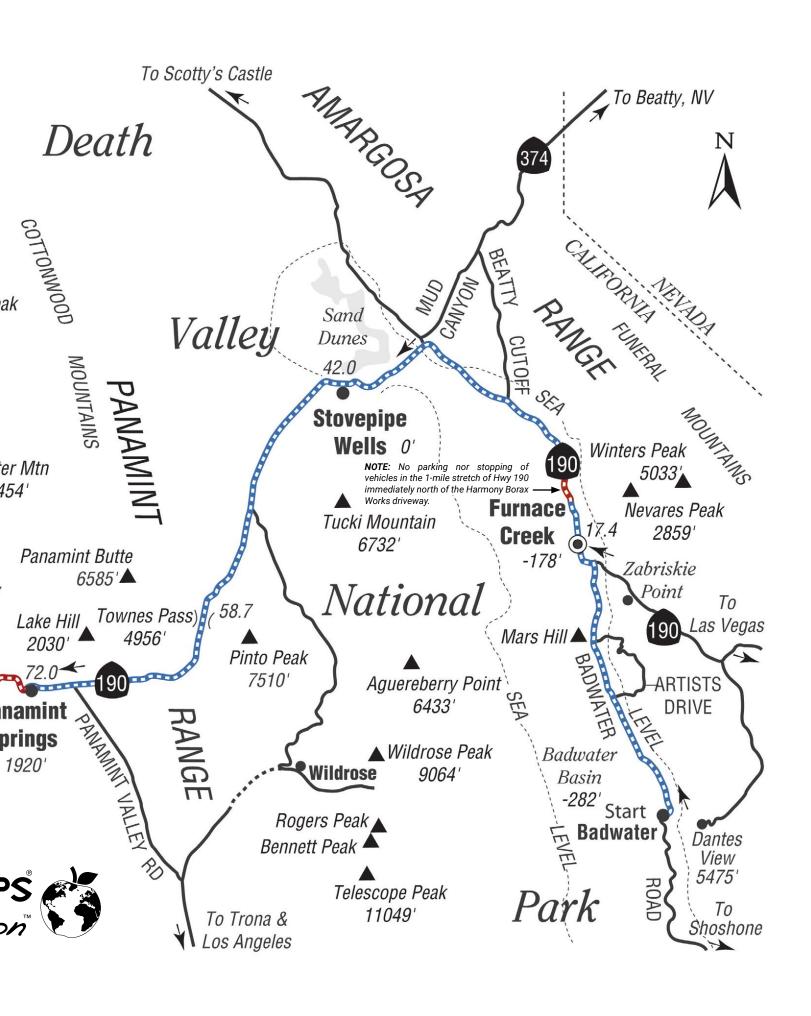
WE ARE THRILLED TO ANNOUNCE THAT ROAD ID WILL BE OFFERING AN EXCLUSIVE BADWATER 135 EDITION BAND AND ID FOR ALL PARTICIPANTS THIS YEAR!

Created in collaboration with race director Chris Kostman, this special edition features the topography of the course as it winds through the breathtaking and challenging landscape of Death Valley.

We hope that this personalized band and ID will provide peace of mind and motivation as you embark on your 135-mile journey, and also serve as a meaningful keepsake.

- Your friends at ROAD iD





2024 Badwater 135 Schedule of Events

SUNDAY, JULY 14

0900-1030: Online Pre-Race Meeting: ALL Competitors, ALL crew chiefs, and ALL crew members must view the Online Pre-Race Meeting. It will be archived for later viewing for those who cannot watch it live. A special code will be given out to prove it was watched.

NOTE NEW LONE PINE PRE-RACE and POST-RACE LOCATION: All Lone Pine activities on the schedule - unless otherwise noted - take place at the gymnasium at Lone Pine High School, 538 S Main St, Lone Pine, CA 93545. (East side of Hwy 395, in the south end of town. Park along Muir Street.)

SUNDAY, JULY 21

1230-1630: Competitor Check-In / Retail of Badwater Gear / Vehicle Inspection: Each Competitor and their designated Crew Chief must attend; all crew are welcome and encouraged to attend.

1700-1830: Pre-Race Meeting for All Racers + All Crew Chiefs: Each Competitor and their designated Crew Chief must attend; all crew are welcome and encouraged to attend, if space allows.

1830: Group Photo of All Competitors: 2024 Competitors Only: Please be ready to pose for the photo outside at the conclusion of the pre-race meeting!

MONDAY, JULY 22

Morning Rest & Relaxation; Vehicle Prep; Buy Ice and Supplies: Get your final shopping and preparations done, but also relax and rest while you can!

1030-1200: Retail of Badwater Gear

1100-1200: Optional Races Rules Review / Questions & Answers: We host an optional but helpful in-person meeting to review race rules and best crewing practices, as well as a Q&A session. Anyone may attend. If you want or need to know more this race, how to crew, or anything else, please attend!

1100-1200: Media Check-In and Briefing: All journalists / media / videographers / photographers must attend.

1200-1330: Private Staff Meeting

NOTE: Plan on a minimum of a 2.5-hour drive from Lone Pine to Badwater Basin! (Three hours is a better plan.) It's not a fast route, plus you may want to stop for photos, gas, supplies, to stretch your legs, or for lunch or dinner during the drive!

2000: 1st Wave Starts at Badwater Basin: ALL Wave 1 racers must check in at 1930.

2100: 2nd Wave Starts at Badwater Basin: ALL Wave 2 racers must check in no later than 2030.

2200: 3rd Wave Starts at Badwater Basin: ALL Wave 3 runners must check in and weigh in no later than 2130.

TUESDAY, JULY 23

0200: Furnace Creek General Store Closes. By special arrangement, the General Store at Furnace Creek will remain open on the first night of the race until 0200. Stop there to load up on plenty of ice, food, snacks, and drinks.

0330: Stovepipe Wells General Store and Gas Station Opens. By special arrangement, the General Store and Gas Station in Stovepipe Wells will open at 0330 during the first night (first morning) of the race. They have food, snacks, drinks, ice, and much more. Please support them, and stock up heavily!

1000: First Time Cut-Off. Deadline for ALL COMPETITORS, regardless of starting wave, to pass Mile 50.8 (2000' Elevation Sign, located 8.8 miles beyond Stovepipe Wells.) This is imposed by the National Park Service and is mandatory.

2000: Second Time Cut-Off. Deadline for ALL COMPETITORS, regardless of starting wave, to pass Mile 72 (Panamint Springs Resort.) Panamint Springs Resort has restaurant food, snacks, drinks, ice, and much more. Please support them, and stock up heavily!

2100: Approximate time for the First Racer to cross the Finish Line.

WENESDAY, JULY 24

0500: Third Time Cut-Off. Deadline for ALL COMPETITORS, regardless of starting wave, to pass Mile 90 (Darwin Time Checkpoint.)

Afternoon: Fourth Time Cut-Off: ALL COMPETITORS should pass Mile 122 (Lone Pine Time Station) within 42 hours of their own elapsed time, depending on starting wave.

1800: ALL Competitors are encouraged to complete the race by 1800 on Wednesday so that they can attend the post-race gettogether in Lone Pine. That equals a 46-hour completion for the 2000 wave Competitors, 45 hours for 2100 wave Competitors, and a 44-hour completion for 2200 wave Competitors. However – OF COURSE! - all Competitors have 48 hours to complete the course, based upon their starting wave time.

1900-2100: Post-Race Get-Together: Lone Pine High School, 538 S Main St, Lone Pine, CA 93545. Food and drinks will be served. No charge (up to four crew per competitor may attend).

NOTE: After the Post-Race Get-Together, many Competitors, support crew members, and staff continue their socializing and celebrating at Jake's Saloon at 119 North Main Street in downtown Lone Pine. Always drink responsibly.

2000 / 2100 / 2200: Course Closes for 1st Wave Competitors at 2000, at 2100 for 2nd Wave Competitors, and then at 2200 for 3rd Wave Competitors.

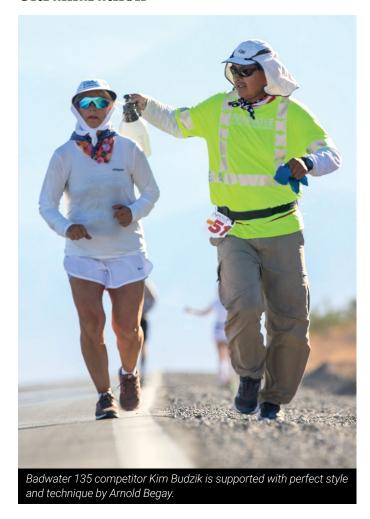
SUNRISE / **SUNSET** (July 4, using Ridgecrest for reference): Moonset: 0643 | Morning Civil Twilight: 0510 | Sunrise: 0540 | Moonrise: 2155 | Sunset: 2010 | Evening Civil Twilight: 2039 | Note: July 21 is the full moon.

PERMITS: This event is held under special use permits from the California Department of Transportation, Inyo National Forest, Death Valley National Park, and Inyo County, and is additionally overseen by the California Highway Patrol and Bureau of Land Management.

DRIVING DISTANCES:

Las Vegas Airport to Furnace Creek: 120 miles Los Angeles Airport to Furnace Creek: 270 miles Lone Pine to Las Vegas Airport: 225 miles Lone Pine to Los Angeles Airport: 220 miles

Medical Risks in the Badwater Ultramarathon



This 135 mile race is probably the most physically taxing competitive event in the world. It also has considerable medical risks. All runners and crews must appreciate these two facts both before and during the race.

Heat illness and heat stroke are serious risks. These can cause death, renal shutdown, and brain damage. It is important that runners and crews be aware of the symptoms of impending heat illness. These include: nausea, vomiting, headache, dizziness, faintness, irritability, lassitude, weakness, and rapid heart rate. Impending heat stroke may be signaled by a decrease in sweating and goose bumps, especially over the chest.

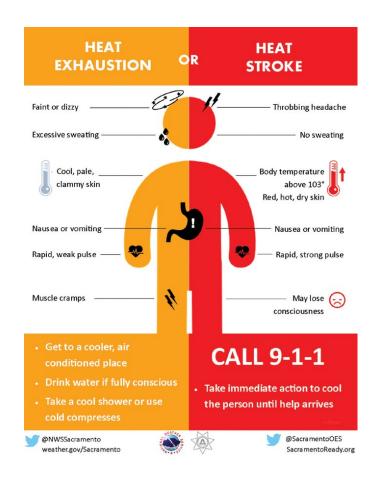
Heat stroke may progress from minimal symptoms to complete collapse in a very short period of time. Deaths and renal shutdown (kidney failure) have been reported in other ultra-marathons. Adequate conditioning is mandatory.

Adequate fluid and electrolyte intake is the most important preventative for heat illness. Runners may well require dozens of gallons of fluid during this race. Proper pace is crucial.

The high altitude plus exertion can also produce various degrees of altitude sickness. This can lead to severe lung and brain swelling, and even death. The main treatment is rest, and especially to get to a lower altitude.

Blisters are also a problem on this course, with pavement temperatures perhaps reaching 200 degrees. Proper foot care & preparation are essential for having a successful race.

Remember, you are responsible for your well-being while participating in this race. There are no aid stations. Know where your limits are and know your body. Your acceptance of invitation to this race declares that you are aware of the risks & potential health problems.





By Jason Hodde, MS, ATC/L

Running in hot weather can pose many dangers to ultrarunners. Although most runners are aware of the dangers of running for prolonged distances in hot and humid weather, many are also inadequately prepared for the intense stress placed on the body during these hot weather runs.

In July 2002, I participated in the 25th anniversary of the Badwater Ultramarathon, a 135-mile trek from the lowest place in the continental United States (Badwater Basin), through Death Valley National Park, and to the foot of Mount Whitney, the Whitney Portals, at an altitude of 8,360 feet (2,548 meters). The run was held in the middle of one of the most severe heat waves southern California has ever seen. In preparation for the run, I made sure my crew was aware of the signs and symptoms of heat illness, as well as how to treat me should problems occur. Here are some of the dangers of ultrarunning in the heat, and preventative measures that can be taken to avoid potential problems.

The Heat Index

The heat index is the apparent temperature felt by the body due to the combined effects of actual temperature and humidity. Most people understand that as the air temperature goes up, so does the heat index, but humidity also plays a role. As the humidity rises, the body is unable to efficiently evaporate the sweat it produces. Therefore, the perceived temperature is much higher than the actual air temperature. The loss of cooling efficiency thus makes exercise extremely dangerous.

Although it is convenient to use a single number to describe the apparent temperature your body feels, keep in mind that heat and humidity affect everybody differently. Several assumptions are made to calculate the heat index measurements in the table below. Specifically, the heat index assumes the body to be:

- 5' 7" (170 cm) in height
- 147 pounds (67 kg) in weight
- Caucasian
- At 98.6° F (37° C) body temperature

- · Clothed in long pants and a short-sleeved shirt
- · In shade
- · Walking at a speed of 3.1 mph (5 kph)
- In a breeze of 6 mph (10 kph)
- · Not dripping with sweat

Changing any of these factors can either increase or decrease the heat index from those shown in the table. Be aware that heat index values of over 100 significantly increase your risk of heat-related illness.

	Air Temperature (Degree F)										
	70	75	80	85	90	95	100	105	110	115	120
Relative Humidity	Heat Index										
0%	64	69	73	78	83	87	91	95	99	103	107
10%	65	70	75	80	85	90	95	100	105	111	116
20%	66	72	77	82	87	93	99	105	112	120	130
30%	67	73	78	84	90	96	104	113	123	135	148
40%	68	74	79	86	93	101	110	123	137	151	
50%	69	75	81	88	96	107	120	135	150		
60%	70	76	82	90	100	114	132	149			
70%	70	77	85	93	106	124	144				
80%	71	78	86	97	113	136	157				
90%	71	79	88	102	122	150	170				
100%	72	80	91	108	133	166					

Heat Illnesses

There are three major heat illnesses—and all of them can be exacerbated by ultra distance running and prematurely end an ultrarunner's race. In all cases, the main reason that runners experience heat illness is dehydration. If you replace lost fluids and electrolytes and are able to train your body to process a high volume of fluid in a short period of time, you significantly decrease the risk of experiencing these race-ending medical emergencies.

Heat cramps: Exercising in hot weather can lead to muscle cramps, especially in the legs. This is usually caused by imbalances or deficiencies in your body's electrolyte stores. A cramp is characterized by sharp, stabbing pain in the muscle and rarely works itself out on its own. On a training run earlier this year in Death Valley, many runners complained of cramps in their legs; I suffered from cramps in my diaphragm and had difficulty breathing for more than an hour! Cramps become less frequent with heat training, but for those of us unaccustomed to such extreme conditions, maintaining adequate hydration and electrolyte balance is critical to avoiding them. To eradicate cramps, you should stop running, drink fluids containing electrolytes, cool your body with wet towels, and immediately get out of the sun.

Heat exhaustion: Losing fluid and electrolytes through sweat leads to dizziness and weakness if the lost fluids are not replaced. Heat exhaustion is characterized by a moderate rise in body temperature, dizziness, nausea and vomiting, and a headache. You might also experience weakness, lack of coordination, heat cramps, heavier than usual sweating accompanied by moist and cold skin, and "goose bumps." Your heart rate may rise and you won't be able

to run as fast due to fatigue. Many runners—even those who are well trained—will suffer from mild heat exhaustion after running for several hours in hot and humid conditions. If you experience the signs of heat exhaustion, stop running immediately and drink fluids containing electrolytes, cool your body with wet towels, lie down and elevate your feet a few inches above your heart, and immediately get out of the sun. Since heat exhaustion can lead to the most severe form of heat-related illness, heat stroke, seeking prompt medical attention for heat exhaustion is also highly recommended.

Heatstroke: In extreme cases heat can upset the body's thermostat, causing body temperature to rise to 105 degrees F or higher. This is a life-threatening situation that requires immediate medical attention. While it is common for untreated heat exhaustion to rapidly progress to heatstroke, heatstroke can (and does) occur without the signs of heat exhaustion being apparent. Symptoms of heatstroke include lethargy and extreme weakness, confusion and odd or bizarre behavior, disorientation and unconsciousness. Because heatstroke is a complete failure of the body's temperature regulation system, sweating ceases and the skin becomes hot and dry. Convulsions or seizures can occur as the brain begins to shut down. Coma and death are also possible in extreme cases. Heatstroke is a medical emergency that requires immediate medical attention. Call the emergency response system immediately! Get the runner out of the sun, remove all clothing, and immediately rub their body with ice or immerse the runner in cold water.

By staying properly hydrated and recognizing the early warning signs of heat illness, as a runner you can prevent a heat-related problem from becoming a life-threatening situation. As a volunteer, recognizing these heat-related dangers may one day help you save the life of a runner who has underestimated the intensity of the surroundings.



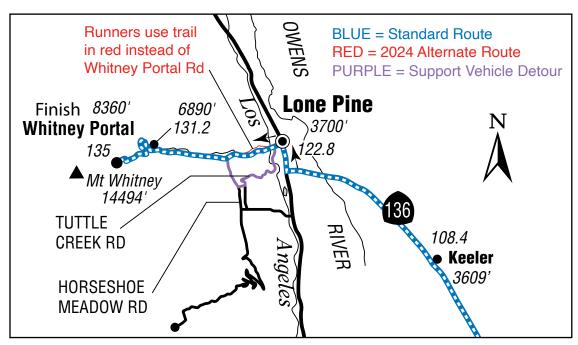
2024 Badwater 135 Official Race Route

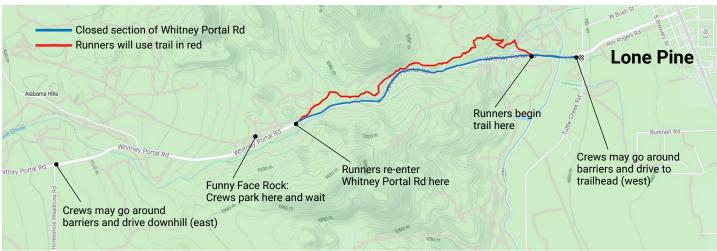
LANDMARK	Dist. (MI)	Ele. (FT)	MARKER
NOTE: TL = Traffic Light; SS = Stop Sign; T-Int = T-Intersection; Jct. = Junction			
Crews will be held for 5 minutes after each wave begins, then released in small batches.			
Wide Shoulder on Right: best place for first crew stop	2.6 to 3.4		
Natural Bridge turnoff on R (PACERS MAY JOIN AGE 65+ RUNNERS HERE)	3.5	-170	MM 13
Wide Shoulder on R.	3.9		
Wide Shoulder on R.	4.5		MM 12
Devil's Golf Course on L.	5.6	-165	MM 11
Wide Shoulder on R.	6.5		MM 10
Artist's Drive entry on R.	8	-165	
West Side Road on L.	10.6		MM 6
Artist's Drive exit on R.	11.7	-70	
Mushroom Rock on R.	12.1	-170	MM 5
Unmarked Road on R.	12.8		
Golden Canyon on R. (45 MPH) (TOILET)	14.5	-165	MM 2
Jct. Hwy 190 & Badwater Rd. (SS): Go Left onto 190 north (Phone Service Begins)	16.5	0	
Watch Speed Limits! (Don't be like that Aussie team in 2015!)			
Timbisha Shoshone Reservation on L. (35 MPH)	17.2	-140	
The Oasis (Furnace Creek Ranch) on L. General Store open until 200am (TOILET)	17.5	-165	
It is CRITICAL to stock up on water, ice, and snacks, plus real food for the crew!			
Park in lots, not along the road, throughout Furnace Creek!			
Furnace Creek Fuel on L. (Time Checkpoint #1) ICE IS ALSO SOLD HERE (TOILET)	17.7		
Dumpsters available to dump garbage at Gas Station.	.,,,		
Park Service Visitor's Center on L. (Please use running path on left of roadway)	17.8	-165	
Furnace Creek Campground on L.	18.2	-170	
Harmony Borax Works on L. Park here and let runner run one mile ahead (45 MPH)	19.1	-170	
NO STOPPING, SLOWING, or PARKING NEXT 1 MILE! Drive to beyond curves!	19.1 to 20.1	-100	
Parking allowed beyond curvy section, where safe.	20.1	100	
Cow Creek on R. (60 MPH)	20.8		
1st Marathon	26.2		
Daylight Pass Rd. / "Beatty 30" on R.	28.4		MM 99.5
Salt Creek turnoff on L.	30.8		MM 97.5
Sea Level sign on L.	32.1	0	101101 37.0
"Summit" / end of rolling hills section	33.7	140'	MM 94.5
North Hwy / Scotty's Castle turnoff on R.	34.9	140	MM 93.5
Sea Level sign on L.	35.4	0	101101 93.3
MINIMAL PARKING NEXT 6 MILES! SOFT SHOULDERS. Do not get stuck in sand.	33.4		
Devil's Cornfield on R. / "Soft Shoulders 2 Miles" sign	36.3	-80	MM 91.5
Three Small Parking Areas on R. (Space for 2 cars each)	36.9. 37, 37.1	-00	IVIIVI 91.5
Devils Cornfield Sign and paved pullout on R. (Space for 4-5 cars only)	37.5		MM 90.5
	40.2	0	101101 90.5
			NANA 06 E
"CAUTION EXTREME HEAT DANGER" sign on L., facing opposite direction	41.8	0	MM 86.5
Stovepipe Wells Village Welcome sign: Gas / Food / Store opens at 400am!	42	0	
Time Checkpoint #2 & Medical HQ on L. by hotel courtyard & flag. (TOILET)	42.2		
(PACERS MAY JOIN RUNNERS OF ANY AGE HERE.)			
It's a long climb, and a long way, to Panamint Springs, 30 miles away! Be ready!			
It is CRITICAL to stock up on water, ice, and snacks, plus real food for the crew!			
Also, take advantage of the relatively low gas prices while you are here!			
Mosaic Canyon turnoff on L.	42.4	5	
Mile Marker 83.5	44.7		MM 83.5
1000' Elevation sign on R. (65 MPH)	46.9	1000	
Short downhill (Phones Service ends soon along the ascent of Towne Pass)	47.3		
DIP Sign on R. (Do NOT park in dips as you will be invisible!)	47.9		
DIP Sign on R. (Do NOT park in dips as you will be invisible!)	48.5		

LANDMARK	Dist. (MI)	Ele. (FT)	MARKER
2000' Elevation sign on L.: All competitors MUST pass this location before 1000am	50.8	2000	
Wildrose Station parking lot on R. (TOILET)	51.2	2450	
Please park neatly and use designated spaces. Do not park "haphazardly."			
Wildrose Turnoff on L.	51.4	2500	MM 76.5
2nd Marathon	52.4	2800	MM 75.5
3000' Elevation sign on L.	53.6	3000	
4000' Elevation sign on L. (Nice paved pullout on R., followed by a dip in the road.)	56	4000	
Approaching the summit of Towne Pass (35 MPH)	57.4		
Brake Check parking area on R.	58.9		
Towne Pass Summit sign on R. (Time Checkpoint #3 on L.)	58.9	4956	
"Downhill Next 9 Miles - 9% Grade" - Begin descent into Panamint Valley	59.6		MM 65.5
4000' Elevation sign on R. after large paved pullout on R. (55 MPH)	61.8	4000	
Check out the amazing view of Mt. Whitney! (100km mark!)	62	3500	
Paved pullout on L. (9% downhill grade)	62.5		MM 65.5
Gravel pullout on L.	63.7		MM 64.5
3000' Elevation sign on L.	64.1	3000	
Large gravel pullout on R.	64.9	2000	
Large paved pullout on L.	65.3		
2000' Elevation sign on L. (5% downhill grade) (65 MPH)	66.4	2000	
Panamint Dry Lake Bed, east edge; "Soft Shoulder" sign	68.5	1640	
Panamint Dry Lake Bed, east edge, Soft Shoulder Sign Panamint Valley Road to Trona / Ridgecrest on L.	70.2	1750	MM 58.5
· · · · · · · · · · · · · · · · · · ·			
Panamint Springs Resort: Gas / Mini Mart / Food / Hotel (35 MPH). (TOILET)	72.8	1970	MM 55.5
Time Checkpoint #4 on L. at resort hotel / restaurant, NOT at gas station			
All competitors must pass here before 800pm, Tuesday evening			
Free Showers and Flush Toilets here in "The Cottage" and across street at the campground!			
Get water, ice, snacks, and more (pizza, hot dogs, shakes, ice cream) at Gas Station / Mini Mart!			
Get REAL FOOD at the Panamint Grill Restaurant at the Resort!			
WARNING: Parking only allowed in designated locations for next 12.2 miles: follow odometer closely!			
Also watch for our "Badwater Parking Zone" signs.			
2000' Elevation sign on L. (55 MPH)	73.4	2000	
Darwin Falls turnoff on L. / "Rock Slide Area" sign on R.	73.8	2500	
Parking Allowed on R. in gravel pullout with yellow left arrow (1.7 from PSR) (25 MPH)	74.5		MM 53.5
Parking Allowed on R. in small gravel pullout on right (3.3 from PSR)	76.1		
3000' Elevation sign on L. (end parking allowed zone)	76.2	3000	
Parking Allowed on R. in large gravel shoulder on right (4.6 from PSR) (25 MPH)	77.4 to 77.6		
Parking Allowed in large gravel pullout on L. before left curve (5.3 from PSR)	78.1		
3rd Marathon at 25 MPH sign with sharp left curve arrow	78.6	3400	MM 48.5
4000' Elevation sign on L. (25 MPH)	80.7	4000	
Father Crowley's Point on R. (Toilet) Parking Allowed in lot (7.9 from PSR)	80.75	4000	
Please no sleeping on the ground in parking spaces! (TOILET)			
Parking Allowed in elevated gravel pullout via small drive on R. (8.8 from PSR)	81.6		
Parking Allowed in wide gravel pullout on R. (35 MPH) (10.5 from PSR)	83.3		
Summit (no sign) Parking Allowed in large gravel pullout on R. (12.2 from PSR)	84.9		
65 MPH sign on right, just beyond parking zone	85.1		
Support vehicles may resume parking wherever it is safe to do so from here onwards.			
Death Valley National Park sign on L. (65 MPH)	85.5	4200	MM 42.5
Saline Valley Rd. on R. (actual DVNP boundary)	86.5	4800	MM 41.
Adopt a Highway" sign on R.	88.7	,000	MM 39.5
Darwin turnoff on L.: Time Checkpoint #5	90.7	5050	MM 37.5
All competitors must pass here by 500am, Wednesday morning	50.7	3030	141141 07.0
	92.7		MMASE
Adopt-a-Highway sign facing opposite direction			MM 35.5
Talc City Road on R.	93.5	4100	
Gravesite on R. (white cross on elevated area)	96.9	4100	
"Rock Slide" sign on R.	99.9	4000	
Pass through narrow area known locally as "Gunsite Notch" (Phone Service Begins soon afterwards)	100 miles!	4000	
Jct. Hwy 136 & Hwy 190: Go straight / north onto Hwy 136 "Lone Pine 19mi" sign (65 MPH)	103.5	3935	

LANDMARK		Dist. (MI)	Ele. (FT)	MARKE
NOTE: TL = Traffic Light; SS = Stop Sign; T-Int = T-Intersection; Jct	: = Junction			
SOFT SHOULDERS NEXT EIGHT MILES: BE CAREFUL! DO NOT GI	ET STUCK!			
4th Marathon		104.8	3800	MM 16.
Pass Sulfate Road on L.		106.5		
"Point of Historical Interest" sign on R. (Keeler Cemetary)		108		
Keeler sign ("Population 50 /Elevation 3645") on R.		108.1	3645	
Cerro Gordo Rd. on R.: Time Checkpoint #6		108.4		
Adopt-a-Highway sign on R. after solar panel array		109.2		
Unmarked Cross-Street		110.7		MM 10.
Dolomite Loop Road on R.		113.3	3600	
Dolomite Loop Road on R.		117.7	3510	
Cross Owens River: View of Whitney Portal Rd. is straight ahead!		118.4	3500	
Jct. Hwy 136 & Hwy 395: Go Right / North (U.S. Inter-Agency Vi		121.1	3696	
WARNING: SPEED LIMITS DROP TO 25mph as you pass through				
Comfort Inn on R.	(45 MPH)	121.2		
Chevron / Lee's Frontier Deli / Mini Mart on L.	(TOILET)	121.4		
Best Western on R.	(35 MPH)	122.1		
Lone Pine City Limits sign on R.	(25 MPH)	122.4		
McDonald's on L.	(TOILET)	122.7	3610	
Dow Villa Motel on R. at 310 S. Main Street: Time Checkpoint #7	& Medical HQ (TOILET)	122.8	3610	
All competitors must pass within 42 hours of their individual wa				
All competitors with time penalties must "check in" and serve pe				
Portal Road (the only traffic light in Lone Pine): Go left / west / up		122.9	3610	
Tuttle Creek Road: Runner AND Support Vehicle go around barrie		123.4	3770	
Cross over the Los Angeles Aqueduct		123.5	3855	
Park in "Alabama Hills Recreation Area" lot on Right: See detailed	l instructions on Page 33	123.7		
Competitor + Pacer (optional, but recommended) enter Alabama	-		4200	
Support Crew and Vehicle: Drive around on the detour, as explain				
Competitor: Stay on the trail, going westbound, up and down, for				
Competitor: Rejoin Whitney Portal Road after 1.5 miles, contionu		125.2		
Competitor: Meet back up with support crew at "Funny Face Roc		125.1		
Movie Road on R.	()) /	125.9	4590	
WARNING: Park and Drive Properly! NO slow driving; NO stopping	g in roadway!			
Lone Pine Creek	•	126	4800	
Horseshoe Meadow turnoff on L.		126.3	5000	
Cuffe Ranch turnoff on R. / Valley View Road on L.		127.4	5100	
WARNING: Park and Drive Properly! NO slow driving; NO stopping	g in roadway!			
Whitney Vista Drive on L	,	127.7		
Olivas Ranch Road on L.		128.7	5300	
Former location of "Entering Active Bear Area" sign (but the bears	s are still here!!!)	129.5		
WARNING: Park and Drive Properly! NO slow driving; NO stopping				
Lone Pine Campground on L.		129.6	5700	
"Inyo National Forest" sign on R.		131.1	6400	
5th Marathon at Indian Creek Rd. on R.		131.2	7000	
		131.4	6890	
Time Checkpoint #8 in Large gravel pullout on R.				
Road makes a 180-degree switchback to L.		132.4	7215	
Vista Point on Left at large gravel pullout		133.1	7400	
"Campsites 39-44" and "Whitney Portal Recreation Area" signs	wise we addressed	134	7700	
WARNING: Park and Drive Properly! NO slow driving; NO stopping	g in roadway!	1040	0005	
Meysan Lakes trailhead on L.	10.00 - 6 1 1	134.2	8035	
Family Campground on L.: Support vehicles should drive ahead N		134.3	8100	
Overflow Parking Lot on L. (All crew may join runner here to cross	s tne finish line together.)	134.9	8200	

2024 Route Change at Lower Whitney Portal Road





A one-mile stretch of lower Whitney Portal Road - just immediately outside Lone Pine in the canyon area of the Alabama Hills - was destroyed in October 2023 in a flood. The plan is for the reconstruction to begin this month. The road is closed.

This year, Badwater 135 runners - with no more than one pacer - will bypass the destroyed road section on a trail that is just near the road, on the north side of Whitney Portal Road.

This change adds only about .2mi (.5km) and a few hundred feet of elevation gain compared to the standard route.

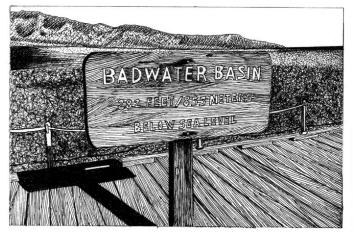
WHAT TO DO DURING THE RACE:

- As the competitors and support crews enter and pass through Lone Pine on the traditional race route, it is a very good idea to buy more ice, water, drinks, coffee, and real food for the upcoming ascent to the finish. See the Lone Pine Map and Guide on pages 38-39
- 2) Also be sure your runner is observed (timed) by the checkpoint at the Dow VIIIa. Then make the left turn onto Whitney Portal Road at the traffic light.

- 3) At Tuttle Creek Rd, go around the barriers to the "Alabama Hills Trail" Trailhead parking area on the right (north) side of the road. Park your car. Have supplies ready for your competitor and pacer.
- 4) Competitor and optional but recommended pacer enter the trail and follow it westbound 1.5 miles. The trail will go up and down, and will generally parallel Whitney Portal Rd. It will have extra markings to indicate the correct route.
- After the competitor and pacer leave, the support crew will follow the motor vehicle detour via Tuttle Creek Road and Horseshoe Meadow Road.
- 6) At the intersection with Horseshoe Meadow Rd. and Whitney Portal Rd., support vehicles may go around the barriers and drive downhill (east) to "Funny Face Rock" on the left. Park and wait here. When your competitor (and pacer) arrive, continue west like normal to the finish line!

Course Description

Badwater Basin, Death Valley (280ft / 85m below sea level), Mile Zero (Start Line)

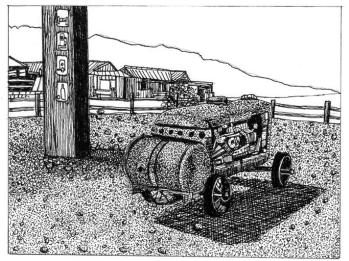


The race begins here adjacent to a pool of saltwater located at the lowest place in North America. There are toilets, but no other services.

Furnace Creek Ranch (170' / 51m below sea level), 17.5mi / 28.2km (Time Checkpoint #1)

The first oasis in our journey. Two hotels, gas station, general store, restaurants, camping, and ice are available. Stock up here on ice, water, food, supplies, and gas both before the race and when you pass through during the race!

Stovepipe Wells (Sea Level), 42.2mi / 68km (Time Checkpoint #2)



A general store, gas station, restaurant and motel. Location of the race's Medical HQ for most of first 15 hours of the race. It is critical that you stock up on ice, water, food, supplies, and gas when you pass through here during the race!

Towne Pass (4956' / 1511m), 58.7mi / 94.5km (Time Checkpoint #3)

From Stovepipe Wells, it's 17-mile long ascent with 5000' of elevation gain to the highest point of the race course. From the summit, it's a 10-mile long descent with 3000' feet of elevation loss into the Panamint Valley. On both sides, it's a steep and narrow road with limited opportunities to park. Support vehicles, crews, and runners must be cautious and extra aware of the traffic.

Panamint Springs Resort (2000' / 610m), 72.7mi / 117km (Time Checkpoint #4)



Gas station, mini-mart, plus restaurant and motel. We rent out "The Cottage" as a way station for any and all race entrants and crews to use during the race: Bring your own towel, soap, and shampoo and make a big effort to keep the room and bathroom tidy. After passing Panamint Springs, a long, steep climb follows on a steep and narrow road with limited opportunities to park. Support vehicles, crews, and runners must be cautious and extra aware of the traffic, and ONLY park in the eight designated parking zones between Panamint Springs Resort and unmarked "Panamint Pass" at mile 84.9.

Father Crowley's Turnout (4000' / 1219m), 80.65mi / 130km

The bathrooms and parking lot that designate this viewpoint are not the top of this ascent, though you may hope so. The road continues to rise to 5000' / 1524m over rolling hills, then eventually descends into the Owen's Valley.

Darwin Turn-Off (5050' / 1540m), 90.6mi / 146km (Time Checkpoint #5)

There are no services here, but just a few miles to the south of our route is the small inhabited ghost town of Darwin, the website for which touts "NO broadcast TV; NO AM/FM radio, NO cell signal; NO stores; NO restaurants." The Darwin time station is where the race usually starts to get serious for all entrants. Look for "gunsite notch" about 9.3 miles ahead to indicate your 100-mile mark! The generally flat or slightly downhill stretch ahead can be tedious and demoralizing; Mt. Whitney is visible ahead and never seems to get closer!

Keeler (3610' / 1100m), 108.1mi / 174km (Time Checkpoint #6)

This is a small mining town with no facilities which abuts the Owens Dry Lake Bed on the left of the highway. Amazing views of Mt. Whitney and the Sierra Nevada abound. A dirt road to the right ascends to Cerro Gordo, an authentic ghost town high in the mountains.

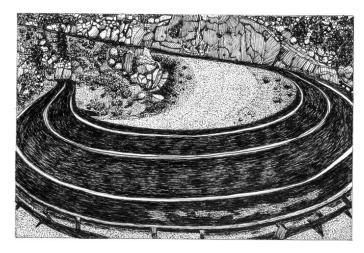
Lone Pine (3610' / 11km), 122.7mi / 197.5km (Time Checkpoint #7)

Lone Pine offers the weary runner and crew all the amenities of a real town: café fare, fast food, pizza, restaurants, motels, gas stations, a grocery store, and much more, not to mention our Race Headquarters at the Dow Villa. Restock here for the climb to Whitney Portal as there no services after Lone Pine. Turn left onto the Whitney Portal Road to begin the final leg, the longest and steepest climb of the race (13 miles or 21km with 5000 feet or 1524m

of elevation gain). Temperatures will steadily decrease during the ascent (though depending on time of day). As you ascend Mt. Whitney, be sure your support vehicle is always parked completely off of the road and that you do not block traffic, not even for a moment.

Portal Road / Base of the Switchbacks (6890' / 2100m), 131.1mi / 211km (Time Checkpoint #8)

After the turn from Hwy 395 in Lone Pine, it's 8.3 miles or 13.4km to the final Time Checkpoint, located at the start of the switchbacks. For nighttime finishers, be prepared with extra layers of clothing; at night it can approach freezing temperature. The Portal Road is steep and very narrow: please drive and park extra carefully all the way to the finish!

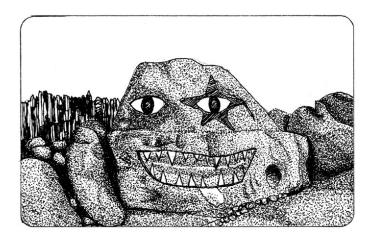


For more of Badwater athlete Rich Peer's art, follow his Instagram @RichPeersArt

Mt. Whitney Trailhead, (8360' / 2548m), 135mi / 217km

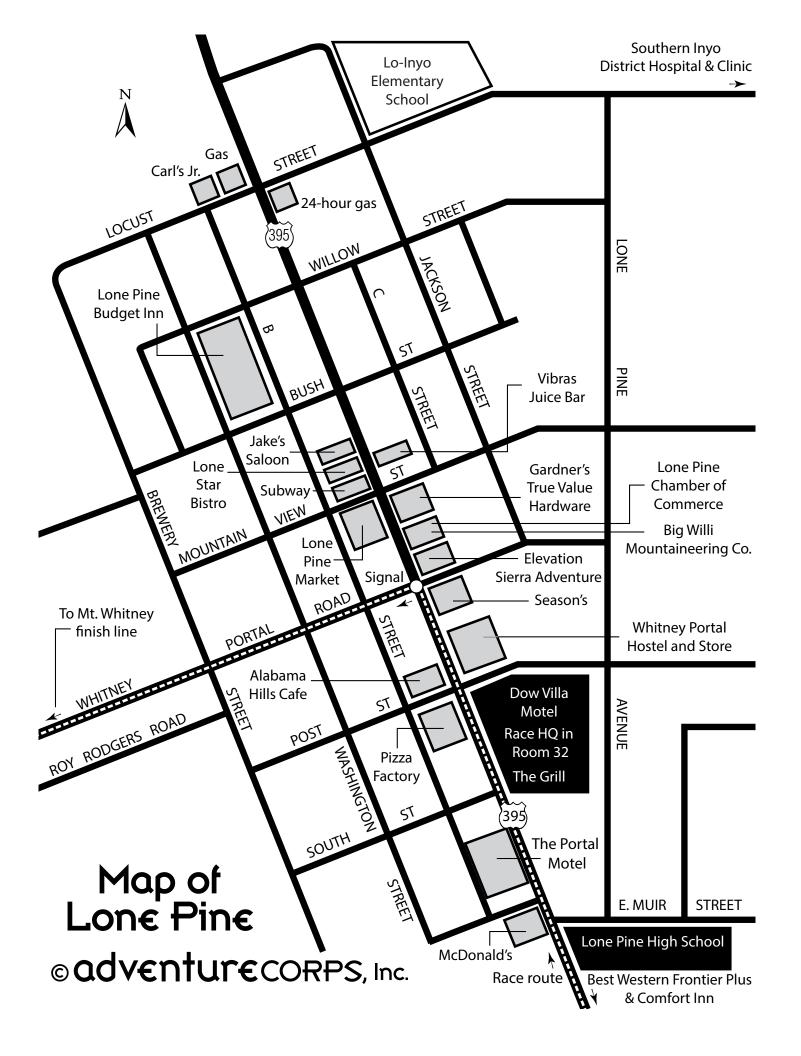


Congratulations! You have finished The World's Toughest Foot Race! A small burger shack / shop are open during daylight hours. There is also a stocked fishing pond and a campground (because, of course, after running 135 miles, you really want to go fishing and camping!).



TOILET LOCATIONS ALONG THE ROUTE

- 14.5 Golden Canyon (top end of parking lot; right side of road)
- 17.6 Furnace Creek Gas Station (left side of road)
- 40.2 Sand Dunes Parking lot (right side of road)
- 42.2 Stovepipe Wells Gas Station (right side of road, and at the hotel on the left)
- 51.2 Wildrose Station (parking lot on Towne Pass; right side of road)
- 72.7 Panamint Springs Resort (left side of road)
- 80.6 Father Crowley's Point (right side of road)
- 121-122.8 Various locations along Hwy 395 in Lone Pine (restaurants and hotels)
- 135 Mt. Whitney Portal / Finish Line



Lone Pine: Quick Reference to the Most Popular Places for Badwater Folks

Lone Pine is located at Mile 122 of the Badwater 135 race route and is an important hub of activity before, during, and after the race. Located at 3727 feet (1136m) at the foot of Mt. Whitney and with a population of just over 2000 friendly people, it is a wonderful and appealing destination year-round and particularly important to the success of the Badwater 135.

Lone Pine meets every need, from great food to comfortable hotels, plus all enjoy the Post-Race Get-Together at the school, followed later by the traditional social hour(s) at Jake's Saloon. We hope you enjoy the town, spend lots of money there, and let everyone know how much you enjoy racing in their back yard!

Many Badwater 135 runners and crews buy race equipment and supplies at True-Value Hardware or Whitney Portal Hostel and Store, groceries at Lone Pine Market, purchase moderately priced gas in town, and/or excellent coffee, snacks, and sandwiches at Lone Star Bistro, get an excellent meal at The Grill or enjoy fine dining at Seasons Restaurant.

During the race, many support teams will go into town to pick up coffees and more at Lone Star Bistro, pizza from The Pizza Factory, to-go food from The Grill or Lee's Frontier Deli, or for ice, water, & groceries.

<u>Motels / Hotels</u> (Not a complete list! See LonePineChamber.org for more listings!)

Best Western Frontier Hotel

1008 S Main Street 760-876-5571

Comfort Inn
1920 S Main Street 760-876-8700

Dow Villa Motel

DOW VIIIA MIDLEI

310 S Main St (*Race HQ*) 760-876-5521

Portal Motel

425 S Main St 760-876-5930

Whitney Portal Hostel (and Store)

238 S Main St 760-876-0030

Popular Eateries

Lone Star Bistro at 107 N Main St (Coffee drinks, sandwiches, pastries, ice cream, smoothies, and such, plus WiFi. Very popular with PCT hikers.)

760-876-1111 Open 7am-5pm daily

Vibras Juice Bar at 104 N Main St serves smoothies, açaí bowls, and coffee drinks.

Open 7am-5pm daily

The Grill at 446 S Main St. (Located on the southern end of the Dow Villa parking lot. Great food and great location!)
760-876-4240
Open 7am-9pm daily

Alabama Hills Cafe at 111 W Post St

760-876-4675 Open 6am-2pm daily

Pizza Factory at 301 S Main St

760-876-4707 Open 11am-10pm daily

Season's Restaurant at 206 S Main St

760-876-8927 Open 5pm-10pm daily

Jake's Saloon at 119 N Main St (Many runners and crews socialize here after attending the official post-race pizza party at the conclusion of the race!)

Groceries, Gas & Mini-Mart, Outdoor Outfitters, Hardware

Whitney Portal Store and Hostel at 238 S Main St

760-876-0030 Open 7am-9pm daily in July

Elevation Sierra Adventure at 150 S Main St

760-876-4560 Open 9am-630 or 7pm daily

Lone Pine Market at 119 S Main St

760-876-4378 Open 8am-9pm daily

Gardner's True Value Hardware at 104 S Main St

760-876-4208 Open 8am-6pm, Mon-Sat

L.P. Chamber of Commerce at 120 S Main St

760-876-4444 Open 830am-430pm daily

Big Willi Mountaineering Co. at 120 S Main St.

760-878-8325 Open all week 800am-400pm

Chevron & Lee's Frontier Deli at 1900 South Main St (This is the last business on the west side of the road on the far southern end of town. Many crews call ahead to order sandwiches as they approach town, or if making a quick run into town from the race route.)

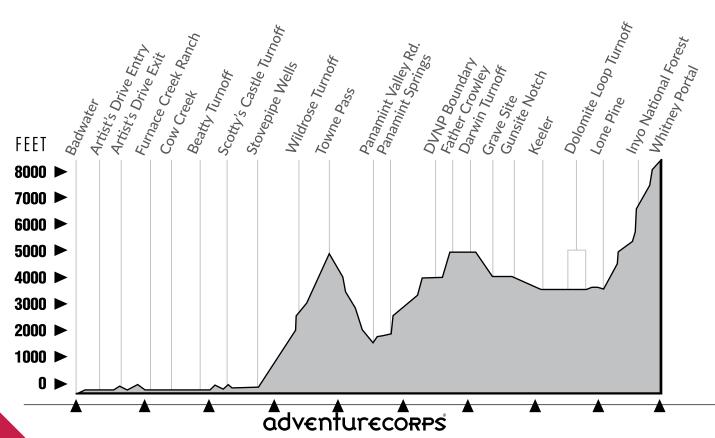
760-876-5844 Gas 24/7; Deli closed 2-4am only

Exxon-Mobil & AM-PM at 380 North Main St

760-876-4073 Open 24 Hours a Day



FC / 17	SPW / 42	PSR 72	Darw 90	LP 122	P Rd. 131	Whitney 135	Who	When
3:13	8:17	13:10	22:19	30:07	32:58	34:0-9:31	Ray Sanchez	2022
2:58	7:35	12:23	15:28	28:59	32:33	34:00:30	Chris Cavanaugh	2022
3:19	8:30	17:01	23:09	30:38	32:58	34:04:14	Jill Andersen	2015
2:36	6:40	13:40	18:57	29:01	32:47	34:10:50	Ed Ettinghausen	2016
3:31	8:19	15:38	22:11	33:54	38:31	39:59:59	Jason Romero	2015
3:17	8:21	15:22	20:42	34:56	38:42	40:14:10	Keith Straw	2015
2:46	8:08	16:58	24:04	34:59	38:50	40:36:11	Dale Cougot	2016
3:34	9:50	20:04	27:43	38:58	41:10	43:37:51	Jodi Weiss	2015
4:08	11:23	21:46	28:47	39:38	42:54	44:13:01	Rich Peers	2022
3:24	9:17	19:55	28:33	38:54	42:40	44:15:53	Derek Dowell	2016
4:06	10:35	21:58	29:00	39:43	42:49	44:07:16	Molly Melton	202
3:42	9:58	21:47	30:16	40:39	44:13	46:01:29	Tess Leono	2016
3:26	8:58	19:22	27:37	40:16	44:21	46:11:42	Eric Gelder	2015
4:43	11:27	22:10	31:12	41:19	44:28	45:57:42	Jackie Brown	202
My Splits				1				
FC / 17	SPW / 42	PSR 72	Darw 90	LP 122	P Rd. 131	Whitney 135	Date	



2024 Badwater 135 Race Rules and National Park Service Regulations

General Race Rules

- 1. There are three starting times for the 2024 Badwater Ultramarathon (2000, 2100, and 2200 on July 22, 2024), but all Competitors in all waves are competing in the same race. Competitors must check in at the start line, ready to race, 30 minutes prior to their start time.
- 2. Starting Groups are assigned by the race director and are non-transferable. Split times will be collated throughout the race to maintain overall standings. There are only two divisions: men's and women's. The Competitor to arrive at the finish line in each division with the lowest overall time, based on their starting time, will be considered the winner.
- 3. The race number bib must be worn by the Competitor on the front of the body, unmodified, unfolded, and visible at all times during the race. It may not be worn on the head or hat. The Pacer Bib numbers must also be worn similarly by any Pacer / crew member who is running with his or her Competitor.
- 4. For the purposes of this event, nighttime is considered to be 1900 to 0700.
- 5. All Competitors MUST have passed, and be proceeding beyond, the following locations along the race route within the specified time cut-offs:
 - Mile 50.8 (2000' Elevation Sign, located 8.6 miles beyond Stovepipe Wells): All Competitors must pass by 1000, Tuesday morning (regardless of starting wave).
 - Mile 72.8 (Panamint Springs Resort): All Competitors must pass by 2000, Tuesday evening (regardless of starting wave).
 - Mile 90.7 (Darwin Turn-Off): All Competitors must pass by 0500, Wednesday morning (regardless of starting wave).
 - Beyond the Darwin Checkpoint, if it becomes clear that a Competitor will not be able to finish the race officially within the 48-hour time limit, that Competitor may be forced to withdraw from the course and the race prior to the actual conclusion of the 48 hours.
 - Mile 122.8 (Lone Pine Dow Villa Motel): All Competitors must pass within 42 hours, based upon individual start time.
- 6. Competitors who fail to meet the specified time cut-offs along the course must withdraw from the race course; similarly, Competitors who are disqualified from the race must also withdraw from the race course. Such Competitors may not continue on the race course "unofficially" or after simply removing their bib number. Crew members from withdrawn Competitors must also depart the race course, unless they formally join another Competitor's crew.

- 7. The clock does not stop for any reason until the race course officially closes 48 hours after each designated official start time. All Competitors must leave the course by the 48th hour beyond their start time: Finishing, or remaining on the race course with the intent to continue, is not allowed after 48 hours.
- 8. Running must always be single file, on the far left side of the road or off the left side of the road, facing traffic (Pacers, too).
- 9. Competitors must make their presence known at all Time Checkpoints located along the route.
- 10. As it has since 1989, the race ends at Mt. Whitney Portal. If any Competitor or crew member chooses to hike on the Mt. Whitney Trail, official race logos must not be worn and the appropriate permits must be obtained from the Forest Service.
- 11. Competitors, crew, and staff must not litter, mar, or pollute the landscape or environment.
- 12. All Competitors, crew and staff must display courtesy, good taste, decorum, and sportsmanship at all times. Nudity is specifically not allowed.

Legal and Bureaucratic Issues

- 1. If the event is canceled due to pandemic, extreme weather, community disaster, or other force majeure, neither refunds nor credits will be given.
- 2. Although we anticipate using the same route each year, the final, exact route is subject to approval from various government agencies and is always subject to change due to various factors beyond our control.
- 3. BADWATER® is a federally registered trademark owned by AdventureCORPS, Inc. Personal crew t-shirts, fundraising shirts, and similar items may not have "Badwater" on them, or feature any version of the various official race logos and artwork. ("Death Valley" and "135" are good alternatives if you want to make special shirts for your supporters.).
- 4. All applicants must be a minimum of 18 years in age when applying to race.
- 5. All Competitors must follow and complete the entire application and entry process, filling out all forms and paying all necessary fees.
- 6. Each Competitor's Support Crew must have a designated Crew Chief and his or her name and email address must be provided to the race organizers at least eight weeks before the race. All crew chiefs must study all race rules and information about supporting a Competitor and organizing and overseeing a support team, as well as study all email correspondence sent by the race organizers. Each Crew Chief is to be primarily responsible for managing the support crew, maintaining adherence to all race rules, state and local laws, and common sense, as well as overseeing the Health and Safety of all crew members and the Competitor at all times.

- 7. The names and email addresses of all support crew members must be provided at least four weeks before the race (preferably eight weeks.) All crew members must study all race rules and information about supporting a Competitor and organizing a support team, as well as study all email correspondence sent by the race organizers.
- 8. Each Competitor is strongly encouraged to bring a nurse, EMT, MD or other first responder or medical professional on his or her support team.
- 9. Each Competitor is strongly encouraged to bring at least one crew member or Crew Chief who is a veteran Competitor, crew member or Crew Chief with Badwater 135 experience.
- 10. Each Competitor is strongly encouraged to carry a walkie-talkie for communicating with his or her support crew.
- 11. All Competitors and all crew members must sign the Accident Waiver and Release of Liability / Release of Name and Likeness. Each Competitor must also bring the properly completed Check-In Form and Medical History Form to Competitor Check-In.
- 12. All race vehicles must meet the minimum requirements of property damage and personal injury liability automobile insurance for the State of California. All vehicle drivers must be fully licensed.
- 13. All Competitors and all Crew Chiefs attend Competitor Check-In and the Pre-Race Meeting in Lone Pine, while all crew members are encouraged to attend both events. Additionally, all Competitors and all their Support Team must view the Online Pre-Race Meeting held prior to the in-person events in Lone Pine. (A code will be given out during the online meeting to prove it was viewed.)
- 14. All Competitors must bring one U.S. dollar (or more) in a sealed envelope to Competitor Check-In. Please write the Competitor number on the envelope. This envelope will not be returned and the money will be donated to charity.
- 15. During Competitor Check-In, all Competitors must display a minimum of two running-style reflective vests which will be worn and utilized by the Competitor and Pacer (if a Pacer is used) during nighttime periods of the race and a minimum of ten blinking red lights for all Competitors, Pacers, and crew members to wear at night. Competitors without satisfactory quality, or quantity, nighttime safety equipment, will be required to purchase additional gear at that time, IF any such gear is available.
- 16. During Competitor Check-In, all Competitors must display one OSHA Class 3 reflectivity garment for each crew member to wear at all times during the event. See point 4 under "Support Crew & Assistance" below.
- 17. During Competitor Check-In, all Competitors must show that they have at least eight personal portable toilet products such as the Biffy Bag for use on the race course wherever toilets are not available. (Ziplock bags or dog poop bags are NOT acceptable.

- See website for Biffy Bag discount.) Such products must be used discreetly and must be disposed of properly after use. Public and/or unsanitary defecation by Competitors or crew members will result in disqualification of the Competitor.
- 18. All Competitors must pay the Death Valley National Park Entrance Fee for their support vehicle. (This is most easily done, prior to the race, by paying online at Recreation.gov.) Proof must be brought to Competitor Check-In. Competitors will not be allowed to check-in for the race without proof of paying the Park Entrance Fee.
- 19. No commercial photography or videography may be conducted at the race without the specific written permission of AdventureCORPS, Inc. Additionally, the National Park Service, California Department of Transportation and/or the U.S. Forest Service may also require commercial filming agreements. Also, bona fide media must contact AdventureCORPS, Inc. to request a media credential. All media, photographers, and videographers must attend the Media Check-In and Briefing prior to the raceThe National Park Service which has jurisdiction over the first 86.5 miles of the race route regulates photography and videography if it makes an impact on Park resources or other Park visitors. Please visit nps.gov/deva/ for information.
- 20. All Competitors must be willing to submit to a drug urine test before (at any point prior to the race, after being officially confirmed for entry), during (at any time), or after the race (up to 90 days after the conclusion of the race). If any WADA banned substances are detected, the Competitor will be disqualified from competition, listed as DISQUALIFIED FOR DOPING in the final standings of the race, and banned for life from any AdventureCORPS event. Refusal to submit a urine specimen upon demand will also result in the Competitor being disgualified from competition, being listed as DISQUALIFIED FOR DOPING in the final standings of the race and being banned for life from any AdventureCORPS event. Additionally, any Badwater 135 finisher who fails a drug test within 36 months after competing in any edition of the Badwater 135 will be retroactively disqualified from any and all previous Badwater 135 races, removed from all Badwater 135 race results, as well as banned for life from any AdventureCORPS events.

Support Crew, Assistance, and Gear / Clothing

- 1. Each Competitor must be accompanied by a support crew comprised of no more than one four-wheeled motor vehicle and at least two and no more than four crew members at least two of whom are legally licensed to drive and at least one of whom can speak English at all times. Race Competitors may have no more than one support vehicle and no more than four crew members in total on the race course.
- 2. The minimum age to be on a Badwater 135 support crew or to ride in a support vehicle is 13, with these additional conditions:
 a) Any crew member under the age of 18 (a "minor") must have ultramarathon crewing experience, which must be submitted at least 30 days ahead of the race for consideration by the race

organizers. b) The support crew must also include at least two adults who are licensed to drive. c) The parent or legal guardian of the minor crew member must also be on the support crew or be the runner for whom they are crewing. d) The parent or legal guardian of the minor must sign the event waiver on behalf of the minor.

- 3. "Unofficial" or extra crew members and "family cheering squads" may only be present in Lone Pine and at the finish line; they may not drive on the race course except between Lone Pine and the finish line and that drive must be made without stopping. A secondary vehicle may not be used to shuttle crew members or supplies to and from the Competitor and support vehicle, except within Lone Pine.
- 4. Each Competitor must have his or her own personal support crew and vehicle; crew and support vehicles may not be shared, except informally in the spirit of the event, i.e., crews may lend assistance to other Competitors or crews. (Exceptions may be made under some circumstances for married couples or others who have a history of racing together and would like to race with one shared crew. Please inquire.)
- 5. ALL support crew members (except those actively pacing their Competitor) must wear OSHA Class 3 high-visibility / reflectivity clothing at all times during the event. These regulations may ONLY be met by wearing the special garments developed by ZZYXXZ in collaboration with BADWATER and which can be pre-ordered for pick-up at Competitor Check-In, OR by wearing certified OSHA Class 3 shirts. Please note: Class 3 garments have sleeves with reflective stripes, while Class 2 garments do not have sleeves with stripes. Also note: Running-type reflective vests, such as those by Nathan Sports, do NOT meet OSHA Class 3 requirements.
- 6. Competitors and Pacers may dress as they choose during daylight. At night, Competitors and Pacers must wear 360 degree reflectivity (such as reflective vests by Nathan Sports) and front and rear blinky lights. Competitors and Pacers are not required to wear the specific OSHA Class 3 garments that are required for all crew members, but that level of high-contrast reflectivity and visibility is highly recommended for Competitors and Pacers, too.
- 7. In addition to the requisite reflective garments, all crew members, Pacers, and Competitors must wear front and rear blinky lights whenever they are outside of a motor vehicle during nighttime.
- 8. Beginning immediately at the start line, Competitors must not run abreast with other Competitors or with Pacers, except when passing a slower Competitor, which must be done quickly. All running must be single-file. Additionally, Pacers may not run in front of, even slightly, Competitors at any time. (Pacers may run next to their Competitor briefly, when handing off supplies or spraying their Competitor, but only on the left side of the Competitor.)
- 9. Competitors must progress under their own power without drafting (except other Competitors during the first few miles), helping, pushing, supporting, or any other type of physical assistance. Competitors may not use walking sticks, ski poles, or the like.

- 10. So-called "cooling vests," "cooling hats or visors," or other types of artificial / technological cooling systems may not be worn or utilized by race Competitors while making forward progress on the race course. (Ice, wet towels, hand-held water sprayers or misters, and such are fine and commonly used. What is not allowed are products or technology whose sole purpose is to keep the Competitor "artificially cool.")
- 11. Neither Competitors nor Pacers / crew members may carry an umbrella or shade cover for a Competitor while the Competitor is moving forward on the race course.
- 12. Competitors may not wear shoes with soles thicker than 40mm or that contain more than one carbon plate. Additionally, prototype shoes or shoes that are not on mass sale are not allowed.
- 13. Any crew member running along for more than few moments with their Competitor is considered a Pacer and must wear the Pacer's designated number bib (provided at Competitor Check-In). If a Competitor is running with a Pacer, any additional crew members that are handing off supplies, or otherwise providing aid, must be off the roadway at all times (i.e. left of the white line on the shoulder) and may not run along with the Competitor and Pacer for more than a few moments.
- 14. No more than two crew members, including a Pacer if one is present, may be on the other side (Competitors' side) of the highway at any given time.
- 15. Crew members, other than Pacers, may never cross the roadway during the entire Father Crowley climb (a 12.1-mile stretch from Panamint Springs Resort at Mile 72.8 to "Panamint Pass" at Mile 84.9), as described above. Also, each Competitor, or Competitor's Pacer, is strongly encouraged to carry a walkie-talkie for communicating with the support crew during this 12.2-mile stretch of the race route. In addition to Badwater race staff, this will also be monitored by National Park Service staff who have the authority to disqualify Competitors.
- 16. Competitors may not be accompanied by Pacers or moving crew members until Mile 42 at the Stovepipe Wells time checkpoint. Exceptions: Competitors 65 or older may utilize a Pacer from Mile 3.5 (Natural Bridge turn-off.) Blind Competitors may utilize a Pacer / quide from the start line.
- 17. Wheeled conveyances (other than a motorized support vehicle), including in-line skates, strollers, and bicycles, are prohibited on the course at all times. Competitors accompanied by any such conveyance will be disqualified.
- 18. Drones are illegal within Death Valley National Park boundaries.
- 19. Crew members may not use illegal drugs, stimulants, or dope, as well as alcohol of any kind, during the race or at any official race events or activities.

Support Vehicles

- 1. The California Motor Vehicle Code, and all local, county, and/ or federal laws, rules, and regulations, must be respected at all times. In particular, support vehicle drivers and crews are reminded that phones must only be operated by the driver with a hands-free device; seat belts must be worn by all vehicle occupants at all times while moving, and it is illegal to drive on a highway while displaying emergency flashers. For further information, consult the DMV Code.
- 2. Support vehicles may not be wider than 80" in width (not including mirrors), or more than 84" in height, per official manufacturer specifications. Minivans are most highly recommended, followed by medium sized SUVs. Oversize SUVs, extra large vans, large trucks, or other types of oversize vehicles are strongly discouraged (and usually not allowed.) Motorhomes, RVs, "SportsMobiles," Sprinter Vans (and similar, such as the Ram Promaster), 15-passenger vans, and all types of Hummers are specifically not allowed. Support vehicles may not pull trailers of any kind. The largest vehicle currently allowed at the event is the Nissan NV3500, which is no longer made, as of 2022. (Ford Transit vans are also now too wide for use at the race.) See the *Ideal Support Vehicle and Set-Up* blog post at Badwater.com for further information.)
- 3. All Competitor support vehicles must have highly visible signage on the back of the vehicle stating "CAUTION RUNNERS ON ROAD." Magnetic reusable signs may be ordered from our sign vendor, or one-time use signs will be provided during Competitor Check-In.
- 4. Sticky Competitor bib numbers will be provided to ALL Competitors during Competitor Check-In: these Competitor numbers must be displayed on all four sides of the support vehicle.
- 5. Sponsor / Charity names and graphics may be placed on support vehicles on the left and right sides only, but NOT on the front or rear.
- 6. Vehicle windows may not be blocked or obstructed with any signage, paint, or the like. No Competitor will be allowed to start the race who has any vehicle windows blocked. If a Competitor support vehicle is found with blocked windows during the race, that Competitor will be forced to stop and wait while the vehicle's windows are unblocked and signage properly mounted.
- 7. Vehicle Decoration: Vehicles may not have any additional red or blue lights added to them which are visible while the vehicle is moving. (Red and blue lights are reserved for law enforcement and first responders.) Additionally, inflatable pool toys and other large decorative items may not be mounted to the roof of the vehicle.
- 8. Driving must be done at the speed of traffic, without slowing down to encourage, talk to, or lend assistance to any Competitor while moving. All assistance must be provided by pedestrian crew members; handing off of supplies from the vehicle is never allowed, nor is slowing down to speak with or to a Competitor or other person while moving. Vehicles must "leapfrog" the Competitor at all times. Each "leapfrog" should generally be about two miles in

- length, perhaps less on mountain ascents. Competitors may not be "shadowed" (driving a vehicle at the Competitor's speed.) Driving may never be at the speed of any Competitor.
- 9. All support vehicles must have their headlights on while driving, 24 hours a day.
- 10. Vehicles must be parked completely off the road surface whenever they are stopped (with all four tires right of the white line). Many areas of the route have very little shoulder for parking so care must be taken in choosing stopping places. When stopping/parking, vehicles may not stop on the left side of the road, except in parking lots or exceptionally large pullouts. While stopped or parked off the road, support vehicles must have their headlights turned off and emergency flashers turned on.
- 11. When parked, the doors on the left side of the vehicle must never be opened into the roadway. All exiting of the vehicle by active crew members must be from the right side of the vehicle; drivers may exit from left but only if space allows for them to do so without their door opening into the roadway. Crew members must not stand on the left side of a parked vehicle (between the road and the vehicle.)
- 12. Support vehicles must not park across from parked vehicles on the other side of the road (50 meters in either direction), in order to avoid bottlenecking the roadway.
- 13. Support vehicles may not stop during the one-mile stretch which begins at Harmony Borax Works at Mile 19.1, while Competitors pass through the curvy "Harmony Curves" section of Hwy 190. Each support vehicle should wait at Harmony Borax Works long enough to allow the Competitor to cover the next, mostly uphill mile, then drive ahead (no stopping nor slowing from Mile 19.1 to Mile 20.1).
- 14. On the Father Crowley climb (a 12.1-mile stretch from Panamint Springs Resort at Mile 72.8 to "Panamint Pass" at Mile 84.9), support vehicles may only stop at EIGHT designated locations along the route. These are identified in the route book and with signage along the roadway. Except in a legitimate emergency situation, stopping at any other location along this stretch of roadway, even momentarily, will result in the immediate disqualification of the Competitor associated with the stopped crew. In addition to Badwater race staff, this will also be monitored by National Park Service staff who have the authority to disqualify Competitors. See Badwater.com for more details and photos.

Safety and Medical Issues

- 1. Remember, at all times and in all situations, safety is the most important issue. This means safety for Competitors, crew, staff, and the general public. The roads are not closed for this event and may be quite busy with tourist and local traffic.
- 2. I.V.s (intravenous fluids) are not permitted during the race. If a Competitor receives an I.V. during the race, for any reason, then that Competitor is disqualified and must withdraw from the race and the race course.

- 3. Competitors are responsible for both their own actions and their crew's actions; crews are responsible for both their own actions and their Competitor's actions.
- 4. Always look and listen both ways before crossing the highways. Remember that drivers will not expect to encounter a Competitor or parked vehicle out on the course. Remember the event is held on public roads. Competitors should not cross over the highway more than necessary; crew should cross the highway carefully to bring assistance to their Competitor except on the Father Crowley climb as noted elsewhere rather than the Competitor crossing to the crew / vehicle. Time Penalties or Disqualification will be enforced with a Zero Tolerance Policy towards dangerous crossing of, or behavior on, the roadway.
- 5. Per National Park Service regulations, Competitors and crew members may not wear any headset covering the ears, or any earplugs in both ears, unless it is a necessary prosthetic device that aids the hearing-impaired.
- 6. All Competitors and crew must study "Medical Risks in the Badwater Ultramarathon," "Dangers of Running in the Heat," and "The Dangers of Hot Weather Running" as found at Badwater.com and/or Badwater Magazine.

Leaving the Course or Withdrawing

- 1. Every inch of the course must be traveled by each Competitor. In the event of a routing error, e.g., wrong turn, the Competitor may be driven back to the exact original spot where he/she left the course and continue running from that location. There will be no allowance made for lost time or miles run in the wrong direction.
- 2. If a Competitor needs to move up or down the course via motor vehicle, his/her crew must physically mark the exact location with a numbered stake in the ground. This numbered stake must be visible from the road in both directions. The Competitor must then resume the race from the same place that he/she left it. The numbered stakes will be provided to all Competitors at Competitor Check-In. Competitors may only leave or otherwise drive up or down the course via motor vehicle for medical attention, NOT simply to rest. This must be reported as soon as possible to Race Headquarters or the nearest time checkpoint. Competitors found in a moving motor vehicle will be disqualified unless they are en route to or from medical care. Focus must be kept on the speedy completion of the course.
- 3. If a Competitor withdraws, he/she or his/her crew must contact Race Headquarters or a Time Checkpoint immediately. Name, bib #, reason for withdrawal, time of withdrawal, and miles completed must be stated. All Competitors and crew who withdraw from the race are encouraged almost expected to come to the finish line and the post-race party to greet and celebrate with their fellow Competitors and crews.

4. All Emergency Medicine and/or Emergency Evacuation costs for Competitors, crew members, or staff will be borne by that person or their heirs. The race organizers are in no way liable or responsible for medical care, nor responsible for emergency evacuation.

Awards

1. All Competitors who begin the event will receive a Badwater 135 race t-shirt, hat, Race Magazine, and a goodie bag with other one-of-a-kind Badwater items and products from the race sponsors, as well as entry into the post-race party for the Competitor and up to four crew members. All Competitors who officially complete the event within 48 hours will receive a finisher's t-shirt and commemorative Badwater 135 buckle.

Rule Enforcement and Penalties

- 1. Race rules are designed to provide a safe and fair experience for everyone involved and to help ensure our ability to produce the race again next year.
- 2. Major rule infractions by Competitors or their crew, especially those regarding "cheating," will result in immediate disqualification of the Competitor.
- 3. Other, lesser offenses will result in the following cumulative time penalties:
 - A WARNING may be issued, depending on the nature of the infraction, at the discretion of the race official (A "slash" will be marked on the Competitor's bib.)
 - First Penalty: 15 Minutes in a few circumstances, but One Hour in most cases
 - · Second Penalty: Disqualification
- 4. Time penalties are imposed by the penalized Competitor stopping at the Time Checkpoint in Lone Pine to serve his/her time penalty. The race and clock will continue while the penalized Competitor waits out his/her penalty time. A Race Official will be present to oversee this process. Any Competitor who is required to serve a time penalty, but does not stop to do so, will be disqualified.
- 5. The Race Director has the authority, at any time, to overrule any rule or invent a new rule based on extenuating, unforeseen, and/or unusual circumstances and/or to maintain the integrity and fair play necessary for the successful completion, and continuation, of the race. The Race Director has ultimate authority regarding all rules, their interpretation, and their enforcement. There is no "appeals committee" nor an "appeals process." All Competitors in the race, and their support crews, willingly acknowledge this fact, as well as all other race rules, by attending the race in any capacity.
- 6. In all cases and circumstances, it is the intent, and spirit, of the rules which will govern their implementation and enforcement.

Finally

Have fun and keep smiling! Remember, you chose to be here!

Badwater 135 Ultramarathon Statistics, 1990-Present

Year	Starters	Finishers	Sub 60hr	Sub 48hr	Sub 40hr	Sub 34hr	New Record: Men	New Record: Women	Buckle Cut-Off
2023 (PM)	100	89	N/A	89%	51%	25%		21:44:35	48 Hours
2022 (PM)	94	77	N/A	79%	56%	16%		24:09:34	48 Hours
2021 (PM)	84	68	N/A	81%	51%	20%			48 Hours
2019 (PM)	95	79	N/A	83%	56%	24%	21:33:01	24:13:24	48 Hours
2018 (PM)	99	69	N/A	70%	39%	23%			48 Hours
2017 (PM)	95	75	N/A	79%	52%	16%			48 Hours
2016 (PM)	97	84	N/A	87%	55%	25%	21:56:32	25:53:07	48 Hours
2015 (PM)	97	77	N/A	81%	57%	20%			48 Hours
8 Year Avg	95.1	77.2		81%%	52%%	21%%			
2014 (AM)	97	83	N/A	86%	52%	23%			48 Hours
2013 (AM)	96	81	N/A	84%	39%	23%			48 Hours
2012 (AM)	96	89	N/A	93%	71%	34%			48 Hours
2011 (AM)	94	81	N/A	86%	76%	20%			48 Hours
2010 (AM)	80	73	91%	83%	51%	19%		26:16:12	48 Hours
5 Year Avg	92.6	81.4		86%	58%	24%			
2009 (AM)	86	75	87%	77%	47%	24%			48 Hours
2008 (AM)	82	75	91%	83%	37%	10%		26:51:33	48 Hours
2007 (AM)	84	78	93%	77%	47%	18%	22:51:29		48 Hours
2006 (AM)	85	67	79%	62%	24%	13%			48 Hours
2005 (AM)	81	67	83%	56%	22%	7%	24:36:08		48 Hours
5 Year Avg	83.6	72.4	87%	71%	35%	14%			
2004 (AM)	72	57	79%	58%	28%	8%			48 Hours
2003 (AM)	73	46	63%	42%	14%	5%			48 Hours
2002 (AM)	78	58	74%	47%	12%	4%		27:56:47	48 Hours
2001 (AM)	71	55	77%	46%	14%	7%			48 Hours
2000 (AM)	69	49	71%	41%	16%	12%	25:09:05	29:48:27	48 Hours
5 Year Avg	72.6	53	73%	47%	17%	7%			
1999 (AM)	42	33	78%	60%	26%	12%			48 Hour
1998 (AM)	29	20	69%	41%	17%	10%			48 Hours
1997 (AM)	27	20	74%	44%	26%	3%			48 Hour
1996 (AM)	23	14	61%	35%	1%	4%			45 Hour
1995 (PM)	24	16	67%	38%	13%	0%			45 Hours
5 Year Avg	29	20.6	70%	44%	17%	6%			
1994 (PM)	25	16	64%	32%	1%	4%			45 Hours
1993 (PM)	12	10	83%	50%	25%	17%			60 Hours
1992 (PM)	14	13	92%	29%	14%	14%	26:18:00		60 Hours
1991 (PM)	14	14	100%	71%	36%	14%	26:34:10	36:19:20	60 Hours
1990 (PM)	21	17	81%	29%	29%	14%	27:56:20	39:27:00	70 Hours
5 Year Avg	17.2	14	84%	42%	21%	13%			

Age Group and *Overall Course Records

Age Group	Men	Time	Women	Time
10-19	Nickademus Hollon, 19, USA, 2009	33:21:29	Kaylee Frederick, 18, USA, 2023	40:06:43
20-29	Pete Kostelnick, 28, USA, 2016	21:56:32	Jen Lee Segger, 28, Canada, 2008	32:31:57
30-39	Yoshihiko Ishikawa, 31, Japan, 2019*	21:33:01	Alyson Venti (Allen), 34, USA, 2016	25:53:07
40-49	Simen Holvik, 46, Norway, 2023	22:28:08	Ashley Paulson, 40, USA, 2022*	24:09:34
50-59	Charlie Engle, 50, USA, 2013	26:15:35	Irina Reutovich, 50, Russia, 2000	29:48:27
60-69	David Jones, 60, USA, 2012	30:33:19	Norma Roberts, 62, Canada, 2021	33:37:49
70-79	Arthur Webb, 70, USA, 2012	33:45:40	Linda Quirk, 70, USA, 2023	45:04:42
Youngest Ever	Nickademus Hollon, 19, USA, 2009	33:21:29	Kaylee Frederick, 18, USA, 2023	40:06:43
Oldest Ever, 2011 to Present*	Bob Becker, 77, USA, 2022	48:17:27*	Pamela Chapman-Markle, 67, USA, 2023	39:15:50
Oldest Ever, 1987-2010*	Jack Denness, 75, UK, 2010	59:13:02*	Sigrid Eichner, 64, Germany, 2005	52:45:46*

^{♦ 48-}Hr Era ★ 60-Hr Era ★ Honorary Finisher due to the 48-Hour Time Limit

Unique Finishers' Nationality

Argentina	
Armenia	1
Australia	23
Austria	12
Belgium	1
Bermuda	1
Bolivia	1
Brazil	33
Bulgaria	
Canada	
Cayman Islands	
Chile	1
China	2
Colombia	1
Costa Rica	1
Cuba	1
Czech Republic	4
Denmark	
El Salvador	
Finland	
France	32
Germany	50
Greece	
Guatemala	
Hungary	
India	
Iran	3
Ireland	ں و
Israel	
Italy	
Japan	
Jordan	10
Kazakhstan	
Latvia	ا 1
Luxembourg	ו
Malaysia	J
Mexico	
Netherlands	
New Zealand	
Norway Philippines	
Poland	
Portugal	
Romania	
Russia	
Serbia	
Singapore	
Slovakia	1
Slovenia	1
South Africa	
South Korea	
Spain	
Sweden	
Switzerland	
Taiwan	
Ukraine	
United Kingdom	
USA6	
Uruguay	
Venezuela	
Total 10	54
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Total Non-USA 4	43

Race had a 48-hr cut-off for a buckle, but allowed up to 60 hrs for a medal

Historical Data about Badwater 135, 1987-2023

Total Number of Entrants: 2354

* 1812 Males, 541 Females (77% / 23%)

Total Number of Unique Entrants: 1229

* 947 Males, 282 Females (77.4% / 22.6%)

Total Unique Finishers, (any time limit): 1046

* 791 Males, 255 Females (75.6% / 24.4%)

* Time limits have been 70 hrs, 60 hrs, then 48 hrs

Total Unique Finishers (48 hrs or less): 927

* 697 Males, 230 Females (75.2% / 24.8%)

Total Unique Finishers (36 hours or less): 305

* 239 Males, 66 Females (78.4% / 21.6%)

Comparison: Total Number of Mt. Everest Summits, as of January 2024:

11,996 summits by 6664 unique individuals

Numbers of Official Finishes, any official time limit, 1987–2023

1-Time Finishers: 717

(546 Males and 171 Females; 76.2% / 23.8%)

2-Time Finishers: 183

(137 Males and 46 Females; 74.9% / 25.1%)

3-Time Finishers: 64

(49 Males and 15 Females; 76.6% / 23.4%)

4-Time Finishers: 26

(17 Males and 9 Females; 65.4% / 34.6%)

5-Time Finishers: 14

(10 Males and 4 Females; 71.4% / 28.6%)

6-Time Finishers: 9

(Ruben R. Cantu, Pamela Chapman-Markle, Kevin Delk, Charlie Engle, Zach Gingerich, Kerri Kaluga, Chris Moon, Hiroyuki Nishimura, Steven R. Silver)

7-Time Finishers: 7 (Shannon Farar-Griefer, Grant Maughan, Frank McKinney, Mark Olson, Anthony Portera, Monica Scholz, Gerald Tabios)

8-Time Finishers: 5 (Kimberlie Budzik, Eberhard Frixe, Mark Matayzic, Ian Parker, Cheryl Zwarkowski)

9-Time Finishers: 6 (Amy Costa, Chris Frost, Jonathan Gunderson, Joshua Holmes*, Oswaldo Lopez, Keith Straw)

10-Time Finishers: 3 (Ed Ettinghausen*, Dean Karnazes, Lisa Smith-Batchen)

11-Time Finishers: 1 (Karla Kent*)

12-Time Finishers: 5 (Jack Denness, David Jones, Harvey

Lewis*, Dan Marinsik*, Pam Reed)

13-Time Finishers: 1 (Scott Weber)

14-Time Finishers: 2 (John Radich, Arthur Webb)

15-Time Finishers: 1 (Ray Sanchez*)

16-Time Finishers: 1 (Danny Westergaard*)

20-Time Finishers: 1 (Marshall Ulrich)

(Those with an * have all consecutive finishes)

Men Who Have Run Under 26 Hours

Name	Age	Nationality	Year	Time
Yoshihiko Ishikawa	31	Japan	2019	21:33:01
Pete Kostelnick	28	USA	2016	21:56:32
Simen Holvik	46	Norway	2023	22:28:08
Valmir Nunez	43	Brazil	2007	22:51:29
Mike Morton	40	USA	2012	22:52:55
Yoshihiko Ishikawa	34	Japan	2022	23:08:20
Jorge Pacheco	40	Mexico	2008	23:20:16
Pete Kostelnick	27	USA	2015	23:27:10
Oswaldo Lopez	40	Mexico	2012	23:32:28
Marco Farinazzo	40	Brazil	2009	23:39:18
Harvey Lewis	35	USA	2016	23:40:52
Oswaldo Lopez	39	Mexico	2011	23:41:40
Akos Konya	32	Hungary	2007	23:47:47
Akos Konya	33	Hungary	2008	23:49:44
Yoshihiko Ishikawa	35	Japan	2023	23:52:29
Dan Lawson	43	United Kingdom	2016	23:52:43
Mick Thwaites	42	Australia	2016	23:52:43
Harvey Lewis	38	USA	2014	23:52:55
Iván Penalba Lopez	31	Spain	2022	24:02:57
Oswaldo Lopez	37	Mexico	2009	24:36:07
Scott Jurek	31	USA	2005	24:36:08
Carlos Sa	39	Portugal	2013	24:38:16
Grant Maughan	50	Australia	2014	24:43:08
Zach Gingerich	30	USA	2010	24:44:48
Ryoichi Sekiya	44	Japan	2011	24:49:37
Michele Graglia	34	Italy	2018	24:51:47
Grant Maughan	49	Australia	2013	24:53:57
lino Wataru	37	Japan	2017	24:56:19
Oswaldo Lopez	38	Mexico	2010	25:05:38
Zach Gingerich	29	USA	2009	25:06:12
Anatoli Kruglikov	42	Russia	2000	25:09:05
Dusan Mravlje	47	Slovenia	2000	25:21:20
Oswaldo Lopez	41	Mexico	2013	25:27:03
Oswaldo Lopez	43	Mexico	2015	25:28:32
Jared Fetterolf	29	USA	2018	25:33:42
Scott Jurek	32	USA	2006	25:41:18
Marco Bonfiglio	39	Italy	2017	25:44:18
Charlie Engle	46	USA	2009	25:45:11
Zach Gingerich	32	USA	2012	25:49:40
David Goggins	32	USA	2007	25:49:40
Harvey Lewis	37	USA	2013	25:49:50
Harvey Lewis	45	USA	2021	25:50:23
Akos Konya	31	Hungary	2006	25:58:42

Women Who Have Run Under 30 Hours

Name	Age	Nationality	Year	Time
Ashley Paulson	41	USA	2023	21:44:35
Ashley Paulson	40	USA	2022	24:09:34
Patrycja Bereznowska	43	Poland	2019	24:13:24
Sonia Ahuja	47	India	2023	25:42:51
Alyson Venti	34	USA	2016	25:53:07
Jamie Donaldson	35	USA	2010	26:16:12
Jamie Donaldson	33	USA	2008	26:51:33
Jamie Donaldson	34	USA	2009	27:20:18
Nikki Wynd	43	Australia	2015	27:23:27
Pam Reed	47	USA	2009	27:42:52
Maree Connor	43	Australia	2023	27:49:26
Pam Reed	41	USA	2002	27:56:47
Brenda Guajardo	41	USA	2019	28:23:10
Pam Reed	43	USA	2003	28:26:52
Alyson Venti	32	USA	2014	28:37:28
Brenda Guajardo	39	USA	2016	28:40:13
Georgia Jo Manta	44	Greece	2022	28:45:32
Pam Smith	43	USA	2018	28:47:53
Sumie Inagaki	45	Japan	2011	28:49:27
Pam Reed	48	USA	2009	29:03:09
Nikki Wynd	44	Australia	2016	29:06:00
Monica Scholz	37	Canada	2004	29:22:29
Gina Slaby	38	USA	2019	29:26:45
Pam Reed	53	USA	2014	29:30:04
Jennifer Vogel	30	USA	2011	29:42:12
Nikki Wynd	42	Australia	2013	29:44:33
Irina Reutovich	50	Russia	2000	29:48:27
Iris Cooper-Imhof	52	Canada	2011	29:51:23
Sumie Inagaki	46	Japan	2012	29:53:09
Catherine Todd	43	Australia	2013	29:55:29

To study and parse data and results from all the Badwater® races, visit: dbase.adventurecorps.com.



Ashley Paulson, 41, of St. George, Utah, won the women's division and the overall 2023 Badwater 135 with a new women's record of 21:44:35 - also the second fastest time in history on the course!









The BADWATER® ULTRA CUP comprises Badwater Cape Fear in March, Badwater Salton Sea in late April, and Badwater 135 in July. Those runners who complete all three full-distance events in the same calendar year are featured on the Badwater website and their virtues are extolled throughout the Internet and in future editions of BADWATER Magazine.

2024 BADWATER ULTRA CUP CURRENT STANDINGS (CAPE FEAR + SALTON SEA)



Amy Adams, #99 Combined Time: 35:28:00



Leslie Carboni, #72 Combined Time: 36:01:00



Mark Cudak, #55 Combined Time: 29:26:19



Kevin Delk, #30 Combined Time: 31:20:30



Kaylee Frederick, #18 Combined Time: 29:53:38



Emily Lyons, #90 Combined Time: 35:19:01







adventurecorps BADWATER 2024-2025 Calendar of Events



October 27, 2024 Cape Fear Marathon



January 1-31, 2025 Badwater 267 VR



March 22, 2025 Badwater Cape Fear



April 5-20, 2025 Badwater 267 VR Elite



April 26-27, 2025 Badwater Salton Sea



July 7-9, 2025 Badwater 135



October 26, 2025
Cape Fear Marathon

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2024 Badwater 135 Official Race Roster

ZUZ4	Bau	water 135 Officia	ai Race Roster						# -f DW12E
Wave	Bib#	Name	City	State	Country	Nationality	M/F	Age	# of BW135 Finishes
2000	99	Amy Adams	Manchester	MD	USA	USA	F	48	0
2100	44	Yuichi Akimoto	Nagareyama City	IVID	Japan	Japan	M	42	0
2200	42	Bobby Andrews	Port Orchard	WA	USA	USA	М	43	1
2100	20	Charlene Badenhop	Cincinnati	ОН	USA	USA	F	53	0
2100	34	Vineer Bhansali	Laguna Beach	CA	USA	USA	М	58	0
2000	51	Kimberlie Budzik	Friendswood	TX	USA	USA	F	64	8
2200	27	Shaun Burke	Durango	CO	USA	USA	M	37	1
2100 2100	61 75	David Byrnes Juan Antonio Cabo Gil	Chandler La Pobla De Farnals	AZ	USA Spain	USA Spain	M M	42 48	0 0
2200	52	Line Caliskaner	Lørenskog		Norway	Norway	F	52	0
2100	83	Alberto Campos Coronel	Chino	CA	USA	USA	M	40	0
2200	93	Filippo Canetta	Milano		Italy	Italy	М	52	0
2000	72	Leslie Carboni	Sacramento	CA	USÁ	USÁ	F	50	1
2200	43	Bryce Carlson	Cincinnati	ОН	USA	USA	М	43	0
2100	57	Miguel Carreon	Omaha	NE	USA	Mexico	M	57	0
2000	10	Pamela Chapman-Markle	SanLeon	TX	USA	USA	F	68	6
2100 2100	47 82	Chris Collier Kelaine Conochan	Oceanside Washington	CA DC	USA USA	USA USA	M F	44 41	0 1
2000	25	Amy Costa	Ponte Vedra Beach	FL	USA	USA	F	59	9
2100	55	Mark Cudak	Palm Beach Gardens		USA	USA	M	55	Ó
2200	14	Andy Day	Mansfield		United Kingdom	United Kingdom	М	54	Ö
2100	6	Luis De Santiago	Sant Cugat del Vallés		Spain	Spain	М	55	0
2200	5	Sierra DeGroff	Las Vegas	NV	USA	USA	F	33	1
2200	30	Kevin Delk	Knoxville	TN	USA	USA	М	41	6
2000	53	Lisa Donchak	San Bruno	CA	USA	USA	F	36	0
2200 2000	77 19	Tiarles dos Santos	Santo Antônio da Patrulha	RS ID	Brazil USA	Brazil USA	M	43 40	0 0
2000	29	Tyler Dschaak Joe Durrett	Declo Erlanger	KY	USA USA	USA	M M	40 41	0
2200	74	Marko Femc	Preserje	KI	Slovenia	Slovenia	M	50	0
2100	91	Francesca Ferraro	Arenzano		Italy	Italy	F	33	Ö
2200	13	Julie Fingar	Roseville	CA	USA	USA	F	49	2
2100	18	Kaylee Frederick	Johnstown	PA	USA	USA	F	19	1
2000	59	Marco Giuoco	Zeiningen		Switzerland	Switzerland	М	59	0
2100	38	Eduardo Gouveia	São Paulo		Brazil	Brazil	М	38	0
2100 2100	88 36	Norio Hayashibe	Chofu-city	CA	Japan	Japan	M	53 46	0 9
2200	95	Joshua Holmes Simen Holvik	Los Angeles Hundvaag	CA	USA Norway	USA Norway	M M	46 47	1
2000	22	Pete Horan	Wellington	FL	USA	USA	M	54	0
2200	2	Elizabeth (Liza) Howard	San Antonio	TX	USA	USA	F	52	1
2100	63	David Huss	Seattle	WA	USA	USA	М	40	0
2200	33	Sergey Ionov	London		United Kingdom	United Kingdom	М	36	2
2200	16	Jessica Jones	Dauphin Island	AL	USA	USA	F	46	1
2200	8	Kerri Kanuga	Grand Cayman		Cayman Islands	Cayman Islands	F	54	6
2100	98	Rakesh Kashyap	Panchkula	NIV/	India	India	М	53	0
2000 2200	49 86	Karla Kent Adam Kimble	Las Vegas Truckee	NV CA	USA USA	Czech Republic USA	F M	61 37	11 0
2100	48	Joshua Kline	Saint Augustine	FL	USA	USA	M	48	1
2100	87	Pete Kostelnick	Flagstaff	AZ	USA	USA	М	36	5
2200	78	Domen Kozjek	Bled		Slovenia	Slovenia	М	49	0
2200	76	Jake Lawrence	South Lake Tahoe	CA	USA	USA	М	42	0
2000	73	Reginaldo Leal	Salvador		Brazil	Brazil	М	62	0
2200	66	Edyta Lewandowska	Bielsko-Biala	011	Poland	Poland	F	43	0
2200 2200	35 94	Harvey Lewis Cody Logan	Cincinnati Oakland	OH CA	USA USA	USA USA	M M	48 30	12 0
2200	9 4 26	Caryn Lubetsky	Miami Shores	FL	USA	USA	F	53	4
2000	90	Emily Lyons	Castle Hayne	NC	USA	USA	F	33	1
2000	97	Jim Macaluso	Spring Grove	IL	USA	USA	М	42	0
2200	9	Grant Maughan	Dudley		Australia	Australia	М	60	7
2000	50	Andrew McCrory	Hastings		New Zealand	New Zealand	М	50	0
2100	79	Diana Alexandra Melo Reye			Colombia	Colombia	F	44	0
2000	45 50	Mirko Bogomir Miklic	Ljubljana	N AL	Slovenia	Slovenia	M	58	0
2000	58	Pier Giuseppe Monegato	Solaro	MI	Italy	Italy	M	58 65	0
2000 2200	23 100	Mansour Monem Micah Morgan	Carmichael Vestavia	CA AL	USA USA	USA USA	M F	65 41	0 1
2200	67	Francesca Muccini	Nashville	TN	USA	Italy	F	56	1
2000	3	Tyler Nash	Boulder City	NV	USA	USA	M	37	Ö
2000	7	Eli Neztsosie	Navajo Mountain	AZ	USA	USA	М	36	0
2200	64	Todd Nott	Plattsmouth	NE	USA	USA	М	60	3
2200	40	Michael Ohler	Kandel		Germany	Germany	М	55	1
2000	62	Walter (Larry) Orwin	Chagrin Falls	OH	USA	USA	M	64	0
2000	32	Rachel Pedersen	New London	WI	USA	USA	F	36	0

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2200	85	Iván Penalba Lopez	Valencia		Spain	Spain	М	33	2
2200	15	Hannah (Rocky) Perry	Canmore	AB	Canada	Canada	F	36	0
2200	31	Lindsay Phenix	Los Angeles	CA	USA	USA	F	33	2
2000	80	Francis Picard	Montreal	QC	Canada	Canada	M	43	0
2000	39	Jake Rankinen	Odenton	MD	USA	USA	M	39	0
2000	12	Brandy Ray	Dallas	TX	USA	USA	F	46	0
2000	54	Wanderley Reis	Iola	KS	USA	USA	M	56	0
2100	37	Chris Rice	Suffern	NY	USA	USA	M	50	3
2000	56	Cristiano Rollo	Torino		Italy	Italy	M	50	0
2100	41	Ray Sanchez	Sacramento	CA	USA	USA	M	57	15
2100	21	Jodi Semonell	Omaha	NE	USA	USA	F	51	0
2000	69	Gurinder (Ricky) Singh	Wilmington	DE	USA	India	M	54	1
2100	28	Hendra Siswanto	Jakarta		Indonesia	Indonesia	M	44	0
2100	92	Falk Sittner	Nossen		Germany	Germany	M	43	0
2000	60	Keith Straw	Malvern	PA	USA	United Kingdom	M	69	9
2000	81	Gerald Tabios	Elmhurst	NY	USA	Philippines	M	54	7
2100	65	Luke Thomas	San Diego	CA	USA	USA	M	44	0
2100	17	Jen Tischler	West Des Moines	IA	USA	USA	F	41	0
2000	101	Eliud Vega	San Juan	PR	USA	USA	M	44	0
2000	46	Manuel Viezzi	Udine		Italy	Italy	M	46	0
2000	70	Antonello Volpe	Casalvelino		Italy	Italy	M	53	0
2100	4	Laura Watts	Bognor Regis		United Kingdom	United Kingdom	F	47	2
2100	68	Josephine Weeden	Saline	MI	USA	USA	F	55	0
2000	71	Jodi Weiss	Fort Lauderdale	FL	USA	USA	F	54	3
2100	84	Danny Westergaard	Palos Verdes Estates	CA	USA	USA	M	65	16
2200	96	Jason Wheat	Ocean Springs	MS	USA	USA	M	44	0
2100	24	Bryce Williams	Colorado Springs	CO	USA	USA	M	44	0
2100	11	Kaz Williams	les Houches		France	United Kingdom	F	51	0
2000	89	Chad Wolf	Cincinnati	ОН	USA	USA	M	35	0

2024 Badwater 135 Roster Quick Reference

Bib#	Name	Bib#	Name	Bib#	Name
2	Elizabeth (Liza) Howard	36	Joshua Holmes	70	Antonello Volpe
3	Tyler Nash	37	Chris Rice	71	Jodi Weiss
4	Laura Watts	38	Eduardo Gouveia	72	Leslie Carboni
5	Sierra DeGroff	39	Jake Rankinen	73	Reginaldo Leal
6	Luis De Santiago	40	Michael Ohler	74	Marko Femc
7	Eli Neztsosie	41	Ray Sanchez	75	Juan Antonio Cabo Gil
8	Kerri Kanuga	42	Bobby Andrews	76	Jake Lawrence
9	Grant Maughan	43	Bryce Carlson	77	Tiarles dos Santos
10	Pamela Chapman-Markle	44	Yuichi Akimoto	78	Domen Kozjek
11	Kaz Williams	45	Mirko Bogomir Miklic	79	Diana Alexandra Melo Reyes
12	Brandy Ray	46	Manuel Viezzi	80	Francis Picard
13	Julie Fingar	47	Chris Collier	81	Gerald Tabios
14	Andy Day	48	Joshua Kline	82	Kelaine Conochan
15	Hannah (Rocky) Perry	49	Karla Kent	83	Alberto Campos Coronel
16	Jessica Jones	50	Andrew McCrory	84	Danny Westergaard
17	Jen Tischler	51	Kimberlie Budzik	85	Iván Penalba Lopez
18	Kaylee Frederick	52	Line Caliskaner	86	Adam Kimble
19	Tyler Dschaak	53	Lisa Donchak	87	Pete Kostelnick
20	Charlene Badenhop	54	Wanderley Reis	88	Norio Hayashibe
21	Jodi Semonell	55	Mark Cudak	89	Chad Wolf
22	Pete Horan	56	Cristiano Rollo	90	Emily Lyons
23	Mansour Monem	57	Miguel Carreon	91	Francesca Ferraro
24	Bryce Williams	58	Pier Giuseppe Monegato	92	Falk Sittner
25	Amy Costa	59	Marco Giuoco	93	Filippo Canetta
26	Caryn Lubetsky	60	Keith Straw	94	Cody Logan
27	Shaun Burke	61	David Byrnes	95	Simen Holvik
28	Hendra Siswanto	62	Walter (Larry) Orwin	96	Jason Wheat
29	Joe Durrett	63	David Huss	97	Jim Macaluso
30	Kevin Delk	64	Todd Nott	98	Rakesh Kashyap
31	Lindsay Phenix	65	Luke Thomas	99	Amy Adams
32	Rachel Pedersen	66	Edyta Lewandowska	100	Micah Morgan
33	Sergey Ionov	67	Francesca Muccini	101	Eliud Vega
34	Vineer Bhansali	68	Josephine Weeden		
35	Harvey Lewis	69	Gurinder (Ricky) Singh		

