



## 2026 Runner Handbook

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### Quick Facts

**Date:** July 11, 2026

**Location:** 72 Spaulding Rd, Northfield, NH 03276

**Race Start Time:** 8:00 AM

**Check-in Time:** 7:00 – 7:45 AM

**Cutoff Time (Final Lap):** You must begin your 5th and final lap by 4:00 PM (8 hours)

**Total Distance:** Approximately 50K (five 10K loops)

**Elevation Gain:** Approximately 3,800 feet

**Race Updates & Announcements:** <https://www.facebook.com/RaceAwayEvents>

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### Course Overview

The course consists of five 10K loops on a technical trail system featuring rocks, roots, footbridges, and frequent changes in elevation.

Runners return to the start/finish area after each loop, with access to aid, drop bags, and personal support. A midpoint water station is available on course for additional hydration.

The course map and elevation profile are included at the end of the runner handbook.

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## **Aid Stations**

### **Start / Finish Aid Station (Every Lap)**

Includes:

- Water, soda, and Formula369 endurance fuel
- Trail snacks: watermelon, oranges, bananas, pickles, Honey Stinger waffles, chips, cookies, etc.
- Ice for cooling
- First aid basics
- Porta-potties are located at the start/finish

### **Midpoint Water Station**

- Water only
- Located approximately halfway through each loop

**This is a cupless race. Please bring your own reusable bottle, flask, or cup.**

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## **Drop Bags & Gear**

- Drop bags are allowed at the start/finish.
  - A designated area will be available, or you may set up your own space (please do not block the aid station or finish chute).
  - Small crewing setups are allowed.
  - Space is limited—please be respectful of others.
  - Bringing an EZ-up? Ask at check-in for placement.
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### **Check-In & Bib Pickup**

- Bib pickup opens at 7:00 AM
- Please check in by 7:45 AM

You will receive:

- Bib and safety pins
  - Spaulding Woods 50K swag bag
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### **Spectators & Family**

- Spectators are welcome at the start/finish area.
  - Bring chairs, water, and snacks.
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### **Rules & Safety**

- No pets are allowed on Spaulding Academy's campus.
  - No pacers are allowed.
  - Headphones are discouraged. If used, ensure you can hear runners behind you.
  - No aid is allowed outside of designated areas (start/finish area only).
  - Runners must complete the fully marked course. No cutting the course.
  - If you drop from the race, you must check in with the timer at the start/finish area.
  - If injured on course, notify another runner or flag down a volunteer.
  - Basic medical support is available at the start/finish.
  - In case of emergency, notify a volunteer immediately.
  - The race is held rain or shine. In the event of lightning, an air horn will signal a pause. Runners must return to shelter (vehicles). If the storm does not pass within 2 hours, the race may end.
  - Please do not litter.
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## Parking

- Parking is in the first lot next to the main building (Lot A).
- Volunteers will direct you—please follow signs.

This race runs on volunteers. Thank them when you see them.



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## Awards & Recognition

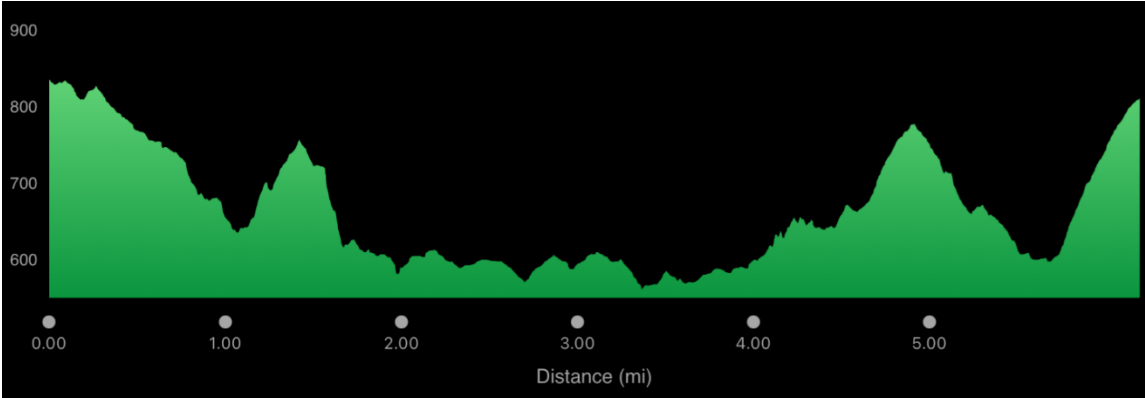
- Top Female and Top Male finishers receive the Spaulding Woods 50K trophy.
  - All official finishers receive a medal.
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# Course Map & Elevation Profile (10K Loop)

## 10K Loop Course Map



## 10K Loop Elevation Profile



## **Thank You**

This race supports Spaulding Academy & Family Services.

If you'd like to make an additional donation, you may do so at packet pickup.

Thank you for being part of this event. Whether you're first, last, or anywhere in between, crossing the finish line means you earned it.

We can't wait to see what you do out there.