

Spaulding Woods 50K 2025 Runner Handbook

Welcome to the woods. Let's run wild!

Quick Facts

- Date: 7/12/2025
 - Location: 72 Spaulding Rd, Northfield, NH 03276
 - Race Start Time: 8:00 am
 - Check-in Time: 7:00 – 7:45 am
 - Cutoff Time – Finish: You must finish the full 50K by 6:00 pm (10 hours)
 - Cutoff Time – Final Lap: You must start the 6th and final lap by 4:00 pm (8 hours)
 - Total Distance: 50K+ (6 laps of ~5.6 miles)
 - Elevation Gain: ~4,200 feet total
 - Course Map: <https://connect.garmin.com/modern/course/368841522>
 - More course info: <https://www.facebook.com/RaceAwayEvents>
 - Timing: We use the Ultrasignup timing app. Results will be posted the day after the race. Want to know where you placed before leaving? Just ask at the timing table!
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Rules & Safety

- **No pets** are allowed on Spaulding Academy's campus.
- No pacers are allowed.
- Poles are allowed, though the course has little sustained climbing.
- Headphones are discouraged. If used, ensure you can hear runners behind you. Much of the course is tight singletrack — please be aware and let others pass when needed.
- No aid is allowed outside of the start/finish area.
- Runners must complete the full course. No short-cutting.

- If you drop from the race, you must check in with the timer. All drops occur at the start/finish area. If you're 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, we'll blow an air horn and pause the race. Runners must shelter in vehicles. If the storm doesn't pass within 2 hours, the race will end.
- Please don't litter. (Last year's runners left the trails spotless — thank you!)

Parking

- Parking is in the first lot next to the main building (see map below).
- Volunteers will direct you to designated areas — just follow the signs.
- This race runs on volunteers. Thank them when you see them — they're giving their time to help you shine!



Check-In & Bib Pickup

- Bib pickup opens at 7:00 am on race morning.
- Please check in by 7:45 am at the latest.
- You'll receive:
 - Your bib and safety pins
 - A Spaulding Woods 50K swag bag

Aid Station

- One central aid station at the start/finish area, accessible every lap (~5.6 miles).
- It includes:
 - Water, soda, and Formula369 endurance fuel
 - Trail snacks: watermelon, oranges, bananas, pickles, Honey Stinger waffles, chips, cookies, candy
 - Ice for bandanas and/or arm sleeves
 - First aid basics
 - Cheer and good energy
- Two fresh porta-potties are located at the start/finish area.
- This is a cupless race — bring a reusable cup, bottle, or flask.

Spectators & Family

- Families and spectators are welcome at the start/finish area!
 - Bring a chair, water, and snacks. We love having you out there cheering runners on!
 - Spectators may be present in designated areas only (we'll show them spots they can walk to and view the course) and must not offer aid on the course.
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Drop Bags & Gear

- Drop bags are allowed at the start/finish area.
 - A designated EZ-up will be available for drop bags, but you may use any space that's not blocking the aid station or finish chute.
 - You may set up a small crewing area. We have a good amount of space, but not unlimited — please be considerate.
 - Bringing your own EZ-up? Ask at registration where to set it up.
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Awards & Recognition

- Top Female and Top Male finishers receive the 2025 Spaulding Woods 50K trophy
 - All official finishers receive a Spaulding Academy medal
 - We don't hire pro photographers, but we do our best to capture everyone out there!
 - Photos will be posted to the race website and Facebook page a week or so after the race.
 - Share your day with us! Tag us on Facebook @raceawayevents when posting race day photos!
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Thank You

This race supports Spaulding Academy & Family Services.

If you'd like to make an additional donation, you can do so at packet pickup — thank you for the incredible energy you bring to this event.

Whether you're first, last, or anywhere in between — if you cross that finish line, you've earned something special.

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