

GOAT RATTLER 100

Runner's Guide

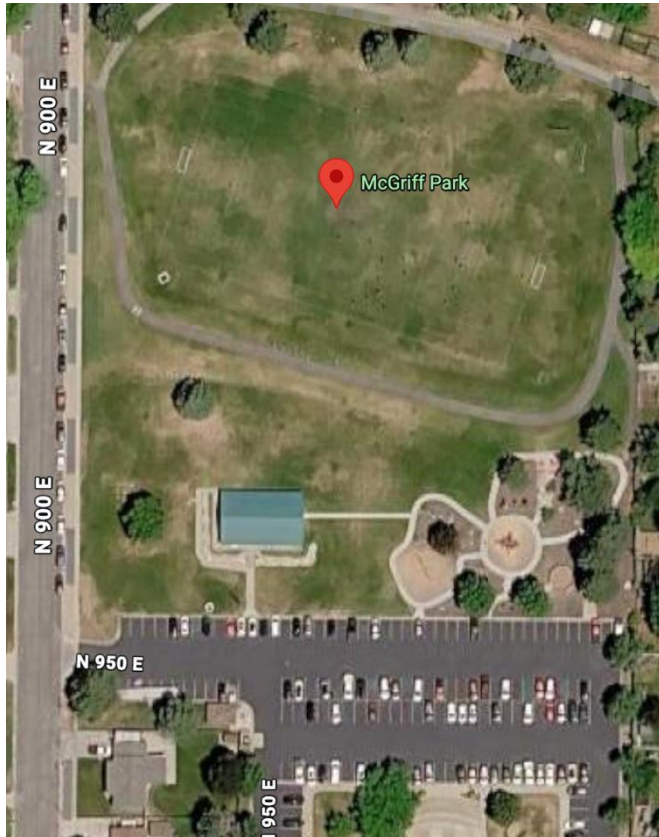


EVENT SCHEDULE

- Packet Pickup/Drop Bags: Thursday 6/24/27:
 - 10:30-7pm at Ogden Running Company: 1895 Washington Blvd Suite 200
- Day of Race Packet pickup/drop bags: 6-7am @ McGriff Park
- Finish Line: North Fork Park/Cutler Flats: Middle Bowery: Middle Bowery Rd, Eden, UT 84310
- 36 hour cutoff: 7pm on 6/26/27



START LINE GOAT RATTLER 100



- McGriff Park: 2950 N 900 E North Ogden UT
- Start Time: 7am
- Parking: plenty to the south
- Overnight car camping usually not allowed but people have done it without problem
- Bathrooms: in pavilion (not open overnight) and port-a-potties
- Day of Race Packet Pickup: 6-7am



GOAT RATTLER 100 FINISH LINE

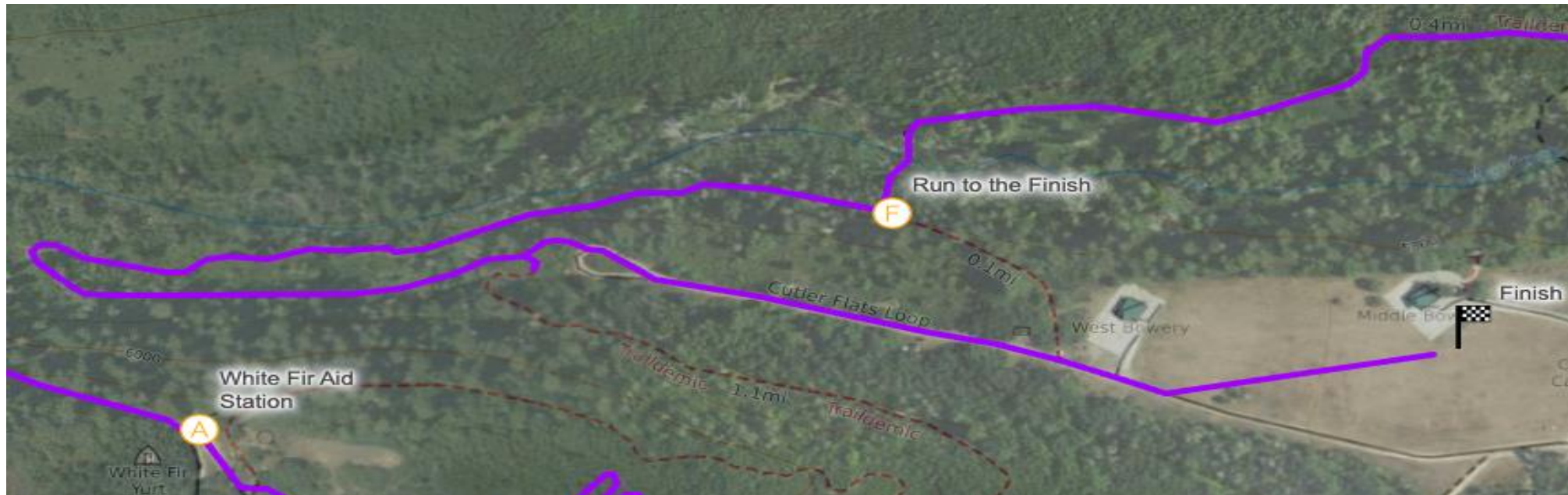


- Middle Bowery @ Cutler Flats: North Fork Park
- Take 3rd entrance into the park
- Parking and camping available in the open field around the west and middle boweries.
- Don't block the course with your car
- Private Camping spots available along last .25 of course.

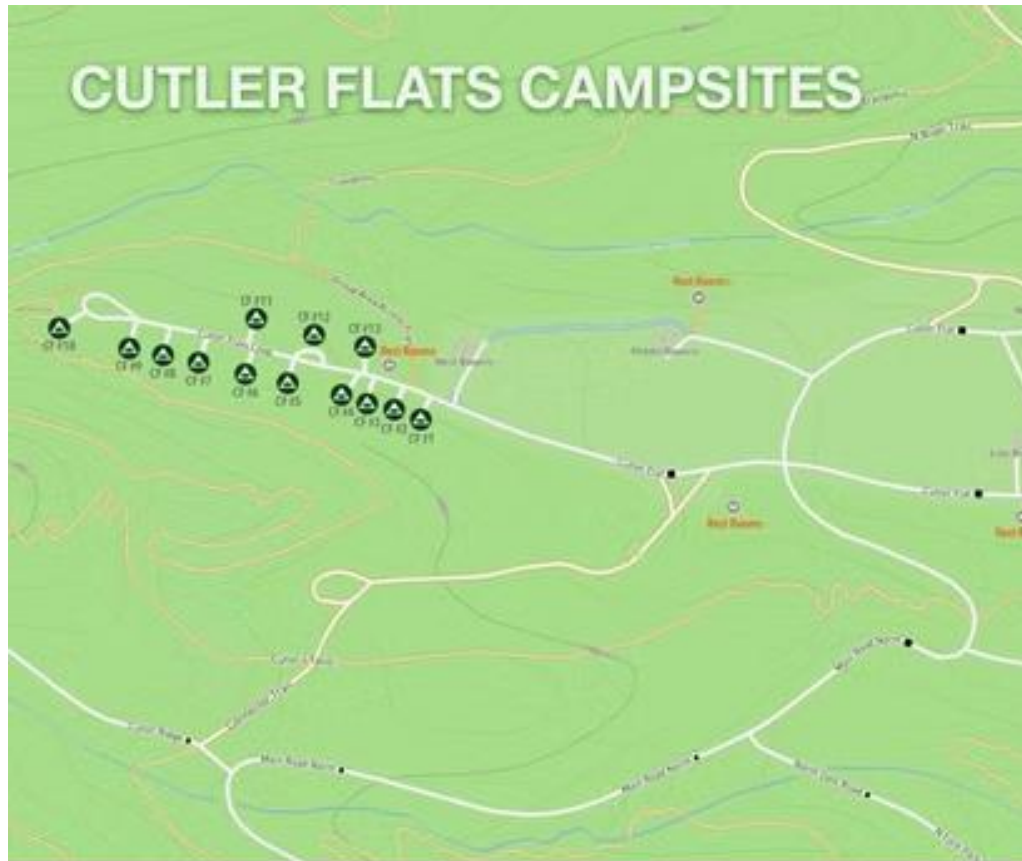


FINISH BUDDY

- If you have someone you want to run the last .4 mile with to the finish, there is a spot you can meet them and run with them to the finish.
- Spot is just up from the west bowery indicated with the F.



FINISH LINE CAMPING/YURTS



- Private Camping spots can be reserved on Weber County's website
- <https://www.wcparksrec.com/northfork>
- Camping is free for race participants and their crew in the West/Middle bowery fields Fri-Sun. This is included in their race entry.
- The private campsites are an additional cost.
- Aspen, Elderberry and White Fir Yurts available as well.



MANDATORY CAR SHUTTLE AT 51.21



- Due to UDOT safety restrictions across Pineview Dam, a mandatory car shuttle will be required from these two points.
- It is roughly 1.5 miles and 2-3 min.
- Look at it as a little aid station and place to chill.
- Any runner bypassing the shuttle will be disqualified from the race immediately.



GR100 COURSE MARKING/GPX

- There will be no traditional course markings. It is up to you to download the GPX and follow the directions on your watch or other handheld device. Have a backup in case your primary has an issue.
- Intersections where the course comes back on itself, we will have directional signs.
- GPX can be found here for Goat Rattler 100:
 - Caltopo: <https://caltopo.com/m/G6AK2G3#>
 - Strava: <https://www.strava.com/routes/3268062807047665366>
- You will have to export and download the GPX file from Strava or Caltopo and upload it to your watch. You can follow the course on your phone via Strava, but it's much easier from your watch.
- Garmin instructions: <https://youtube.com/shorts/MUFM8mpHsq4?si=UHZXMQn8JVTt7GyX>
- Coros Instructions: <https://youtu.be/xNsY4DRnryo?si=lUVIFbQi9eVCglFE>



COURSE COMPLIANCE

- If you stay on the course and run the route, no problems
- If there are reports of a runner taking a shortcut either on purpose or accidentally, RD reserves right to disqualify any runner. Time penalties can also be a determination.
- Cutoffs: Are based on a 36 hour time limit which is roughly 21:30 min/mile. We are a little more generous in the first 60 miles but those times get tighter as the race goes on. Some aid stations are very remote and volunteers are on the mountain all night long and into the next day.
- Last Cut off/Aid Station: within reason, we'll allow someone to finish after the 36 hour cutoff if they leave the last aid station by 4:30pm and are making progress (e.g. not taking a dirt nap for 40 min).



RULES TO RUN BY

- Don't litter. If you see some trash that fell out of a pocket or something, pick it up and bring it to the next aid station
- Check in/out of aid stations. Just call your number as you enter/exit
- No cutting switchbacks. Stay on course and trail
- Help runners out that are in trouble or just having a hard time. You meet your best friends in the middle of ultras
- The best way of spreading ultra cheer is singing loud for all to hear 😊



CREWING & PACING

- Crewing:
 - Aid only allowed at official aid stations.
 - Crews must follow directions of aid station captain for parking and setup
 - Crews must be courteous and understanding of other racers
 - Crews that create safety, littering or other logistical problems may result in getting their runner DQ'd
- Muling/Pacing/Self-sufficiency
 - Part of ultra running is carrying all your stuff yourself. Don't have your pacer carry all your stuff so you can have a lighter load
 - Muling, gear transportation or what not can result in time penalties or disqualification



SAFETY/WEATHER/GEAR TO CARRY

- It's late June in Utah. Usually the weather is pretty predictable and nice but ya never know. You'll top out at 3 different peaks above 9600'. So things can change in a blink. . .hopefully no more tornado warnings on top of Mt. Ogden peak like 2026
- So think like a Scout: "Be Prepared". Look at the weather and plan for the worst. Nobody could have expected a tornado to touch down 30 min south and marble sized hail, but those that planned for it were fine.
- Recommended gear for cold weather: waterproof or wind jacket, hat/beanie, gloves, space blanket, waterproof pants. Pack extra dry gear in your drop bags.
- Recommended gear for hot weather: sun hoodie, hat with space for ice, ice bandana, light colored clothing.



MEDICAL INFORMATION/EMERGENCY

- McKay Dee Hospital: 4401 Harrison Blvd: 801-387-2800
- Ogden Regional Medical Center: 5475 S 500 E: 801-479-2111
- Weber County Search and Rescue
 - 801-395-8221 Non-emergent line
 - 911 for emergencies
 - Race Director will make SAR calls and arrange any emergencies after consulting with Race Medical Director



GOAT RATTLER 100 AID/CREW SHEET

Aid Station	Distance between aid	Cumulative Mileage	Elevation Gain	Elevation Loss	Aid Station GPS Location	Cutoff Times	Crew Allowed	Pacers	Drop Bags
1 N Nature Center	7.39	7.39	1200'	1462'	41.27811, -111.94977		YES	NO	NO
2 Skyline Trailhead:	9.32	16.71	1626'	1215'	41.19143, -111.93776	1pm (6 hrs)	YES	NO	YES
3 Needles Lodge	9.39	26.1	5063'	1175'	41.193565, -111.874133	4:30pm (9.5 hrs)	YES	NO	NO
4 Lower Maples	10.01	36.11	233'	2649'	41.218454, -111.863091	8pm (13 hrs)	YES	Yes	YES
5 Old Snowbasin Rd	8.48	44.59	1198'	1753'	41.222595, -111.837878	11pm (16 hours)	YES	YES	YES
6 Windsurfer Beach	7.82	52.41	621'	1432'	41.264903, -111.824779	1:30 am (18.5 hrs)	YES	YES	YES
7 Lewis Saddle	6.88	59.29	3082'	83'	41.290869, -111.892953	5am divert to N Divide	NO	Keep same pacer	NO
8 N Ogden Divide	7.5	66.79	952'	2708'	41.320066, -111.899396	7am (24 hours)	YES	YES	YES
9 Ben Lomond Saddle	6.45	73.24	2587'	69'	41.36309, -111.94944	Cutoff reroute to north fork 9:30am (26.5 hrs)	NO	Keep same pacer	NO
Willard Campground (including 10 Ben Lomond summit)	4.4	77.64	1214'	1205'	41.39138, -111.97859	11 am (28 hrs)	YES	YES	YES
11 Ben Lomond Saddle	4.5	82.14	1144'	1125'	41.362478, -111.949429	NA	NO	Keep same pacer	NO
12 North Fork Horse Corral	5.91	88.05	29'	2982'	41.369879, -111.910405	3pm (32 hrs)	YES	YES	YES
13 White Fir Yurt	5.76	93.81	1271'	980'	41.384901, -111.923196	4:30pm (33.5 hrs)	YES	YES	YES
White Fir to Finish	7.65	101.46	1460'	1679'	41.385293, -111.915622	7pm (36 hrs)	YES		



START TO AID 1: NATURE CENTER NORTH

Goat Rattler Start to AS1

Running Route

★ Saved

Edit



Details

📍 7.39 mi

⬆️ 1,200 ft

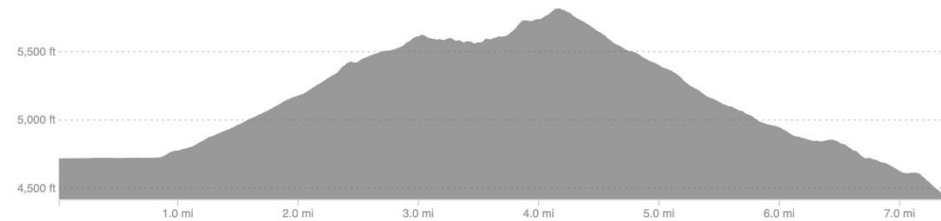
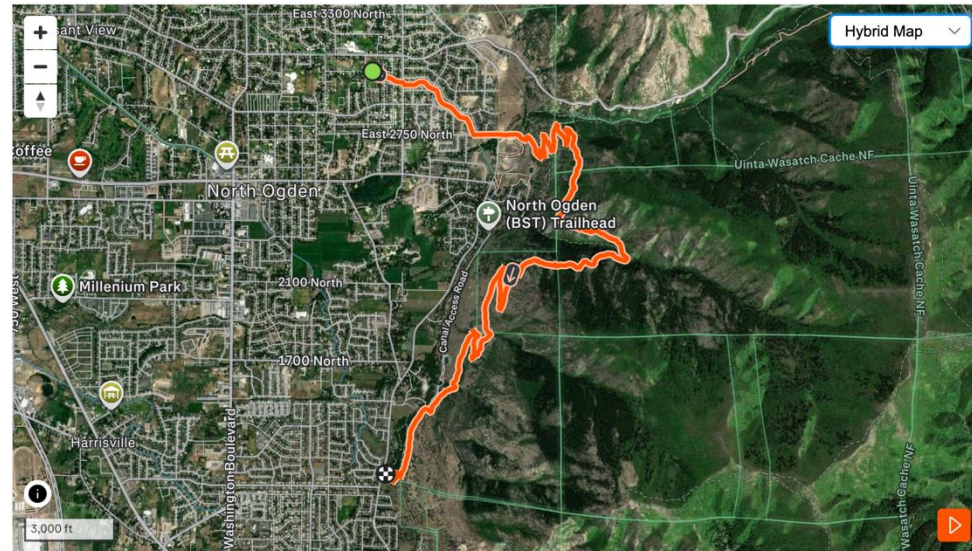
🕒 1:27:02

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Jeremy T @Ogdenrunco
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Route and Elevation



AID 1: NATURE CENTER NORTH TO SKYLINE

Goat Rattler 100: AS1 to AS2

Running Route

★ Saved

Edit



Moderate

9.32 mi

1,594 ft

1:50:13

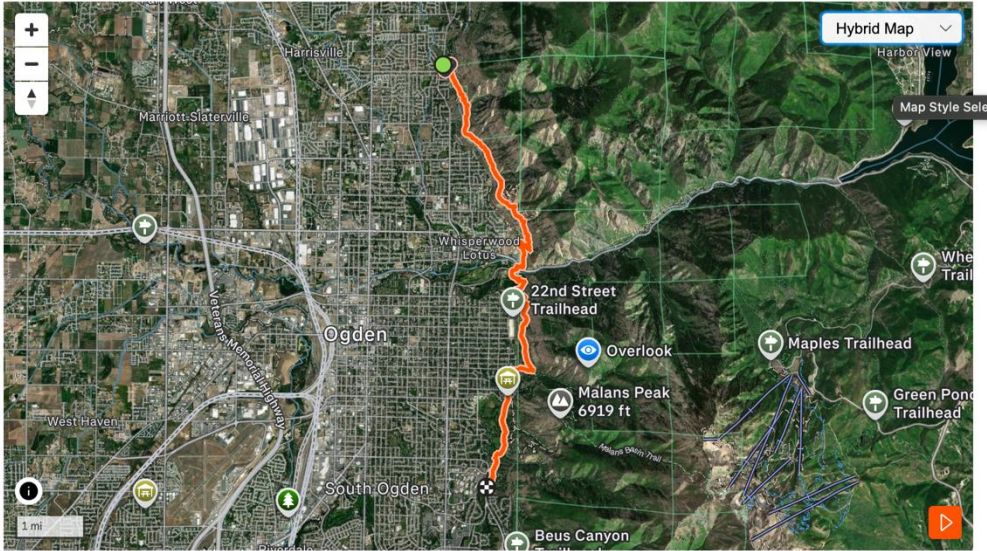
Nature Center North Trailhead to Skyline
Trailhead above Weber State

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Route and Elevation



AID 2: SKYLINE TO NEEDLES LODGE (INCLUDES MT. OGDEN OUT N BACK)

Goat Rattler 100: AS2 to AS3

Running Route

★ Saved

Edit



Hard

9.39 mi

5,013 ft

2:38:46

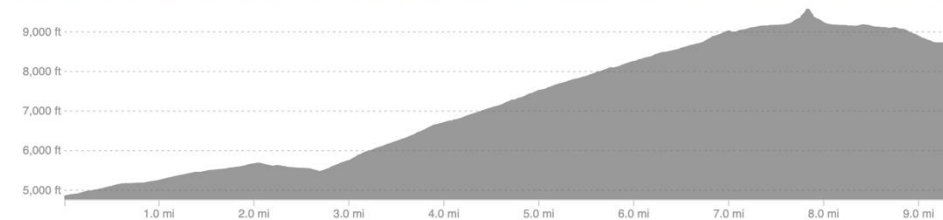
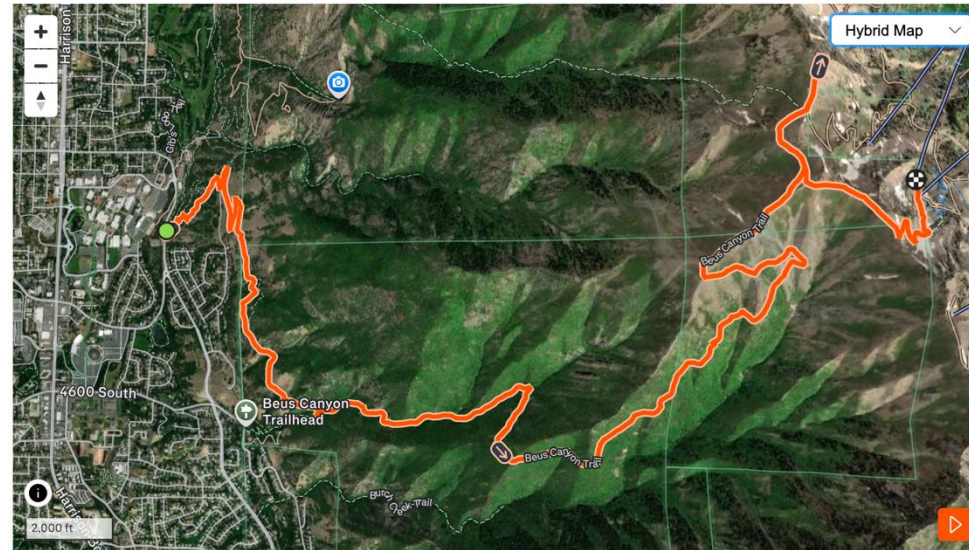
Skyline Trail to Needles Lodge including Mt. Ogden out n back.

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Route and Elevation



AID 3: NEEDLES LODGE TO LOWER MAPLES

Goat Rattler 100: AS3 to AS4

Running Route

★ Saved

Edit



Moderate

10.01 mi

233 ft

1:41:33

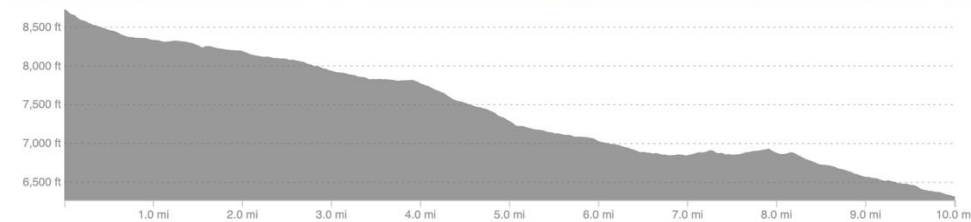
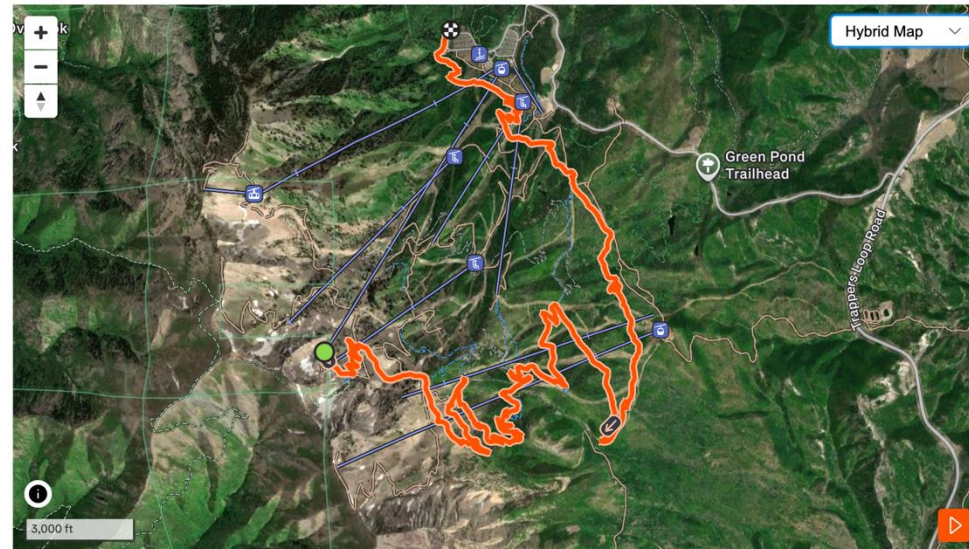
Needles Lodge to Lower Maples

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Route and Elevation



AID 4: LOWER MAPLES TO OLD SNOWBASIN RD

Goat Rattler: AS4 to AS5

Running Route

★ Saved

Edit

▼

Details

📍 8.48 mi

🏔️ 1,198 ft

🕒 1:35:11

Lower Maples Parking to Old Snow Basin road crossing.

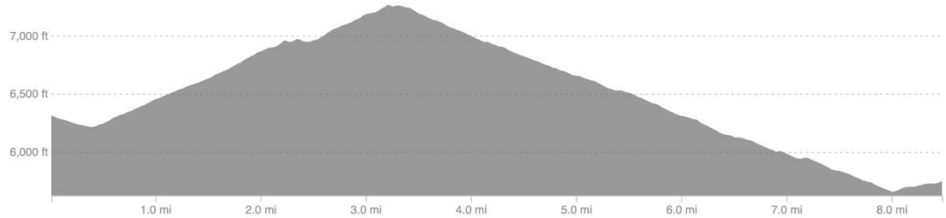
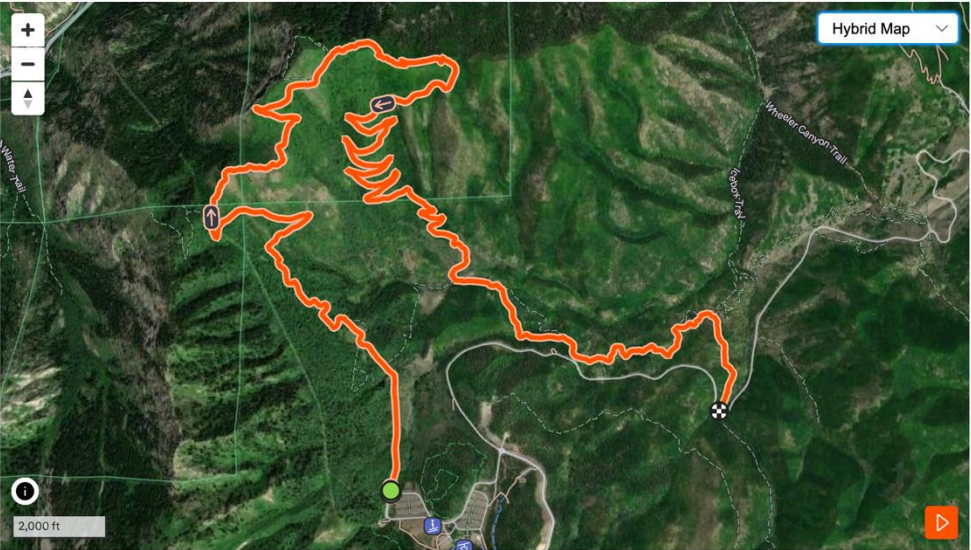
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Route and Elevation



AID 5: OLD SNOWBASIN RD TO WINDSURFER

Goat Rattler 100: AS5 to AS6

Running Route

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Edit

▼

Easy

7.82 mi 621 ft

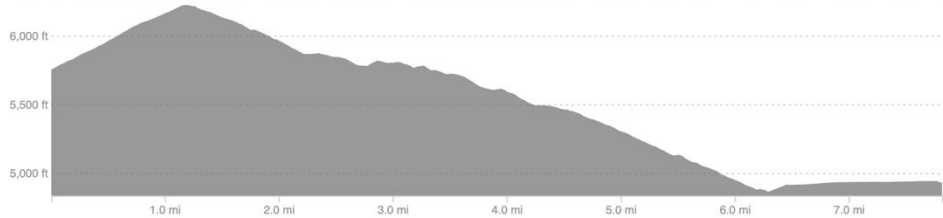
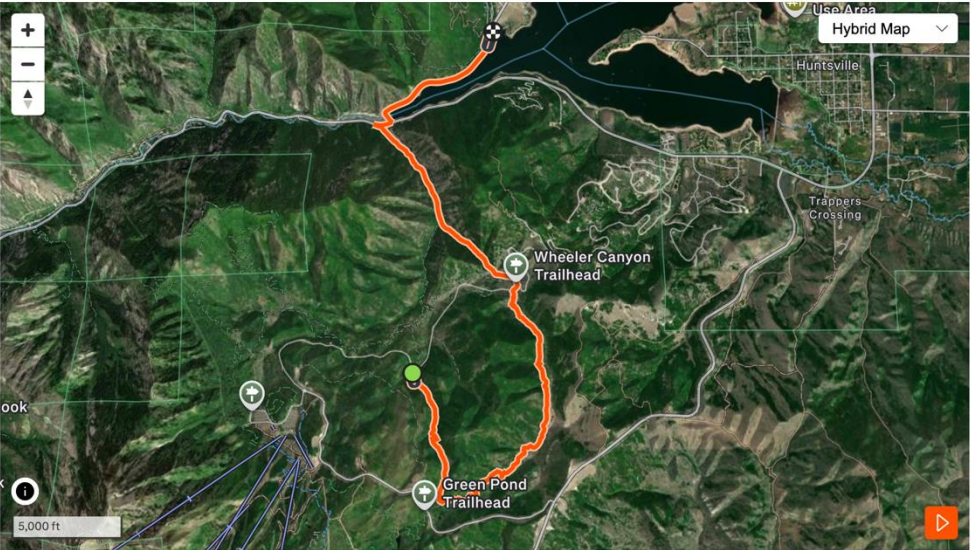
1:23:53

Old Snowbasin to Car shuttle to Windsurfer beach. 1.5 mile mandatory car shuttle.

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Route and Elevation



AID 6: WINDSURFER TO LEWIS SADDLE

Goat Rattler 100: AS6 to AS7

Running Route

★ Saved

Edit

▼

Details

📍 6.88 mi

🏔️ 3,082 ft

🕒 1:41:14

Windsurfer to Lewis Saddle.

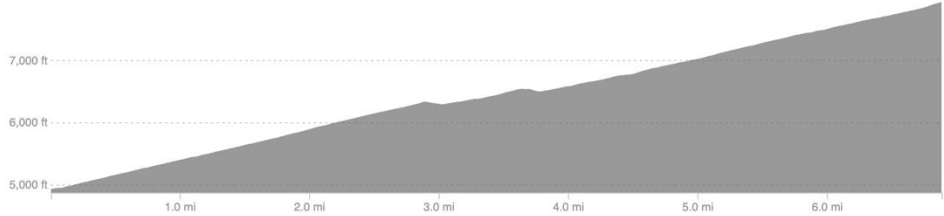
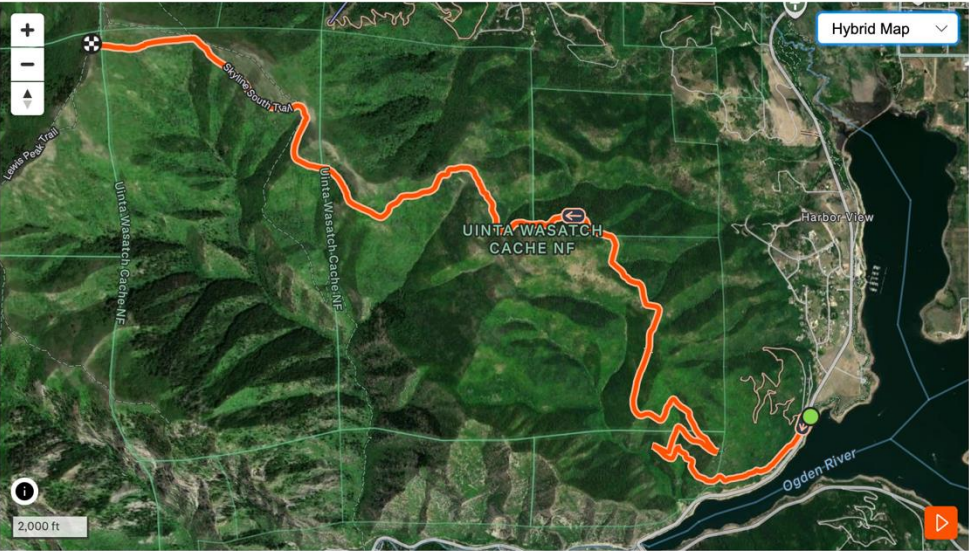
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Route and Elevation



AID 7: LEWIS SADDLE TO N OGDEN DIVIDE

Goat Rattler 100:
AS7 to AS8

Running Route

★ Saved

Edit

▼

Details

📍 7.49 mi

🏔️ 952 ft

🕒 1:26:15

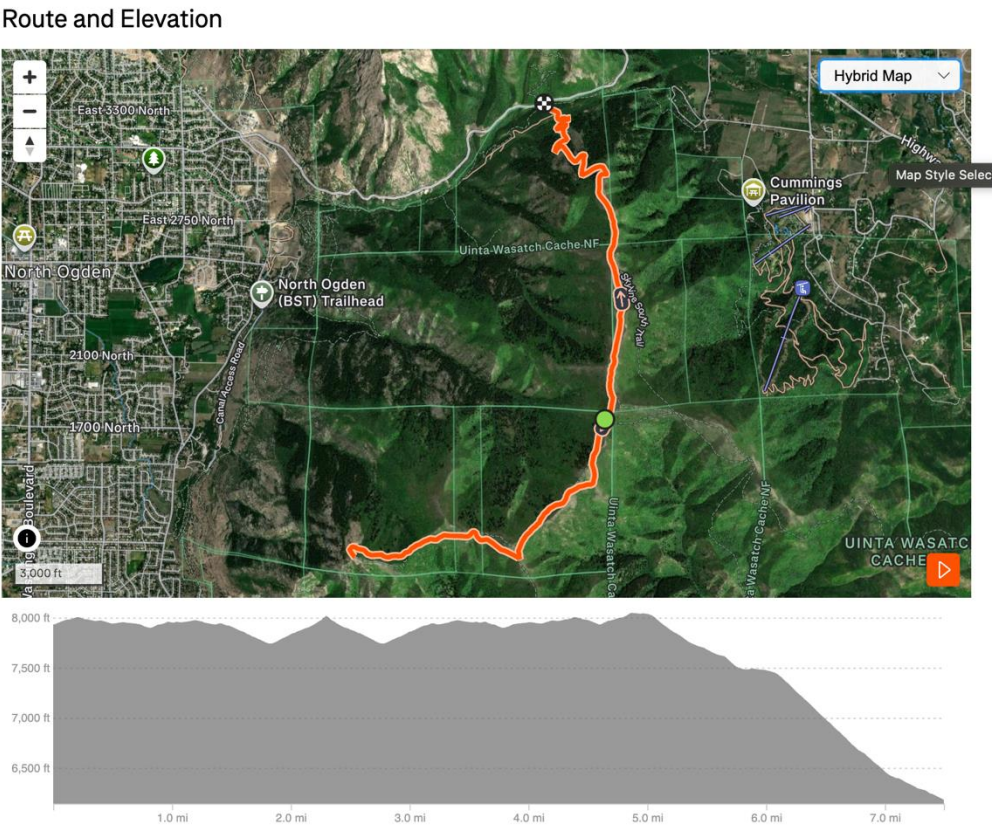
Out and back to Lewis Peak. You will pass through AS8 again, but try not to take anything as you'll hit N. Ogden divide in 2.5 miles.

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AID 8: N OGDEN DIVIDE TO BENNY SADDLE

Goat Rattler 100: AS 8 to AS 9

Running Route

★ Saved

Edit

▼

Details

📍 6.46 mi

⬆️ 2,589 ft

🕒 1:32:27

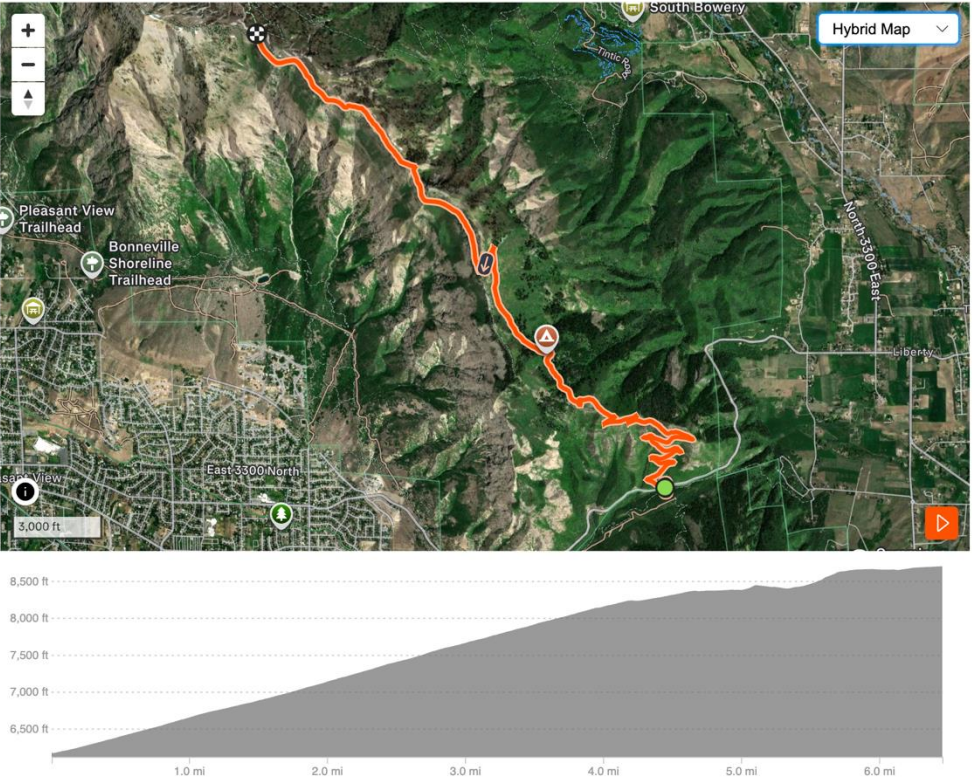
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Route and Elevation



AID 9: BENNY SADDLE TO WILLARD CAMP (INCLUDES BEN LOMOND PEAK OUT N BACK)

Goat Rattler 100: AS9 to AS10

Running Route

★ Saved

Edit



Details

📍 4.37 mi

🏔️ 1,214 ft

🕒 58:37

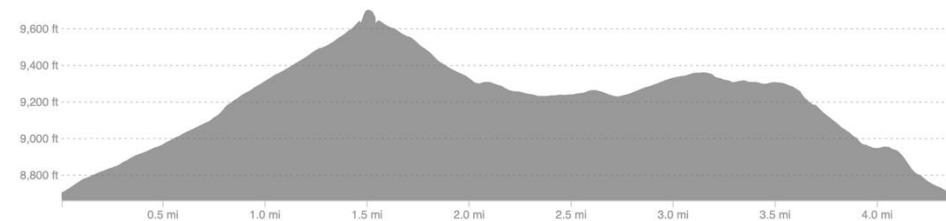
Ben Lomond saddle to Willard Campground.
Must do small out/back to tag Ben Lomond.
High point of the course.

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December 6, 2024 · Public



Route and Elevation



AID 10: WILLARD CAMP TO BENNY SADDLE

Goat Rattler 100: AS10 to AS11

Running Route

★ Saved

Edit



📶 Hard

📍 4.5 mi

🏔️ 1,144 ft

🕒 58:09

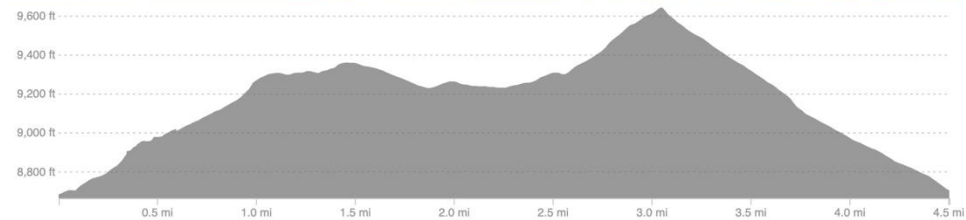
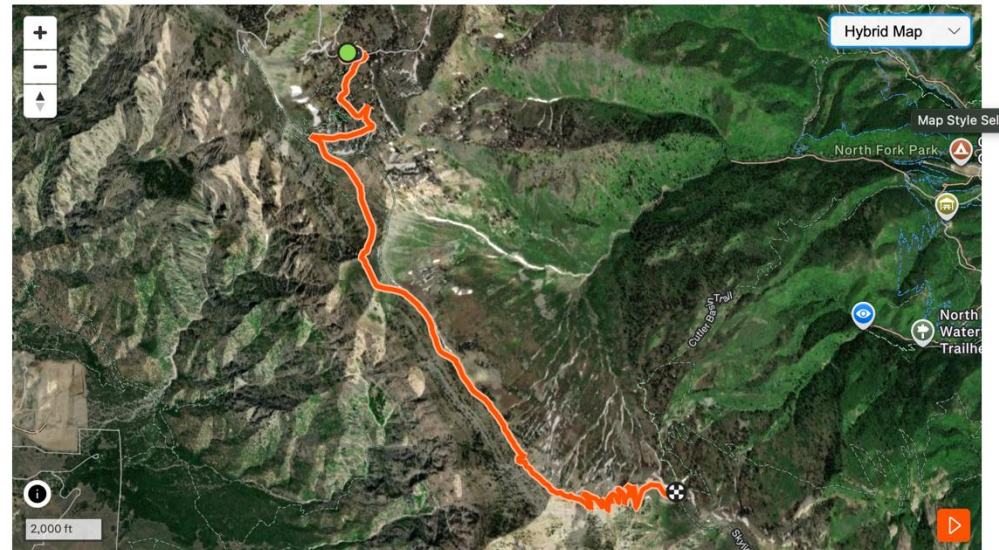
Willard Campground back to Ben Lomond
Saddle

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Route and Elevation



AID 11: BENNY SADDLE TO HORSE CORRAL

Goat Rattler 100: AS11 to AS 12

Running Route

★ Saved

Edit



Moderate

5.91 mi

29 ft

56:38

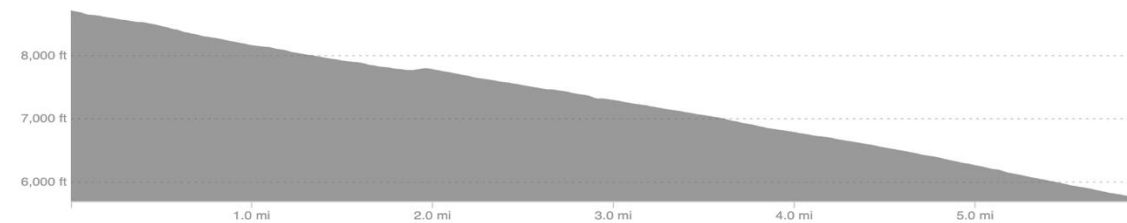
Screamin downhill. Saddle to Horse Corral

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Route and Elevation



AID 12: HORSE CORRAL TO WHITE FIR

Goat Rattler 100: AS12 to AS 13

Running Route

★ Saved

Edit



Moderate

📍 5.76 mi

🏔️ 1,271 ft

🕒 1:10:47

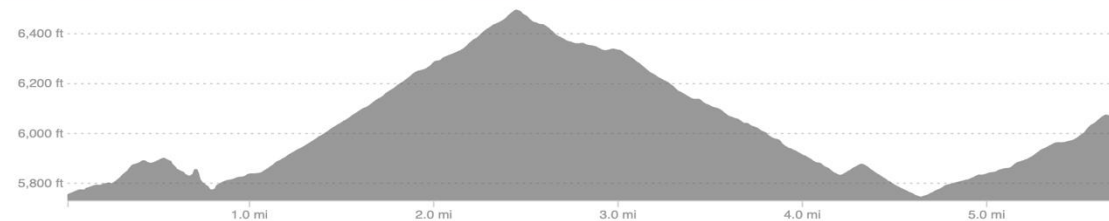
Horse Corral to White Fir Yurt Pavillion.

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December 6, 2024 · Public



Route and Elevation



AID 13: WHITE FIR TO FINISH

Goat Rattler 100: AS13 to Finish

Running Route

★ Saved

Edit



🔊 Hard

📍 7.65 mi

🏔️ 1,460 ft

🕒 1:31:55

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Route and Elevation

