

GOAT RATTLER 50 MILE



Runner's Guide

GOAT RATTLER 50 MILE START LINE



- Windsurfer Beach Boat Ramp: GPS: 41.269257, -111.819468
- Start Time: 9pm 6/25/27
- Parking: plenty in the boat ramp marina and surrounding
- Bathrooms: Onsite and porta-potties
- Day of Race Packet Pickup: 8-9pm

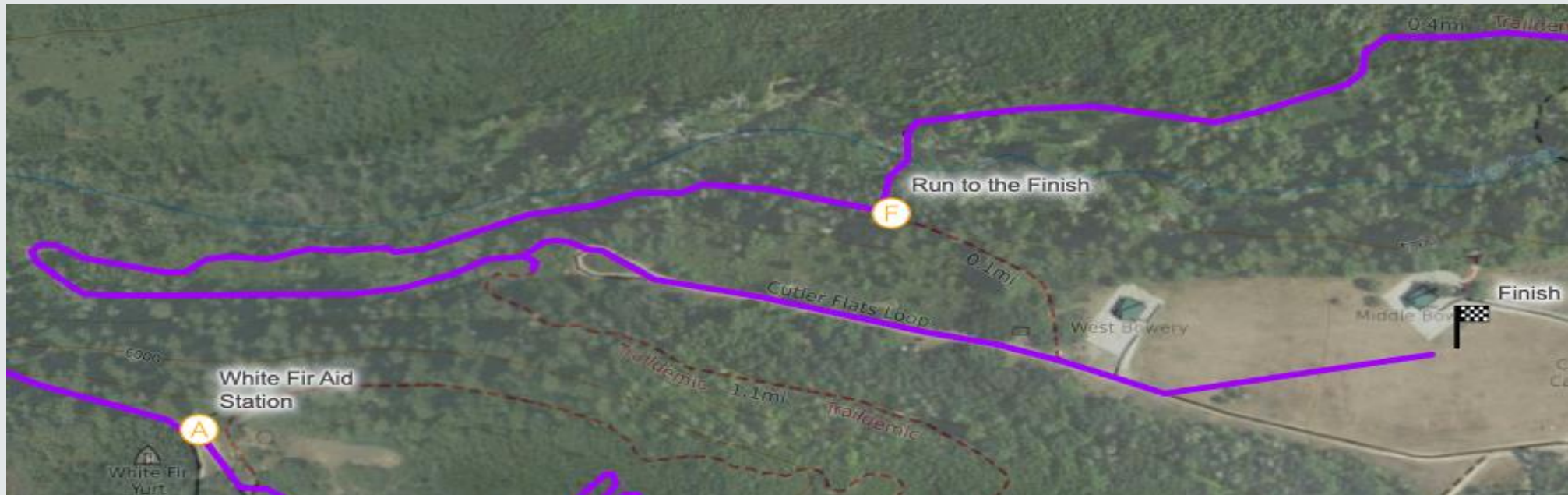
Goat Rattler 50 finish line



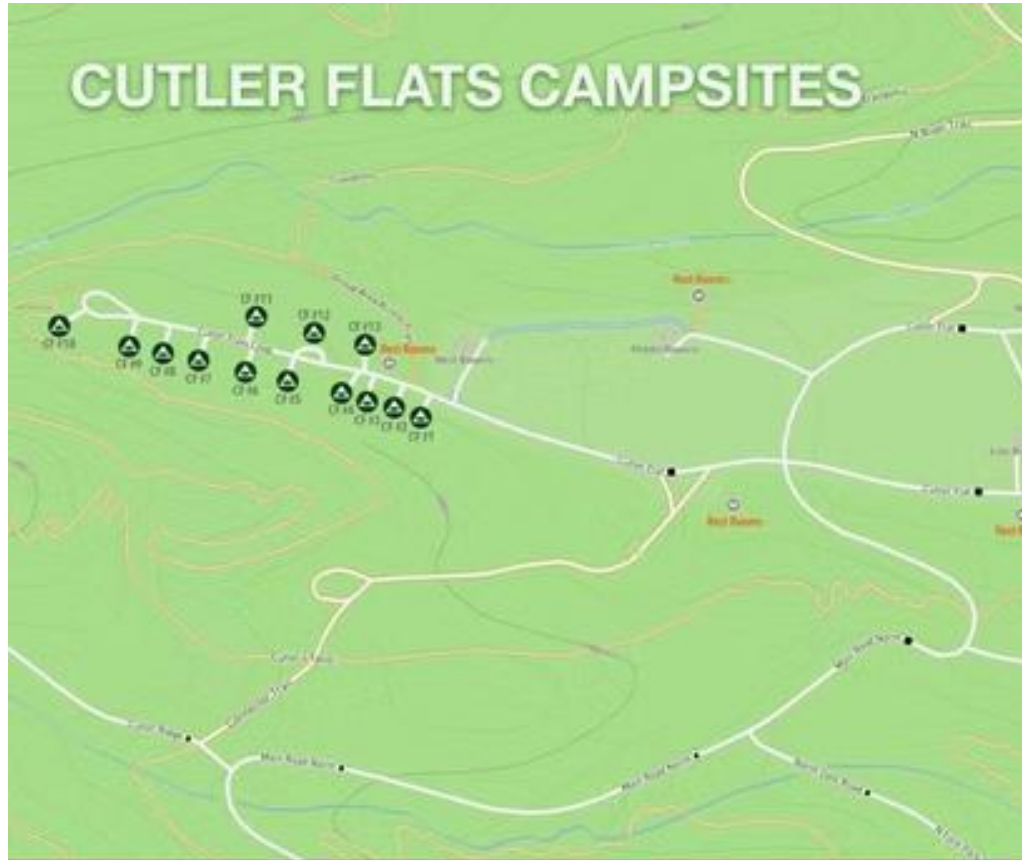
- Middle Bowery @ Cutler Flats: North Fork Park
- Take 3rd entrance into the park
- Parking and camping available in the open field around the west and middle boweries.
- Don't block the course with your car
- Private Camping spots available along last .25 of course.

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.

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: 8-9pm @ Start line
 - Drop Bags for Willard Campground need to be dropped on Thursday because that aid station needs to be setup for 100 milers prior
- Finish Line: North Fork Park/Cutler Flats: Middle Bowery: Middle Bowery Rd, Eden, UT 84310
- Cutoff: 7pm on 6/26/27 (same as 100 mile cutoff)

GOAT RATTLER 50 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 for Goat Rattle 50 mile:
 - Caltopo: <https://caltopo.com/m/PK2TDDN>
 - Strava: <https://www.strava.com/routes/3407139307905918624>
- 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 or other app, but it's much easier from your watch.
- Garmin instructions: <https://youtube.com/shorts/MUFM8mpHsq4?si=UHZXMQn8JVTt7GyX>
- Coros Instructions: <https://youtu.be/xNsY4DRnryo?si=IUVIFbQi9eVCgIFE>

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
😊

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 the Goat Tornado of 2026 or Hurricane Rachel in the middle of Moab 240. Plan for the worst. Better to be overprepared and comfortable than DNF with SAR.
- 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

AID STATION AND CREW INFORMATION

Goat Rattler 50 Aid Station/Crew Information

Goat Rattler 50 Aid Station/Crew Information									
Aid Station		Total Distance	Elevation Gain	Elevation Loss	Aid Station GPS Location	Cutoff Times	Crew Allowed	Pacers	Drop Bags
1	Lewis Saddle	7.67	3113'	83'	41.290869, -111.892953		NO	NO	NO
2	N Ogden Divide	7.5	952'	2708'	41.320066,-111.899396	7am	YES	YES	YES
3	Ben Lomond Saddle	6.45	2587'	69'	41.36309, -111.94944	Cutoff reroute to north fork 9:30am	NO	Keep same pacer	NO
4	Willard Campground (including Ben Lomond summit)	4.4	1214	1205'	41.39138, -111.97859	11:00 AM	YES	YES	YES
5	Ben Lomond Saddle	4.5	1144'	1125'	41.362478, -111.949429	NA	NO	Keep same pacer	NO
6	North Fork Horse Corral	5.91	29'	2982'	41.369879, -111.910405	3pm	YES	YES	YES
7	White Fir Yurt	5.76	1271'	980'	41.384901, -111.923196	5pm)	YES	YES	YES
	White Fir to Finish	7.65	1460'	1679'	41.385293,-111.915622	7pm	YES		

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

START TO AID 1: LEWIS SADDLE

Goat Rattle 50 start to Lewis Saddle

Running Route

★ Saved

Edit



Details

📍 7.67 mi

🏔️ 3,113 ft

🕒 1:49:58

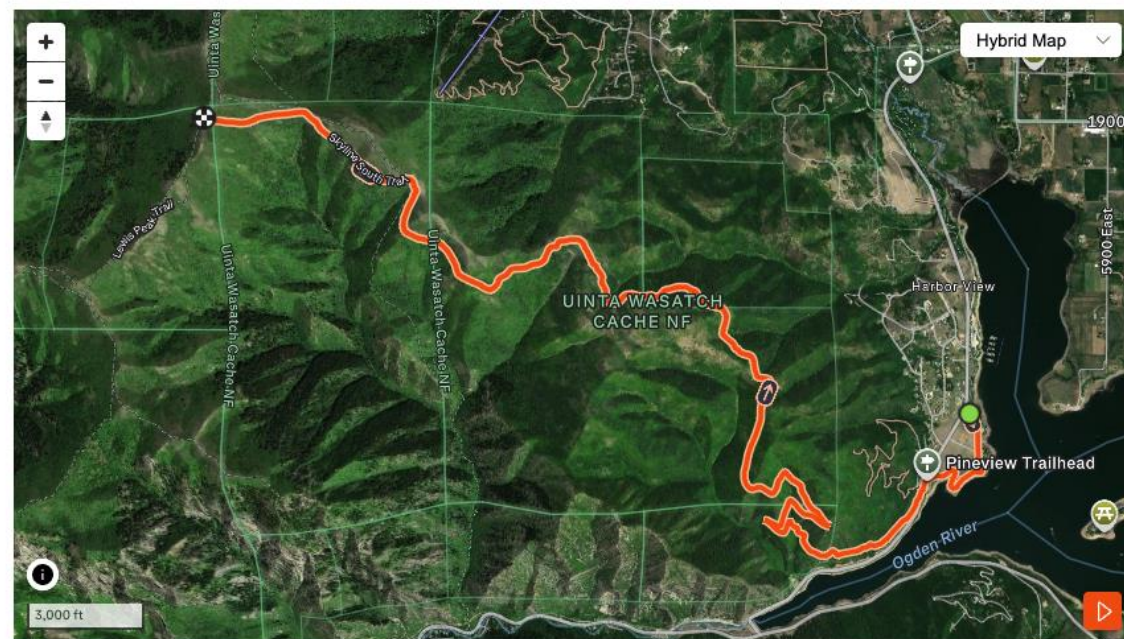
Windsurfer Boat Ramp starting line to Lewis Saddle

CREATED BY

Jeremy T @Ogdenrunco
October 18, 2026 · Public



Route and Elevation



AID 2: LEWIS SADDLE TO N OGDEN DIVIDE

Goat Rattler 100: AS7 to AS8

Running Route

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Edit



Details

📍 7.49 mi

🏔️ 952 ft

🕒 1:26:15

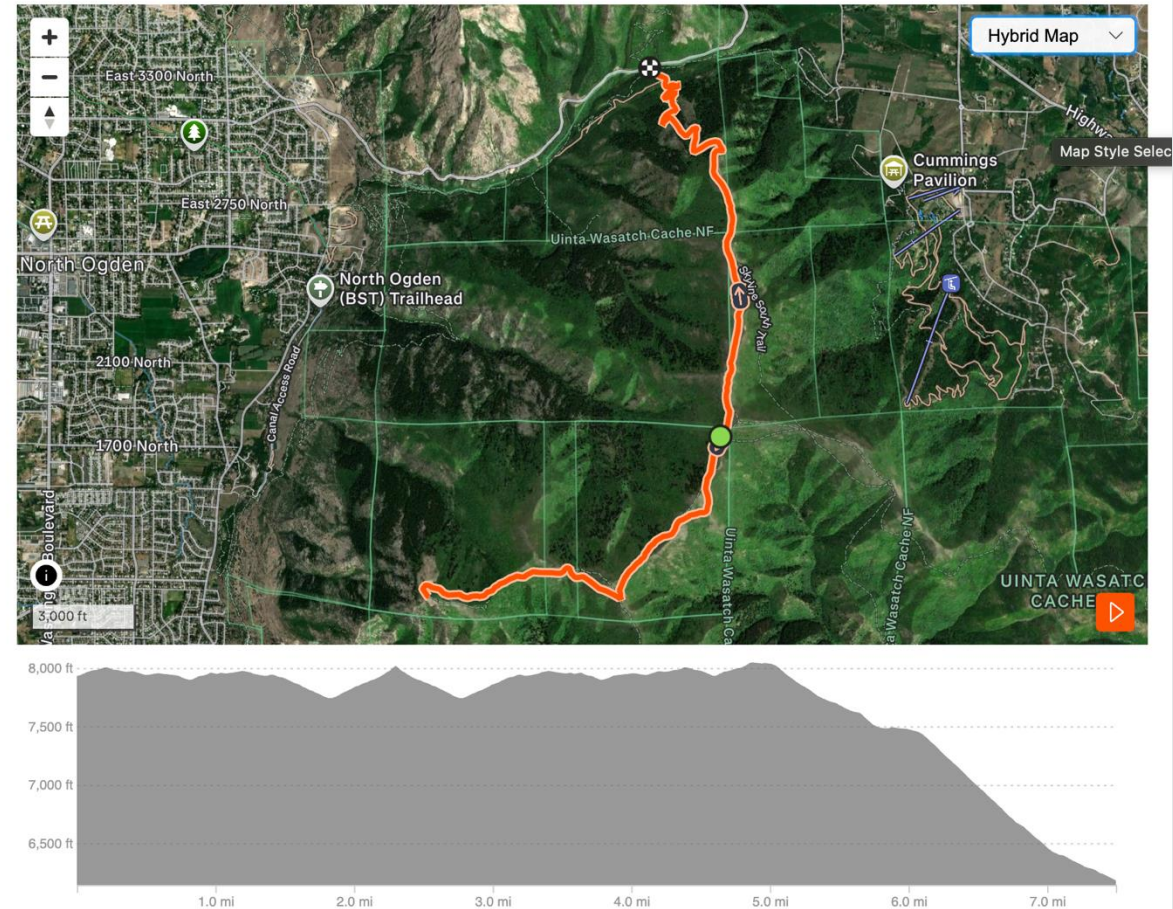
Out and back to Lewis Peak. You will pass through AS8 again, but try not to take anything as you'll hit N. Ogden divide in 2.5 miles.

CREATED BY

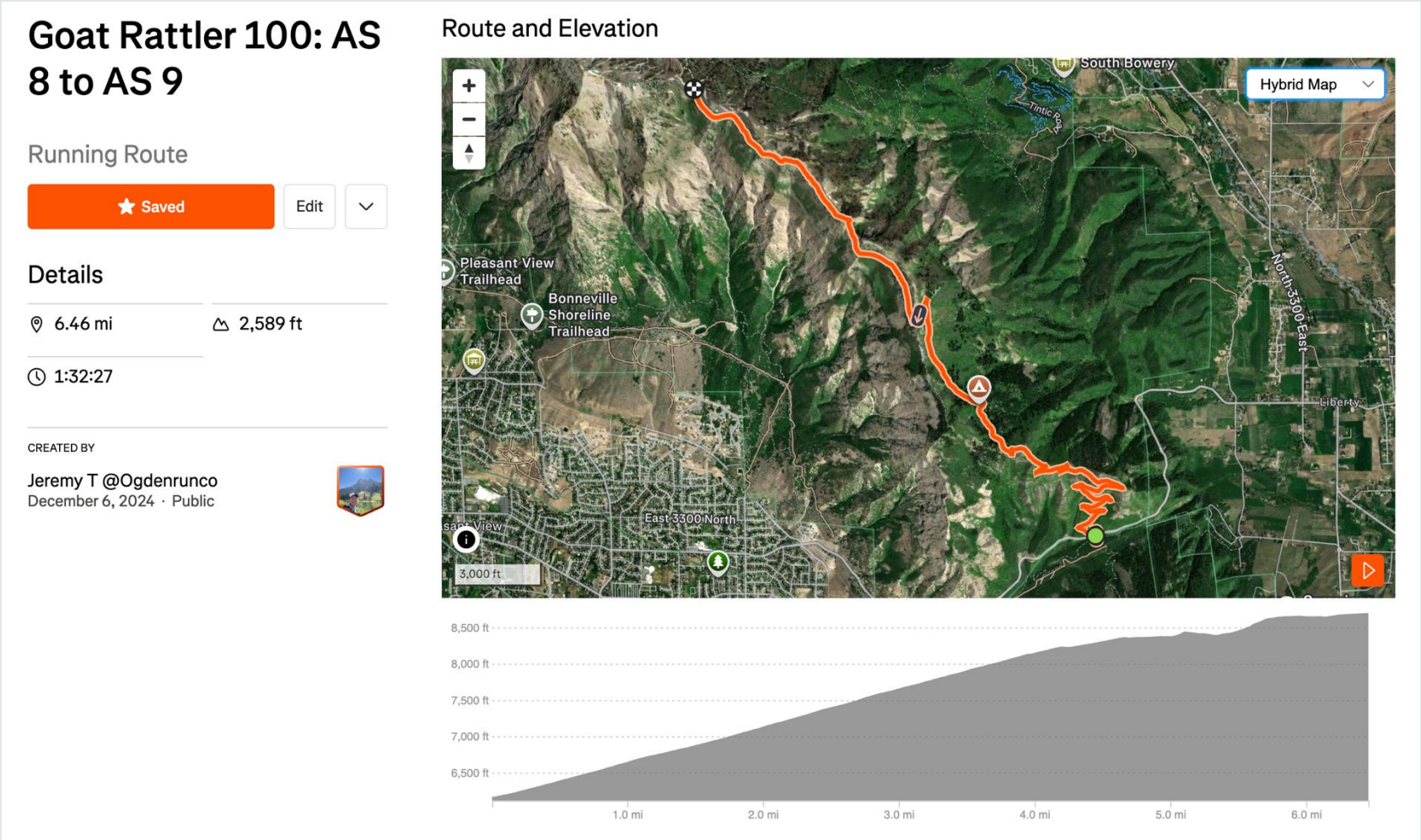
Jeremy T @Ogdenrunco
December 6, 2024 · Public



Route and Elevation



AID 3: N OGDEN DIVIDE TO BENNY SADDLE



AID 4: BENNY SADDLE TO WILLARD CAMP (INCLUDES BEN LOMOND PEAK OUT N BACK)

Goat Rattler 100: AS9 to AS10

Running Route

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Edit



Details

📍 4.37 mi

🏔️ 1,214 ft

🕒 58:37

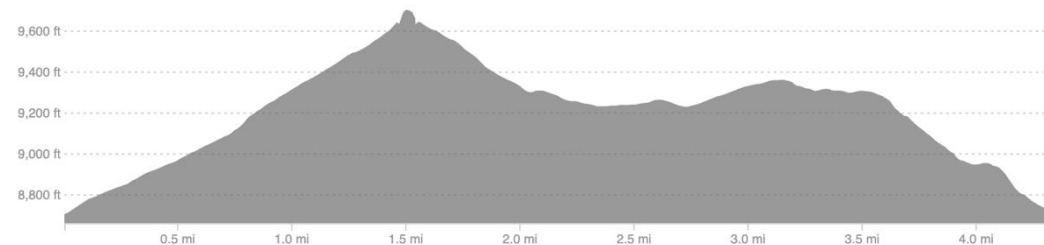
Ben Lomond saddle to Willard Campground.
Must do small out/back to tag Ben Lomond.
High point of the course.

CREATED BY

Jeremy T @Ogdenrunco
December 6, 2024 · Public



Route and Elevation



AID 5: WILLARD CAMP TO BENNY SADDLE

Goat Rattler 100: AS10 to AS11

Running Route

★ Saved

Edit



📶 Hard

📍 4.5 mi

🏔️ 1,144 ft

🕒 58:09

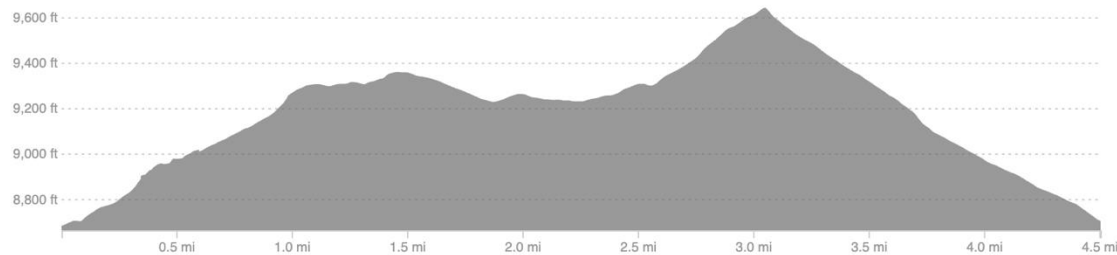
Willard Campground back to Ben Lomond
Saddle

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Route and Elevation



AID 6: BENNY SADDLE TO HORSE CORRAL

Goat Rattler 100: AS11 to AS 12

Running Route

★ Saved

Edit



Moderate

📍 5.91 mi

🏔️ 29 ft

🕒 56:38

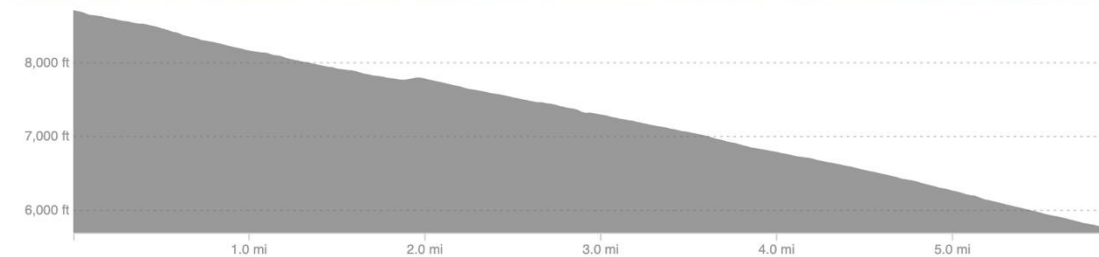
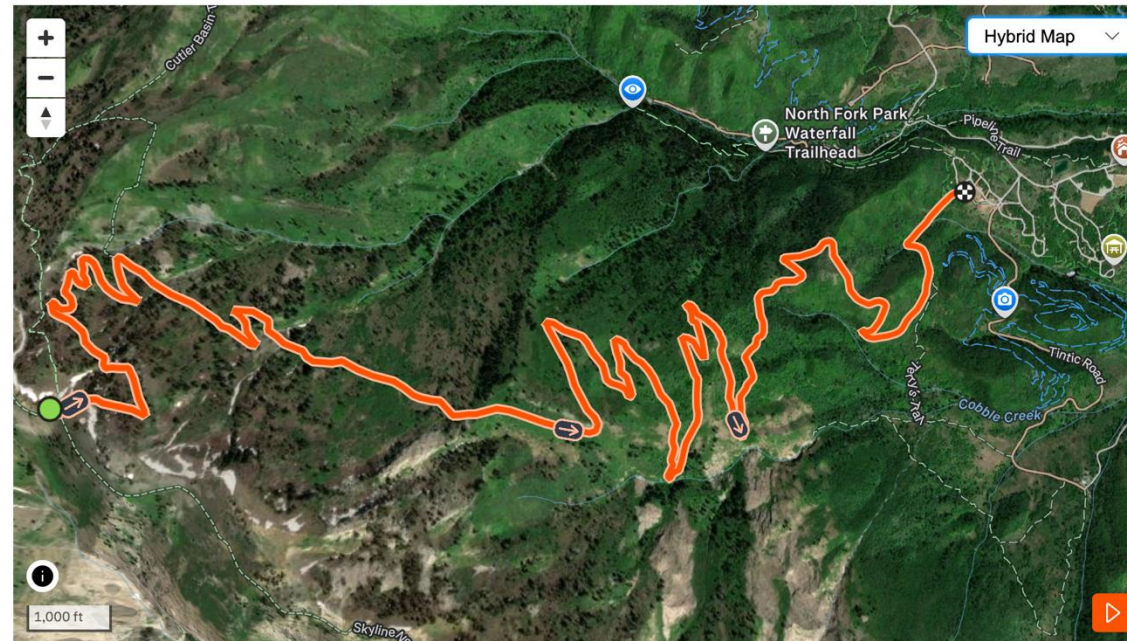
Screamin downhill. Saddle to Horse Corral

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December 6, 2024 · Public



Route and Elevation



AID 7: 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

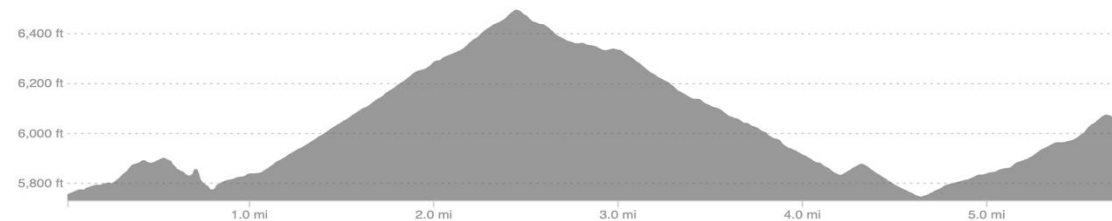
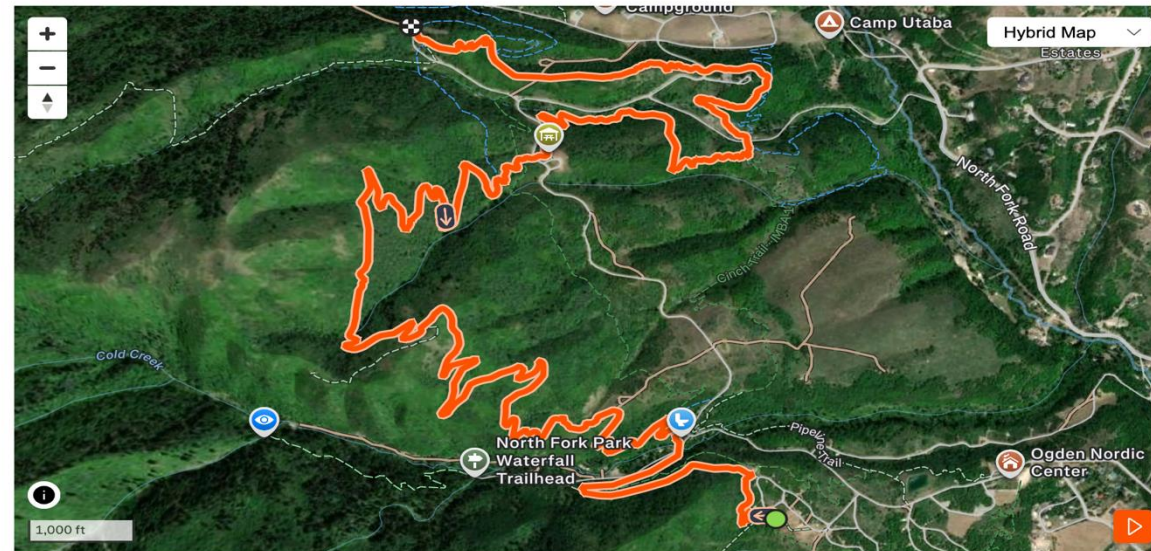
Horse Corral to White Fir Yurt Pavillion.

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December 6, 2024 · Public



Route and Elevation



AID 8: 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

