

**Ocean State Ultra
Runner Packet
July 26-27th 2025**



Race Director:

Darlene Gaudet

Contact Number: 401-533-3604

All participants should save this number in case you need assistance on course

Registration:

Schedule:

Race Start July 26th, 2025

6:30am Race Check-In/ Bib Pick-up Begins

Setup opens

7:45am Mandatory 100 mile pre-race meeting

8:00am 100 mile start

8:45am Mandatory 12/6 hr pre-race meeting

9:00am 12 hour and 6 hour start

3:00pm 6 hour event ends, pacers may start

9:00pm 12 hour event ends

100 miler end time: July 27th 2pm

Packet Pickup: Every runner is expected to report to packet picket the day of the race. Participants will receive a bib number and a race shirt.

Cups: This is a cupless event, please come prepared with a reusable cup, water bottle, or bladder to be filled at aid stations.

Course: The course consists of 10 mile loops (1.5 miles of desert, 1 mile of pavement, and 7.5 miles of trails) through Big River Management Area. The trail is relatively flat with an elevation gain of 394ft per loop and minimally technical terrain.

Course map on All Trails:

<https://www.alltrails.com/explore/map/map-january-3-2025-e4873aa?u=i&sh=asr6pe>

Parking: Parking will be offsite at the Park & Ride at Hopkins Hill Road and at 92 New London Turnpike. I suggest that everyone try the Hopkins Hill parking first until it has been filled before using the other lot. A shuttle will be provided to transport participants and spectators to and from the race location. Runners may be dropped off at the trail entrance but will not be allowed to park there during event weekend.

Time cut off:

6 hour runners will start at 9am and have until 3pm to run as many miles as possible. Mileage checkpoints will be at the start and the 5 mile turnaround point. You must wear your bib number at all times and ensure that race staff records your number at each checkpoint.

12 hour runners will start at 9am and have until 9pm to run as many miles as possible. Mileage checkpoints will be at the start and the 5 mile turnaround point.

100 mile runners will start at 8am on July 26th and have until 3pm on July 27th. Pacers are allowed after 3pm on Saturday (after 6 hour race ends).

Runners who drop out of the race early need to check in at the start/finish line before leaving the race location.

Aid Stations: Our aid stations will provide ice, water, tailwind, soda, snacks, sandwiches, and candy. As we get longer into the race we'll provide more food items such as potatoes, ramen, oatmeal, etc. If there is something you can't race without, please plan to bring it with you. We will NOT be serving any nut products at the aid stations to accommodate nut allergies.

Aid station mileage:

Start/finish line & porta potties

1.5 miles (station 2) & porta potties

5 miles (station 3)

8.5 miles (station 2)

10 miles (start/finish)

Set up: Runners and crew members are allowed to set up a table and supplies within the designated area at the start location. Our permit does not allow tents beyond what we have at our aid stations, please do not bring one. Crews may cook food in small camp stoves, hotplates, or similar but no open flames, grills, etc. are allowed at the race location.

There are two locations on course that can be accessible for crews and spectators:

Burnt Sawmill (turnaround point)

https://maps.app.goo.gl/An1Tr4Wv8GxTetjB9?g_st=ipc

When you enter the trail, continue driving all the way down until you see a dirt parking lot and a metal gate. That is where the runners will reach the aid station and turn around to go back to the desert.

New London Turnpike (1.5 miles away from start/finish line)

https://maps.app.goo.gl/DErvPzqT7DmLfm7ZA?g_st=ipc

There are a few parking spots available in front of the gate on New London Turnpike (right side of Hopkins Hill Road), from there you will walk about ½ mile to reach the second aid station and the 1.5 mile mark for runners.

Pacers: Pacers will be allowed for 12 hour and 100 mile runners starting at 3pm. Pacers are required to follow the same rules as participants including wearing all required safety gear during night hours. Due to the small field size, we do not have a cap on the number of pacers allowed per runner.

Drop Bags: You may have drop bags at the start/finish line and at the 5 mile mark. We will be transporting drop bags to the 5 mile mark after the races start. Please clearly mark your bag with your name and bib number and place it in the appropriate pile (start line vs 5 mile bags).

Night running: 12 hour and 100 mile runners will be required to wear something reflective, have a flashlight or headlight, and a tail light (preferably red) during night hours.

Weather: It will be HOT. Please be prepared for the weather and know the warning signs of heat exhaustion and dehydration:

<https://www.samitivejhospitals.com/article/detail/heat-stroke-prevention-tips-for-trail-ultra-runners>

We will have a cooling tent set up at the start/finish line area which runners will pass every 10 miles. There is a swimming hole just a short walk from the start line. Runners are welcome and encouraged to cool off there between laps.

We have the right to hold any runner from continuing if they are deemed medically unsafe to do so. Every runner should be aware of their own limitations, and should not push themselves to the point of serious injury or illness.

Swag: All participants will receive a race shirt. Sweatshirts will be available to purchase in advance online and on race day. 100 mile finishers will receive a belt buckle.

Volunteers: We are looking for volunteers to help along the course and at aid stations. All volunteers receive a race shirt and are given priority registration for our race in the future (ie. you will bypass any waitlist should the race fill up). This priority registration does not expire.

<https://ultrasignup.com/volunteer.aspx?dtid=59630>

Recommended packing list:

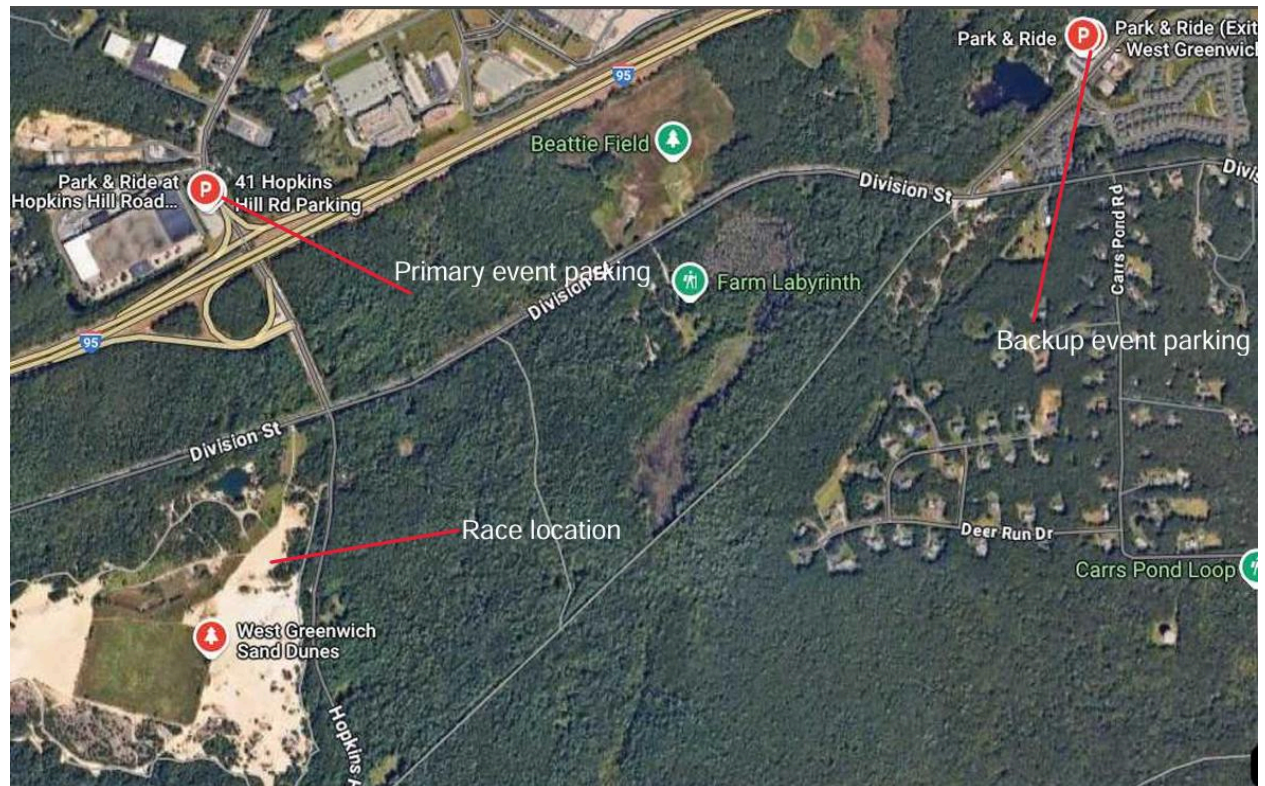
- ☐ Glide, vaseline
- ☐ Blister protection
- ☐ Extra socks
- ☐ Change of clothes
- ☐ Sunscreen and lip protection
- ☐ Bugspray
- ☐ Sunglasses
- ☐ Backup pair of sneakers
- ☐ Hat
- ☐ Headlight with backup batteries
- ☐ Tail light
- ☐ Reflective gear
- ☐ Running vest or belt
- ☐ Warm clothing for night hours
- ☐ Salt pills

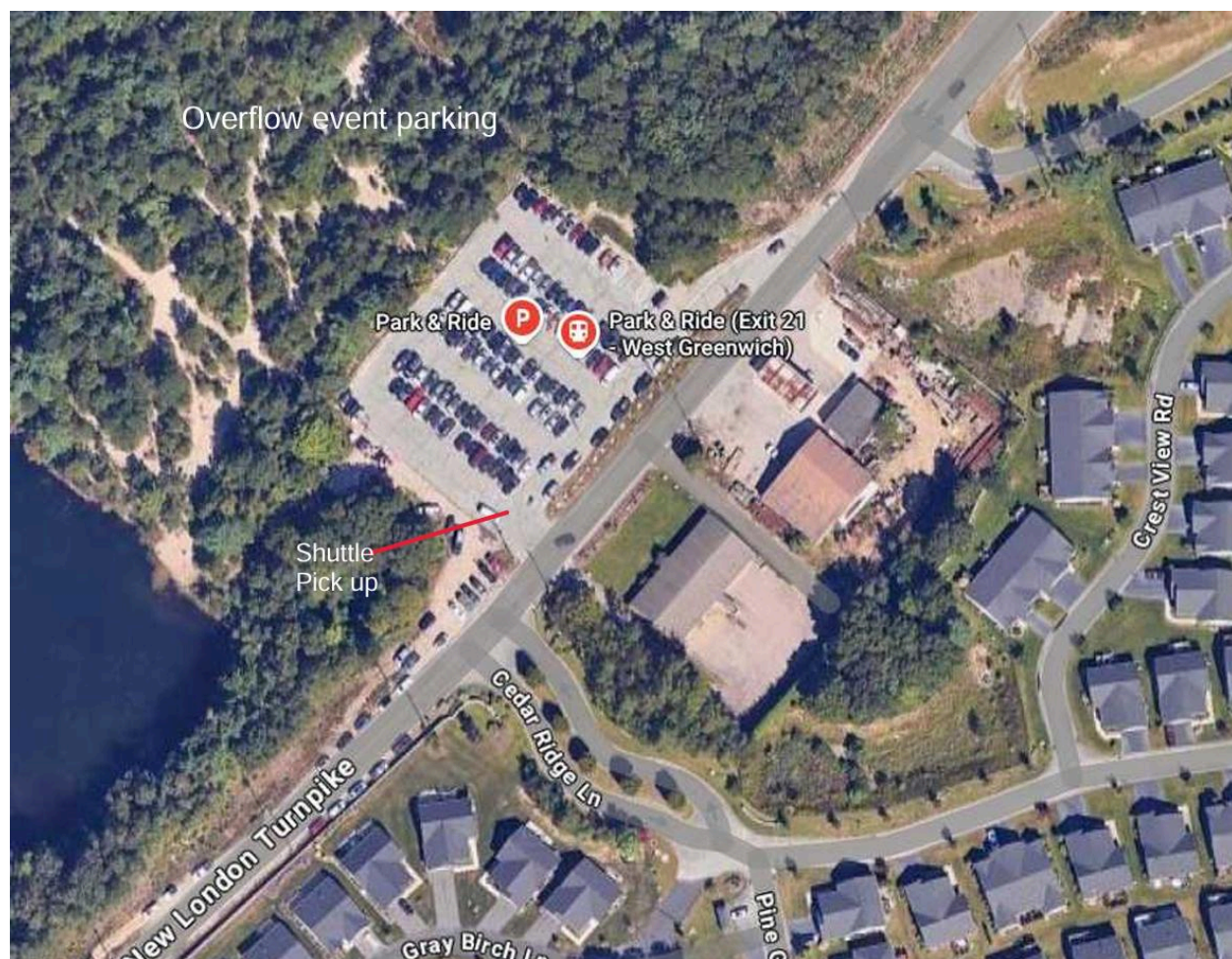
*Runners should have their phone on them at all times. Should an emergency occur we need to be able to contact participants.

I would love to host this race in future years so please follow all our rules to ensure we're invited back to Big River!

Maps:











See you on Race Day!