

2023 ATHLETE GUIDE



Charity Partner



Hello and Welcome to the BadgerPalooza Experience!

Thank you for being a part of the BadgerPalooza Ultramarathon! We are very excited to provide you with a unique, fun, and safe race experience. Whether you are racing for 24, 12, or 6 hours or are part of a relay team, we will do everything we can to take your experience to the next level! This guide contains the information you will need to have a successful race. Please read it in its entirety. If you still have questions, you can contact us at BadgersTri@gmail.com. See you on race day!! Remember, this race will take place rain or shine so prepare appropriately.

Schedule of Events:

Friday, October 13, 2023 – Autumn Lake Winery, 870 W Malaga Road, Williamstown, NJ

- 4:00pm – Parking opens for 24-hour athletes
- 4:00pm – 5:45pm – 24-hour athlete packet pick up/camp setup
- 5:45pm – Pre-Race Meeting for 24-hour athletes
- 5:50pm – National Anthem
- 6:00pm – 24-hour race starts!!

Saturday, October 14, 2023 – Autumn Lake Winery, 870 W Malaga Road, Williamstown, NJ

- 4:30am – Parking opens for 12-hour athletes
- 4:30am – 5:45am – 12-hour athlete packet pick up/camp setup
- 5:50am – Pre-Race Meeting for 12-hour athletes
- 6:00am – 12-hour race starts!! (24-hour race continues)
- 10:30am – Parking opens for 6-hour athletes
- 10:30am-11:45am – 6-hour athlete packet pick up/camp setup
- 11:50am – Pre-Race Meeting for 6-hour athletes
- 12:00pm – 6-hour race starts!! (12 and 24-hour races continue)
- 5:00pm – Final loop begins for all races

Parking: When you enter the winery property you will follow the Event Parking signs. Do not go to the winery building. Volunteers will guide you to the parking area in the lower field (see below). If this parking area is full our volunteers will direct you where to park. Please be mindful of pedestrians.



Check In/Packet Pick Up: All athletes will check in and pick up their packet prior to the start of their race at the large white tent (see below). Please check in at the time designated for your race (24-hour, 12-hour, or 6-hour) as described in the Schedule of Events above.

USATF Sanctioning: This is a USATF sanctioned event so we MUST have a signed waiver for all athletes. The waiver is included with the athlete guide email. Please either sign and return the waiver via email or bring a signed copy of the waiver with you to check in.



Athlete Camp Sites: Athletes are able to set up a tent/camp/rest site as noted on the above diagram. The maximum camp site size is 10' x 10'. Camp sites are in close proximity to the parking area so you will have access to your vehicle. Be sure to bring blankets and warm gear for the overnight hours. It will get cold. The athlete camp sites are outside in the field. Please check in before setting up your camp site. Preference will be given to 24-hour athletes, then 12-hour athletes, then 6-hour athletes.

Run Course: The run course will take you through the winery property, around two lakes, and through the vineyard (see below). The terrain is mostly hard packed trails but does include steps and areas of grass/sand/loose dirt. If there is rain leading up to or on race day there will be some muddy areas. Plan your running gear accordingly. Please be respectful of our venue host and do not touch or disturb the vines. The course will be clearly marked with flag tape and arrow signs. The arrow signs will have reflective tape on them so they are visible at night with your head lamp. There will be a self-serve water station that you will pass twice during each loop. This is a cupless race so you will need to carry a bottle with you to get water at the water station.

Start/Finish Area: There will be a common start and finish area. This race will be professionally timed by JLD Events. Timing mats will be set up in the start/finish area. Your race bib will have a timing chip on the back. Please avoid walking around the start/finish area before or after the race or individual loops so your chip is not read accidentally. You will line up for the start of each loop in the Start Chute shown on the above diagram. Your time for each loop will start when you cross the timing mats and will finish when you cross the mats after finishing the loop.



Race Rules:

- The race format is a 5K that starts at the top of the hour, every hour, for 24, 12, or 6 hours based on which race you registered for. Runners must be in the start area by the next loop start time. If you miss the start, you're out of the race. This could be due to not completing the previous loop within the hour, spending too much time in your camp site, just not being able to make it to the start line, etc. You must start with the group to stay in the race. We will provide a 5-minute warning prior to the start of each loop. There will be a race clock displaying the time of day at the start/finish area.
- Individual Runners must complete all the loops for their given distance to be considered a finisher and to be eligible for awards
- Relay teams – For the 24-hour race each relay team member must run a minimum of nine loops for the team to remain in the race. For the 12-hour and 6-hour races each relay team member must run a minimum of two loops for the team to remain in the race.
- For relay teams, only one team member is allowed to run the 5K loop at a time...both team members cannot run the same loop together.
- Scoring for the race will be determined by your time to complete each loop.
- The winner of each race (24-hour, 12-hour, 6-hour and relays) will be the athlete/team that completes all loops for their race and in the lowest total time. In the event of a tie, the athlete (male, female, and relay team) that has the shorter time for the last loop will be the winner
- There will be a QR code in the tent area that athlete and spectators can use to see results of the race. The results will show the total time for each person and their ranking. Within each person's results you will be able to see their time and pace for each loop.

- Athletes doing the 24-hour and 12-hour races are required to have a headlamp that will be used for the nighttime loops. Headlamps will illuminate the course and reflective signs along the course. Plan to have replacement batteries or a way to charge your headlamp in case the battery dies...or have multiple headlamps with you.
- Our staff members will take a head count before and after each loop to ensure all athletes are accounted for. If you do not or cannot continue, please be sure to tell one of our staff members located in the white tent or at the start/finish area.
- Only athletes registered for the race will be permitted to run the course. No pacers, coaches, friends, etc. will be permitted to run with the athletes. Coaches, friends, etc. are welcome to support the athletes at their camp site.
- You must have your race number on the front of you, either pinned to your shirt or attached to a race belt. We must be able to see your race number when you start and finish each loop.

Awards: In order to be considered a finisher and eligible for an award, the athlete (or relay team) must complete all the required loops (24, 12, or 6) for their race and relay teams must meet the minimum loop requirements described above. Awards will be given to the following:

- 24-hour – Top 3 overall Female and Male finishers
- 24-hour Relay – Top overall team
- 12-hour – Top 3 overall Female and Male finishers
- 12-hour Relay – Top overall team
- 6-hour – Top 3 overall Female and Male finishers
- 6-hour Relay – Top overall team

Food/Drink: Under the white tent we will have the following available for athletes (subject to change). We will do our best to accommodate special diets (vegan, gluten free), but if you do have a unique diet, please plan to bring as much of your own nutrition as possible.

- Water
- Chocolate milk
- Cola
- Pickle juice
- Coffee
- Hot Chocolate
- Fruit
- Grilled cheese/cheese quesadillas
- Perogies
- Peanut butter and jelly sandwiches (Uncrustables)
- Egg quesadillas/wraps
- Chicken/Vegetable broth
- A variety of snacks, chips, pretzels, and candy
- Vegan and gluten free options will be available...please let us know if you are vegan and/or gluten free when you check in

Loop Prizes: Give-away prizes have been provided by our loop sponsors. We will have a prize for many of the loops. We will announce the loop sponsor and the prize prior to the start of the loop. The prize will be either product(s) or a gift certificate provided by the sponsor. How will we determine who gets the prize, you ask? We will have various ways to win already written down and in a bowl in the tent. The ways to win the loop prize could be the first female finisher, the first relay team finisher, the last finisher, the middle finisher, the 5th place finisher, etc. We will select from the bowl for each loop that has a sponsor loop prize. We will not announce how the winner will be determined before the loop to ensure athletes don't try to gain the system such as, trying to finish last. Each athlete can only win one loop prize. See our list of sponsors below.

Entertainment: On Saturday afternoon, from 3-6pm, the band Zipper (classic rock) will be playing on the stage near the start/finish area. The band will bring the extra energy you need in those later loops!

Emergencies/Injuries: In the event of an emergency or injury, Monroe Township Ambulance will be standing by to provide assistance, if needed. If you need emergency assistance, please inform one of our staff members so we can get you the attention you need.

Spectators: Friends and family are encouraged to join in on the fun to watch and enjoy. Autumn Lake Winery is open Friday (10/13) and Saturday (10/14), 12pm – 9pm. The winery has food trucks and entertainment scheduled in the tasting room area as follows (subject to change and weather dependent):

- Friday (10/13)
 - 5pm – 8pm – Music by Greg Jones
 - 5pm – 8pm – Buon Viaggio Pizza food truck
- Saturday (10/14)
 - 2pm – 5pm – Music by Ben Vukicevich
 - 5:30pm – 8:30pm – Music by Rob McMahan
 - 2pm – 8pm – Innovative Catering food truck

Charity Partner: We are thrilled to be partnering with Advocacy For The Forgotten, a charity that supports and maintains the Buffalo Soldiers Cemetery located on Tuckahoe Road here in Williamstown. The cemetery is a resting place for soldiers from the 22nd Regiment U.S. Colored Troops that fought in the Civil War. We will be donating a portion of the race profit to Advocacy For The Forgotten. You can learn more about Advocacy For The Forgotten at AdvocacyForTheForgotten.com.

Volunteers: A race like this does not happen without volunteers. These are special people that get up early and stay up late to be there and make sure you have an enjoyable and safe race. Please be sure to thank the volunteers as you see them throughout the event. They are out there for you and they are the reason we are able to have a race. If you have friends/family that are able to volunteer, please have them register to volunteer [here](#).

Sponsors: We want to thank our amazing sponsors who showed faith in us and this race. Please patronize their businesses and tell them you saw their information at BadgerPalooza. They helped make this event possible...THANK YOU!

- HOST VENUE – Autumn Lake Winery (<https://autumnlakewinery.com/>)

- GOLD SPONSORS
 - Geets Diner and Bar (<https://www.geetsdinerandbar.com/>)
 - Wawa (<https://www.wawa.com/>)

- SILVER SPONSORS
 - Hugh's Clock Shop (<https://hughsclocks.com/>)
 - Death of the Fox Brewery Company (<https://www.deathofthefoxbrewing.com/>)
 - High Grounds Coffee Roasters (<https://www.highgroundscoffeeroasters.com/>)

- LOOP SPONSORS
 - Spring Energy (<https://myspringenergy.com/>)
 - One Body Massage Therapy (<https://onebodymassagenj.com/>)
 - Oval Endurance Coaching (<https://www.ovalendurance.com/>)
 - Taste: Plant Based (<https://www.tasteplantbasednj.com/>)
 - Library IV Restaurant (<https://www.libraryiv.com/>)
 - Blue Moon Masonry (@bluemoonmasonry on Facebook)
 - Williamstown Badgers

Thank you for racing with us!!

TRAIN HARD! RACE STRONG! HAVE FUN!

Your Williamstown Badgers Race Crew