



PRESENTED BY



**30M 50M 100M**

October 7-8, 2023

# Runners Handbook

Version 1.3



# 2023 Runners Handbook



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# 2023 Runners Handbook



## 1.0 Introduction

Welcome to the 5<sup>th</sup> Edition of the **Midstate Massive Ultra Trail** race! New England's premier point to point ultra marathon.

The **2023 Runner's Handbook** is your comprehensive guide to all aspects of this event. Please read through it carefully and thoroughly. Your understanding of this information will greatly contribute to your safe and successful completion of the race. If you have any questions or concerns, please contact us directly at our emails below. Otherwise, we look forward to seeing you on race day!

Andy Marx: [Andy@NewEnglandRaceEvents.com](mailto:Andy@NewEnglandRaceEvents.com)

Rich Mazzola: [Rich@NewEnglandRaceEvents.com](mailto:Rich@NewEnglandRaceEvents.com)

## 2.0 Race Description

The **Midstate Massive Ultra Trail** takes place at the height of the New England foliage season on October 7-8, 2023. There are three separate race distances that follow the Massachusetts Midstate Trail (MST) except where noted.

The Midstate Trail runs from the border of New Hampshire and Massachusetts all the way to the border of Massachusetts and Rhode Island, and briefly enters Connecticut. It is comprised of both public and private lands, which means we are all guests along the trail. Wave starts for the 100M & 50M races help us accomplish two goals: 1. we can provide full coverage of support in a point to point format, and 2. we can reduce the overall impact/density of runners on the trail through sensitive and protected wildlands.

**2.1** 100 Miles: Start at Windblown Camping, New Ipswich, NH 10/07/2023  
*Wave Starts~8:00am-1:30pm*

**2.2** 50 Miles: Start at DCR Long Pond Boat Ramp, Rutland, MA 10/07/2023  
*Wave Starts~9:00pm-12:00am*

**2.3** Mass Start 30 Miles: Start at Howe State Park, Spencer, MA 10/08/2023  
*7:00am*

Your exact start time will be posted on the website no later than October 1, 2023. Course cut off times are as follows:

- The 100M: 33 hours from the 1<sup>st</sup> wave start time.
- The 50M: 20 hours from the 1<sup>st</sup> wave start time.
- The 30M: 10 hours (mass start).



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The course closes at 4:00 pm Sunday, 10/8. Final Aid Station 15 cutoff is 3:30 pm with 3.5 miles to the finish line. The finish line will be closed by 5:00 pm.

## 2.4 Ultra-Trail du Mont-Blanc (UTMB)

The Midstate Massive Ultra Trail 100M and 50m events are now UTMB Index Races. Completing either Midstate



Massive 100M or 50M events; runners will receive a UTMB Performance Index in the category of their completed race event. The Performance Index is used in a similar way as the 'qualifying points' to show a runner's experience at different distances and can be used to enter the UTMB World Series Events and combined with Running Stones to enter the UTMB Finals.

## 3.0 Sponsors

The following is a list of our awesome sponsors who are a part of our ultra-trail adventure.

- **Vibram: Title Sponsor**  
Get ready for the 2023 Midstate Massive Ultra Trail Presented by Vibram!

Since 1937, Vibram has been producing world class, high performance, rubber outsoles. Vibram soles are designed to conquer the Italian Alps and some of the most demanding terrain in the world.



Not only will the Vibram Sole Factor Mobile Lab be onsite offering resoling demos, but the winners of each event will take home one pair of Vibram FiveFingers or Furoshiki as well as 1 free resole crafted by Vibram's Master Cobbler. Vibram's runner/coaches will provide specific training tips to help you prepare for this year's race. Vibram will also be staffing Aid Station 8 at Camp Marshall so their presence will definitely be seen and felt throughout the event.



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- **CRAFT Sports**  
Back for 2023 is [Craft Sports](#) who will be the official apparel sponsor for the race. This year's race shirts will be Craft LS Loppet T-shirts. They will also be onsite with some of their latest apparel and footwear to sample or buy!
- **Scratch LABS:** will be the official nutrition sponsor for the 2023 Midstate Massive. Skcratch labs makes sports nutrition designed to help you perform better without offending your gut or your taste buds using real food, made from scratch. We'll be working with their in house nutritionist to help you dial in your specific nutrition needs for this year's race.



## 4.0 Race Organization and Staff

### 4.1 Event Directors: Andy Marx and Rich Mazzola

Andy Marx and Rich Mazzola are the Founders and Directors of the race and manage the event in a variety of ways from start to finish. They will be assisted throughout the race by core staff as described below.

### 4.2 Core Staff

Core staff positions are listed below along with their respective roles and responsibilities. Please direct any issues/questions to the correct individuals should they arise during the race.

- Registration/Timing/Tracking: Mark Gelfond
- Asst Race Director/ Marketing: Meredith Beaton
- Asst Race Director/50M Start: Jason Rossman
- Asst Race Director/30M Start: Rich Person
- Volunteer Director: Carol Rainville
- Medical Director: Rob Hunt



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## 5.0 Pre-Race Planning

### 5.1 Lodging

There are many lodging options within a 40-minute drive of all start and finish lines. We will provide updates on any that have agreed to provide special lodging rates for Midstate Massive runners.

[Please check our website for links and future updates.](#)

### 5.2 Required Gear

Please pack and dress appropriately for this race. New England weather can be very unpredictable and you should be prepared with adequate outerwear. The temperatures can vary from the 70's/80's during the day to the 30's during the evening.

100M or 50M Race: Each runner participating is expected to come prepared with the following:

- One (1) reflective vest with reflective strips *or* reflective wrist/ankle straps or belt
- Vessel(s) / pack to transport water/hydration. Ability to carry 2 liters hydration minimum
- One (1) red blinking light
- One (1) working headlamp and/or waist lamp (spare batteries strongly recommended)
- One (1) emergency blanket
- Cell phone (w/ charging cable; a spare charging cell) with RaceJoy app installed for tracking

30M race. Each runner participating is expected to come prepared with the following:

- Vessel(s) / pack to transport water/hydration. Ability to carry 1 liter hydration minimum
- Cell phone (w/ charging cable; a spare charging cell) for Race Tracking

Suggested: Collapsible cup (race cup/soft cup) for aid station use. This is a cup-less race



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You will need to present your gear to our staff at “**Safety Check**” upon arrival before receiving your race bib.



## 5.3 Crew Support:

Support crews can be a great way to undertake an ultra-trail adventure. The following Aid Stations are designated for Crew Support:

- AS3: Wachusett Dental 16 Wyman Rd, Westminster, MA
- AS4: Wachusett Mountain Ski Area 499 Mountain Rd, Princeton, MA
- AS7: DCR/Rutland Long Pond Boat Ramp (also the 50M Start) Paxton Rd. Rutland, MA
- AS8: Camp Marshall 92 McCormick Rd, Spencer, MA
- AS11: Fay Mountain Farm 12 Cemetery Rd. Charlton, MA (100 Mile Runners Only)
- AS12: Leggett and Platt 23 Dana Rd, Oxford, MA
- AS13: Whittier Farms 90 Douglas Rd, Sutton, MA

These are the only Aid Stations where your support crew will be permitted. Please limit your crew support to one vehicle per runner as parking is limited at some of the aid stations.

As a crew, you are a direct reflection of your runner. Littering by crews will not be tolerated. Crews must follow the directions of race officials. Failure to follow the rules can result in disqualification of your runner.

Your support crew should be prepared for the weather just as you are. Here are some suggestions that they can bring for you and them:

- |                                   |             |                      |
|-----------------------------------|-------------|----------------------|
| • Extra clothes (in case of rain) | • Shorts    | • Sun Glasses        |
| • Several pairs of shoes/socks    | • Bug Spray | • Fleece vest/jacket |
| • Rain jacket(s)                  | • Sunscreen | • Gloves and a hat   |
| • Cooler for food and drinks      | • Water     | • First Aid Kit      |

## 5.4 Pacers

Pacing entails patience, tolerance and humor. The primary duties of a pacer include route finding, keeping the runner on pace, ensuring that the runner continues to eat and drink and making sure the runner leaves the aid stations with adequate clothing and supplies to reach the next aid station. Pacers are not allowed to push, pull, carry or tow the runner. Any special pacing situations or requests must be pre-approved by race management.



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## Pacing Rules:

- As runners of both the 100 and 50 mile events, you are permitted to have as many as 2 Pacers to accompany you on your Massive adventure.
- You may only have one Pacer with you on the course at any one time.
- Pacers can only join a runner at or after the 50-mile point (AS7/Rutland Long Pond Boat Ramp, Rutland, MA) and may only enter and/or exit the course at one of the Crew Support Aid Stations listed in 5.3 after Rutland Long Pond.
- **50 mile race pacers** may join their runner at or after Aid Station 12, Leggett and Platt.
- **Your Pacer must be registered.** This can occur either at the 100M Start (Windblown Camping, New Ipswich, NH) or the 50M Start (Rutland Long Pond) where they will receive a designated Pacer Bib Number prior to being on course.
- All pacers are expected to follow the Runner Guidelines in section 6.1.
- Pacers are not permitted for the 30 mile event.

## 5.5 Bag Drops

Our bag drop service is intended to aid crewless runners. Those with adequate support are asked not to overload our volunteers with unnecessary drop bags. If you wish to use the bag drop service, you are allotted 1 (one) drop bag. Your bag will be tagged with your name and bib number at check-in. Bag dimensions should not exceed 20" L x 12" W x 10" H. Bag volume should not exceed 35 liters.



Bags will be collected at the start of the 100M, 50M and 30M races. Look for the Bag Drop sign.

Your bag will be transported ahead of you and available at the following Aid Stations:

### 100 Milers

- Aid Station 4: Wachusett Mountain (28.6 miles)
- Aid Station 7: Long Pond Boat Ramp (50 Mile start area)
- Aid Station 12: Leggett and Platt (81.6 miles)
- Finish Line

### 50 Milers

- Aid Station 12: Leggett and Platt (30.3 miles)





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- Finish Line

### 30 Milers

- Finish Line

Drop bags must be claimed by 5:00 PM Sunday at the Finish Line.

## 5.6 Parking/Transportation

### 5.6.1 Overnight Parking

Runners will be permitted to leave their cars overnight at the 50 and 100 mile start lines provided they place an event [parking pass](#) on the dashboard of their vehicles.

### 5.6.2 Shuttle Buses

There will be two shuttle buses that run from the finish line to the 30, 50, and 100 mile start lines. Departure times from Douglas State Park will be approximately:

- 10:30 AM
- 12:00 PM
- 2:30 PM
- 4:00 PM



Check our [website](#) for the most recent updates.

Shuttle Bus reservations can be purchased for both Runners and Pacers on UltraSignup by clicking [here](#). Shuttle registration will close on **September 29, 2023**.

Please note that there will be limited shuttle seats sold during race weekend so plan ahead!

## 6.0 Race Weekend/Running “The Massive”

### 6.1 Race Day

All runners are expected to adhere to the following process:

- Safety Check: All runners and pacers must first go to the Safety Check tent upon arrival where you will present your gear (see section 5.2)





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- Registration: Race Bibs & race shirts: will be distributed at the start of each event once you have completed the Safety Check step above.



Arrival Time: all runners for all events (100M, 50M and 30M) must show up within 45 minutes of your race start (posted on or before October 1, 2023). This will allow you enough time to complete Safety Check and race Registration. Please DO NOT arrive earlier than this designated time.

## 6.2 Race Number

Your race number must be visible at all times – especially as you arrive at an Aid Station. Race numbers will have different colors to denote the distance you are running and will have a barcode that we will use for identifying and tracking at each Aid Station. Please do not cover these up.

## 6.3 Cell Phones/Communication and Tracking (RaceJoy)

Every runner **MUST** have a cell phone that is fully charged before they start and a means to charge your phone during the event like a portable battery pack. Your phone is necessary for safety considerations, our race tracking, your ability to effectively navigate the trail when lost, and your crew, family and friends to follow your journey. We use [RaceJoy](#), which is a GPS enabled software app to track every runner throughout the event. You will be able to share this with friends, family, and crew so that they can track you as well. This doesn't replace your preferred method of navigation (i.e. Garmin, Suunto, etc.) which we encourage you to use. This year's version of RaceJoy has some new features that we want to make you aware of:

- **Mapping:** Major improvements in the Google mapping technology since last year that brings the mapping completely down on the phone requiring no internet connection for participants. The map imagery AND route shows on your phone regardless of your current cell connectivity.
- **Emergency Notification:** An "SOS Button" with bi-directional communication between the runners and our race operations has been added. We will configure default SOS messages for you but you will also be able to send your own messages to race operations.
- **Aid Station and Operations Notifications:** Runners can receive notifications when they are approaching an Aid Station or if Race Operations needs to push out a message – whether that is for an individual or for the entire field. This is in addition to the "Off Course" audio alerts.



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Other Items:

- **Battery Life:** Your phone needs to be on for the RaceJoy features to function. Here are some tips for extending your phone's battery life during the race:  
<https://racejoy.com/assets/docs/BatteryTipsforPhoneFun.pdf>

Links for RaceJoy:

- [RaceJoy for Participants](#)
- [RaceJoy for Spectators](#)

**Please familiarize yourself, your crew, friends and family with the RaceJoy app before race day.**

## 6.4 Aid Station Check In

You **must enter every Aid Station** along the course and check in with our staff. No exceptions. The race course distances include running into and out of Aid Stations. Runners that do not check in at an Aid Station will be disqualified.

## 6.5 Runner Visibility

ALL participants must wear reflective gear during the hours of **5:30 PM and 7:00 AM** everywhere on the course, including Aid Stations. This includes support crew and pacers.

## 6.6 Dropping Out

Plan for the unexpected. We currently do not sweep the course for dropped runners. If for any reason you need to drop out (keeping in mind this may be in the middle of the night in remote areas), please have a plan for your extrication.

First, **you must report that you are dropping from your race to the nearest Aid Station Staff**. If you need medical attention, Aid Station Staff will be there to assist you. If transport to a medical facility is required, our medical staff will call the nearest medical authorities.

For ride assistance, we recommend calling your crew, a rideshare like Uber/Lyft, or your emergency contact. Aid Station staff can support you in coordinating your ride if possible but are not obligated to provide transport.

## 6.7 Finishing the Race:

All 100M, 50M, and 30M finishers will finish the race at Douglas State Park on Sunday.



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## **Runners: What to expect at the finish**

- Runners will run the finishing chute and be mindful of others finishing before and after them.
- Runners will be directed to move through the chute to collect their finishers medal, finisher meal, drop bag, and seek medical assistance should any be required.

## **Support Crew/Spectators: What to expect at the finish**

- Crew can monitor the RACEJOY app to help approximate their runner's time of arrival to the finish area.
- Crews and spectators are welcome to enjoy the lakeside Finish Line Area. We encourage your friends and family to bring picnic blankets, chairs, and games to enjoy the area.
- Crews and spectators will be able to purchase food from our Finish Line Area food truck.
- The address of the Finish Line is: 107 Wallum Lake Rd. Douglas, MA 01516.
- Parking is available onsite in the upper lots. Please do not use the Boat Ramp Access Parking Area.

### **6.8 Awards:**

Awards for the top 3 M/F of each event will be presented to winners on site. Due to the nature of our race with wave starts, awards will be presented as categories close. You must be present to receive your award; they will not be mailed.

Age group awards will be presented electronically.

Results will be posted live during the event (weather permitting).

### **6.9 COVID-19:**

We will follow the guidelines put forth by the CDC, the State of NH, USA Track and Field, and the Commonwealth of Massachusetts with respect to this event. We want to provide the safest environment for all our participants, staff and volunteers and will revise our safety policy if required.

## 7.0 Course Marking and Navigation

### 7.1 Course Signage

Trail marking consists of bright colored yellow Triangles as shown in the photo to the right. These are the official markers for the Midstate Trail (MST). In addition, we will



place race specific arrows as shown below. When race-specific arrows are present, racers should follow them first and foremost.



Navigation and orienteering the trail is part of the adventure!

### 7.2 Midstate Trail Marking Convention:

The tip of the triangle identifies whether the trail goes straight or turns. See the telephone pole example which, indicates a left turn.

There are several sections of the course where the trail joins a road. When this occurs, you might see Midstate Trail markers along the road along with race-specific arrows placed where needed.

In general, we will place our signs on the side of the road that we prefer you run on. Please pay attention to this as it will help with your navigation back to the wooded portion of the trail. Please note that the roads are open to traffic!



### 7.3 \*Trail Sensitivity\* PLEASE REVIEW \*

There are some sections of each race that deviate from the Midstate Trail (MST) to avoid sensitive areas as designated by the MST maintenance group or at the request of other landowners. If the MST yellow triangle marker goes straight but our race-specific arrows turn right, please turn right and follow our signs until you rejoin the trail.



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We can't overstate this enough – please be respectful of the trail and the fact that it abuts many private landowners who are not obligated to provide permission for its existence on their land.

### 7.4 Other Markings

Traffic cones and/or electronic flares may be used to designate the entry and exit points for Aid Stations, and obscured sections of trail especially at night.

### 7.5 Course Maps and GPS Device Navigation

GPX files for all 3 events may be found on our website:

<https://www.newenglandraceevents.com/midstate-ultra-trail-course>.

Please download them on your preferred GPS device and test it out in advance.

### 7.6 Land Use

The **Midstate Trail** traverses both public and privately-owned land. Please keep this in mind as you travel along this great, natural resource and be respectful to private property owners. Do not litter along the course. There will be trash collection at each Aid Station.

You may come upon other people using the trail. Please be considerate and let them know you're approaching them – especially from behind.

## 7.7 **NEW for '23:** Mt. Watatic Summit

Last year we introduced a new section of the course that passed through the Sibley Farm trail system in Spencer. This year, we have received permission to run up the summit trail over the top of Mt. Watatic. This will provide the 100 mile runners with some extra vertical and great views. A selfie might be in order. 😊 See map below.

### Mt. Watatic Summit – Ashburnham

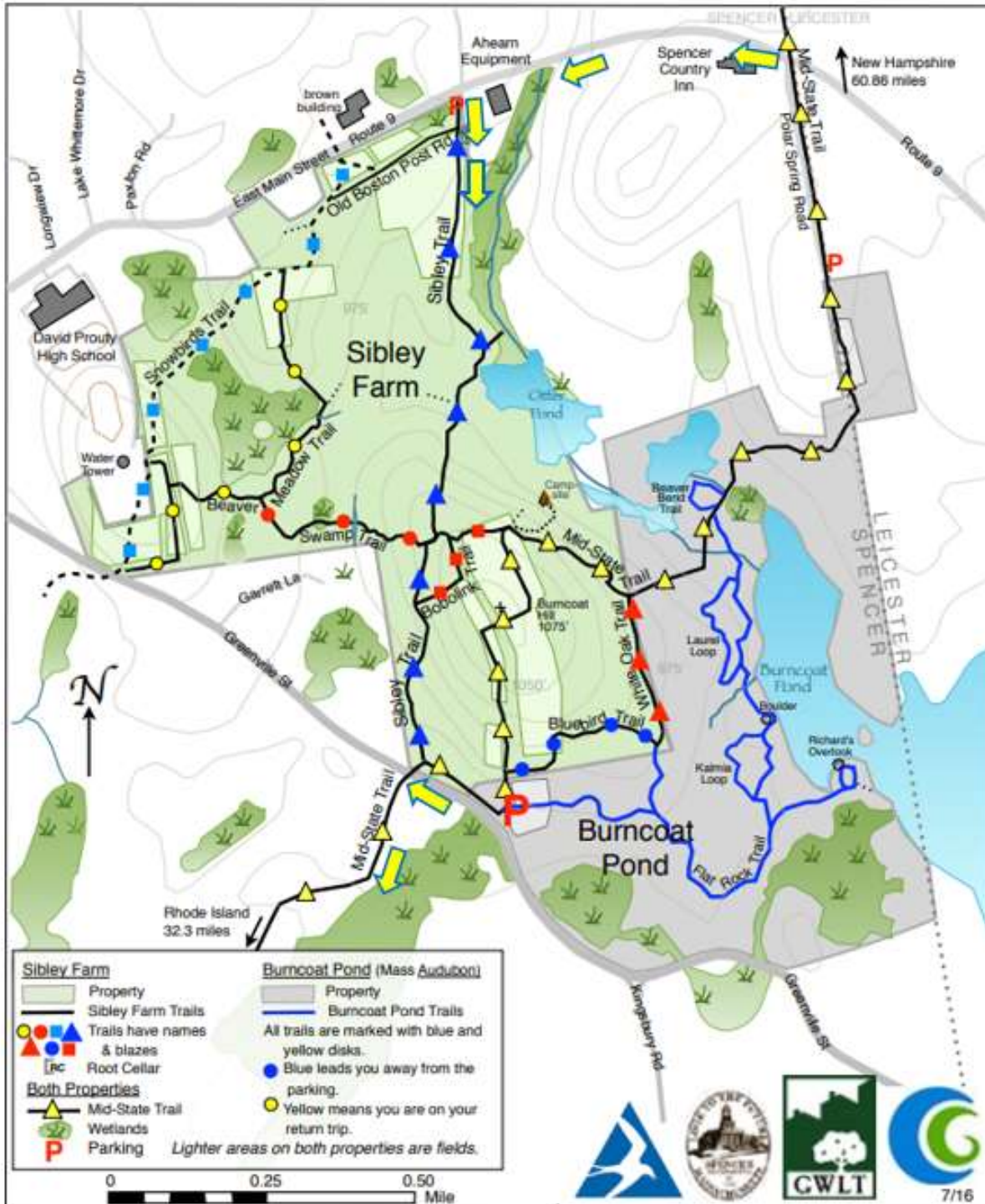


### Sibley Farm (new in 2022)

We've also included the Sibley Farm map below. We will provide our race signs into and out of the trail as it re-connects with the MST.

We are working on other course changes that enable more miles on the MST and will post updates on our website as changes occur.

## Sibley Farm and Burncoat Pond Spencer, Leicester







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## 8.0 Aid Stations

Fifteen (15) Aid Stations will be located along the course varying in distance between each one. Aid Stations will be run by our volunteers and EMTs and will consist of food, water, hydration drink, and medical support. Aid Stations designated for Crew Support will have port-o-johns (see section 5.3).

All Aid Stations are CUPLESS. We'll provide the water and Skratch hydration mix but you must provide your own re-useable bottle or hydration pack. The complete list of Aid Stations, their locations, and timing is in the Appendix.

**DIRECTIONS FOR REFILLING HYDRATION:** At minimum, all stations will have water and SKRATCH. You must bring your own cup or vessel. Please do not touch the water or SKRATCH dispensers. A volunteer with gloves will dispense the hydration for you.

**PREPARING FOR YOUR NUTRITION NEEDS:** We recommend that you prepare your nutrition support in advance in conjunction with your crew or your own capacity to carry nutrition during the event. A listing of Aid Station foods is available on the website. **DO NOT** litter on the course. Carry-in carry-out if you cannot locate a trash can or compost bin. You will be disqualified from this race if you or your crew litter on the Midstate Trail.

### 8.1 Operations Tents

10' x 10' blue, pop-up tents will be set-up at most Aid Stations and will serve as the center for the operation. The tents area visual indicator for the runners as a place to go to ask questions or seek medical attention.

## 9.0 Medical Support and Runner Safety

### 9.1 Medical Team Coverage

As a minimum, there will be at least one EMT assigned to each Aid Station while that respective station is open. Each EMT will be equipped to act as a **First Responder** and treat minor wounds and sprains.



### 9.2 Response Plan

The role of the EMT is to assist any runner who is in need of medical attention, stabilize their condition (if necessary), and initiate contact to the local medical facilities if needed.



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## **IMPORTANT NOTE – PLEASE READ THOROUGHLY**

The licensing levels of the EMTs range from Basic to Paramedic. These levels limit the type of treatments they are authorized to provide. They **WILL NOT** and **CANNOT** provide transportation to a medical facility. The protocol for major conditions involves having the EMT assess and stabilize (if possible) a runner’s condition and then contact the nearest medical facility or ambulance service to arrange for transport.

### **9.3 Response Priority for Emergencies**

The sequence for communication priority will be as follows:

<b>Issue</b>	<b>Sequence of Contact Priority</b>
Runners in need of emergency medical attention (ex.: runner gets hit by a car).	<ol style="list-style-type: none"> <li>1. <b>Dial 911.</b></li> <li>2. Contact the nearest staff EMT</li> <li>3. Contact the Race Director</li> </ol>
Runners in need of minor medical attention (twisted ankle, superficial wounds)	<ol style="list-style-type: none"> <li>1. Contact one of the staff EMTs</li> <li>2. Arrange for transport (via runner’s crew support or an ambulance) to the nearest medical facility if needed.</li> </ol>

Reminder: our race staff **cannot transport an injured runner**. Only your support crew or ambulance can do this. A list of medical facilities is included in the Appendix.

### **10.0 Volunteer Support**

Each Aid Station is staffed by generous volunteers who are friends of the race, friends of racers, or come from local organizations and run clubs. Carol Rainville is responsible for organizing and directing volunteers.

Each Aid Station will be staffed by volunteers and groups that may also represent a local community organization. **Carol Rainville** has the responsibility for organizing and directing volunteers to support the Aid Stations of the race, including the start and finish. Volunteers can sign-up [here](#).

Please email Carol directly at [volunteers@newenglandraceevents.com](mailto:volunteers@newenglandraceevents.com) should you know of someone who is interested in joining our **Massive** support team.



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## 11.0 Communication

On course communication will be handled via Cell Phones: **you must bring your own cell phone** and make sure we have your current and correct cell phone number. A spare charger is also recommended especially for 100 mile runners.

## 12.0 Timing

The on-course clock will begin when the first runners are started at 8:00AM on Saturday and will be stopped at 5:00PM on Sunday. The times for each runner will be calculated by taking the difference between the finishing time and their start time, and will be officially verified after assessing the runner was recorded at each aid station.

## 13.0 Runner Expectations

The following are the basic rules/expectations for participating in the Midstate Massive Ultra Trail:

- 13.1 Adhere to Race Staff/Volunteer Instructions:** Runners are required to follow the instructions provided to them by our staff throughout the event. This includes support crews. Failure to do so could result in disqualification.
- 13.2 NO littering:** We have a **ZERO-TOLERANCE POLICY FOR LITTERING**. Any participant, pacer and/or crew of the runner found littering will be disqualified immediately.
- 13.3 Navigation: Runners MUST STAY ON THE TRAIL** at all times in order to protect the ecosystems around them except where the course has deviated from the trail based on our re-routes. If you make a wrong turn, you must return to the course on foot to the point where the error occurred and resume the race from there. Cutting the course is cheating.
- 13.4 Visibility/Reflective Vests:** Each runner must have
  - One (1) working flashlights and/or headlamps,
  - One (1) reflective vest with reflective strips or reflective wrist/ankle straps or belt
  - One (1) rear blinking light
  - Runners **must wear reflective gear and lights** between **5:30 PM and 7:00 AM** (runners traverse winding, country roads, where drivers are not expecting to see you during these hours).
  - Note: Aid Station Managers may expand these time limits based on weather and light conditions. **NO runner will be allowed to start or continue without the proper reflective gear and lighting.**



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- 13.5 Public Nuisance Rule:** We provide Port-o-potties at most aid stations including the start and finish line. Urinating/defecating or the appearance of urinating on public or private property that is part of the course including, but not limited to Aid Stations, will result in immediate disqualification.
- 13.6 Alcohol:** Alcohol is not permitted at any Aid Station at any time. MA State Parks do not allow open alcoholic beverages or glass containers on park property. Please abide by this. Immediate disqualification will occur if you or your crew are found with open alcohol containers.
- 13.7 Race Number Visibility:** Your race number **MUST** be visible at all times especially when coming into an Aid Station and/or crossing the finish line. No race number = no finish time.
- 13.8 Aid Station Check-In:** All runners must check in at each Aid Station along the route for their respective race. **DO NOT** run through the Aid Stations. Failure to do so will result in being disqualified from the race.

**13.9 Predicted Pace/Time Estimate:** We've uploaded our courses to a great race planning tool called [Ultrapacer](#) where you can input your overall goal time, overall goal pace or your normalized pace and it will help you see if your estimate when registering is accurate. Please confirm that you've accurately predicted your pace as best as possible.

You can edit your predicted pace in [Ultrasignup](#) through to your "Registration History"

Runners that have over-estimated their pace are at risk of outrunning the race infrastructure such as police and medical support. If this occurs, you will be asked to adjust your pace to ensure that you can be checked in at each Aid Station along the course (see 13.8).



**13.10 Dogs:** Sorry dogs are not permitted on the course. No exceptions.

## 14.0 Sustainability and Conservation

We are committed to making this a green event that prioritizes nature. Our greening initiatives are guided by [Athletes for a Fit Planet](#) We've designed this event to support forest conservation and ask you to join us by supporting and adhering to these sustainability and conservation measures. Below is a summary of what we are planning this year.



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- Compost & recycle collection: Each aid station will have a compost bag for /compostable waste such as banana and orange peels, a recycle bag for cardboard, glass, and aluminum and a waste bag. Learn more about what you can compost [here](#).
- Compostable containers: Compostable containers will be used for hot beverages, soups and post-race catering. Please dispose of these items in the green compost bags.
- Zero tolerance for littering: We have a ZERO-TOLERANCE POLICY for littering. Any participant found littering will be disqualified immediately. This is a carry-in, carry-out event. Runners must carry any waste from nutrition bars, etc. with them to the next waste disposals at our aid stations.
- Minimal degradation: Waved starts and minimal field sizes have been built into the design of the race as a way to protect the trail. Runners **MUST STAY ON TRAIL** at all times in order to protect the ecosystems around them.
- Restrooms: Restrooms are available at designated aid stations along the course. We have a ZERO-TOLERANCE POLICY for urination or defecation on the trail and any participant found doing so will be disqualified immediately.
- Respect for wildlife and nature: Participants must keep at a distance from wildlife, stay on the trail, and respect the living ecosystem at all times. There are no dogs or domesticated animals allowed on the course.
- Environmentally responsible sponsors and partners: We have chosen sponsors that incorporate environmental responsibility into their business. We partner with local farms and businesses along the course.

### 15.0 Cancellation/Refund Policy

If a significant event /were to occur on or near race weekend and state and/or local authorities deem it unsafe for us to hold the event, we will be obligated to cancel the event. Notification of this cancellation will occur through direct email to all runners and through updates on our Facebook page and website.

In the event the race is not held due to the above and/or COVID19/permitting then all registrants will be automatically deferred to 2024. Refunds will only be provided upon written request within 30 days of October 8, 2023 at 50% of the initial fee. All shuttle fees will be refunded at 100%.

Based on the complexity of executing this event, it is not possible to have a 'rain' date. We are prepared to be able to handle most weather situations so we can provide a safe event for all participants. However, we do require the support of state and local officials to conduct this race safely and will only do so with their continued approval.



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## APPENDIX

- **Emergency Services Information**
- **Aid Station Timing**

### Emergency Services Information

- Athol Hospital 2033 Main St, Athol, MA 01331 [www.atholhospital.org](http://www.atholhospital.org) +1 978-249-3511
- Saint Vincent Hospital Emergency Room 123 Summer St, Worcester, MA 01608 [www.stvincenthospital.com](http://www.stvincenthospital.com) +1 508-363-5000
- UMass Memorial - HealthAlliance Hospital 60 Hospital Rd, Leominster, MA 01453 [www.healthalliance.com](http://www.healthalliance.com) +1 978-466-2000



# 2023 Runners Handbook



## Midstate Massive Ultra Trail Aid Station Schedule: 100 Mile

Last Revised: 08/13/23

Aid Station	Location	Distance Between AS	Cumulative Distance	Arrival	Cut-Off	Total Hours
<b>100M Start</b>	<b>Windblown XC Ski Area</b> 1180 Turnpike Rd, New Ipswich, NH 03071	<b>0</b>	<b>0</b>	7:00 AM	1:00 PM	6:00:00
<b>AS1</b>	Old Pierce Road Ashburnham, MA 42.689075, -71.907309	9.1	9.1	10:30 AM	3:15 PM	4:45:00
<b>AS2</b>	RT 12/Jewell Hill Rd. Ashburnham, MA 42.625983, -71.882228	6.0	15.1	11:30 AM	4:15 PM	4:45:00
<b>AS3*</b>	Wachusett Dental 16 Wyman Rd, Westminster, MA 01473	8.1	23.2	2:15 PM	6:00 PM	3:45:00
<b>AS4*</b>	Wachusett Mt Parking lot 499 Mountain Rd, Princeton, MA 01541	5.4	28.6	3:30 PM	7:30 PM	4:00:00
<b>AS5</b>	Old Colony Rd Extension Princeton, MA 01541 42.451408, -71.953464	8.5	37.1	5:30 PM	9:15 PM	3:45:00
<b>AS6</b>	Barre Falls Dam, Barre, MA 01005	8.1	45.2	7:30 PM	11:30 PM	4:00:00
<b>AS7* / 50M Start</b>	<b>Long Rutland Boat Ramp</b> <b>Rutland, MA</b>	<b>6.1</b>	<b>51.3</b>	7:00 PM	1:15 AM	6:15:00
<b>AS8*</b>	Camp Marshall 92 McCormick Rd, Spencer, MA 01562	7.3	58.6	10:30 PM	4:00 AM	6:00:00
<b>AS9</b>	Moose Hill Rd Leicester, MA 01524 42.273938, -71.957493	5.1	63.7	11:30 PM	5:30 AM	6:00:00
<b>30M Start</b>	<b>Howe State Park</b> 48 Howe Rd Spencer, MA 01562	<b>0</b>	<b>0</b>	6:00 AM	8:00 AM	2:00:00
<b>AS10</b>	Four Chimneys Wildlife Management Area 15 Borkum Rd, Spencer, MA	7.1	70.8	1:30 AM	8:30 AM	7:00:00
<b>AS11**</b>	Fay Mountain Farm 12 Cemetery Rd, Charlton, MA 01507	3.2	74.0	2:00 AM	9:30 AM	7:30:00
<b>AS12*</b>	Leggett and Platt 23 Dana Rd, Oxford, MA 01540	7.6	81.6	3:00 AM	12:00 PM	9:00:00
<b>AS13*</b>	Whittier Farms 90 Douglas Rd, Sutton, MA 01590	5.7	87.3	4:30 AM	1:30 PM	8:45:00
<b>AS14</b>	RT 16 @ Webster St/Douglas Rd - Douglas State Forest off SW Main St and High St.	5.1	92.4	5:30 AM	3:00 PM	9:30:00
<b>AS15</b>	Trunkline Trail - Douglas State Forest	3.7	96.1	6:00 AM	4:00 PM	10:00:00
<b>Finish</b>	<b>Douglas State Forest</b>	<b>3.7</b>	<b>99.8</b>	6:30 AM	5:00 PM	10:30:00

\* Crew Support Aid Stations

\*\* 100 Mile Crew Support Only



# 2023 Runners Handbook



## Midstate Massive Ultra Trail Aid Station Schedule: 50 Mile

Last Revised: 08/13/23

Aid Station	Location	Distance	Cumulative	Arrival	Cut-Off	Total
<b>AS7* / 50M Start</b>	<b>Long Rutland Boat Ramp Rutland, MA</b>	<b>0</b>	<b>0</b>	7:00 PM	1:15 AM	6:15:00
<b>AS8*</b>	Camp Marshall 92 McCormick Rd, Spencer, MA 01562	7.3	7.3	10:30 PM	4:00 AM	6:00:00
<b>AS9</b>	Moose Hill Rd Leicester, MA 01524 42.273938, -71.957493	5.1	12.4	11:30 PM	5:30 AM	6:00:00
<b>AS10</b>	Four Chimneys Wildlife Management Area 15 Borkum Rd, Spencer, MA	7.1	19.5	1:30 AM	8:30 AM	7:00:00
<b>AS11**</b>	Fay Mountain Farm 12 Cemetery Rd, Charlton, MA 01507	3.2	22.7	2:00 AM	9:30 AM	7:30:00
<b>AS12*</b>	Leggett and Platt 23 Dana Rd, Oxford, MA 01540	7.6	30.3	3:00 AM	12:00 PM	9:00:00
<b>AS13*</b>	Whittier Farms 90 Douglas Rd, Sutton, MA 01590	5.7	36.0	4:30 AM	1:30 PM	9:00:00
<b>AS14</b>	RT 16 @ Webster St/Douglas Rd - Douglas State Forest off SW Main St and High St.	5.1	41.1	5:30 AM	3:00 PM	9:30:00
<b>AS15</b>	Trunkline Trail - Douglas State Forest	3.7	44.8	6:00 AM	4:00 PM	10:00:00
<b>Finish</b>	<b>Douglas State Forest</b>	<b>3.7</b>	<b>48.5</b>	6:30 AM	5:00 PM	10:30:00

\* Crew Support Aid Stations

\*\* 100 Mile Crew Support Only

## Midstate Massive Ultra Trail Aid Station Schedule: 30 Mile

Last Revised: 08/13/23

Aid Station	Location	Distance Between AS	Cumulative Distance	Arrival	Cut-Off	Total Hours
<b>30M Start</b>	<b>Howe State Park 48 Howe Rd Spencer, MA 01562</b>	<b>0</b>	<b>0</b>	6:00 AM	8:00 AM	2:00:00
<b>AS10</b>	Four Chimneys Wildlife Management Area 15 Borkum Rd, Spencer, MA	3.6	3.6	1:30 AM	8:30 AM	7:00:00
<b>AS11**</b>	Fay Mountain Farm 12 Cemetery Rd, Charlton, MA 01507	3.2	6.8	2:00 AM	9:30 AM	7:30:00
<b>AS12*</b>	Leggett and Platt 23 Dana Rd, Oxford, MA 01540	7.6	14.4	3:00 AM	12:00 PM	9:00:00
<b>AS13*</b>	Whittier Farms 90 Douglas Rd, Sutton, MA 01590	5.7	20.1	4:30 AM	1:30 PM	8:45:00
<b>AS14</b>	RT 16 @ Webster St/Douglas Rd - Douglas State Forest off SW Main St and High St.	5.1	25.2	5:30 AM	3:00 PM	9:30:00
<b>AS15</b>	Trunkline Trail - Douglas State Forest	3.7	28.9	6:00 AM	4:00 PM	10:00:00
<b>Finish</b>	<b>Douglas State Forest</b>	<b>3.7</b>	<b>32.6</b>	6:30 AM	5:00 PM	10:30:00

\* Crew Support Aid Stations

\*\* 100 Mile Crew Support Only