



BADWATER

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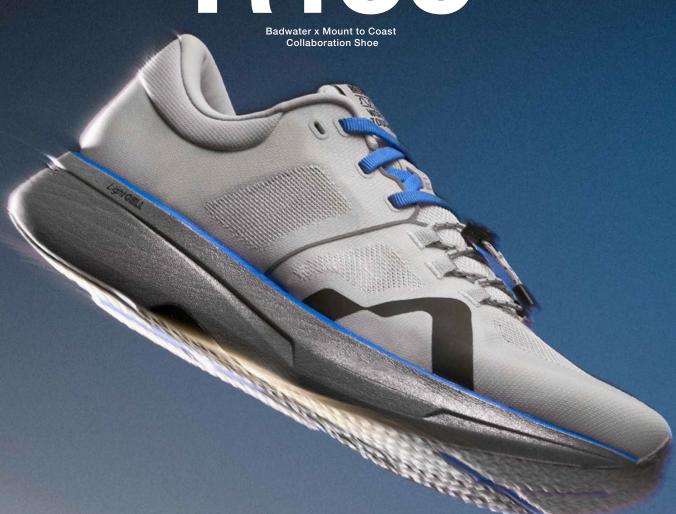
TOUGHEST

July 2025





R135



BE BADWATER READY

Badwater® 135 creates heroes of the men and women who assemble in Death Valley to run 135 miles across the desert and this year, we have created a special-edition R1 tailored to that unique challenge.

ULTRALIGHT. ULTRA-FOCUSED

For the R135 we switched out the upper of the R1 for an ultralight, breathable, and fast-drying woven mesh fabric engineered for the hot conditions of the Badwater® 135. The result is a shoe that weighs just 7.9 oz / 225 g (US M9), 6% lighter than the original design.

SEEN THROUGH THE NIGHT

The Badwater® 135 involves running through the night on desert roads. Safety is paramount, so the R135 incorporates a reflective coating on the midsole to enhance visibility for safer racing from dusk till dawn.

PROVEN TO PERFORM

Underfoot the R135 maintains the tried and true record-breaking formula of the R1: TUNEDFIT Dual Lacing System for on-the-fly fit customization, with dual-zone ZeroSag and LightCELL midsole to boost comfort for the duration of the longest runs.



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Cover: Badwater Hall of Fame Member, and three-time Badwater 135 finisher, Ben Jones, painted by Matt Frederick.

All hand-drawn art within these pages courtesy Badwater athlete Rich Peers.

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L-R: The Kostman Family: Chris, Shelby, Keith, and Wayne. Keith heads up the Badwater 135 webcast each year and has supported Chris' events since 1985. Wayne and Shelby volunteered at more than 100 events that Chris produced from 1984 all the way to 2014, and Shelby continued helping through 2023. It was from these amazing parents - who took Keith and Chris on not one, but two, one-yearlong travels through Europe and North Africa during their childhood in Volvo station wagons - that the Kostman brothers learned their appreciation for travel, adventure, "foreign" cultures, languages, history, and so much more.

Welcome the 2025 Badwater® 135 Ultramarathon, presented by Mount to Coast, the 135-Mile World Championship globally known as the world's toughest foot race!

This year's race celebrates the 48th anniversary of Al Arnold's original trek from Badwater Basin to Mt. Whitney in 1977. Arnold, an ultrarunning pioneer, human potential guru, and health club manager, competed in a solo effort: it was just Arnold and his support crew against the elements and the clock. It took him three efforts before he was successful, having first attempted the route in 1974 and then 1975. It took four more years until Jay Birmingham also completed the course, in 1981.

The official head-to-head race began in 1987, with all four entrants finishing: Jeannie Ennis and Tom Crawford of the USA, and Eleanor Adams and Kenneth Crutchlow of the UK. The race has been held annually since then without serious incident and we are extremely proud of our safety record and the high esteem in which this race is held both locally and across the globe. We are equally proud that this event has become the de facto "Olympics of Ultra Running" with its incredible international appeal and participation.

As of 2024, sixty-two nationalities have been represented on the Badwater 135 finish line over the years. This year we expect as many as twenty-four flags will be carried proudly across the finish line!

I took the event over after the 1999 edition, so this year marks 26 years of AdventureCORPS producing this historic and legendary race. (I had been invited to compete in the 1991 Badwater 135 – when I was 24 years old and my resumé consisted of a long list of ultra cycling races plus two Ironman Triathlons – but I ended up accepting a race directing job in British Columbia that summer instead. I have been organizing ultra-endurance events – and competing in them – for 41 years now, since I was in high school in 1984!)

It has been a privilege and an honor – and an epic challenge far surpassing anything I could have ever imagined – to organize and direct this race for the past 26 years. I humbly thank everyone, most especially the incredible race staff who make the magic happen each year. I bow deeply to the entire Badwater 135 race team.

We are pleased to recognize Mount to Coast™, the first performance shoe brand to specialize in ultra running and long-distance pursuits, as the Presenting Sponsor of all the AdventureCORPS / Badwater races throughout 2025. Their shoes truly are game-changers, and the people at Mount to Coast are just absolutely fine human beings with an incredible love for and understanding of the Badwater ethos.

We also enthusiastically endorse and thank our sponsors, Road ID, FenixLight, Hyk Energy, DeSoto Sports, and Lone Pine Chamber of Commerce, along with the drinks produced by Badwater Beverages.

Finally, we also thank our colleagues with Inyo County, the National Park Service, U.S. Forest Service, California Department of Transportation, and California Highway Patrol for their important and crucial roles in safeguarding the remarkable setting for this race and for helping to ensure that it runs smoothly, safely, and fairly every year.

Long live Badwater 135 and may the Badwater Family remain forever strong!

Yours in sport,

Chris Kostman

Race Director and Chief Adventure Officer



adventurecorps BADWATER 2025-2026 Calendar of Events



October 26, 2025 Cape Fear Marathon



January 1-31, 2026 Badwater 267 VR



March 21, 2026 Badwater Cape Fear



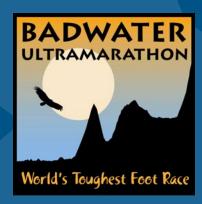
April 18-19, 2026 Badwater Salton Sea



April 25-May 10, 2026 Badwater 267 VR Elite



May 13 - June 21, 2026 40/40 Now



July 27-29, 2026 Badwater 135



November 1, 2026 Cape Fear Marathon

RunSignUp.com | Badwater.com



April 11, 2025: Badwater 135 Legend and 20time finisher Marshall Ulrich and Ben have been dear friends since 1990. Marshall and his wife Heather flew in from Colorado to visit Ben and Denise. Also visiting that day were Badwater race director Chris Kostman and long-time Badwater Family member and Badwater athlete Erika Small.

Celebrating Ben and Denise Jones

Known as the "Mayor and First Lady of Badwater" and recognized as the Honorary Godparents of the entire Badwater Family, Ben and Denise Jones are both three-time finishers of the Badwater 135 and they were inducted into the Badwater Hall of Fame in 2007.

Ben and Denise played an absolutely pivotal role in the growth and development of the race throughout all of the 1990s and 2000s, and supported Chris Kostman in taking over the event in 1999. That incredible support has continued over the past 26 years. There are not enough words to describe their impact on Badwater 135, nor Chris's deep personal appreciation for them. Rightly so, they are beloved by the entire worldwide Badwater Family.

Ben - who aspired to be, and became, a "frontier doctor" - was the only doctor in the Lone Pine region for many decades. Over his illustrious career he birthed more than 1,000 babies, performed 2,000 autopsies, and took care of essentially everyone who lived in southern Inyo County. He even had an office in Furnace Creek for many years, and flew back and forth from Lone Pine in a small airplane. The hospital where he has been cared for recently has a sign out front that reads "Dr. Milton Jones Rural Health Clinic."

Ben turned 92 last December. In recent months, his care needs have stretched beyond his and Denise's means, and so we are asking the Badwater Family to consider showing their support by visiting the following link or scanning the QR code:

http://qrto.org/GDtZKa





Ben Jones during Badwater 135, painted by Matt Frederick.

Support may also be mailed to:

Denise Jones PO Drawer S Lone Pine, CA 93545-5354

WE WANT YOUR APPLICATION!

BADWATER 135

2026 Qualifying Standards

Option 1:

You have officially finished the Badwater 135 in 2025 and have completed at least one 50-mile or longer ultra running event between January 1, 2025 and the day you submit your 2026 application.

Option 2:

You have officially finished at least four ultra running races of 100 continuous miles or longer, at least one of them between January 1, 2025 and the day you submit your 2026 application.

More Info at Badwater.com | Apply at RunReg.com

BADWATER 135

NEW QUALIFYING OPTIONS

For rookie applicants, finishing at least four 100-mile or longer ultras remains the minimum qualifying standard.

For 2026, Qualifiers also now include:

- Completing 135 or more miles in a sanctioned 24-hour race counts as a 100-mile race.
- Completing at least 32 "yards" / 137.5
 miles in a Backyard Ultra counts as a
 100-mile race. This event must be held
 outdoors and have at least 15 competitors.

Note: Just one of each may be submitted in a Badwater 135 application.

BADWATER 135

Qualifying Details

- Officially finishing the 81-mile BADWATER SALTON SEA race counts as a 100-mile race.
- Completing 135 or more miles in a sanctioned 24-hour race counts as a 100-mile race. (Only one may be submitted.)
- Completing at least 32 "yards" / 137.5 miles in a Backyard Ultra counts as a 100-mile race. This event must be held outdoors and have at least 15 competitors. (Only one may be submitted.)
- 100-Mile Races held on a very short loop course—such as those held alongside 24-hour track races—do not count as qualification races.
- Stage Races do not count as qualification races.

More Info at Badwater.com | Apply at RunReg.com

BADWATER 135

TITANIUM TICKETS!

Men's and Women's Champions of the following earn Guaranteed Entry into the next Badwater 135:

- Angeles Crest 100
- Badwater Cape Fear
 - Brazil 135
 - Keys 100
- Leadville Trail 100
 - Spartathlon
 - · Swiss Alps 100
 - UTMB
- Western States 100

(All Qualifying Standards and Procedures are fully applicable.)

More Info at Badwater.com | Apply at RunReg.com

The Official Charities of AdventureCORPS include the Challenged Athletes Foundation, Major Taylor Association, Death Valley Natural History Association, and Bald Head Island Conservancy. A primary goal and purpose of our events is to raise funds for, and awareness of, these wonderful and important organizations.



Since 2002, the original Official Charity of AdventureCORPS has been the **Challenged Athletes Foundation**. One of the goals of our events is to raise funds for, and awareness of, this wonderful organization.

The Challenged Athletes Foundation was created on the belief that people of all abilities should have the opportunity to pursue a life full of physical activity and of sports. Be they recreational or in pursuit of a gold medal at the Paralympic Games, people with a physical disability are limited only by their access to funding.

Since 1994, Since 1994, CAF has raised over \$191 million and more than 44,000 funding requests from challenged athletes in all 50 states and over 70 countries supporting 104 different sports have been satisfied. Whether it's a \$2,500 grant for a handcycle, helping underwrite a carbon fiber running prosthetic foot not covered by insurance, or making the introduction to a mentor who has triumphed over a similar challenge, CAF provides those with the desire to live active, athletic lifestyles every opportunity to compete in sports and physical activities.

Eighty cents of every dollar raised by CAF provides funding and programs that get challenged athletes into the game. (CAF has a Four-Star rating by Charity Navigator.)

Since 2002, AdventureCORPS has raised over \$600,000 for CAF, and AdventureCORPS athletes have raised equally impressive sums! We are nearing one million dollars raised for CAF!

Website: www.challengedathletes.org



The Bald Head Island Conservancy was founded on Bald Head Island, NC in 1983 with a focus on barrier island conservation, preservation, and education. The Conservancy sponsors and facilitates scientific research that benefits coastal communities and provides numerous recreational and educational activities to the public. In coordination with various organizations, partnerships, and collaborations, the Conservancy has led the nation in conservation and research efforts and is uniquely poised to become a leader in Barrier Island Conservation world-wide.

Badwater fans and race participants will appreciate that BHIC cares for the pristine setting for the Badwater Cape Fear race route and its role as a sea turtle nesting site and sanctuary. The Conservancy also serves as the host and finish line for our event. As such, our goal is to annually raise \$10,000 to purchase one of the special UTV vehicles which BHIC uses to patrol the beach and care for sea turtle nesting sites.

Since 2014, AdventureCORPS has made or facilitated more than \$158,000 in donations to the Bald Head Island Conservancy.

Website: www.bhic.org

Environment

AdventureCORPS events happen not in a human-made stadium, but in the real world "out there." We care deeply about the natural world for we are intrinsically linked with it and because we want to enjoy these events in their awesome natural settings for a long, long time.

As such, in 2008 we joined One Percent For The Planet, a growing



global movement of more than 5200 companies that donate at least 1% of their sales to a network of more than 6700 vetted environmental nonprofit partners across the globe. Therefore we donate at least 1% of total revenues (in other words, "off the top," not just 1% of profit) to environmental causes. This is in addition to all the work we do on behalf of, and donations we make to, the Challenged Athletes Foundation

and other non-environment-focused organizations. To date, we and our fellow One Percent members have invested over 635 million dollars in environmental nonprofit solutions through the 1% for the Planet network. Learn more at OnePercentForThePlanet.org.

In association with our membership in One Percent for the Planet, since 2008 we have supported **The Conservation Alliance**, an

organization which harnesses the power of businesses and outdoor communities to protect North America's cherished wild places and outdoor spaces.



Through the collective strength of the Conservation Alliance

membership – companies from a range of industries including outdoor industry, brewers, bankers, sportsmen, and renewable energy – solutions are championed – and financed by – C.A. members that balance the best interests of the land, water, wildlife, and people, as well as provide nature based solutions to climate change through the protection of key landscapes and ecosystems.

Since 1989, the Conservation Alliance has awarded over \$31.9 million in grants and helped protect over 82 million acres and 4,570 river miles, remove or halt 38 dams, purchase 22 climbing areas and designate five marine reserves. Learn more at ConservationAlliance.com

Besides The Conservation Alliance, our One Percent For The Planet donations have gone to Bald Head Island Conservancy, Death Valley Natural History Association, Los Angeles County Bicycle Coalition, Trails For Change NGO, American Rivers, Rails to Trails Conservancy, and yet other organizations.

Additionally, we have championed other environmental causes including the **Los Angeles County Bicycle Coalition**, a nonprofit organization with over 1,000 members that engages cyclists through



advocacy, education and outreach across the county. Founded in 1998, LACBC brings together the diverse bicycling community in a united

mission to improve the bicycling environment and quality of life for the entire region. In 2011, we donated \$10,000 to LACBC to initiate and sponsor the Jim Swarzman Memorial Membership Drive, an effort that brought \$23,000 into LACBC.

AdventureCORPS joined the **Death Valley Natural History Association** as a Life Member and began recognizing DVNHA as an Official Charity of AdventureCORPS in 2009. DVNHA is a non-

profit organization supporting education, research, and preservation in Death Valley National Park and Ash Meadows National Wildlife Refuge. Some of their efforts include DeathValley R.O.C.K.S. (bringing inner city kids to experience one of the largest outdoor classrooms in the world). Devil's Hole Pupfish



Recovery, Death Valley All Taxa Biological Inventory, plus they run the wonderful gift shops in the Park.

According to DVNHA, AdventureCORPS paid for "every need (sleeping bags, cooking fuel, transportation) for one Death Valley ROCKS school group (50-60 students, chaperones, and teachers) from 2009 through 2014." AdventureCORPS athletes have also supported this and other DVNHA causes! Additionally, through DVNHA, AdventureCORPS and our athletes donated \$5000 to support renovations at Death Valley National Park Visitors Center, as evidenced by five "donor tiles" are in the Visitors Center (one per \$1000 donation.)

RUNIT FORWARD

AdventureCORPS events do not take place in a man-made stadium, but in the real world "out there." Most importantly, they do not take place in a vacuum, but take place out in the real world!

Badwater 135 and all AdventureCORPS events are not only supreme athletic challenges and opportunities for personal growth and discovery, but they are also unique, high-profile platforms for doing good in the world.

As such, many Badwater athletes choose to "Run It Forward" by dedicating their Badwater 135 effort to raising money and awareness for very important causes. We could not be prouder of the Badwater athletes who also choose to combine their running with their philanthropic efforts! We salute them and all that they do to make their community - or the world - a better place!

Here are some of the organizations that 2025 Badwater 135 runners who choose to "Run It Forward" are supporting:

AIDS Orphans Rising

- Sandee McKinnon

Alliance Against Seclusion and Restraint

- Garret Carolus

Alternative People's Lineage in Asia

- Yuichi Akimoto

Alzheimers Wairarapa

- James Inwood

Bald Head Island Conservancy

- Emily Lyons and Jeffrey Jordan

Band of Runners

- Barry Thrune

Beyond Blue

- Nikki Wynd

Breast Cancer Now

- Allan Anderson

Cam Neely Foundation

- Giuseppe Cavallo

Cancer Research UK

- David Bone and Ian Thomas

Challenged Athletes Foundation

Attila Biro, Kimberlie Budzik,
 Pamela Chapman-Markle,
 Joseph Gagnon, Simen Holvik,
 David Jones, Takeshi Sakuraba,
 Luke Thomas, Brian Watson, and
 Danny Westergaard

Children's Cardiomyopathy Foundation

- Peter Noyes

Children's Tumor Foundation

- Lucas Hathaway

Creando Sonrisas

- Ivan Penalba Lopez

Deutsche Schlaganfall-Hilfe

- Matthias Landwehr

Fort Mill High School

- Lee Whitaker

Habitat for Humanity LA

- David Learned

Hearts & Hope for Uganda

- Mindy Hyatt

Helping Hands

- David Van Den Bossche

Maggie's Wirral

- Ali Young

Matthew 25:40

- Tiffani Glass

Miles for Myles

- Jeffrey Ruiz

National Mill Dog Rescue Foundation

- Erika Small,

Operation Underground Railroad

- Dalisia Coppersmith

Pernas Voluntárias de Hortolândia

- Ivan Leite Martins

Red Noses (CZ)

- Milan Sumny

Resolve for Infertility

- Daniel Manimbo

Shelter Box

- Pete Kostelnick

The Childhood Cancer Project

- Caryn Lubetsky

UNICEF

- Christian Colque

Upper Room Dining Hall

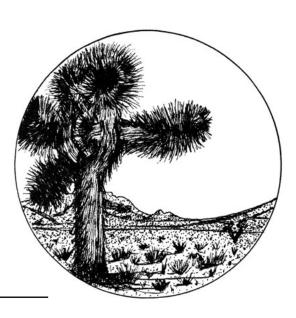
- Ray Sanchez

Virgen de Guadalupe Association

- José Henrique Lobo

World Central Kitchen

- Tatyana Mele









For tutorials, helpful tips, additional accessories, and the occasional chuckle: visit **roadid.com/help**.

WE ARE THRILLED TO ANNOUNCE THAT ROAD ID WILL BE OFFERING AN EXCLUSIVE BADWATER 135 EDITION BAND AND ID FOR ALL PARTICIPANTS THIS YEAR!

Created in collaboration with race director Chris Kostman, this special edition features the topography of the course as it winds through the breathtaking and challenging landscape of Death Valley.

We hope that this personalized band and ID will provide peace of mind and motivation as you embark on your 135-mile journey, and also serve as a meaningful keepsake.

- Your friends at ROAD iD

JANUARY 1-31, 2025 BADWATER 267 VR

398 Athletes Kicked off the New Year in Badwater Style!

For the fifth year in a row, Badwater 267 VR offered adventurous athletes across the globe the chance to kick off the New Year in a Badwaterly fashion!

This year, 398 athletes in 21 countries - and in 45 American states - took on this incredible 31-day, 267-mile epic Badwater event! Of those, 305 completed the event, a 76.6% finishing rate, which is lower than Badwater 135. World's Toughest, indeed!

Badwater 267 VR competitors had the 31 days of January to virtually and sequentially traverse the routes of all three Badwater® races – the 51-mile Badwater Cape Fear, the 81-mile Badwater Salton Sea, and the 135-mile Badwater 135 – for a total of 267 miles (430km) over 31 days. Competitors could run at their own pace, as often and as far as they wanted, wherever they lived, anywhere on the planet! (In this January event, treadmill running is also allowed, and there are also bike, swim, and multi-sport options with different distance requirements.)

As competitors progressed along the route, they were taken on a virtual tour of all three Badwater race courses. Besides cool graphics and descriptions of the different highlights and landmarks of each race route, there were links to videos and image galleries of the various Badwater events, inspiring stories from the various Badwater races, and much more to encourage everyone to keep moving forward towards their Badwater 267 VR finish line at Whitney Portal.

With massive interaction through a private and super fun Strava club and the #Badwater267VR hashtag on all social media, the excitement for Badwater 267 VR for the entire 31-day duration of January was absolutely off the charts!

It was such a pleasure to host the race and we are already planning and looking forward to the return of Badwater 267 VR in January of 2026! In fact, registration is already open.

For full race results and participant image galleries - and to register for 2026 - **visit RunSignUp.com**.





At the end of 2024 I wasn't well and I was running out of motivation. I needed stimuli to make a qualitative leap in my growth. By chance I came across Badwater 267 VR. I thought about it for maybe 10 minutes, then I used 100 Euros in the best possible way: I invested and bet on myself in a challenge that I knew I could complete.

It was a huge growth process: Every day I learned something. From the effort of lifting weights in the morning, to free body exercises, to the leg twister of the bike, to running: my unique love, my essence, running as my reason for being. Extreme running, ultra as a way of life. I am this: I am the humility and strength of the ultra. Fragility that becomes constancy.

I finished the race, I'm proud of it and especially proud of the growth I achieved. One spends 100 euros on wine, alcohol, some on drugs or clothes. Me in my growth, and thanks to you.

I hope one day to be invited to the magical Badwater 135. Finishing the toughest race in the world would be THE challenge, THE reason TO BE DANIELE.

You have changed my way of thinking a little, making my thoughts flexible, sometimes too rigid.

Dear Chris, thank you so much for this adventure, I send you a sincere virtual hug in the hope, perhaps one day, of being able to meet you.

Running works wonders, Badwater too."

-Daniele Carminati, Bergamo, Italy



IF BADWATER DOESN'T BREAK YOU... DEHYDRATION <u>DEFINITELY</u> WILL.

You're racing 135 miles through Death Valley in July. You need more than sugar water and marketing fluff. It's about survival out there. Focus. Recovery. Next Mile Strength.

HYK delivers elite level hydration with everything you need and nothing you don't. Zero hype. All grit.

Built for brutal conditions...trusted by endurance athletes that simply don't back down.

Fuel Smarter. Go Farther.













APRIL 5-20, 2026

BADWATER 267 VR ELITE

The World's Toughest Virtual Race: 16 days and 267mi (430km), an average of 16.7mi or 26.8km per day!

After a two-year hiatus, Badwater 267 VR Elite returned over 16 days in the middle of April, 2025 and was an absolutely mammoth challenge - and opportunity for camaraderie and growth - for everyone who competed.

This year, sixty-six athletes in thirteen countries - and in twenty-three American states - took on this incredible 16day, 267-mile Badwater event! Of the 66, 43 completed the event, a 65% finishing rate, which is lowest of all our races. World's Toughest, indeed! Official Finishers received the coveted Badwater 267 VR belt buckle.

Badwater 267 VR Elite competitors had just 16 days in April to virtually and sequentially traverse the routes of all three Badwater® races - the 51-mile Badwater Cape Fear, the 81-mile Badwater Salton Sea, and the 135-mile Badwater 135 - for a total of 267 miles (430km) over the 16 days days. Competitors could run at their own pace, as often and as far as they wanted, wherever they lived, anywhere on the planet! All running had to be outdoors, tracked via GPS, and submitted to a private Strava Club where the competitors shared incredible camaraderie, but also kept a close eye on one another.

As competitors progressed along the route, they were taken on a virtual tour of all three Badwater race courses. Besides cool graphics and descriptions of the different highlights and landmarks of each race route, there were links to videos and image galleries of the various Badwater events, inspiring stories from the various Badwater races, and much more to encourage everyone to keep moving forward towards their Badwater 267 VR Elite finish line at Whitney Portal.

It was such a pleasure to host this race again and we are already planning and looking forward to the return of Badwater 267 VR Elite on April 25 to May 10, 2026! Register now at RunSignUp.com







🔽 267 Miles Completed 🌉 🐽 🛶 🛝 🕌









Virtual might imply it's not real—but the Badwater 267 is very real. The blood, the sweat, the tears... mile after mile, all of it is real. At most races, I'm locked in-totally focused on the mission. But with this challenge, life doesn't stop: work, family, kids' sports, Cub Scouts-it all keeps moving. I might not have had the fastest pace, but I believe I represented the true Badwater ethos-pushing limits and finding out what we're really made of. And as always, the pain, the suffering, the grumpiness-they all faded away in that final mile.

I'm genuinely inspired by every single one of you. It's wild how we're all suffering separately, yet somehow energizing each other through it.

Huge thanks to Chris Kostman for bringing us all together and pushing us to go beyond. Don't stop when it hurts. Stop when it's done."

-Chris Calimano



Preserving the Wonders of the Death Valley Region
Since 1954

The Death Valley Natural History Association is the Official Non-Profit Partner of Death Valley National Park and Ash Meadows National Wildlife Refuge.

Join Us for Private Tours, Educational Programs, Workshops and More!



Explore The Death Valley Institute: Programs to Inspire and Educate

Visit Us at DVNHA.org to Get Involved and Show Your Support!



Explore Our Homepage: Learn More, Donate, or Become a Member The BADWATER® ultra running experience returns to the (B)east Coast when the twelfth BADWATER CAPE FEAR - presented by Mount to Coast - takes place on Bald Head Island, North Carolina on March 21, 2026. **Registration is open now at RunSignUp.com** and we hope you will join us!

We are also excited to host the Cape Fear Marathon & Half on Bald Head Island again this Fall on October 26, 2025, and will have a special Cape Fear Cup award for those who complete both Cape Fear events in the same year! Registration is also at RunSignUp.com.

With 50km and 51-mile race options, Badwater® Cape Fear features a twelve-mile warm-up on the car-free, one-lane-wide roads and maritime forest trails of Bald Head Island, followed by either 19.5 or 39 miles of running on the wild and secluded sandy beach between Cape Fear and Fort Fisher. The race is held along the Atlantic Seaboard with spectacular views of the Erving Pan Shoals to the east and

wild and undeveloped Cape Fear River marshlands to the west. Running this remote coast is a dramatic, invigorating, and inspiring manner in which to experience the Cape Fear region in all its grandeur!

This exquisite natural setting is the perfect antidote to the "real world" and a wonderful counterpart to the desert sands and mountains of Death Valley and Anza-Borrego Desert featured in the two West Coast BADWATER® races.

Bald Head Island and nearby Southport, NC (featured in the film "Safe Haven") are ideal vacation get-away spots for the entire family, located less than one hour from Wilmington, NC and its major airport with American, United, and Delta service. (Flying into Myrtle Beach, SC is another convenient option.) Due to the remarkable beauty and quaint southern charm of this area, as well as this impeccable, authentic BADWATER race experience, many Badwater Cape Fear participants are now making this race an annual pilgrimage!





Total Number of Participants: 1452 (430F / 1022M) **Total Number of Unique Entrants:** 1074

Nationalities Represented:

Argentina: 1 Mexico: 5 Armenia: 2 Norway: 1 Australia:1 Philippines: 22 Bolivia: 1 Portugal: 1 Canada: 21 Singapore: 1 Cayman Islands: 2 Spain: 2 Sweden: 1 Colombia: 3 Denmark: 1 Turkey: 1

Total Number of Unique Finishers: 1047

Germany: 5 United Kingdom: 17

India: 4 USA: 1519 Iran: 1 Venezuela: 1

Japan: 1

American States & Territories Represented: 46

(Only Arkansas, Hawaii, Maine, North Dakota, Utah, and Wyoming have NOT been represented at Badwater Cape Fear: We are offering a 50% discount to the first runner to register who lives full-time in each of those states!)

Hats Off to our Six- to Ten-Time Finishers!

- Bob Becker, Fort Lauderdale, FL, age 68-79, 11x consecutive finisher
- Gerald Tabios, Elmhurst, NY, age 44-55, 11x consecutive finisher
- Timothy Henderson, Sayville, NY, age 44-54, 9x finisher
- Keith Straw, Malvern, PA, age 59-70, 9x finisher
- Kevin Delk, Greeneville, TN, age 32-41, 8x finisher
- Suzane Tulsey, Oak Island, NC, age 40-49, 7x finisher, 7x champion
- Sandra Buruss, Palm City, FL, age 42-49, 6x consecutive finisher
- Bethany Cazenave, Santa Rosa Beach, FL, age 54-61, 6x finisher
- Emily Lyons, Castle Hayne, NC, age 26-34 6x finisher













Historical Data, Badwater Salton Sea, 2013-2025:

Total Number of Participants: 790
Total Number of Unique Entrants: 558
Total Number of Unique Finishers: 484

Nationalities Represented:

Denmark: 4 Armenia: 3 Australia: 5 El Salvador: 1 Belarus: 1 Germany: 7 Bolivia: 1 India: 3 Brazil: 4 Italy: 3 Canada: 21 Japan: 14 Cayman Islands: 2 Kenya: 1 Colombia: 1 Lithuania: 1 Czech Republic: 2 Mexico: 10

Hats Off to our three Seven & Eight-Time Finishers!

- Ray Sanchez, Sacramento, CA, age 46-58, 8x finisher
- · Kevin Delk, Knoxville, TN, age 33-41, 7x finisher
- Emily Ryan, Washington, DC, age 39-49, 7x finisher

Mongolia: 4 Slovakia: 1
Netherlands: 1 South Korea: 1
Peru: 1 Sweden: 3
Philippines: 7 Switzerland: 3
Poland: 2 United Kingdom: 20
Serbia: 1 USA: 660

Singapore: 1

American States Represented: 42







Mount to Coast™ × BADWATER

No running race on the planet tests both shoes and runners more than the Badwater 135. With our event in its 38th year, finally there are shoes not only worthy of the world's toughest foot race, but they are truly game-changers, providing both comfort and performance in levels previously unknown. Badwater runners and staff have not only found Mount to Coast shoes to be astonishingly comfortable and light-weight, but they actually help us run to our true potential. And as the 2025 Badwater racing season has unfolded, Mount to Coast have proven their mettle time and again.

At Badwater 135 in July, dozens of the runners plan to compete in Mount to Coast. Learn more and order yours at MountToCoast.com









At the 2025 Badwater Cape Fear, the men's champion, Cole Crosby, and three of top four women finishers - champion Kaylee Frederick, 2nd place Lindsay Kasow, and 4th place Erika Small - wore Mount to Coast shoes. (Erika and Kaylee subsequently wore Mount to Coast to first and second place overall at Badwater Salton Sea.)

The Mount to Coast shoe on the left is brand new, while the MTC shoe on the right has 638 miles (1027km) on it! They seem to last forever!









CUT FROM A DIFFERENT FABRIC, BUILT FOR BADWATER®

Tested in the desert. Trusted by ultrarunners.







Every stitch of Badwater® by De Soto is designed, cut, and sewn under one roof in San Diego by a team that understands the demands of athletes who endure 135 miles through one of the hottest places on Earth.

See the collection here.





AdventureCORPS® – the organizers of the iconic worldwide series of Badwater® races – are pleased to host the second edition of the Cape Fear Marathon & Half Marathon - presented by Mount to Coast - on Bald Head Island, North Carolina. This is the home of fabled and legendary Cape Fear, and the home to our annual Badwater Cape Fear ultramarathon - now in its 12th year - the "(B)east Coast" counterpart to our two California-based races, Badwater Salton Sea and Badwater 135.

With 26.2 and 13.1-mile race options, Cape Fear Marathon and Half Marathon takes place entirely on Bald Head Island and its carfree, one-lane-wide roads, plus a short but spectacular stretch on the beach around Cape Fear herself. The start line is located at Old Baldy, the oldest lighthouse in North Carolina, with an aid station

nearby. Another aid station will be located at the Bald Head Island Conservancy, our local charitable partner, and a third aid station is located where runners enter the beach to go around Cape Fear. The finish line is quite near the start line, and is located at the marina end of the wooden bridge which crosses the marsh creek. The finish line is also located behind Jules Salty Grub, our finish line party host.

Half-marathoners will do one and a half laps of the island, with one .75-mile sand stretch around legendary Cape Fear, while full marathoners will do three laps of the island and three trips around Cape Fear for a total of 2.2 miles of beach running, along with 24 miles on the golf cart roads of Bald Head Island. There will be three aid station locations along the race route. The time limit for the half is 4 hours, and 7 hours for the full.

SWAG:

All entrants will receive a Badwater tote bag which includes:

- · Cape Fear Marathon & Half bib
- · A set of four Badwater BibBoards Snap & Lock Bib Fasteners (good bye, safety pins!)
- · Cape Fear Marathon & Half tri-blend t-shirt
- Cape Fear Marathon & Half hat by BOCO Gear
- Badwater / Cape Fear "buff" by Barking Frogs
- · Badwater Race Cup as this is a "cupless" race
- Badwater Sunglasses
- Badwater Chip Clip
- Additionally, we will host a burger party FREE for all competitors at Jules' Salty Grub on the Bald Head Island Marina, right next to the finish line! This includes a hamburger or bean burger and a beer or non-alcoholic drink.

AWARDS:

- Finishers will receive a Cape Fear Marathon Medal by Maxwell Medals at the finish line.
- Those who complete Badwater Cape Fear (50km or 51mi) and Cape Fear Marathon (26.2 or 13.1) in the same calendar year will receive an additional special award. This will arrive via US Postal Service a few weeks after the race.
- Male and Female Winners of the half- and full-marathon will receive a complimentary pair of <u>Mount to Coast shoes!</u>

Register at: RunSignUp.Com

Official Badwater® Sponsors







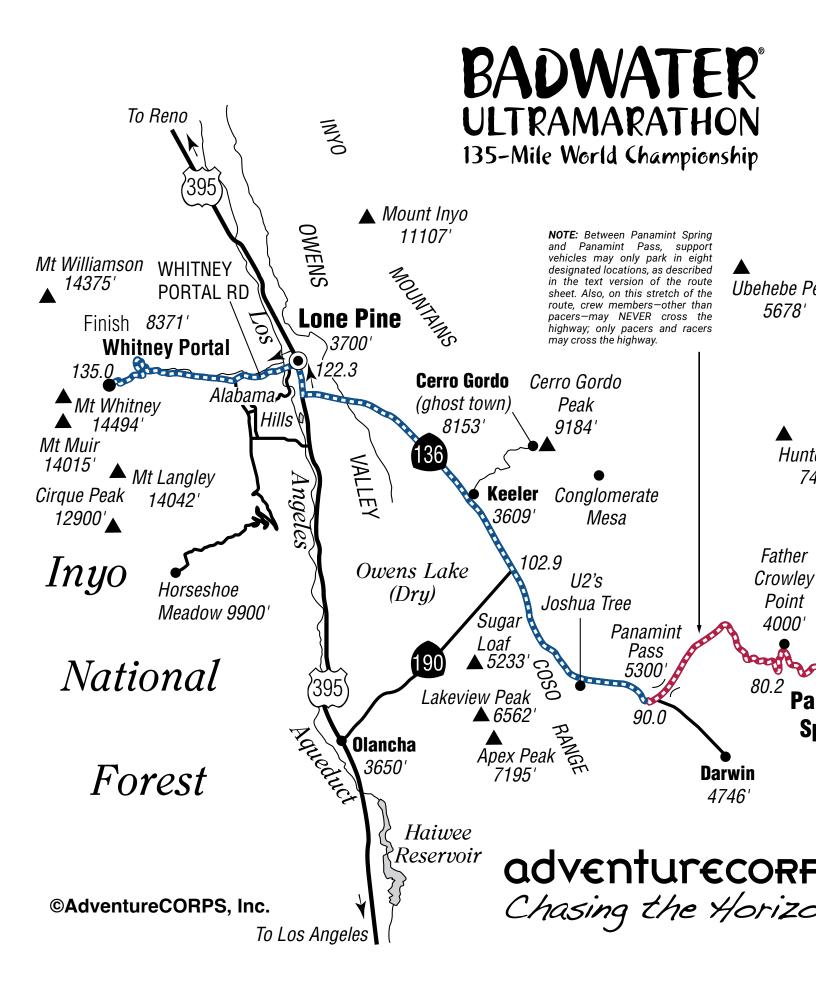


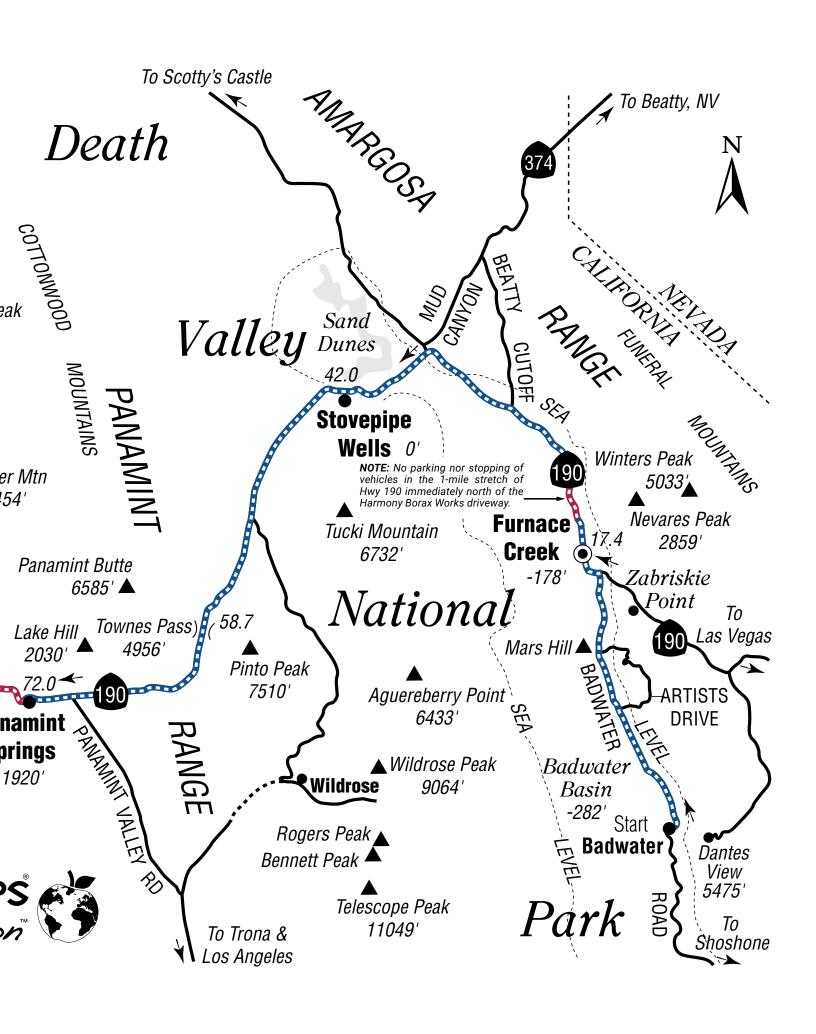






AdventureCORPS is pleased to welcome the support of Mount to Coast as the Presenting Sponsor of the entire 2025 Badwater / AdventureCORPS event line-up, and is pleased to recognize Road ID, Fenix Lighting, Hyk Energy, and De Soto Sports as Official Sponsors of Badwater. We also thank the Oasis at Death Valley, Stovepipe Wells Resort, Panamint Springs Resort, and Dow Villa of Lone Pine, the community of Lone Pine, CA, the County of Inyo, the Lone Pine Chamber of Commerce, and other generous companies and individuals who support Badwater 135 each year. Similarly we thank all of our community partners in Southport and Bald Head Island, North Carolina, as well as in Borrego Springs and Palomar Mountain, California.





2025 Badwater 135 Schedule of Events

SUNDAY, JUNE 29

0900-1000: Online Pre-Race Meeting: ALL Competitors, ALL crew chiefs, and ALL crew members must view the Online Pre-Race Meeting. It will be archived for later viewing for those who cannot watch it live. A special code will be given out to prove it was watched.

NOTE NEW LONE PINE PRE-RACE and POST-RACE LOCATION: All Lone Pine activities on the schedule - unless otherwise noted - take place at the gymnasium at Lone Pine High School, 538 S Main St, Lone Pine, CA 93545. (East side of Hwy 395, in the south end of town. Park along Muir Street.)

SUNDAY, JULY 6

1230-1630: Competitor Check-In / Retail of Badwater Gear / Vehicle Inspection: Each Competitor and their designated Crew Chief must attend; all crew are welcome and encouraged to attend.

1700-1830: Pre-Race Meeting for All Racers + All Crew Chiefs: Each Competitor and their designated Crew Chief must attend; all crew are welcome and encouraged to attend, if space allows.

1830: Group Photo of All Competitors: 2025 Competitors Only: Please be ready to pose for the photo at the conclusion of the prerace meeting!

MONDAY, JULY 7

Morning Rest & Relaxation; Vehicle Prep; Buy Ice and Supplies: Get your final shopping and preparations done, but also relax and rest while you can!

1100-1200: Retail of Badwater Gear

1100-1200: Optional Races Rules Review / Questions & Answers: We host an optional but helpful in-person meeting to review race rules and best crewing practices, as well as a Q&A session. Anyone may attend. If you want or need to know more this race, how to crew, or anything else, please attend!

1100-1200: Media Check-In and Briefing: All journalists / media / videographers / photographers must attend.

1200-1330: Private Staff Meeting

NOTE: Plan on a minimum of a 2.5-hour drive from Lone Pine to Badwater Basin! (Three hours is a better plan.) It's not a fast route, plus you may want to stop for photos, gas, supplies, to stretch your legs, or for lunch or dinner during the drive!

2000: 1st Wave Starts at Badwater Basin: ALL Wave 1 racers must check in at 1930.

2100: 2nd Wave Starts at Badwater Basin: ALL Wave 2 racers must check in no later than 2030.

2200: 3rd Wave Starts at Badwater Basin: ALL Wave 3 runners must check in and weigh in no later than 2130.

TUESDAY, JULY 8

0200: Furnace Creek General Store Closes. By special arrangement, the General Store at Furnace Creek will remain open on the first night of the race until 0200. Stop there to load up on plenty of ice, food, snacks, and drinks.

0330: Stovepipe Wells General Store and Gas Station Opens. By special arrangement, the General Store and Gas Station in Stovepipe Wells will open at 0330 during the first night (first morning) of the race. They have food, snacks, drinks, ice, and much more. Please support them, and stock up heavily!

1000: First Time Cut-Off. Deadline for ALL COMPETITORS, regardless of starting wave, to pass Mile 50.8 (2000' Elevation Sign, located 8.8 miles beyond Stovepipe Wells.) This is imposed by the National Park Service and is absolutely mandatory.

2000: Second Time Cut-Off. Deadline for ALL COMPETITORS, regardless of starting wave, to pass Mile 72 (Panamint Springs Resort.) Panamint Springs Resort has restaurant food, snacks, drinks, ice, and much more. Please support them, and stock up heavily!

2200: Approximate time for the First Racer to cross the Finish Line.

WENESDAY, JULY 9

0500: Third Time Cut-Off. Deadline for ALL COMPETITORS, regardless of starting wave, to pass Mile 90 (Darwin Time Checkpoint.)

Afternoon: Fourth Time Cut-Off: ALL COMPETITORS should pass Mile 122 (Lone Pine Checkpoint) <u>within 42 hours of their own elapsed time, depending on starting wave.</u>

1800: ALL Competitors are encouraged to complete the race by 1800 on Wednesday so that they can attend the post-race get-together in Lone Pine. That equals a 46-hour completion for the 2000 wave Competitors, 45 hours for 2100 wave Competitors, and a 44-hour completion for 2200 wave Competitors. However – OF COURSE! - all Competitors have 48 hours to complete the course, based upon their starting wave time.

2000-2200: Post-Race Get-Together / Pizza Party: Lone Pine High School, 538 S Main St, Lone Pine, CA 93545. Pizza and drinks from the Lone Pine Pizza Factory will be served. No charge (up to four crew per competitor may attend).

NOTE: After the Post-Race Get-Together, many Competitors, support crew members, and staff continue their socializing and celebrating at Jake's Saloon at 119 North Main Street in downtown Lone Pine. Always drink responsibly.

2000-2200: Course Closes for 1st Wave Competitors at 2000, at 2100 for 2nd Wave Competitors, and then at 2200 for 3rd Wave Competitors.

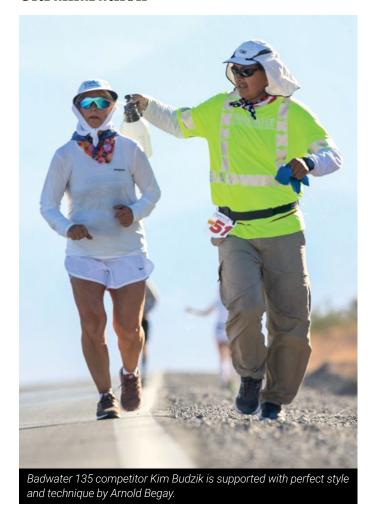
SUNRISE / SUNSET (July 22, using Ridgecrest for reference): Moonset: 0704 | Morning Civil Twilight: 0512 | Sunrise: 0541 | Moonrise: 2127 | Sunset: 2009 | Evening Civil Twilight: 2038 | Note: July 10 is the full moon..

PERMITS: This event is held under special use permits from the California Department of Transportation, Inyo National Forest, Death Valley National Park, and Inyo County, and is additionally overseen by the California Highway Patrol. (If one of these agencies won't issue us a permit, this race could be cancelled. Please keep that in mind!)

DRIVING DISTANCES:

Las Vegas Airport to Furnace Creek: 120 miles Los Angeles Airport to Furnace Creek: 270 miles Lone Pine to Las Vegas Airport: 225 miles Lone Pine to Los Angeles Airport: 220 miles

Medical Risks in the Badwater Ultramarathon



 $T_{
m his}$ 135 mile race is probably the most physically taxing competitive event in the world. It also has considerable medical risks. All runners and crews must appreciate these two facts both before and during the race.

Heat illness and heat stroke are serious risks. These can cause death, renal shutdown, and brain damage. It is important that runners and crews be aware of the symptoms of impending heat illness. These include: nausea, vomiting, headache, dizziness, faintness, irritability, lassitude, weakness, and rapid heart rate. Impending heat stroke may be signaled by a decrease in sweating and goose bumps, especially over the chest.

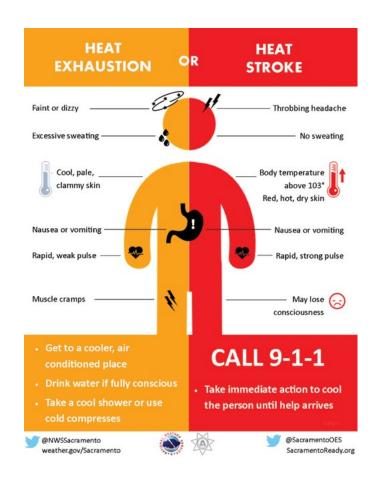
Heat stroke may progress from minimal symptoms to complete collapse in a very short period of time. Deaths and renal shutdown (kidney failure) have been reported in other ultra-marathons. Adequate conditioning is mandatory.

Adequate fluid and electrolyte intake is the most important preventative for heat illness. Runners may well require dozens of gallons of fluid during this race. Proper pace is crucial.

The high altitude plus exertion can also produce various degrees of altitude sickness. This can lead to severe lung and brain swelling, and even death. The main treatment is rest, and especially to get to a lower altitude.

Blisters are also a problem on this course, with pavement temperatures perhaps reaching 200 degrees. Proper foot care & preparation are essential for having a successful race.

Remember, you are responsible for your well-being while participating in this race. There are no aid stations. Know where your limits are and know your body. Your acceptance of invitation to this race declares that you are aware of the risks & potential health problems.





By Jason Hodde, MS, ATC/L

Running in hot weather can pose many dangers to ultrarunners. Although most runners are aware of the dangers of running for prolonged distances in hot and humid weather, many are also inadequately prepared for the intense stress placed on the body during these hot weather runs.

In July 2002, I participated in the 25th anniversary of the Badwater Ultramarathon, a 135-mile trek from the lowest place in the continental United States (Badwater Basin), through Death Valley National Park, and to the foot of Mount Whitney, the Whitney Portals, at an altitude of 8,360 feet (2,548 meters). The run was held in the middle of one of the most severe heat waves southern California has ever seen. In preparation for the run, I made sure my crew was aware of the signs and symptoms of heat illness, as well as how to treat me should problems occur. Here are some of the dangers of ultrarunning in the heat, and preventative measures that can be taken to avoid potential problems.

The Heat Index

The heat index is the apparent temperature felt by the body due to the combined effects of actual temperature and humidity. Most people understand that as the air temperature goes up, so does the heat index, but humidity also plays a role. As the humidity rises, the body is unable to efficiently evaporate the sweat it produces. Therefore, the perceived temperature is much higher than the actual air temperature. The loss of cooling efficiency thus makes exercise extremely dangerous.

Although it is convenient to use a single number to describe the apparent temperature your body feels, keep in mind that heat and humidity affect everybody differently. Several assumptions are made to calculate the heat index measurements in the table below. Specifically, the heat index assumes the body to be:

- 5' 7" (170 cm) in height
- 147 pounds (67 kg) in weight
- Caucasian
- At 98.6° F (37° C) body temperature

- · Clothed in long pants and a short-sleeved shirt
- · In shade
- · Walking at a speed of 3.1 mph (5 kph)
- In a breeze of 6 mph (10 kph)
- Not dripping with sweat

Changing any of these factors can either increase or decrease the heat index from those shown in the table. Be aware that heat index values of over 100 significantly increase your risk of heat-related illness.

	Air Temperature (Degree F)										
	70	75	80	85	90	95	100	105	110	115	120
Relative Humidity	Heat Index										
0%	64	69	73	78	83	87	91	95	99	103	107
10%	65	70	75	80	85	90	95	100	105	111	116
20%	66	72	77	82	87	93	99	105	112	120	130
30%	67	73	78	84	90	96	104	113	123	135	148
40%	68	74	79	86	93	101	110	123	137	151	
50%	69	75	81	88	96	107	120	135	150		
60%	70	76	82	90	100	114	132	149			
70%	70	77	85	93	106	124	144				
80%	71	78	86	97	113	136	157				
90%	71	79	88	102	122	150	170				
100%	72	80	91	108	133	166					

Heat Illnesses

There are three major heat illnesses—and all of them can be exacerbated by ultra distance running and prematurely end an ultrarunner's race. In all cases, the main reason that runners experience heat illness is dehydration. If you replace lost fluids and electrolytes and are able to train your body to process a high volume of fluid in a short period of time, you significantly decrease the risk of experiencing these race-ending medical emergencies.

Heat cramps: Exercising in hot weather can lead to muscle cramps, especially in the legs. This is usually caused by imbalances or deficiencies in your body's electrolyte stores. A cramp is characterized by sharp, stabbing pain in the muscle and rarely works itself out on its own. On a training run earlier this year in Death Valley, many runners complained of cramps in their legs; I suffered from cramps in my diaphragm and had difficulty breathing for more than an hour! Cramps become less frequent with heat training, but for those of us unaccustomed to such extreme conditions, maintaining adequate hydration and electrolyte balance is critical to avoiding them. To eradicate cramps, you should stop running, drink fluids containing electrolytes, cool your body with wet towels, and immediately get out of the sun.

Heat exhaustion: Losing fluid and electrolytes through sweat leads to dizziness and weakness if the lost fluids are not replaced. Heat exhaustion is characterized by a moderate rise in body temperature, dizziness, nausea and vomiting, and a headache. You might also experience weakness, lack of coordination, heat cramps, heavier than usual sweating accompanied by moist and cold skin, and "goose bumps." Your heart rate may rise and you won't be able

to run as fast due to fatigue. Many runners—even those who are well trained—will suffer from mild heat exhaustion after running for several hours in hot and humid conditions. If you experience the signs of heat exhaustion, stop running immediately and drink fluids containing electrolytes, cool your body with wet towels, lie down and elevate your feet a few inches above your heart, and immediately get out of the sun. Since heat exhaustion can lead to the most severe form of heat-related illness, heat stroke, seeking prompt medical attention for heat exhaustion is also highly recommended.

Heatstroke: In extreme cases heat can upset the body's thermostat, causing body temperature to rise to 105 degrees F or higher. This is a life-threatening situation that requires immediate medical attention. While it is common for untreated heat exhaustion to rapidly progress to heatstroke, heatstroke can (and does) occur without the signs of heat exhaustion being apparent. Symptoms of heatstroke include lethargy and extreme weakness, confusion and odd or bizarre behavior, disorientation and unconsciousness. Because heatstroke is a complete failure of the body's temperature regulation system, sweating ceases and the skin becomes hot and dry. Convulsions or seizures can occur as the brain begins to shut down. Coma and death are also possible in extreme cases. Heatstroke is a medical emergency that requires immediate medical attention. Call the emergency response system immediately! Get the runner out of the sun, remove all clothing, and immediately rub their body with ice or immerse the runner in cold water.

By staying properly hydrated and recognizing the early warning signs of heat illness, as a runner you can prevent a heat-related problem from becoming a life-threatening situation. As a volunteer, recognizing these heat-related dangers may one day help you save the life of a runner who has underestimated the intensity of the surroundings.



2025 Badwater 135 Official Race Route

LANDMARK	Dist. (MI)	Ele. (FT)	MARKER
NOTE: TL = Traffic Light; SS = Stop Sign; T-Int = T-Intersection; Jct. = Junction			
Badwater Basin: Head north (45 MPH) (TOILET)	0	-282	
Crews will be held for 5 minutes after each wave begins, then released in small batches.			
Wide Shoulder on Right: best place for first crew stop	2.6 to 3.4		
Natural Bridge turnoff on R (PACERS MAY JOIN AGE 65+ RUNNERS HERE)	3.5	-170	MM 13
Wide Shoulder on R.	3.9		
Wide Shoulder on R.	4.5		MM 12
Devil's Golf Course on L.	5.6	-165	MM 11
Wide Shoulder on R.	6.5		MM 10
Artist's Drive entry on R.	8	-165	
West Side Road on L.	10.6		MM 6
Artist's Drive exit on R.	11.7	-70	
Mushroom Rock on R.	12.1	-170	MM 5
Unmarked Road on R.	12.8		
Golden Canyon on R. (45 MPH) (TOILET)	14.5	-165	MM 2
Jct. Hwy 190 & Badwater Rd. (SS): Go Left onto 190 north (Phone Service Begins)	16.5	0	
Watch Speed Limits! (Don't be like that Aussie team in 2015!)			
Timbisha Shoshone Reservation on L. (35 MPH)	17.2	-140	
The Oasis (Furnace Creek Ranch) on L. General Store open until 200am (TOILET)	17.5	-165	
It is CRITICAL to stock up on water, ice, and snacks, plus real food for the crew!			
Park in lots, not along roadway, throughout Furnace Creek!			
Furnace Creek Fuel on L. (Time Checkpoint #1) (TOILET)	17.7		
Dumpsters available to dump garbage at Gas Station.			
Park Service Visitor's Center on L. (Please use running path on left of roadway)	17.8	-165	
Furnace Creek Campground on L.	18.2	-170	
Harmony Borax Works on L. Park here and let runner run one mile ahead (45 MPH)	19.1	-170	
NO STOPPING, SLOWING, or PARKING NEXT 1 MILE! Drive to beyond curves!	19.1 to 20.1	-100	
Parking allowed beyond curvy section, where safe.	20.1		
Cow Creek on R. (60 MPH)	20.8		
1st Marathon	26.2		
Daylight Pass Rd. / "Beatty 30" on R.	28.4		MM 99.5
Salt Creek turnoff on L.	30.8		MM 97.5
Sea Level sign on L.	32.1	0	141141 37.0
"Summit" / end of rolling hills section	33.7	140'	MM 94.5
North Hwy / Scotty's Castle turnoff on R.	34.9		MM 93.5
Sea Level sign on L.	35.4	0	141141 30.0
MINIMAL PARKING NEXT 6 MILES! SOFT SHOULDERS. Do not get stuck in sand.	00.4		
Devil's Cornfield on R. / "Soft Shoulders 2 Miles" sign	36.3	-80	MM 91.5
Three Small Parking Areas on R. (Space for 2 cars each)	36.9. 37, 37.1		IVIIVI 51.0
Devils Cornfield Sign and paved pullout on R. (Space for 4-5 cars only)	37.5		MM 90.5
Sand Dunes Parking Lot on R. (35 MPH) (TOILET)	40.2	0	141141 20.0
"CAUTION EXTREME HEAD DANGER" sign on L., facing opposite direction	41.8	0	MM 86.5
Stovepipe Wells Village Welcome sign: Gas / Food / Store opens at 300am!	42	0	101101 00.5
Time Checkpoint #2 & Medical HQ on L. by hotel courtyard & flag. (TOILET)	42.2	0	
(PACERS MAY JOIN RUNNERS OF ANY AGE HERE.)	42.2		
It's a long climb, and a long way, to Panamint Springs, 30 miles away! Be ready! It is CRITICAL to stock up on water, ice, and snacks, plus real food for the crew!			
Also, take advantage of the relatively low gas prices while you are here!			
Mosaic Canyon turnoff on L.	42.4	5	
Mile Marker 83.5		J	MANA OO F
	44.7	1000	MM 83.5
1000' Elevation sign on R. (65 MPH)	46.9	1000	
Short downhill (Phones Service ends soon along the ascent of Towne Pass)	47.3		
DIP Sign on R. (Do NOT park in dips as you will be invisible!)	47.9		
DIP Sign on R. (Do NOT park in dips as you will be invisible!)	48.5		

LANDMARK	Dist. (MI)	Ele. (FT)	MARKER
2000' Elevation sign on L.: All racers must pass this location before 1000am	50.8	2000	
Wildrose Station parking lot on R. (TOILET)	51.2	2450	
Please park neatly and use designated spaces. Do not park "haphazardly."			
Wildrose Turnoff on L.	51.4	2500	MM 76.5
2nd Marathon	52.4	2800	MM 75.5
3000' Elevation sign on L.	53.6	3000	
4000' Elevation sign on L. (Nice paved pullout on R., followed by a dip in the road.)	56	4000	
Approaching the summit of Towne Pass (35 MPH)	57.4		
Brake Check parking area on R.	58.9		
Towne Pass Summit sign on R. (Time Checkpoint #3)	58.9	4956	
"Downhill Next 9 Miles - 9% Grade" - Begin descent into Panamint Valley	59.6		MM 65.5
4000' Elevation sign on R. after large paved pullout on R. (55 MPH)	61.8	4000	
Check out the amazing view of Mt. Whitney! (100km mark!)	62	3500	
Paved pullout on L. (9% downhill grade)	62.5		MM 65.5
Gravel pullout on L.	63.7		MM 64.5
3000' Elevation sign on L.	64.1	3000	
Large gravel pullout on R.	64.9		
Large paved pullout on L.	65.3		
2000' Elevation sign on L. (5% downhill grade) (65 MPH)	66.4	2000	
Panamint Dry Lake Bed, east edge; "Soft Shoulder" sign	68.5	1640	
Panamint Valley Road to Trona / Ridgecrest on L.	70.2	1750	MM 58.5
Panamint Springs Resort: Gas / Mini Mart / Food / Hotel (35 MPH) (TOILET)	72.8	1970	MM 55.5
Time Checkpoint #4 on L. at resort hotel / restaurant, NOT at gas station			
All racers must pass here before 800pm, Tuesday evening			
Free Showers and Flush Toilets here in "The Cottage" and across street at the campground!			
Get water, ice, snacks, and more (pizza, hot dogs, shakes, ice cream) at Gas Station / Mini Mart!			
Get REAL FOOD at the Panamint Grill Restaurant at the Resort!			
WARNING: Parking only allowed in designated locations for next 12.2 miles: follow odometer closely!			
Also watch for our "Badwater Parking Zone" signs.			
2000' Elevation sign on L. (55 MPH)	73.4	2000	
Darwin Falls turnoff on L. / "Rock Slide Area" sign on R.	73.8	2500	
Parking Allowed on R. in gravel pullout with yellow left arrow (1.7 from PSR) (25 MPH)	74.5		MM 53.5
Parking Allowed on R. in small gravel pullout on right (3.3 from PSR)	76.1		141141 00.0
3000' Elevation sign on L. (end parking allowed zone)	76.2	3000	
Parking Allowed on R. in large gravel shoulder on right (4.6 from PSR) (25 MPH)	77.4 to 77.6	0000	
Parking Allowed in large gravel pullout on L. before left curve (5.3 from PSR)	78.1		
3rd Marathon at 25 MPH sign with sharp left curve arrow	78.6	3400	MM 48.5
4000' Elevation sign on L. (25 MPH)	80.7	4000	101101 40.5
Father Crowley's Point on R. Parking Allowed in lot (7.9 from PSR) (TOILET)	80.75	4000	
Please no sleeping on the ground in parking spaces! (TOILET)	00.73	4000	
Parking Allowed in elevated gravel pullout via small drive on R. (8.8 from PSR)	01.6		
	81.6		
	83.3		
Summit (no sign) Parking Allowed in large gravel pullout on R. (12.2 from PSR)	84.9		
65 MPH sign on right, just beyond parking zone	85.1		
Support vehicles may resume parking wherever it is safe to do so from here onwards.	05.5	4000	1414405
Death Valley National Park sign on L. (65 MPH)	85.5	4200	MM 42.5
Saline Valley Rd. on R. (actual DVNP boundary)	86.5	4800	MM 41.5
"Adopt a Highway" sign on R.	88.7	F0.50	MM 39.5
Darwin turnoff on L.: Time Checkpoint #5	90.7	5050	MM 37.5
All racers must pass here by 500am, Wednesday morning			
Adopt-a-Highway sign facing opposite direction	92.7		MM 35.5
Talc City Road on R.	93.5		
U2's Joshua Tree (Park in gravel pullout on left, then walk a few hundred yards south up a gulley)	95.3		
Gravesite on R. (white cross on elevated area)	96.9	4100	
"Rock Slide" sign on R.	99.9		
Pass through narrow area known locally as "Gunsite Notch" (Phone Service Begins soon afterwards	s) 100 miles!	4000	

LANDMARK		Dist. (MI)	Ele. (FT)	MARKER
NOTE: TL = Traffic Light; SS = Stop Sign; T-Int = T-Intersection; Jct. = .	Junction			
Jct. Hwy 136 & Hwy 190: Go straight / north onto Hwy 136 "Lone P	ine 19mi" sign (65 MPH)	103.5	3935	
SOFT SHOULDERS NEXT EIGHT MILES: BE CAREFUL! DO NOT GET S	STUCK!			
4th Marathon		104.8	3800	MM 16.5
Pass Sulfate Road on L.		106.5		
"Point of Historical Interest" sign on R. (Keeler Cemetary)		108		
Keeler sign ("Population 50 /Elevation 3645") on R.		108.1	3645	
Cerro Gordo Rd. on R.: Time Checkpoint #6		108.4		
Adopt-a-Highway sign on R. after solar panel array		109.2		
Unmarked Cross-Street		110.7		MM 10.5
Dolomite Loop Road on R.		113.3	3600	
Dolomite Loop Road on R.		117.7	3510	
Cross Owens River: View of Whitney Portal Rd. is straight ahead!		118.4	3500	
Jct. Hwy 136 & Hwy 395: Go Right / North (Visitor's Center on Left)) (Stop Sign; T-intersection)	121.1	3696	
WARNING: SPEED LIMITS DROP TO 25mph as you pass through tow	vn!			
Comfort Inn on R.	(45 MPH)	121.2		
Chevron / Lee's Frontier Deli / Mini Mart (Great sandwiches!) on L.	(TOILET)	121.4		
Best Western on R.	(35 MPH)	122.1		
Lone Pine City Limits sign on R.	(25 MPH)	122.4		
McDonald's on L.	(TOILET)	122.7	3610	
Dow Villa Motel on R.: Time Checkpoint #7 & Medical HQ	(TOILET)	122.8	3610	
All racers must pass within 42 hours of their individual wave start!	,			
All racers with time penalties must "check in" and serve penalty tim	e here before continuina.			
Portal Road (the only traffic light in Lone Pine): Go left / west / uphill		122.9	3610	
Tuttle Creek turnoff on L.		123.4	3770	
WARNING: Park and Drive Properly! NO slow driving; NO stopping in	roadway!			
Cross over the Los Angeles Aqueduct		123.5	3855	
"Alabama Hills Recreation Area" sign on R.		123.7		
Lone Pine Creek		124.6	4200	
Pass the "Happy Face" Rock on R. (large dirt parking area; fun photo	spot)	125.1		
Movie Road on R.	-17	125.7	4590	
WARNING: Park and Drive Properly! NO slow driving; NO stopping in	roadway!			
Lone Pine Creek		125.8	4800	
Horseshoe Meadow turnoff on L.		126.1	5000	
Cuffe Ranch turnoff on R. / Valley View Road on L.		127.2	5100	
WARNING: Park and Drive Properly! NO slow driving; NO stopping in	roadwav!			
Whitney Vista Drive on L		127.5		
Olivas Ranch Road on L.		128.5	5300	
Former location of "Entering Active Bear Area" sign (but the bears ar	e still here!!!)	129.3		
WARNING: Park and Drive Properly! NO slow driving; NO stopping in				
Lone Pine Campground on L.		129.4	5700	
"Inyo National Forest" sign on R.		129.9	6400	
5th Marathon at Indian Creek Rd. on R.		131	7000	
			6890	
Time Checkpoint #8 in Large gravel pullout on R.		131.2		
Road makes a 180-degree switchback to L.		132.2	7215	
Vista Point on Left at large gravel pullout		132.9	7400	
"Campsites 39-44" and "Whitney Portal Recreation Area" signs	roodwayl	133.8	7700	
WARNING: Park and Drive Properly! NO slow driving; NO stopping in	roadway!	104	0005	
Meysan Lakes trailhead on L.	134	8035		
Family Campground on L.: Support vehicles should drive ahead NOV		134.1	8100	
Overflow Parking Lot on L. (All crew may join runner here to cross the	e iiiisn iine togetner.)	134.7	8200	
Finish Line of the World's Toughest Foot Race: Congratulations!		134.8	8360	

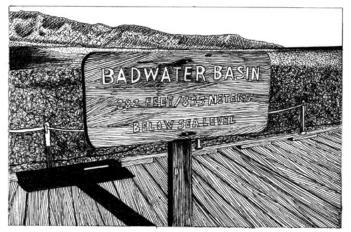


OCTOBER 4
LONE PINE, CA
WILDWILDWESTMARATHON.COM



Course Description

Badwater Basin, Death Valley (280ft / 85m below sea level), Mile Zero (Start Line)

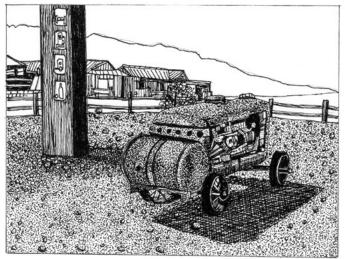


The race begins here adjacent to a pool of saltwater located at the lowest place in North America. There are toilets, but no other services.

Furnace Creek Ranch (170' / 51m below sea level), 17.5mi / 28.2km (Time Checkpoint #1)

The first oasis in our journey. Two hotels, gas station, general store, restaurants, camping, and ice are available. Stock up here on ice, water, food, supplies, and gas both before the race and when you pass through during the race!

Stovepipe Wells (Sea Level), 42.2mi / 68km (Time Checkpoint #2)



A general store, gas station, restaurant and motel. Location of the race's Medical HQ for most of first 15 hours of the race. It is critical that you stock up on ice, water, food, supplies, and gas when you pass through here during the race!

Towne Pass (4956' / 1511m), 58.7mi / 94.5km (Time Checkpoint #3)

From Stovepipe Wells, it's 17-mile long ascent with 5000' of elevation gain to the highest point of the race course. From the summit, it's a 10-mile long descent with 3000' feet of elevation loss into the Panamint Valley. On both sides, it's a steep and narrow road with limited opportunities to park. Support vehicles, crews, and runners must be cautious and extra aware of the traffic.

Panamint Springs Resort (2000' / 610m), 72.7mi / 117km (Time Checkpoint #4)



Gas station, mini-mart, plus restaurant and motel. We rent out "The Cottage" as a way station for any and all race entrants and crews to use during the race: Bring your own towel, soap, and shampoo and make a big effort to keep the room and bathroom tidy. After passing Panamint Springs, a long, steep climb follows on a steep and narrow road with limited opportunities to park. Support vehicles, crews, and runners must be cautious and extra aware of the traffic, and ONLY park in the eight designated parking zones between Panamint Springs Resort and unmarked "Panamint Pass" at mile 84.9.

Father Crowley's Turnout (4000' / 1219m), 80.65mi / 130km

The bathrooms and parking lot that designate this viewpoint are not the top of this ascent, though you may hope so. The road continues to rise to 5000' / 1524m over rolling hills, then eventually descends into the Owen's Valley.

Darwin Turn-Off (5050' / 1540m), 90.6mi / 146km (Time Checkpoint #5)

There are no services here, but just a few miles to the south of our route is the small inhabited ghost town of Darwin, the website for which touts "NO broadcast TV; NO AM/FM radio, NO cell signal; NO stores; NO restaurants." The Darwin time station is where the race usually starts to get serious for all entrants. Look for "gunsite notch" about 9.3 miles ahead to indicate your 100-mile mark! The generally flat or slightly downhill stretch ahead can be tedious and demoralizing; Mt. Whitney is visible ahead and never seems to get closer!

Keeler (3610' / 1100m), 108.1mi / 174km (Time Checkpoint #6)

This is a small mining town with no facilities which abuts the Owens Dry Lake Bed on the left of the highway. Amazing views of Mt. Whitney and the Sierra Nevada abound. A dirt road to the right ascends to Cerro Gordo, an authentic ghost town high in the mountains.

Lone Pine (3610' / 11km), 122.7mi / 197.5km (Time Checkpoint #7)

Lone Pine offers the weary runner and crew all the amenities of a real town: café fare, fast food, pizza, restaurants, motels, gas stations, a grocery store, and much more, not to mention our Race Headquarters at the Dow Villa. Restock here for the climb to Whitney Portal as there no services after Lone Pine. Turn left onto the Whitney Portal Road to begin the final leg, the longest and steepest climb of the race (13 miles or 21km with 5000 feet or 1524m

of elevation gain). Temperatures will steadily decrease during the ascent (though depending on time of day). As you ascend Mt. Whitney, be sure your support vehicle is always parked completely off of the road and that you do not block traffic, not even for a moment.

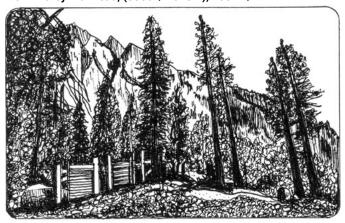
Portal Road / Base of the Switchbacks (6890' / 2100m), 131.1mi / 211km (Time Checkpoint #8)

After the turn from Hwy 395 in Lone Pine, it's 8.3 miles or 13.4km to the final Time Checkpoint, located at the start of the switchbacks. For nighttime finishers, be prepared with extra layers of clothing; at night it can approach freezing temperature. The Portal Road is steep and very narrow: please drive and park extra carefully all the way to the finish!

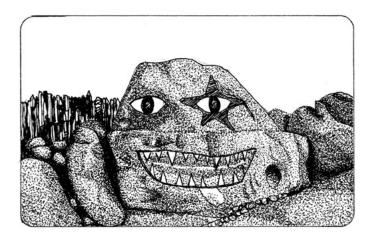


For more of Badwater athlete Rich Peer's art, follow his Instagram @RichPeersArt

Mt. Whitney Trailhead, (8360' / 2548m), 135mi / 217km

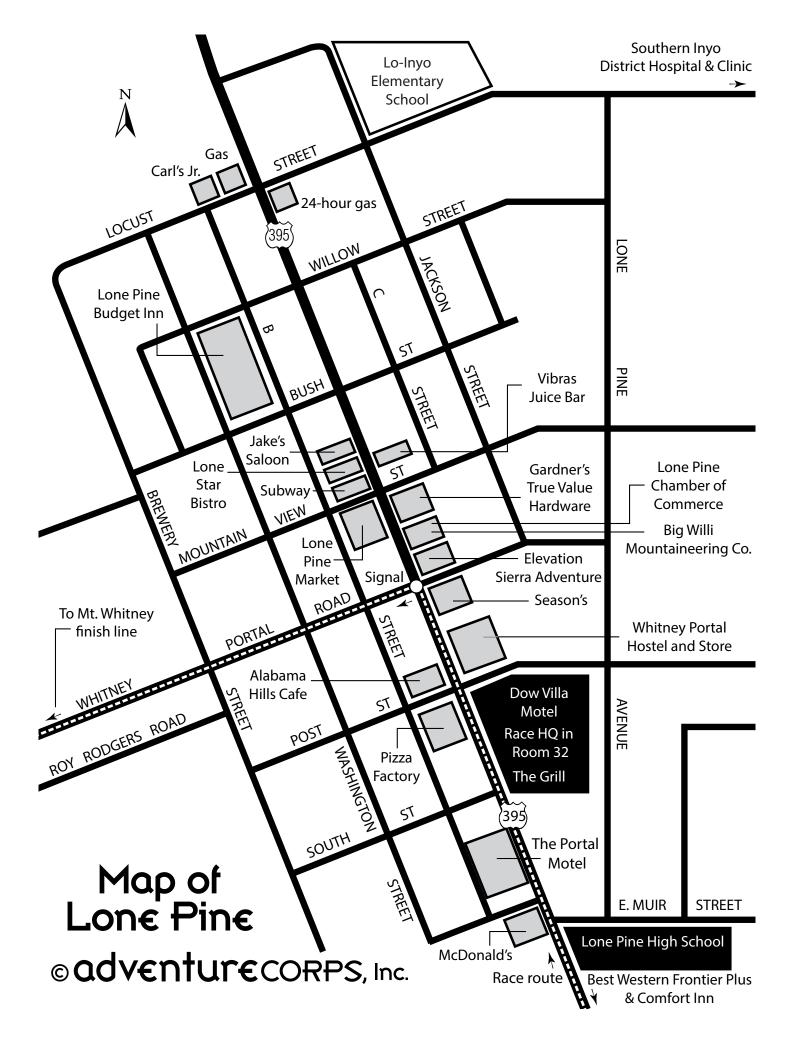


Congratulations! You have finished The World's Toughest Foot Race! A small burger shack / shop are open during daylight hours. There is also a stocked fishing pond and a campground (because, of course, after running 135 miles, you really want to go fishing and camping!).



TOILET LOCATIONS ALONG THE ROUTE

- 14.5 Golden Canyon (top end of parking lot; right side of road)
- 17.6 Furnace Creek Gas Station (left side of road)
- 40.2 Sand Dunes Parking lot (right side of road)
- 42.2 Stovepipe Wells Gas Station (right side of road, and at the hotel on the left)
- 51.2 Wildrose Station (parking lot on Towne Pass; right side of road)
- 72.7 Panamint Springs Resort (left side of road)
- 80.6 Father Crowley's Point (right side of road)
- 121-122.8 Various locations along Hwy 395 in Lone Pine (restaurants and hotels)
- 135 Mt. Whitney Portal / Finish Line



Lone Pine: Quick Reference to the Most Popular Places for Badwater Folks

Lone Pine is located at Mile 122 of the Badwater 135 race route and is an important hub of activity before, during, and after the race. Located at 3727 feet (1136m) at the foot of Mt. Whitney and with a population of just over 2000 friendly people, it is a wonderful and appealing destination year-round and particularly important to the success of the Badwater 135.

Lone Pine meets every need, from great food to comfortable hotels, plus all enjoy the Post-Race Get-Together at the school, followed later by the traditional social hour(s) at Jake's Saloon. We hope you enjoy the town, spend lots of money there, and let everyone know how much you enjoy racing in their back yard!

Many Badwater 135 runners and crews buy race equipment and supplies at True-Value Hardware or Whitney Portal Hostel and Store, groceries at Lone Pine Market, purchase moderately priced gas in town, and/or excellent coffee, snacks, and sandwiches at Lone Star Bistro, get an excellent meal at The Grill or enjoy fine dining at Seasons Restaurant.

During the race, many support teams will go into town to pick up coffees and more at Lone Star Bistro, pizza from The Pizza Factory, to-go food from The Grill or Lee's Frontier Deli, or for ice, water, & groceries.

<u>Motels / Hotels</u> (Not a complete list! See LonePineChamber.org for more listings!)

Best Western Frontier Hotel

1008 S Main Street 760-876-5571

Comfort Inn

1920 S Main Street 760-876-8700

Dow Villa Motel

310 S Main St (*Race HQ*) 760-876-5521

Portal Motel

425 S Main St 760-876-5930

Whitney Portal Hostel (and Store)

238 S Main St 760-876-0030

Popular Eateries

Lone Star Bistro at 107 N Main St (Coffee drinks, sandwiches, pastries, ice cream, smoothies, and such, plus WiFi. Very popular with PCT hikers.)

760-876-1111 Open 7am-5pm daily

Vibras Juice Bar at 104 N Main St serves smoothies, açaí bowls, and coffee drinks.

Open 7am-5pm daily

The Grill at 446 S Main St. (Located on the southern end of the Dow Villa parking lot. Great food and great location!)
760-876-4240
Open 7am-9pm daily

Alabama Hills Cafe at 111 W Post St

760-876-4675 Open 6am-2pm daily

Pizza Factory at 301 S Main St

760-876-4707 Open 11am-10pm daily

Season's Restaurant at 206 S Main St

760-876-8927 Open 5pm-10pm daily

Jake's Saloon at 119 N Main St (Many runners and crews socialize here after attending the official post-race pizza party at the conclusion of the race!)

Groceries, Gas & Mini-Mart, Outdoor Outfitters, Hardware

Whitney Portal Store and Hostel at 238 S Main St

760-876-0030 Open 7am-9pm daily in July

Elevation Sierra Adventure at 150 S Main St

760-876-4560 Open 9am-630 or 7pm daily

Lone Pine Market at 119 S Main St

760-876-4378 Open 8am-9pm daily

Gardner's True Value Hardware at 104 S Main St

760-876-4208 Open 8am-6pm, Mon-Sat

L.P. Chamber of Commerce at 120 S Main St

760-876-4444 Open 830am-430pm daily

Big Willi Mountaineering Co. at 120 S Main St.

760-878-8325 Open all week 800am-400pm

Chevron & Lee's Frontier Deli at 1900 South Main St (This is the last business on the west side of the road on the far southern end of town. Many crews call ahead to order sandwiches as they approach town, or if making a quick run into town from the race route.)

760-876-5844 Gas 24/7; Deli closed 2-4am only

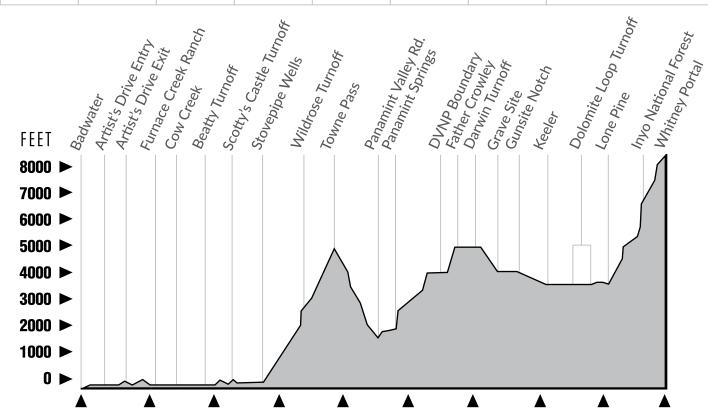
Exxon-Mobil & AM-PM at 380 North Main St

760-876-4073 Open 24 Hours a Day



Sample, Actual Time Splits from Previous Badwater 135 Finishers											
FC / 17	SPW / 42	PSR 72	Darw 90	LP 122	P Rd. 131	Whitney 135	Who	When			
3:13	8:17	13:10	22:19	30:07	32:58	34:0-9:31	Ray Sanchez	2022			
2:58	7:35	12:23	15:28	28:59	32:33	34:00:30	Chris Cavanaugh	2022			
3:19	8:30	17:01	23:09	30:38	32:58	34:04:14	Jill Andersen	2015			
2:36	6:40	13:40	18:57	29:01	32:47	34:10:50	Ed Ettinghausen	2016			
3:31	8:19	15:38	22:11	33:54	38:31	39:59:59	Jason Romero	2015			
3:17	8:21	15:22	20:42	34:56	38:42	40:14:10	Keith Straw	2015			
2:46	8:08	16:58	24:04	34:59	38:50	40:36:11	Dale Cougot	2016			
3:34	9:50	20:04	27:43	38:58	41:10	43:37:51	Jodi Weiss	2015			
4:08	11:23	21:46	28:47	39:38	42:54	44:13:01	Rich Peers	2022			
3:24	9:17	19:55	28:33	38:54	42:40	44:15:53	Derek Dowell	2016			
4:06	10:35	21:58	29:00	39:43	42:49	44:07:16	Molly Melton	2021			
3:42	9:58	21:47	30:16	40:39	44:13	46:01:29	Tess Leono	2016			
3:26	8:58	19:22	27:37	40:16	44:21	46:11:42	Eric Gelder	2015			
4:43	11:27	22:10	31:12	41:19	44:28	45:57:42	Jackie Brown	2021			
My Splits											
FC / 17	SPW / 42	PSR 72	Darw 90	LP 122	P Rd. 131	Whitney 135	Date				

, -							
FC / 17	SPW / 42	PSR 72	Darw 90	LP 122	P Rd. 131	Whitney 135	Date



Details of the three mountain ascents along the route:

- Towne Pass, mile 42.2 to mile 58.9: 4956 foot gain over 16.7 miles = 5.6% average. (Don't forget the 1000am time cut-off at 2000' at mile 50.8!)
- Father Crowley, mile 72.8 to mile 80.8: 2000 foot gain over 8 miles = 4.5% average. (Followed by a gradual 1000 foot gain over the next 10 miles.)
- Whitney Portal, mile 122.8 to mile 135: 4750 foot gain over 12.2 miles = 7.4% average. (The final mile is the steepest.)

2025 Badwater 135 Race Rules and National Park Service Regulations

General Race Rules

- 1. There are three starting times for the 2025 Badwater Ultramarathon (2000, 2100, and 2200 on July 7, 2025), but all Competitors in all waves are competing in the same race. Competitors must check in at the start line, ready to race, 30 minutes prior to their start time.
- 2. Starting Groups are assigned by the race director and are non-transferable. Split times will be collated throughout the race to maintain overall standings. There are only two divisions: men's and women's. The Competitor to arrive at the finish line in each division with the lowest overall time, based on their starting time, will be considered the winner.
- 3. The race number bib must be worn by the Competitor on the front of the body, unmodified, unfolded, and visible at all times during the race. It may not be worn on the head or hat. The Pacer Bib numbers must also be worn similarly by any Pacer / crew member who is running with his or her Competitor.
- 4. For the purposes of this event, nighttime is considered to be 1900 to 0700.
- 5. All Competitors MUST have passed, and be proceeding beyond, the following locations along the race route within the specified time cut-offs:
 - Mile 50.8 (2000' Elevation Sign, located 8.6 miles beyond Stovepipe Wells): All Competitors must pass by 1000, Tuesday morning (regardless of starting wave).
 - Mile 72.8 (Panamint Springs Resort): All Competitors must pass by 2000, Tuesday evening (regardless of starting wave).
 - Mile 90.7 (Darwin Turn-Off): All Competitors must pass by 0500, Wednesday morning (regardless of starting wave).
 - Beyond the Darwin Checkpoint, if it becomes clear that a Competitor will not be able to finish the race officially within the 48-hour time limit, that Competitor may be forced to withdraw from the course and the race prior to the actual conclusion of the 48 hours.
 - Mile 122.8 (Lone Pine Dow Villa Motel): All Competitors must pass within 42 hours, based upon individual start time.
- 6. Competitors who fail to meet the specified time cut-offs along the course must withdraw from the race course; similarly, Competitors who are disqualified from the race must also withdraw from the race course. Such Competitors may not continue on the race course "unofficially" or after simply removing their bib number. Crew members from withdrawn Competitors must also depart the race course, unless they formally join another Competitor's crew.

- 7. The clock does not stop for any reason until the race course officially closes 48 hours after each designated official start time. All Competitors must leave the course by the 48th hour beyond their start time: Finishing, or remaining on the race course with the intent to continue, is not allowed after 48 hours.
- 8. Running must always be single file, on the far left side of the road or off the left side of the road, facing traffic (Pacers, too).
- 9. Competitors must make their presence known at all Time Checkpoints located along the route.
- 10. As it has since 1989, the race ends at Mt. Whitney Portal. If any Competitor or crew member chooses to hike on the Mt. Whitney Trail, official race logos must not be worn and the appropriate permits must be obtained from the Forest Service.
- 11. Competitors, crew, and staff must not litter, mar, or pollute the landscape or environment.
- 12. All Competitors, crew and staff must display courtesy, good taste, decorum, and sportsmanship at all times. Nudity is specifically not allowed.

Legal and Bureaucratic Issues

- 1. If the event is canceled due to pandemic, extreme weather, community disaster, or other *force majeure*, neither refunds nor credits will be given.
- 2. Although we anticipate using the same route each year, the final, exact route is subject to approval from various government agencies and is always subject to change due to various factors beyond our control.
- 3. BADWATER® is a federally registered trademark owned by AdventureCORPS, Inc. Personal crew t-shirts, fundraising shirts, and similar items may not have "Badwater" on them, or feature any version of the various official race logos and artwork. ("Death Valley" and "135" are good alternatives if you want to make special shirts for your supporters.).
- 4. All applicants must be a minimum of 18 years in age when applying to race.
- 5. All Competitors must follow and complete the entire application and entry process, filling out all forms and paying all necessary fees.
- 6. Each Competitor's Support Crew must have a designated Crew Chief and his or her name and email address must be provided to the race organizers at least eight weeks before the race. All crew chiefs must study all race rules and information about supporting a Competitor and organizing and overseeing a support team, as well as study all email correspondence sent by the race organizers. Each Crew Chief is to be primarily responsible for managing the support crew, maintaining adherence to all race rules, state and local laws, and common sense, as well as overseeing the Health and Safety of all crew members and the Competitor at all times.

- 7. The names and email addresses of all support crew members must be provided at least four weeks before the race (preferably eight weeks.) All crew members must study all race rules and information about supporting a Competitor and organizing a support team, as well as study all email correspondence sent by the race organizers.
- 8. Each Competitor is strongly encouraged to bring a nurse, EMT, MD or other first responder or medical professional on his or her support team.
- 9. Each Competitor is strongly encouraged to bring at least one crew member or Crew Chief who is a veteran Competitor, crew member, or Crew Chief with Badwater 135 experience.
- 10. Each Competitor is strongly encouraged to carry a walkie-talkie for communicating with his or her support crew.
- 11. All Competitors and all crew members must sign the Accident Waiver and Release of Liability / Release of Name and Likeness. Each Competitor must also bring the properly completed Check-In Form and Medical History Form to Competitor Check-In.
- 12. All race vehicles must meet the minimum requirements of property damage and personal injury liability automobile insurance for the State of California. All vehicle drivers must be fully licensed.
- 13. All Competitors and all Crew Chiefs attend Competitor Check-In and the Pre-Race Meeting in Lone Pine, while all crew members are encouraged to attend both events. Additionally, all Competitors and all their Support Team must view the Online Pre-Race Meeting held prior to the in-person events in Lone Pine. (A code will be given out during the online meeting to prove it was viewed.)
- 14. All Competitors must bring one U.S. dollar (or more) in a sealed envelope to Competitor Check-In. Please write the Competitor number on the envelope. This envelope will not be returned, and the money will be donated to charity.
- 15. During Competitor Check-In, all Competitors must display a minimum of two running-style reflective vests which will be worn and utilized by the Competitor and Pacer (if a Pacer is used) during nighttime periods of the race and a minimum of ten blinking red lights for all Competitors, Pacers, and crew members to wear at night. Competitors without satisfactory quality, or quantity, nighttime safety equipment, will be required to purchase additional gear at that time, IF any such gear is available.
- 16. During Competitor Check-In, all Competitors must display one OSHA Class 3 reflectivity garment for each crew member to wear at all times during the event. See point 4 under "Support Crew & Assistance" below.
- 17. During Competitor Check-In, all Competitors must show that they have at least eight personal portable toilet products such as the Biffy Bag for use on the race course wherever toilets are not available. (Ziplock bags or dog poop bags are NOT acceptable.

- See website for Biffy Bag discount.) Such products must be used discreetly and must be disposed of properly after use. Public and/or unsanitary defectaion by Competitors or crew members will result in disqualification of the Competitor.
- 18. All Competitors must pay the Death Valley National Park Entrance Fee for their support vehicle. (This is most easily done, prior to the race, by paying online at Recreation.gov.)_Proof must be brought to Competitor Check-In. Competitors will not be allowed to check-in for the race without proof of paying the Park Entrance Fee.
- 19. No commercial photography or videography may be conducted at the race without the specific written permission of AdventureCORPS, Inc. Additionally, the National Park Service, California Department of Transportation and/or the U.S. Forest Service may also require commercial filming agreements. Also, bona fide media must contact AdventureCORPS, Inc. to request a media credential. All media, photographers, and videographers must attend the Media Check-In and Briefing prior to the raceThe National Park Service which has jurisdiction over the first 86.5 miles of the race route regulates photography and videography if it makes an impact on Park resources or other Park visitors. Please visit nps.gov/deva/ for information.
- 20. All Competitors must be willing to submit to a drug urine test before (at any point prior to the race, after being officially confirmed for entry), during (at any time), or after the race (up to 90 days after the conclusion of the race). If any WADA banned substances are detected, the Competitor will be disqualified from competition, listed as DISQUALIFIED FOR DOPING in the final standings of the race, and banned for life from any AdventureCORPS event. Refusal to submit a urine specimen upon demand will also result in the Competitor being disqualified from competition, being listed as DISQUALIFIED FOR DOPING in the final standings of the race and being banned for life from any AdventureCORPS event. Additionally, any Badwater 135 finisher who fails a drug test within 36 months after competing in any edition of the Badwater 135 will be retroactively disqualified from any and all previous Badwater 135 races, removed from all Badwater 135 race results, as well as banned for life from any AdventureCORPS events.

Support Crew, Assistance, and Gear / Clothing

- 1. Each Competitor must be accompanied by a support crew comprised of no more than one four-wheeled motor vehicle and at least two and no more than four crew members at least two of whom are legally licensed to drive and at least one of whom can speak English at all times. Race Competitors may have no more than one support vehicle and no more than four crew members in total on the race course.
- 2. The minimum age to be on a Badwater 135 support crew or to ride in a support vehicle is 13, with these additional conditions:
 a) Any crew member under the age of 18 (a "minor") must have ultramarathon crewing experience, which must be submitted at least 30 days ahead of the race for consideration by the race

organizers. b) The support crew must also include at least two adults who are licensed to drive. c) The parent or legal guardian of the minor crew member must also be on the support crew or be the runner for whom they are crewing. d) The parent or legal guardian of the minor must sign the event waiver on behalf of the minor.

- 3. "Unofficial" or extra crew members and "family cheering squads" may only be present in Lone Pine and at the finish line; they may not drive on the race course except between Lone Pine and the finish line and that drive must be made without stopping. A secondary vehicle may not be used to shuttle crew members or supplies to and from the Competitor and support vehicle, except within Lone Pine.
- 4. Each Competitor must have his or her own personal support crew and vehicle; crew and support vehicles may not be shared, except informally in the spirit of the event, i.e., crews may lend assistance to other Competitors or crews. (Exceptions may be made under some circumstances for married couples or others who have a history of racing together and would like to race with one shared crew. Please inquire.)
- 5. ALL support crew members (except those actively pacing their Competitor) must wear OSHA Class 3 high-visibility / reflectivity clothing at all times during the event. These regulations may ONLY be met by wearing the special garments developed by ZZYXXZ in collaboration with BADWATER and which can be pre-ordered for pick-up at Competitor Check-In, OR by wearing certified OSHA Class 3 shirts. Please note: Class 3 garments have sleeves with reflective stripes, while Class 2 garments do not have sleeves with stripes. Also note: Running-type reflective vests, such as those by Nathan Sports, do NOT meet OSHA Class 3 requirements.
- 6. Competitors and Pacers may dress as they choose during daylight. At night, Competitors and Pacers must wear 360 degree reflectivity (such as reflective vests by Nathan Sports) and front and rear blinky lights. Competitors and Pacers are <u>not</u> required to wear the specific OSHA Class 3 garments that are required for all crew members, but that level of high-contrast reflectivity and visibility is highly recommended for Competitors and Pacers, too.
- 7. In addition to the requisite reflective garments, all crew members, Pacers, and Competitors must wear front and rear blinky lights whenever they are outside of a motor vehicle during nighttime.
- 8. Beginning immediately at the start line, Competitors must not run abreast with other Competitors or with Pacers, except when passing a slower Competitor, which must be done quickly. All running must be single-file. Additionally, Pacers may not run in front of, even slightly, Competitors at any time. (Pacers may run next to their Competitor briefly, when handing off supplies or spraying their Competitor, but only on the left side of the Competitor.)
- 9. Competitors must progress under their own power without drafting (except other Competitors during the first few miles), helping, pushing, supporting, or any other type of physical assistance. Competitors may not use walking sticks, ski poles, or the like.

- 10. So-called "cooling vests," "cooling hats or visors," or other types of artificial / technological cooling systems may not be worn or utilized by race Competitors while making forward progress on the race course. (Ice, wet towels, hand-held water sprayers or misters, and such are fine and commonly used. What is not allowed are products or technology whose sole purpose is to keep the Competitor "artificially cool.")
- 11. Neither Competitors nor Pacers / crew members may carry an umbrella or shade cover for a Competitor while the Competitor is moving forward on the race course.
- 12. Competitors may not wear shoes with soles thicker than 40mm or that contain more than one carbon plate. Additionally, prototype shoes or shoes that are not commercially available to the masses are not allowed.
- 13. Any crew member running along for more than few moments with their Competitor is considered a Pacer and must wear the Pacer's designated number bib (provided at Competitor Check-In). If a Competitor is running with a Pacer, any additional crew members that are handing off supplies, or otherwise providing aid, must be off the roadway at all times (i.e. left of the white line on the shoulder) and may not run along with the Competitor and Pacer for more than a few moments.
- 14. No more than two crew members, including a Pacer if one is present, may be on the other side (Competitors' side) of the highway at any given time.
- 15. Crew members, other than Pacers, may <u>never</u> cross the roadway during the entire Father Crowley climb (a 12.2-mile stretch from Panamint Springs Resort at Mile 72.8 to "Panamint Pass" at Mile 84.9), as described above. Also, each Competitor, or Competitor's Pacer, is strongly encouraged to carry a walkie-talkie for communicating with the support crew during this 12.2-mile stretch of the race route. In addition to Badwater race staff, this will also be monitored by National Park Service staff who have the authority to disqualify Competitors.
- 16. Competitors may not be accompanied by Pacers or moving crew members until Mile 42 at the Stovepipe Wells time checkpoint. Exceptions: Competitors 65 or older may utilize a Pacer from Mile 3.5 (Natural Bridge turn-off.) Blind Competitors may utilize a Pacer / guide from the start line.
- 17. Wheeled conveyances (other than a motorized support vehicle), including in-line skates, strollers, and bicycles, are prohibited on the course at all times. Competitors accompanied by any such conveyance will be disqualified.
- 18. Drones are illegal within Death Valley National Park boundaries.
- 19. Crew members may not use illegal drugs, stimulants, or dope, as well as alcohol of any kind, during the race or at any official race events or activities.

Support Vehicles

- 1. The California Motor Vehicle Code, and all local, county, and/ or federal laws, rules, and regulations, must be respected at all times. In particular, support vehicle drivers and crews are reminded that phones must only be operated by the driver with a hands-free device; seat belts must be worn by all vehicle occupants at all times while moving, and it is illegal to drive on a highway while displaying emergency flashers. For further information, consult the DMV Code.
- 2. Support vehicles may not be wider than 82" in width (not including mirrors), or more than 84" in height, per official manufacturer specifications. Minivans are most highly recommended, followed by medium sized SUVs. Oversize SUVs, extra large vans, large trucks, or other types of oversize vehicles are strongly discouraged (and usually not allowed.) Motorhomes, RVs, "SportsMobiles," Sprinter Vans (and similar, such as the Ram Promaster), 15-passenger vans, and all types of Hummers are specifically not allowed. Support vehicles may not pull trailers of any kind. The largest vehicle currently allowed at the event is the Nissan NV3500, which is no longer made, as of 2022. (See the Ideal Support Vehicle and Set-Up blog post at Badwater.com for further information.)
- 3. All Competitor support vehicles must have highly visible signage on the back of the vehicle stating "CAUTION RUNNERS." Magnetic reusable signs may be ordered from our sign vendor, or one-time use signs will be provided during Competitor Check-In.
- 4. Sticky Competitor bib numbers will be provided to ALL Competitors during Competitor Check-In: these Competitor numbers must be displayed on all four sides of the support vehicle.
- 5. Sponsor / Charity names and graphics may be placed on support vehicles on the left and right sides only, but NOT on the front or rear.
- 6. Vehicle windows may not be blocked or obstructed with any signage, paint, or the like. No Competitor will be allowed to start the race who has any vehicle windows blocked. If a Competitor support vehicle is found with blocked windows during the race, that Competitor will be forced to stop and wait while the vehicle's windows are unblocked and signage properly mounted.
- 7. Vehicle Decoration: Vehicles may not have any additional red or blue lights added to them which are visible while the vehicle is moving. (Red and blue lights are reserved for law enforcement and first responders.) Additionally, inflatable pool toys and other large decorative items may not be mounted to the roof of the vehicle.
- 8. Driving must be done at the speed of traffic, without slowing down to encourage, talk to, or lend assistance to any Competitor while moving. All assistance must be provided by pedestrian crew members; handing off of supplies from the vehicle is never allowed, nor is slowing down to speak with or to a Competitor or other person while moving. Vehicles must "leapfrog" the Competitor at all times. Each "leapfrog" should generally be about two miles in length, perhaps less on mountain ascents. Competitors may not be

- "shadowed" (driving a vehicle at the Competitor's speed.) Driving may never be at the speed of any Competitor.
- 9. All support vehicles must have their headlights on while driving, 24 hours a day.
- 10. Vehicles must be parked completely off the road surface whenever they are stopped (with all four tires right of the white line). Many areas of the route have very little shoulder for parking so care must be taken in choosing stopping places. When stopping/parking, vehicles may not stop on the left side of the road, except in parking lots or exceptionally large pullouts. While stopped or parked off the road, support vehicles must have their headlights turned off and emergency flashers turned on.
- 11. When parked, the doors on the left side of the vehicle must never be opened into the roadway. All exiting of the vehicle by active crew members must be from the right side of the vehicle; drivers may exit from left but only if space allows for them to do so without their door opening into the roadway. Crew members must not stand on the left side of a parked vehicle (between the road and the vehicle.)
- 12. Support vehicles must not park across from parked vehicles on the other side of the road (50 meters in either direction), to avoid bottlenecking the roadway.
- 13. Support vehicles may not stop during the one-mile stretch which begins at Harmony Borax Works at Mile 19.1, while Competitors pass through the curvy "Harmony Curves" section of Hwy 190. Each support vehicle should wait at Harmony Borax Works long enough to allow the Competitor to cover the next, mostly uphill mile, then drive ahead (no stopping nor slowing from Mile 19.1 to Mile 20.1).
- 14. On the Father Crowley climb (a 12.2-mile stretch from Panamint Springs Resort at Mile 72.8 to "Panamint Pass" at Mile 84.9), support vehicles may only stop at EIGHT designated locations along the route. These are identified in the route book and with signage along the roadway. Except in a legitimate emergency situation, stopping at any other location along this stretch of roadway, even momentarily, will result in the immediate disqualification of the Competitor associated with the stopped crew. In addition to Badwater race staff, this will also be monitored by National Park Service staff who have the authority to disqualify Competitors. See Badwater.com for more details and photos.

Safety and Medical Issues

- 1. Remember, at all times and in all situations, safety is the most important issue. This means safety for Competitors, crew, staff, and the general public. The roads are not closed for this event and may be quite busy with tourist and local traffic.
- 2. I.V.s (intravenous fluids) are not permitted during the race. If a Competitor receives an I.V. during the race, for any reason, then that Competitor is disqualified and must withdraw from the race and the race course.

- 3. Competitors are responsible for both their own actions and their crew's actions; crews are responsible for both their own actions and their Competitor's actions.
- 4. Always look and listen both ways before crossing the highways. Remember that drivers will not expect to encounter a Competitor or parked vehicle out on the course. Remember the event is held on public roads. Competitors should not cross over the highway more than necessary; crew should cross the highway carefully to bring assistance to their Competitor except on the Father Crowley climb as noted elsewhere rather than the Competitor crossing to the crew / vehicle. Time Penalties or Disqualification will be enforced with a Zero Tolerance Policy towards dangerous crossing of, or behavior on, the roadway.
- 5. Per National Park Service regulations, Competitors and crew members may not wear any headset covering the ears, or any earplugs in both ears, unless it is a necessary prosthetic device that aids the hearing-impaired.
- 6. All Competitors and crew must study "Medical Risks in the Badwater Ultramarathon," "Dangers of Running in the Heat," and "The Dangers of Hot Weather Running" as found at Badwater.com and/or Badwater Magazine.

Leaving the Course or Withdrawing

- 1. Every inch of the course must be traveled by each Competitor. In the event of a routing error, e.g., wrong turn, the Competitor may be driven back to the exact original spot where he/she left the course and continue running from that location. There will be no allowance made for lost time or miles run in the wrong direction.
- 2. If a Competitor needs to move up or down the course via motor vehicle, his/her crew must physically mark the exact location with a numbered stake in the ground. This numbered stake must be visible from the road in both directions. The Competitor must then resume the race from the same place that he/she left it. The numbered stakes will be provided to all Competitors at Competitor Check-In. Competitors may only leave or otherwise drive up or down the course via motor vehicle for medical attention, NOT simply to rest. This must be reported as soon as possible to Race Headquarters or the nearest time checkpoint. Competitors found in a moving motor vehicle will be disqualified unless they are en route to or from medical care. Focus must be kept on the speedy completion of the course.
- 3. If a Competitor withdraws, he/she or his/her crew must contact Race Headquarters or a Time Checkpoint immediately. Name, bib #, reason for withdrawal, time of withdrawal, and miles completed must be stated. All Competitors and crew who withdraw from the race are encouraged almost expected to come to the finish line and the post-race party to greet and celebrate with their fellow Competitors and crews.

4. All Emergency Medicine and/or Emergency Evacuation costs for Competitors, crew members, or staff will be borne by that person or their heirs. The race organizers are in no way liable or responsible for medical care, nor responsible for emergency evacuation.

Awards

1. All Competitors who begin the event will receive a Badwater 135 race t-shirt, hat, Race Magazine, and a goodie bag with other one-of-a-kind Badwater items and products from the race sponsors, as well as entry into the post-race party for the Competitor and up to four crew members. All Competitors who officially complete the event within 48 hours will receive a finisher's t-shirt and commemorative Badwater 135 buckle.

Rule Enforcement and Penalties

- 1. Race rules are designed to provide a safe and fair experience for everyone involved and to help ensure our ability to produce the race again next year.
- 2. Major rule infractions by Competitors or their crew, especially those regarding "cheating," will result in immediate disqualification of the Competitor.
- 3. Other, lesser offenses will result in the following cumulative time penalties:
 - A WARNING may be issued, depending on the nature of the infraction, at the discretion of the race official (A "slash" will be marked on the Competitor's bib.)
 - First Penalty: 15 minutes in a few circumstances, but One Hour in most cases. ("X" will be marked on the competitor's bib.)
 - · Second Penalty: Disqualification
- 4. Time penalties are imposed by the penalized Competitor stopping at the Time Checkpoint in Lone Pine to serve his/her time penalty. The race and clock will continue while the penalized Competitor waits out his/her penalty time. A Race Official will be present to oversee this process. Any Competitor who is required to serve a time penalty, but does not stop to do so, will be disqualified.
- 5. The Race Director has the authority, at any time, to overrule any rule or invent a new rule based on extenuating, unforeseen, and/or unusual circumstances and/or to maintain the integrity and fair play necessary for the successful completion, and continuation, of the race. The Race Director has ultimate authority regarding all rules, their interpretation, and their enforcement. There is no "appeals committee" nor an "appeals process." All Competitors in the race, and their support crews, willingly acknowledge this fact, as well as all other race rules, by attending the race in any capacity.
- 6. In all cases and circumstances, it is the intent, and spirit, of the rules which will govern their implementation and enforcemen.

Finally

Have fun and keep smiling! Remember, you chose to be here!

Badwater 135 Ultramarathon Statistics, 1990-Present

Year	Starters	Finishers	Sub 60hr	Sub 48hr	Sub 40hr	Sub 34hr	New Record: Men	New Record: Women	Buckle Cut-Off
2024 (PM)	97	74	N/A	76%	48%	13%			48 Hours
2023 (PM)	100	89	N/A	89%	51%	25%		21:44:35	48 Hours
2022 (PM)	94	77	N/A	79%	56%	16%		24:09:34	48 Hours
2021 (PM)	84	68	N/A	81%	51%	20%			48 Hours
4 Year Avg	93.7	77		81%	51%	19%			
2019 (PM)	95	79	N/A	83%	56%	24%	21:33:01	24:13:24	48 Hours
2018 (PM)	99	69	N/A	70%	39%	23%			48 Hours
2017 (PM)	95	75	N/A	79%	52%	16%			48 Hours
2016 (PM)	97	84	N/A	87%	55%	25%	21:56:32	25:53:07	48 Hours
2015 (PM)	97	77	N/A	81%	57%	20%			48 Hours
5 Year Avg	96.6	77.2		81%	52%	22%			
2014 (AM)	97	83	N/A	86%	52%	23%			48 Hours
2013 (AM)	96	81	N/A	84%	39%	23%			48 Hours
2012 (AM)	96	89	N/A	93%	71%	34%			48 Hours
2011 (AM)	94	81	N/A	86%	76%	20%			48 Hours
2010 (AM)	80	73	91%	83%	51%	19%		26:16:12	48 Hours
5 Year Avg	92.6	81.4		86%	58%	24%			
2009 (AM)	86	75	87%	77%	47%	24%			48 Hours
2008 (AM)	82	75	91%	83%	37%	10%		26:51:33	48 Hours
2007 (AM)	84	78	93%	77%	47%	18%	22:51:29		48 Hours
2006 (AM)	85	67	79%	62%	24%	13%			48 Hours
2005 (AM)	81	67	83%	56%	22%	7%	24:36:08		48 Hours
5 Year Avg	83.6	72.4	87%	71%	35%	14%			
2004 (AM)	72	57	79%	58%	28%	8%			48 Hours
2003 (AM)	73	46	63%	42%	14%	5%			48 Hours
2002 (AM)	78	58	74%	47%	12%	4%		27:56:47	48 Hours
2001 (AM)	71	55	77%	46%	14%	7%			48 Hours
2000 (AM)	69	49	71%	41%	16%	12%	25:09:05	29:48:27	48 Hours
5 Year Avg	72.6	53	73%	47%	17%	7%			
1999 (AM)	42	33	78%	60%	26%	12%			48 Hours
1998 (AM)	29	20	69%	41%	17%	10%			48 Hours
1997 (AM)	27	20	74%	44%	26%	3%			48 Hours
1996 (AM)	23	14	61%	35%	1%	4%			45 Hours
1995 (PM)	24	16	67%	38%	13%	0%			45 Hours
5 Year Avg	29	20.6	70%	44%	17%	6%			
1994 (PM)	25	16	64%	32%	1%	4%			45 Hours
1993 (PM)	12	10	83%	50%	25%	17%			60 Hours
1992 (PM)	14	13	92%	29%	14%	14%	26:18:00		60 Hours
1991 (PM)	14	14	100%	71%	36%	14%	26:34:10	36:19:20	60 Hours
1990 (PM)	21	17	81%	29%	29%	14%	27:56:20	39:27:00	70 Hours
5 Year Avg	17.2	14	84%	42%	21%	13%			

Age Group and Overall Course Records

Age Group	Men	Time	Women	Time
10-19	Nickademus Hollon, 19, USA, 2009	33:21:29	Kaylee Frederick, 19, USA, 2024	36:13:31
20-29	Pete Kostelnick, 28, USA, 2016	21:56:32	Jen Lee Segger, 28, Canada, 2008	32:31:57
30-39	Yoshihiko Ishikawa, 31, Japan, 2019	21:33:01	Alyson Venti (Allen), 34, USA, 2016	25:53:07
40-49	Simen Holvik, 46, Norway, 2023	22:28:08	Ashley Paulson, 40, USA, 2023	21:44:35
50-59	Charlie Engle, 50, USA, 2013	26:15:35	Line Kaliskaner, 50, Norway, 2000	27:36:27
60-69	Todd Nott, 60, USA, 2024	29:22:48	Norma Roberts, 62, Canada, 2021	33:37:49
70-79	Arthur Webb, 70, USA, 2012	33:45:40	Linda Quirk, 70, USA, 2023	45:04:42
Youngest Ever	Nickademus Hollon, 19, USA, 2009	33:21:29	Kaylee Frederick, 18, USA, 2023	40:06:43
Oldest Ever, 2011 to Present*	David Jones, 71, USA, 2023	42:15:54	Linda Quirk, 70, USA, 2023	45:04:42
Oldest Ever, 1987-2010*	Jack Denness, 75, UK, 2010	59:13:02*	Sigrid Eichner, 64, Germany, 2005	52:45:46*

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Unique Finishers' Nationality

Total Non-USA 46	3
Total 109	8
Venezuela	1
Uruguay	
USA63	5
United Kingdom5	
Ukraine	1
Taiwan	1
Switzerland	
Spain1 Sweden	
South Korea	
South Africa	
Slovenia	
Slovakia	1
Singapore	
Serbia	
Russia	
Romania	
Portugal	
Poland1	
Philippines	
Norway	
New Zealand	
Netherlands	
Malaysia 1	9
Luxembourg	
Latvia	
Kazakhstan	
Jordan	
Japan1	
Italy2	6
Israel	4
Ireland	8
Iran	
Indonesiaı	
Hungary1	1
Guatemala	3
Greece	
Germany5	
France3	
Finland	1
El Salvador	2
Denmark	
Czech Republic	4
Cuba	
Costa Rica	
Colombia	
China	
Chile	
Canada3 Cayman Islands	2
Bulgaria	
Brazil3	
Bolivia	1
Bermuda	1
Belgium	
Austria1	2
Australia2	3
Armenia	1
Argentina	6

^{*} Bob Becker, 77, USA, 2022 is the honorary Oldest Finisher ever due to the 48-Hour Time Limit, at 48:17:27

Historical Data about Badwater 135, 1987-2024

Total Number of Entrants: 2452

* 1878 Males, 574 Females (77% / 23%)

Total Number of Unique Entrants: 1291

Total Unique Finishers, (any time limit): 1090

* 825 Males, 265 Females (75.7% / 24.3%)

* Time limits have been 70 hrs, 60 hrs, then 48 hrs

Total Unique Finishers (48 hrs or less): 971

* 731 Males, 240 Females (75.3% / 24.7%)

Total Unique Finishers (36 hours or less): 320

* 249 Males, 71 Females (77.8% / 22.2%)

Comparison: Total Number of Mt. Everest Summits, as of January 2024:

11,996 summits by 6,664 unique individuals

Numbers of Official Finishes, any official time limit, 1987–2024

1-Time Finishers: 747

(575 Males and 172 Females; 77% / 23%)

2-Time Finishers: 194

(141 Males and 53 Females; 72.7% / 27.3%)

3-Time Finishers: 65

(48 Males and 17 Females; 73.8% / 26.2%)

4-Time Finishers: 27

(19 Males and 8 Females; 70.3% / 29.7%)

5-Time Finishers: 14

(9 Males and 5 Females; 64% / 36%)

6-Time Finishers: 9

(Ruben R. Cantu, Pamela Chapman-Markle, Kevin Delk, Charlie Engle, Zach Gingerich, Pete Kostelnick, Chris Moon, Hiroyuki Nishimura, Steven R. Silver)

7-Time Finishers: 6 (Shannon Farar-Griefer, Kerri Kanuga, Frank McKinney, Mark Olson, Anthony Portera, Monica Scholz)

8-Time Finishers: 6 (Eberhard Frixe, Mark Matayzic, Grant Maughan, Ian Parker, Gerald Tabios, Cheryl Zwarkowski)

9-Time Finishers: 5 (Kimberlie Budzik, Chris Frost, Jonathan Gunderson, Oswaldo Lopez, Keith Straw)

10-Time Finishers: 5 (Amy Costa, Ed Ettinghausen*, Joshua Holmes*, Dean Karnazes, Lisa Smith-Batchen)

12-Time Finishers: 5 (Jack Denness, David Jones, Karla Kent*, Dan Marinsik*, Pam Reed)

Kerit", Dari Marinsik", Parri Reeu)

13-Time Finishers: 2 (Harvey Lewis*, Scott Weber)

14-Time Finishers: 2 (John Radich, Arthur Webb)

15-Time Finishers: 1 (Ray Sanchez*)

17-Time Finishers: 1 (Danny Westergaard*)

20-Time Finishers: 1 (Marshall Ulrich)

(Those with an * have all consecutive finishes)

Men Who Have Run Under 26 Hours

Name	Age	Nationality	Year	Time
Yoshihiko Ishikawa	31	Japan	2019	21:33:01
Pete Kostelnick	28	USA	2016	21:56:32
Simen Holvik	46	Norway	2023	22:28:08
Valmir Nunez	43	Brazil	2007	22:51:29
Mike Morton	40	USA	2012	22:52:55
Yoshihiko Ishikawa	34	Japan	2022	23:08:20
Jorge Pacheco	40	Mexico	2008	23:20:16
Pete Kostelnick	27	USA	2015	23:27:10
Shaun Burke	37	USA	2024	23:29:00
Oswaldo Lopez	40	Mexico	2012	23:32:28
Marco Farinazzo	40	Brazil	2009	23:39:18
Harvey Lewis	35	USA	2016	23:40:52
Oswaldo Lopez	39	Mexico	2011	23:41:40
Akos Konya	32	Hungary	2007	23:47:47
Akos Konya	33	Hungary	2008	23:49:44
Yoshihiko Ishikawa	35	Japan	2023	23:52:29
Dan Lawson	43	United Kingdom	2016	23:52:43
Mick Thwaites	42	Australia	2016	23:52:43
Harvey Lewis	38	USA	2014	23:52:55
Iván Penalba Lopez	31	Spain	2022	24:02:57
Oswaldo Lopez	37	Mexico	2009	24:36:07
Scott Jurek	31	USA	2005	24:36:08
Carlos Sa	39	Portugal	2013	24:38:16
Grant Maughan	50	Australia	2014	24:43:08
Zach Gingerich	30	USA	2010	24:44:48
Ryoichi Sekiya	44	Japan	2011	24:49:37
Michele Graglia	34	Italy	2018	24:51:47
Grant Maughan	49	Australia	2013	24:53:57
Wataru lino	37	Japan	2017	24:56:19
Oswaldo Lopez	38	Mexico	2010	25:05:38
Zach Gingerich	29	USA	2009	25:06:12
Anatoli Kruglikov	42	Russia	2000	25:09:05
Dusan Mravlje	47	Slovenia	2000	25:21:20
Oswaldo Lopez	41	Mexico	2013	25:27:03
Oswaldo Lopez	43	Mexico	2015	25:28:32
Jared Fetterolf	29	USA	2018	25:33:42
Scott Jurek	32	USA	2006	25:41:18
Marco Bonfiglio	39	Italy	2017	25:44:18
Charlie Engle	46	USÁ	2009	25:45:11
Zach Gingerich	32	USA	2012	25:49:40
David Goggins	32	USA	2007	25:49:40
Harvey Lewis	37	USA	2013	25:49:50
Harvey Lewis	45	USA	2021	25:50:23
Akos Konya	31	Hungary	2006	25:58:42
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Women Who Have Run Under 30 Hours

Name	Age	Nationality	Year	Time
Ashley Paulson	41	USA	2023	21:44:35
Ashley Paulson	40	USA	2022	24:09:34
Patrycja Bereznowska	43	Poland	2019	24:13:24
Sonia Ahuja	47	India	2023	25:42:51
Alyson Venti	34	USA	2016	25:53:07
Jamie Donaldson	35	USA	2010	26:16:12
Jamie Donaldson	33	USA	2008	26:51:33
Jamie Donaldson	34	USA	2009	27:20:18
Nikki Wynd	43	Australia	2015	27:23:27
Line Kaliskaner	52	Norway	2024	27:36:27
Pam Reed	47	USA	2009	27:42:52
Maree Connor	43	Australia	2023	27:49:26
Pam Reed	41	USA	2002	27:56:47
Brenda Guajardo	41	USA	2019	28:23:10
Pam Reed	43	USA	2003	28:26:52
Alyson Venti	32	USA	2014	28:37:28
Brenda Guajardo	39	USA	2016	28:40:13
Georgia Jo Manta	44	Greece	2022	28:45:32
Pam Smith	43	USA	2018	28:47:53
Sumie Inagaki	45	Japan	2011	28:49:27
Pam Reed	48	USA	2009	29:03:09
Nikki Wynd	44	Australia	2016	29:06:00
Micah Morgan	41	USA	2024	29:11:28
Monica Scholz	37	Canada	2004	29:22:29
Gina Slaby	38	USA	2019	29:26:45
Pam Reed	53	USA	2014	29:30:04
Jennifer Vogel	30	USA	2011	29:42:12
Nikki Wynd	42	Australia	2013	29:44:33
Irina Reutovich	50	Russia	2000	29:48:27
Iris Cooper-Imhof	52	Canada	2011	29:51:23
Sumie Inagaki	46	Japan	2012	29:53:09
Catherine Todd	43	Australia	2013	29:55:29



Shaun Burke, 37, of Durango, CO won the 2024 Badwater 135 with a time of 23:29:00. This was his second Badwater 135 finish.







2025 Badwater 135 Official Race Roster

Wave	Bib#	Name	State	Country	Nationality	M/F	Age	BW135 Finishes
2100	44	Yuichi Akimoto	Chiba	Japan	Japan	M	43	0
2200	19	Allan Anderson	Oniba	United Kingdom	United Kingdom	M	48	0
2100	40	Patrick Atkinson	DE	USA	USA	М	40	0
2100	20	Charlene Badenhop	OH	USA	USA	F	54	0
2000	80	Bob Becker	FL	USA	USA	М	80	3
2100	21	Attila Bíró		Slovakia	Slovakia	М	46	0
2200	72	David Bone		United Kingdom	United Kingdom	М	53	0
2100	88	Willian Bordin		Brazil	Brazil	М	37	0
2100	71	Matt Borland	NC	USA	USA	М	53	0
2200	55	Martin Briner		Switzerland	Switzerland	М	55	0
2200	6	Viktoria Brown	ON	Canada	Hungary	F	49	1
2200	22	Anthony Brungard	SC	USA	USA	М	39	0
2000	51	Kimberlie Budzik	TX	USA	USA	F	64	9
2100	24	Garett Carolus	IN	USA	USA	М	60	0
2000	25	Paris Castañeda	DA.	Mexico	Mexico	M	50	0
2000	29	Giuseppe Cavallo	PA	USA	Italy	М	46	0
2000	10 30	Pamela Chapman-Markle	TX UNK	USA	USA	F	69 51	6 1
2100 2100	30 77	Christian Colque Dalisia Coppersmith	CA	Argentina USA	Argentina USA	M F	55	0
2100	5	Sierra DeGroff	NV	USA	USA	F	34	2
2000	97	Eric Doulder	TX	USA	USA	M	46	0
2200	3	Megan Eckert	NM	USA	USA	F	38	0
2100	18	Kaylee Frederick	PA	USA	USA	F	20	2
2000	31	Joseph Gagnon	NY	USA	USA	M	64	0
2100	13	Andrew Garber	CA	USA	USA	М	30	0
2000	12	Tiffani Glass	TN	USA	USA	F	51	0
2100	33	Eduardo Gouveia		Brazil	Brazil	М	39	0
2100	103	Jessica Hardy		USA	USA	F		4
2100	34	Lucas Hathaway	GA	USA	USA	М	34	0
2200	95	Simen Holvik		Norway	Norway	М	48	1
2000	14	Mindy Hyatt	FL	USA	USA	F	52	0
2100	46	James Inwood		New Zealand	New Zealand	М	48	0
2000	32	Ram Ratan Jat		India	India	М	32	0
2000	73	David Jones	TN	USA	USA	М	73	12
2000	8	Jeffrey Jordan	TN	USA	USA	М	62	0
2000	101	Rakesh Kashyap		India	India	M	54	0
2100	89	Lindsay Kasow	CA	USA	USA	F	35	0
2000	28 49	Andrew Kelly Karla Kent	NV	United Kingdom USA	United Kingdom	M F	28 62	0 12
2000 2200	100	Adam Kimble	CA	USA	Czech Republic USA	г М	38	0
2000	36	Kevin Koncilja	MA	USA	USA	M	36	0
2100	87	Pete Kostelnick	AZ	USA	USA	M	37	6
2100	70	Matthias Landwehr	7.2	Germany	Germany	M	54	0
2100	82	Chris Larmour		United Kingdom	United Kingdom	М	43	0
2000	54	David Learned	CA	USA	USA	М	54	0
2200	66	Edyta Lewandowska		Poland	Poland	F	44	0
2200	35	Harvey Lewis	ОН	USA	USA	М	49	13
2200	79	Marisa Lizak	CA	USA	USA	F	46	0
2000	58	José Henrique Lobo		Brazil	Brazil	М	58	0
2200	26	Caryn Lubetsky	FL	USA	USA	F	54	5
2000	90	Emily Lyons	NC	USA	USA	F	34	2
2200	91	Christian Magadits		Austria	Austria	М	54	2
2000	56	Daniel Manimbo	CO	USA	USA	M	38	0
2100	57 42	Brian Mansky	WI	USA Brazil	USA	M	43 43	0 0
2100 2000	43 48	Ivan Leite Martins Frank McKinney	FL	USA	Brazil USA	M M	43 62	0 7
2100	62	Sandee McKinnon	WI	USA	USA	F	62	0
2000	74	Brian Medley	CA	USA	USA	M	51	2
2000	7	Tatyana Mele	FL	USA	Ukraine	F	39	0
2100	39	Stephanie Melkonian	NM	USA	USA	F	39	0
2100	68	Laércio Melo Martins		Brazil	Brazil	M	37	Ö
2100	37	Shae Merritt	FL	USA	USA	F	37	0
2000	63	Akitaka Miida		Japan	Japan	М	63	0
2000	78	Jessi Morton-Langehaug	UT	USA	USA	F	46	0
2200	64	Todd Nott	NE	USA	USA	М	61	4
2100	42	Peter Noyes	CA	USA	USA	М	42	0
2200	1	Valmir Nunes	SC	USA	Brazil	М	61	1
2000	83	Jimmy Ortega	CA	USA	USA	М	34	0
2200	67	Jeff Pelletier	BC	Canada	Canada	М	44	0
2200	85	Iván Penalba Lopez		Spain	Spain	М	34	3
2000	45 47	Maria Pinto		Italy	Italy	F	45 47	0
2000	47	Giulia Ranzuglia		Italy	Italy	F	47	0

Wave	Bib#	Name	State	Country	Nationality	M/F	Age	BW135 Finishes
2000	61	Jakub Rehacek	FL	USA	Czech Republic	М	61	0
2100	15	Lisa Rising	MA	USA	USA	F	34	0
2000	38	Jeffrey Ruiz	MI	USA	USA	M	59	0
2200	99	Jamaal Ryan	CA	USA	USA	M	48	0
2100	2	Odara Sa		Brazil	Brazil	F	38	0
2100	53	Takeshi Sakuraba	Hokkaido	Japan	Japan	M	53	0
2000	41	Ray Sanchez	CA	USA	USA	M	58	15
2000	16	Sara Santilli	HI	USA	USA	F	41	0
2100	92	Boštjan Schönlieb		Slovenia	Slovenia	М	60	0
2100	27	Martin Sengo	CA	USA	USA	М	44	1
2200	23	Stéphanie Simpson	QC	Canada	Canada	F	39	0
2100	11	Erika Small	CA	USA	USA	F	52	0
2100	93	Jimmie Strahorn	OK	USA	USA	М	32	0
2000	60	Keith Straw	PA	USA	United Kingdom	М	70	9
2200	76	Milan Šumný		Czech Republic	Czech Republic	М	48	0
2000	94	John Swanson	NJ	USA	USA	М	50	0
2000	81	Gerald Tabios	NY	USA	Philippines	М	55	8
2200	59	lan Thomas		United Kingdom	United Kingdom	М	66	1
2000	65	Luke Thomas	CA	USA	USA	М	45	0
2000	98	Barry Thrune	WI	USA	USA	М	49	0
2100	75	David Van Den Bossche		Belgium	Belgium	М	49	0
2000	50	Brian Watson	TX	USA	USA	М	50	0
2100	4	Laura Watts		United Kingdom	United Kingdom	F	48	3
2000	84	Danny Westergaard	CA	USA	USA	М	66	17
2200	86	Lee Whitaker	SC	USA	USA	М	51	4
2000	102	Mike Williams	KY	USA	USA	М	48	0
2200	96	Jackson Wolf	AZ	USA	USA	М	45	1
2200	9	Nikki Wynd		Australia	Australia	F	53	3
2200	17	Ali Young		United Kingdom	United Kingdom	F	51	0

2025 Badwater 135 Roster Quick Reference

Bib#	Name	Wave	Bib#	Name	Wave	Bib#	Name	Wave
1	Valmir Nunes	2200	35	Harvey Lewis	2200	71	Matt Borland	2100
2	Odara Sa	2100	36	Kevin Koncilja	2000	72	David Bone	2200
3	Megan Eckert	2200	37	Shae Merritt	2100	73	David Jones	2000
4	Laura Watts	2100	38	Jeffrey Ruiz	2000	74	Brian Medley	2000
5	Sierra DeGroff	2100	39	Stephanie Melkonian	2100	75	David Van Den Bossche	2100
6	Viktoria Brown	2200	40	Patrick Atkinson	2100	76	Milan Šumný	2200
7	Tatyana Mele	2000	41	Ray Sanchez	2000	77	Dalisia Coppersmith	2100
8	Jeffrey Jordan	2000	42	Peter Noyes	2100	78	Jessi Morton-Langehaug	2000
9	Nikki Wynd	2200	43	Ivan Leite Martins	2100	79	Marisa Lizak	2200
10	Pamela Chapman-Markle	2000	44	Yuichi Akimoto	2100	80	Bob Becker	2000
11	Erika Small [']	2100	45	Maria Pinto	2000	81	Gerald Tabios	2000
12	Tiffani Glass	2000	46	James Inwood	2100	82	Chris Larmour	2100
13	Andrew Garber	2100	47	Giulia Ranzuglia	2000	83	Jimmy Ortega	2000
14	Mindy Hyatt	2000	48	Frank McKinney	2000	84	Danny Westergaard	2000
15	Lisa Rising	2100	49	Karla Kent	2000	85	Iván Penalba Lopez	2200
16	Sara Santilli	2000	50	Brian Watson	2000	86	Lee Whitaker	2200
17	Ali Young	2200	51	Kimberlie Budzik	2000	87	Pete Kostelnick	2100
18	Kaylee Frederick	2100	52	Jessica Hardy	2100	88	Willian Bordin	2100
19	Allan Anderson	2200	53	Takeshi Sakuraba	2100	89	Lindsay Kasow	2100
20	Charlene Badenhop	2100	54	David Learned	2000	90	Emily Lyons	2000
21	Attila Bíró	2100	55	Martin Briner	2200	91	Christian Magadits	2200
22	Anthony Brungard	2200	56	Daniel Manimbo	2000	92	Boštjan Schönlieb	2100
23	Stéphanie Simpson	2200	57	Brian Mansky	2100	93	Jimmie Strahorn	2100
24	Garett Carolus	2100	58	José Henrique Lobo	2000	94	John Swanson	2000
25	Paris Castañeda	2000	59	Ian Thomas	2200	95	Simen Holvik	2200
26	Caryn Lubetsky	2200	61	Jakub Rehacek	2000	96	Jackson Wolf	2200
27	Martin Sengo	2100	62	Sandee McKinnon	2100	97	Eric Doulder	2000
28	Andrew Kelly	2000	63	Akitaka Miida	2000	98	Barry Thrune	2000
29	Giuseppe Cavallo	2000	64	Todd Nott	2200	99	Jamaal Ryan	2200
30	Christian Colque	2100	65	Luke Thomas	2000	100	Adam Kimble	2200
31	Joseph Gagnon	2000	66	Edyta Lewandowska	2200	101	Rakesh Kashyap	2000
32	Ram Ratan Jat	2000	67	Jeff Pelletier	2200	102	Mike Williams	2000
33	Eduardo Gouveia	2100	68	Laércio Melo Martins	2100			
34	Lucas Hathaway	2100	70	Matthias Landwehr	2100			



The BADWATER® ULTRA CUP comprises Badwater Cape Fear in March, Badwater Salton Sea in late April, and Badwater 135 in July. Those runners who complete all three full-distance events in the same calendar year are featured on the Badwater website and their virtues are extolled throughout the Internet and in future editions of BADWATER Magazine.

2025 BADWATER ULTRA CUP CURRENT STANDINGS (CAPE FEAR + SALTON SEA)



Bob Becker, 80, #80 Combined Time: 40:35:30



Pamela Chapman-Markle, 69, Dalisia Coppersmith, 55, #77 **#10** Combined Time: 35:53:30



Combined Time: 37:45:00



Eric Doulder, 46, #97 Combined Time: 35:08:00



Kaylee Frederick, 20, #18 Combined Time: 27:29:53



Andrew Garber, 30, #13 Combined Time: 25:42:30



David Learned, 54, #54 Combined Time: 32:05:57



Emily Lyons, 34, #90 Combined Time: 34:56:00



JOIN BADWATER AT LEGENDARY CAPE FEAR FOR TWO RACES!



October 26, 2025



March 21, 2026





Get all the info at <u>Badwater.com</u>, and head over to <u>RunSignUp.com</u> to register for both events!



