



***WELCOME TO THE ZWITTY ULTRA GUIDE TO RUNNING THE
STYR LABS BADWATER 135 ULTRAMARATHON
AS FAST AS YOU POSSIBLY CAN!!!***



The *zwilly*.ULTRA guide to running the Badwater 135 Ultramarathon as **FAST** as possible (**OVERVIEW MAP**)

SECTION 8: LONE PINE TO FINISH (122.4-134.2): THIS SECTION IS 11.8 MILES. THE FIRST 7 MILES ARE RUNNABLE; HIKE THE FINAL 5 MILES



SECTION 3: SPW TO TOWNE PASS (42.1-58.7): RUN AS MUCH AS YOU CAN (PROBABLY 2-3 MIN SLOWER THAN YOU'VE BEEN RUNNING PREVIOUSLY), FROM SPW TO MILE 50/THE 2000FT SIGN (8 MILES). AFTER THAT, POWER HIKE ALL THE WAY TO THE TOP (THE FINAL 8 MILES)

SECTION 2: FC TO STOVEPIPE WELLS (MILES 17.5 TO 42.1) RUN AS MUCH OF THIS SECTION AS POSSIBLE AS WELL. THERE IS A NICE UPHILL AT ABOUT THE 30-MI MARK THAT YOU SHOULD WALK. AT MILE 34, THE ROAD VEERS LEFT AND YOU HAVE A NICE SUSTAINED DOWNHILL FOR OVER A MILE. THEN IT'S JUST A 10K TO STOVEPIPE WELLS (AKA, "THE PIPE")

SECTION 6: FATHER CROWLEY TO DARWIN (80.3-90): USE THESE 9.7 MILES TO RECOVER FROM THE CLIMB UP TO FC. WALK/RUN AS YOUR BODY ALLOWS...

STOVEPIPE WELLS

FURNACE CREEK

MILE 100

SECTION 7: DARWIN TO LONE PINE (MILE 90.1-122.3): THIS APPROXIMATELY 50K STRETCH IS THE CRUCIAL SECTION OF THE RACE, AND THE RACE IS ALWAYS WON OR LOST HERE. THE FIRST 10 MILES (TO MILE 100) ARE VERY FAST, AND YOU NEED TO HAVE YOUR LEGS UNDER YOU BY THE TIME YOU REACH DARWIN. THE NEXT 22 MILES INTO LONE PINE ARE BASICALLY FLAT. IF YOU CAN RUN THIS ENTIRE SECTION IN 5 HOURS, YOU WIN THE RACE. IF YOU CAN RUN IT IN AROUND 6 HOURS, YOU WILL FINISH IN THE TOP-10 (AND PROBABLY THE TOP 5)

SECTION 5: UP TO FATHER CROWLEY (58.9-80.2): HOTTEST PART OF THE RACE; RUN TO PANAMINT SPRINGS (MILE 72), AND THEN HIKE UP THE NEXT 8 MILES TO FATHER CROWLEY (THESE 8 MILES ARE THE TOUGHEST ON THE COURSE)

SECTION 1: BADWATER BASIN TO FURNACE CREEK (17.4 MILES): THE ENTIRE SECTION IS RUNNABLE; RUN AS COMFORTABLY AS POSSIBLE THROUGHOUT

SECTION 4: TOWNE PASS TO PANAMINT LAKE BED (MILES 58.8-68): LET YOUR LEGS "RELEASE" AND ALLOW GRAVITY TO FLY YOU DOWN THE MOUNTAIN FOR NINE MILES





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SECTION 1: START LINE TO FURNACE CREEK

THIS FIRST SECTION IS WHERE YOU NEED TO GET INTO A GOOD "GROOVE," RUN AS COMFORTABLY AS POSSIBLE, AND RUN YOUR RACE AND STICK TO YOUR GAME PLAN. SOME POINTERS TO CONSIDER:

- **DON'T WORRY ABOUT YOUR WATCH: JUDGE YOUR PACE BASED UPON EFFORT LEVEL, NOT WHAT YOUR GARMIN SAYS. YOUR PACE WILL FLUCTUATE A LOT, AS THERE ARE SEVERAL ROLLING HILLS ON BADWATER ROAD. JUST MAINTAIN A NICE COMFORTABLE PACE.**
- **RELAX: AFTER ALL THIS PLANNING/ANTICIPATION, YOU ARE ACTUALLY RUNNING BADWATER . . . IT'S REAL. SO ENJOY IT. IT SHOULD BE A CLEAR SKY WITH HARDLY ANY WIND, AND A FULL MOON LIGHTING THE WAY FOR YOU. HAVE FUN OUT THERE!**
- **MUSHROOM ROCK: SEE IF YOU CAN SPOT MUSHROOM ROCK (MILE 13); IF SO, PICK UP SPEED FOR A FEW FEET. AS FERG HAWKE WOULD SAY, "THAT'S WHAT YOU CALL A 'SURGE'" 😊**
- **MILES 16-17.4: BEFORE TURNING LEFT ONTO HWY 190, YOU WILL CLIMB A HILL FOR ABOUT A HALF MILE. THEN IT'S ALL DOWNHILL INTO FURNACE CREEK!**





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SECTION 2: FURNACE CREEK TO STOVEPIPE WELLS

OKAY, NOW THAT YOU'RE ALMOST 20 MILES INTO THIS RACE, THE NOVELTY IS WEARING OFF, AND YOU'RE UNDOUBTEDLY STARTING TO "FEEL IT" (REMEMBER, EVEN THOUGH IT'S NIGHT, IT IS STILL LIKELY ABOUT 90 DEGREES OUTSIDE). SO STAY POSITIVE, AND REMEMBER THE FOLLOWING:

- **BREAK IT UP INTO MINI-SECTIONS: THIS IS A 25-MILE STRETCH, WHICH IS FAR TOO LONG TO THINK OF AS ONE SINGLE SECTION. I THINK OF IT AS 4 SECTIONS: (1) UNTIL THE MARATHON MARK; (2) UNTIL THE BIG HILL AT MILE 30; (3) UNTIL THE "BEND TO THE LEFT" AT MILE 34.5, AND (4) THE FINAL 10K INTO "THE PIPE."**
- **WALK THE UPHILLS ON THIS SECTION: THE RACE IS 135 MILES LONG. IF YOUR NAME IS PETE KOSTELNICK, HARVEY LEWIS, OSWALDO LOPEZ, OR NIKKI WIND (THE FOUR PEOPLE WHO BEAT ME LAST YEAR), YOU DON'T NEED MY ADVICE. BUT FOR MOST OTHERS, YOU WILL NOT BE RUNNING THE ENTIRE 135 MILES. SO WHY WEAR YOURSELF OUT RUNNING 12-13 MIN/MI UP STEEP HILLS WHEN YOU CAN WALK AT 14-15 MIN/MI?**
- **ENJOY THE CAMARADERIE: MILES 30-42 ARE WHERE THE RACE CONVERGES ON ITSELF, AND ALL THE WAVES TEND TO MEET BEFORE GETTING SPREAD OUT. SAY "HI" AND WISH EVERYONE ELSE GOOD LUCK!!**





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SECTION 3: STOVEPIPE WELLS TO TOWNE PASS

THE SUN IS LIKELY RISING BEHIND YOU, AND NOW IS THE TIME FOR THE LONGEST HIKE OF THE RACE . . . THE 16.7-MILE CLIMB (ABOUT 5000 FT UP) TO TOWNE PASS!!

- **SPW (0 FT) TO MILE 50 (2000 FT SIGN):** THE FIRST HALF OF THE CLIMB (MILEAGE-WISE) IS VERY RUNNABLE IN MOST PARTS. TAKE ADVANTAGE OF THE LOW GRADE OF ELEVATION AND RUN WHEN YOU HAVE THE ENERGY. ALSO, THE ROAD IS A BIT OF A MIND “DUCK,” AND AT CERTAIN POINTS, IT WILL LOOK LIKE YOU ARE RUNNING DOWNHILL. I PROMISE YOU THAT IS NOT THE CASE! (ALL YOU NEED TO DO IS TURN AROUND AFTER A HALF-MILE OR SO TO SEE JUST HOW MUCH YOU ARE CLIMBING...)
- **MILE 50 TO TOWNE PASS (2000FT TO 4956 FT):** THIS IS WHERE SO MANY TOP BADWATER RUNNERS MAKE A BIG MISTAKE. THIS 8-MILE SECTION SHOULD BE MOSTLY HIKE, NOT RUN. YOU CAN'T RUN IT VERY FAST (12-13 MIN/MI, AT MOST), AND ALL YOU WILL DO IS TIRE YOUR LEGS OUT FOR THE VERY RUNNABLE SECTION THAT COMES AFTER YOU REACH THE TOP. YOU ONLY LOSE A FEW MINUTES BY HIKEING THIS SECTION, AND YOU'LL MORE THAN MAKE UP FOR IT ON THE WAY DOWN...





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SECTION 4: TOWNE PASS TO PANAMINT LAKE BED

YOU NEED TO HAVE YOUR LEGS UNDER YOU FOR THIS SECTION, SO HOPEFULLY YOU HAVE HEDED MY ADVICE AND ARRIVE AT TOWNE PASS REFRESHED, AND NOT WORN OUT, FOR THIS 9-MILE ROCKET LAUNCH DOWN THE MOUNTAIN:

- **FIRST 5 MILES:** THE FIRST FIVE MILES OF THE DESCENT ARE AT ABOUT A 9% GRADE (MEANING THAT IT'S ALMOST IMPOSSIBLE TO WALK, THE GRADE IS SO SEVERE). BEST ADVICE: JUST "RELEASE" YOUR LEGS AND LET GRAVITY DO THE WORK FOR YOU . . . DON'T FIGHT THE GRADE AND SLOW YOURSELF DOWN. ALL YOU WILL DO IS TEAR INTO YOUR QUAD MUSCLES.
- **NEXT 4 MILES:** AFTER YOU PASS THE 3000FT SIGN OR SO, THE DESCENT LEVELS OUT A BIT UNTIL YOU REACH THE PANAMINT LAKE BED (MILE 68). AS AN ASIDE, THE FURTHER DOWN THE MOUNTAIN YOU GET, THE HOTTER IT WILL GET AS WELL. SO BE PREPARED FOR SOME SERIOUS HEAT...





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SECTION 5: UP TO FATHER CROWLEY

GET THOSE ARM SLEEVES AND ICE BANDANAS READY . . . THIS IS BY FAR THE HOTTEST AND HARDEST SECTION ON THE COURSE...

- CROSSING THE LAKE BED: THE TEMPS WILL LIKELY BE IN THE NEIGHBORHOOD OF 115 DEGREES FOR YOUR 4-MILE CROSSING OF THE PANAMINT LAKE BED, INTO PANAMINT SPRINGS (MILE 72). REMEMBER, YOU SIGNED UP FOR THIS VOLUNTARILY!!!
- THE 8-MILE CLIMB TO FATHER CROWLEY (MILE 72-80): THIS 2000 FT CLIMB IS THE HARDEST SECTION ON THE COURSE NOW. UNLESS YOU ARE TRYING TO SET THE COURSE RECORD, PLEASE WALK THIS ENTIRE SECTION. THERE IS NO POINT IN RUNNING ANY OF IT. IT WILL BE ABSURDLY-HOT, AND ALL YOU ACCOMPLISH BY RUNNING IS THAT YOU WILL WEAR YOURSELF OUT FOR THE VERY RUNNABLE SECTIONS THAT FOLLOW ONCE YOU GET TO FATHER CROWLEY...



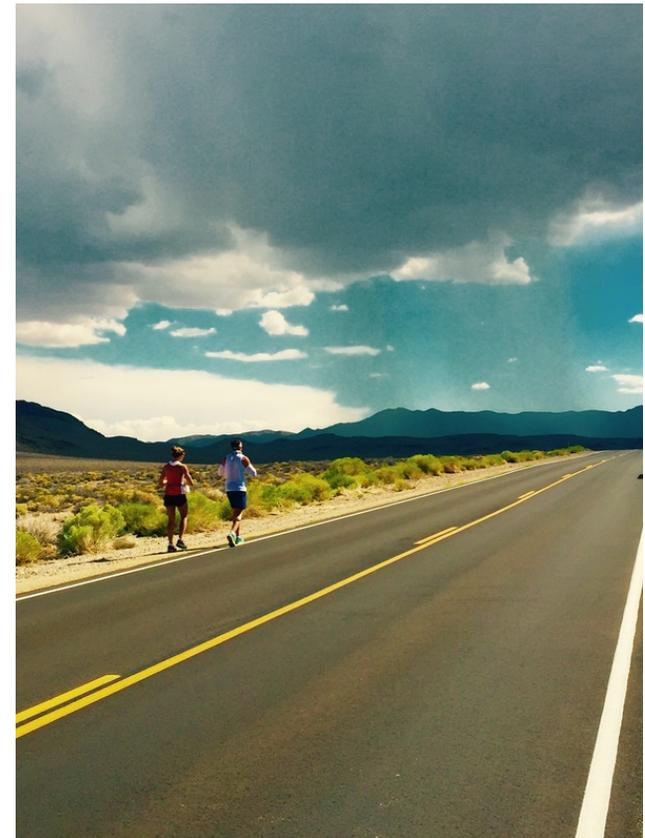


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SECTION 6: FATHER CROWLEY TO DARWIN

OKAY, YOU'VE REACHED FATHER CROWLEY (4000 FT, MILE 80), BUT YOUR CLIMB IS NOT OVER. YOU STILL HAVE 1000 MORE FEET, THOUGH SPREAD OUT OVER THE NEXT 10 MILES:

- **RECOVER, RECOVER, RECOVER: YES, A LOT OF THESE 10 MILES BETWEEN FATHER CROWLEY AND DARWIN ARE RUNNABLE (EITHER FLAT OR LOW-GRADE). BUT THERE ARE STILL SIGNIFICANT HILLS IN THIS SECTION, AND YOUR OVERRIDING GOAL IN THIS SECTION SHOULD BE TO BE AS FRESH AND "READY TO ROLL" AS POSSIBLE WHEN YOU REACH DARWIN (MILE 90.1)**





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SECTION 7: DARWIN TO LONE PINE:

THIS 50K SECTION FEATURES 2000FT OF CUMULATIVE DESCENT, HALF OF IT IN THE FIRST 10 MILES (TO MILE 100). IF YOU WANT TO BE COMPETITIVE IN THE RACE, YOU NEED TO RUN THE VAST MAJORITY OF THE WAY FROM DARWIN TO LONE PINE. IT IS THAT SIMPLE . . . THE RACE IS DECIDED ALMOST EVERY YEAR ON THIS STRETCH.

- **WHATEVER YOUR SPEED FROM MILES 91-100, AIM FOR 1-2 MIN/MI SLOWER FOR MILES 101-122 INTO LONE PINE:** AS I STATED ON THE "OVERVIEW" SECTION, THE RACE WINNER ALWAYS RUNS THIS 32-MILE STRETCH IN ABOUT 5 HOURS. THAT EQUATES TO ABOUT 9 MIN/MI FOR THE FIRST 10 MILES (90 MIN), AND THEN ABOUT 10 MIN/MI FOR THE NEXT 22 MILES (3:30, FOR A TOTAL OF 5 HOURS). IF YOU CAN RUN UNDER 6 HOURS, THAT USUALLY WILL SECURE A TOP-5 FINISH, AND 6:30 SHOULD GET YOU A TOP-10 FINISH.
- **DON'T LOOK UP AT THE SIERRAS TOO MUCH:** THIS SECTION CAN MESS WITH YOUR MIND, BECAUSE YOU CAN SEE MT. WHITNEY FOR ALMOST THE ENTIRE SECTION, BUT IT NEVER SEEMS TO BE GETTING ANY CLOSER. INSTEAD, JUST FOCUS ON INTERMEDIATE GOALS (MILE 100, KEELER, CERRO GORDO ROAD, DOLOMITE LOOP, HWY 395, ETC ETC, ALL THE WAY INTO LONE PINE...)





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SECTION 8: LONE PINE TO THE FINISH LINE:

OKAY, YOU'VE ARRIVED AT THE DOW VILLA IN LONE PINE. ALL THAT REMAINS BETWEEN YOU AND GLORY IS ONE LEFT TURN ON THE WHITNEY PORTAL RD. AND 11.8 MILES . . . STRAIGHT UP (OVER THE COURSE OF THOSE APPROXIMATELY 12 MILES, YOU WILL ASCEND ABOUT 5600 FEET):

- **FIRST 7 MILES:** THE PORTAL RD. IS 8.5 MILES LONG UNTIL THE FINAL CHECKPOINT AT THE BEGINNING OF THE "Z" SWITCHBACKS (MILE 130.8). THE FIRST SEVEN MILES ARE ACTUALLY QUITE RUNNABLE (ASSUMING YOU HAVE ANY GAS LEFT IN THE TANK)
- **FINAL 5 MILES:** THE GRADE GOES FROM "THIS SUCKS" TO "THIS REALLY SUCKS" ONCE YOU GET PASSED THE FIRST 7 MILES. IF YOU CAN AVERAGE 16 OR SO MIN/MI ON THE LAST 5 MILES, BELIEVE ME, YOU ARE WAY AHEAD OF THE CURVE...
- **FIND YOUR MOTIVATION:** RUNNERS TEND TO DRAG UP THIS MOUNTAIN, AS THE FIELD IS OFTEN VERY SPREAD OUT, AND PEOPLE DON'T OFTEN PASS EACH OTHER ON THE FINAL 12-MILE CLIMB. TO AVOID "DEATH-MARCHING" IT UP THE MOUNTAIN, FIND YOUR MOTIVATION (TIME GOAL, CATCH SOMEONE, WHATEVER) TO GIVE IT YOUR ABSOLUTE ALL UNTIL THE FINISH LINE!!)





***GOOD LUCK TO EVERYONE RUNNING THIS YEAR, AND I
CANNOT WAIT TO SEE YOU ALL "OUT THERE" VERY SOON!!!***

-DAVE