| 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 |  |
|  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |



## 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 ( $\mathbf{3 6 1 0}{ }^{\prime} / 11 \mathrm{~km}$ ), 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 21 km with 5000 feet or 1524 m 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), 131.1 mi / 211km (Time Checkpoint \#8)

After the turn from Hwy 395 in Lone Pine, it's 8.3 miles or 13.4 km 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



## 2023 Route Change

CA Hwy 136 is CLOSED where it is flooded by the Owens River and will remain closed for a long time. The cause is the record-breaking amount of snow that the Sierra Nevada mountains received over the winter, which is now melting. (The location is about mile 118-119 of the traditional race route.)


## 2023 Plans to Account for the Route Change:

1) Competitors will run a $2 / 10$ of a mile out-and-back at the Darwin Time Checkpoint at Mile 90.7.
2) At Mile 103.9, instead of going north onto CA Hwy 136 like normal, Competitors will run west on CA Hwy 190 to Badwater Timing Checkpoint \#6 at Mile 118.45 at Olancha at the intersection with CA Hwy 395.

Crews should arrive at the Olancha Checkpoint five to eight minutes before their competitors to receive instructions, and to prepare their vehicle for the competitor to get inside the vehicle immediately upon arrival.

Upon arrival, competitors will get inside their support vehicles and will drive north on CA Hwy 395 to Badwater Timing Checkpoint \#7 at Lubken Canyon Road / Boulder Creek.
This will be on the LEFT / west side of Hwy 395, so vehicles should turn left at Lubken Canyon and then stop.

This 18.6 -mile drive will take 19 minutes, driving at 50 to 60 mph (the speed limits.)
After the drive - and after 21 minutes - competitors will resume running northbound along the west shoulder of Hwy 395. (These 21 minutes will be deducted from the overall finishing time, after the race.)

While running north for the next 2.6 miles, crews may ONLY cross over to support their competitor at Diaz Lake Recreation Area, 1.2 miles north of Checkpoint 7.

After 2.6 miles from Checkpoint 7 - at the junction with Hwy 136 - competitors will re-join the traditional race route and continue running north into Lone Pine.

Be sure to be seen / check-in at Time Checkpoint 8 at Mile 122.8 at the Dow Villa Motel on the Right. (CP 8 and Race Headquarters is at Room 32, on the sidewalk next to "The Grill" at the Dow Villa.)

## 2023 Badwater 135 Official Race Route

| LANDMARK | Dist. (MI) | Ele. (FT) | MARKER |
| :---: | :---: | :---: | :---: |
| NOTE: $T$ L = 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+ COMPETITORS 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 competitor run one mile ahead (45 MPH) | 19.1 | -170 |  |
| NO STOPPING, SLOWING, or PARKING NEXT 1 MILE! Drive to beyond the 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 |  |
| "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 |  |
| MINIMAL PARKING NEXT 6 MILES! SOFT SHOULDERS. Do not get stuck in sand. |  |  |  |
| 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 |  |  |
| 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 |  |
| "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 400am! | 42 | 0 |  |
| Time Checkpoint \#2 \& Medical HQ on L. by hotel courtyard \& flag. (TOILET) | 42.2 |  |  |
| (PACERS MAY JOIN COMPETITORS OF ANY AGE HERE.) |  |  |  |
| 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 | 44.7 |  | 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 |  |  |



| LANDMARK | Dist. (MI) | Ele. (FT) | MARKER |
| :---: | :---: | :---: | :---: |
| Pass through narrow area known locally as "Gunsite Notch" (Phone Service Begins soon afterwards) | 101.4 | 4000 |  |
| Jct. Hwy 136 \& Hwy 190: Go left / west on Hwy 190 "Olancha 15mi" sign | 103.9 | 3935 |  |
| SOFT SHOULDERS: BE CAREFUL! DO NOT GET STUCK! |  |  |  |
| 4th Marathon | 104.8 | 3800 | MM 16.5 |
| Mile Marker 18.5 | 110 |  | MM 18.5 |
| LA DWP buidling and large equipment lot on right | 114.2 |  |  |
| Mile Marker 10.0 | 118.3 |  |  |
| Time Checkpoint \#6 on left just before Hwy 395 intersection: arrive 5-8 minutes before your competitor! | 118.45 | 3650 |  |
| Hwy 395: Load runner into support vehicle and drive north 18.6 miles | 118.5 |  |  |
| Do Not Exceed the Speed Limit (50, 55, 60mph) |  |  |  |
| Drive will take 18 minutes: Competitor many not resume running unil 21 minutes elapsed time |  |  |  |
| Time Checkpoint \#7: Turn left at Lubken Canyon Rd. (across hwy from Boulder Creek RV Resort) and stop |  |  |  |
| Competitor will resume running northbound along the west shoulder of Hwy 395 after 21 minutes | 118.5 |  |  |
| During the next 2.6 miles, crews may ONLY cross over Hwy 395 at Diaz Lake Recreation Area | 119.7 |  |  |
| Jct. Hwy 136 \& Hwy 395: Continue North (U.S. Inter-Agency Visitor Center on Right) (TOILET) | 121.1 | 3696 |  |
| WARNING: SPEED LIMITS DROP TO 25 mph as you pass through town! |  |  |  |
| 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. at 310 S. Main Street: Time Checkpoint \#8 \& Medical HQ (TOILET) | 122.8 | 3610 |  |
| All competitors must pass within 42 hours of their individual wave start! |  |  |  |
| All competitors with time penalties must "check in" and serve penalty time here before continuing. |  |  |  |
| Portal Road (the only traffic light in Lone Pine): Go left / west / uphill for the final mountain ascent! | 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. | 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 roadway! |  |  |  |
| 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 are still here!!!) | 129.3 |  |  |
| WARNING: Park and Drive Properly! NO slow driving; NO stopping in roadway! |  |  |  |
| 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 |  |
| Time Checkpoint \#9 in Large gravel pullout on R. It is 3.6 miles to the finish! | 131.2 | 6890 |  |
| 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 | 133.8 | 7700 |  |
| WARNING: Park and Drive Properly! NO slow driving; NO stopping in roadway! |  |  |  |
| Meysan Lakes trailhead on L. | 134 | 8035 |  |
| Family Campground on L.: Support vehicles should drive ahead NOW to find parking! | 134.1 | 8100 |  |
| Overflow Parking Lot on L. (All crew may join their competitor here to cross the finish line together.) | 134.7 | 8200 |  |
| Finish Line of the World's Toughest Foot Race: Congratulations! | 134.8 | 8360 |  |



## 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.

## Motels / Hotels (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
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 S
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 Lo-Inyo Elementary School 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 800am-400pm Thu-Mon

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


