

BADWATER®



April 2026

Founded in 1984 by yours truly, AdventureCORPS® has made its name producing the world's toughest endurance races in dramatic, remote locations that few people would ever visit, let alone run or bike across. Held under the Badwater® banner, these events have allowed runners and bicyclists to explore Death Valley, Cape Fear, the Salton Sea, the Mojave Desert, and the Nevada outback in the USA, as well as the Okanagan Valley of British Columbia, Mustang region of Nepal, Yunnan Province of China, and in the Republic of Artsakh.

With "chasing the horizon" as our credo, we are extremely pleased to host the eleventh Badwater Salton Sea, presented by Mount to Coast, on April 18-19, 2026. This adventure of the human spirit is the second leg of the Badwater Ultra Cup. This three-event series kicked off on March 21 with Badwater Cape Fear and concludes July 27-29 with the Mount to Coast Badwater 135 Ultramarathon.

A truly epic event in an otherworldly location, Badwater Salton Sea – presented by Mount to Coast - pits up to 80 of the world's toughest athletes, competing together on teams of either two or three, against one another, the route, and the elements. With its dramatic route and a team ultra running format unique to this race, it is the one of the most demanding and extreme running races on the planet.

The start line is the shoreline of the Salton Sea at Salton City, located at 234' (71m) below sea level in Imperial County. Runners traverse Anza-Borrego Desert State Park for the first 49 miles – including an 8-mile, 3500 foot single-track trail ascent - before stopping to pose with Rancheti, the Yeti of Ranchita, at mile 50. After another grueling ascent, the race finishes atop Palomar Mountain, San Diego County's almost tallest peak at 5500' (1676m) and the home of the world-famous Palomar Observatory. The race course covers two major mountain ranges for a total of 9,000' (2743m) of cumulative vertical ascent over its 81-mile (131km) distance.

We thank and salute the County of Imperial, County of San Diego, California Department of Transportation, and Anza-Borrego Desert State Park, whose staff - and permits - oversee this event. We thank all the AdventureCORPS staff for their hard work in hosting a smooth and successful race. We thank Mount to Coast, our Presenting Sponsor, for making absolutely incredible, game-changing shoes specifically for ultrarunning. And we thank everyone involved with the event for their sense of adventure and unassailable commitment to sportsmanship, fair play, and esprit de corps.

We wish everyone - racers, crews, staff, sponsors, media, and fans - a safe and successful race this year. May this truly be a life-changing experience for everyone. Welcome - or welcome back - to the Badwater Family!

Yours in sport,

Chris Kostman

Chief Adventure Officer and Race Director

PS Special thanks to Ian Parker for the photo on the front cover (Ray Sanchez, Daniel Shamburg, Elizabeth Perez, Dean Dobberteen, and Leah Vincent in 2025), the 2025 photo of Sandee McKinnon, Bethany Cazenave, and Dalisia Coppersmith on page 5, and of the 2019 start line on the outside back cover. Thank you to Arnold Begay for the 2025 start line photo on page 7, and thank you to Rich Peers for his art featured herein!



Chris with some of the 2025 finishers.



2026 Badwater Salton Sea Schedule of Events

Thursday, April 16, 2026

1900: Meet for dinner (no host) at the Borrego Springs Resort (across the driveway from the hotel lobby at The Arches.) The “cool kids” get to town on Friday in order to socialize and kick off things in style! ;-)

Friday, April 17, 2026

0730-0900: Optional: Road and trail run around Borrego Springs past many of the incredible metal sculptures which dot the landscape and are known as Galleta Meadows. Depart on foot from Borrego Springs Resort lobby at 730am. (Approximately six miles, very easy pace, with several stops for photos.)

1430-1600: Runner Check-In and Team Photos (Anza Room adjacent to Borrego Springs Resort lobby)

1600-1700: Pre-Race Meeting (Anza Room adjacent to Borrego Springs Resort lobby)

Saturday, April 18, 2026

0445 Runners/Crews must depart Borrego Springs to the start line.

0530 Absolute deadline to arrive at the start line at 905 Sea Port Ave, Salton City, CA 92274

0545 Civil Twilight (first light in the sky)

0600 RACE START

0611 Sunrise

1500 Time Cut-Off at Mile 35.23 (Borrego Springs): RUNNERS BEYOND THIS TIME CUT-OFF MUST WITHDRAW FROM THE RACE.

1700 Time Cut-Off at Mile 40.6 (Lower Trailhead): RUNNERS BEYOND THIS TIME CUT-OFF MUST WITHDRAW FROM THE RACE.

1900 “Nighttime” - as defined by us - begins: follow nighttime protocols.

1918 Sunset

1944 Civil Twilight (no light left in the sky)

Sunday, April 19, 2026

0544 Civil Twilight (first light in the sky)

0610 Sunrise

1000 RACE COURSE CLOSES (28 Hour Limit)

Course Records

Team	Names	Category	Grp	Year	Elapsed
The Septemberists	Pete Kostelnick & Jon Kuehler	2x Men	20+	2017	14:04:20
J-Ray	Jared Fetterolf & Ray Sanchez	2x Men	30+	2016	14:56:00
Too Legit To Quit	Dan McHugh & Walker Higgins	2x Men	40+ Tie	2018	15:36:00
Fool Around Find Out	Michael Demarco & Jackson Wolf	2x Men	40+ Tie	2024	15:36:00
Los 2 Amigos	Emilio Martinez & Angel Perez	2x Men	50+	2022	19:35:11
Plants and Planks	Jon Beard & Mike Wright	2x Men	60+	2022	3:04:18
Baby Bathwater 135	Hannah Perry & Michel Leblanc	2 Mixed	30+	2023	18:44:00
Los Aventureros	Nelva Valladares & Mark Matyazic	2 Mixed	40+	2016	16:02:00
DingoBlonde	Amy Costa & Mark Matyazic	2 Mixed	50+	2016	17:33:00
Wingman Foundation	Monique Jacques & Brittany McCullough	2 Women	30+	2016	18:55:00
Sweat It Out	Molly Troy & Cheryl Tulkoff	2 Women	40+	2016	19:27:00
Island Girls	Pamela Chapman-Markle & Kerri Kanuga	2 Women	50+	2019	20:14:30
Disney McFarland USA	Carlos Cabanillas, Diego Diaz, & Oswaldo Velasquez	3 Men	30+	2015	15:09:42
Electrolyte Love	Walker Higgins, Jacob Jackson, & Dan McHugh	3 Men	40+	2019	15:05:00
Yinzers	Keith Straw, Jeff Gleason, & Bill Thompson	3 Men	50+	2014	19:39:00
Youth & Inexperience	Mike Arnspiger, Bob Becker, & Keith Straw	3 Men	60+	2015	25:30:53
Legend of the Dragon's Toothbrush	Jean Aponte, Rhea Loney, & Kevin Spruell	3 Mixed	30+	2019	19:35:45
Texas Relentless Roadrunners	Brian Hill, Alison Miller, & Brian Miller	3 Mixed	40+	2017	18:23:40
Bat	Beverley Anderson-Abs, Alan Abs, & Kermit Cuff	3 Mixed	50+	2021	18:18:05
The Dharma Bums	Boni Collins, Jodi Samuels, & Jodi Weiss	3x Women	40+	2015	22:37:40
Strangers on the Run	Dalisia Coppersmith, Sandee McKinnon, & Kara Rogers	3x Women	50+	2024	26:40:00

Badwater Salton Sea General Race Rules

1. All runners must check in at the start line, ready to race, at 0530 and the race will begin at 0600 on race day. (This requires departing Borrego Springs no later than 445am.)
2. There are only two divisions: Duo or Trio, which are then sub-divided into men's team, women's team, and mixed team sub-categories.
3. There are mandatory intermediate cut-offs along the route. Specifically, all teams must have continued beyond the Borrego Springs Resort at mile 35.23 within nine hours of starting the race, while all teams must have continued onto the trail section - which begins at mile 40.6 - within eleven hours of starting the race. Teams / runners which exceed these deadlines will be declared DNF and MUST discontinue running and participation in the race.
4. For the trail section of the race, which starts at mile 40.6, every runner must carry a rain jacket (not just a windbreaker), beanie, gloves, emergency blanket, whistle, reflective gear (as used for night running), front and rear blinky lights (kept on at all times), head lamp or flashlight and a second set of new batteries for the light (or two separate lights / headlamps with new batteries), as well as a full charged cell phone, AMPLE hydration for six hours (Minimum of 1.5L / 50 ounces), AMPLE nutrition for six hours (Minimum of 1000 calories), and other supplies. Reflective gear and blinky lights (in on position) must be worn at all times on the trail section, regardless of time of day. NOTE: The fastest teams cover the trail section in about 2.5 hours, while the back-of-the-pack teams have taken as much as SIX HOURS to complete the trail section. Race entrants are also expected to make a speedy transit of the entire trail section. If meeting crew at CP4, the intent there is for a quick resupply and the runners then quickly keep going.
5. The clock does not stop for any reason until the race course officially closes after 28 hours. All racers must leave the course by the 28th hour (or sooner, if cut-offs are missed, as outlined above).
6. Running must always be single file and outside the white "fog line" on the edge of the roadway. Running should be off the left side of the road, facing traffic. Running well away from the pavement may be done on either side of the road, depending on which side is safest and has the best line of sight. The intent of the rules and the event's concept is that all running is done outside the white "fog line" and therefore never in any traffic lane (except during the first 6.9 miles through Salton City, where all running is along local roads.)
7. There is no "I" in "TEAM": All members of each team must remain together while running (within 10 meters) at all times. If members of a team become more than 10 meters apart, the lead runner, or runners, who allowed the gap to grow to more than 10 meters will be disqualified immediately. This applies for the entire

81 miles of the race course, especially on the trail section where teams should make an even bigger effort to stay well within the 10-meter limit. (Teams are expected to run together, single-file, essentially at all times. The 10-meter limit is only intended to allow privacy during nature calls, not to allow the runners on a team to spread out.)

8. Teams must make their presence known at all checkpoints located along the route; they must arrive at all checkpoints together and may only depart each checkpoint together, unless one runner is dropping out of the race at that location. Team arrival time at checkpoints will be recorded and made public.

9. All members of each team must run the entire distance and cross the finish line together to be considered Official Finishers and be ranked in the results. Teams which do not complete the course intact (i.e. one or two team members drops out along the way) will not be ranked, but the remaining team members are encouraged to complete the race under all applicable race rules and will be listed as Official Finishers (but not ranked). Finisher buckles will be awarded only to runners who complete the full 81-mile route within the guidelines of the race, but only intact teams will be ranked as Official Finishers.

10. Teams may not change division (for example, from Trio to Duo) after the start of the race. If a Trio has one runner drop out during the race, that team will NOT be re-categorized as a Duo.

11. Racers, crew, and staff must not litter, mar, or pollute the landscape or environment.

12. All racers, crew and staff must display courtesy, good taste, decorum, and sportsmanship at all times. Nudity is specifically not allowed.

Legal and Bureaucratic

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 and may not be used in any commercial or promotional manner except under license from AdventureCORPS, Inc. In particular, t-shirts (such as for crew members) may not state "Badwater" nor feature any version of the race logo or Badwater logo.
4. All racers must follow and complete the entire application and entry process, filling out all forms and paying all necessary fees.
5. All racers and all crew members must sign and fully complete the Accident Waiver and Release of Liability / Release of Name

and Likeness. All racers must also sign and fully complete the San Diego County Waiver and Release of Liability. Each team must also bring the properly completed Check-In Form to Runner Check-In.

6. 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.

7. All racers and support team members must attend Racer Check-In and the Pre-Race Meeting.

8. All entrants must bring one U.S. dollar (or more) in a sealed envelope to Racer Check-In. Please write the runner name and team name on the envelope. This envelope will not be returned and the money will be donated to charity.

9. During Racer Check-In, all entrants must display ONE satisfactory reflective vest and TWO blinking red lights PER RUNNER and PER CREW MEMBER. These must be worn and utilized by the runners and crew at all times while outside of vehicles during nighttime periods of the race. (Our definition of nighttime is 700pm to 700am.) Runners without satisfactory quality, or quantity, nighttime safety equipment will not be allowed to compete. (Hi-visibility clothing is highly recommended for both runners and crew members at all times, including during the day.)

10. All entrants must be a minimum of 18 years on the start line of the race.

11. All racers 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 racer 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 racer 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 Salton Sea finisher who fails a drug test within 36 months after competing in any edition of BADWATER Salton Sea will be retroactively disqualified from any and all previous BADWATER Salton Sea races, removed from all BADWATER Salton Sea race results, as well as banned for life from any AdventureCORPS events.

12. No commercial photographer / videographer may cover any racer or the race itself without the specific written permission of AdventureCORPS, Inc.

Support Crew and Assistance

1. Each team must be accompanied by a support crew comprised of no more than one four-wheeled motor vehicle and a minimum of two crew members - both of whom are legally licensed to drive and at least one of whom can speak English - at all times. Each team

must have its own dedicated personal support crew and vehicle; crew and support vehicles may not be shared, except informally in the spirit of the event, i.e., support crews may lend assistance to other teams, racers, or crews. "Unofficial crews or crew vehicles" and "family cheering squads" are not allowed at the race.

2. Runners must progress under their own power without drafting, helping, pushing, supporting, or any other type of physical assistance, EXCEPT from their teammates. (Teammates may help one another in any reasonable manner, including pushing, pulling, towing, and the like.)

3. So-called "cooling vests" or other types of artificial / technological cooling systems may not be worn or utilized by race entrants while making forward progress on the race course.

4. Trekking poles are allowed, but they must be used carefully.

5. Tethering / towing teammates is allowed, but must be done so carefully.

6. Runners may not be accompanied by a crew member at any time while making forward progress on the race course, EXCEPT during brief moments when supplies are being handed off. Crew members that are handing off supplies, or otherwise providing aid to the runners, must be off the roadway at all times (i.e. outside the white line on the shoulder). Crew members may not run in front of race entrants at any time. Crew members may not accompany / pace runners during the trail section of the race (mile 40.6 to mile 48.5.)

7. After mile 6.9 (leaving Salton City), runners must NEVER run abreast with other runners: All running must be single-file.

8. 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.

9. Wheeled conveyances (other than a motorized support vehicle), including in-line skates, strollers, and bicycles, are prohibited on the course at all times. Runners accompanied by any such conveyance will be disqualified.

Support Vehicles

1. The California Motor Vehicle Code, and all local, county, and/or State Park 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, per official manufacturer specifications (not including mirrors.) Additionally, support vehicles may not be more than 84" in height. Small Cars, Minivans, and SUVs are recommended. Oversize SUVs,

vans, and trucks, or other types of oversize vehicles are strongly discouraged. Motorhomes, RVs, "SportsMobiles," Sprinter Vans (and similar, such as the Dodge Ram 1500 / 2500 Promaster), vehicles with extra high rooflines, 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. Please note that Ford Transit vans are also now too wide for use at the race. See the [Ideal Support Vehicle and Set-Up](#) blog post at [Badwater.com](#) for further information.)

3. All race vehicles must have highly visible signage on the back of the vehicle stating "CAUTION RUNNERS ON ROAD," as provided by the race organizers at Runner Check-In. (Teams may provide their own signage for this purpose, but its suitability will be inspected.)

4. All support vehicles must have their Team Name easily and clearly visible on all four sides. The lettering must be at least 10" (26cm) tall. A high-visibility "paint pen" may be used to mark the team name in the lower section of the windows on all four sides of the vehicle, so long as it does not obstruct the view through any of the windows. (The race organizers will have several paint pens available for this purpose.) Alternatively, or additionally, teams may choose to have custom signage made to identify their vehicle.

5. Place the provided sticky Team Name sign on the driver's door of the support van.

6. Except as noted above, the view through vehicle windows may not be blocked or obstructed with any signage, paint, or the like. If a team's support vehicle is found with blocked windows during the race, that team will be forced to stop and wait while the vehicle's windows are unblocked and signage properly mounted.

7. Vehicles must "leapfrog" the runner at all times. Generally speaking, each "leapfrog" should be approximately THREE MILES in length during daylight, and ONE MILE or more in length during nighttime. Racers may never be "shadowed" (driving a vehicle at the runner's speed) and vehicles must not "caravan" (drive together, like a train, at any speed). Driving may never be at the speed of any racer. Driving must be done at the speed of traffic, never slowing down to encourage, talk to, or lend assistance to any racer while moving. All assistance must be provided by pedestrian crew members; handing off of supplies from the vehicle is never allowed while the vehicle is in motion.

8. All support vehicles must have their headlights on while driving, 24 hours a day. From 700pm to 700am (our definition of nighttime), at all times while stopped or parked off the road, support vehicles must have their headlights turned off and emergency flashers turned on.

9. Vehicles must be parked completely off the road surface whenever they are stopped - with all four tires right of the white

line, preferably at least 8 feet beyond 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 VERY LARGE pullouts at which the vehicle will be at least 15 feet from the edge of the roadway.

Safety and Medical Issues

1. Remember, at all times and in all situations, safety is the most important issue. This means safety for racers, crew, staff, and the general public must always be respected. The roads are not closed for this event and may be, in fact, quite busy with tourist and local traffic.

2. I.V.s (intravenous fluids) are not permitted during the race. If a racer receives an I.V. during the race, for any reason, then that racer is disqualified and must withdraw from the race and the race course. His or her teammates may continue as an unranked team.

3. From 700pm to 700am (our definition of nighttime), while out of doors on the race course, all racers and all crewmembers must wear reflective material facing in all four directions, as well as blinking colored (non-white) lights facing front and rear. Racers and crewmembers are encouraged to wear high-visibility clothing during the day as well.

4. Racers are responsible for their own actions, their teammates' actions, and their crew's actions; crews are responsible for both their own actions and their racers' actions.

5. Always look and listen both ways before crossing the highways. Remember that drivers will not expect to encounter a racer or parked vehicle out on the course. Remember we are on public roads with no road closures or traffic monitoring. Racers should not cross over the highway more than necessary; crew should cross the highway carefully to bring assistance to their racer.

6. All entrants and crew must study "Medical Risks in Badwater Salton," "Dangers of Running in the Heat," and "The Dangers of Hot Weather Running" as published at www.badwater.com.

Leaving the Course or Withdrawing

1. Every inch of the course must be traveled by each racer. In the event of a routing error, e.g., wrong turn, the racer 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 racer or team needs to leave the course, his/her crew must note the exact location with some sort of marker left on the ground, as well as resetting their odometer to mark the distance to the location. The racer and his or her team must then resume the race from the same place that he/she left it. Racers may only leave the course for appropriate reasons such as rest or medical attention. Focus must be kept on the speedy completion of the course.

3. If a racer or team withdraws, he/she or his/her crew must contact Race Headquarters or a checkpoint immediately. Team Name, reason for withdrawal, time of withdrawal, and miles completed must be stated. All racers and crew who drop are encouraged to come to the finish line to greet and celebrate with their fellow racers and crews.

4. All Emergency Evacuation costs for participants or crews will be borne by that person or their heirs. The race organizers are in no way liable or responsible for emergency evacuation.

Awards

1. All racers who begin the event will receive a BADWATER t-shirt, hat, sunglasses, and tote backpack, and other selected Badwater products.

2. All runners who complete the full 81-mile route within the guidelines of the race will receive the finisher's buckle and be listed as an Official Finisher, but only intact teams will be ranked (i.e. 2nd or 4th place.)

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 racers or their crew, especially those regarding "cheating," safety, and poor sportsmanship will result in immediate disqualification of the racer, or racers..

3. Other, lesser offenses will result in the following cumulative time penalties:

- **First Penalty: One Hour**
- **Second Penalty: Disqualification**

4. Time penalties are imposed at the finish line by adjusting finishing times.

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 in regards to all rules, their interpretation, and their enforcement. There is no "appeals committee" nor an "appeals process." All entrants 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 enforcement.

Finally

1. Have fun and keep smiling!



2026 Badwater Salton Sea Official Race Roster

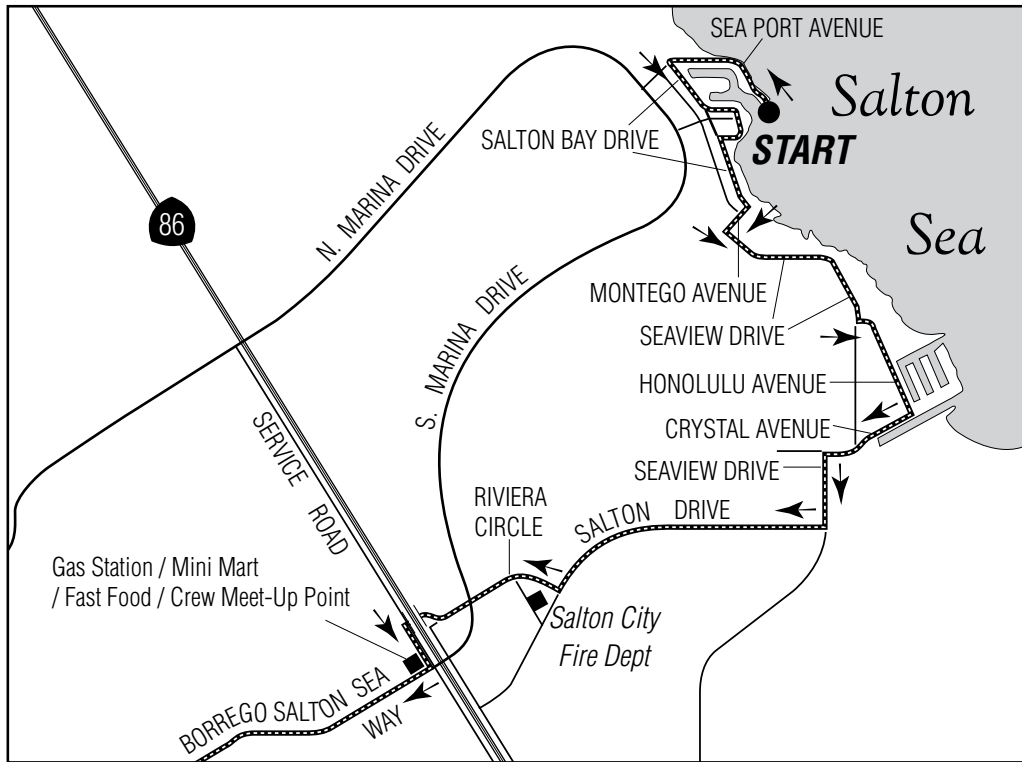
Team Name	Category	First Name	Last Name	M/F	Age	AgeGrp	City	State	Nationality	Previous Finisher?
2 Idiots	2 Man	Jaikrishnan	Muraleedharan	M	46	40+	Simi Valley	CA	USA	No
2 Idiots	2 Man	Nadarsha	Sainaba	M	51	40+	Simi Valley	CA	USA	No
81 Reasons Not to Quit	2 Man	David	Castro	M	53	50+	Myrtle Beach	SC	USA	Yes
81 Reasons Not to Quit	2 Man	John	Vigil	M	55	50+	Las Vegas	NV	USA	Yes
Bayou Bananas	2 Man	John	Finnigan	M	23	20+	New Canaan	CT	USA	No
Bayou Bananas	2 Man	Carter	Frankum	M	22	20+	Denver	CO	USA	No
Between a Walk and a Hard Pace	3 Man	Anthony	Cortese	M	46	40+	San Diego	CA	USA	No
Between a Walk and a Hard Pace	3 Man	Charles	Hall	M	43	40+	Coronado	CA	USA	No
Between a Walk and a Hard Pace	3 Man	Jake	Rankinen	M	41	40+	Odenton	MD	USA	No
Brute Squad	3 Man	Tim	Cronk	M	63	40+	Oro valley	AZ	USA	No
Brute Squad	3 Man	Kevin	Goldberg	M	37	40+	Westminster	CO	USA	No
Brute Squad	3 Man	Peter	Noyes	M	43	40+	Sunland	CA	USA	No
Cheng 2026	2 Mixed	Huiyu Cherry	Cheng	F	43	40+	Pasadena	CA	Taiwan	No
Cheng 2026	2 Mixed	Jack	Cheng	M	54	40+	Pasadena	CA	Taiwan	No
Cracker Barrel Boys	3 Man	Stephen	Anson	M	44	40+	Lafayette	LA	USA	No
Cracker Barrel Boys	3 Man	Andrew	Parker	M	37	40+	Brighton	CO	USA	No
Cracker Barrel Boys	3 Man	Stormy	Phillips	M	44	40+	Tulsa	OK	USA	No
Darth Dean and Princess Leah	2 Mixed	Dean	Dobberteen	M	50	40+	Bonita	CA	USA	Yes
Darth Dean and Princess Leah	2 Mixed	Leah	Vincent	F	47	40+	Norman	OK	USA	Yes
Double Dragao	2 Man	Ruben	Guimaraes	M	46	40+	Mendham	NJ	Portugal	No
Double Dragao	2 Man	Scott	Jenkins	M	45	40+	Hopewell	NJ	United Kingdom	No
Drei Badwater Veteranen	3 Mixed	Lindsay	Kasow	F	36	40+	Hemet	CA	USA	No
Drei Badwater Veteranen	3 Mixed	Ray	Sanchez	M	59	40+	Sacramento	CA	USA	Yes
Drei Badwater Veteranen	3 Mixed	Martin	Sengo	M	45	40+	Auburn	CA	USA	No
Funkles	2 Woman	Leslie	Carboni	F	52	50+	Sacramento	CA	USA	Yes
Funkles	2 Woman	Emily	Ryan	F	51	50+	Washington	DC	USA	Yes
Iron Rail Runners	2 Man	Jeremy	Ritch	M	49	40+	Phoenix	AZ	USA	No
Iron Rail Runners	2 Man	Russell	Rohlfs	M	48	40+	Omaha	NE	USA	No
Lost in Pace	3 Mixed	Xandi	Meixner	F	54	50+	St. Martin		Austria	No
Lost in Pace	3 Mixed	Lia	Sterciuc	F	57	50+	Kirkland	WA	USA	No
Lost in Pace	3 Mixed	Walter	Wegschaider	M	49	50+	St. Martin		Austria	No
Maverick and Goose	2 Man	Kenny	Elliott	M	33	30+	Murrieta	CA	USA	No
Maverick and Goose	2 Man	Kurtis	Geiger	M	26	30+	Visalia	CA	USA	No
NYARA	2 Man	Chris	Rice	M	52	50+	Suffern	NY	USA	Yes
NYARA	2 Man	Mike	Shaddow	M	49	50+	New York	NY	USA	Yes
Off Course	3 Man	Benjamin	Bittick	M	46	40+	Tulare	CA	USA	No
Off Course	3 Man	Clay	Manning	M	44	40+	Clovis	CA	USA	No
Off Course	3 Man	Ryan	Racca	M	50	40+	Fresno	CA	USA	No
Put The Kettle On	3 Woman	Susie	Chan	F	50	40+	Bordon	EAW	United Kingdom	Yes
Put The Kettle On	3 Woman	Emma	Harris	F	45	40+	Southampton	HAM	United Kingdom	Yes
Put The Kettle On	3 Woman	Amanda	Skinner	F	39	40+	Botley Southampton	HAM	United Kingdom	No
Random Guys	2 Man	Gregory	Duckworth	M	61	60+	Myrtle Beach	SC	USA	No
Random Guys	2 Man	Glendell	Kovacs	M	64	60+	Norfolk	VA	USA	No
RMORC	2 Man	Kyle	Deerkop	M	42	40+	Aberdeen	WA	USA	No
RMORC	2 Man	Nick	Doelman	M	47	40+	Elma	WA	USA	No
Salty Milers	3 Mixed	Jennifer	George	F	41	40+	San Diego	CA	USA	No
Salty Milers	3 Mixed	Woochan	Kwon	M	43	40+	Los Angeles	CA	Republic of South Korea	No
Salty Milers	3 Mixed	Anne-Claire	Podlipski	F	41	40+	Los Angeles	CA	France	No

Team Name	Category	First Name	Last Name	M/F	Age	AgeGrp	City	State	Nationality	Previous Finisher?
San Diego Slammers	2 Man	Brendan	Martise	M	35	30+	Boulder	CO	USA	No
San Diego Slammers	2 Man	Sergio	Flores	M	36	30+	San Diego	CA	USA	No
Scylla and Charybdis	2 Man	Troy	Eid	M	62	50+	Morrison	CO	USA	No
Scylla and Charybdis	2 Man	Christopher	Hill	M	43	50+	Dallas	TX	USA	No
Sea Sufferers	2 Man	Daniel	Shamburg	M	46	40+	Encinitas	CA	USA	Yes
Sea Sufferers	2 Man	Justin	Campbell	M	46	40+	Encinitas	CA	USA	No
See Yah	2 Man	Harley	Hogan	M	38	30+	Yuma	AZ	USA	No
See Yah	2 Man	Brad	Saltz	M	35	30+	Yuma	AZ	USA	No
Skies Out Thighs Out	2 Man	John (Jay)	Allen	M	46	30+	Santee	CA	USA	No
Skies Out Thighs Out	2 Man	Jayden	Lombardo	M	27	30+	El Cajon	CA	USA	No
Stars & Samba	2 Mixed	Luke	Thomas	M	46	40+	San Diego	CA	USA	No
Stars & Samba	2 Mixed	Odara Maria	Thomas	F	39	40+	San Diego	CA	Brazil	No
Three's Bad Company	3 Mixed	Elizabeth	Perez	F	61	40+	Victoria	TX	USA	Yes
Three's Bad Company	3 Mixed	Rosalio F.	Salinas III	M	41	40+	Portland	TX	USA	No
Three's Bad Company	3 Mixed	Jonathan	Walther	M	31	40+	Oceanside	CA	USA	No
Triple Tide	3 Woman	Jessica	Hardy	F	43	40+	El Segundo	CA	USA	No
Triple Tide	3 Woman	Andrea	Kooiman	F	51	40+	Mission Viejo	CA	USA	Yes
Triple Tide	3 Woman	Melissa	McKeehan	F	41	40+	Dana Point	CA	USA	No
Two Vets	2 Man	Matt	Cantrell	M	42	40+	Whitestown	IN	USA	No
Two Vets	2 Man	Kenny	Krygier	M	41	40+	Townsend	DE	USA	No
Two Water Polo Coaches	2 Man	Tom	Atwell	M	59	40+	San Diego	CA	USA	Yes
Two Water Polo Coaches	2 Man	Cole	Martinez	M	30	40+	San Diego	CA	USA	No
Twomorrow is Coming	2 Man	Brian	Lutz	M	49	40+	Bellbrook	OH	USA	Yes
Twomorrow is Coming	2 Man	Gautama	Reid	M	48	40+	Middlesex	NJ	USA	No
Veggie Tales	2 Woman	Emily	Lyons	F	35	30+	Castle Hayne	NC	USA	Yes
Veggie Tales	2 Woman	Victoria	Negri	F	39	30+	Brooklyn	NY	USA	No
Y.A.C. 1945	3 Man	Bryant	Shook	M	35	30+	Yucaipa	CA	USA	No
Y.A.C. 1945	3 Man	James	Harwood	M	43	30+	West Covina	CA	USA	No
Y.A.C. 1945	3 Man	Matt	Nelson	M	42	30+	Yucaipa	CA	USA	No



2025 Start Line

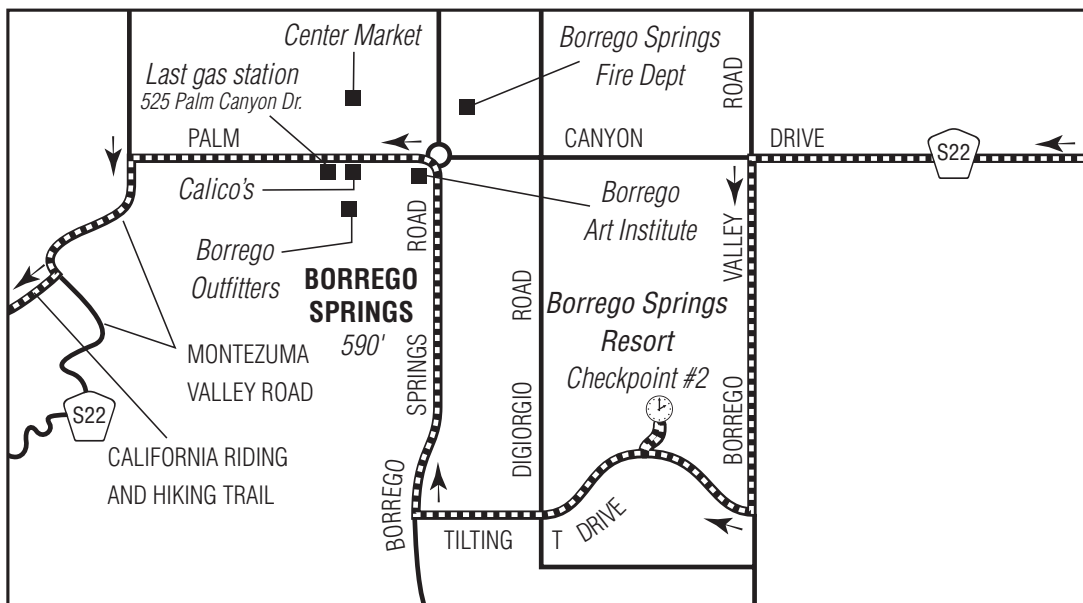
2026 BADWATER SALTON SEA OFFICIAL RACE ROUTE



Distance (ml.)	Landmarks / Notes	Elevation
0	Salton Sea Start Line at 905 Sea Port Ave, Salton City, CA 92274	-234 ft.
0.55	Left Salton Bay Dr.	
Note:	Crews: drive directly to Mile 6.75, NOT on race route. Runners must self-support until 6.93.	
0.83	Left Flamingo Ave.	
1.1	Road bears right	
1.24	Left Salton Bay Dr.	
1.6	Right Montego Ave.	
1.75	Left Sea View Dr.	
2.35	Stay right on Salton Bay Dr.	
2.73	Left Honolulu Ave.	-234 ft.
3.3	Right Crystal Ave. (T-int)	
3.8	Left Sea View Dr. (SS, T-in)	
4.17	Right Salton Dr. (SS)	
5.7	Right Riviera Circle	
6.17	Cross South Marina Dr. (SS)	
6.2	Veer right towards culvert under hwy (dirt road)	
6.45	Cross under CA 86 via dirt road through culvert	
6.5	Left Service Rd. just on other side of highway CA 86	- 120 ft.
6.75	Right Borrego Springs Seaway / S22 at huge gas station / mini mart	
Note:	Crews drive directly to here from start. Last Gas & Supplies until Borrego Springs.	
10.2	Cross Bantsch Trail (first climb)	70 ft.
14.3	Checkpoint #1: USN Microwave Tower (enter San Diego Co. & ABDSP)	510 ft.
16.9	Big Scenic Overlook with Parking on Right	
18.67	Call Box	
20.1	Mile Marker 33	

2026 BADWATER SALTON SEA OFFICIAL RACE ROUTE

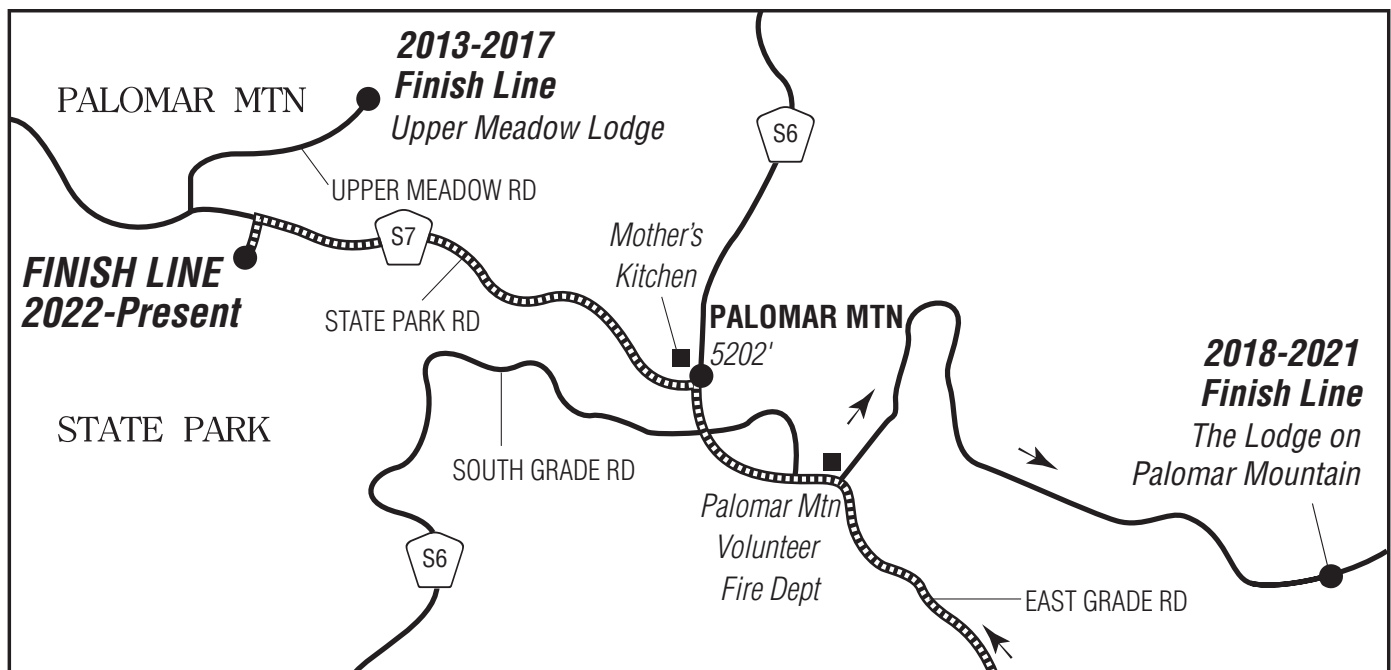
Distance (ml.)	Landmarks / Notes	Elevation
21.2	Mile Marker 32 and Call Box	
22.2	Big pullout on right	
22.9	Big walled pullout on left	840 ft.
23.6	Call Box on left	
25.1	Mile Marker 28 + Anza-Borrego Desert State Park sign (facing opposite)	670 ft.
26.3	Mile Marker 27	670 ft.
27.3	Pass Henderson Canyon Rd. (at Call Box and near Mile Marker 26)	610 ft.
28.1	Mile Marker 25	
28.9	Mile Marker 24	
29.6	Road bears right, and becomes Palm Canyon Dr.	570 ft.
31.25	Borrego Valley Airport & The Propellor Restaurant on right	520 ft.
32.55	Left Borrego Valley Rd. (SS)	520 ft.
34.3	Right Tilting T Dr.	
34.9	Right into Borrego Springs Resort	
35.05	Checkpoint #2: at resort lobby (U-turn here) at 1112 Tilting T Drive 92004	560 ft.
Note:	Runners must pass here by 1500!	
35.2	Right Tilting T Dr. (SS)	
36.5	Right Borrego Springs Rd. (SS)	
38.2	Left at Christmas Circle (runners may cut the corner)	590 ft.
38.5	The Mall: Calico Café on left / Center Market on right: Get Real food!	
38.6	Last Chance for GAS!	680 ft.
39.55	Left Montezuma Valley Road / S22	750 ft.
40.4	Checkpoint #3: Right into dirt parking lot at Hellhole Canyon Trail	
40.5	Enter California Right and Hiking Trail (3800 ft. of total gain; plan 2.5 to 6 hours!)	880 ft.
Note:	Runners must start trail by 1700! CREWS: After runners depart, we recommend you get real food, drinks, and gas in town. Then, it is a 7.4 mile drive from Hellhole Canyon to the CP#4 turn off (a dirt road on the right) You can wait near there to see your runners DURING the trail section, otherwise continue to 10 miles beyond Hellhole Canyon to the summit of Montezuma Valley Road and wait there.	
45.35	Checkpoint #4: Peña Spring Trailhead at Culp Valley Rd (off Montezuma Valley Rd)	3590 ft.

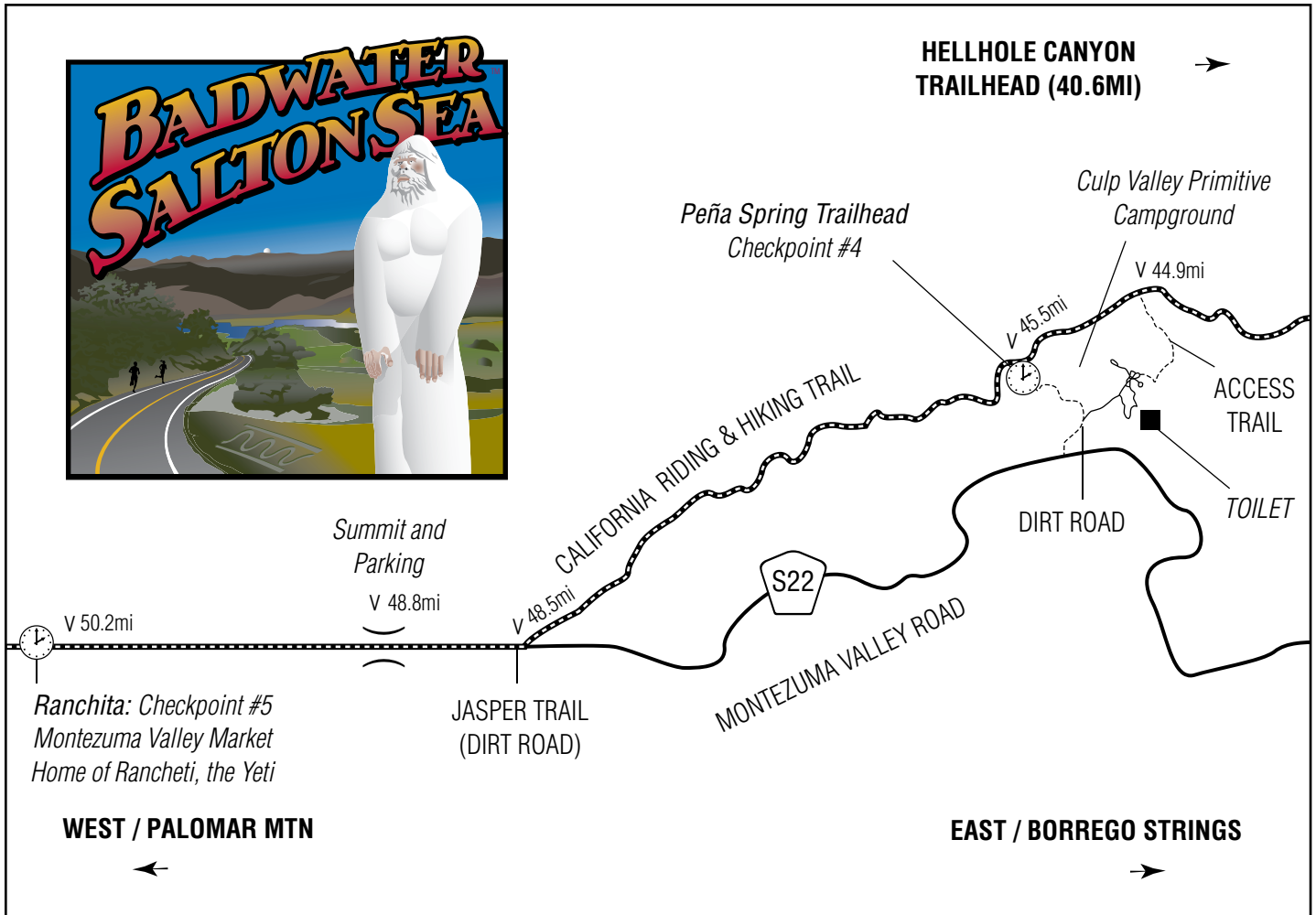


2026 BADWATER SALTON SEA OFFICIAL RACE ROUTE

Distance (ml.)	Landmarks / Notes	Elevation
48.35	Rejoin paved Montezuma Valley Road: turn right to go uphill	3745 ft.
48.7	Summit of Montezuma Valley Road	4225 ft.
Note:	Support Crews, park in this vicinity while waiting for your runners to finish the trail section.	
50.1	Checkpoint #5: Ranchita Bodega in Ranchita on Right by "Rancheti"	4100 ft.
Note:	Last Chance for Food, Drinks, Water, Supplies! Also, free soup and hot chocolate!	
50.25	Fire Station on right at 37370 Montezuma Valley Road, Ranchita 92006	
55.25	Right S2 (T-int; yield)	3500 ft.
59.9	Left SR 79 (SS, T-int)	3000 ft.
Note:	Minimal road shoulder from here to finish. Run, drive, and park carefully!	
61.6	Mataguay Scout Ranch on left	2870 ft.
62.2	100km Mark! Huge gravel pullout on right	
63.3	CA DOT "Lake Henshaw" HQ on right	
64.2	Right on SR 76	2820 ft.
67	Viewpoint / Call Box / Large pullout on right	
67.9	Checkpoint #6: Lake Henshaw Resort, then Fire Station at 26147 CA-76 92070	2760 ft.
Note:	Please Call or Text team name and location to the Race Director as Runners Pass Here!	
68.75	Right S7 / East Grade Road	2720 ft.
70.55	Mile Marker 1.8 and "Scenic Vista" sign	3210 ft.
72.8	Mile Marker 4.0: View of the Pacific!	3880 ft.
76.8	Mile Marker 8.0	4660 ft.
79.9	Just after the summit and Mile Marker 11, STAY LEFT at Fire Station	5260 ft.
80.15	Stay straight onto S6 at four-way intersection, but get ready for a quick turn left:	
80.2	Left on State Park Rd. just before store / Mother's Kitchen	
80.7	Pass 21205 State Park Road (Green Sign) on left, then look for next driveway	
80.8	Turn left into 21145 State Park Road, Palomar Mountain, CA 92060	5500 ft.
81	Finish Line via left / side yard into backyard: Park on RIGHT of house!	5500 ft.

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UPPER MONTEZUMA VALLEY ROAD DETAIL

The trail section of the race is VERY steep and surprises runners every year with both its steepness, rugged terrain, and intense heat. Knowledge of maintaining proper electrolyte balance is critical.

Leg cramps are a sign that SOMETHING IS WRONG. (Ditto for dizziness, “goose bumps,” nausea, headache, weak legs, lack of coordination, rapid pulse and / or heavy sweating and/or moist and cold skin.)

These symptoms are not to be ignored, nor “pushed through.” This is even more important on the trail section: If you head up the trail and don’t feel well, and/or get cramps, TURN AROUND and come back down immediately!

- The trail is 7.8 miles long (some have measured it at 8+!) with 3600 feet of elevation gain.
- The fastest teams cover the trail section in about 2.5 hours, while the back-of-the-pack teams will take up to SIX HOURS to complete the trail section.
- There is a timing checkpoint located 5 miles up the trail. (This is the only place to leave the trail!) Crews have the option of briefly meeting their runners at this location. (Culp Valley Campground: Peña Spring Trailhead)
- Runners will exit the trail a quarter-mile below the summit of Montezuma Valley Rd. (Watch out for cars!) After ascending the road a few hundred yards, runners meet back up with their crews parked at or near the summit.
- Once runners start up the trail at CP3, many crews go back into Borrego Springs to buy real food and to get gas. From CP3, it is a 7.3-mile drive to the Culp Valley CP#4 turn-off, or 10 miles to the summit of Montezuma Valley Road, where crews will park and await runners.



THE DANGERS OF RUNNING IN THE HEAT

Noora Alidina receives fluids for inside and out during the 2007 race from her husband and daughter.

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.

Relative Humidity	Air Temperature (Degree F)										
	70	75	80	85	90	95	100	105	110	115	120
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.



Medical Risks in the Badwater Salton Sea



2011 champ Oswaldo Lopez stays cool during the 2013 race.

This 81 race is one of the most physically taxing competitive events 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.

HEAT EXHAUSTION		OR	HEAT STROKE	
Faint or dizzy			Throbbing headache	
Excessive sweating			No sweating	
Cool, pale, clammy skin			Body temperature above 103°	
Nausea or vomiting			Nausea or vomiting	
Rapid, weak pulse			Rapid, strong pulse	
Muscle cramps			May lose consciousness	
<ul style="list-style-type: none"> • Get to a cooler, air conditioned place • Drink water if fully conscious • Take a cool shower or use cold compresses 			<p>CALL 9-1-1</p> <ul style="list-style-type: none"> • Take immediate action to cool the person until help arrives 	

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Historical Data, Badwater Salton Sea 2013-2025:

Total Number of Participants: 790 (259F / 531M)
Total Number of Unique Entrants: 557
Total Number of Unique Finishers: 484

Nationalities Represented:

Armenia: 3	Germany: 7	Poland: 2
Australia: 5	India: 3	Serbia: 1
Belarus: 1	Italy: 3	Singapore: 1
Bolivia: 1	Japan: 14	Slovakia: 1
Brazil: 4	Kenya: 1	South Korea: 1
Canada: 21	Lithuania: 1	Sweden: 3
Cayman Islands: 2	Mexico: 10	Switzerland: 3
Colombia: 1	Mongolia: 4	United Kingdom: 20
Czech Republic: 2	Netherlands: 1	USA: 660
Denmark: 4	Peru: 1	
El Salvador: 1	Philippines: 7	

American States Represented: 42

Hats off to our many-time finishers!

5-time finishers: Pamela Chapman-Markle*, David Coats, Dale Cougot, Nathan Longcrier, and Russ Reinbolt

6-time finisher: Keith Straw and Sandra Villines-Burruss

7-time finishers: Kevin Delk and Emily Ryan*

8-time finisher: Ray Sanchez*

** Competing again this year!*

