WXT Athlete Guide

Registration and parking open at 6:15am. For parking enter the park off Bear Tavern Rd. This is the Phillips Farm area where the camp sites & soccer fields are located. **The address is 1239 Bear Tavern Rd, Titusville, NJ 08560**

The forecast for race day is sunny and comfortable with a low in the upper 30's and high of 63. The 50K especially will likely encounter this temp range, so do not overdress. Bring light layers and make sure to pre-hydrate. We will have a clothes drop bin at the 1.6 mile mark. Any clothing left behind will be donated.

Please note if you registered after 10/4 you are not guaranteed a shirt.

Our race supports the WCPA (Washington Crossing Park Association) The WCPA will have a tent at the race providing baked potatoes & fixings for all racers & volunteers. They will also be available for sale for any spectators.

Schedule:
Registration Bib Pick-up 6:15am – 7:15am (please make sure your bib is visible)
Pre-race Instructions – 7:15am
National Anthem – 7:25am
Musket Firing Race Start 25K & 50K- 7:30am
WCPA Baked Potato Bar opens 10am
Awards 25K- 10:30am & 50K 2pm
50K Cut-off 4pm
Music & Games 8am – 4pm

50K course overview-

The 31-mile course is a diverse mix of technical single track, horse trails, short section of country roads. The Race starts with 7.5 miles in the Historic Washington Crossing Park in Hopewell Township, NJ.

The BaldPate sections crosses Church Rd from Washington Crossing Park, take the Green trail down across the creek and up to the Pleasant Valley parking lot. From the lot take the powerline trail up to X and go left down to the ridge trail. That will take you to a beautiful vista and an aid station. **This is the turnaround point for the 25K.** This will be mile 10.7 of the race. The 50K will continue through the aid station to the red trail. That will take you to the Pleasant Valley trail and out to Grist Mill aka Maple Syrup and Pleasant Valley rd.

Once you cross Pleasant Valley Road and head around the Howell Living Farm via Valley Road to right on Woodens Lane to the Dry Run Creek Trail. This is a beautiful short punchy trail that leads you to the Rock Hopper trail and the Aid Station where you cross rt. 518 to access the trail head for Rock Hopper. Rock Hopper is the most technical section of the course.
This year we will go out and back entering on Blue crossing the creek and picking up Red heading out to orange, crossing the power lines and turning around at the end of Rock road and heading back on blue. Once you exit Rock Hopper, cross back over rt. 518 you will head back to Washington Crossing on trail in the most direct way to the finish. From the Aid station at Rock Hopper you are approximately 9

miles from the finish.
There are aid stations approximately every 5 to 6 miles, some less some a little more.
There will be Aid at the Baldpate Vista turn in Wash. Xing Park (you will hit this twice), There will be another aid station at the Start/Finish area at mile 7. The last aid station is at the Trail Head to Rock Hopper at rt 518 you will hit this twice as well.

Bib Check Photo Timing: We will have bib checks via RSU new photo tagging technology, where we will take your picture capturing your bib number. This will happen at the Baldpate aid station / 25K turn around as well as the Rock Hopper Aid station, going in and out. There will be a manual bib check at the end of Rock Road for the 50K turnaround.

Aid Station Distances

Wash Xing Soccer mile 3.5 & 7

Baldpate Vista mile 11

Rock Hopper at Route 518 mile 15.5

Rock Hopper coming back mile 22.5

Baldpate Vista mile 26.5

Aid Station items

Squirrel Nut Butter- Anti Chaffe
Chewable S-tabs- all aid stations
Tailwind- all aid stations
Perogies / hot food- Rock Hopper only
Bananas- Baldpate Vista & Rock Hopper
Ucan gels- Baldpate Vista & Rock Hopper
PB&J on wheat - Baldpate Vista & Rock Hopper
Peanut M&M- Baldpate Vista & Rock Hopper
Coke & Mtn Dew- Baldpate Vista & Rock Hopper
Tampons / Maxi Pads- Baldpate Vista & Rock Hopper

50K Cut-offs

The cut off to get out of Washington Crossing 7.5 mile section is 2 hours or 9:30am

The cut-off out of Rock Hopper at the 518 road aid station is 6 hours or 1:30pm

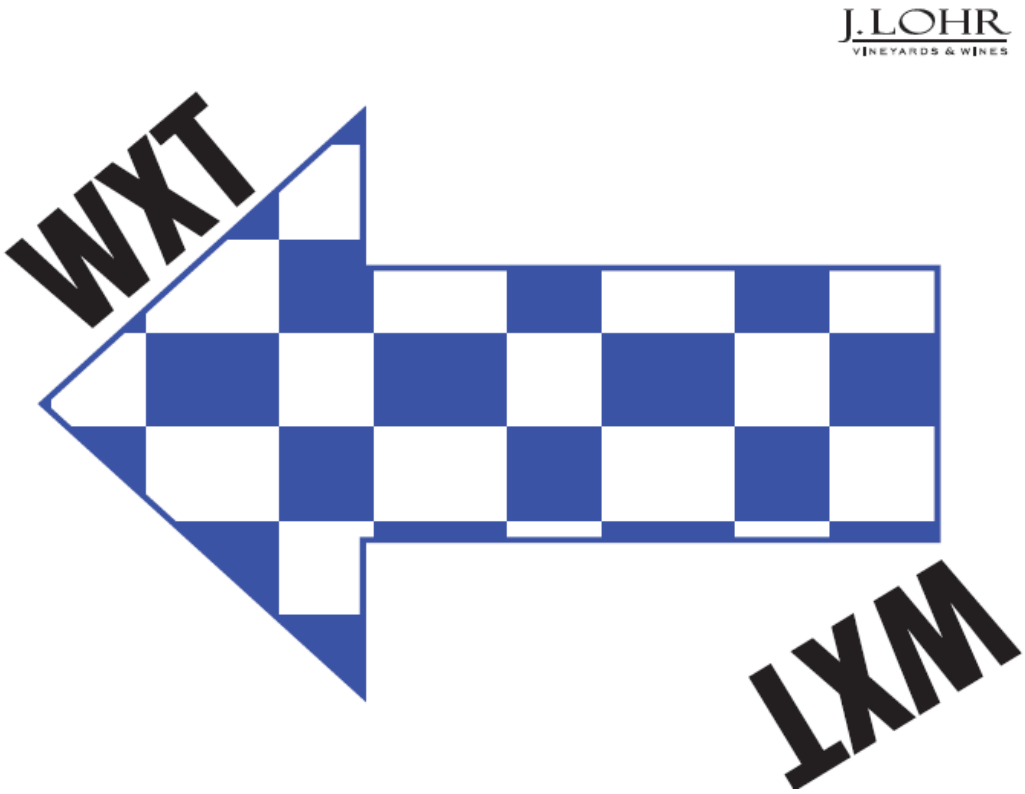
The final cut off at the Baldpate aid station vista is 3pm

The Finish Line cut off is 8 hours 30 minutes or 4pm

Please note the cut-offs will be enforced.

There is no cut-off for the 25K. Need to be out of Washington Crossing Park in 3.5 hours.

Course marking
The course will be marked with blue and white checked flagging tape, landscape flags & turn arrows and important intersections. See below:



Spectators and activities for all ages- There are several spots to see your runner. The first spot is in Washington Crossing park near the start finish area, they will come trough at mile 1.7. Then at the aid station at the end of the gravel road at mile 3.5 and 7.

When they get to Baldpate at mile 11 you can see them by driving to the Strawberry Hill Mansion lot at 28 Fiddlers Creek Rd. Titusville, NJ. This is a beautiful vista.

Additionally, we will have corn hole and can jam at the race site.

Thank you for supporting our race and the WCPA,

Anthony Accardo and the WXT Team