



## **WEST LINE WINDER 50K**

### **RECCOMENDED GEAR + PLANNING GUIDE**

Preparing and packing for your first 50k race can be a bit overwhelming, but fear not! It's actually not as intimidating as it seems and you likely already have most of the things you need. Plus, you've got us rooting for you and you'll find some helpful information here.

Consider this a crash course in what to expect in your first ultra!

This list is designed to give you the basic tools to complete the West Line Winder, but remember, this race is yours and yours alone, so if there's something that you found over the course of training that gives you more confidence, a mental boost or a bit more umph in the last 5 miles, pack it. It's your secret weapon.

Along with what to pack, we've also put together a pace chart to help you to estimate aid station arrival times and think through what your needs might be at those times. Coach K finds that having a pre-planned chart can be helpful when packing and on race day so she is ready for anything the day throws at her! She shows up prepared and ready to tackle the course!

#### **RECCOMENDED GEAR LIST** **(to carry on yourself during the race)**

- Running shoes
- Short sleeve shirt or tank
- Running shorts
- Fuel belt/ hydration vest
- Hydration vessel(s) (min 1000ml)
- Collapsible cup – the race is cup less!
- Electrolytes – Tailwind/ Salt Tabs (Pack enough for every bottle change + plus a few extra)
- Sun protection – hat, sunglasses, sun shade shirt
- Watch/GPS tracker
- Buff or mask (face covering)
- Wind/rain jacket

#### **DROP BAGS STOCKIST + LITTLE LUXURIES** **(you'll thank yourself later)**

- Extra layers – check the weather in the days before the race
- Extra socks
- Sunscreen – apply before, but be ready to reapply later at an aid station
- Extra bottles – prefilled for an even quicker transition
- Extra socks – new socks can be MAGIC and a race changer!
- Body lube/2Toms – for before or during (chaffing is not fun, I repeat, CHAFFING IS NOT FUN)
- Small first aid kit of your own (fix blisters, etc.)
- Phone/music system with headphones (of course follow the rules of the RD and always be listening and aware out on the course)
- Spare mask/buff
- Face Wipes/toiletries – Remove sunscreen and sweat and clean up post-race

**Watch the weather as it gets closer to race day and plan accordingly.**

**Layers will be your friend. You can always layer up and down.**

**Wool is our favorite fabric for adventure clothing because it is so dang versatile.**

**If the sun is beating on your shoulders too strongly, throw on a light wool long sleeve to keep your skin from heating up and scorching. If it's going to be cool and wet, wool, although absorbent, will still keep you warm because of the way it traps air between the fibers, acting as an isolator. What is this sorcery you may ask?**

**Nature. The ingenuity of nature.**

## **NUTRITION PLANNING**

Coach K's favorite phrase that she drills into her runners is "Eat early, often and *real foods first.*" Try to stick with eating every 30-45 min and make sure you are not just eating gels; however, everyone is different and what works for some doesn't work for all, so practice your fueling strategy and figure out what's best for you.

The general rule of thumb with fuel is that you need 200 calories per hour of running, however you decide to break this down the is fine! A great way to stay on top of your food is to just take a few bites of something, rather than scarfing down a whole gel or honey stinger waffle.

The course will have several aid station with opportunities for drop bags that will allow you to stash extra gear. You can fill these drop bags with your preferred fuel, hydration, pre-filled water bottles, extra gear, an encouraging picture of grandma, etc. Use these drop bags for your favorite creature comforts as the aid stations may not have them.

Coach K is a huge Oreo fan and yet not every race has Oreos (WESTLINE WILL THOUGH!), boo, so she packs some! Great pick me up at mile 27!

### **Helpful hints for packing your fuel:**

- Break your nutrition into small bags by aid station with labels. This will help keep you moving and eating. For example, to make a bag for the Speculator aid, which is 11 miles from the start and 4.5 miles to Shields Gulch, you might want 4-6 snacks. You could pack 2 gels (Coach K LOVES Spring and Huma) a bag of chews, a waffle or fig newton, and handful of salty pretzel or chip goodness.
- Pack a variety of calories - you never know what your stomach may be the most open to eating.
- Stash your favorites at different points along the race, it will give you something to look forward to.
- If planning to use blocks or chews, open the pre portioned packs and put what you plan to eat in zip locks. This makes it easier to open on the trail!

## HYDRATION PLANNING

- Early and often. Early and often. Did we mention, drink early and often??
- Plan for 1-2 ounces (a shot!)/ mile, more if it's a hot day
- Designate one bottle for use with a hydration supplement like Tailwind.
- When stopping at an aid, take advantage of the other cold liquids they have there, like coke, and make sure all bottles are refilled before leaving
- The West Line course is exposed and at high elevation which means you're going to be in the sun sweating out all those good electrolytes your body runs off of. Remember, if the sweetness becomes too much, you can always water it down. Having some type of electrolyte in your bottle will help replenish you and keep you moving stronger.
- AGAIN practice, practice, practice your race day hydration in your long runs!

\* PRO STATUS: Take a "sip" every song if listening to music (2-3 minutes) or you can program your watch to beep for a hydration or go by every half mile. (one sip every half mile)

## PACE PLANNING

Every runner will have their own race strategy. To get a good feel of about your pace on race day take a look at your longest run from the training cycle and your average pace, then extrapolate it to the 50K distance. Remember this is a rough estimate and not exact.

Don't start out too fast. We know, the start of a race is hella exciting, but staying consistent is key. Don't let someone else dictate your pace and the knowledge training has brought you. This is YOUR RACE and YOURS ALONE!

Break up the race into smaller mileage chunks - miles to the next aid is often a great way to do it. Not only does this make the distance go by faster, but as the famed ultrarunner Emily Dickinson once said "One step at a time is all it takes to get you there"

Take care of the little annoyances as soon as you feel them. i.e., rocks in shoes, pack rubbing in the wrong place, stomach out of sorts. etc. If you don't, you may be paying for them for the entirety of the race.

Scroll down to find the race profile as well as a chart detailing the distances, crew access, etc. to all aid stations (which you can also find on the website). You can fill this out and keep it on you, stash it in your drop bags or hand out to your crew. Having a pace chart/ race plan on paper is not only helpful to you, but allows your crew to keep track of times and what you're consuming.

Keep in mind, you might have to throw it all out the window and trouble shoot depending on how you're feeling on race day (this is so very normal!), but writing it down and thinking through it ahead of time can be a helpful way to get your mind race ready.

**Oh, and have fun!**

**Coach K**



**RUN INFINITE**



# WEST LINE WINDER 50K RACE PLAN

AID STATION	TYPE	MILE	Expected Arrival Time	FLUIDS	FOOD	GEAR	NOTES
START	Basic + Crew	0					
WHISTLE STOP	Water only	3.9					
VALLEY VIEW	Full	7.8					
BIG SANDY	Water only	13.3					
SPECULATOR	Full + Crew+ Drop Bags	15.4					
SHIELDS	Full	20.4					
MIDLAND	Full + Drop Bags	25.4					
FINISH	Basic + Crew	30.6					



# DROP BAG PACKING LIST

SPECULATOR	MIDLAND



# COURSE PROFILE & AID STATIONS

2022 WEST LINE WINDER						
AID STATION	TOTAL MILEAGE	MILES TO NEXT	CUTOFF	CREW ACCESS	DROP BAG	TYPE
Start	0	3.9	-	Yes	No	Water Only
Whistle Stop*	3.9	3.9	-	No	No	Water Only
Valley View	7.8	5.5	-	No	No	Full
Big Sandy*	13.3	2.1	-	No	No	Water Only
Speculator	15.4	5	1:00 PM	Yes	Yes	Full
Shields	20.4	5	-	No	No	Full
Midland	25.4	5.2	4:30 PM	No	Yes	Full
Finish	30.6	0	6:00 PM	Yes	No	Basic

\*These locations are unstaffed aid stations with only water\*

