

Hello BAU runners,

Thank you for registering for the 3rd year of the BAU. This is the largest BAU yet. We have a total of 73 registered as of Sunday morning (1 more than the very first year). During the first year we ended up with a total of 515 laps (if my math is correct) and calculates out to 2,060 miles. No pressure, but I think we can beat that mark this year.

Lets get into the important information.

Location:

Klacke Orchards  
11466 W. Carson City Rd.  
Greenville, MI 48838

We will be on the north side of the parking lot behind the pavilion (giant white building).

Registration/Packet Pickup:

Online registration closes tonight (Sunday the 20th) at midnight. Runners will still be able to register the day of.

We have a few options for packet pickup/late registration: I'll be at the race start/finish on Friday the 25th from 5p - 8p. If you are someone who is camping or setting up a canopy/tent this would be a great time for you to do so. Otherwise, we will be back on race morning and registration/packet pickup will be happening for the hour proceeding each start: 5a - 6a for the 12 hour runners, 11a - 12p for the 6 hour runners, and 2p - 3p for the 3 hour runners. We will have a brief meeting 15 minutes before each start to highlight any important information and answer questions.

Start times:

**MAKE SURE YOU KNOW YOUR START TIME!!!!!!**

12 hour starts at 6a. You will need a flashlight/headlamp when starting.

6 hour starts at 12p (noon).

3 hour starts at 3p.

The goal is to have all runners finishing their run around the same time.

Hopefully this isn't a problem for anyone, but if it is please contact me ASAP.

Course:

The loop is a 4 mile loop through Klackle Orchards. This is a working orchard and they will be open while the BAU is taking place. Please keep this in mind. We have never had any issues with this and I'd prefer to keep it that way.

You will have access to 2 aid stations, roughly every 2 miles. Simple math right now....we'll see how your math skills are after a few hours of running.

The 4 mile loop does have a road crossing. Traffic is usually traveling very fast in this stretch. We will have volunteers at this point to help you get across safely. Please listen to them. We are not allowed to stop traffic.

Aid stations:

They will be stocked with all the normal ultra foods: Gatorade endurance, water, gels (Gu), Hammer endurolytes, candy (m&m's, gummy bears, twizzlers), sandwiches (PB&J, PB&Honey, grilled cheese), chips, pretzels, warm broth, potatoes, cookies.....

I'm probably forgetting some of the stuff that should be on the list above. I'll try to accommodate any runners within reason.

Restrooms:

At the start/finish the restrooms are roughly 100 yds away at the Pavilion. If you need a restroom at the halfway aid station just ask the volunteers. They'll steer you in the right direction.

Bonus lap:

Any runner who comes through the start finish before time expires (5:59:59p) for their run will have the option to run another lap (Bonus lap). At this point, time becomes relevant. The first runner to finish will be placed ahead of others.

Relay teams:

Runners will alternate laps. Every runner must complete at least 1 lap.

Pacers:

They are allowed for the last half of your race. Please make sure they sign the waiver at the start/finish before pacing.

Drop bags:

There will be an area at the start/finish for runners to leave a drop bag.

70 mile club:

Any runner (I assume a 12 hr runner) who completes 70 miles (actually 72 miles)/18 laps will be added to the 70 mile club. They will receive a special BAU shirt/hoodie. These will be shipped to the runners. We are still waiting for our first BAU 70 mile club member.

Post run party:

Everyone is welcome to join us for hamburgers and hot dogs after they are done running. Please email me if you'd prefer a vegan option. I look forward to sitting around the fire and hearing stories from the day.

Awards/Swag:

Everyone will receive a BAU medal after they complete the event. I am doing my best to make sure everyone receives a shirt. Keep in mind that those who registered after Oct 14th MIGHT not receive a shirt, but I promise I am trying. We will have raffle prizes for everyone (Road ID, Klackle Orchards....). Overall Male, Female, and Relay team in each category will receive awards for their accomplishment.

This is a very relaxed event and I look forward to helping all of you go as far as you can. I don't care if you run, walk, or crawl.

Hopefully I covered everything. Contact me with any questions.

Ben VanHoose

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