



Points to Keep in Mind for the Challenge

- ♦ 50 km in one day is a significant distance and it will take a toll.
- ♦ It will take anywhere from 10 - 14.5 hours for most hikers to complete.
- ♦ It is essential to take breaks. It is NOT a race. The suggested aim is that you complete the challenge with the least negative impact on your body. It is recommended that participants break for either 5 mins every hour, or 10 minutes every two hours; plus two slightly longer breaks for food – but the bottom line is that regular breaks will increase your chance of success.
- ♦ For May 1st, sunrise will be at 5:54 AM and sunset will be at 8:11 PM. This means that there are just over 14 hours of daylight in which to complete the distance. If you assume 1.5 hours of breaks, then to complete the distance in the remaining 12.5 hours it is necessary to maintain a hiking speed of 4 km [or better] an hour while hiking (or, if you prefer, you need to average 3.6 km an hour [or better] including any breaks). It is recommended that you hike at the best pace that you can sustain without noticeable strain. If you try to hike faster than that you will likely incur injuries and not be able to finish.
- ♦ 9 km of the route will be along roads (some seldom used, but others have traffic). For the remaining 41 km the trail varies, with some flatter portions, and many hilly portions. It involves going over about six stiles (small ladders to get over fences); some boardwalks, one bridge, and one beaver dam area (twice for each). As it will still be spring it is quite possible that low lying areas will be wet – so make sure you have extra socks. If you develop hot spots, blisters, or any other feet related issues, then stop and deal with the issue. Continuing without treatment will likely exacerbate the issue.
- ♦ It will be important to remain hydrated. Water will be available (make sure that you have your own drink containers to fill) at each of the check points. Some form of food energy will be provided at selected check points (exactly what will depend upon Covid restrictions); but participants should make sure that they carry some food with them.

Points to Keep in Mind in Preparing for the Challenge

- ♦ Training/working up your hiking muscles will greatly increase your chances of success and reduce the likelihood of injuries.
- ♦ Overtraining will result in injuries prior to the event and will greatly decrease your chances of success.



- ♦ It is recommended that you gradually build up your hiking distances, allowing time in between hikes/training sessions for your body to recover (both aspects should be in keeping with your fitness and hiking abilities). For longer hikes, try to match your pack weight to what you will carry on the day of the challenge.
- ♦ It is not essential that you practice doing 50 km days. If you can get in a couple of 30 - 35 km days (over similar type terrain) then you will be well positioned. Keep track of your hiking speeds and take breaks appropriately.
- ♦ The use of either elliptical machines or treadmills, can augment the development of your leg muscles.
- ♦ The use of trekking pole(s) is recommended, both for steep ascents/descents, and for reducing stress on knees. Learn how to use them properly and practice using them.
- ♦ Stop, or at least greatly reduce, your training efforts for the final 7 days before the event.

Questions and Answers

Feel free to send any questions to: 50kmExtremeChallenge@rideautrail.org. Responses will be sent to the email used for the inquiry. Answers to questions that come up more frequently will be added to this document.

Question: Will participants be forced to stop at twilight and not be able to complete the challenge?

Answer: “To ensure safety, all participants arriving at Check Point 6 between 7:30 PM and 9 PM (and wishing to continue) will be put into a group(s) with a Hike Leader and a sweep (both with reflective vests and headlamps/lights) and will continue as part of the group. Any participants arriving after 9 PM will not be allowed to continue. Note that Check Point 6 is 5 km from the finish. That means that participants can take up to 15 hours to hike the 45 km to Check Point 6.”