



Welcome to the 2019 Delirium Ultra 24-Hour Endurance Race

We are thrilled to be hosting this amazing event for you and we are looking forward to our best year ever! Below you will find all the details that you need to have a successful race. Please review the details and let me know if you have any questions. I would personally like to wish all your family's a wonderful Thanksgiving, and we look forward to seeing everyone on the 30th!

What: Delirium Ultra 6, 12 and 24 Hour Endurance Races

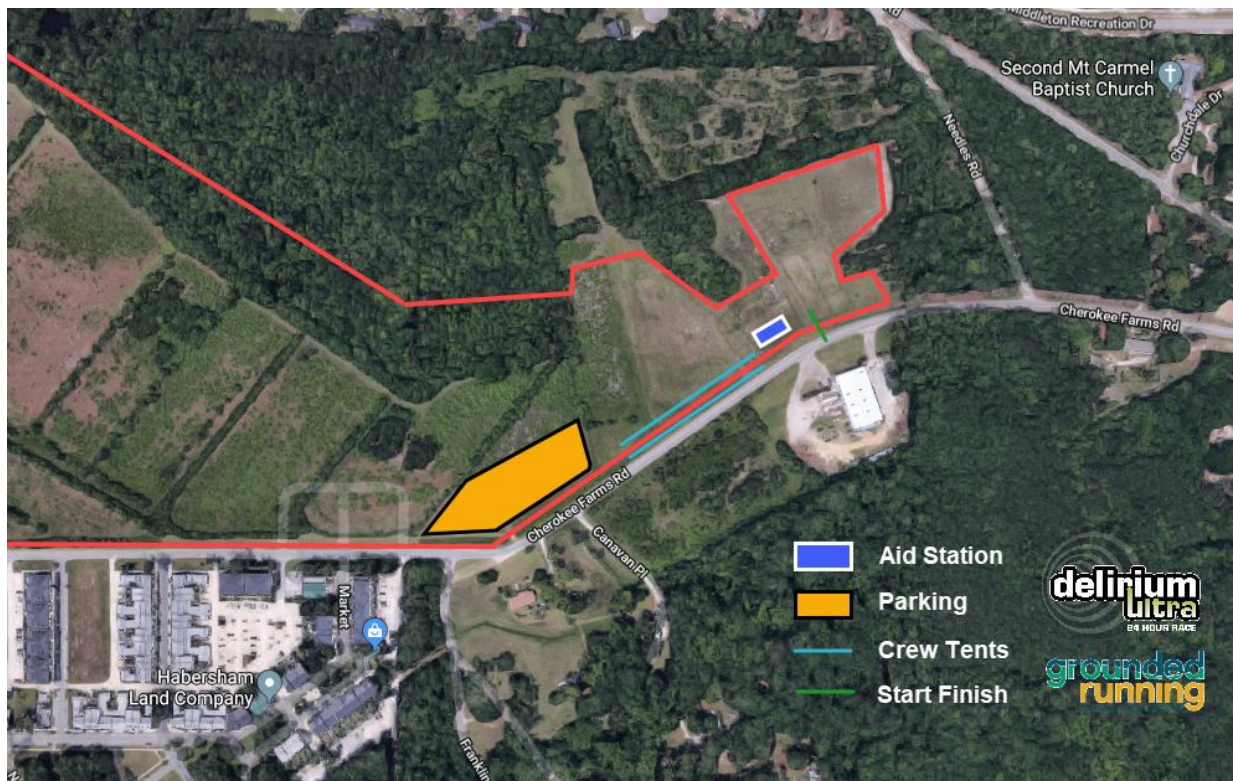
When: Saturday, November 30, 2019 all races start at 9:00am

Where: Habersham Market Place: 13 Market Beaufort, SC 29906

Google Maps: [CLICK HERE](#)

Apple Maps: [CLICK HERE](#)

As you approach the Habersham community, parking will be located on the right side of Cherokee Farms Road. **Please DO NOT stop and off load tents and gear at the Crew tent staging area.** Tents may be set up after 3:00pm, please plan on staking and securing all tents left on property overnight as high winds are possible. Crew tents locations and parking is on a first come basis. Please be reasonable with the amount of space that you take up in tent city.





Delirium Ultra was founded in 2011 and was originally run in Bluffton, SC before moving to Ridgeland, SC in 2013 and ultimately settling in beautiful Beaufort, SC in the Habersham Community. New in 2019, this closed course trail loop is made up of a 1.5 mile on hard packed trail. The course features a single aid station that the runners pass at the completion of each lap. "Tent City" is set up directly on the course for easy access to all your gear and primitive camping is allowed Friday-Sunday. No open fires are permitted in "Tent City"

The Race

The Winner is the overall Male & Female who logs the greatest number of miles in each allotted race: 6, 12 and 24 Hours. Runners must register and compete in the event that they sign up for, there are no race day changes allowed. No cancellations or transfers allowed for any reason. None.

When

The three races: 24-hour, 12-hour, and 6-hour will begin promptly at 9:00am on Saturday November 30, 2019, no exceptions. The 6-hour event will conclude at 3:00pm and the 12-hour event will conclude at 9:00pm.

All racers must check-in PRIOR to 8:00am on Saturday morning.

Aid Station / Food

You will not go hungry! The Aid station will be fully stocked with basic first aid needs with hot meals prepared on the following schedule

Hot Food Meal Schedule

11:00am Chicken Noodle Soup

4:00pm Hamburgers (Like the kind made from animals)

12:00am Chicken Noodle Soup – throughout the evening

8:00am Pancake Breakfast

As with all Lowcountry Ultra Events, we are 100% CUP FREE. Please plan accordingly

Night Running

All runners in the 12 and 24 hours race MUST have a headlamp or handheld light in their possession from dusk until dawn. The Race Director will notify runners when they must have their lights on. It is HIGHLY recommended that you bring extra batteries or a backup light. No Light – No Run... plain and simple!

24 Hour Race Staging and Camping

Our new course allows us to have ample room for Camping and Staging areas for all runners located along both sides of the course just before reaching the main aid station and start/ finish line. Staging areas should be no larger than 12x12 and you may set up and reserve your spot any time after 3:00pm



on Friday November 29, 2019.

The staging area is accessible directly off the course and may be visited at any time during the race. All "staging" areas will be on a first come basis.

Once a Racers gets their current lap counted, there is no returning to the aid station or crew tent areas. To keep it simple, NEVER go backwards on the course. If you plan on taking an extended break, you will stop at your tent until you return to the course and get your lap counted.

Awards

The 2019 Delirium Ultra 24-Hour Endurance Race (6, 12, & 24 hour) is a TIMED race. Runners that complete the ENTIRE timed event will receive the 2019 Delirium Ultra Finishers medal regardless of distance covered.

Runners in the 24-Hour race that complete 100 Miles or more will receive a Delirium Ultra Belt Buckle – WEAR IT WITH PRIDE!!!! These buckles are sweet! ***Top 15 Finishers will receive their buckles at the completion of the event, if we have more than 15 runners log more than 100 miles those will be mailed to participants after the event.

Bibs - Chip Timing

Bibs must be worn on the front of your body and visible during the entire event. As you add layers throughout the night, your bib must still be visible. The event will be chip timed this year and runners will be responsible for ensuring that their bibs are on. If you run a lap and forget your bib, your lap WILL NOT BE COUNTED. Please wear your bibs and timing chips.

Packet Pick Up

Packet pick up will begin on Friday Nov 29, 2019 from 10:00-2:00pm at Grounded Running in Beaufort and from 4-9:00pm at the Start/ Finish line located at 13 Market, Beaufort, SC 29906. If you are unable to attend packet pick up during this time, please be to the racecourse between 7:00-8:00am on race day to ensure an on-time PROMPT start at 9:00am. NO PACKETS WILL BE HANDED OUR AFTER 8:00am UNTIL AFTER THE RACE HAS STARTED.

USATF Certification

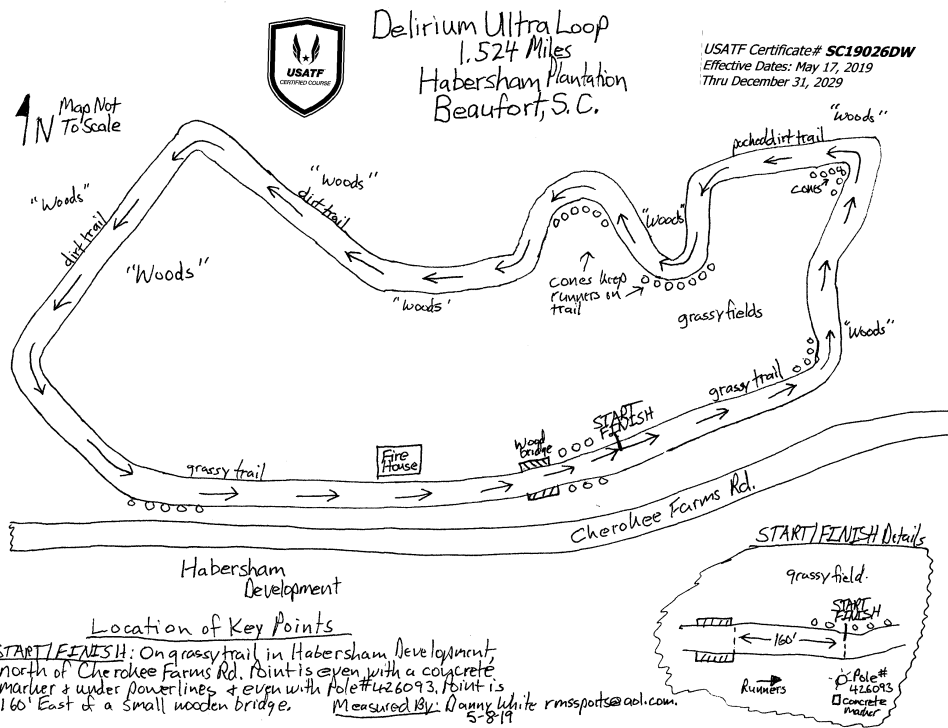
SC19026DW 1.524 Miles per loop No pacing or partial loops accepted.

LIVE Tracking Links

24 Hour Race: <https://www.arrowliveresults.com/deliriumultra24hour>

12 Hour Race: <https://www.arrowliveresults.com/deliriumultra12hour>

6 Hour Race: <https://www.arrowliveresults.com/deliriumultra6hour>





*Road Running Technical Council
USA Track & Field
Measurement Certificate*



Name of the course Delirium Ultra Loop 1.524 Mile Distance 1.524 Mile
 Location (state) South Carolina (city) Beaufort
 Type of course: road race calibration course
 Measuring method: bicycle steel tape electronic distance meter
 Measured by (name, address, phone & e-mail) Danny White, 2119 Rice Road, Marion, SC 29571
(843)230-8648, rmssports@aol.com
 Race contact (name, address, phone & e-mail) Tim Waz, Grounded Running, 864 Parris Island Gateway
Unit B, Beaufort, SC 29906, (843)986-4523, Tim@groundedrunning.com
 Date(s) when course measured: May 8, 2019
 Number of measurements of entire course: 2 Course Configuration: 1 Loop 1 Time
 Elevation (meters above sea level) Start 9.75 Finish 9.75 Highest 14.32 Lowest 5.79
 Straight line distance between start & finish 0 Drop 0 m/km Separation 0 %
 Type of surface: paved _____ % dirt 80 % gravel _____ % grass 20 % track _____ %
 Effective date of certification: May 17, 2019 Certification code: SC19026DW

Notice to Race Director: Use this Certification Code in *all* public announcements relating to your race.

Be It Officially Noted That

Based on examination of data provided by the above named measurer, the course described above and in the map attached is hereby certified as reasonably accurate in measurement according to the standards adopted by the Road Running Technical Council. If *any* changes are made to the course, this certification becomes void, and the course must then be recertified.

Verification of Course — In the event a National Open Record is set on this course, or at the discretion of USA Track & Field, a verification remeasurement may be required to be performed by a member of the Road Running Technical Council. If such a remeasurement shows the course to be short, then all pending records will be rejected and the course certification will be cancelled.

This certification expires on December 31 in the year 2029

AS NATIONALLY CERTIFIED BY:

Danny White

Date: May 17, 2019

Danny White / USATF/RRTC Certifier
 2119 Rice Road, Marion, South Carolina 29571, (843)230-8648, rmssports@aol.com