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OCTOBER 13-15
STRATTON MTN. VERMONT



WELCOME TO 29029

I wanted to take this opportunity to personally welcome you to 29029. Thank you so much for joining us for a challenging, adventurous and amazing experience.

I hope you approach this weekend as a unique opportunity to push yourself physically and grow mentally. This will not be easy... but nothing earned is. Try and be present and appreciate the opportunity, task and surroundings.

That said, our team is prepared to make this as memorable and enjoyable as possible. We know how valuable your time and weekends are and our goal is to create the most enjoyable event we can. You have our word we will do everything we can to do just that.

While we live in a world of competition, this is not a race. It's You vs You. It's about giving it your all and doing your best to finish this grueling trek. You have 2.5 days to do it...plan accordingly.

Additionally, we hope you encourage and help other participants as best you can. Positive vibes. We are all on this hill together.

Good luck, be safe and have an amazing journey.

See you at 29029 feet.

Jesse Itzler





ATHLETE'S GUIDE

EVENT SCHEDULE

FRIDAY 10/13

11:30AM - 1:30PM

Arrival | Check in | Welcome Lunch

2:00PM

Kickoff Speech by Jesse Itzler

2:15 - 5:00PM

Hiking with Gondola Operations

5:00 - 12:00AM

Overnight Hiking with Shuttle Operations

6:00 - 9:00PM

Dinner service

8:00PM+

Campfire Cocktails + Music

SATURDAY 10/14

12:00AM - 7:00AM

Overnight Hiking with Shuttle Operations

7:00AM - 5:00PM

Hiking with Gondola Operations

6:00 - 9:00AM

Breakfast

11:30AM - 2:30PM

Lunch

5:00PM

Last Hike

6:30 - 7:30PM

Cocktail Hour

7:30PM

Dinner Service

Post Dinner

Music + Cocktails

SUNDAY 10/15

6:30AM

Hiking Begins

6:00 - 10:00AM

Breakfast

12:00 - 2:00PM

Lunch

1:00PM

Last Hike

2:00PM

Gondola Closes

3:00PM

Event Ends

EVERSTING SCHEDULE

FRIDAY 10/13

2:15 - 5:00PM

Hiking with Gondola Operations

5:00PM - 12:00AM

Overnight Hiking with Shuttle Operations

SATURDAY 10/14

12:00 - 7:00AM

Overnight Hiking with Shuttle Operations

7:00AM - 5:00PM

Hiking with Gondola Operations

5:00PM

Last Hike

SUNDAY 10/15

6:30AM

Hiking Begins

1:00PM

Last Hike

2:00PM

Gondola Closes





EVENT RULES

The gondola will only operate during daylight hours.

- Medical Patrol makes the determination on the timing of the last gondola load of the day load time
- The listed last hike time of 5:00PM could be moved earlier if conditions require

Hiking down the mountain is not permitted at any time.

- Hiking is not permitted outside of scheduled hours and may be stopped or paused within these hours if conditions require
- There is only one route to the summit for 29029. All participants must take the summit trail under the gondola

Night Hiking Rules (Friday 5:00PM - Saturday 7:00AM)

There are specific rules for hiking Friday night into Saturday morning. These rules MUST be followed if you want to hike at night.

- A head lamp must be worn and remain on at all times during the night hike hours
 - Be sure to bring one or more if you plan to hike at night
 - Spare batteries are also recommended
- A head count is required for all participants during these hours. As such, you must:
 - Check in at the start of each hike at the base aid station
 - Check in at mid-mountain on each hike
 - Check in at the summit on each hike
 - Check in at the camping area if you are breaking or stopping for the night
 - Checking in simply means telling your bib number to the staff at each aid station (base, mid-mountain and summit)

PARTICIPANT IDENTIFICATION

Wristbands

- All participants will be provided a wristband at check-in that must be worn at all times during the event
- This wristband is your access to meals, camping areas, the trail and all alcohol points of service
- If you are not wearing your wristband, Stratton's food | alcohol service staff will not be able to serve you

Bib Number

- Each participant is granted a custom bib at check-in
- You must wear this bib at ALL times while hiking (day and night)
- The bib needs to be on top of your outer most layer so that it is visible while hiking
- This bib identifies you as a competitor on the mountain and allows safety and medical staff to easily identify you in case of an emergency

AID STATIONS

Aid stations are located at the base, mid-mountain and summit and will be staffed during hiking hours

- | | | |
|------------------------------|----------------------------|-----------------------|
| • Beverages provided include | • Fuel provided includes | |
| - Water | - GU Products | - KNOW Better Bars |
| - Coconut water | - Stinger Waffles | - KNOW Better Cookies |
| - Protein drinks | - Fruit | - KNOW Better Waffles |
| | - Health Warrior Chia Bars | - KNOW Better Muffins |



THE TRAIL

The Summit Trail has varying conditions and grades

- There are no shortcuts to 29029!
- This is not an easy challenge -- 1,749 ft is a lot of elevation to gain in a 1.3+ mile hike
- Some sections are nearly 40% in grade and feel more like walking up stadium steps
- Be prepared to go slow and have sure footing
 - There is nothing technical about the trail - some sections will just require patience and potentially working across the trail rather than straight up it
- Mountains take a long time to drain meaning there is constant water running down the mountain
 - You should expect to encounter running water and mud stretches on the trail
- Most of the trail is packed gravel and dirt but some loose rocks do exist
- Be prepared to walk slower if hiking Friday night

HIKE PLANNING

HIKE PLANNING | TIMING

- 29029 Staff has done numerous one way hikes up the mountain and each one took us between 45 - 55 minutes
- Local legend Hubert Shriegl who is 81 years old hikes the summit trail daily in 64 minutes
- Figure 1 hour or more per trip as you tire
- Allow 15+ minutes for the gondola ride down (daylight hours only)
- Allow 30+ minutes for the night time car ride descent
- These trips could be longer if it rains, snows or you are hiking on Friday night utilizing a vehicle for descent

WEATHER

- **The weather in VT this time of year is highly variable**
- The summit can be 20+ degrees cooler than the base. Yes, 20 degrees
- Once the sun goes down it may be well below freezing. Wind can ruin your day - have layers that protect you from it. You'll appreciate it on the rides down the mountain and especially at night
- Extreme winds may force a temporary shut-down of the gondola. This is at the sole discretion of the ski patrol, lift patrol and Stratton management and for your safety only
 - In this situation we will utilize an auxiliary lift that will take participants from mid-mountain to the base
 - 3 laps to mid mountain will equal one trip to the summit



ADDITIONAL PACKING SUGGESTIONS

- Bring waterproof trail shoes or boots
- If you prefer to hike in running shoes, we advise wicking socks to keep your feet as dry and warm as possible
- Bring multiple pairs of shoes
- If hiking at night: a headlamp (mandatory for night hike), layers, gloves, and beanie



TRAVEL | ARRIVAL

- Stratton Mountain - 10 Base Lodge Rd, Stratton, VT 05360
- Parking Entrance - 1106 Long Trail, South Londonderry, VT 05155
 - Once you turn right on Long Trail, make your first right into the parking lot
- Check in will be in front of the base lodge
 - From the parking lot, walk under the top deck of the parking garage and up the metal staircase. There is a designated crosswalk with signs for the base area
 - At the top of the staircase, walk straight through the courtyard in front of Verde Restaurant and up the staircase straight ahead towards the mountain
 - At the top of the second staircase, when you pass the building on your right, turn right and look for the check-in tent

RESTROOM FACILITIES

- There are permanent restroom facilities at the base of the mountain inside the Base Lodge on the basement and second levels This lodge is adjacent to our basecamp
- Additional portable toilets will be placed in closer proximity to the campsite for convenience
- Showers will be made available at times during the event via the use of a limited number of condo rooms in the Long Trail House which is a quarter mile walk from basecamp
 - Showers are on a first come first serve basis and we ask that you please be mindful of other participants as you use the facilities
 - Hotel staff will assign you a room, provide a towel, and issue a room key
 - Once you are finished, you will return to the desk attendant to check-out of the room and return the towel and room key
 - **Shower Availability**
Friday: 5PM - 11:59PM
Saturday: 7AM - 9PM
Sunday: 7AM - 3PM

ATHLETE'S LOUNGE

- There will be an indoor lounge area available on the West wing of the second floor in the Base Lodge
- The lounge will provide refreshments and electrical outlets to charge your devices
- Sports massage therapy will be offered during set hours on a first come first serve basis
 - Sports Massage Hours
Saturday: 7AM - 6PM
Sunday: 7AM - 12PM



SPECTATORS | FAMILY & FAMILY

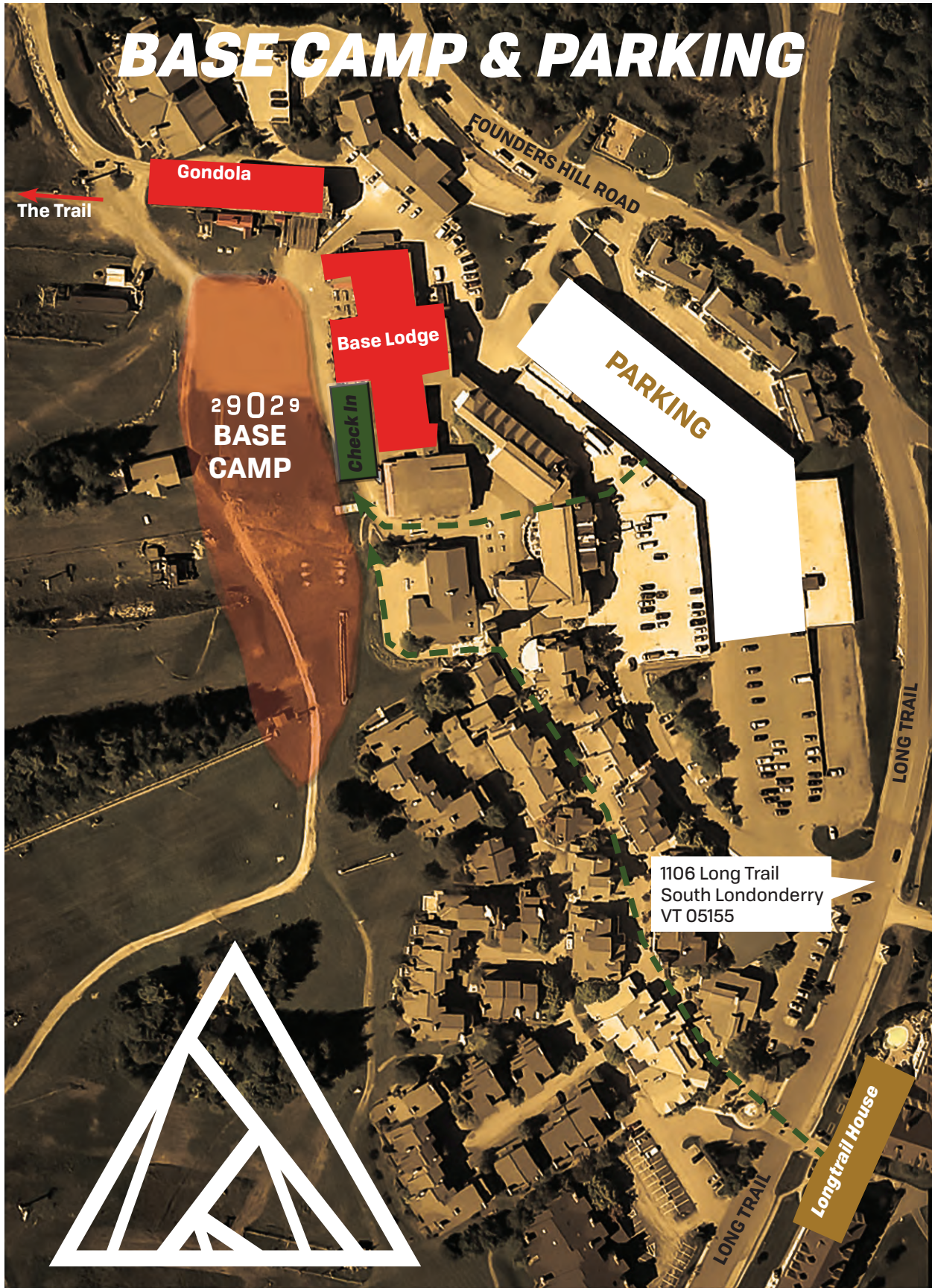
- Spectators are encouraged to cheer and support your effort at 29029
- Spectators are able to ride the gondola to the summit and ride it back down to the base of the mountain. This is available during day hike hours only
- Hiking on the Summit Trail is for event participants only
- All meals provided are exclusively for participants of the event
 - See the restaurant list below for available dining options in town
- Spectators are welcome to attend the evening drinks and music on Friday and Saturday night if they are in the company of a participant

STRATTON RESTAURANTS

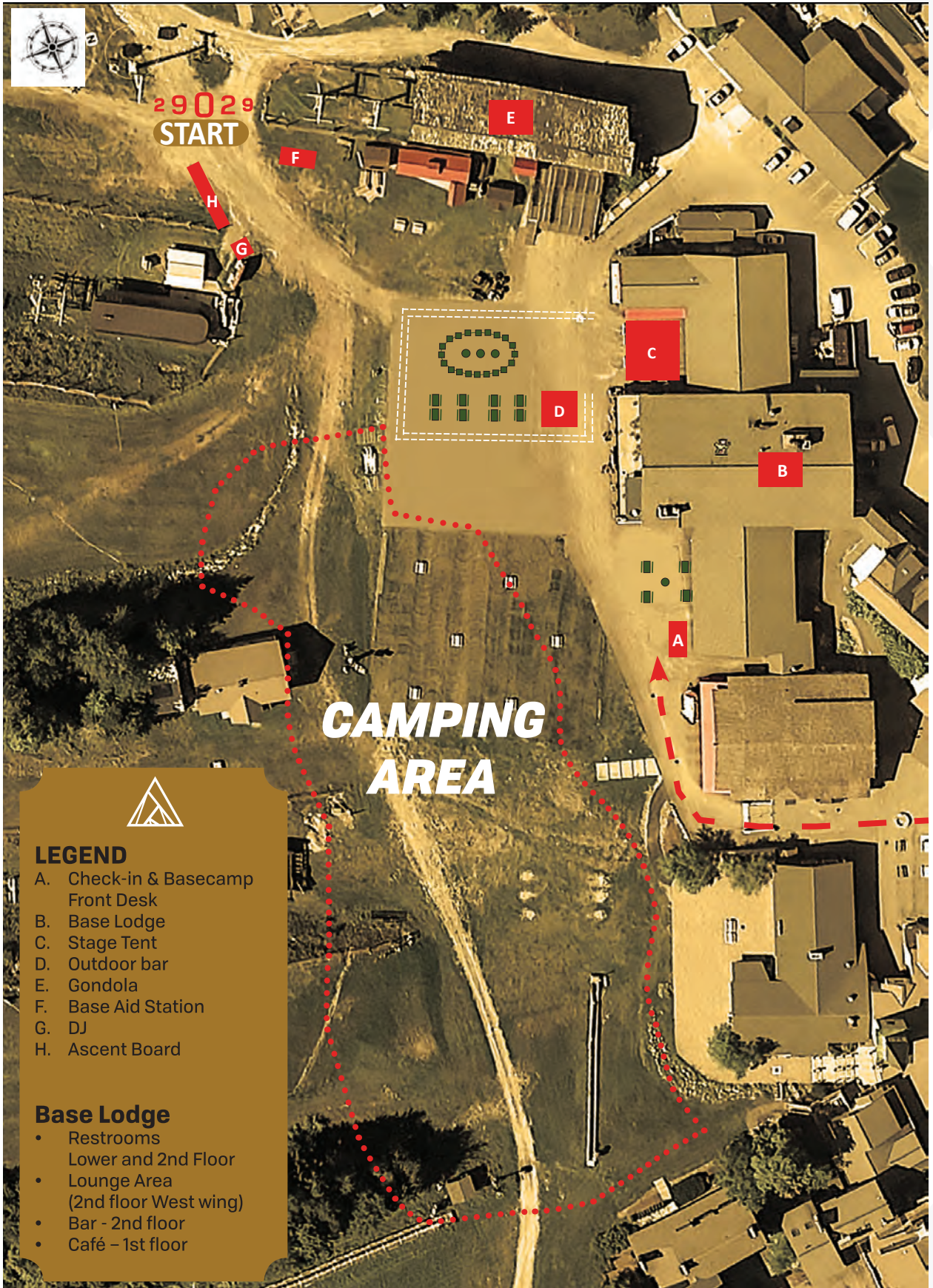
- Stratton Mtn. Market + Deli - Breakfast | Coffee | Lunch
- Village Pie
- Verde
- Bar 802
- Mulligans
- Fire Tower Restaurant

TENTS

- **Check In Friday 11:30 AM - 2:00PM**
*NOTE - Welcome speech | kickoff hike starts at 2PM
- **Check Out - Sunday 3PM**
- Each participant will be assigned a tent at check-in
 - Tents are for participants only at all times
 - Tents cannot be moved or traded
- Each tent will have a bed with linens, a comforter and a pillow
- Each tent will have a LED lantern
- Each tent comes with a propane heater
 - These heaters work reasonably well until the temperature drops below 35 degrees
 - Please plan to bring some warmer clothes to sleep in
 - There will be an attendant overnight in the camping area if you are having issues with your heater
- Tents do NOT have power







LEGEND

- A. Check-in & Basecamp
Front Desk
- B. Base Lodge
- C. Stage Tent
- D. Outdoor bar
- E. Gondola
- F. Base Aid Station
- G. DJ
- H. Ascent Board

Base Lodge

- Restrooms
Lower and 2nd Floor
- Lounge Area
(2nd floor West wing)
- Bar - 2nd floor
- Café - 1st floor



29029 PARTICIPANT ROSTER

001	Adam Hyncik	035	David Posluszny	070	Julie Collins
002	Aidan Pachino	036	David Kerr	071	Justin Bennett
003	Richard Pachino	037	David Stein	072	Justin Epstein
004	Alan Stein, Jr.	038	David Wiener	073	Karl Janisse
005	Allan Young	039	Dolvette Quince	074	Eric Basek
006	Paige Young	040	Ed O'Keefe	075	Kevin Krause
007	Amanda Russell	041	Nola O'Keefe	076	Kristi Neilan
008	Amber Rees	042	Elizabeth Davis	077	Mark Neilan
009	Andrew White	043	Ellie Johnson	078	Lance Friedman
010	Andy Buchbinder	044	Eric Aroesty	079	Lauren Ramsey
011	Anna Jane Edmonds	045	Lori Aroesty	080	Lauren Vellek
012	Annie Cecil	046	Ewoud Swaak	081	Leslie Rosen
013	Anup Patel	047	Glynn Turquand	082	Leslie Strauss
014	Beau Durham	048	Howard Kra	083	Lindsay Wojciechowski
015	Benjamin Boyer	049	Jack Brehm	084	Lindsey Clayton
016	Bill Glaser	050	Jack Armstrong	085	Lisa Trainer Fields
017	Bobby Barad	051	Tim Armstrong	086	Marc McIntyre
018	Brad Keywell	052	Jacqueline Wyman	087	Marc Menga
019	Brad Weimert	053	James Albertelli	088	Marc Skalla
020	Brendan Thompson	055	James Kilkelly	089	Mario Borowski
021	Brendan Ferreira	056	Jason Claybrook	090	Mark Belcher
022	Brett Siegel	057	Jay Kinder	091	Mark Borchetta
023	Brian Resutek	058	Jeff Alred	092	Marq Brown
024	Brian Williamson	059	Jenn Mongeluzo	093	Matt Elliott
025	Brooks Robinson	060	Jeremy Wing	094	Matt Novakovich
026	Carmen Ring	061	Jesse Itzler	095	Max Pagani
027	Chris Devero	062	Sara Blakely	096	Meg MacGregor
028	Chris Resner	063	Jim Lake	097	Scott MacGregor
029	Chris Roussos	064	Joannie Rich	098	Meghan Newcomer
030	Colin Lake	065	Jodi Bell Woodard	099	Michael Hall
031	Colin O'Brady	066	John Dippert	100	Michael Reese
032	Daley Ervin	067	John Shegerian	101	Micki Stary
033	Dan FitzSimons	068	Tammy Shegerian	102	Mike Bayani
034	Danielle Roszko	069	Josh Barocas	103	Mike Hess



29029 PARTICIPANT ROSTER

104	Mike Sheehan	119	Ryan Skelly	134	Denise Mills
105	Miranda Boyd	120	Scott Alley	135	Tim Snee
106	Nick Morris	121	Scott Weiss	136	Tobie Cancino
107	Pam Reed	122	Shane Emmett	137	Todd Furneaux
108	Parker Mclean	123	Stacie Leung	138	Todd Kleinhardt
109	Paul Joiner	124	Stacy Yoshioka	139	Tom Lawrence
110	Peter Chen	125	Stefan Georgi	140	Tommy Johnson
111	Philip Mekelburg	126	Steve Goldberg	141	Whitney Ross
112	Kirsten Mekelburg	127	Steven Sclamberg	142	Woods Davis
113	Rebecca Adelman	128	Susan Mahon	143	Zachary Ramelen
114	Rene Benedetto	129	Susie Schnell	144	Kionte Storey
115	Renea Woodard	130	Taylor Johnston	145	Jonathan Likoray
116	Richard Priest	131	Thor Conklin	146	Preston Pysh
117	Logan Farr	132	Tim Coleman	147	Mike Zurfluh
118	Ryan Cholnoky	133	Tim Mills		



It's not the mountain we conquer but ourselves"
-Sir Edmund Hillary



29029