

GoBig 2023
Hawaii Mountain Running LLC
12-31-2023

Race Guide

Schedule: 12-31-2023

4:30am — Check in for 260-miler & 100K (Kaipalaoa Landing Lighthouse, Hilo)
5:00am — Start of 260-miler & 100K

7:30am — Check in for 100-miler & 50K (Cooper Center, Volcano)
8:00am — Start of 100-miler & 50K

8:30am — Check in for the marathon (Corner of Piimauna Dr & Hawaii Belt Rd, Volcano)
9:00am — Start of marathon

9:45am — Check in for the 5K (Punalu'u Black Sands Beach Park, parking lot)
10:00am — Start of 5K

Courses:

GoBig is a 100% pavement island tour. The course is 100% runnable, with moderate climbing and rolling hills. The 260 miler features a “flatter coastal route” with just under 18,000 feet of climbing and 18,000 of descent starting and ending in Hilo, and the 100 miler is an “easy route” with 9,000 feet of elevation loss and 5,000 feet of gain beginning in Volcano and ending in Kailua – Kona. The 50k is a 4000 foot descent, from Volcano Village to Black Sands Beach and will be a very fast course!

100k - <https://www.strava.com/routes/2909915858699217326>

50k - <https://www.strava.com/routes/2806709205711614942>

100 Miler - <https://www.strava.com/routes/28205443>

260 Miler - <https://www.strava.com/routes/28205247>

Marathon - <https://www.strava.com/routes/3038268515884983008>

5K - <https://www.strava.com/routes/3038268805597563780>

Cut Offs:

5K/Marathon/50K — 6pm (10 hours for 50K). An early start is available if you would like more time — contact the race director to arrange.

100K — 36 hours

100 miler — 50 hours

260 — 96 hours (Runners must complete a minimum of 65 miles per 24 hour day. Do not underestimate this. We recommend you have completed a 100 mile run within the last 24 months, or have experience with multiday stage races. Your final cut off for the 260 miles is exactly 96 hours from your start time).

Gear:

Running between 6 pm and 7 am requires you to have lights & reflective apparel. Please be prepared for both sunny and/or rainy conditions.

Pacers:

For the longer distances runners may have a pacer after mile 50. Pacers are optional and sometimes quite enjoyable, but not necessary. 50k people must run solo or within a safe distance of another racer.

Aid Stations:

DO. NOT. technically EXIST. You are required to be self sufficient or provide your own crew. There will be some race director drive by car aid and assistance with fuel & water refills, but these will NOT be often and you will need crewing or self stashing. If you choose to leave the course, to sleep in a hotel or at home for a part of the course, you will have to check in with race director and confirm that you are leaving from a specific location to which you must return to the exact spot to continue your island pilgrimage.

Rules:

1. Runners or their crew may at no time impede traffic. Run on the shoulder facing traffic (unless it's safer on the other side) and ALWAYS give traffic the right of way. Crew vehicles must be FULLY off the road whenever they stop to assist. A runner who impedes traffic, disobeys traffic signals, or whose crew blocks traffic in any way will be immediately disqualified.
2. Runners are required to wear reflective gear and safety lights between sundown and sunrise. We strongly encourage runners and pacers/crew to wear bright/visible clothing during the day as well. It is your responsibility to be aware of traffic and keep yourself safe. Wearing noise-cancelling headphones is prohibited.
3. No trash/littering. If you stash any supplies along the route, it is your responsibility to retrieve all supplies after the race.
4. If you leave the course for any reason, notify the race director via text or phone call prior to leaving the course AND when you return. You must return to exactly the same spot you went off course, or you may be disqualified.
5. Have fun and be kind. We encourage crew to offer support to other runners along the way, if feasible.