



2025 TETON OGRE ADVENTURE RACE - 24 HOUR



FINAL PRE-RACE UPDATE 6.10.2025

Greetings 24-hour Ogres! Thank you for choosing to take on the longest and burliest Ogre course. The course is big, beautiful, rugged, and will test your limits...you are in for a great adventure! Below is important information that will provide you with all you need to know leading up to race morning, including a preliminary course outline.

YOU WILL RECEIVE A MORE-DETAILED COURSE OUTLINE AND INSTRUCTIONS AT CHECK-IN, ALONG WITH YOUR MAP

PLEASE READ EVERYTHING CAREFULLY and THOROUGHLY, and show up Saturday morning ready to pick up and study your maps, dial in and drop off your TA gear bags ([here's a link to our gear list](#)), get your trackers, and attend the pre-race meeting where we can answer any questions you still have.

If you did not yet read the past two racer updates, please view them here for additional important information:

[UPDATE #1](#) and [UPDATE #2](#)

RACE HEADQUARTERS LOCATION AND CAMPING

See the Camping and Race Headquarters Map and the written directions in [UPDATE #2](#). [Here is a link to a Google map](#), (keep in mind you may not have any cell service by the time you are nearing Race HQ).

A couple added camping details:

- Please pack out all of your personal garbage for the weekend. We do not have the capacity to haul out everyone's garbage, (aside from at the post-race meal). Thanks!
- We will be arriving to set up on Friday afternoon. If you arrive before us, please leave the north end of groupsite #4 open, as that is where we plan to set up our race HQ. You may camp anywhere in the entire campground, except for groupsite #1 and #2.

FINAL RACE SCHEDULE:

Saturday, June 14th - Race Headquarters

**This is a tight timeline and time will go fast once you get your maps! Plan to show up to check-in early and as ready to race as possible!*

9:45-10:30am Check-in, map pick-up, and team photos

10:45am Mandatory pre-race meeting

12:00pm START *You will need to bike 2.5 miles from Race HQ to get to the start. Please plan accordingly.

Sunday, June 15th – Race Headquarters:

12:00pm FINISH cut-off time

Food available from approximately 10:30am-1:00pm

Awards to start ASAP after finish

TEAM CELL PHONE

While cell service is minimal throughout the course there may be some coverage on high points. Verizon seems to have the best coverage, so if any of your teammates have Verizon, please choose to bring their phone as the team mandatory cell phone (for emergency use only).

TA BAGS AND WATER

Each person is allowed one 35L or smaller TA bag (duffle or backpack), that you will drop off before 11:30am and we will transport for you to both TA1 and TA2. **IMPORTANT: We are not providing water for refilling at either TA!** You will need to put at least enough water in your TA bag for the first 4 miles of Leg #2 (trek) and the first 12 miles of Leg #3 (bike). We will have known water sources marked on your maps. PLEASE double check to make sure your containers are not leaky and that nothing will fall out of your bag during transportation! Don't forget electrolytes!

A few other suggested items to put in your gear bin/bag:

- Your trekking gear
- Shoes/socks/clothes/additional warm and dry layers depending on weather
- Extra food and electrolytes
- Freeze-dried meal (hot water will be available at TA2)

Continued...

WEATHER AND COURSE CONDITIONS UPDATE:

So far the weather is looking good, but this time of year anything can change! Please come prepared with plenty of extra layering options—you can always leave stuff in your car if you decide you won't need it. There are parts of the course that are very exposed, and if a thunderstorm rolls in, you will need to know how to be safe and make smart decisions. Check out this [video on lightning safety](#) if you are unsure of what to do in case of a storm.

LIVE RACE TRACKING:

We are excited to again have live tracking for all our 24-hour teams this year! Share the below link with friends and family so they can "dot watch" your team as you move through the course. The full course and race info will be revealed when the race starts on Saturday. [Link for Live 24-hour Race Tracking](#)

TRAVEL SAFELY AND WE WILL SEE YOU SOON!

-Jason and Abby

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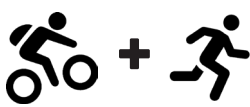

**Please note that we will have limited ability to check messages on Friday night and Saturday morning. Text or email will be best.*

24 HOUR PRELIMINARY COURSE OUTLINE

****A more detailed course outline will be given to you when you pick up your race maps****

- Use this preliminary course outline to help you plan and pack for your race.
- Time estimates vary depending on speed and how many optional points are obtained.
- *Course is subject to last-minute changes, depending on weather and course conditions.*



LEG	DISCIPLINE	DISTANCE	NOTES
#1		15-16 total miles <i>Estimated time: 1.75-3 hours</i>	<ul style="list-style-type: none">• Pre-ride 2.5mi to race start, on your own time. Race Start is 12:00pm SHARP.
TA1		—	<ul style="list-style-type: none">• TA BAGS AVAILABLE HERE• No water provided. Refill from your TA bag, at least enough for the first 4mi of Leg #2
#2		15-16 total miles <i>Estimated time: 4.5-10 hours</i>	<ul style="list-style-type: none">• One water source available early in the leg.
TA2		—	<ul style="list-style-type: none">• TA BAGS AVAILABLE HERE• No water provided for refilling. Refill from your TA Bag, at least enough for the first 12mi of Leg #3• Coffee, cocoa, and hot water available
#3		45-60 total miles <i>Estimated time: 12-18 hours</i>	<ul style="list-style-type: none">• Bring all bike and trekking gear with you on Leg #3• One water source available early in the leg.• 1L of water per person will be available at a water drop during the last half of the leg.
FINISH!		<i>Race Headquarters</i>	<ul style="list-style-type: none">• Finish cut-off time: 12:00pm• Food Available approximately 10:30am-1:00pm• Awards to follow ASAP after finish