

Race Plan — Matt Fistonich

Friday, **October 9, 2026**, 1:00 PM start · Rim Nordic Ski Area → The Village, Big Bear Lake, California. Target **33 hours** (finish ≈ 9:56 PM Saturday) against a hard **36-hour** cutoff. Built for a Salomon ADV Skin 12, a reflux-sensitive gut, and a caffeine tolerance reset to zero.

100.0 mi DISTANCE	~16,000 ft ELEVATION GAIN	15 AID STATIONS	8 CREW- ACCESSIBLE	4 DROP BAGS	24 + 17 GELS + WAFFLES	475 mg TOTAL CAFFEINE
~14h50 HEADLAMP HOURS						

Read these four things first

1. **UTMB mandatory gear is carried the whole race** — not "from certain aid stations." Every item is on your body start to finish and can be checked at random. The rain shell cannot live in a drop bag.
2. **One drop bag per location, not per visit.** Doble Camp is mile 33.5 *and* 55.4; Sugarloaf is 68.8 *and* 83.1. That's **3 course bags** plus a start/finish bag — four, not six.
3. **The 1.5 L Camelbak rides the entire race.** Your two biggest early carries happen at stations with no drop bag and no crew. Peak carry is 3.0 L leaving Sugarloaf 1.
4. **Your salt-capsule load drops from 51 to 19.** Same total sodium, delivered mostly through diluted drink mix and warm broth instead of concentrated capsules — see Section 7.

Registration — no confirmation found in your email

You say you're registered and I'm taking your word for it. Here is what I actually found and didn't find, so you can decide whether to chase it.

Found — one UTMB email, **May 28, 2026**, from `noreply@register.byutmb.world`: "Complete your deferral registration for 2026 HOKA Kodiak Ultra Marathons by UTMB... You are now ready to register... Please note, as there is no entry fee associated with your registration, you are not eligible for a refund, transfer, or deferral." That is an **invitation to register**, not proof you completed it.

Not found — any confirmation, bib number, receipt or race communication after May 28. Searches against mattf@cedarwam.com including spam and trash: `from:byutmb.world` all-time (1 result, the invite), UTMB senders after 5/20 (2 — the invite plus Susie Schmelzer's out-of-office), `Kodiak` after 5/28 (0 UTMB), and a sweep for "registration confirmed / bib number / entry confirmed / you're registered" since May 1 (15 results, none UTMB).

Two-minute check: log in at [utmb.world](#) and look for the 2026 Kodiak 100M entry on your profile, or find your name on [the published runner list](#). If neither shows you, email `kodiak@service.byutmb.world` today — your entry came through Susie and Frank's relationship with the race, so there's a human to ask.

SECTION 1

Master aid station chart

Distances, drop-bag / crew / shuttle status and cutoffs are from the race's official 2026 100M Aid Station Chart. Target splits are my 33-hour model. Elevation is from the 2025 official chart — Section 11 flags the two segments that were rerouted.

AID STATION	MI	LEG	GAIN	ELAPSED	TARGET	CUTOFF	CUSH	SUPPORT
Rim Nordic (START) Start line	0.0	—	—	0h00	Fri 1:00 PM	—	—	B C
K1 Crab Flats	8.4	8.4	+1,182	2h08	Fri 3:08 PM	—	—	—
K2 Camp Whittle	19.4	11.0	+2,170	5h20	Fri 6:20 PM	Fri 7:15 PM	+0.9h	B
K3 Van Dusen	26.7	7.3	+1,000	7h27	Fri 8:27 PM	—	—	—
K4 Doble Camp 1 Shuttle from Bear Mountain Lot	33.5	6.8	+700	9h20	Fri 10:20 PM	Fri 11:30 PM	+1.2h	B C BUS

AID STATION	MI	LEG	GAIN	ELAPSED	TARGET	CUTOFF	CUSH	SUPPORT
K5 Burns Canyon 1	39.7	6.2	+627	11h13	Sat 12:13 AM	—	—	—
K6 Smarts Ranch	47.5	7.8	+618	13h24	Sat 2:24 AM	—	—	—
K7 Cactus Flats Park east side of Smarts Ranch Rd only	51.4	3.9	+300	14h34	Sat 3:34 AM	Sat 5:30 AM	+1.9h	C
K8 Doble Camp 2 Shuttle from Snow Summit Lot	55.4	4.0	+1,361	16h19	Sat 5:19 AM	Sat 7:30 AM	+2.2h	B C BUS
K9 Burns Canyon 2	61.4	6.0	+627	18h25	Sat 7:25 AM	—	—	—
K10 Sugarloaf 1 Shuttle from Snow Summit Lot	68.8	7.4	+1,301	20h56	Sat 9:56 AM	Sat 1:00 PM	+3.1h	B C BUS
K11 Balky Horse	77.8	9.0	+3,321	24h59	Sat 1:59 PM	—	—	—
K12 Sugarloaf 2 Shuttle from Bear Mountain Lot	83.1	5.3	+15	26h30	Sat 3:30 PM	Sat 7:00 PM	+3.5h	B C BUS
K13 Bear Mountain	89.1	6.0	+859	28h46	Sat 5:46 PM	Sat 9:00 PM	+3.2h	C
K14 Snow Summit AS is at the PEAK. Crew at base only. Lift 7am-6pm, paid ticket	95.4	6.3	+1,769	31h27	Sat 8:27 PM	Sat 11:30 PM	+3.0h	base LIFT
FINISH The Village	100.0	4.6	+250	32h56	Sat 9:56 PM	Sun 1:00 AM	+3.1h	B C

BAG drop bag allowed

CREW crew allowed

BUS ONLY — mandatory shuttle, no parking

Chairlift — aid station is at the peak

Amber cushion = under 1.5 h of slack

Reading the cushion column

Your tightest moment is **Camp Whittle at mile 19.4** — roughly **55 minutes** of slack in a 33-hour plan, because you start at 1:00 PM in the day's heat and climb 3,350 ft in the first 19 miles. Everything after Cactus Flats has 2–3.5 hours of cushion. **Don't bank time in the first 20 miles by running hard — bank it by not stopping.** Your first three aid stations should be under four minutes each.

SECTION 2

Crew plan — where they can and can't go

Crew can drive and park — 3 stops

- **Cactus Flats, mile 51.4** · ≈3:34 AM Sat. Park on the **east side of Smarts Ranch Road only** (dirt), leaving 12 ft clear for emergency vehicles. Bad parking gets **you** disqualified.
- **Bear Mountain, mile 89.1** · ≈5:46 PM Sat. Normal resort lot.
- **Finish, The Village, mile 100** · ≈9:56 PM Sat.

Crew must take a mandatory shuttle — 4 stops

- **Doble Camp 1, mile 33.5** · shuttle from **Bear Mountain Lot**
- **Doble Camp 2, mile 55.4** · shuttle from **Snow Summit Lot**
- **Sugarloaf 1, mile 68.8** · shuttle from **Snow Summit Lot**
- **Sugarloaf 2, mile 83.1** · shuttle from **Bear Mountain Lot**

Zero parking at Doble Camp or Sugarloaf. The 2025 guide put *all* Doble shuttles at Snow Summit; the 2026 chart says Bear Mountain for the first. **Confirm both lots in the 2026 Runner Guide when it publishes.**

Snow Summit, mile 95.4 — your crew almost certainly cannot reach you

The aid station is at the **peak**. Crew can only get there by chairlift, **7:00 AM–6:00 PM, paid lift ticket**. On a 33-hour plan you arrive around **8:27 PM Saturday**, nearly 2½ hours after the lift stops. Treat Snow Summit as **runner-only** and load everything for the final 10.9 miles at Bear Mountain (mile 89.1).

The overnight decision: Doble Camp 1 or Cactus Flats — pick one

The race explicitly warns 100M crews not to attempt both. **Send your crew to Cactus Flats.**

- Doble Camp 1 (mile 33.5) **has a drop bag** — you're covered there without a human.
- Cactus Flats **has no drop bag**, and it's the only support point across the 16 miles from Burns Canyon 1 to Doble Camp 2.
- It lands around 3:34 AM — the coldest, lowest, darkest, worst-morale hour of the race, and the first cutoff with real teeth.
- It's self-drive, so crew controls their own timing instead of waiting on a shuttle at 10 PM.

Crew day, in order

1. **Fri ~12:00 PM** — start line, Rim Nordic. They take your start-line bag.
2. **Fri afternoon and evening** — sleep. Alarm at 1:30 AM.
3. **Sat ~2:45 AM** — in position at **Cactus Flats** (target 3:34 AM). Hot food, hot drink, chair, headlamp batteries, 100 mg caffeine.
4. **Sat ~4:15 AM** — drive to Snow Summit Lot for the Doble Camp shuttle. **Tight — you'll reach Doble Camp 2 around 5:19 AM. Verify the shuttle's overnight hours; the 2025 version ran to 7:30 AM.** If they miss it, the Doble drop bag covers you.
5. **Sat ~9:00 AM** — Snow Summit Lot → Sugarloaf shuttle for **Sugarloaf 1** (target 9:56 AM). Big reset stop.
6. **Sat ~2:30 PM** — Bear Mountain Lot → Sugarloaf shuttle for **Sugarloaf 2** (target 3:30 PM).
7. **Sat ~5:15 PM** — drive to **Bear Mountain** (target 5:46 PM). **Last real crew contact.** Night kit #2 on, final caffeine, everything for 10.9 miles.
8. **Sat ~8:30 PM** — The Village finish area.

Pacer — still open, and worth about two hours

Pacers may join **only** at Doble Camp 2 (55.4), Sugarloaf 1 (68.8), Sugarloaf 2 (83.1) and Bear Mountain (89.1). Not at Doble Camp 1, not at the base of Snow Summit. One at a time, on foot, own bib, own signed waiver (Expo, Doble Camp 2, Sugarloaf or Bear Mountain).

Best pickup is Doble Camp 2, mile 55.4, ~5:19 AM — that gives you company for the Sugarloaf climb, 9 miles and 3,321 ft at mile 69, the crux of the race. Frank lives in Big Bear and is the obvious source of local names. You're seven weeks out; lock this in the next two.

Warn them: a pacer who drops at a non-crew station cannot be picked up. They wait for the station to close and beg a ride, or walk out.

SECTION 3

Drop bags — four, not six

Race rule, verbatim: *"Only ONE drop bag will be permitted per runner per aid station. Runners DO NOT get two or three drop bags for aid stations that are hit multiple times."* Label each with **name, bib number and aid station**. Nothing valuable inside.

Drop-off logistics

Course bags: Basecamp (Expo), Thursday 2–6 PM or Friday 9–10 AM. **All 100M bags must be in by Friday 10:00 AM** — three hours before your start, so pack Wednesday night, not Friday morning.
Start/finish bag: you carry it to the start yourself and leave it in the designated area.
Retrieval: you or a crew member with your bib, within 2 hours of the 36-hour cutoff. Unclaimed bags go to the Expo Sunday until noon, then to charity.

BAG 1 — START LINE / FINISH

Rim Nordic → The Village

Confirm with the race whether this is transported to the finish or stays at the start — the 2025 guide is ambiguous. If it stays, hand it to your crew instead.

- Warm jacket, sweatpants, dry socks, slides for the finish
- Recovery food and drink
- Phone charger and battery bank
- Toiletries, wipes, anti-chafe
- Whatever you strip off in the last ten minutes before the gun

BAG 2 — CAMP WHITTLE · MILE 19.4

One visit · ≈6:20 PM Fri · sunset 6:21 PM

Your night-kit bag, and perfectly placed — you arrive within a minute of sunset. Eight minutes here is the one early stop worth taking.

- Long-sleeve midlayer (merino or grid fleece)
- Light gloves, warm beanie, buff
- **Fresh headlamp batteries** — swap now, don't wait for the dim
- **3 gels + 2 waffles** restock, plus drink-mix sachets
- Salt capsules — refill the vial to 12
- Vaseline tin top-up · antacid tablets
- Spare socks (only if your feet are already wet)

BAG 3 — DOBLE CAMP · MILES 33.5 AND 55.4

Two visits, one bag · 10:20 PM Fri & 5:19 AM Sat

Pack it as **two labelled gallon zip-locks** — **MILE 33** on top, **MILE 55 – SHOES** underneath. At 10 PM in the cold you will not sort through a duffel.

BAG 4 — SUGARLOAF · MILES 68.8 AND 83.1

Two visits, one bag · 9:56 AM & 3:30 PM Sat

Same two-layer trick: **MILE 69 – BIG CLIMB** and **MILE 83 – LAST STOP**.

MILE 33 layer — 12 minutes:

- Insulated puffy or second warm layer, warmer gloves
- **4 gels + 3 waffles** for the 21.9 mi to Cactus Flats
- Salt caps, drink mix, antacid
- **Caffeine tablets** — take the vial for the night

MILE 55 layer — **shoe change, 20 minutes**:

- **Second pair of shoes, half a size up**, laces pre-loosened
- 2 pairs fresh socks — wear one, carry one
- **Full change**: shirt, shorts or tights, underwear
- Foot kit: Leukotape, **Vaseline tub**, towel, nail clippers
- Fresh batteries for both headlamps — dark until ≈6:24 AM
- Toothbrush · **75 mg caffeine** · **2 gels + 2 waffles**

MILE 69 layer — 15 minutes. Nine miles and +3,321 ft over a 9,952 ft summit, full sun, midday. **The most important bag moment of the race.**

- **Both spare 500 ml flasks — you need 3.0 L on this leg**
- Strip the night kit into the bag: midlayer, gloves, beanie
- Sunscreen SPF 50, sunglasses, cap
- Fresh shirt, fresh socks, **Vaseline** reapply
- **5 gels + 3 waffles** · salt caps · **100 mg caffeine**
- Backup shoes, in case the mile-55 swap went wrong

MILE 83 layer — 15 minutes, 16.9 miles to go, two climbs left:

- Night kit #2: clean long sleeve, gloves, beanie
- Fresh socks, foot re-tape, Vaseline
- Fresh headlamp batteries — dark returns 6:45 PM
- **4 gels + 2 waffles** · **50 mg caffeine** · Tylenol top-up

What the aid stations stock — and what you should take from them

Available at all stations:

Warm broth & hot food

PB&J sandwiches

Salty snacks

Assorted fruit

NAAK drink mix

NAAK gels

Sweets

Soda — skip it

First aid & blister care

Bug spray

Sunscreen

Anti-chafe lube

Honest caveat: the guide lists these as general offerings and publishes **no per-station breakdown**, so I can't tell you which of the 15 has hot broth at 3 AM versus a folding table and two water jugs. The remote ones — Crab Flats, Van Dusen, Burns Canyon, Balky Horse — are historically minimal. **Plan to be self-sufficient between drop bags and treat everything on course as a bonus.** There's no cup-free policy; you carry your own collapsible cup and they will not hand you one.

SECTION 4

Mandatory gear — carried start to finish

Correction to a common assumption: UTMB doesn't work on a "you must have X leaving aid station Y" model. **Every item below is on you for all 100 miles.** Checks happen "at random and/or scheduled times before and during the event," and missing gear is a disqualification. Your rain shell, both headlamps, blanket and 800-calorie reserve live in the vest the entire race.

Mandatory for the 100M

- **Running pack** for the duration — your ADV Skin 12 qualifies
- **Minimum 1 litre** of water capacity
- **2 working headlamps** plus **spare batteries for each** (200+ lumens recommended)
- **Jacket with hood** for mountain weather — hood integrated or manufacturer-attached, not clip-on
- **Hat** — beanie, cap, bandana or Buff
- **Food reserve**, recommendation 800 kcal — for you that's exactly **2 gels + 4 waffles** (800 kcal), sealed and untouched, separate from working food
- **Mobile phone** with North America roaming
- **Personal collapsible cup**, 15 cl / 5 oz minimum
- **Safety blanket** · **Whistle**

Conditional kits — announced before the start

Cold Weather Kit, realistic for an October night at 6,800–9,900 ft:

- Protective eyewear · second warm layer beyond the jacket
- Sturdy closed-toe trail shoes · warm hat · **waterproof gloves**
- **Waterproof over-pants**
- Survival blanket 1.40 m × 2 m (55" × 80") minimum

Hot Weather Kit: sunglasses · sunscreen SPF 50 minimum · **2 litres water capacity** — your 3.5 L setup already clears this.

Buy the over-pants and waterproof gloves now. They're cheap, nobody owns them, and if the Cold Weather Kit is called at the briefing there's no time to shop.

Recommended, not required: third headlamp, gloves, ID, spare warm clothing, trekking poles, GPS watch.

Poles — decide before the start line

If you use poles you must **carry them the entire race**. You can't start without them and pick them up later, and you can't ship them forward in a drop bag. With 16,000 ft of gain — including +3,321 ft in one leg at mile 69 and +1,769 ft at mile 89 — poles are worth real time to a 33-hour finisher. All-or-nothing, decided before 1:00 PM Friday.

SECTION 5

Packing the Salomon ADV Skin 12

Water capacity: solved — 3.5 L available, 3.0 L peak carry

Stock 2 × 500 ml is **exactly 1.00 L**, the bare legal minimum with zero margin, and it fails on 6 of 15 legs. Your **1.5 L Camelbak plus two spare 500 ml flasks** gets you to **3.5 L**, covering the worst leg with headroom and clearing the 2 L Hot Weather Kit requirement. Put the bladder in the vest for **every** long run between now and October so carrying it empty becomes invisible, and do at least one run with it loaded to 1.5 L — it changes how the whole vest sits.

Front — things you touch while moving

- **F1** 500 ml flask — plain water
- **F2** 500 ml flask — drink mix, half strength
- Collapsible cup
- Phone, zip pocket
- **Salt vial** — 12 caps, screw top
- **Tylenol vial** — 4 × 500 mg
- **Caffeine vial** — night doses only
- Ginger chews · antacid tablets
- Next 2–3 hours of gels and waffles

Back — mandatory kit, packed once

- Hooded waterproof jacket, in a dry bag
- Headlamp #2 and spare batteries for both, in a zip-lock
- **800 kcal reserve** — 2 gels + 4 waffles in a labelled zip-lock, so a gear check takes five seconds
- Safety blanket · whistle clipped visibly to a strap
- Warm hat and gloves
- **BLADDER** — 1.5 L Camelbak, every mile of the race
- **X1 / X2** spare flasks, rear pockets, from mile 68.8
- Bulk food for the current leg

The two additions you asked for

Vaseline — a 1 oz screw-top tin in a front pocket, not a tube. Tubes split and squirt; tins survive. A full tub in the Doble bag and the Sugarloaf bag. Reapply at every drop bag whether or not you feel it — chafing is much easier to prevent than to fix at mile 70.

Tylenol — 4 × 500 mg in the front vial, refills in the Doble and Sugarloaf bags. It's the right choice for you: **no ibuprofen, Advil, Aleve or any NSAID**. NSAIDs irritate the stomach lining (bad for reflux) and in a 33-hour race raise the risk of kidney injury and hyponatremia.

Standard OTC labelling caps acetaminophen at **3,000 mg in 24 hours**. Don't exceed it, and given the duration and the dehydration risk, run it past your doctor before race day rather than improvising at mile 70.

Loaded with mandatory kit, 1 L of water and a leg's food: **≈6–7 lb**. With the full 3.0 L leaving Sugarloaf 1: **≈10–11 lb**. That's the heaviest you'll ever carry and it happens at mile 69, on the biggest climb of the day. Do one training run at full race weight before October.

SECTION 6

What to carry out of every aid station

This is the table the printed card is built from. Every row is **what goes on your back as you leave that station**. Water is the modelled need plus 15%, rounded up to a real container combination. Food is your own gels and waffles; the rest of each leg's calories come off the aid-station table.

Name your five containers and never improvise

- **F1 / F2** — the stock 500 ml front flasks. **F1 = plain water, F2 = drink mix, always**. Never swap sides; at 3 AM you won't remember which is which.
- **BLADDER** — 1.5 L Camelbak, rear sleeve, **on board the entire race**. "Half full" rows mean ≈0.5 L, deliberately, so you're not hauling water you won't drink.
- **X1 / X2** — the two spare 500 ml flasks. They live in the **Sugarloaf drop bag** and only come out at mile 68.8. Have crew hold a backup set.

LEAVING...	MI	TIME	FILL	GEL	WAF	CAPS	CAFF	RESTOCK
Rim Nordic (START)	8.4	2h08	1.5 L	2	1	1	—	BAG CREW
K1 Crab Flats	11.0	3h09	2.5 L	3	2	3	—	on-course
K2 Camp Whittle	7.3	1h59	1.0 L	2	1	1	—	BAG
K3 Van Dusen	6.8	1h48	1.0 L	1	1	2	—	on-course
K4 Doble Camp 1	6.2	1h40	1.0 L	1	1	—	—	BAG CREW
K5 Burns Canyon 1	7.8	2h06	1.0 L	1	1	2	50 mg	on-course
K6 Smarts Ranch	3.9	1h03	1.0 L	1	1	—	—	on-course
K7 Cactus Flats	4.0	1h31	1.0 L	1	1	—	100 mg	CREW
K8 Doble Camp 2	6.0	1h45	1.0 L	1	1	1	75 mg	BAG CREW

LEAVING ...	MI	TIME	FILL	GEL	WAF	CAPS	CAFF	RESTOCK
K9 Burns Canyon 2	7.4	2h26	1.5 L	2	1	2	—	on-course
K10 Sugarloaf 1	9.0	3h47	3.0 L	3	2	4	100 mg	BAG CREW
K11 Baldy Horse	5.3	1h25	1.0 L	1	1	2	—	on-course
K12 Sugarloaf 2	6.0	2h00	1.5 L	2	1	1	50 mg	BAG CREW
K13 Bear Mountain	6.3	2h32	1.5 L	2	1	—	100 mg	CREW
K14 Snow Summit	4.6	1h24	1.0 L	1	1	—	—	base only

Amber row = the bladder comes into play Red row = peak carry, don't shortcut it Gel = 100 kcal · Waffle = 150 kcal · Salt cap = 250 mg sodium

24 gels WORKING SUPPLY	17 waffles WORKING SUPPLY	4,950 kcal FROM YOUR OWN FOOD	~1,775 kcal FROM AID STATIONS	~6,700 kcal RACE TOTAL	~14 L TOTAL FLUID	19 caps SALT CAPSULES
~50 g/hr CARBOHYDRATE						

Why this split

A gel is 100 kcal, 22 g carb, ~55 mg sodium and almost no fat. A Honey Stinger waffle is 150 kcal, 19 g carb, 55 mg sodium and **7 g of fat**. That fat is why waffles sit well and taste good at mile 70 — and also why they're the one item in your kit that can aggravate reflux. So the plan uses **gels as the engine and waffles as the morale**: roughly 55% of your own calories from gels, 45% from waffles, and never two waffles back-to-back on a climb.

Own food gives about 26 g of carb per hour. Half-strength drink mix adds roughly 15 g/hr and aid-station food another 10, landing near **50 g of carb per hour**. That's deliberately below the 60–90 g/hr a racer would target — at hiking pace over 33 hours, with your gut, a working stomach is worth more than a perfect carb number. **Buy 30 gels and 24 waffles** — you'll drop some, and a few flavours will turn on you.

SECTION 7

The gut plan — reflux and electrolytes

Two constraints pull against each other here. Too much concentrated electrolyte upsets your stomach, so the instinct is to cut salt — but you'll drink about 14 litres over 33 hours, and under-salting while over-drinking causes hyponatremia, which is far more dangerous than heartburn. The fix isn't less sodium. It's **the same sodium, delivered gently**.

Do this

- **Half-strength drink mix in F2.** A hypertonic flask is the number-one cause of mid-race gut rebellion. Dilute it and make up the sodium elsewhere.
- **Warm broth at every station that has it.** This is the single best item on the Kodiak table for you — big sodium, warm, low acid, no fat, easy to keep down at 3 AM. Take a cup every time.
- **Salt capsules only with food, never alone.** A concentrated cap on an empty stomach is what upsets you. Use a **250 mg cap, not a 350**, one at a time, max one per hour.
- **Small and often.** Half a waffle or half a gel every 20 minutes beats a whole one every 40. Sip a gel over two minutes with water; don't slam it.
- **Stay upright.** Walk out of aid stations eating. Don't sit hunched or lie down after food.
- **Antacid tablets in every drop bag.** Chewable calcium carbonate, taken at the first burn rather than the third.
- **Plain salted potatoes, crackers, pretzels** from the aid table — gentler than sweets.
- **Ginger chews in the front pocket** for nausea.

Avoid this

- **Soda.** It's on every Kodiak aid table and it's the worst thing there for you — acidic, carbonated and often caffeinated, three reflux triggers in one cup.
- **Coffee.** Same problem, more acid. Take caffeine as a tablet instead (Section 8).
- **Citrus and cola gel flavours** — lemon, orange, watermelon, cola, sour anything. **Pick neutral, non-caffeinated flavours:** Strawberry Banana, Birthday Cake, Campfire S'mores, Pumpkin Spice are the 0 mg-caffeine options in the GU line.
- **Chocolate and mint** — both relax the valve at the top of the stomach.
- **Two waffles back to back**, or a heavy peanut-butter sandwich on a climb. 14 g of fat at once will sit there.
- **Any NSAID** — ibuprofen, Advil, Aleve, Motrin. Stomach lining plus kidney risk plus hyponatremia risk. Tylenol only.
- **Chugging.** 300 ml in one go distends the stomach and pushes acid up. Sip.
- **A big, late, greasy dinner Thursday night.** Eat early, eat plain, sleep with your head elevated.

The line you can't cross — hyponatremia

Do not let the sodium target fall below roughly **300 mg per hour** while you're drinking 400+ ml/hr. The plan targets ~500 mg/hr, mostly from mix, broth and food, with capsules as the remainder — that's the right shape.

Warning signs, and they're sneaky because they look like normal ultra misery: puffy fingers or a tight ring, a headache that won't quit, nausea *combined with* frequent clear urination, sloshing in the stomach, confusion or unusual clumsiness. If two or more show up: **stop drinking plain water, eat salt and salty food, and tell an aid station medic.** Drinking more water makes it worse, not better.

Test this before race day

You have seven weeks. Do **two long runs at race fuelling** — one of them 25+ miles with at least two hours in the dark — running the exact plan: half-strength mix, gels and waffles in the stated ratio, 250 mg caps with food only. If reflux still flares, the next lever is a conversation with your doctor about a pre-race acid blocker; that's a common approach for endurance athletes but it's a prescription decision, not one to make from a race plan. Book it now rather than in October.

None of this is medical advice. You have a recurring condition and you're about to spend 33 hours at altitude — one appointment before October is worth more than any table on this page.

SECTION 8

Caffeine plan

You've reset your tolerance to zero, which is the single highest-leverage thing you can do for the back half of a 100-miler. It also means you need **much less than you think** — 50 mg will land like 150 used to. The plan below is 475 mg across 33 hours, all of it saved for when it actually buys you something.

WHEN	WHERE	MILE	DOSE	WHY HERE
Fri 1:00 PM – Sat 12:13 AM	Start through Doble Camp 1	0 – 39.7	0 mg	The first eleven hours run on daylight and adrenaline. Every milligram spent before midnight is one you don't have at 3 AM.
Sat ≈12:13 AM	K5 Burns Canyon 1	39.7	50 mg	First dose, deliberately small. With a reset tolerance this lands like 150 mg used to — and it tells you how your stomach handles it before you commit to a bigger dose in the dark.
Sat ≈3:34 AM	K7 Cactus Flats	51.4	100 mg	The circadian trough — coldest, lowest, darkest point of the race. Crew is here with hot food, so you can take it the right way: with calories, not on an empty stomach.
Sat ≈5:19 AM	K8 Doble Camp 2	55.4	75 mg	Bridges you to dawn through the shoe change and full clothing swap. Light returns at 6:24 AM.
Sat 6 AM – 10 AM	Burns Canyon 2 → Sugarloaf 1	55.4 – 68.8	0 mg	Your own circadian rise does this work for free. Spending caffeine in the morning wastes it.
Sat ≈9:56 AM	K10 Sugarloaf 1	68.8	100 mg	Immediately before the crux: 9 miles and +3,321 ft over a 9,952 ft summit, in full sun, at midday. The single best-spent dose of the race.
Sat ≈3:30 PM	K12 Sugarloaf 2	83.1	50 mg	Afternoon dip, 16.9 miles to go. Small — you want room for one more dose.

WHEN	WHERE	MILE	DOSE	WHY HERE
Sat ≈5:46 PM	K13 Bear Mountain	89.1	100 mg	Last crew contact, last climb (+1,769 ft to Snow Summit), and dark returns in an hour. Far enough out that you can still sleep after the finish.
TOTAL	across 33 hours	—	475 mg	About 14 mg per hour averaged — modest by ultra standards, and deliberately so, because a reset tolerance means you need less to feel more.

The rules behind the schedule

- **Nothing for the first 11 hours.** Miles 0–39.7 run on daylight and adrenaline. Every milligram you spend before midnight is a milligram you don't have at 3 AM.
- **Small first dose.** 50 mg at Burns Canyon is a probe — it tells you how the reset landed and whether your stomach tolerates it, before you commit to 100 mg in the dark.
- **Nothing between 6 AM and 10 AM.** Your own circadian rhythm does that work for free. Spending caffeine there wastes it.
- **Biggest doses guard the two hardest things:** the 3 AM trough at Cactus Flats, and the Sugarloaf climb at Sugarloaf 1.
- **Last dose 5:46 PM** at Bear Mountain, covering the final climb and the second night, and far enough out that you can sleep after the finish.

Delivery — and the reflux tradeoff

Use tablets, not coffee, cola or caffeinated gels. Buy **50 mg tablets** so every dose is one or two, and keep every gel you carry caffeine-free. That gives you exact control and keeps caffeine out of your sugar delivery.

Be honest about the cost: caffeine relaxes the valve at the top of the stomach and increases acid — it is a reflux trigger. You're choosing to take it because alertness at 3 AM at mile 51 is worth more than an hour of heartburn. Blunt the cost: **always with food, never on an empty stomach, always followed by water, never within 30 minutes of lying down or bending over.** Keep antacid in the same pocket as the caffeine vial.

Scaling: the usual guidance is 1–3 mg per kg of body weight per dose. The 50–100 mg doses here are conservative for any adult, which is what you want with a reset tolerance. If you find 100 mg jittery, drop it to 75.

Do not let race day be your first dose in months

A reset tolerance means an untested response — including an untested *gut* response, which matters more for you than for most people. Take **two or three test doses** over the next few weeks: one 50 mg on a night run, one 100 mg on a long run with food, and see what your stomach does. Then go back to **zero caffeine for the final 14 days**. That keeps almost all of the reset while removing the risk of discovering a bad reaction at mile 40 in the dark.

SECTION 9

Light, dark and cold

Sun times, Big Bear Lake

- **Fri Oct 9** — sunset 6:21 PM, usable light gone **6:46 PM**
- **Sat Oct 10** — light returns **6:24 AM**, sunrise 6:49 AM
- **Sat Oct 10** — sunset 6:20 PM, dark by **6:45 PM**

Night 1: 11 h 38 m of dark. Night 2: ≈3 h 11 m. About **14 h 50 m on headlamp** — plan batteries for 15+ hours, not 12. Fresh cells at Camp Whittle (19.4), Doble Camp 2 (55.4) and Sugarloaf 2 (83.1).

Temperature to pack for

Mid-October Big Bear normals: high near **63 °F**, low near **37 °F**. Highs rarely above 79 °F, lows rarely below 26 °F. About a 5% chance of a wet day. Wind averages a mild 6.6 mph from the west.

But the course isn't one climate. You drop into high desert around Burns Canyon, Smarts Ranch and Cactus Flats (miles 40–52) — warmer by day, and the low point of the course sits under 5,000 ft. Then you're above 9,600 ft at midday Saturday. **Plan for a 45 °F swing inside one day, and for being cold at 3 AM at mile 51 even though the daytime high was 63.** Pull the real forecast on **Tuesday, October 6** — anything earlier is noise.

SECTION 10

Shoes and clothing

Shoe change: Doble Camp 2, mile 55.4, ≈5:19 AM Saturday

You asked for 50 or 60 miles — **55.4 is the right number and it isn't close.** Mile 51.4 (Cactus Flats) has crew but **no drop bag**; mile 61.4 (Burns Canyon 2) has neither. Doble Camp 2 has a bag, crew, a 20-minute stop already budgeted, and it comes right after the steepest four miles on the course (+1,361 ft out of Cactus Flats), when your feet are at their most swollen.

- **Half a size up.** Feet swell a full size over 55 miles at altitude, and your January 50-miler ended with foot and knee pain. Shoe volume is the cheapest fix for both.
- Different last or stack height if you have one — changing the loading pattern matters more than changing the tread.
- Laces pre-loosened in the bag. You won't have the dexterity at 5 AM.
- **Backup pair in the Sugarloaf bag** in case the swap goes wrong.

Socks — four changes, not two: mile 19.4 if wet, mile 55.4 with the shoes, mile 68.8, mile 83.1. Socks weigh 40 grams and they're the difference between finishing and quitting.

Clothing timeline

1. **Start, 1:00 PM Fri** — shorts, short sleeve or singlet, cap, sunglasses. Warmest part of the race. Mandatory jacket, hat and gloves ride in the pack.
2. **Mile 19.4 Camp Whittle, ≈6:20 PM** — night layer #1: long sleeve, beanie, light gloves, buff. Do it *before* you're cold, not after. You arrive at sunset.
3. **Mile 33.5 Doble Camp 1, ≈10:20 PM** — add the insulated layer. Miles 33–55 are the coldest of the race.
4. **Mile 55.4 Doble Camp 2, ≈5:19 AM** — **full change**: shirt, shorts or tights, underwear, socks, shoes. The psychological reset as much as the physical one.
5. **Mile 68.8 Sugarloaf 1, ≈9:56 AM** — strip to day kit. Sunscreen, sunglasses, cap, fresh shirt. You're about to be exposed above 9,600 ft.
6. **Mile 83.1 Sugarloaf 2, ≈3:30 PM** — fresh socks, stage night layer #2.
7. **Mile 89.1 Bear Mountain, ≈5:46 PM** — **last crew contact**. Night layer #2 on. Dark in an hour, and Snow Summit is unsupported.

SECTION 11

What's confirmed, what isn't

Estimated, not official

- **Elevation for Camp Whittle → Van Dusen → Doble Camp 1 (miles 19.4–33.5)**. The 2026 chart publishes no elevation at all. I used the 2025 official numbers, but that section was rerouted — 2026 is 14.1 mi where 2025 was 11.3 mi via a "Holcomb Valley" station. The **net** change over the span (–284 ft) holds; the individual gain and loss figures are my estimates and are probably low.
- **Bear Mountain → Snow Summit → Finish (miles 89.1–100)**. 2026 is 10.9 mi; 2025 was 13.7 mi. The final descent is 3.8 mi shorter this year, so that leg's gain and loss are estimated.
- **The other 13 legs' gain and loss are official 2025 numbers**, with leg distances matching 2026 within 0.4 mi. Total 16,100 ft against UTMB's published 4,850 m (15,912 ft). GPS-derived figures run near 17,000 ft — normal noise.
- **Target splits are my model, not the race's**. 33-hour finish, ≈14:00/mi flat-equivalent, 23 min per 1,000 ft of climb, fatigue factor ramping to +20% by mile 100.
- **Aid-station services, drop-bag windows, shuttle hours and pacer rules** come from the **2025** Runner Guide. The 2026 guide isn't published yet.
- **The 2026 course is still pending US Forest Service approval**. The race's words: "Minor changes could be made before race day to avoid hazard areas. An email will be sent to all registered participants when the routes are approved."
- **Gel and waffle nutrition** is from retailer-transcribed label panels (Running Warehouse, The Feed) — GU and Honey Stinger publish their panels as images only. Check the box in your hand; formulations change.

Do these next

1. **Get proof of registration in writing** — UTMB profile, runner list, or email `kodiak@service.byutmb.world` .
2. **Put the 1.5 L bladder in the vest and leave it there** for every long run from now to October 9.
3. **Buy the food:** 30 gels (neutral, 0 mg caffeine), 24 waffles, 250 mg salt caps, 50 mg caffeine tablets, antacid, ginger chews, two 1 oz Vaseline tins.
4. **Run two long fuelling rehearsals**, one with 2+ hours in the dark, on this exact plan.
5. **Take two or three caffeine test doses**, then zero for the final 14 days.
6. **Find a pacer for Doble Camp 2** (mile 55.4). Ask Frank.
7. **Book a doctor's appointment** about reflux management for a 33-hour effort, and about the Tylenol plan.
8. **Buy waterproof over-pants and waterproof gloves** in case the Cold Weather Kit is called.
9. **Confirm the 2026 shuttle lots and overnight hours** — the 2026 chart and 2025 guide disagree on Doble Camp.
10. **Re-pull this plan when the 2026 Runner Guide publishes.**

SOURCES

References

[Kodiak 100M race page](#) · [Official 2026 100M Aid Station Chart \(PDF\)](#) · [2026–2027 UTMB Mandatory & Recommended Equipment, North America \(PDF\)](#) · [2025 Kodiak Runner Guide \(PDF\)](#) · [Race regulations & mandatory equipment](#) · [Crew & spectators](#) · [Runners guide](#) · [GU Energy Gel](#) · [GU per-flavor label panels](#) · [Honey Stinger Organic Waffle panel](#) · [NAAK Ultra Energy Drink Mix](#) · [Weather Spark — Big Bear Lake, October](#) · [Kodiak 100 race report, Will to Run](#)

Built 17 August 2026 · 53 days to the start line. Splits are a model, not a promise. Cutoffs, drop-bag rules, crew access and mandatory gear are quoted from the race's own documents.