

Welcome to the 2026 Tideland 24 Ultramarathon
All the information you need to prepare for and participate in Tideland 24 should follow below.
If you have any questions that are not covered, please contact me:

Jason LeDoyen
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Marine Raider Foundation

- We appreciate your support of our event and the Marine Raider Foundation
- To date, we have raised over $43,000 for this great organization
    - Tideland 24 is a not for profit event. All proceeds are donated to the Foundation
- We encourage you to learn more at https://marineraiderfoundation.org
- Our fundraising team is actively working on donations to the Foundation. Our page is Givebutter-Tideland24 - I encourage you to forward to family, friends, and your social network to help spread the word

Race Headquarters

The Tideland Trail trailhead located in the Cedar Point National Recreation Area is Race Headquarters for the Tideland 24 Ultramarathon.

- GPS Coordinates : 34.691743, -77.086431
- From Swansboro, take NC 24E, turn left onto NC 58N, turn left onto VFW Rd, turn left on FR 153A (at the Croatan National Forest – Cedar Point Recreation Area sign)

Schedule

Friday, November 6

- 5:00 PM - 7:00 PM Participants can begin setting up their crew area. **Please do not start early** - I need to mark off areas to prevent any impacts to the race course including the timing system, and for safety of everyone
- 5:00 PM – 7:00 PM Packet Pickup at Race HQ

Saturday, November 7

- 6:00 AM Packet Pickup at Race HQ
- 7:45 AM – Race Brief, Opening Ceremony, and National Anthem
- 8:00 AM Start of Tideland 24

Sunday, November 8

- 8:00 AM Tideland 24 Ends
- 8:15 AM Awards Ceremony

Lodging

There are several hotels within a 15-20 minute drive to Race HQ. A few that I have personally used are:

- Hampton Inn & Suites 215 Old Hammock Rd, Swansboro, NC 910.325.9000
- Islander Hotel & Resort 102 Islander Dr, Emerald Isle, NC 252.354.3464
- Best Western Plus Silver Creek Inn 801 Cedar Point Blvd, Cedar Point, NC 252.393.9015

Camping, (< 1/2 mile from race headquarters)

https://www.recreation.gov/camping/campgrounds/233312?tab=campsites

**Note – Our special use permit with the US Forestry Service does not allow for camping before or after the event, unless reservations are made through the process detailed on the Cedar Point Recreation Area link above*

During the race, an area will be available at Race HQ for participants to place a canopy/tent. No fee will be required.

Please limit your footprint to a 10' x 10' canopy and share where possible. There is limited space in the area next to the course (Race Headquarters). There is adequate space for all further away from the course (across Croatan Forest Rd).

Parking

Parking is not permitted at the Tideland Trailhead parking lot for the duration of the event. This space is reserved for guests of the park. Our special use permit with the US Forestry Service allows for parking approximately ¼ mile from the trailhead. Overflow parking will be on the right side of the road leading up to the trailhead.

- Race staff will be on-site Saturday morning before the race to assist with parking.
- Please follow their instructions to ensure a smooth process

Please review the Event Parking Plan on Tideland24.com to help us expedite parking on Saturday morning.

Please note: The Race Brief will begin promptly at 7:45 AM and the race will start at 8:00 AM. In past years there have been folks still parking and getting setup during the Race Brief. While it is not mandatory, we cover good information about our event and race beneficiary. PLEASE plan accordingly by familiarizing yourself with the Parking Plan and Race Headquarters, and allowing plenty of time to park, and walk the ¼ mile to race headquarters.

Bathroom Facilities
Porta Jons will be located at Race HQ
Please see the "Race Headquarters" map on Tideland24.com for details (on the Race Info tab)

Spectators
Spectators are welcome. Please utilize the event parking lot (1/4 mile from the trailhead and Race Headquarters) and overflow parking area as appropriate.

Timing/Lap Counting
Every participant, or their designee, must pick-up their bib at packet pickup Friday evening, Saturday morning, or before they start running the course (if starting late). If you do not have a race bib, your laps will not be officially counted.

We will be using RFID technology to count and time laps. Please do not fold, crease, or otherwise modify your bib. The timing tent will be manned, and you will be able to confirm your lap count for the duration of the event, either by verbal confirmation from Race Staff or by reading the display as you pass through the Timing Area.

The first couple hours of the event will see the most congestion on the course, and in particular the Timing Area. We will be monitoring the first 10 laps closely to ensure we do not miss any RFID reads (runner laps) and will work with runners in the event they have a concern over distance covered versus what is noted in the Timing System.

> **Note – please be respectful to Race and Timing Staff as we work through any discrepancies. Our number one goal at Tideland 24 is to provide a positive race experience for all participants and at the top of that list is an accurate counting of distance covered in the allotted timeframe. In the event that we cannot get to the bottom of any inconsistency, a note will be made and the RFID data and Runner Feedback will be further analyzed when time permits either during or after the race AND before results are made official.*

Only complete laps at the end of the 24 hour period will be counted, except in the following situations:

- Record-setting or World qualifying efforts
- Any runner who reaches the 100-mile mark but does not complete their 73rd lap will receive credit for 100 miles

Drop Bags

An area will be made available for participants to place drop bags. This area will be in the immediate Race HQ area and will be uncovered (please monitor the weather forecast and make plans, such as plastic bins or cover, in the event of anticipated wet weather). Although this area will be in the middle of Race HQ, we advise you to not leave valuables unattended. Remember, the trail will be open to the public for a large portion of the event.

During the race, an area will be available at Race HQ for participants to place a canopy/tent. No fee will be required.

Please limit your footprint to a 10' x 10' canopy and share where possible. There is limited space in the area next to the course (Race Headquarters). There is adequate space for all further away from the course (across Croatan Forest Rd).

Menu

Please see "Menu" on Tideland24.com for details (on the Race Info tab)
We will have vegetarian options and will provide three hot meals during the event. We encourage you to bring any items that work for you which are not listed on the menu. Although we may have additional items, we cannot guarantee anything that is not listed on the menu.

> **Note – this is a cupless race. Please bring a handheld or other means to carry your hydration needs*

Course

Additional information can be found on the Course tab on Tideland24.com

- The course is 2.21735km / 1.37779miles per loop and is USATF certified
- The course will be run clockwise. Signs will direct runners as they navigate the trail

Rules

Please review and familiarize yourself with the Race Rules for Tideland 24.

**Note - These rules are in place to ensure a fun and fair event for everyone. They are also in place to ensure compliance with USA Track & Field, as we are an officially sanctioned event, and our insurance policy requires us to abide. We will enforce rules, typically with a warning for first-time offenses and a DQ (disqualification) for repeated or for flagrant (cheating or rude behavior towards Race Staff) offenses. If you have any questions or concerns before, during, or after the event, please contact me directly.*

1. Participants must move forward under their own power.
2. All participants are considered to be competing when on the course at all times. It doesn't matter if they're running walking or otherwise moving under their own power. Please be courteous to all participants regardless of pace, and allow room for folks to pass especially if you're in a group.
3. Littering on the course is strictly prohibited.

    a. Please do not carry anything on the course which has a byproduct of trash after being consumed - gel packets are not allowed outside of Race HQ. If you must have gel with you on the course, please bring it in a flask or consume it in Race HQ.
4. Runners may leave the course at any time. Please enter and exit the course after the timing tent. If you need to take a break you do not need to check back in afterward. Simply enter the course and continue running laps, the RFID reader will capture your laps. You do not need to tell us when you're leaving for the day. If you would like to do so, please remove your bib to avoid an inadvertent read.
5. While on the course remain on the trail surface at all times.
6. Consuming alcoholic beverages while inside the park is prohibited.
7. You may use portable listening devices and cell phone, iPods, cameras etc. while on the course provided you can do so safely without interfering with the progress of other participants.
8. Pacers are not allowed.
    a. I know this may be disappointing to some; however our insurance policy does not allow for non-participants actively pacing runners.
9. Aid must be given in the HQ area, provided by your own crew or by race volunteers.
10. Anyone caught attempting to cut the course will be disqualified immediately.
11. The Race Director will serve as the referee for the event. This is a USATF Sanctioned event and all USATF rules in the 2026 rulebook apply. Any concerns or reports of rule violations should be reported to the RD. All decisions governing the completion, distance traveled, and place will be made by the RD and are final.

Awards

- Awards will be presented for Top 3 Male, Female, and Top Active Duty performances
- Tideland 24 belt buckles will be presented to all who complete 100 miles
- Tideland 24 patches will be presented to all who complete 100k and less than 100 miles. If you qualify for a patch and plan to leave before the race concludes, please let race staff know to receive your award

The Awards Ceremony will take place at Race HQ immediately following the completion of Tideland 24.
No awards will be mailed.

Results

Results will be provided to USATF and Ultrasignup.com
Please allow 72 hours to results to be posted

Attire

November at the North Carolina coast typically sees significant temperature changes. This, combined with the moist air from the salt marsh, means you can quickly find yourself cold and wet. Please plan accordingly. It is recommended that you have a change of clothes, as well as

cool-weather gear, in case you find your core temperature dropping as you slow during the night and these environmental factors come into play.

November is hunting season in North Carolina. It is recommended to wear something bright.

Our Mission
Our goals at Tideland 24 are to:

- Provide a first-class event to all participants.
    - Feedback from prior events was overwhelmingly positive – with emphasis on our Aid Station, Volunteers, and Course
- Provide participants an opportunity to achieve and surpass their goals, whatever they may be. A 24 hour event is a great place to bridge the gap to longer mileage races due to the logistics (full aid station every 1.4 miles) and low-risk (no DNF) environment.

We wish you the best and hope to see you at Tideland 24 in November!

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