



## Utah National Parks Council 50/20

- Covering 50 miles in 20 hours!!!!
- September 14<sup>th</sup> – 15<sup>th</sup>
- Start times begin from 3pm – 6:30pm (staggered start)
- Starts and Ends at the Utah Lake State Park Provo River Trail Head
- Cost: \$15 per person – \$25 after August 31, 2018
- Scouts & Young Women ages 12 and up.
- Cubs may complete the first 25 miles if accompanied by an adult (Adults accompanying Cubs do not need to register unless completing the full 50 miles)
- Parents and leaders are welcome
- Registration fee includes T-shirt for all, and high quality keychain with event logo for those completing the course within 20 hours.
- Register: <http://www.utahscouts.org/event/2018-utah-national-parks-council-5020/2377900>



## What is the 50/20?

- A hike of 50 miles in under 20 hours.
- The 50 / 20 is an endurance event. Most people can accomplish this by a steady walk – but you have to keep going.
- A pace of 2 ½ mph, or 24 minutes per mile is sufficient to complete within 20 hours.
- Start between 3pm-6:30pm on Sept 14<sup>th</sup> ; complete the hike mid-day on Sept 15<sup>th</sup>.
- Start at Utah Lake State Park, Provo River Trail, Transferring to Murdock Trail, then return
- This will be run similar to a long distance race, with participant numbers on race bibs, individual times, an event clock, and supervision and aid stations all along the way.



## What is special about the 50/20?

- Our Youth need the benefits of doing something challenging and rewarding.
- This is something most youth and adults can accomplish, but they will have to push themselves and endure to the end.
- The benefits of doing hard things are many
  - Realize we can do more than we think we can
  - Learn that if we stick to it, we can accomplish hard things
  - Learn not to quit in the face of difficulty
  - Builds Confidence, Character, Courage, and Determination
- Those who do this will remember and talk of this and what they learned from it for the rest of their lives.
- *“I told [my son] how proud I was that he had accomplished such a hard thing. I knew it would prepare him for other hard things he would face in his future.”* Larry M. Gibson, former 1<sup>st</sup> Counselor in the YM General Presidency.



## Build Unity with the 50/20

- Do it together!
  - *Quorums*
  - *Scout Units*
  - *Wards*
  - *Fathers & Sons*
  - *Families*
- Build stronger relationships in families and quorums
- Doing hard things together builds life-long bonds
- Families can come out and support at most Aid stations





## 50/20 Trail

- Start at Utah Lake State Park, at the Provo River Trailhead.
- Walking on this trail to the mouth of Provo Canyon
- Head west to connect to the Murdock Canal trail.
- Hike Murdock Canal trail almost over to Alpine Highway
- Return back the same way
- Finish at Utah Lake State Park.
- We will have 21 Aid stations along the path, with professional medical personnel providing water and advice for participants
- Restrooms and commercial businesses are along the path for use and refreshment.



## 50/20 Tips for Participants

- Follow the buddy system – don't walk alone
- Bring snacks, water bottle, flashlight or head-lamp, extra batteries.
- Foot care is very important
  - Use a double pair of socks or small nylon socks to reduce friction
  - Bring Band-Aids, or use moleskin, athletic tape – take care of soft spots before they become blisters.
  - Bring an extra pair of socks, and rotate them to keep your feet dry
- Have a cell phone, make sure batteries are fully charged. Call for support from family & leaders – meet them at check points.
- Keep stretching your leg muscles as you go.
- Don't sit down or rest for an extended period of time – you will tighten up
- Keep your mind occupied with good thoughts. Sing out loud.



## Aid Stations - Staffing

- We will have 21 Aid Stations along the trail
- Purpose – To provide assistance and encouragement to all participants
- A minimum of 3 adults at the station - one with medical training.
- Staff the entire duration of your station's time slot.
- Time slots vary based on location along the trail.
- Not all time slots will be contiguous. Stations at the beginning of the trail will have a break in between going out and returning participants.
- Participants will pass each Aid station twice – once going out, and once returning. Each station will need to be staffed for both directions of the event.
- You may staff your station in shifts as best determined by your stake.



## Aid Stations - Logistics

- Provide tables for water – for example 2, 5-gal. coolers with cups
- Have a first aid kit – you may be treating blisters, etc.
- Bring trash bags – set up a trash bin
- Create a sign with your station # on it.
- Have a lantern or two so your station is visible.
- Dress warm – it will get cool at night
- Have flashlights, or head-lamps. Bring extra batteries.
- Bring fully charged cell phones
- Bring some camp chairs – you may want to sit now and again





## 50/20 Additional Information

- The registration site has lots of links to all the information below:
- Register at <http://www.utahscouts.org/event/2018-utah-national-parks-council-5020/2377900>
  - 50/20 Flyer
  - Tips and Helps for the 50/20
  - Contact Information