



► challenge for runners, and athletes taking on this race regularly suffer from delusions, fainting, and extreme dehydration. Many who have crewed and paced for the Badwater have noted the human ability to thermoregulate and cool through sweating being tested to the extreme in this race with the escalating heat putting strain on the gastrointestinal system in particular. Your body's ability to metabolize food and maintain its fluid balance is severely impaired, and so some calculation is required in order to plan your fluid and nutrient intake carefully and safely.

Needless to say, the race has pedigree and will continue to beat many who attempt it. Those who complete the course and receive the coveted Badwater 135 belt buckle, the Holy Grail of endurance running, can truly say they have conquered the elements and made an exceptional personal achievement. ■

**Length:** 217 km (135 mi)

**Location:** Death Valley, California, U. S.

**Date:** July

**Type:** road/mountainous

**Temperature Ø:** 30–50 °C (86–122 °F)



The hazards of taking part in this brutal race are many and the injuries frequent, and yet it has a surprisingly high hit rate, with as many as 80 percent of participants completing the course each year—a rare few in less than 24 hours.

