



**GRINDSTONE**  
TRAIL RUNNING FESTIVAL

BY **UTMB®**

# RUNNER GUIDE

SEPTEMBER 22-24, 2023



**UTMB®**  
WORLD SERIES

OFFICIAL UTMB® WORLD SERIES PARTNERS



**HOKA**



**wahoo**

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# WELCOME

Feed your sense of adventure and join us for the Grindstone Running Festival by UTMB®. This one-of-a-kind event takes you through acres of national forest just west of the Shenandoah Valley on an iconic running adventure complete with stunning fall foliage, mountain views, and demanding terrain. With a 100M, 100K, and 21K distance, there's a new challenge for every runner. Join us for this feat to push your endurance, get gritty, earn your stones, and qualify for the iconic UTMB® World Series Finals.

## SCHEDULE

THURSDAY, SEPTEMBER 21, 2023			
START	END	EVENT	LOCATION
1 PM	7 PM	Expo: <ul style="list-style-type: none"><li>• Bib Pick-Up</li><li>• Official Grindstone Running Festival by UTMB® Merchandise Store</li></ul>	Natural Chimneys Park
5 PM		Runner Briefing	Natural Chimneys Park
FRIDAY, SEPTEMBER 22, 2023			
START	END	EVENT	LOCATION
11 AM	6 PM	Expo: <ul style="list-style-type: none"><li>• Bib Pick-Up</li><li>• Official Grindstone Running Festival by UTMB® Merchandise Store</li></ul>	Natural Chimneys Park
12 PM		Runner Briefing	Natural Chimneys Park
5 PM		Runner Briefing	Natural Chimneys Park
6 PM		100 Mile Race Starts	Natural Chimneys Park
SATURDAY, SEPTEMBER 23, 2023			
START	END	EVENT	LOCATION
5 AM	7 AM	100K & 21K (Half Marathon) Race Day Bib Pick-Up Option	Natural Chimneys Park
6 AM		100K Race Starts	Natural Chimneys Park
8 AM		21K (Half Marathon) Race Starts	Natural Chimneys Park
9 AM	10 PM	Expo: <ul style="list-style-type: none"><li>• Official Grindstone Running Festival by UTMB® Merchandise Store</li></ul>	Natural Chimneys Park
2 PM		21K (Half Marathon) Awards Ceremony <ul style="list-style-type: none"><li>• Overall Awards</li><li>• Age Group Awards</li></ul>	Natural Chimneys Park
6 PM		100K Awards Ceremony <ul style="list-style-type: none"><li>• Overall Awards</li></ul>	Natural Chimneys Park
SUNDAY, SEPTEMBER 24, 2023			
START	END	EVENT	LOCATION
7 AM		100K Awards Ceremony <ul style="list-style-type: none"><li>• Age Group Awards</li></ul> 100 Mile Awards Ceremony <ul style="list-style-type: none"><li>• Overall Awards</li><li>• Age Group Awards</li></ul>	Natural Chimneys Park

## ADDRESS

Natural Chimneys Park  
94 Natural Chimneys Ln, Mount Solon, VA 22843



# ALL-OUT TRAIL POWER

## TECTON X 2

Reach new peaks of performance  
with propulsive carbon plates.

**HOKA**  
FLY HUMAN FLY

# PRE-RACE INFORMATION

## BIB PICK-UP

### EXPO PICK-UP

- Thursday, September 21 from 1 PM to 7 PM
- Friday, September 22 from 11 AM to 6 PM

### RACE DAY PICK-UP

- Saturday, September 23 from 5 AM to 7 AM (100K & 21K)

All runners must pick up their own bibs during the above hours.

## WHERE

Natural Chimneys Park  
94 Natural Chimneys Ln, Mount Solon, VA 22843

## WHAT TO BRING

A Passport or Valid Photo ID

## BIB PICK-UP STEPS

1. Present photo ID to volunteers to begin check-in process and receive bib number
2. Pick up bib
3. Pick up t-shirt

Runners will receive a wristband that matches their bib color(s) and also course marking color(s) during Bib Pick-Up. Please see Page 8 for course marking colors.

Visit the Solutions Table to downgrade, upgrade, register for this year's event, or if you have any issues with your registration. PLEASE NOTE, NO RACE DAY DISTANCE CHANGES ARE PERMITTED.

## DROP BAG INFORMATION

### 100-MILE

Runners can drop off their bags near the start line. All bags MUST be dropped by 4 PM on Friday, September 22.

### 100K

Runners can drop off their bags near the start line. All bags MUST be dropped by 5 AM on Saturday, September 23.

### 21K (HALF MARATHON)

There are no drop bags at any Aid Station for this distance.

More information on drop bags can be found in the race regulations [HERE](#).

## TIMING

The race will be timed by Sportstats using chip on the bib technology. The chip on your bib will automatically record your times at the start, at certain splits along the courses, and at the finish. Sportstats will be using disposable tags, glued onto your race bib, which allows you to walk away from the finish without the need to have your tag collected.

PLEASE NOTE: All runners in the race must wear their race bib with the tag intact in order to have their times recorded. No bib = no time! Please make sure the race bib is pinned on your front and is visible throughout the race.

## RUNNER BRIEFINGS

Runner Briefings will be held in the days preceding the race. Please refer to the schedule for times and locations of the Runner Briefings. Runner Briefings will consist of a Question and Answer session with race management to address any issues, concerns, or changes that have arisen during race week.

# PARKING

## VENUE PARKING



## AID STATION PARKING

CREW AND SPECTATORS ONLY ALLOWED AT THE NAMED LOCATIONS. Please [CLICK HERE](#) to view permitted locations on a map.

Crew and spectators are permitted at North River Gap, Dowells Draft, and Camp Todd. Please use the link above for reference.

Runners may be disqualified if their crew/spectators do not follow parking rules at these locations. They also risk disqualification if crew/spectators try to crew or spectate at any other location. This is for runner safety and permit restriction.

**ELEMNT RIVAL**



# SIMPLY POWERFUL

With powerful and intelligent running features, ELEMNT RIVAL tracks time and workout data with minimal interaction between you and your watch, letting you concentrate on the task at hand – your training and race-day performance.

**wahoo**

[wahoofitness.com/rival](http://wahoofitness.com/rival)

**JIM WALMSLEY**  
2 X WESTERN STATES WINNER

# RACE DAY INFORMATION

## COURSE MARKINGS

All courses are subject to change pending permits. Be sure to follow course flags and markings on race day, which take precedence over any maps or GPX files. Course markings will reflect any last minute course re-routes.

 21K: Solid Yellow Streamers

 100K: Green & White Striped Streamers

 100M: Solid Red Streamers

## WEATHER

[CLICK HERE](#) to check out the weather before race day.

## GEAR

### MANDATORY (100M & 100K)

- 1 liter of hydration capacity
- Reusable cup
- Headlamp with spare cells/batteries (recommendation of 200 lumens or more for night running)
- Jacket with hood for bad weather

### SUGGESTED (100M & 100K)

- Running pack to carry recommended gear
- Mobile phone with international roaming that works in the United States
- Additional working headlamp
- Hat & spare warm clothing
- Pole in the case of rain or snow
- GPS watch

### MANDATORY (21K)

- 1 liter of hydration capacity
- Reusable cup

### SUGGESTED (21K)

- Running pack to carry gear
- Mobile phone with international roaming that works in the United States.
- Jacket with hood for bad weather
- Hat & spare warm clothing
- Pole in case of rain or snow
- GPS watch

## MEDICAL

Certified medical personnel will be located at every aid station. There will also be medical tents with certified medical personnel at every finish line.

## PACERS

Pacers are permitted in the 100M event. All pacers must sign a release form and pick up a pacer bib at the Expo with their runner. Pacers can begin as early as Dowells Draft (outbound, Mile 45.6). If a runner has more than one pacer, the 'pacer bib' must be transferred at a crew accessible aid station. Pacers must carry the mandatory gear, but cannot carry additional supplies for their runner.

## AID STATIONS

Aid stations will be located throughout the course. Please refer to the specific race category to view locations for the aid stations. The general offerings are as follows:

### Nutrition

- Water
- Electrolyte drink, gels, chews & bars
- Fruits (bananas, oranges & watermelon)
- Soda
- Assorted sweets & salty snacks (chips, pretzels, etc.)
- Peanut butter & jelly sandwiches
- Warm broth & food

### Runner Care

- Basic first aid/blister care
- Bug spray & sunscreen
- Lubrication for chaffing
- Feminine products

## TREKKING POLES

Trekking Poles will be allowed for all distances. Please be cautious around other runners.

## CREW RULES

Crews will be allowed in the 100M & 100K ONLY at North River Gap, Dowells Draft (100M), Camp Todd and the finish. Crews must access these areas on their own.

## DROP POLICY

Runners can drop from the race at any accessible aid station and MUST let the Aid Station Captain know.



# COME RELAX IN HARRISONBURG 2023 GRINDSTONE HOST CITY

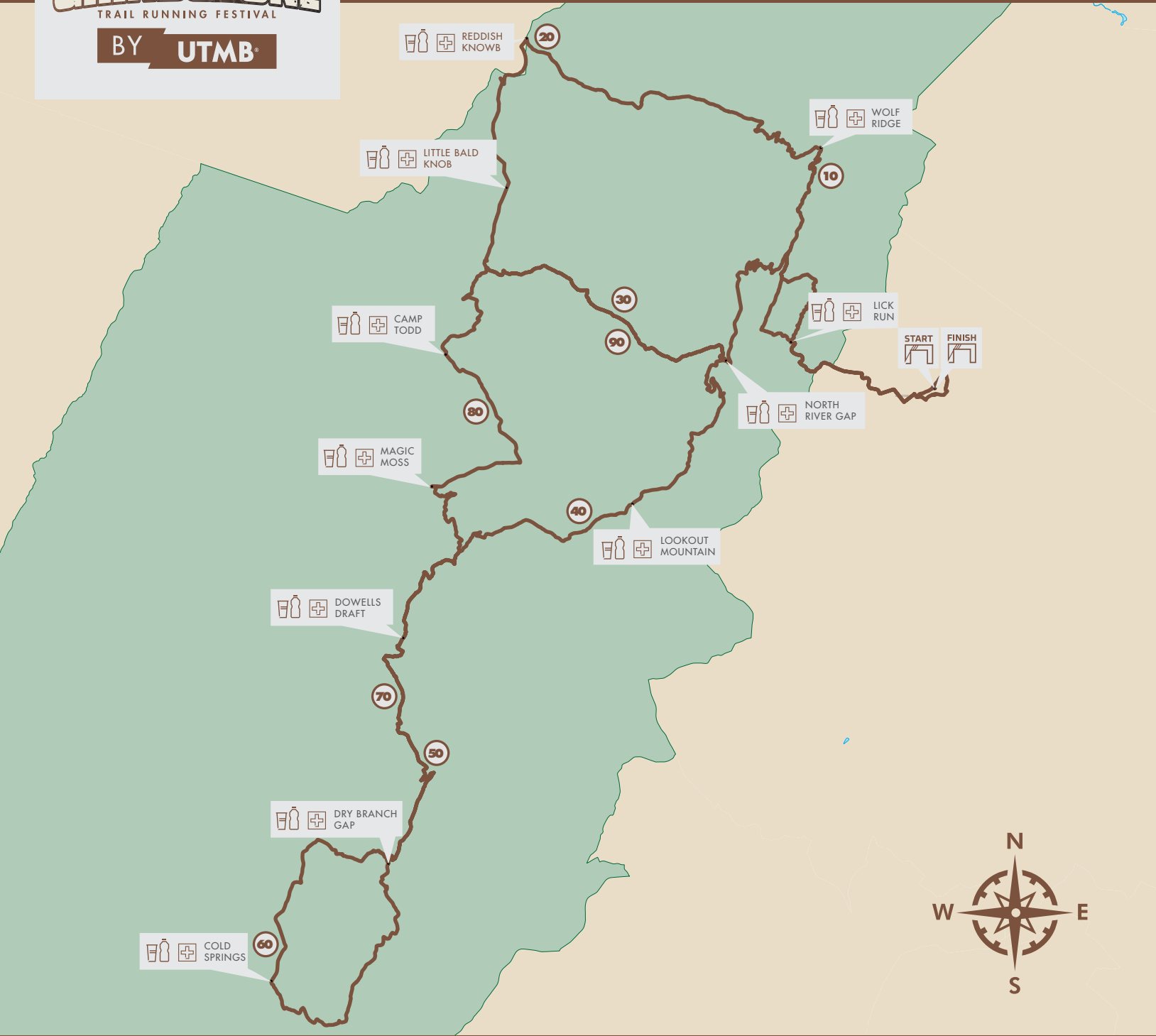


Visit [HarrisonburgVA.com](https://www.visitHarrisonburgVA.com)



# 100 MILE COURSE

ALLEGHENY MOUNTAINS, VIRGINIA



STARTING LINE

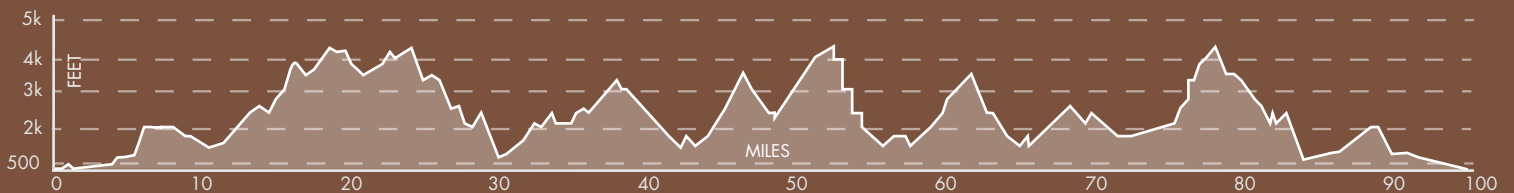
FINISH LINE

10 MILE MARKER

AID STATION

MEDICAL STATION

STARTING ELEVATION: 1,348 FT | FINISHING ELEVATION: 1,348 FT | GAIN: 21,003 FT



# 100M COURSE

## COURSE INFORMATION

Start: Friday, September 22 at 6 PM.

[CLICK HERE](#) to view the 2023 100M course route on CalTopo. You will be able to download the 100M GPX course route through the CalTopo map.

## AID STATIONS

Aid stations are estimated and are subject to change. They will be at the following locations:

MILE	LOCATION	DROP BAGS	CREW
5.7	Lick Run 1		
11.4	Wolf Ridge		
20.4	Reddish Knob		
24.4	Little Bald Knob		
32.4	North River Gap 1	X	X
38.1	Lookout Mtn		
45.6	Dowells Draft 1	X	X
52.6	Dry Branch Gap 1		
59.4	Cold Springs		
64.9	Dry Branch Gap 2		
71.9	Dowells Draft 2	X	X
77.1	Magic Moss		
82.1	Camp Todd		X
91.8	North River Gap 2	X	X
99.5	Lick Run 2		

[CLICK HERE](#) to view the 100M Aid Station Chart as a downloadable PDF.

## COURSE CUT-OFFS

The course time limit is 36 hours. Runners will be subject to intermediate course cut-offs as follows:

- North River Gap at 4 AM on Saturday
- Dry Branch Gap at 11 AM on Saturday
- Camp Todd at 9:30 PM on Saturday
- Finish Line at 6 AM on Sunday

Runners who do not reach these locations by the given times will not be permitted to continue. Course cut-off times are estimated based on runners' start times and projected paces, and are subject to change.

The race organization reserves the right to remove an athlete from the course and DNF the athlete if our course staff determines there is no possibility of an athlete finishing before the posted cut-off times based on an athlete's location, time and average speed up to that point.

Based on permits for the trails of the course and the safety of athletes, volunteers & safety personnel involved, cut-off times must be respected for all UTMB® events.



# MADE IN BARCELONA

SUSTAINABLE HEADWEAR  
PRODUCED IN OUR HOME FACTORY

Today 90 percent of our neckwear, caps and knits are made in Barcelona - with the goal to take the full production home in the following years. Our ability to produce in-house allows greater control over both environmental and social standards and our facility is run by 100% renewable electricity.

For us - the protection of the planet is a lifelong commitment with the aim to do better every day.



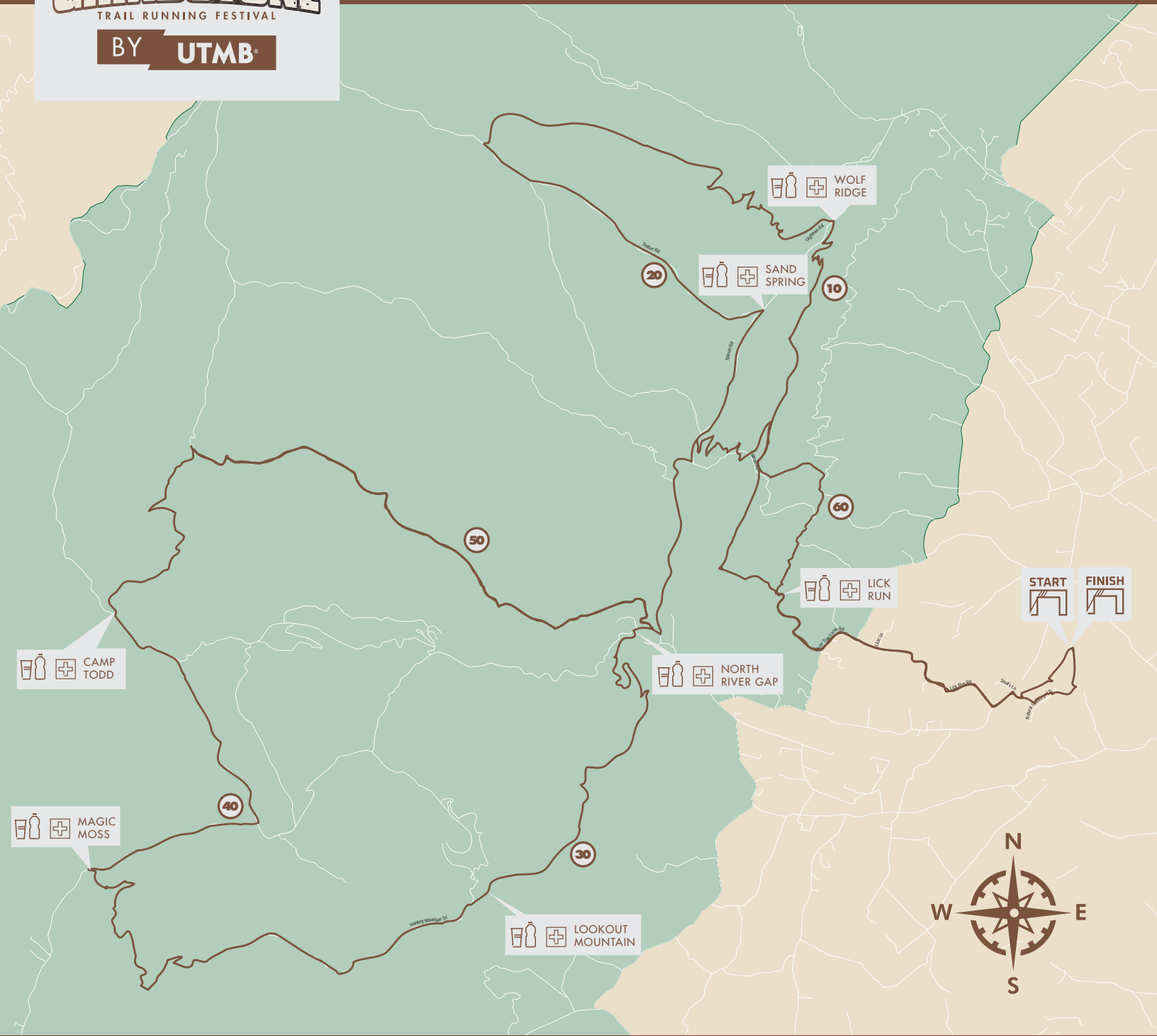
📍 Els Bunkers del Carmel, Barcelona

Buff is a registered trademark, property of Original Buff, S.A. (Spain)



# 100K COURSE

ALLEGHENY MOUNTAINS, VIRGINIA



STARTING LINE

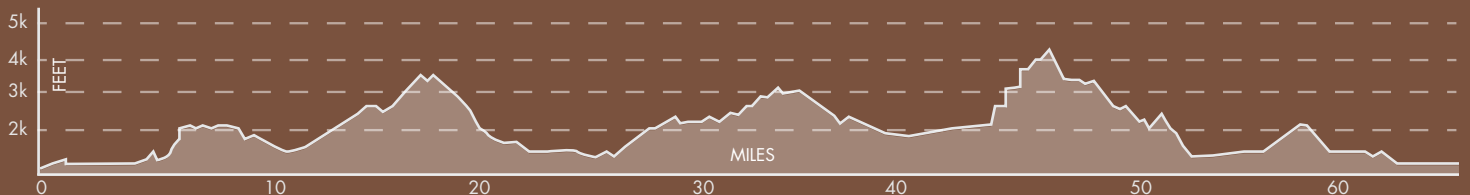
FINISH LINE

10 MILE MARKER

AID STATION

MEDICAL STATION

STARTING ELEVATION: 1,339 FT | FINISHING ELEVATION: 1,345 FT | GAIN: 11,020 FT



# 100K COURSE

## COURSE INFORMATION

Start: Saturday, September 23 at 6 AM.

[CLICK HERE](#) to view the 2023 100K course route on CalTopo. You will be able to download the 100K GPX course route through the CalTopo map.

## AID STATIONS

Aid stations are estimated and are subject to change. They will be at the following locations:

MILE	LOCATION	DROP BAGS	CREW
5.7	Lick Run 1		
11.4	Wolf Ridge		
21.0	Sand Spring		
25.2	North River Gap 1	X	X
30.9	Lookout Mtn		
38.1	Magic Moss		
43.1	Camp Todd		X
52.8	North River Gap 2	X	X
60.5	Lick Run 2		

[CLICK HERE](#) to view the 100K Aid Station Chart as a downloadable PDF.

## COURSE CUT-OFFS

The course time limit is 18 hours. Runners will be subject to intermediate course cut-offs as follows:

- North River Gap at 1 PM
- Camp Todd at 6 PM
- Finish Line at 12 AM (Midnight)

Runners who do not reach these locations by the given times will not be permitted to continue. Course cut-off times are estimated based on runners' start times and projected paces, and are subject to change.

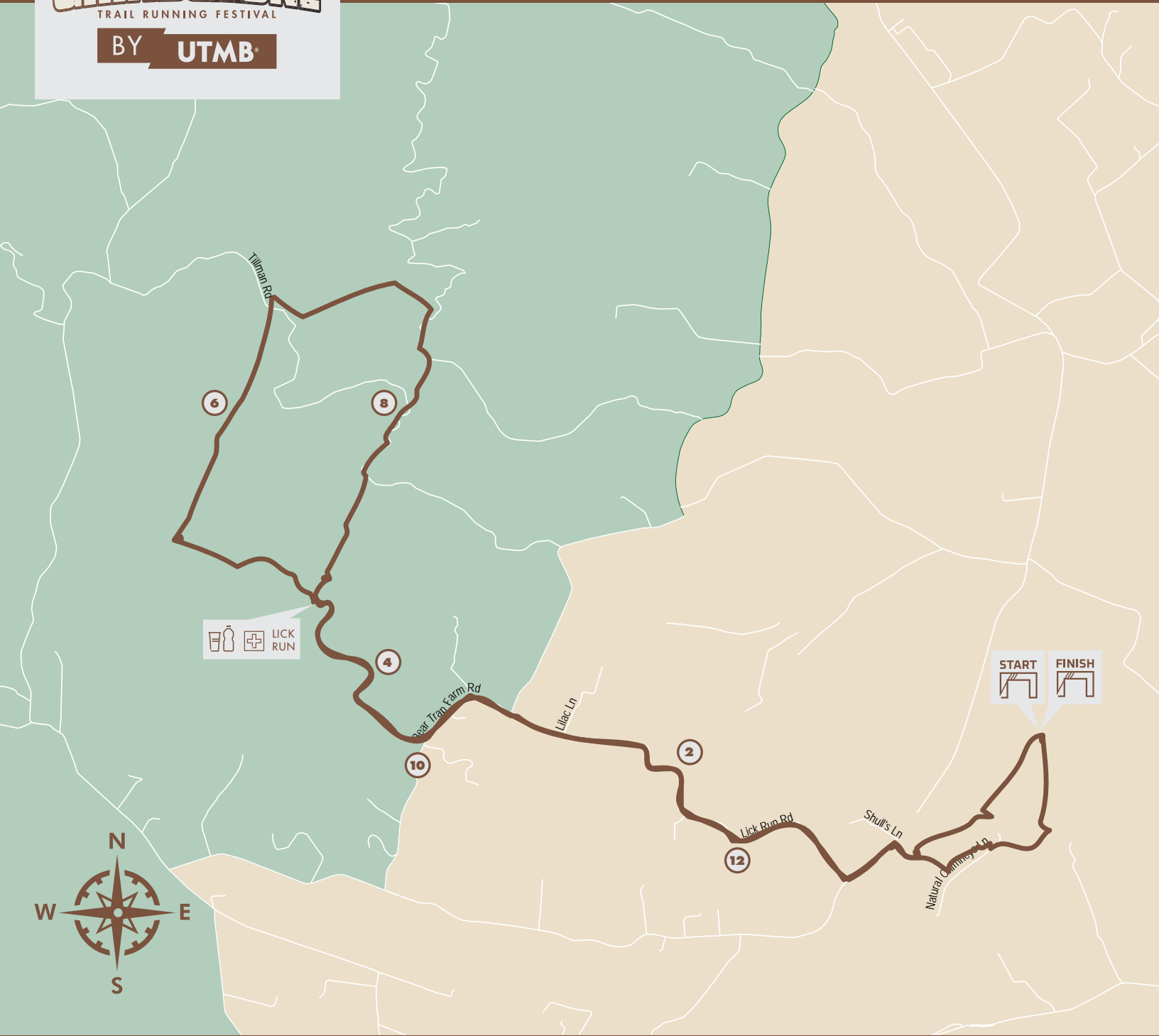
The race organization reserves the right to remove an athlete from the course and DNF the athlete if our course staff determines there is no possibility of an athlete finishing before the posted cut-off times based on an athlete's location, time and average speed up to that point.

Based on permits for the trails of the course and the safety of athletes, volunteers & safety personnel involved, cut-off times must be respected for all UTMB® events.



# 21K COURSE

ALLEGHENY MOUNTAINS, VIRGINIA



STARTING LINE

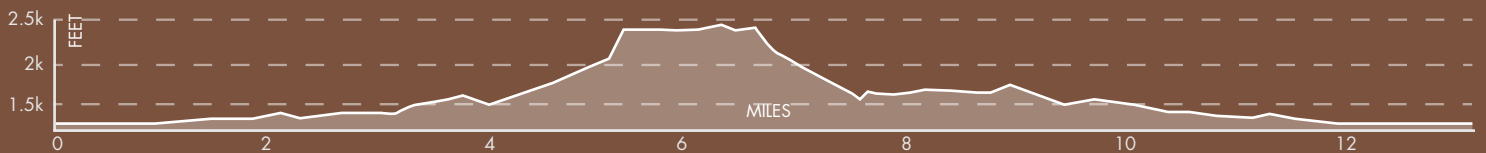
FINISH LINE

MILE MARKER

AID STATION

MEDICAL STATION

STARTING ELEVATION: 1,339 FT | FINISHING ELEVATION: 1,339 FT | GAIN: 1,700 FT



# 21K (HALF MARATHON) COURSE

## COURSE INFORMATION

Start: Saturday, September 23 at 8 AM.

[CLICK HERE](#) to view the 2023 21K (Half Marathon) course route on CalTopo. You will be able to download the 21K (Half Marathon) GPX course route through the CalTopo map.

## AID STATIONS

Aid stations are estimated and are subject to change. They will be at the following locations:

MILE	LOCATION
4.5	Lick Run 1
9.0	Lick Run 2

[CLICK HERE](#) to view the 100K Aid Station Chart as a downloadable PDF.

## COURSE CUT-OFFS

The course time limit is 6 hours. The only course cut-off on the 21K (Half Marathon) course will be at the Finish Line at 2 PM. This time is based on runners' start times and projected paces, and is subject to change.

The race organization reserves the right to remove an athlete from the course and DNF the athlete if our course staff determines there is no possibility of an athlete finishing before the posted cut-off time based on an athlete's location, time and average speed up to that point.

Based on permits for the trails of the course and the safety of athletes, volunteers & safety personnel involved, cut-off times must be respected for all UTMB® events.

VIBRAM  
ELITE SOLE  
X  
GEDIMINAS  
GRINIUS





# AID STATION GUIDE

## 21K (HALF MARATHON) AID STATIONS

Label	Location	Mileage	Miles to Next AS	Elev. Gain to Next AS	Elev. Loss to Next AS	Cumulative Elev. Gain	Cumulative Elev. Loss	Cut-Off Time	Drop Bags	Crew
Start	Natural Chimneys	0.0	4.5	552	-159	552	-159			
AS1	Lick Run 1	4.5	4.5	989	-989	1,541	-1,148			
AS2	Lick Run 2	9.0	4.5	159	-552	1,700	-1,700			
Finish	Natural Chimneys	13.5						2 PM	X	X

## 100K AID STATIONS

Label	Location	Mileage	Miles to Next AS	Elev. Gain to Next AS	Elev. Loss to Next AS	Cumulative Elev. Gain	Cumulative Elev. Loss	Cut-Off Time	Drop Bags	Crew
Start	Natural Chimneys	0.0	5.7	688	-282	688	-282			
AS1	Lick Run 1	5.7	5.7	970	-870	1,658	-1,152			
AS2	Wolf Ridge	11.4	9.6	2,280	-2161	3,938	-3,313			
AS3	Sand Spring	21.0	4.2	127	-550	4,065	-3,863			
AS4	North River Gap 1	25.2	5.7	1,615	-515	5,680	-4,378	1 PM	X	X
AS5	Lookout Mtn	30.9	7.2	1,160	-1,457	6,840	-5,835			
AS6	Magic Moss	38.1	5.0	275	-225	7,115	-6,060			
AS7	Camp Todd	43.1	9.7	2,704	-3396	9,819	-9,456	6 PM		X
AS8	North River Gap 2	52.8	7.7	1,042	-1012	10,861	-10,468		X	X
AS9	Lick Run 2	60.5	4.5	159	-552	11,020	-11,020			
Finish	Natural Chimneys	65.0						12 AM	X	X

## 100M AID STATIONS

Label	Location	Mileage	Miles to Next AS	Elev. Gain to Next AS	Elev. Loss to Next AS	Cumulative Elev. Gain	Cumulative Elev. Loss	Cut-Off Time	Drop Bags	Crew
Start	Natural Chimneys	0.0	5.7	688	-282	688	-282			
AS1	Lick Run 1	5.7	5.7	970	-870	1,658	-1,152			
AS2	Wolf Ridge	11.4	9.0	3,012	-685	4,670	-1,837			
AS3	Reddish Knob	20.4	4.0	438	-684	5,108	-2,521			
AS4	Little Bald Knob	24.4	8.0	1,058	-3,334	6,166	-5,855			
AS5	North River Gap 1	32.4	5.7	1,615	-515	7,781	-6,370	4 AM	X	X
AS6	Lookout Mtn	38.1	7.5	1,216	-1,746	8,997	-8,116			
AS7	Dowells Draft 1	45.6	7.0	2,225	-1,564	11,222	-9,680		X	X
AS8	Dry Branch Gap 1	52.6	6.8	2,021	-2,296	13,243	-11,976	11 AM		
AS9	Cold Springs	59.4	5.5	876	-755	14,119	-12,731			
AS10	Dry Branch Gap 2	64.9	7.0	1,564	-2,225	15,683	-14,956			
AS11	Dowells Draft 2	71.9	5.2	1,140	-862	16,823	-15,818		X	X
AS12	Magic Moss	77.1	5.0	275	-225	17,098	-16,043			
AS13	Camp Todd	82.1	9.7	2,704	-3396	19,802	-19,439	9:30 PM		X
AS14	North River Gap 2	91.8	7.7	1,042	-1012	20,844	-20,451		X	X
AS15	Lick Run 2	99.5	4.5	159	-552	21,003	-21,003			
Finish	Natural Chimneys	104.0						6 AM	X	X

Mileage, elevation gain and loss are based on CalTopo. The above elevation gain/loss data is derived from a segmented GPX file on CalTopo which tends to be more accurate than a single line GPX route. Actual data may vary on course and from watch to watch.

**CAMELBAK®**

*NEW ZEPHYR™ PRO VEST*

**REDEFINE  
WHAT'S  
POSSIBLE**



VISIT [CAMELBAK.COM](https://www.camelbak.com) FOR MORE INFORMATION

# FINISH LINE

## AWARDS CEREMONIES

Join us for the Awards Ceremonies! Please check the Event Schedule for the times of all ceremonies. The top five overall male and female awards and first place male and female age group awards will be awarded.

If you cannot attend the Awards Ceremony, please email [grindstone@service.byutmb.world](mailto:grindstone@service.byutmb.world) to have your award shipped to you. Please note that we are unable to ship outside of the United States. Unclaimed awards will be held for 30 days.

## DROP BAG PICK-UP

There will not be any drop bags for the 21K (Half Marathon) distance. Drop bags for the 100M and 100K distances will be dropped off at the start. The bags will be returned to either the runner or a family member/friend, only upon presentation of the bib number. The bags must be retrieved at Natural Chimneys Park no later 12 PM (noon) on Sunday, September 24. After that time, drop bags are subject to charitable donation. **DO NOT PUT ANYTHING OF GREAT VALUE IN YOUR DROP BAGS!**

## PHOTOGRAPHY

FinisherPix will have multiple photographers along the course to document your journey.

How to order your pix:

- Register your e-mail address at [www.finisherpix.com](http://www.finisherpix.com) to be notified as soon as photos are online.
- Keep your bib number visible on the FRONT of your body during the run and at the finish line so you can be easily identified.
- Smile and celebrate when you cross the finish line! Don't worry about touching your watch, the timing company will ensure an accurate record of your achievement.
- Visit [www.finisherpix.com](http://www.finisherpix.com) to view, order, and share your photos from the event.

## VOLUNTEER

Our volunteers allow us to do what we do! Please be sure to thank the volunteers that help you along your journey. All volunteers will receive swag. If you or anyone traveling with you is interested in volunteering, please [CLICK HERE](#).

# QUALIFY FOR WESTERN STATES

## WESTERN STATES

Grindstone Trail Running Festival by UTMB® is a Western States 100 qualifier for 2024. To be eligible for the Western States Lottery, runners must complete the 100-Mile distance in under 36 hours, or the 100K distance in under 18 hours.

## ABOUT THE WESTERN STATES TRAIL

The Western States Trail extends from Salt Lake City, Utah, across the Great Basin, and over the Sierra Nevada to Sacramento, California. Originally a Native American route, the California portion of the trail was later taken up by trans-Sierra travelers in the 19th century seeking a passage to the Nevada mines.

## WESTERN STATES ENDURANCE RUN 100 INFORMATION

The trail begins in Olympic Valley, California and crests at Emigrant Pass at 8,750 feet. After passing by Duncan Canyon and Robinson Flat, the trail leads to Last Chance, a mining ghost town marking the beginning of “the canyons”, Deadwood and El Dorado. After conquering “the canyons”, runners will conquer the Foresthill Divide and reach Rucky Chucky, crossing the American River with just below class 6 rapids. As night falls, runners will climb to the Cool limestone quarry, cross Highway 29, and experience Pointed Rocks Ranch. After crossing No Hands Bridge and making the final climb to Robie Point, runners will arrive at the finish line at Auburn’s Placer High School.



# R2<sup>3.0</sup> CALF SLEEVES



### Compression Grid Pattern

Targeted high level muscle support.

**Decreasing the risk of injury and cramps.**



### Waffle Proprioceptive Stripes

Promote microcirculation and lymphatic flow.

**Less chance of shin splints & stomach inflammation**



### Achilles Proprioceptive Stripes

Promotes support and microcirculation to the achilles tendon.

**Added support & less inflammation**



### Fibular Stripes

3D textured yarn activates the fibular muscles, improving balance & stability.

**Less chance of sprained ankles**

## MICRO GAINS, MACRO RESULTS.



MASSAGING FIBER



SHOCK ABSORBER



THERMO-REGULATION



K-PROTECT



REFLECTIVE LOGO



[www.compressport.com](http://www.compressport.com)



S

# UTMB® WORLD SERIES

## UTMB® WORLD SERIES

UTMB® World Series Events are the best trail running events on the planet and are organized to the highest quality standards, giving runners the chance to immerse themselves in the UTMB® experience on all continents.

Each year, three of these events will be given the status of UTMB® World Series Majors, becoming continental Series finals in the Americas, in Europe, and in Asia/Oceania.

## QUALIFYING POINTS

100M – 4 Stones

100K – 3 Stones

21K (Half Marathon) – 1 Stone

## QUALIFYING

As a UTMB® World Series Event, Grindstone Running Festival by UTMB® 100M and 100K provides you opportunities to access the UTMB® World Series Final, the OCC, in Mont-Blanc, France, via:

- A lottery place, earned through collection of Running Stones.
- Sporting performance, with the top three male and female finishers in the 100M or 100K earning a spot to the UTMB® race of the corresponding distance category.

[CLICK HERE](#) for more information regarding the UTMB® Performance Index.

After the race, the selected runners will receive an email to register for the UTMB® World Series Finals. Please be sure to create your My UTMB® account prior to race day by clicking [HERE](#).

# GENERAL RULES

1. Throughout the duration of the race, each runner must have with them all of their mandatory equipment.
2. No aid between aid stations. The race organizer only provides water and electrolyte drink for filling water bottles or hydration packs. The runner should take care to ensure they have, when leaving each aid station, the appropriate quantity of drink and food to keep them going until the next aid station.
3. It is forbidden to accompany or be accompanied along any part the race route by a person not registered for the race, outside of the spectator zones.
4. Runners are not allowed to participate with a dog or any other animal, including service animals.
5. Littering is NOT allowed outside 100' of aid stations. Throwing a wrapper down outside these parameters, is subject to disqualification.
6. NO STEPPING on vegetation off the trail. Once again, it's pristine, let's keep it that way.
7. No special Drop Bag service from crew.
8. Headphones ARE permitted, so crank it up, but please be aware of surroundings when overtaking another runner, if you are overtaken, or at an aid station.
9. Any runner seen cutting a switchback will be disqualified.
10. Any foreign runner who earns cash, will be subject to tax initially when paid on race day.
11. Runners can drop from the race at any accessible aid station and they MUST let the Aid Station Captain know that they are dropping.



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