

MEET YOUR EXTRAORDINARY



Race Regulations



Grindstone Trail Running Festival By UTMB RACE REGULATIONS

ORGANIZATION

The Grindstone Trail Running Festival by UTMB 100-Mile, 100K, 50k, and Half-marathon races.

DEFINITION OF THE RACES

The Grindstone Trail Running Festival by UTMB is an event which includes several races in the open country, passing through the hiking routes of George Washington National Forest, North River Ranger District. Created by Clark Zealand, the inaugural year of the event was 2008. The Grindstone Trail Running Festival by UTMB is hosted by the Natural Chimneys Park and supported by Augusta County. Each distance takes place in one single stage, at each runner's own pace and within a time limit.

100M CATEGORY

- Approximately 100miles and about 21,000ft of elevation gain, starts and finishes the Natural Chimneys Park. Cut-off time for finishing is 36 hours.

100K CATEGORY

- Approximately 100km and about 11,000ft of elevation gain, starts and finishes the Natural Chimneys Park. Cut-off time for finishing is 18 hours.

50K CATEGORY

- Approximately 50km and about 5,000ft of elevation gain, starts and finishes the Natural Chimneys Park. Cut-off time for finishing is 9 hours.

Half-marathon (21K) CATEGORY

- Approximately 13.1miles and about 1,700ft of elevation gain, starts and finishes the Natural Chimneys Park. Cut-off time for finishing is 6 hours.

RUNNER'S COMMITMENT

To participate in Grindstone Trail Running Festival by UTMB, in the events, it is essential:

- To be completely aware of the length and difficulty of the event and to be adequately prepared for it.
- To have acquired, before to the race, a real understanding of personal autonomy in the mountains/terrain allowing for the management of potential problems encountered during this type of event, notably:
 - Ability to confront, without outside assistance, changing climatic conditions which could be very difficult to deal with at altitude (night, wind, cold, fog, rain or snow).
 - Ability to manage, including when one is isolated, physical or mental problems arising from a heavy fatigue, digestive problems, muscle or articular/joint pains, small wounds, etc...
 - Aware that the organization's role is not to help a runner manage these problems.
 - Aware that for such an activity in the mountains, safety depends upon the runner's ability to adapt to the problems encountered or foreseen.
 - To inform and educate the runner's supporters towards the respect of nature, people, and the regulations of the race.

100Mile: Mandatory Trail Stewardship

- A minimum of 8-hours of trail work is required for 100Mile entrants. Where possible, please volunteer locally for trail work. Trail work must be completed within the calendar year of the event and the self-certification form submitted by September 1.

SEMI-AUTONOMY / SELF-SUFFICIENCY

Participants are expected to demonstrate the principles of semi-autonomy/self-sufficiency. They should be prepared to carry their own fluids, food, and gear (including inclement weather gear) between aid stations. Participants should also be prepared, within the course safety guidelines, to handle adverse or changing conditions. This self-sufficiency principle implies the following rules:

1. Throughout the duration of the race each runner must have with them all of their mandatory equipment.
2. The aid stations provide drinks and food to be consumed on site. The race organizer only provides still water and/or sports/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 following aid station.

3. For the 100Mile & 100k, a personal assistant (runner crew) is allowed at certain aid stations (*), in the area specifically reserved for this use and at the discretion of the aid station captain. The rest of the aid station is strictly reserved for the runners.
4. 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.

Note: A Safety Runner may be allowed under certain conditions approved by race management. These will be reviewed on a case-by-case basis. They will have to follow the runners regulations of the event

Runners are not allowed to participate with a dog or any other animal, including service animals.

5. A participant who accepts being accompanied outside of the designated zones violates the principle of self-sufficiency.
6. Runners are not allowed to participate with a dog or any other animal, including service animals.

CREWING & SPECTATOR RULES AND REGULATIONS

1. Runner Crews & Spectators must adhere to all Crewing & Spectator Rules and Regulations. Failure to comply, may result in disqualification of the runner.
2. Parking is only allowed in designated areas.
3. Crew & Spectators must follow all city, county, and state laws while driving and parking.
4. Some Aid Stations will require a walk-in from the designated parking areas. Please have Crew & Spectators plan accordingly.
5. Dogs are highly discouraged from being brought to Crewing Locations and MUST always remain on a leash.
6. Crews are not allowed to access or interfere with the Aid Station and its operations.
7. Crewing is ONLY allowed in the designated areas within each of the Aid Station locations listed below. Runner Crewing is forbidden at all other Aid Stations, as well as at any other point of the race route.

(*) Runner Crewing is permitted at the following posts:

100Mile:

- North River Gap Aid Station #5 & 14: Miles 32.4 & 91.8
- Dowells Drafft Aid Station #7 & 11: Miles 45.6 & 71.9 (walk-in only)

- Camp Todd Aid Station #13: Mile 82.1
- Natural Chimneys Park - Finish

100K:

- North River Gap Aid Station #4 & 8: Miles 25.2 & 52.8
- Camp Todd Aid Station #7: Mile 43.1
- Natural Chimneys Park - Finish

Runner Crewing is forbidden at all other aid stations, as well as at any other point of the race route.

50k & Half-marathon: no assistance is allowed at any point throughout these races.

PACER RULES AND REGULATIONS

- Pacers are allowed in only the 100-mile category.
- Runners are responsible for the actions of their pacers.
- Pacer age requirement: Pacers must be a minimum of 18 years.
- All pacers must sign a release form and pick up one pacer bib at the race expo with their runner.
- Only one pacer per runner at any given time.
- Pacers can begin as early as Dowells Draft (outbound, Mile 45.6). If you are using more than one pacer, the 'pacer bib' must be transferred from one pacer to the next and only at crew accessible aid stations. Pacers must wear bibs at all times while on the course.
- Pacers must carry the mandatory 100-mile gear required (See Mandatory Equipment Checklist below).
- Pacers may utilize aid stations. Please use discretion at the aid stations, remembering that there are many runners on the course who are both thirsty and hungry. Preferably, pacers should plan to carry their own food/fluid and be self-sufficient.
- Pacers must remain with their runner entering and exiting aid stations. The pacer may aid in filling water bottles and obtaining food within the aid station.
- No "muling". Pacers may not carry nutrition, water, gear or other supplies for their runner.
- Pacers may not physically assist their runner in moving along the course unless it is an emergency.
- Pacers are not allowed drop bags.
- Pacers must follow all other race regulations.

EQUIPMENT

In order to ensure their safety, each participant must carry with them all the items listed in the mandatory equipment checklist (see below) and must carry all the equipment with them during the duration of the race even if the runner is not using it.

The “hot-weather” and the “cold-weather” kits are part of the recommended equipment. According to the weather conditions, the race organizer might require one of those two additional kits and inform each participant before the opening of the check-in.

Please note: the items included in the mandatory equipment checklist are the basic pieces of equipment each runner must carry with them. It is important not to choose the lightest possible clothing. Instead, runners should pack clothing that provides adequate protection in the mountains/course terrain against bad weather conditions, including cold, wind, heavy precipitation, and snow.

[100Mile: Mandatory Equipment Checklist](#)

Basic kit:

- Minimum water supply: 1 liter of hydration capacity
- Reusable cup
- One (1) working headlamp with spare cells/batteries.
- Recommendation of 200 lumens or more for night running.
- Jacket with hood for bad weather in the mountains/course terrain.

100Mile Recommended Equipment Checklist:

- Running pack to carry recommended gear throughout the race.
- Mobile/Cell phone with international roaming that works in the United States of America.
- Additional working headlamp
- Hat

Hot weather kit (may be required by the organization, depending on weather conditions)

- Sunglasses ***
- Sunscreen, recommendation: minimum sun protection factor (SPF) 50
- Minimum water supply: 2 liters

Cold weather kit (may be required by the organization, depending on weather conditions)

- Protective eyewear ***
- 2nd warm layer in addition to jacket recommendation.

- Sturdy, closed-toe trail-running shoes (minimalist or ultralight shoes Not recommended)
- Warm hat
- Warm and water-proof gloves
- Waterproof overpants

Other recommended equipment (including but not limited to):

- Spare warm clothing, essential in case of cold and rainy weather or in case of injury
- Poles in the case of rain or snow for your safety on slippery ground
- GPS watch

*** it is possible to use the same glasses if they are suitable both for the sun and bad weather (such as glasses with photo-chromatic lenses)

Music: Listening to music using earphones only, is tolerated, so long as it is safe to do so. Any earphones MUST be removed when crossing any roads, as well as on approach to, and whilst at, any checkpoints and when approaching and passing any Safety Team members.

If you have further questions about mandatory equipment, do not hesitate to consult our FAQs

[100K: Mandatory Equipment Checklist](#)

Basic kit:

- Minimum water supply: 1 liter of hydration capacity
- Reusable cup
- One (1) working headlamp with spare cells/batteries.
- Recommendation of 200 lumens or more for night running.
- Jacket with hood for bad weather in the mountains/course terrain.

100K Recommended Equipment Checklist:

- Running pack to carry recommended gear throughout the race.
- Mobile/Cell phone with international roaming that works in the United States of America.
- Additional working headlamp
- Hat

Hot weather kit (may be required by the organization, depending on weather conditions)

- Sunglasses ***
- Sunscreen, recommendation: minimum sun protection factor (SPF) 50
- Minimum water supply: 2 liters

Cold weather kit (may be required by the organization, depending on weather conditions)

- Protective eyewear ***
- 2nd warm layer in addition to jacket recommendation.
- Sturdy, closed-toe trail-running shoes (minimalist or ultralight shoes Not recommended)
- Warm hat
- Warm and water-proof gloves
- Waterproof overpants

Other recommended equipment (including but not limited to):

- Spare warm clothing, essential in case of cold and rainy weather or in case of injury
- Poles in the case of rain or snow for your safety on slippery ground
- GPS watch

*** it is possible to use the same glasses if they are suitable both for the sun and bad weather (such as glasses with photo-chromatic lenses)

Music: Listening to music using earphones only, is tolerated, so long as it is safe to do so. Any earphones MUST be removed when crossing any roads, as well as on approach to, and whist at, any checkpoints and when approaching and passing any Safety Team members.

If you have further questions about mandatory equipment, do not hesitate to consult our FAQs

[50k: Mandatory Equipment Checklist](#)

Basic kit

- Minimum water supply: 1 liter of hydration capacity
- Reusable cup

50k recommended equipment (including but not limited to):

- Running pack to carry recommended gear throughout the race.
- Mobile/Cell phone with international roaming that works in the United States of America.
- Jacket with hood for bad weather in the mountains/course terrain.
- Hat

NOTE: According to the above jacket recommendation, the runner must judge whether their jacket is suitable for inclement weather in the mountains/course terrain-

Hot weather kit (may be required by the organization, depending on weather conditions)

- Sunglasses ***
- Sunscreen, recommendation: minimum sun protection factor (SPF) of 50
- Minimum water supply: 2 liters

Cold weather kit (may be required by the organization, depending on weather conditions)

- Additional warm second layer: a warm second layer top with long sleeves or a windproof jacket.
- Warm hat
- Warm and water-proof gloves
- Waterproof over pants
- Sturdy, closed-toe trail-running shoes (minimalist or ultralight shoes Not recommended)

Other recommended equipment

- Spare warm clothing, essential in case of cold and rainy weather or in case of injury.
- Poles in case of rain or snow for your safety on slippery ground
- GPS watch

Music: Listening to music using earphones only, is tolerated, so long as it is safe to do so. Any earphones MUST be removed when crossing any roads, as well as on approach to, and whist at, any checkpoints and when approaching and passing any Safety Team members.

If you have further questions about mandatory equipment, do not hesitate to consult our FAQs

[Half-marathon: Mandatory Equipment Checklist](#)

Basic kit

- Minimum water supply: 1 liter of hydration capacity
- Reusable cup

Other recommended equipment (including but not limited to):

- Running pack to carry recommended gear throughout the race.
- Mobile/Cell phone with international roaming that works in the United States of America.
- Jacket with hood for bad weather in the mountains/course terrain.
- Hat

NOTE: According to the above jacket recommendation, the runner must judge whether their jacket is suitable for inclement weather in the mountains/course terrain-

Hot weather kit (may be required by the organization, depending on weather conditions)

- Sunglasses ***
- Sunscreen, recommendation: minimum sun protection factor (SPF) of 50
- Minimum water supply: 2 liters

Cold weather kit (may be required by the organization, depending on weather conditions)

- Additional warm second layer: a warm second layer top with long sleeves or a windproof jacket.
- Warm hat
- Warm and water-proof gloves
- Waterproof over pants
- Sturdy, closed-toe trail-running shoes (minimalist or ultralight shoes Not recommended)

Other recommended equipment

- Spare warm clothing, essential in case of cold and rainy weather or in case of injury.
- Poles in case of rain or snow for your safety on slippery ground
- GPS watch

Music: Listening to music using earphones only, is tolerated, so long as it is safe to do so. Any earphones MUST be removed when crossing any roads, as well as on approach to, and whist at, any checkpoints and when approaching and passing any Safety Team members.

If you have further questions about mandatory equipment, do not hesitate to consult our FAQs

RACE-BIBS

Race-bibs are handed over to each runner upon presentation of:

- A valid ID with photo at Packet Pickup at the Expo

The race-bib must be always worn unobstructed and must remain completely visible during the entire race. It must be worn front facing on person, always be placed on top of all clothing and must not be positioned on a pack. The runner's name and partner's logos must not be altered or hidden. The bib is the pass to access aid stations, medical points, rest rooms, bag drop-off or pick-up areas. The bib is only withdrawn if the runner refuses to comply with the race director's instruction. If the runner withdraws from the race, the bib is collected, and bib chip is deactivated.

DROP BAGS / SPARE BAGS

100Mile: Runners can drop them off the start. Drop bag deadline is 4:00 PM on Friday, September 22, 2023.

100K: Runners can drop them off the start. Drop bag deadline is 5:00 AM on Saturday, September 23, 2023.

50k & Half-marathon: There are no Drop Bags at any Aid Station for these distances.

- All Drop Bags must fit through an 8" x 10" opening, and can be no longer than 16"
- If it is determined your gear bag is too large, you will be provided with a suitable bag to hold only your necessary gear.
- Drop Bags: There will be an area outside the race expo for your drop bags, arranged by aid station and race distance.
- All Drop Bags are required to have the information below printed on them. Failure to do, may result in the Drop Bag not being delivered, or being delivered to the wrong location
 - Full Name
 - Bib Number
 - Aid Station of where the Drop Bag is to go
- **DO NOT** place glass bottles in your Drop Bag
- **PACERS** are not allowed to have Drop Bags. Any Pacer supplies must fit in the runner's Drop Bag
- Drop Bags can be picked up at The Expo. Please refer to the Runners Guide for the location and map.
- Drop Bags will be available for pick-up no later than **2 HOURS** after the completion of the race and until **SUNDAY AT 12:00 PM.** After that, drop bags are subject to charitable donation.

- Race Management **CANNOT** guarantee that Drop Bags will be available prior to this time and will do their best to make them available as soon as possible
- Drop Bags can be collected by the runner, family member, or friend, only on the presentation of the Bib Number
- Drop Bags for runners that **DROP** out of the race **WILL NOT** be available any earlier
 - A runner that drops from the race may choose to drive to the Aid Station where the Drop Bag is located for retrieval
 - Please refer to and follow the CREWING & SPECTATOR RULES AND REGULATIONS section in this manual when picking up a Drop Bag
- The Race Organization reserves the right to not be responsible for the contents in any Drop Bag or Start/Finish Line Bag. It is highly recommended **TO NOT PUT ANY VALUABLE ITEMS IN THE BAGS**

AID STATIONS

Along the race route, there are points where runners are provided food and drinks. Aid stations supply drinks and food for consuming within the aid stations. The organization supplies still water and electrolyte/sports drink for filling the mandatory water bottles/hydration packs and personal collapsible cups. The runner must make sure, when leaving the aid station, that they have the necessary quantity of food and drinks to keep them going until the next aid station.

For further information concerning aid stations, visit the page “aid stations” on the race website.

To enter the aid stations, runners must wear their race-bib.

The race guide and the relevant pages on our website provide full list of aid stations and what kind of food/drinks runners may find there.

TIMING POINTS

Runner chips are scanned upon arrival at certain Aid Stations and at some timing points along the course.

COURSE-MARKING

100Mile: The 100mile course will be marked with pink ribbons and where night running may occur, reflective ribbons are also used to catch light from the runner's headlamp.

100k: The 100k course will be marked with white ribbons and where night running may occur, reflective ribbons are also used to catch light from the runner's headlamp.

50k: The 50k course will be marked with orange ribbons.

Half-marathon: The half-marathon course will be marked with yellow ribbons.

WARNING: if you can't see any way markers, turn back!

Because we respect the environment, we do not use any paint on the trails.

SAFETY AND MEDICAL ASSISTANCE

There are several medical stations along the route as well as the Finish Line.

Medical Staff and Stations are intended to assist any runner in need of medical assistance.

It is up to a runner in need of assistance or injured to call for the help:

- By going to a Medical Station or seeing a Medical Staff at the nearest Aid Station
- By calling Race Management (phone number should be saved in mobile/cellphone)
- By asking another runner to call for help

Runners must provide assistance to any person in danger and alert Race Management and/or Medical Staff

If a runner is unable to call the Race Management, and only if it is an absolute emergency, runners may call 911

A number of unexpected events, including inclement weather events, could make you wait for help longer than expected. Your safety therefore depends upon the quality of the items that you have put in your pack.

All medical, paramedical, first aid, as well as any person appointed by the race direction are able to:

- Remove any participant who is deemed unable to continue the event
- Demand any competitor to use any item of the mandatory equipment
- Evacuate any runners deemed to be in danger
- Refer runners to the most appropriate care facility

A runner who is treated by a doctor or reached by the search and rescue staff will defer to the professional's authority and agrees to accept their decisions.

If a runner's state of health justifies treatment via intravenous drip, the runner shall withdraw from the race.

There is a hospital located in Harrisonburg for runners with severe medical problems. Comfort care is based on the decision of the medical staff within the limits of care available.

Runners must stay on the marked path.

If a runner needs to sleep along the way, they must do so on the marked path. All runners who voluntarily venture from the way-marked course are no longer under the responsibility of the organization.

TIME LIMIT AND CUT-OFF TIMES

The cut-off time for finishing each race is:

- 100Mile: 36hrs 00mins
- 100K: 18hrs 00mins
- 50k: 9hrs 00mins
- Half-marathon: 6hrs 00mins

You may find the cut-off times on the event web site and in the Runner's Guide. In case of any changes (see Exceptional Conditions), the new cut-off times will be announced via race staff and at Aid Stations

Cut-off times are calculated to allow participants to reach the finish within the time limit. **In order to be authorized to continue a race, all participants must leave the check point/aid station before the cut-off time** (whatever their time of arrival at the check point).

The Race Organization reserves the right to remove a runner from the course and their bib, if the Race Organization determines there is no possibility of an

athlete finishing before the listed cut-off times based on the runner's location, time and average pace up to that point.

Any runner arriving into an Aid Station after the cut-off time or failing to leave the aid station before the cut-off time will be considered a Drop and their bib will be removed. THERE ARE NO EXCEPTIONS

For permitting reasons, and the continuation of the event, the safety of all runners, volunteers, safety personnel and race staff, the cut-off times and rules must be honored and respected for all UTMB events.

Runners who have withdrawn from the race are under their own responsibility and are no longer supported by the race organizer. It is strongly advised for any withdrawn runner to be transported back to the finish line by the offered race transportation or their personal crew.

DROPS

Except in case of injury, a runner wishing to withdraw the race must do so only at an Aid Station. They must inform the Aid Station Captain who will inform the command center.

If a runner wishes to withdraw while on the route between two Aid Stations, they must reach the nearest Aid Station where they must report their withdrawal. They must inform the Aid Station Captain who will inform the command center.

Runner Transport works as follow:

- Runners who abandon at any inaccessible aid station but whose state of health does not require them to be evacuated must return as quickly as possible and by their own means to the nearest accessible aid station.
- As for aid stations accessible by car or 4x4:
 - after the closing of the aid station, the organization might transport any runners who have abandoned and haven't left the aid station yet.
 - in the event of bad weather conditions justifying the partial or total stop of the race, the organization will make sure that all runners are transported as soon as possible.

FINISH

When a runner finishes the race, they will receive the finisher's award. Finishers will have access to food, hydration and medical attention if needed.

REST

Runners having finished their race and wishing to prolong their stay must have their own accommodation.

AWARDS

The top three (3) female and male finishers of each distance will receive a custom trophy.

The first female and male finisher of each distance in each age category will receive a custom award. Age categories are:

Age Groups Men	Age Groups Women
M 10-11	F 10-11
M 12-13	F 12-13
M 14-15	F 14-15
M 16-17	F 16-17
M 18-19	F 18-19
M 20-34	F 20-34
M 35-39	F 35-39
M 40-44	F 40-44
M 45-49	F 45-49
M 50-54	F 50-54
M 55-59	F 55-59
M 60-64	F 60-64
M 65-69	F 65-69
M 70-74	F 70-74
M 75-79	F 75-79
M 80-84	F 80-84
M 85+	F 85+

100Mile: All finishers under the final cut-off time will receive a branded buckle.

100K: All finishers under the final cut-off time will receive a unique finisher award.

50k & Half-marathon: All finishers under the final cut-off time will receive a branded medal.

COMPLAINTS/PROTESTS

Any complaint must be sent by email, within 10 days after the end of the event.

EXCEPTIONAL CONDITIONS

If necessary, the organization reserves the right to modify at any time the routes, starting times, cut-off times, the position of aid stations and medical stations, and any other aspect related to the smooth running of the events.

In case of force majeure, bad weather conditions or any other circumstance endangering the participants' safety, the organization reserves the right to:

- Postpone the start of the race
- Modify the cut-off times
- Change the start date
- Adapt the race's course
- Cancel the race
- Stop temporarily the race
- Stop the race in progress

If a race is cancelled or if the event needs to be modified (e.g. one or more races need to be cancelled), for any reason beyond the control of Race Management there are no refunds.

If a race is cancelled less than 30 days before the start or if a race in progress is interrupted, for any reason beyond the control of Race Management, entry fees will not be refunded.

The organization takes out a third-party insurance for the duration of the event. This civil liability insurance guarantees the financial consequences of its liability, that of its employees and that of the participants.

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WORLD SERIES