

# FINAL INFORMATION



## PRE-RACE

### BIB PICK-UP

Runners must pick up their own bib and will need a passport or valid ID to do so. Bib pick-up will be at the Expo at Natural Chimneys Park (94 Natural Chimneys Ln) during the following times:

- Thursday, September 19 from 3 PM to 7 PM
- Friday, September 20 from 11 AM to 6 PM (all 100M bibs must be picked up by 5:50 PM)

Race morning bib pick-up will also be available on Saturday, September 21 from 5 AM to 7:50 AM. Bibs must be picked up at least 10 minutes before the start of each distance.

### 100M PACER CHECK-IN

Pacers are allowed ONLY in the 100M. Pacers are required to check-in at the Expo during the dates and times listed above. Check-In will NOT be available at the Aid Stations. Only the pacer can check themselves in, as there is a legal document that must be signed in person before the bib can be distributed.

### AID STATION DROP BAG DROP-OFF (100M & 100K)

Runners will be required to write their name, bib number and Aid Station/location on their bags. Please do not put anything of great value or any important documents in these bags. Runners will drop off their bags near the start line. All bags must be dropped by the below times:

- 100M: By 4 PM on Friday, September 20
- 100K: By 5 AM on Saturday, September 21

All runners for all distances will be permitted to drop bags at the start line, but these bags will not be transported to any location on course. Please do not put anything of value in these bags.

## RACE DAY

### EMERGENCY PHONE NUMBER

In a situation where you or another runner is in an emergency and unable to make it to an Aid Station or Medical Station, please call 813-422-2094. If you abandon the course for any reason and do not notify a race official, please call this phone number to notify staff. This number will also be printed on the back of each runner's bib.

### TREKKING POLES

Trekking poles will be allowed for all distances. Please be cautious around other runners while using them.

### CREW INFORMATION (100M & 100K)

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.

## COURSE MARKINGS

Please be sure to follow the markings for the correct distance.

 <b>100M</b> Pink Flags & Ribbons	 <b>100K</b> White Flags & Ribbons
 <b>50K</b> Orange Flags & Ribbons	 <b>21K</b> Yellow Flags & Ribbons

## DISTANCE SPECIFIC DETAILS

[CLICK HERE](#) to visit the event website where you can view course maps, cut-offs and aid station details for each distance. All runners, pacers and crew must read, be familiar with, and follow the Race Regulations. [CLICK HERE](#) to view a complete list of regulations.

## SPECTATOR TRACKING

[LIVETRAIL.NET](#) will be available to track runners throughout the event. Please note these are timing splits at checkpoints on the course and are not live/GPS tracking. [CLICK HERE](#) for Runner Tracking FAQs.

## CREW DRIVING DIRECTIONS

[CLICK HERE](#) for 100M crew driving directions. [CLICK HERE](#) for 100K crew driving directions.

## POST-RACE

### AWARDS CEREMONIES

The top five overall male and female awards and first place male and female age group awards will be awarded during the below times:

- Saturday, September 21:
  - 12 PM: 50K Overall Awards
  - 2 PM: 21K Overall & Age Group Awards
  - 5 PM: 50K Age Group Awards
  - 6 PM: 100K Overall Awards
- Sunday, September 22:
  - 7 AM: 100K Age Group Awards & 100M Overall & Age Group Awards

### DROP BAG PICK-UP

Aid station drop bags from the 100M or 100K must be retrieved at Natural Chimneys Park by 12 PM (noon) on Sunday, September 22. Start line drop bags for each distance must be retrieved by the Awards Ceremony for that distance. After these times, drop bags are subject to charitable donation.