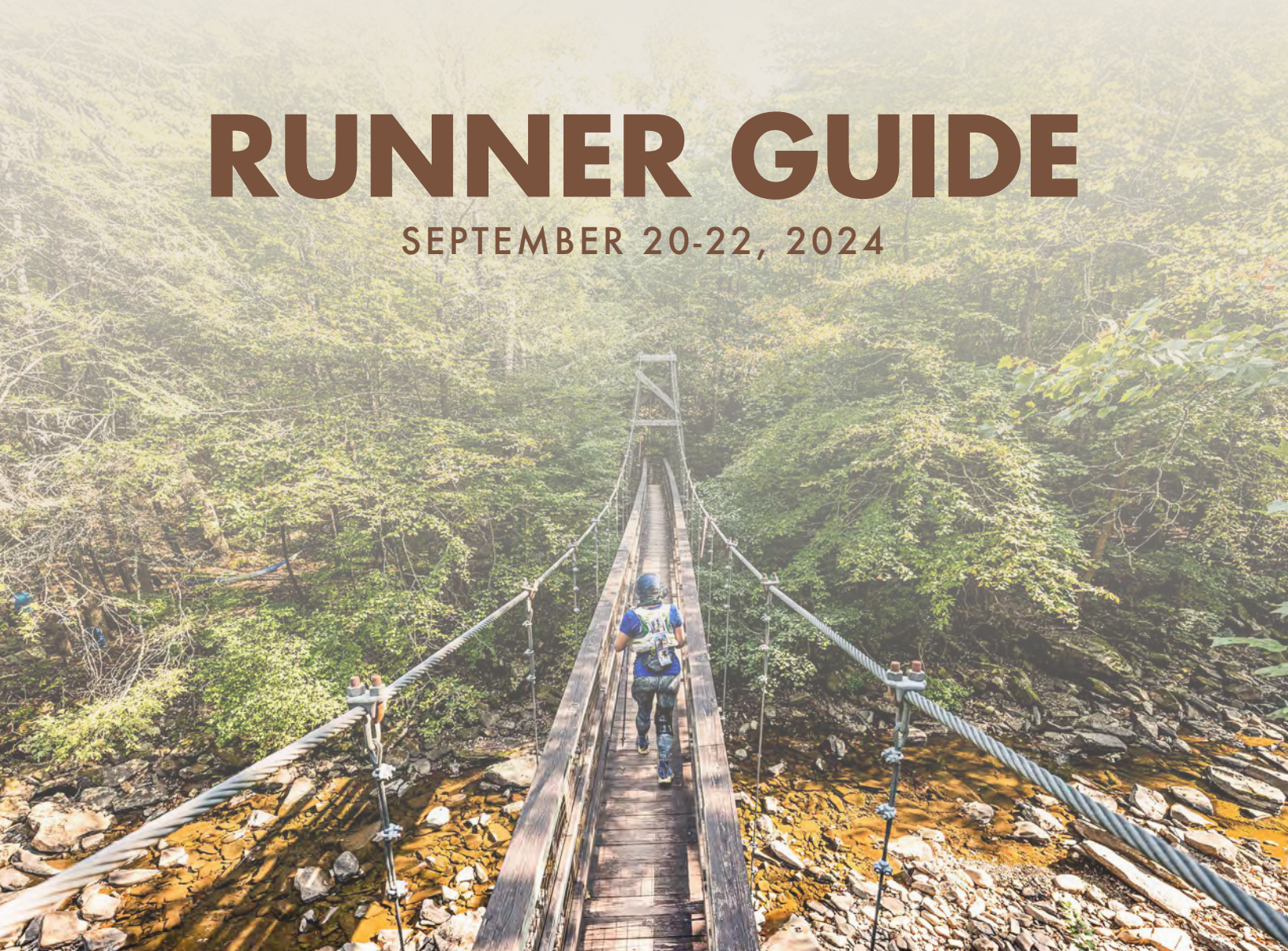




RUNNER GUIDE

SEPTEMBER 20-22, 2024



OFFICIAL UTMB® WORLD SERIES PARTNERS



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WELCOME

SCHEDULE

THURSDAY, SEPTEMBER 19, 2024			
START	END	EVENT	LOCATION
3 PM	7 PM	Expo: • Bib Pick-Up (<i>all 100M pacers must sign a release form and pick up one pacer bib during Expo hours with their runner</i>) • Official Grindstone Running Festival by UTMB® Merchandise Store	Natural Chimneys Park
5 PM		Runner Briefing	Natural Chimneys Park
FRIDAY, SEPTEMBER 20, 2024			
START	END	EVENT	LOCATION
11 AM	6 PM	Expo: • Bib Pick-Up (<i>all 100M pacers must sign a release form and pick up one pacer bib during Expo hours with their runner</i>) • Official Grindstone Running Festival by UTMB® Merchandise Store	Natural Chimneys Park
12 PM		Runner Briefing	Natural Chimneys Park
3 PM		2-Mile Group Hike Including a Scavenger Hunt for Kids with Magnum Opus	Natural Chimneys Park
4 PM		Runner Briefing	Natural Chimneys Park
4:30 PM	5:45 PM	Live Music with Bryan Elijah Smith + Jay Austin	Natural Chimneys Park
6 PM		100 Mile Race Starts	Natural Chimneys Park
6:05 PM	6:50 PM	Live Music with Bryan Elijah Smith + Jay Austin	Natural Chimneys Park
SATURDAY, SEPTEMBER 21, 2024			
START	END	EVENT	LOCATION
5 AM	7:50 AM	Race Morning Bib Pick-Up <i>Bibs must be picked up at least 10 minutes before the start of each distance.</i>	Natural Chimneys Park
6 AM		100K Race Starts	Natural Chimneys Park
7 AM		50K Race Starts	Natural Chimneys Park
8 AM		21K Race Starts	Natural Chimneys Park
8:15 AM		2-Mile Group Hike with a Scavenger Hunt for Kids with Excel Rocktown Running	Natural Chimneys Park
9 AM	10 PM	Expo: • Official Grindstone Running Festival by UTMB® Merchandise Store	Natural Chimneys Park
11 AM	2 PM	Live Music with Tony Cook and Cook County Bluegrass	Natural Chimneys Park
12 PM		50K Awards Ceremony: Overall Awards	Natural Chimneys Park
2 PM		21K Awards Ceremony: Overall & Age Group Awards	Natural Chimneys Park
5 PM		50K Awards Ceremony: Age Group Awards	Natural Chimneys Park
6 PM		100K Awards Ceremony: Overall Awards	Natural Chimneys Park
SUNDAY, SEPTEMBER 22, 2024			
START	END	EVENT	LOCATION
7 AM		100K Awards Ceremony: Age Group Awards 100 Mile Awards Ceremony: Overall & Age Group Awards	Natural Chimneys Park

ADDRESS

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

**MANY
TRAILS.**
**ONE
GOAT.**



SPEEDGOAT 6

A grippy, responsive ride
for technical terrains

HOKA

PRE-RACE INFORMATION

BIB PICK-UP

Runners must pick up their own bib during the below hours.

EXPO PICK-UP

- 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 PICK-UP

- 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*)

WHERE

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

WHAT TO BRING

- Passport or Valid Photo ID
- Active.com Registration QR Code (*please print or take a screenshot on your phone prior to arriving*)

BIB PICK-UP STEPS

1. Present photo ID and Active.com QR Code to volunteer to begin check-in process and receive bib number.
2. Pick up bib.
3. Pick up runner giveaway items.

Visit the Solutions Table to change distances, register for this year's event, or if you have any issues with your registration. Distance changes are subject to availability. Please reach out to the event inbox to inquire. **NO RACE DAY DISTANCE CHANGES ARE PERMITTED.**

MEDICAL INFORMATION

If you have a known medical condition, we highly advise that you take the following steps:

- Stop by the Solutions Table at Athlete Check-In to get a special race day wristband on which you should write the details of your medical condition(s).
- Write details of your medical condition(s) on the back of your athlete bib, which will be in your race packet.

The medical information that is placed on your wristband and athlete bib will provide medical staff or emergency services with essential information. If you have any questions or concerns about providing medical information, please visit the Solutions Table.

RUNNER BRIEFINGS

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

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 TRACKING

[LIVETRAIL.NET](https://www.livetrail.net) will be available to track runners throughout the event. Please note these are timing splits at certain checkpoints on the course and are not live/GPS tracking. Due to the remote nature of these locations there may be possible delays on LiveTrail updating. [CLICK HERE](#) for Runner Tracking FAQs.



EMERGENCY PHONE NUMBER

In a situation where you or another runner is in an emergency and unable to make it to an Aid or Medical Station, please call **813-422-2094**. If you abandon the course for any reason and do not notify an official, please call this phone number to notify race staff. This number will also be printed on the back of runners' bibs. We recommend saving this number in your phone. It is recommended that all 100M runners carry an active cell phone during their event.

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.

THERE IS ABSOLUTELY NO CAMPING OF ANY KIND IN THE FRONT PARKING FIELD. ANYONE CAUGHT CAMPING WILL RISK DISQUALIFICATION OF THEMSELVES OR THEIR RUNNER. THIS IS A PERMIT REQUIREMENT.



NEW

SUUNTO X UTMB WORLD SERIES

Limited Edition

Adventure
Starts
Here

 SUUNTO

RACE DAY INFORMATION

DROP BAGS

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

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

You will be required to write your name, bib number and Aid Station/location on your bags. Not doing so could result in a bag being delivered to the wrong location. Please do not put anything of great value or any important documents in these bags. Please refer to page 25 for bag pick-up information.

START & FINISH LINE DROP BAG DROP-OFF (ALL DISTANCES)

Drop bags can be dropped off at the start. They will not be transported to any location on course. If you do not retrieve your bag by the Award Ceremonies, they will be donated to a local organization. Please do not put anything of value in these bags.

GEAR

100M & 100K

MANDATORY	RECOMMENDED
1 Liter of Hydration Capacity	Running Pack
Reusable Cup	Cell Phone
Hooded Jacket	Additional Headlamp
Headlamp & Spare Batteries	Hat

50K & 21K

MANDATORY	RECOMMENDED
1 Liter of Hydration Capacity	Running Pack
Reusable Cup	Cell Phone
	Hooded Jacket
	Hat

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

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: Electrolyte drink, gels, chews & bars; assorted fruits; soda; assorted sweets & salty snacks; peanut butter & jelly sandwiches; warm broth & food
- Runner Care: Basic first aid/blister care; bug spray; sunscreen; lubrication for chaffing; feminine products

RACE DAY INFORMATION

MEDICAL INFORMATION

Emergency medical care will be provided at every aid station and the finish line. Participation in the event is at runners' own risk. Adequate training is essential. Runners are encouraged to consult with their medical provider prior to the event. Be sure to notify race staff of medical conditions or allergies. This information should be written on the back of the race bib as well as on the white medical bracelet that can be asked for at bib pick-up. Runners may experience nausea and vomiting during the race. This can be for a variety of reasons, most commonly over-hydration, under-hydration, heat stress and altitude exposure. It is advised to "drink to thirst", avoiding over or under-hydration. Be sure to seek medical attention if symptoms continue or worsen. EMS personnel and transport teams will be available for serious injury or illness. Additionally, runners must be responsible for their own limitations. Medical personnel have full authority to decide if a runner may continue. Medical staff will be available at all Runner Briefings.

Runners' crew should anticipate runners' needs, and provide basic care, including hydration and nutrition specific to the runner based on experience and tolerance, aside from race provided supplies. Foot care is very important! Bring sufficient supplies to provide foot care for your runner. For more information on pre-race and during race foot care, follow [THIS LINK](#) for some great videos!

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.

Please visit the distance-specific tab on the event website [HERE](#) to view crew access driving directions.

DROP POLICY

Runners that voluntarily drop from the race must do so at an aid station, notifying the aid station captain. Any runner that removes themselves from the course and is unable to notify an aid station captain, must call the emergency phone number (813-422-2094) to inform race management of their drop.

Any runner that has dropped from the race or is removed from the course for any reason, will have their bib removed. If a runner wishes to keep their bib, they can request their bib back at the timing tent at the finish line. Please note that bibs may not be available until after the event. [CLICK HERE](#) for more details on drops in the Race Regulations Guide.

WEATHER

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

RACE REGULATIONS

Runners and crew must be familiar with and follow Race Regulations. [CLICK HERE](#) to view a complete list.



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Go longer, go farther.

RUNNER BIBS

DO NOT fold your bib under any circumstance.



Make sure you are at the correct race!

2024

GRINDSTONE



Your race distance.



All bibs must be front facing and visible at all times. We recommend pinning bibs to your shorts, pants or leggings.

This is where your timing chip will be. Do not bend the bib or damage this chip. This could result in the loss of tracking.

Wear bib clearly visible on the front of your torso.

Name: _____

DOB: _____

T-shirt size: _____

Emergency Contact: _____


Emergency Phone: _____

Allergies to Medicines: _____

List of Current Medications: _____

Current Medical Condition(s): _____

In case of an emergency or if you're abandoning the race, call 813-422-2094



Please fill your information out.

Please fill your Emergency Contact person information out. This should not be someone who is also running the race.

List all your Medical Information here. This is crucial for our Medical Team.

Only call this number in an emergency or if you are abandoning the course.

PACERS

Pacers are allowed ONLY in the 100M. 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 a bib at all times while on the course and only one pacer per runner may be on the course at any given time.

Each pacer must sign their own waiver and pick up their bib during Expo hours. THERE WILL BE NO AID STATION PACER REGISTRATION OR BIB PICK UP. Please review the Pacer Rules found in the Race Regulations [HERE](#).

Pacers are permitted to enter the course at the following Aid Stations: Dowells Draft 1, Dowells Draft 2, Camp Todd, North River Gap 2.

All pacers must sign their own waiver in order to receive their pacer bib.

DO NOT fold your bib under any circumstance.



Only the 100M allows pacers.

All bibs must be front facing and visible at all times, including pacer bibs. We recommend pinning bibs to your shorts, pants or leggings.

HOW TO WEAR YOUR BIB

UTMB®
WORLD SERIES

All bibs must be front facing and legible.

Do not fold the bibs as it will damage the timing chip.



Do not wear the bib on the back of your person or running vest.






Do not wear the bib under or close to the bottom of your running vest so it is legible & the timing chip isn't damaged by the vest.

Do not rotate the bib as it will potentially render the timing chip unreadable.





Do not place the bib on an article of clothing that will be quickly removed.

COURSE MARKINGS

COURSE FLAGGING & RIBBONS

 <p>100M Pink Flags & Ribbons Where night sections may occur, both flags and ribbons will have reflective strips.</p>	 <p>100K White Flags & Ribbons Where night sections may occur, both flags and ribbons will have reflective strips.</p>
 <p>50K Orange Flags & Ribbons</p>	 <p>21K Yellow Flags & Ribbons</p>
 <p>GLOW STICKS For Night Sections</p>	

COURSE SIGNAGE

	<p>Critical Turn Ahead: This indicates a turn or intersection is coming up. Pay close attention to course markings.</p>
	<p>Wrong Way: This indicates a section that is not on the race course. Do not pass these signs. Look for the appropriate course markings or signage to stay on course.</p>
	<p>Directional Arrows: These indicate the direction of travel on course. Follow the direction of the arrow. A left or right arrow sign may also indicate a turn is coming up.</p>
	<p>Course-Specific Directional Arrows: These indicate the direction of travel specific to a course. Follow the direction of the arrow of the race you are in. These signs are at locations where multiple course overlap.</p>

AID STATION SIGNAGE

Each race distance will be listed at the top to which the below information applies.

100 MILE	100 K	HALF MARATHON
		
<p>The name of the aid station you're arriving to.</p>		<p>The name of the aid station after the one you're currently at.</p>
<p>Distance (miles) to the next aid station.</p>		<p>Elevation gain/loss (ft) to the next aid station.</p>

COURSE MARKINGS

ALONG THE TRAIL

All course ribbons will be placed within eyesight of the next one. Look for course ribbons to be placed on the following:

- Trees
- Bushes
- Tied to rocks on the trail
- Forest service trail signage
- Course signage

URNS & INTERSECTIONS

Leading up to a turn, additional markings will be applied to the side of the trail in the direction of the approaching turn. Immediately after the turn is made, additional course markings will be applied to both sides of the trail to serve as “confidence” markers to ensure you made the correct turn and are on course. Directional arrow signage will be placed leading up to and at turns, in the direction of the upcoming turn. Prior to key intersections, a “Critical Turn Ahead” course sign will be added to alert runners leading up to a turn.

WRONG WAY

“Wrong Way” signage will be placed at intersections on trails that are not on the course. Additional “Wrong Way” signage will be placed further down a trail that is not on the course in case the first sign is missed. If you do not see a course marking ribbon or flag within your field of vision, you are most likely off course. Re-trace your steps until you find the correct course marking for your race.

COURSE MARSHALS & ROAD CROSSINGS

Runners must follow and obey all Course Marshals at the locations they are stationed. Where there are road crossings, runners must give the right of way to vehicles and only cross when the Course Marshal allows them to do so.

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REDEFINE LIMITS



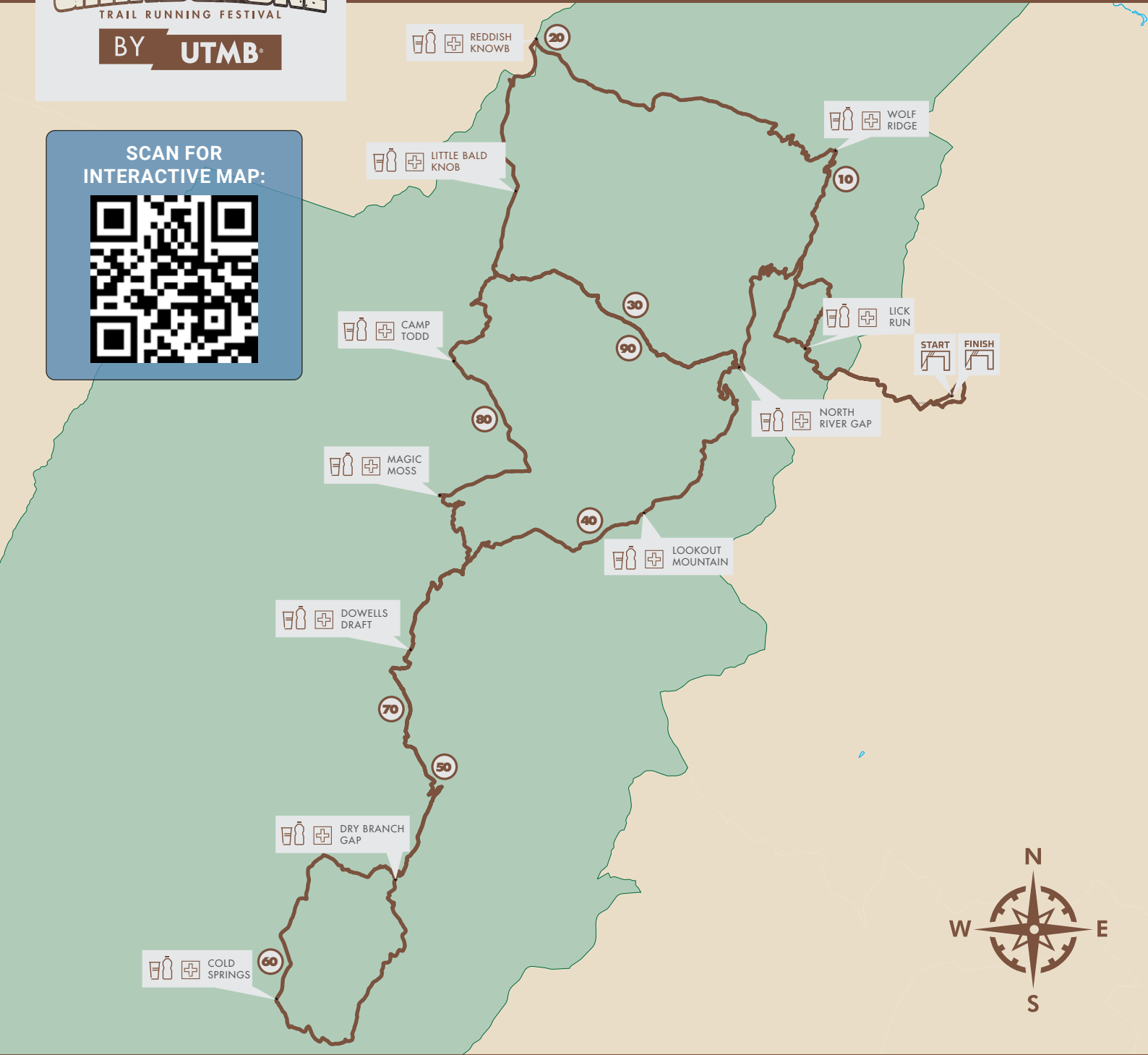
VISIT [CAMELBAK.EU](https://www.camelbak.eu) FOR MORE INFORMATION



100 MILE COURSE

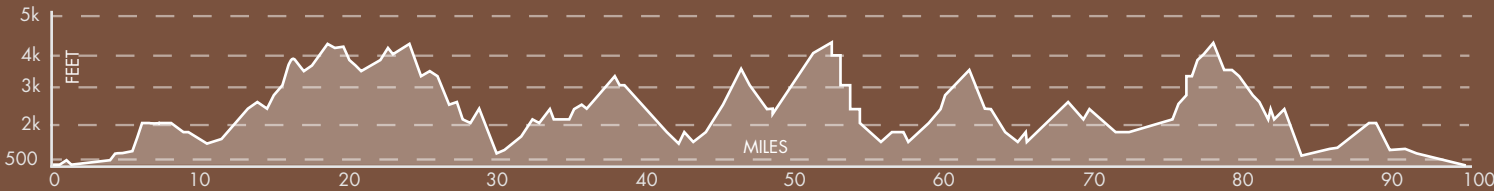
ALLEGHENY MOUNTAINS, VIRGINIA

SCAN FOR INTERACTIVE MAP:



- 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 20 at 6 PM.

[CLICK HERE](#) to view the 2024 100M course route on CalTopo. You will be able to download the 100M GPX course route through the CalTopo map.

AID STATIONS

A variety of refreshments and supplies, including drinks and sweet foods, will be available along the route for the exclusive use of runners. Please note that Aid Stations are estimated and are subject to change. Aid stations will be offered 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		

COURSE CUT-OFFS

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

- Wolf Ridge at 9:30 PM on Friday
- Reddish Knob at 12:30 AM on Saturday
- North River Gap at 4 AM on Saturday
- Dowells Draft at 9 AM on Saturday
- Dry Branch Gap at 11 AM on Saturday
- Dry Branch Gap (2) at 3:30 PM on Saturday
- Dowells Draft (2) at 6 PM on Saturday
- Magic Moss at 8 PM on Saturday
- Camp Todd at 9:30 PM on Saturday
- North River Gap (2) at 1:45 AM on Sunday
- 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.

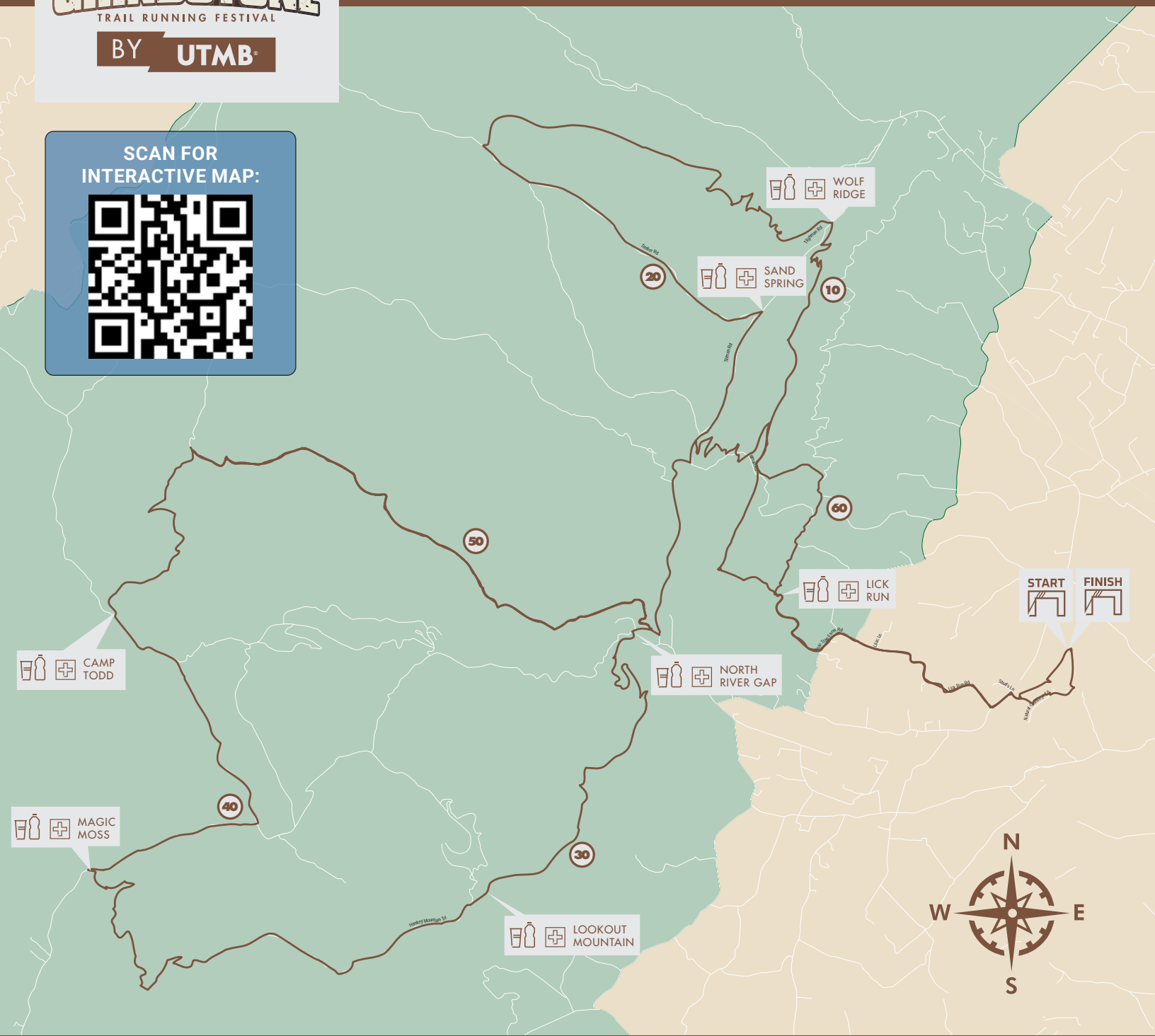
Based on permits for the trails of the course and the safety of athletes, volunteers & safety personnel involved, cut-off times must be respected for all UTMB® events.



100K COURSE

ALLEGHENY MOUNTAINS, VIRGINIA

SCAN FOR
INTERACTIVE MAP:



 STARTING LINE

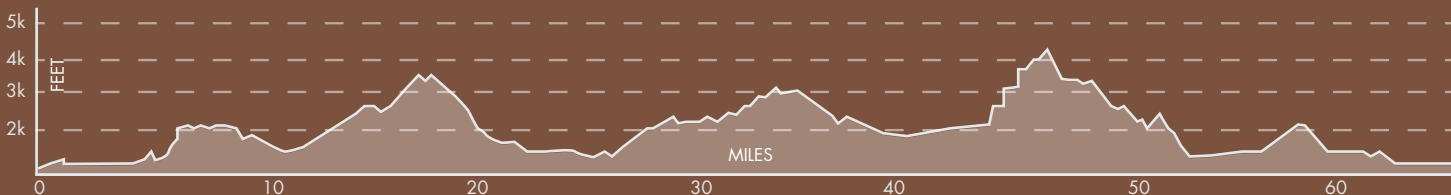
 FINISH LINE

 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 21 at 6 AM.

[CLICK HERE](#) to view the 2024 100K course route on CalTopo. You will be able to download the 100K GPX course route through the CalTopo map.

AID STATIONS

A variety of refreshments and supplies, including drinks and sweet foods, will be available along the route for the exclusive use of runners. Please note that Aid Stations are estimated and are subject to change. Aid stations will be offered 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		

COURSE CUT-OFFS

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

- Wolf Ridge at 9 AM
- Sand Spring at 11:45 AM
- North River Gap at 1 PM
- Magic Moss at 4:30 PM
- Camp Todd at 6 PM
- North River Gap (2) at 9 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.



50K COURSE

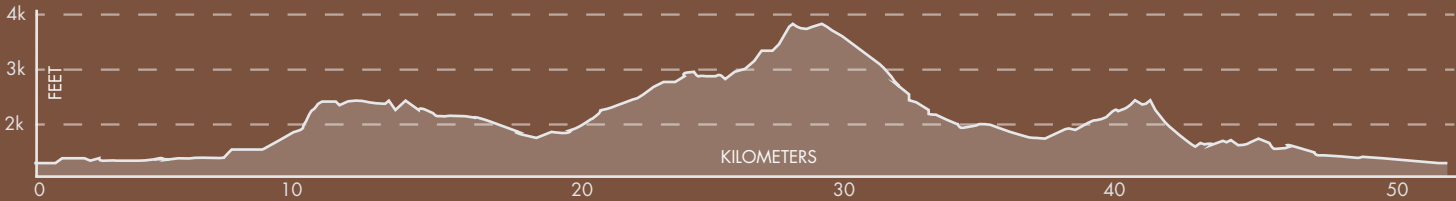
ALLEGHENY MOUNTAINS, VIRGINIA



SCAN FOR INTERACTIVE MAP:

- STARTING LINE
- FINISH LINE
- 10 MILE MARKER
- AID STATION
- MEDICAL STATION

STARTING ELEVATION: 1,373 FT | FINISHING ELEVATION: 1,348 FT | GAIN: 5,000 FT



50K COURSE

COURSE INFORMATION

Start: Saturday, September 21 at 7 AM.

[CLICK HERE](#) to view the 2024 50K course route on CalTopo. You will be able to download the 50K GPX course route through the CalTopo map.

AID STATIONS

A variety of refreshments and supplies, including drinks and sweet foods, will be available along the route for the exclusive use of runners. Please note that Aid Stations are estimated and are subject to change. Aid stations will be offered at the following locations:

MILE	LOCATION
5.7	Lick Run 1
11.4	Wolf Ridge
21.0	Sand Spring
28.0	Lick Run 2

COURSE CUT-OFFS

The course time limit is 9 hours. Runners will be subject to intermediate course cut-offs as follows:

- Wolf Ridge at 10 AM
- Sand Spring at 12:45 PM
- Finish Line at 4 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.



21K COURSE

ALLEGHENY MOUNTAINS, VIRGINIA

SCAN FOR
INTERACTIVE MAP:



 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 COURSE

COURSE INFORMATION

Start: Saturday, September 21 at 8 AM.

[CLICK HERE](#) to view the 2024 21K course route on CalTopo. You will be able to download the 21K GPX course route through the CalTopo map.

AID STATIONS

A variety of refreshments and supplies, including drinks and sweet foods, will be available along the route for the exclusive use of runners. Please note that Aid Stations are estimated and are subject to change. Aid stations will be offered at the following locations:

MILE	LOCATION
4.5	Lick Run 1
9.0	Lick Run 2

COURSE CUT-OFFS

The course time limit is 6 hours. The only course cut-off on the 21K 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.



**FOR EVERY
ADVENTURE**

SUSTAINABLE HEAD & NECKWEAR
DESIGNED FOR ANY FORECAST

AID STATION GUIDE

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	9:30 PM		
AS3	Reddish Knob	20.4	4.0	438	-684	5,108	-2,521	12:30 AM		
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	9 AM	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	3:30 PM		
AS11	Dowells Draft 2	71.9	5.2	1,140	-862	16,823	-15,818	6 PM	X	X
AS12	Magic Moss	77.1	5.0	275	-225	17,098	-16,043	8 PM		
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	1:45 AM	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

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	9 AM		
AS3	Sand Spring	21.0	4.2	127	-550	4,065	-3,863	11:45 AM		
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	4:30 PM		
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	9 PM	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

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.

AID STATION GUIDE

50K 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		X	X
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	10 AM		
AS3	Sand Spring	21.0	7.0	923	-1,155	4,861	-4,468	12:45 PM		
AS4	Lick Run 2	28.0	4.5	159	-552	5,020	-5,020			
Finish	Natural Chimneys	32.5						4 PM	X	X

21K 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

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.

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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 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

AID STATION DROP BAG PICK-UP (100M & 100K ONLY)

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 22. After that time, drop bags are subject to charitable donation. **DO NOT PUT ANYTHING OF GREAT VALUE IN YOUR DROP BAGS!**

START & FINISH LINE DROP BAG PICK-UP (ALL DISTANCES)

The bags will not be transported to any location on course. If you do not retrieve your bag by the Award Ceremonies, they will be donated to a local organization. Please do not put anything of value in these 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 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 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](#).



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QUALIFY FOR WESTERN STATES

WESTERN STATES

Grindstone Trail Running Festival by UTMB® is a Western States 100 qualifier for 2025. To be eligible for the Western States Lottery, runners must complete the 100M 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.



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**WHEREVER YOU RACE,
WE SUPPORT YOU.**

UTMB® WORLD SERIES

REGISTER FOR 2025

Register at the Expo to secure your spot for the 2025 Grindstone Trail Running Festival By UTMB® and receive free reusable utensils while supplies last! There will be limited availability at the lowest prices so register at the Expo or online starting Thursday, September 19 at 1 PM.

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

50K – 2 Stones

21K – 1 Stone

QUALIFYING

As a UTMB® World Series Event, Grindstone Running Festival by UTMB® 100M, 100K, and 50K provides runners opportunities to access the UTMB® World Series Finals, 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, 100K, or 50K 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.
12. [CLICK HERE](#) to review the Anti-Doping policy.

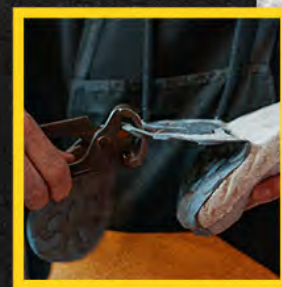
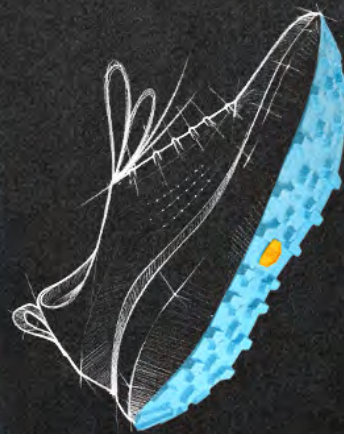
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