



TRAIL RUNNING FESTIVAL

BY **UTMB®**

RUNNER GUIDE

SEPTEMBER 19 - 20, 2025



UTMB®
WORLD SERIES

OFFICIAL UTMB® WORLD SERIES PARTNERS

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WELCOME

SCHEDULE

THURSDAY, SEPTEMBER 18, 2025			
START	END	EVENT	LOCATION
3 PM	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>) 100M Pacer Check-In - Official Grindstone Running Festival by UTMB® Merchandise Store	Natural Chimneys Park
5 PM		Runner Briefing	Natural Chimneys Park
FRIDAY, SEPTEMBER 19, 2025			
START	END	EVENT	LOCATION
10 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>) 100M Pacer Check-In - Official Grindstone Running Festival by UTMB® Merchandise Store	Natural Chimneys Park
12 PM		Runner Briefing	Natural Chimneys Park
4 PM		Runner Briefing	Natural Chimneys Park
4:30 PM	5:30 PM	Live Music Featuring The Fly Birds	Natural Chimneys Park
6 PM		100 Mile Race Starts * All 100M Bibs Must Be Picked Up 10 Minutes Before The Start	Natural Chimneys Park
SATURDAY, SEPTEMBER 20, 2025			
START	END	EVENT	LOCATION
5 AM	7:50 AM	Race Morning Bib Pick-Up Bibs Must Be Picked Up At Least 10 Minutes Before The Start Of Each Distance.	Natural Chimneys Park
6 AM		100K Race Starts	Natural Chimneys Park
7 AM		50K Race Starts	Natural Chimneys Park
8 AM		21K (Half Marathon) Race Starts	Natural Chimneys Park
9 AM	10 PM	Expo: Official Grindstone Running Festival by UTMB® Merchandise Store	Natural Chimneys Park
11 AM	2 PM	Music featuring Dr. How	Natural Chimneys Park
1 PM		21K Awards Ceremony: Overall & Age Group Awards	Natural Chimneys Park
5 PM		50K Awards Ceremony: Overall Award & Age Group Awards	Natural Chimneys Park
7 PM		100K Awards Ceremony: Overall Awards	Natural Chimneys Park
SUNDAY, SEPTEMBER 21, 2025			
START	END	EVENT	LOCATION
9 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

FLY HUMAN FLY™



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PRE-RACE INFORMATION

BIB PICK-UP

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

BASECAMP (EXPO) PICK-UP

- Thursday, September 18 from 3 PM to 6 PM
- Friday, September 19 from 10 AM to 6 PM (all 100M bibs must be picked up by 5:50 PM)

RACE MORNING PICK-UP

- Saturday, September 20 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

- Your registration QR code
 - * Your QR code and bib number will be sent via email on Wednesday of race week
- Passport or Valid Photo ID

BIB PICK-UP STEPS

1. Show your registration QR code
2. Present photo ID to volunteers to begin check-in process and receive bib number.
3. Pick up bib.
4. Pick up runner giveaway items.

Visit the Runner Services Table for any registration questions. Please note, we are not able to offer distance changes into sold out events and there are no distance changes on race day.

TIMING

The race will be timed by LiveTrail using chips located on the bibs. The chips are automatically recorded at the Start Line, various Aid Stations, timing locations and the Finish Line. Please refer to the "How to Wear Your Bib" section in the Runner's Guide for the proper way to wear your bib so the chip is not damaged and is properly recorded.

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.

MEDICAL INFORMATION

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

- Stop by the Runner Services 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 the details of your medical condition(s) on the back of your athlete bib, which you will receive 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 Runner Services Table.

RUNNER WRISTBAND

Runners will receive a wristband printed with their race distance during Bib Pick-Up. This band will identify you as an official runner and must be worn during race week.



PRE-RACE INFORMATION

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.

COMMAND CENTER NUMBER

The Command Center Number is: 813-422-2094

Please save this number in your phone. This number will also be printed on the front of every bib towards the center at the bottom.

Carrying a mobile/cell phone with international roaming that works in the USA is required as mandatory gear for all race distances.

Please call or text this number for any of the reasons below:

- An emergency situation where you or another runner are unable to make it to an Aid or Medical Station
- You abandon the course (dropout from the race) for any reason, and unable to notify a race official. Please include the following when communicating with The Command Center:
 - Bib number
 - Reason for your drop-out
 - Location of your drop-out
 - If you have transportation off course

RACE REGULATIONS

All runners and their crew must read, be familiar with, and follow the Race Regulations. [CLICK HERE](#) to view a complete list of regulations.

VOLUNTEER APPRECIATION WRISTBANDS

Runners will receive a UTMB Cares wristband during bib pick-up and are encouraged to gift the wristband to a volunteer that exemplifies the UTMB Cares values of solidarity, respect, inclusivity, authenticity, and humility. We are so grateful to each volunteer, and we're excited for this opportunity to show our thanks during race weekend.



RUNNER TRACKING

[LIVETRAIL.NET](https://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.



A man with a beard and a black cap is running outdoors. He is wearing a white athletic shirt with a black grid pattern and a black backpack with two water bottles. He is holding a red candy bar in his mouth. The background is a blurred green landscape.

 **SUUNTO**

*Adventure
starts
here*

**Some people
choose
fine dining**

**NEW
SUUNTO RACE**
the performance watch



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.

RACE DAY INFORMATION

EQUIPMENT

100M

MANDATORY	RECOMMENDED
1 Liter of Hydration Capacity	Spare Headlamp
Reusable Cup	Survival Blanket
Running Pack	Whistle
Cell Phone	Gloves
Jacket with Hood	Valid ID
2 Headlamps & Spare Batteries	
Additional Nutrition (800 kcal - 2 gels & 2 bars)	
Hat	

50K & 21K

MANDATORY	RECOMMENDED
1 Liter of Hydration Capacity	Additional Nutrition
Reusable Cup	Running Pack
Cell Phone	Valid ID
	Hat
	Jacket with Hood

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 19
- 100K: By 5 AM on Saturday, September 20

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 28 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.

100K

MANDATORY	RECOMMENDED
1 Liter of Hydration Capacity	Survival Blanket
Reusable Cup	Whistle
Running Pack	Gloves
Cell Phone	Valid ID
Headlamp & Spare Batteries	
Additional Nutrition (800 kcal - 2 gels & 2 bars)	
Jacket with Hood	
Hat	

* Hot or Cold Weather Kits may be implemented by Race Management if inclement weather determines it. Please refer to the [Race Regulations](#) for a full list of the Mandatory Gear, Hot and Cold Weather Kits. It is the runner's responsibility to bring all gear and kits that is or may be required to the race. Race Management may not be able to make the decision to implement the Hot or Cold Weather Kits until a few days out from the event as weather patterns are highly unpredictable and can change on a moment's notice, especially in the mountains.

TREKKING POLES

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

RACE DAY INFORMATION

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

WEATHER

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

MEDICAL INFORMATION FOR RUNNERS & CREW

Emergency medical care will be provided at every aid station and the finish line. Participation in this event is at the runner's own risk. Adequate training is essential. Runners are encouraged to consult with their medical provider prior to the event. Please be sure to notify race staff of any medical condition or allergies. You can place all this information on the back of your race bib as well as on the white medical bracelets you can pick up at the registration tent. Runners' crews must be prepared, anticipate runners' needs, and provide basic care. This includes hydration and nutrition specific to the runner based on experience and tolerance, aside from race provided supplies. 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 the runner always "drinks to thirst", avoiding over or under hydration. Be sure to seek medical attention if symptoms continue or worsen.

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 are encouraged to withdraw from the race only at Aid Stations. This will help Race Management ensure all runners are safely accounted for. All runners **MUST** notify the Aid Station Captain that they are withdrawing, and turn their bib in. If a runner is unable to withdraw at an Aid Station, they **MUST** notify Race Management at the Timing Tent located at the Finish Line, or by calling the Emergency Number on their bib: **813-422-2094**. Please refer to the Race Regulations for further details on the Drop Policy.

In the event that you do not finish (DNF) the race, race management is required to collect your bib at the Aid Station. This is essential for runner accountability and ensures that our command team can confidently confirm the course is clear at the end of the day. We understand that bibs hold sentimental value for many runners. If you'd like your bib returned, we can hand it back after the course is cleared. Please note that this may take several hours after the final course cut-off as bibs are retrieved from remote aid stations. Please email our event inbox within 10 days of the race to request this. Unfortunately, we are unable to ship bibs outside of the United States. Thank you for your understanding with our policy as we prioritize runner safety.

RUNNER BIBS

DO NOT fold your bib under any circumstance.



Make sure you are at the correct race!

Your race distance.

2025

100 MILES

100M

3610

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

Just so we know who you are, or you forget who you are!

LONGFIRSTNAME
LONGLASTNAME

COMMAND CENTER NUMBER: 813-422-2094

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

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

Name: _____
Date of Birth: _____
T-Shirt Size: _____
Emergency Contact: _____
Emergency Phone: _____

Allergies to Medicines

List of Current Medications

Current Medical Condition(s)

Please fill your information out.



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

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.

PACERS

PACER GUIDELINES – 100-MILER ONLY

General Rules

- Pacers are allowed in the 100-mile race only.
- Only one pacer per runner is allowed on the course at any time.
- Pacers must wear a pacer bib while on course—no exceptions.

Pacer Registration & Waiver

- Each pacer must:
 - Sign their own waiver.
 - Pick up their own bib during designated Expo hours.
- **No pacer registration or bib pickup at aid stations.**
- Be sure to review the Pacer Rules in the Race Regulations before race day.

Approved Pacer Entry Points (Aid Stations)

Pacers may join runners only at the following aid stations:

- Dowells Draft 1
- Dowells Draft 2
- Camp Todd
- North River Gap 2

Pacer Bib Pickup Hours (BASECAMP/Expo Hours Only)

- Thursday, September 18 from 3 PM to 6 PM
- Friday, September 19 from 10 AM to 6 PM
- Saturday, September 20 from 5 AM to 7:50 AM

*** No bib pickup available outside of these times.**

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

DO NOT fold your bib under any circumstance.



PACER

COMMAND CENTER NUMBER: 813-422-2094

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®
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All bibs must be front facing and legible.

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



BACK

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.



ULTRA ENERGY™ DRINK MIX
Go longer, go farther.



COURSE MARKINGS

COURSE FLAGGING & RIBBONS

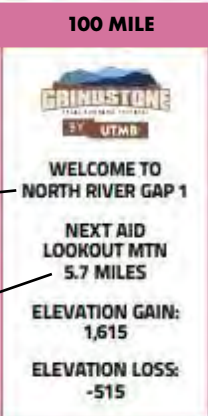
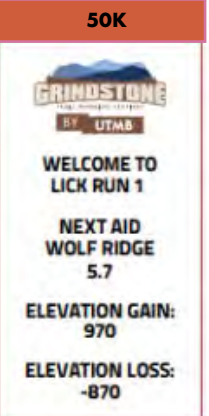
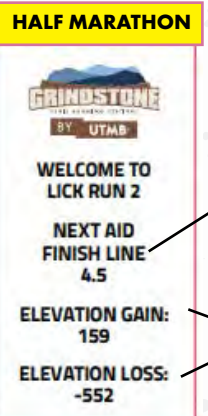
 100M Pink Flags & Ribbons Where night sections may occur, both flags and ribbons will have reflective strips.	 100K White Flags & Ribbons Where night sections may occur, both flags and ribbons will have reflective strips.
 50K Orange Flags & Ribbons	 21K Yellow Flags & Ribbons
 GLOW STICKS For Night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

COURSE SIGNAGE

	Critical Turn Ahead: This indicates a turn or intersection is coming up. Pay close attention to course markings.
	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.
	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.
	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.

AID STATION SIGNAGE

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

100 MILE	100K	50K	HALF MARATHON
			

The name of the aid station you're arriving to.

Distance (miles) to the next aid station.

The name of the aid station after the one you're currently at.

Elevation gain/loss (ft) to the next aid station.



Open-Ear Bone Conduction Headphones

-  Situational Awareness
-  Open-Ear Comfort
-  IP68 Water Resistant
-  Up to 10 Hours batterie life



YOU'RE GOING TO LOVE TRAINING!



UTMB®
WORLD SERIES

**RUN
MOTION**

RUNNERS SERVICE



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

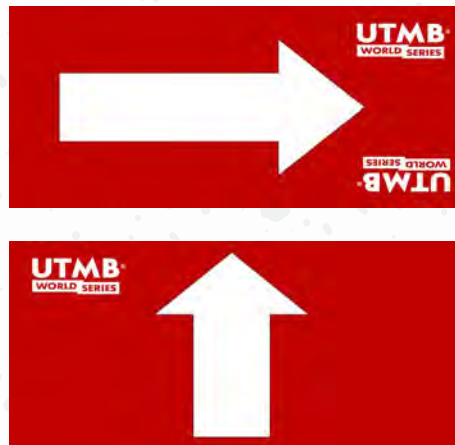
Leading up to a turn, additional markings will be applied to the side of the trail in the direction of the approaching turn. Immediately after the turn is made, additional course markings will be applied to both sides of the trail to serve as "confidence" markers to ensure you made the correct turn and 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

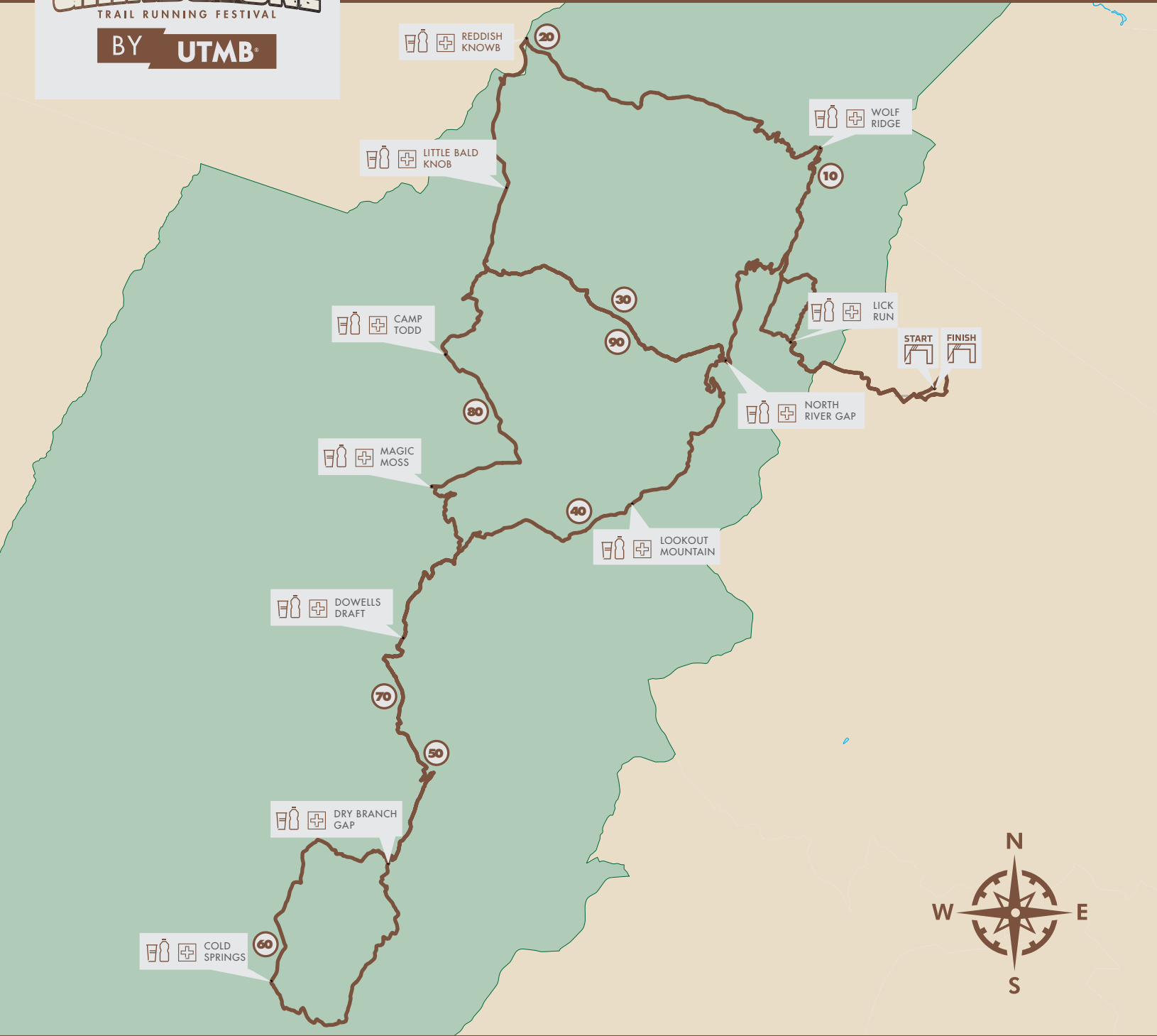
Runners must follow and obey all Course Marshals at the locations they are stationed. Where there are road crossings, runners must give the right of way to vehicles and only cross when the Course Marshal allows them to do so.





100 MILE COURSE

ALLEGHENY MOUNTAINS, VIRGINIA



STARTING LINE



FINISH LINE



10 MILE MARKER

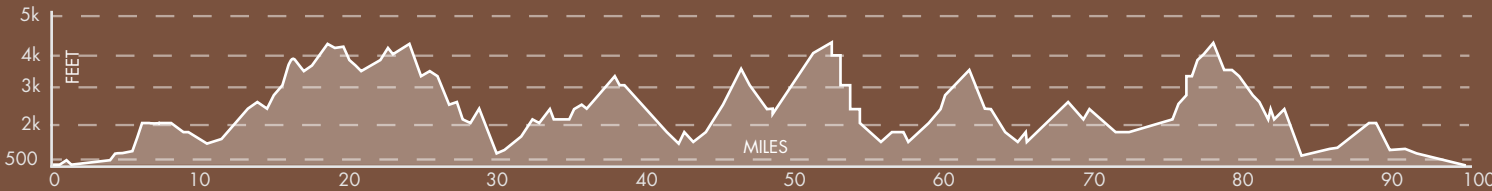


AID STATION



MEDICAL STATION

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



100M COURSE

COURSE INFORMATION

Start: Friday, September 19 at 6 PM.

[CLICK HERE](#) to view the 2025 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	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

Intermediate cut-off times are calculated with the consideration of the following:

- Safety of all participants including, but not limited to runners, volunteers, medical staff, and search & rescue.
- Remoteness of certain sections of trail.
- Access to certain sections of trail.
- Conditions of certain sections of trail.

The race organization reserves the right to add or change any listed cut-off times prior to and during the race. The race organization reserves the right to remove a runner from the course and remove their bib, if it determines there is no possibility of an athlete finishing before the listed cut-off times based on their location, time, and average pace.

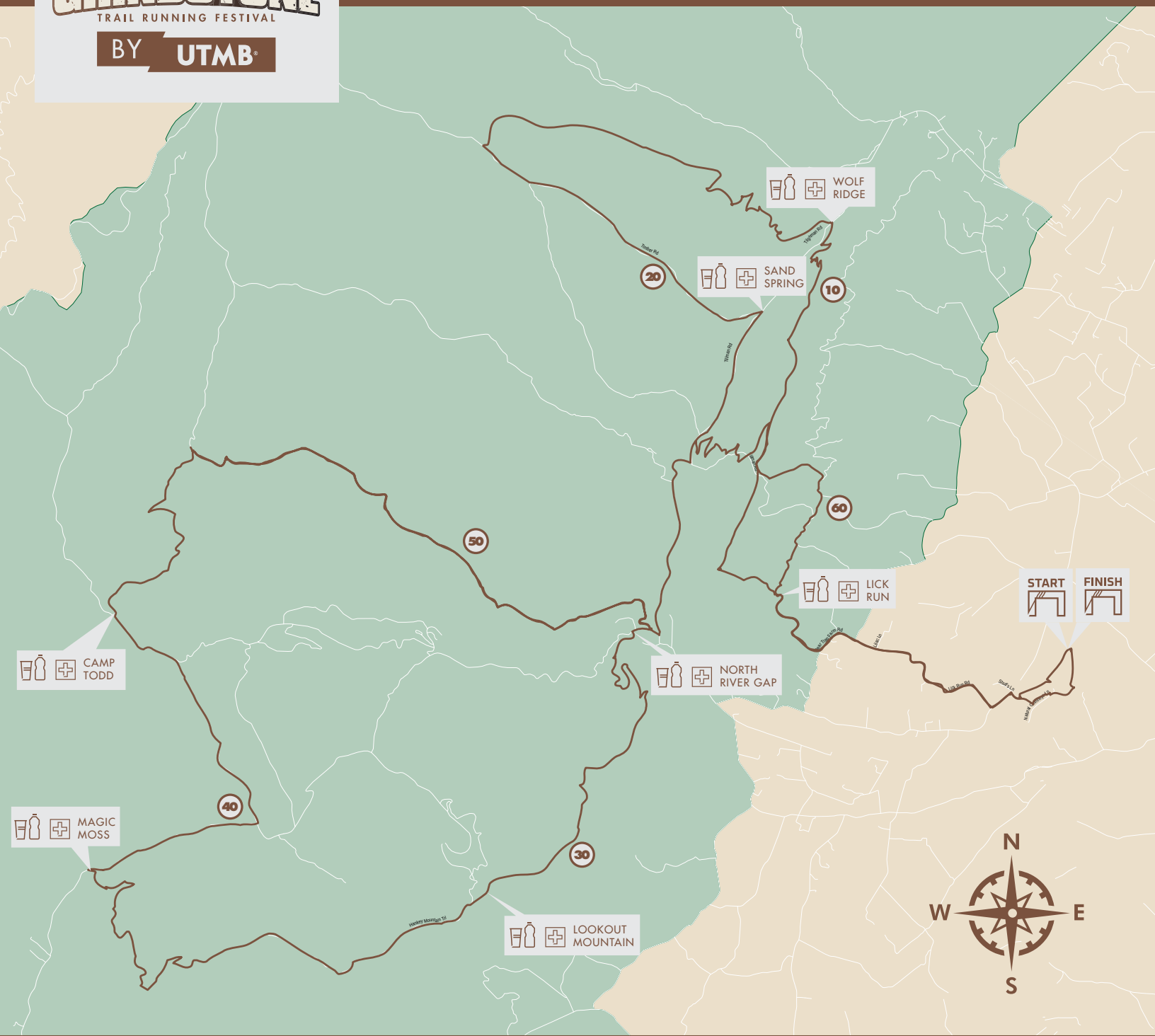
A runner MUST leave an Aid Station prior to the cut-off time, or they will be considered a Drop, and their bib will be removed. A runner cannot leave an Aid Station behind the Course Sweeps. NO EXCEPTIONS! A runner also cannot leave the Aid Station prior to the cut-off time, then return to the Aid Station, or receive assistance from their crew. Any runner leaving the Aid Station prior to the cut-off, must continue on the marked course. Any runner arriving to an Aid Station after the cut-off time will be considered a Drop and their bib will be removed. 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.



100K COURSE

ALLEGHENY MOUNTAINS, VIRGINIA



 STARTING LINE

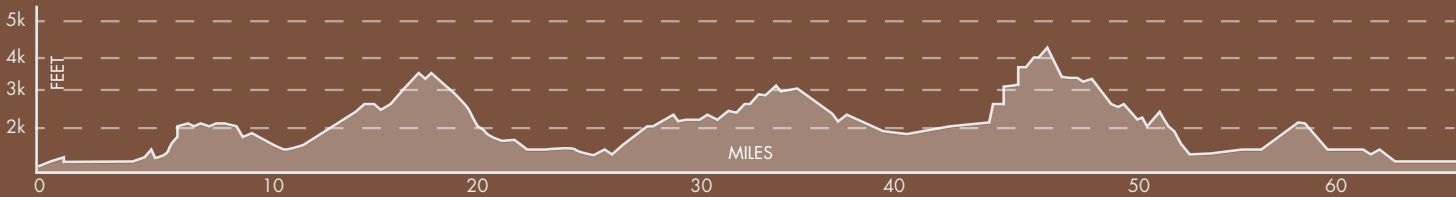
 FINISH LINE

 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 20 at 6 AM.

[CLICK HERE](#) to view the 2025 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	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)

Intermediate cut-off times are calculated with the consideration of the following:

- Safety of all participants including, but not limited to runners, volunteers, medical staff, and search & rescue.
- Remoteness of certain sections of trail.
- Access to certain sections of trail.
- Conditions of certain sections of trail.

The race organization reserves the right to add or change any listed cut-off times prior to and during the race. The race organization reserves the right to remove a runner from the course and remove their bib, if it determines there is no possibility of an athlete finishing before the listed cut-off times based on their location, time, and average pace.

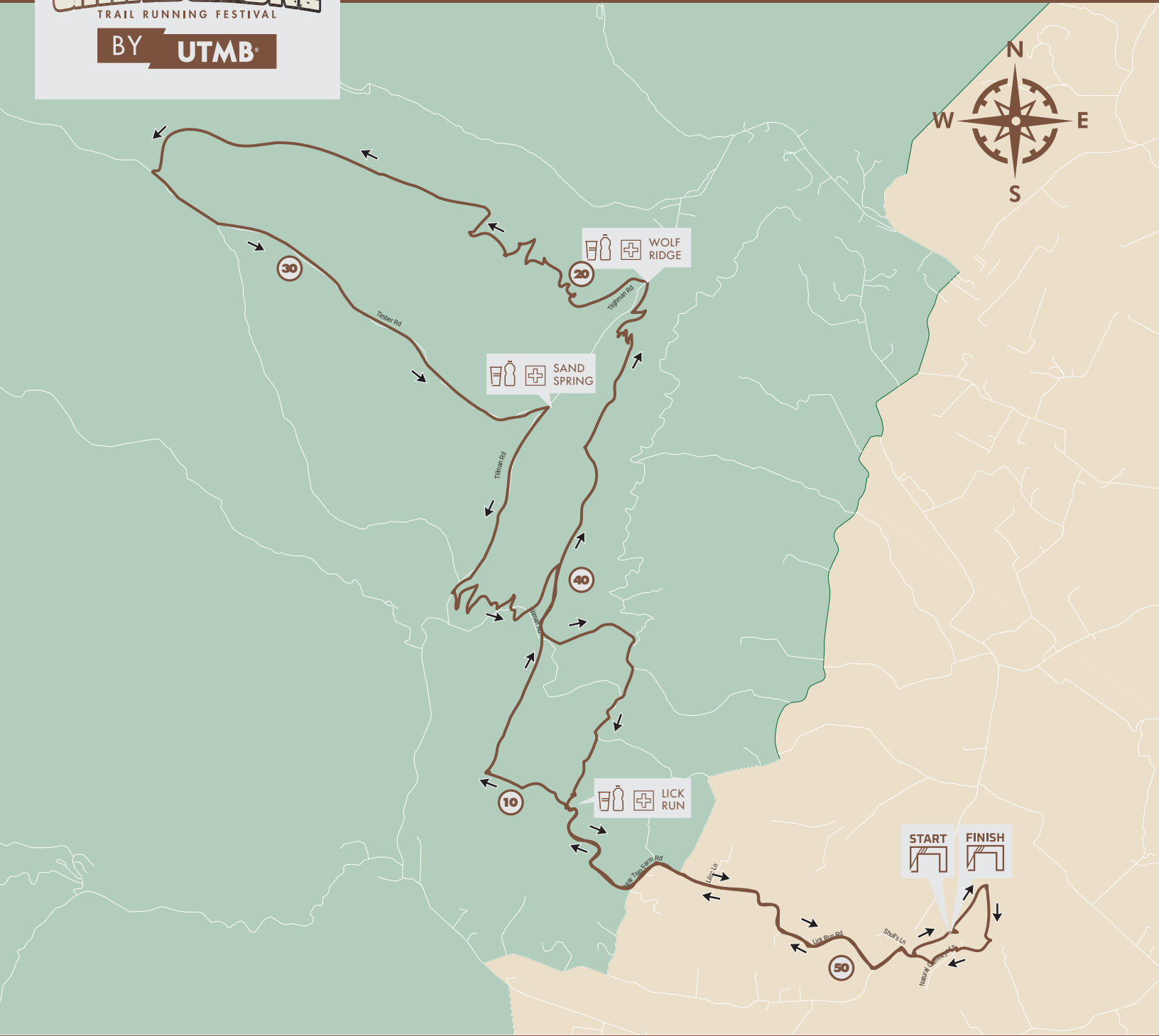
A runner MUST leave an Aid Station prior to the cut-off time, or they will be considered a Drop, and their bib will be removed. A runner cannot leave an Aid Station behind the Course Sweeps. **NO EXCEPTIONS!** A runner also cannot leave the Aid Station prior to the cut-off time, then return to the Aid Station, or receive assistance from their crew. Any runner leaving the Aid Station prior to the cut-off, must continue on the marked course. Any runner arriving to an Aid Station after the cut-off time will be considered a Drop and their bib will be removed. **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.



50K COURSE

ALLEGHENY MOUNTAINS, VIRGINIA



- 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 20 at 7 AM.

[CLICK HERE](#) to view the 2025 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

Intermediate cut-off times are calculated with the consideration of the following:

- Safety of all participants including, but not limited to runners, volunteers, medical staff, and search & rescue.
- Remoteness of certain sections of trail.
- Access to certain sections of trail.
- Conditions of certain sections of trail.

The race organization reserves the right to add or change any listed cut-off times prior to and during the race. The race organization reserves the right to remove a runner from the course and remove their bib, if it determines there is no possibility of an athlete finishing before the listed cut-off times based on their location, time, and average pace.

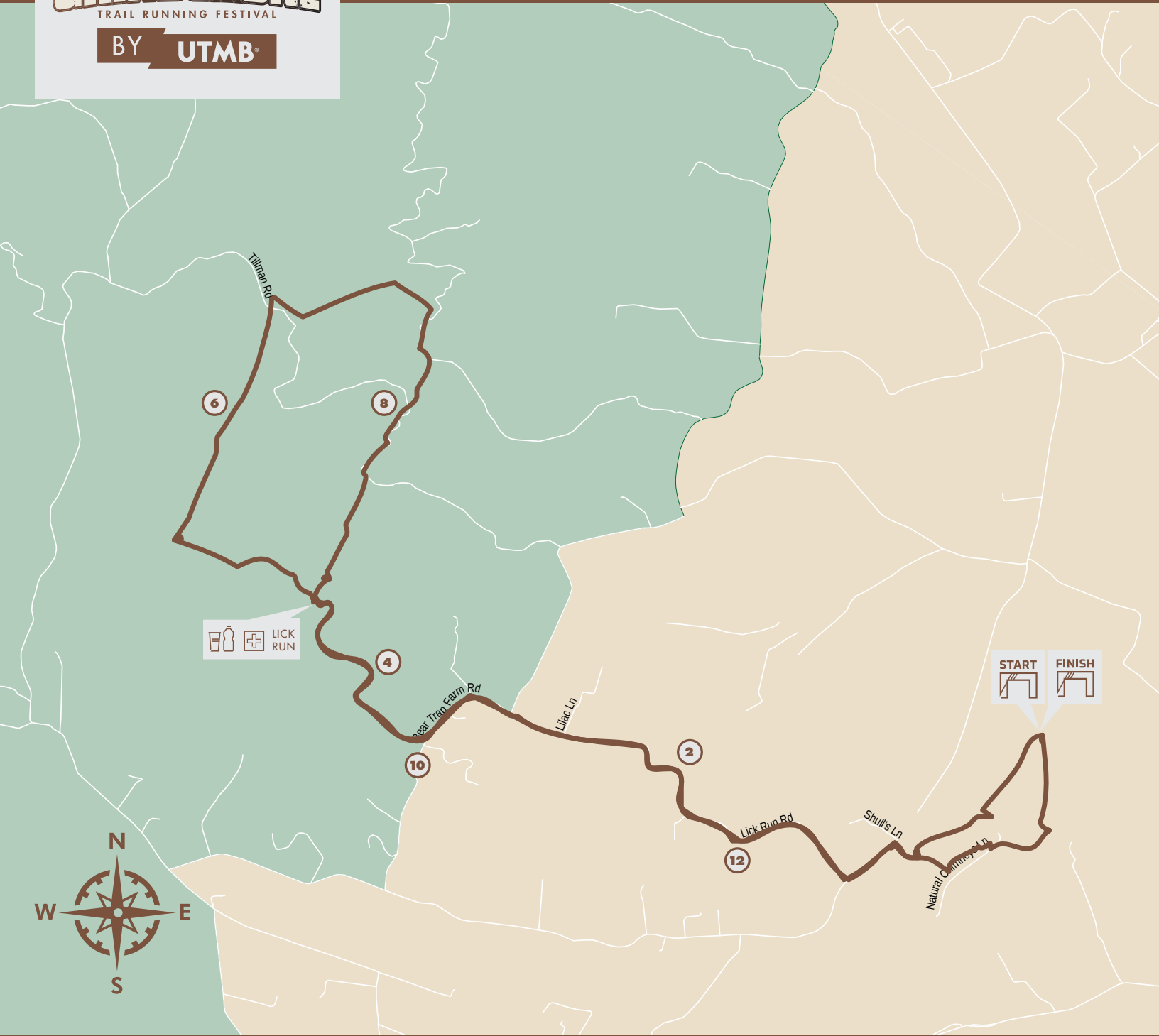
A runner MUST leave an Aid Station prior to the cut-off time, or they will be considered a Drop, and their bib will be removed. A runner cannot leave an Aid Station behind the Course Sweeps. NO EXCEPTIONS! A runner also cannot leave the Aid Station prior to the cut-off time, then return to the Aid Station, or receive assistance from their crew. Any runner leaving the Aid Station prior to the cut-off, must continue on the marked course. Any runner arriving to an Aid Station after the cut-off time will be considered a Drop and their bib will be removed. 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.



21K COURSE

ALLEGHENY MOUNTAINS, VIRGINIA



-  STARTING LINE
-  FINISH LINE
-  2 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 20 at 8 AM.

[CLICK HERE](#) to view the 2025 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.



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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	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	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.

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 (same location as drop-off) no later 12 PM (noon) on Sunday, September 21. 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 2026. 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.



UTMB® WORLD SERIES

REGISTER FOR 2026

Register at the Expo or online to secure your spot for the 2026 Grindstone Trail Running Festival By UTMB® with Presale prices. There are limited spots available at the lowest prices of the year so register starting Thursday, September 18 at 3 PM. Presale will be open online until Sept 28 at 11:59pm ET.

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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