



BY **UTMB®**

# Spectator Guide

September 19 - 20, 2025



**UTMB®**  
WORLD SERIES

OFFICIAL UTMB® WORLD SERIES PARTNERS

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# QUICK LOOK

## RACE START

- 100M: Friday, September 19 at 6 PM
- 100K: Saturday, September 20 at 6 AM
- 50K: Saturday, September 20 at 7 AM
- 21K: Saturday, September 20 at 8 AM

## LOCATIONS

### BASECAMP (EXPO) & START/FINISH

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

## BASECAMP (EXPO) HOURS

Thursday, September 18	3 PM to 6 PM
Friday, September 19	10 AM to 6 PM
Saturday, September 20	9 AM to 10 PM

## CREW LOCATIONS

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.

## Volunteer With Us!

Be a part of the Grindstone race family and support your friends and family out on the course. Once you volunteer you will be automatically entered into our Volunteer Incentive Program where your hours served can be redeemed for discounted or complimentary entries into one of UTMB's North American events. Get involved, give back, and run with us! If you have any questions, please reach out to [grindstone-volunteers@team.utmb.world](mailto:grindstone-volunteers@team.utmb.world). Link vol page - <https://grindstone.utmb.world/become-a-volunteer>



# PARKING

## VENUE PARKING

Natural Chimneys Park- Venue Overview —  
94 Natural Chimneys Ln, Mt Solon, VA 22843



## 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.**



# 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.



# 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.



# THINGS TO DO

## CLARK ZEALAND - RACE DIRECTOR

**The Depot Grille** - <https://depotgrille.com/staunton/>

A cozy, family-friendly historic eatery serving classic meals in a warm, nostalgic setting

**The By & By** - <https://www.thebyandby.us/>

Start your morning with a Staunton staple - whether it's a smooth espresso or a hot grilled sandwich, there's something for everyone.

**Frontier Culture Museum** - <https://frontiermuseum.org/>

Experience a family-friendly attraction at one of Virginia's premier tourist destinations.



## JESSIE ZEALAND - VOLUNTEER DIRECTOR

**Remedy Burger** - <https://www.remedyburger.com/s/order>

Perfect race fuel.

**Crucible Coffee Roasters** - <https://cruciblecoffee.com/>

Nice spot for some quick energy!

**High Knob Fire Tower Lookout**

Is a pretty short hike with an amazing view from the tower.



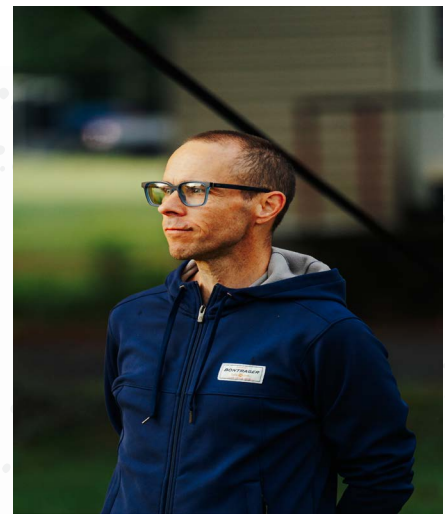
## JEREMY RAMSEY - COURSE DIRECTOR

**Stable Craft Brewing & Cider** - <https://www.stablecraftbrewing.com/>

Is a cool spot to relax.

**Bluestone Vineyard** - <https://bluestonevineyard.com/>

Savor a glass of wine crafted from locally sourced and estate -grown fruit as you take in the stunning views of the vineyard.



## NELLE FOX -FINISH OPERATIONS ASSISTANT

**Ramsey's Draft Wilderness** - <https://maps.app.goo.gl/4VMf2UwBb5t9xhfC6>

Visit one of the few remaining places on the East Coast where virgin timber forests still thrive.

**Bridgewater Mini-Golf at Sandy Bottom Park** - <https://www.bridgewater.town/>

A perfect family-friendly activity!

**Shenandoah Pizza** - <https://www.shenpizza.com/>

# Where's My Runner?

**Looking for your Runner? See below for helpful tips.**

Download the LiveTrail app by scanning one of the QR codes below



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Not all Aid Stations will have tracking, so don't panic if you don't see a time for your runner at the following locations:

- **Little Bald Knob**
- **Lookout Mountain**
- **Cold Springs**

Due to the nature of the course and terrain, there is extremely limited cellular & satellite connection which the runner tracking system uses. Some Aid Stations may report runner times more frequently, while others may have a significant delay. You can expect a delay at the following Aid Stations:

- **Reddish Knob**
- **Dowells Draft 1 & 2**
- **Dry Branch 1 & 2**
- **Magic Moss**
- **Camp Todd**
- **Sand Spring**

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**Q: My runner should have checked in by now. Where are they?**

A: No need to worry! There are plenty of reasons they may not show as checked in:

- **There is no tracking at that location**
- **The course terrain varies, and some sections are more difficult than others, so they could just be behind schedule**
- **There is limited connection & tracking is delayed**

\*Anticipate up to a 2 hour delay in your runner tracking for any of these reasons

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**Q: Who can I talk to about problems with tracking my runner?**

A: The Announcing Team at The Finish Line, our Registration Team and our Information Booth volunteers DO NOT have any further information on where a runner may be outside what the LiveTrail app displays.

We have an experienced Runner Tracking Team working tirelessly, making sure all runners are on course, safe and accounted for. They use the same LiveTrail software to track the runners. If you are using the app, you'll know where your runner is when they do

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Our Runner Tracking Team has procedures in place, in the rare case that a runner is off course. These are tested methods to quickly locate runners and make sure they are accounted for.

**Thank you for your patience!**

**Please know the safety of your runner is our number one priority.**