



2026 Grindstone Trail Work/Training Run Weekend

Hello Grindstone Entrants!

Trail work and Training Run Weekend

August 22 & 23, 2026, will be our weekend for organized trail work and training on the Grindstone course. The only organized training run for this year will take place on Sunday, August 23.

The trail work planned for Saturday, August 22, is a great opportunity to satisfy the 8-hour service requirement for official entry into the 100-mile race (due by September 1). Volunteer hours earned during this weekend will be documented and applied toward the 2026 Grindstone 100-mile service requirement. Specific work assignments and details will be determined based on trail conditions, and we will email those who RSVP with additional information leading up to the weekend.

More information regarding the training run routes and information will be announced leading up to the trail work weekend.

Trail work is a core part of the Grindstone community and helps ensure that the course remains safe, sustainable, and enjoyable for all trail users throughout the year.

RSVP for the Weekend:

Please RSVP [HERE](#) by Friday, August 12, as we need sufficient time to organize trail work assignments. Your timely response is greatly appreciated.

When you RSVP for the weekend, we consider you committed and rely on your attendance. Your participation is crucial, as significant time and effort go into organizing crews and trail assignments. Your volunteer hours not only help maintain the racecourse but also provide meaningful support to the local trail community.

Beyond the trail work and training, this weekend is one of the best opportunities of the year to connect with fellow Grindstone runners, volunteers, and trail stewards. The friendships and shared experiences built during this weekend have become a valued part of the Grindstone community, and we hope you'll join us.

Location:

For the second consecutive year, we will use [Natural Chimneys Campground](#)—also home to our race venue—as our base camp for Friday and Saturday night camping. The campground proved to be an outstanding location last year, and we're excited to return.

Everyone planning to camp overnight and use the campground shower facilities will need to reserve a campsite in advance. The campground has graciously provided us with a late checkout of 3:00 PM on Sunday, allowing participants time to clean up after the training run.



2026 Grindstone Trail Work/Training Run Weekend

Camping:

To reserve your campsite, call the Natural Chimneys Visitor Center at 540-245-5753 (these sites cannot be booked online). Be sure to tell the staff that you are part of the “Grindstone Trail Team” and request a campsite on the J-Loop. You must use this specific designation to reserve a site in that area.

For those who prefer not to stay at the campground, the nearby George Washington National Forest offers numerous free camping opportunities.

What to Bring for Trail Work

Participants should plan to bring:

- Work gloves
- Eye protection
- Trail Tools (see RSVP form for more details)
- Appropriate clothing
- Water and hydration supplies
- Personal snacks and lunch for the day

Trail tools will not be provided. Participants are expected to bring their own trail tool and be prepared to use it throughout the workday. Please note that volunteer credit will only be awarded to those who arrive equipped and actively participate in the assigned trail work. Tool recommendations and project-specific requirements will be included on the RSVP form.

Weather

The weekend will take place rain or shine unless severe weather creates unsafe working conditions. Any schedule changes or adjustments will be communicated via email.

Sunday Training Run

The training run is intended as a community opportunity to preview portions of the Grindstone course and spend time with fellow runners. Participants should be prepared to carry adequate hydration, nutrition, and any personal gear they may need during the run. More details regarding route options, mileage, and meeting logistics will be provided closer to the event.

We look forward to seeing you in August and appreciate your continued support of the trails and the Grindstone community!

Best,
Jeremy Ramsey
Grindstone- Course Director