



BY **UTMB®**

Spectator Guide

September 17 - 20, 2026



OFFICIAL UTMB® WORLD SERIES PARTNERS



QUICK LOOK

RACE START

- 100M: Friday, September 18 at 6 PM
- 100K: Saturday, September 19 at 6 AM
- 50K Saturday, September 19 at 7 AM
- 21K: Saturday, September 19 at 8 AM

LOCATIONS

BASECAMP (EXPO) & START/FINISH

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

CELL SERVICE ON COURSE

Friendly reminder that cell service may be limited throughout the course.

BASECAMP (EXPO) HOURS

Friday, September 18	9 AM to 6 PM
Saturday, September 19	8 AM to 7 PM
Sunday, September 20	9 AM to 11 AM

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 INCENTIVE PROGRAM

Sign up to volunteer and become a part of our race family! 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!

LEADING ROLES

- Automatic complimentary entry towards a 100M, 100K, 50K, 20K, or 10K event.
- Leading Roles are assigned by the Volunteer Director and may vary by event. These positions are essential to race operations, runner safety, or volunteer management. A Leading Role may be noted in the shift description or identified at shift end when selecting incentives.

SUPPORTIVE ROLES

Supportive Roles are all volunteer positions outside the defined Leading Roles designated by the Volunteer Director.

LEVEL 4 - SUMMIT

- Volunteer Swag: T-shirt and food & drink voucher.
- Complimentary entry towards a 100M, 100K, 50K, 20K, or 10K.

LEVEL 3 - PEAK

- Volunteer Swag: T-shirt and food & drink voucher
- 30% off registration fee for any event and distance

LEVEL 2 - RIDGELINE

- Volunteer Swag: T-shirt and food & drink voucher
- 20% off the first-tier pricing for any event and distance

LEVEL 1 - BASECAMP

- Volunteer Swag: T-shirt and food & drink voucher
- 10% off the first-tier pricing for any event and distance

If you or anyone traveling with you is interested in volunteering, please [CLICK HERE!](#)

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 and early entry to future Grindstone by UTMB events.

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.

- North River Gap: 5.6 miles - Estimated Drive Time: 15 minutes
- Dowells Draft: 18.1 miles - Estimated Drive Time: 30 minutes
- Camp Todd: 13.1 miles - Estimated Drive Time: 35 minutes

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



100 Mile Aid Station Chart

AS Label	AS Location	AS Mileage	Miles to Next AS	Elev. Gain to Next AS (ft)	Elev. Loss to Next AS (ft)	Cumulative Elev. Gain (ft)	Cumulative Elev. Loss (ft)	Cut-Off Time	Drop Bags	Crew
Start	Natural Chimneys - Start	0.0	5.7	688	-282					
AS1	Lick Run 1	5.7	5.7	970	-870	688	-282			
AS2	Wolf Ridge	11.4	9.0	3,012	-685	1,658	-1,152	9:30 PM		
AS3	Reddish Knob	20.4	4.0	438	-684	4,670	-1,837	12:30 AM		
AS4	Little Bald Knob	24.4	8.0	1,058	-3,334	5,108	-2,521			
AS5	North River Gap 1	32.4	5.7	1,615	-515	6,166	-5,855	4:00 AM	X	X
AS6	Lookout Mtn	38.1	7.5	1,216	-1,746	7,781	-6,370			
AS7	Dowells Draft 1	45.6	7.0	2,225	-1,564	8,997	-8,116	9:00 AM	X	X
AS8	Dry Branch Gap 1	52.6	6.8	2,021	-2,296	11,222	-9,680	11:00 AM		
AS9	Cold Springs	59.4	5.5	876	-755	13,243	-11,976			
AS10	Dry Branch Gap 2	64.9	7.0	1,564	-2,225	14,119	-12,731	3:30 PM		
AS11	Dowells Draft 2	71.9	5.2	1,140	-862	15,683	-14,956	6:00 PM	X	X
AS12	Magic Moss	77.1	5.0	275	-225	16,823	-15,818	8:00 PM		
AS13	Camp Todd	82.1	9.7	2,704	-3396	17,098	-16,043	9:30 PM	X	X
AS14	North River Gap 2	91.8	7.7	1,042	-1012	19,802	-19,439	1:45 AM	X	X
AS15	Lick Run 2	99.5	4.5	159	-552	20,844	-20,451			
Finish	Natural Chimneys - Finish	104.0				21,003	-21,003	6:00 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****

Revision 9/2/2026



100k Aid Station Chart

AS Label	AS Location	AS Mileage	Miles to Next AS	Elev. Gain to Next AS (ft)	Elev. Loss to Next AS (ft)	Cumulative Elev. Gain (ft)	Cumulative Elev. Loss (ft)	Cut-Off Time	Drop Bags	Crew
Start	Natural Chimneys - Start	0.0	5.7	688	-282				X	X
AS1	Lick Run 1	5.7	5.7	970	-870	688	-282			
AS2	Wolf Ridge	11.4	9.6	2,280	-2161	1,658	-1,152	9:00 AM		
AS3	Sand Spring	21.0	4.2	127	-550	3,938	-3,313	11:45 AM		
AS4	North River Gap 1	25.2	5.7	1,615	-515	4,065	-3,863	1:00 PM	X	X
AS5	Lookout Mtn	30.9	7.2	1,160	-1,457	5,680	-4,378			
AS6	Magic Moss	38.1	5.0	275	-225	6,840	-5,835	4:30 PM		
AS7	Camp Todd	43.1	9.7	2,704	-3396	7,115	-6,060	6:00 PM	X	X
AS8	North River Gap 2	52.8	7.7	1,042	-1012	9,819	-9,456	9:00 PM	X	X
AS9	Lick Run 2	60.5	4.5	159	-552	10,861	-10,468			
Finish	Natural Chimneys - Finish	65.0				11,020	-11,020	12:00 AM	X	X

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Revision 9/2/2026

AID STATION GUIDE



50k Aid Station Chart

AS Label	AS Location	AS Mileage	Miles to Next AS	Elev. Gain to Next AS (ft)	Elev. Loss to Next AS (ft)	Cumulative Elev. Gain (ft)	Cumulative Elev. Loss (ft)	Cut-Off Time	Drop Bags	Crew
Start	Natural Chimneys - Start	0.0	5.7	688	-282				X	X
AS1	Lick Run 1	5.7	5.7	970	-870	688	-282			
AS2	Wolf Ridge	11.4	9.6	2,280	-2161	1,658	-1,152	10:00 AM		
AS3	Sand Spring	21.0	7.0	923	-1,155	3,938	-3,313	12:45 PM		
AS4	Lick Run 2	28.0	4.5	159	-552	4,861	-4,468			
Finish	Natural Chimneys - Finish	32.5				5,020	-5,020	4:00 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****

Revision 9/2/2026



21k Aid Station Chart

AS Label	AS Location	AS Mileage	Miles to Next AS	Elev. Gain to Next AS (ft)	Elev. Loss to Next AS (ft)	Cumulative Elev. Gain (ft)	Cumulative Elev. Loss (ft)	Cut-Off Time	Drop Bags	Crew
Start	Natural Chimneys - Start	0.0	4.5	552	-159				X	X
AS1	Lick Run 1	4.5	4.5	989	-989	552	-159			
AS2	Lick Run 2	9.0	4.5	159	-552	1,541	-1,148			
Finish	Natural Chimneys - Finish	13.5				1,700	-1,700	2:00 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****

Revision 9/2/2026

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)

- Friday, September 18 from 9 AM to 6 PM
 - Saturday, September 19 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.



Only the 100M allows pacers.

All bibs must be front facing and visible at all times, including pacer bibs.

THINGS TO DO

CLARK ZEALAND - RACE DIRECTOR

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

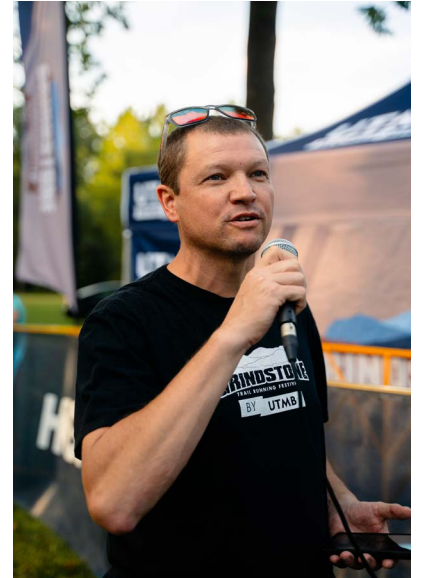
A cozy, family-friendly historic eatery serving classic meals in a warm, nostalgic setting

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://frontiarmuseum.org/>

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



JEREMY RAMSEY - COURSE DIRECTOR

Stable Craft Brewing & Cider - <https://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.

JOSH OPPENHEIMER - VOLUNTEER DIRECTOR

Mill Street Grill, Staunton - <https://millstreetgrill.com/>

Great LOCAL place to grab a meal before or after the race.

Coffee - Reunion Bakery & Espresso, Staunton -

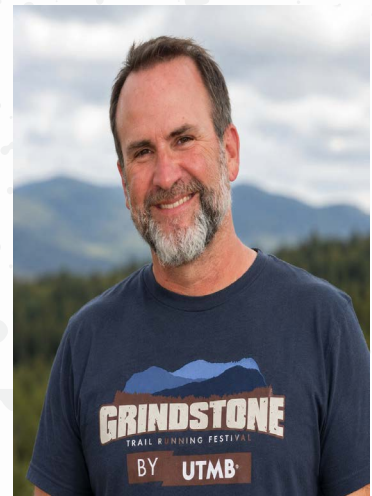
<https://www.reunionbakery.com/>

Grab a locally roasted espresso and one of their incredible European-style pastries in historic downtown Staunton.

Ice Cream - Smiley's Ice Cream, Bridgewater -

<https://www.smileysicecream.com/>

Enjoy homemade, farm-fresh ice cream featuring local milk and seasonal flavors—a Shenandoah Valley favorite.



RUNNER TRACKING & RESULTS

WHERE'S MY RUNNER?

LOOKING FOR YOUR RUNNER? SEE BELOW FOR HELPFUL TIPS!



- Not all Aid Stations will have tracking, so don't panic if you don't see a time for your runner.
- Limited cellular and satellite connectivity may cause delays in runner tracking updates, and some aid stations may report times more frequently than others

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:

- Tracking is not available at that location.
- Connectivity is limited, and tracking updates may be delayed.
- The course includes a variety of terrain, with some sections being more challenging than others, so it's completely normal for runners to move a bit behind their expected pace at times.

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

Q: Who should I contact if I'm having trouble tracking my runner?

A: Our experienced Runner Tracking Team works diligently to ensure all runners are on course, safe, and accounted for. They use the same LiveTrail software as the app, so you'll see the same location updates when your runner checks in.

Your runner's safety is our top priority! Our Runner Tracking Team has proven procedures in place to quickly identify and locate any runner who may go off course, ensuring they are safely accounted for throughout the event.

RUNNER TRACKING

[LIVETRAIL.NET](https://livetrial.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.

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.



TRACK YOUR RUNNER:

To follow your runner's progress on race day, download the LiveTrail Tracker app to your smartphone.