2024 Umstead 100 Race Schedule

Updated July 14, 2023. All times are Eastern Daylight Time.

Friday, April 5

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8:00  am  - US 70/Glenwood Ave park gate unlocked.
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12 Noon   - Begin Drive-up Packet pick-up and Cabin reservations at
              Camp Crabtree.
5:30  pm  - Pre-Race Dinner begins, last service 6:45 pm.
7:30  pm  - End Packet Pick-Up at Camp Crabtree.
8:00  pm  - US 70/Glenwood Ave Park gate locked for the night.
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Saturday, April 6

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4:45  am  - US 70/Glenwood Ave Park gate unlocked.
              Late packet pick-up begins at Race HQ, ends at 6:15 am.
5:00  am  - HQ Truck available for drop bags going to Aid Station #2.
              Grab-n-Go Breakfast for runners begins at race HQ.
5:45  am  - Moon rise (6% illuminated - gonna be dark).
6:27  am  - Begin civil twilight.
6:53  am  - Sunrise
6:10  am  - Aid Station #2 drop bags leave HQ.
6:30  am  - Race Starts
6:45  am  - Breakfast for crew at Dining Hall.
7:00  am  - Crew briefing.
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7:40  pm  - Sunset.
6:30  pm  - Personal pacers permitted (or at start of runner's lap 5,
              whichever is earlier).
              Volunteer pacers begin.
              Runner-designated drop-bags leave Aid Station #2.
7:00  pm  - Runner-designated drop-bags arrive at HQ (approximately).
8:00  pm  - US 70 Park gate locked. Unlocked hourly thereafter.
8:06  pm  - End civil twilight.
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Sunday, April 7

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6:25  am  - Begin civil twilight.
6:30  am  - One-Day buckle cut-off / Begin Finisher Buckles.
              Runner-designated drop-bags moved from Aid Station #2 to HQ.
6:51  am  - Sunrise.
7:00  am  - Runner-designated drop-bags arrive at HQ (approximately).
              US 70 park gate unlocked.
8:30  am  - Soft cut-off at start-finish.
              If loop 8 not started, aid may not be available.
11:00 am  - All Aid Station #2 drop-bags moved to race HQ.
11:30 am  - Aid Station #2 drop-bags arrive at HQ (approximately).
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12:30 pm  - Race officially ends (30 hour time limit).
1:30  pm  - Check out of (cleaned) cabins.
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