

*Just a Run in the Park*



# The Twenty-Fifth Annual Umstead 100 Mile Endurance Run with 50 Mile Option 2019 Race Information Packet

**Race date:** Saturday, 6 April 2019

## **Character and Philosophy of the Race**

The Umstead 100 Mile Endurance Run is designed to help new ultra runners make the leap from 50 mile runs to the more demanding 100 mile runs. It enables runners who have difficulty finishing 100 miles in 24 hours, or just finishing 100 miles at all, the opportunity to do so when severe topography, heat, and getting lost are removed as major obstacles. Many runners find the Umstead 100 an excellent foundation for the Massanutten 100, Western States 100, Leadville 100, and Wasatch 100 runs.

## **Race Time Limit**

The run (100 miles or 50 miles) must be completed in 30 hours.

There is a cutoff time of 26 hours (8 am, Sunday) at the 87.5-mile point (the start of the last lap). Any runner who continues after that time/ point is not guaranteed support.

## **Packet Pick-up & Race Briefing**

Friday, April 5, at at Race Headquarters Camp Lapihio

Packet pick-up: 1pm to 5pm

Race briefing: 5pm.

Saturday, April 6, at at Race Headquarters Camp Lapihio

Late packet pick-up: 5am to 5:30am. Packet pick-up must be before 5:30 am on race day.

The race begins 30 minutes after late packet pick-up, at 6:00 am, EDT.

## **Race Location:**

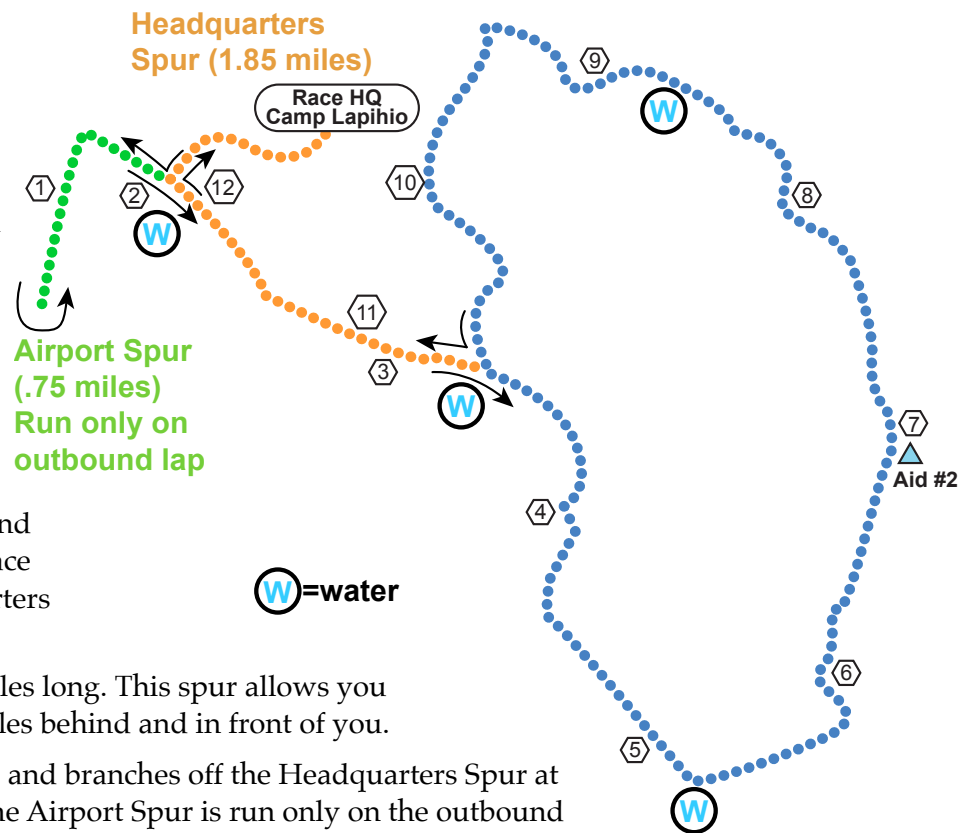
Umstead State Park, near Raleigh and Cary, North Carolina. The race headquarters and start/finish will be located at Camp Lapihio in Umstead State Park. Follow the signs for Camp Lapihio Group Camp from the US 70 (Glenwood Avenue) Park entrance. The Camp Lapihio Group Camp is approximately 3 miles into the Park from the US 70 entrance.

## Course

The start/finish line is located at the Camp Lapihio Headquarters. Each loop begins and ends at the south door of the headquarters building.

The course is essentially a 12.5-mile lap in Umstead Park that you repeat eight times to reach 100 miles.

- You go counter-clockwise around the course:
- You start at Race Headquarters and run the first part of the Headquarters Spur.
- Then make a right turn and run out the Airport Spur.
- You turn around and run back the Airport Spur.
- Then you run the remainder of the Headquarters Spur, which leads to the large loop.
- You then run around the loop and finish the lap by returning to Race Headquarters via the Headquarters Spur.



The Headquarters Spur is 1.85 miles long. This spur allows you to see fellow runners up to 5.3 miles behind and in front of you.

The Airport Spur is .75-mile long, and branches off the Headquarters Spur at the 0.6 mile point of each loop. The Airport Spur is run only on the outbound leg of a lap.

The course has been rolled with a calibrated wheel and is USATF certified.

The course is along a running, biking, and horse trail. The trail width varies between 8 and 15 feet and the footing is excellent. There is no single track trail on the course. All creek crossings are on permanent bridges.

The course is an outstanding running surface. However, on the vehicle access road portion of the course leading into Camp Lapihio/Race Headquarters (.4 mile), there is larger crushed gravel that is typical for automotive traffic.

The course is rolling hills with a total of 8,000 feet of climb over the 100 miles (1,000 feet per loop). The entire course is runnable for front-runners with nicely spaced hills. Getting lost, even for a short time, will be difficult (but not impossible). By day the course will be well marked, and at night the course will be marked with colored, Umstead 100 Logo direction signs and glow sticks.

We continue to recommend a light trail type shoe, but a well cushioned, regular running shoe will do fine on this surface. We also recommend gaiters to keep the grit out of your shoes. (Which might help prevent blisters.)

On the majority of the course there is no motor vehicular traffic except the rare official park vehicle. There is .4 mile of the course with very light park traffic that consists primarily of race/crew vehicles. There will probably be some bicycle traffic and a few horses on the trail during the day.

## **Runner Requirements**

- Each runner is expected to be courteous to everyone: aid station volunteers, crews, other runners, squirrels, etc.
- Each runner must ensure, verbally, that the scorer at each station has recorded his or her number. We have substantial problems with large groups of runners in the first loop and with non-reporting late at night when the timers are as tired as the runners. Help the timers by shouting your number!
- All runners are responsible for the behavior and actions of their crew members. Please insure that crew members maintain control of all children.
- No alcoholic beverages are allowed in Umstead Park by State law. None. Runners whose crews do not comply with this requirement may be disqualified and cited by the rangers.
- Pets, excluding service animals, are not permitted at Race Headquarters or at the Aid Stations.
- Littering beyond 300 feet from aid stations is prohibited, and is grounds for disqualification.
- It is each runner's responsibility to ensure that his or her number is visible from the front.
- Runners and crews are expected to be familiar with and comply with all the information contained in the Race Information Packet and our website.

## **Crews**

Crews are welcome, but are not crucial for this race. There will be a voluntary crew briefing at Race Headquarters Saturday morning after the runners start. Crew members are allowed at the start/finish at any time, but please respect the effort of all the runners and stay out of the way.

*One* crew member at a time is allowed on the course to pace their runner either after 6 pm, Saturday, or at the start of lap 5, if started earlier than 6 pm, or as expressly permitted by the Race Director or Aid Station Captain.

Crew members may not use bicycles to accompany or crew runners on the course at any time. Doing so will result in a runner disqualification. There will be no crew or runner parking on the park access roads leading to or at Race Headquarters.

We like to think of the Umstead as a one-big-happy-family type event. Race crews are welcome to assist with the operation of the aid stations. We appreciate any assistance, just come on up and offer to help. Our only requirements are a smiling face and patience with our runners.

## **Drop Bags**

Drop bags will be allowed at the Start/Finish and AS#2. At AS#2, please only use small or medium size bags, and no coolers.

Drop bags designated for AS#2 must be delivered to the Race Headquarters, on race day, no later than 5:40 am. They will be transported to AS#2 before the race starts.

At AS#2 Saturday evening at 6:30 pm, runner-designated drop bags (placed at the return location by the runner) will be moved from AS#2 and delivered to Race Headquarters no later than 7:00 pm.

All other drop bags will leave AS#2 at 10:00 am on Sunday for delivery to Race Headquarters no later than 10:30 am. Runners or crew may drive to AS#2 to retrieve drop bags.

You may choose to use your vehicle, if convenient, for personal needs at headquarters or leave your primary drop bag in the headquarters building, immediately adjacent to the Start/Finish Aid Station.

To help make drop bag retrieval as efficient as possible, we ask that you label all drop bags with your race number prior to leaving it for transport to AS#2 and/or leaving it at Headquarters. Race Numbers will be available on the website no later than a week before race day. If you are unable to label your drop bag prior

to coming to the race, white duct tape and markers will be available at registration on Friday and at the drop bag truck on Saturday morning.

### **Volunteer Pacers**

The Race has a volunteer pacer program. These volunteer pacers are runners from the local area who will be available to runners who desire a pacer, but do not have a private pacer.

Volunteer pacers are assigned on a first-to-request basis as the runner enters the Headquarters Aid Station, and as they are available at that point in time.

The volunteer pacer program will be available to runners starting around 6 pm on Race night, continuing through the night and into Sunday morning. For the most part, these pacers are good for 1 or 2 laps with a very few being able to go 3 laps. You may request a second pacer, if available, if your pacer can not run additional laps.

In past years, the Race has been able to meet 75 to 90 percent of the request for pacers. Competitive runners desiring a volunteer pacer should coordinate such request with the RD at least 30 days prior to the Race.

We do not guarantee you a pacer. If you want a 100% guarantee, bring your own.

### **Access to the Park**

On race Friday, the US 70/Glenwood Avenue Park gate will be opened at 7:00 am and closed at 8:00 pm. The gate will remain closed all night.

The next day, Saturday race day, the gate will be opened at 4:45 am.

Saturday night the gate will be closed at 8:00 pm. Thereafter, it will be opened for 15 minutes, every hour, on the hour.

Note that Park management, not Race management, controls access into and out of the Park.

Emergency access (the kind that usually involves an ambulance) will be available.

Crew members should be back in the Park prior to 8:00 pm or they will have to wait until the gate is opened on the interval schedule. Traffic is very congested on I-40, I-540, and US 70/Glenwood on Friday afternoons, so allow yourself plenty of time to get to the race registration, briefing, and dinner.

When you're tired and it's dark, it can take about 20 minutes to drive from Race HQ to the gate.

### **Camp Lapihio**

Race Headquarters, the Start/Finish, and Headquarters Aid Station (AS#1) is located at Camp Lapihio Group Camp.

The Camp is accessed from the main Park gate off US 70 (Glenwood Avenue). The Camp consists of a mess hall, restrooms, showers, running water and 40 primitive cabins.

### **Parking at Camp Lapihio**

Parking is *extremely* limited, please carpool if possible.

Parking will be scattered throughout the four satellite cabin groups at Camp Lapihio and at Camp Crabtree.

To facilitate parking on Saturday morning, one parking spot will be assigned to each runner based on race number and/or cabin assignment.

All non-runner vehicles may park at Power Line Parking at Camp Lapihio or at Camp Crabtree.

Our Parking Crew will greet you as you arrive at the Camp Lapihio gate and assign each runner a parking area based on race number or cabin assignment.

We strongly suggest that you find your location immediately so that you'll be familiar with it for Saturday morning (in the dark). The smoother parking goes Saturday morning, the better for everyone.

There is no runner, crew, or spectator parking adjacent to the race headquarters building or on the park access roads!

### **Aid Stations**

Aid station #1 (Jenn and Tonic) is at Camp Lapihio and, during inclement weather, is immediately inside the headquarters door. During good weather, the aid station is outside at the Start/Finish line. There is unlimited crew access at the start/finish.

Aid Station #2 (The Ptomaine Tavern) is located on the old Crabtree Creek Bridge, at the 6.85 mile point of each loop. Access to AS #2 can be made by a 7-mile drive around the park or a 5.6-mile walk or bike trip along the course.

Unmanned, "water only," stations are available at the 0.6, 2.1, 3.4, 5.6, 8.7, 10.6 and 11.9 mile points of each loop. The 3.4/10.6 mile point, Water Point #1, will also have Gatorade and a food box with a limited number of items such as cookies, trail mix, candy bars and pretzels.

Latrines are available at all manned Aid Stations and Water Point #1.

### **Parking at Aid Station #2**

Parking is severely limited at AS#2. We gently discourage crew members from visiting AS#2 unless support is absolutely necessary or to retrieve drop bags.

To visit AS#2, please park at Pilgrim Presbyterian Church on Ebenezer Church Road and walk the .25 mile to AS #2. Do not park at the Church after 8 am on Sunday as church members will need the spaces. Also, do not park at or near the Park gate on Ebenezer Church Road.

Crew members may not use bicycles to accompany or crew runners on the course at any time (penalty DQ). There will be no crew or runner parking on the park access roads leading to or at Race Headquarters.

### **Medical Checks**

There will be no medical checks before, after, or during the race. Each entrant is responsible for knowing his or her own physical limitations.

We encourage each entrant to get a complete physical before participating in this race.

The Red Cross will be available for first aid at the Headquarters' Aid Station.

Rex Hospital is located 3 miles from the course's eastern flank and transportation will be supplied for those with serious problems. If, in the opinion of the Race Director or aid station captains, your physical or mental condition deteriorates to the point of endangering your safety, you will be withdrawn from the race.

## **Real-Time Race Results**

At the end of each 12.5 mile loop, detailed splits will be available for each runner at the timer's tent that is located next to the Headquarters Aid Station. We'll also run the same real-time text-messaging service as in 2015 so that your friends and family can see how awesome you are.

## **50 Mile Option**

The Umstead 100 is conducted primarily as a 100-mile event. However, for those who begin the race and finish at least 50 miles, we will report the 50-mile time to UltraRunning and Ultra Signup.

We will also present an acrylic triangle award to the first male and female 50 mile finishers. Individuals who finish the 100 are not eligible for the 50 mile awards.

A smaller (6") 50 Mile Acrylic Triangle Award can be purchased by 50-mile finishers.

## **Hotels / Cabins / Camping**

See the [Umstead100.org](http://Umstead100.org) web site for information on hotels, cabins and camping.

## **Post-Race Activities**

There is no awards ceremony. The 100-miler certificates and race statistics will be mailed out following the race.

## **Awards**

All runners who finish the 100 mile Umstead Ultra will receive a "Hundred Miler" finisher certificate from the North Carolina Ultra Running Association that's suitable for framing, and can choose between either a belt buckle or a silver pendant as their reward.

Runners who have previously received a buckle or pendant and finish the race will not be awarded an additional buckle or pendant. This is to keep our entry fee as low as possible.

We will also present an acrylic triangle award to the first place male and female 50 mile finishers. Individuals who finish the 100 are not eligible for the 50 mile awards.

Finishers may purchase additional buckles, pendants, or acrylic triangle awards either at the race or by mail. Examples of the awards will be on display at registration. The Award Order Form is available on the Race Website. The deadline for ordering the acrylic triangle award is two weeks after the Race.

The exception to the one-award rule is that another buckle or pendant will be awarded if a runner finishes a future race in one of these special categories:

- crosses the line first (Champion)
- finishes in less than 24 hours (One Day)
- has ten finishes (1,000 miles)

Finishes prior to 2004 do not count against the one-award policy; you're awarded a buckle/pendant for your first finish after 2004.

### **Friday Night Spaghetti Dinner**

We offer a free, pre-race spaghetti dinner to all runners, one crew member per runner, and race staff. Additional crew and/or visitors are invited for a five dollar donation, payable at Friday registration.

On your entry form please let us know if you intend to eat with us and how many will be eating.

The meal will be served at 6:00 pm in the race headquarters building. The meal's purpose is two fold: one, to encourage race camaraderie and, second, to provide a good meal for people staying in the cabins.

Experience has taught us that it's difficult to leave the race briefing at 6:00 pm to eat and be back by 8:00 pm when the park gate closes. If you are leaving the Park after the meal, be sure to be on your way to the gate by 7:40 pm.

### **Message from the Race Director**

We at the North Carolina Ultra Running Association hope many members of the Ultra Community will come and give the race a try. We promise a good time, aid stations second-to-none, and a beautiful course. We are committed to making this a runner friendly event. Please let us know if you have any suggestions for improving this event.

Good luck and good running.

Rhonda Hampton

Race Director

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