

2025 Umstead 100 Mile Race Schedule

Updated March 23, 2025. All times are Eastern Daylight Time.

Friday, April 4

- 8:00 am — US 70 Umstead Park gate unlocked
- 12 Noon — Begin Drive-up Packet pick-up and Cabin reservations at Camp Crabtree.
- 3:00 pm — Walk/Run in Memory of Joe Lugiano. Meet at Dining Hall.
- 4:00 pm — Joe Stories; sharing stories of Joe Lugiano. Dining Hall.
- 5:30 pm — Pre-Race Dinner begins, last service 6:45 pm.
- 6:30 pm — End Packet Pick-Up at Camp Crabtree.
Begin packet pickup at HQ Dining Hall.
- 8:00 pm — US 70/Glenwood Ave Park gate locked for the night.

Saturday, April 5

- 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.
- 6:10 am — Aid Station #2 drop bags leave HQ.
- 6:29 am — Begin civil twilight (first sign of dawn).
- 6:30 am - Race Starts**
- 6:45 am — Breakfast for **crew** at Dining Hall.
- 6:55 am — Sunrise
- 7:00 am — Crew briefing.
- 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.

Sunday, April 6

- 3:50 am — Moonset
- 5:00 am — US 70 / Glenwood Avenue gate open for remainder of race
- 6:28 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.
- 6:54 am — Sunrise.
- 8:30 am — Soft cut-off at start-finish.
If loop 8 not started, aid may not be available.
- 11:00 am — All remaining Aid Station #2 drop-bags moved to race HQ.
- 11:30 am — Aid Station #2 drop-bags arrive at HQ (approximately).
- 12:30 pm — Race officially ends (30 hour time limit).
- 1:30 pm — Check out of (cleaned) cabins.