



This briefing contains **\*\*very important\*\*** information regarding parking, packet pick-up and shuttle arrangements. Please read it carefully.



We look forward to seeing you next weekend for the 21<sup>st</sup> annual Uwharrie Mountain Run! **Race day is Saturday, February 4<sup>th</sup>**. Check our website this week for more information on logistics, directions, and last minute announcements: [bullcityrunning.com](http://bullcityrunning.com)

**\*\*IMPORTANT\*\* PARKING & SHUTTLE DIRECTIONS for 2012**

**The U.S. Forest Service has mandated that no roadside parking for runners/crew will be allowed at the start along Flint Hill Rd. Everyone must park at one of two shuttle stops.**

**Yes, you may be dropped off at the start, but whoever drops you off will not be permitted to park.**

**40 MILERS: Park at Callicutt Chapel Wesleyan Church**

Address is: [1100 Horseshoe Bend Road, Troy, NC 27371](http://1100HorseshoeBendRoadTroyNC27371)

From Hampton Inn (or US 64), get on U.S. 220 South (I-73/74). Drive 5 miles to Ulah (NC 134) exit, follow NC 134 South for 9.5 miles. Right on Abner Road, Drive 1.5 miles. Left on Flint Hill Road, Drive 4 miles. Right on Horseshoe Bend Road, Drive 3 miles, keep an eye out for church on right.

**\*\*The Fellowship Hall at Callicutt Chapel will be open and they welcome you to warm up with some coffee and hot cocoa.\*\***

Shuttle will take you to start. Please be patient. Shuttle ride to start will take 5-7 minutes. Shuttles will run from 5:30-6:30am. Packet Pick-up will be at the START.

**8 MILERS & 20 MILERS: Park at Eldorado Outpost**

Address is: [4021 NC Highway 109 North, Troy, NC 27371](http://4021NCHighway109NorthTroyNC27371)

From Hampton Inn (or US 64), turn right at E Dixie Dr/Knightdale Bypass W, Continue to follow Knightdale Bypass/64 W for 2.7 miles. Turn left at Connector Rd. Turn right at N Carolina 49 South for 17.6 miles. Take sharp left onto the ramp to N Carolina 109 South. Take 109 South for 9.1 miles. Eldorado Outpost will be on your right (there is also a BP gas station here). Volunteers will direct you where to park and you will pick up your packet here.

Shuttle van or school bus will take you to the start. Please be patient. Shuttle ride to start will take 10-12 minutes.

**Shuttles will run from 6:30-7:30AM for the 20-Milers and 7:30-8:30AM for the 8-Milers. Do not wait for the last shuttle. Spectators will only be transported to the start AFTER all runners have been accommodated.**

**Spectators will be able to catch a shuttle ride back to the Eldorado Outpost after the start of the race.**

**\*\*The Eldorado Outpost will be open for business at 5:30am and you are welcome to use the restrooms inside. After your run, the grill will be open and ready to feed you.\*\***

**NOTE: Additional directions to all race points can be found on the website.**

## Start Times

40M run starts at 7:00 AM (check-in opens at 5:30)

20M run starts at 8:00 AM (check-in opens at 6:30)

8M run starts at 9:00 AM (check-in opens at 7:30)

**Please do not arrive before your scheduled check-in time.**

## Check-In/Package Pick-Up

Check-In/Package Pick-Up opens 90 minutes prior to your race and closes 15 minutes prior to your race.

40-MILERS: Check-in/Package Pick-up is at the **START AREA starting at 5:30A**

20-MILERS: Check-in/Package Pick-up is at the **ELDORADO OUTPOST starting at 6:30A**

8-MILERS: Check-in/Package Pick-up is at the **ELDORADO OUTPOST starting at 7:30A**

You may also pick up your packet at the pre-race dinner from 5:30-7:30PM at [The Exchange](#) in Asheboro (dinner is sold out). **All runners are required to check in on race morning even if you picked up your packet Friday night at the dinner.** We must know exactly who enters the trail. Bib numbers must be worn on your front and be clearly visible at all times.

## Bag Check

Bag check is available at the start line for ALL runners. We will issue you an official drop bag to label with your name and bib number. Drop bags are plastic bags with drawstring that will accommodate a pair of shoes and dry shirt/pants/nutrition items. Bring your drop bag with you to the START. Your bag will be waiting for you at your respective finish line (as well as the 20M turn-around for 40M runners.) Remember, officially issued drop bags only – no personal duffels! No valuables, please

## Aid Stations

Aid stations are located approx. every 3 miles with the exception of the first aid station, which is at Mile 5. Water, HEED (electrolyte drink), soda, Hammer Gel, cookies, and lots of snacks available. For the 20- and 40-mile runners, hot soup, hot chocolate, and coffee available after 10:30AM. Aid stations also have basic first aid supplies. EMTs are located at the 8, 20, and 40 finish areas.

## No Unregistered Runners

The race is full. No additional entries or transfers allowed. Pacing, companion, or unregistered runners are not allowed. The Uwharrie trail is challenging and remote. For safety purposes, we submit a list of registered runners well in advance of race day. HAM radio operators track each runner every three miles. Unlisted runners compromise safety for everyone and will be disqualified from future events.

## No Switching Distances

For the safety reasons listed above, you must start the race for which you are registered. Bib numbers/colors are specific to your race distance. We will pull any runners who line up for the wrong race.

## Time Limits

40-mile time limit is 12.5 hours. 40-mile runners will be stopped at the 38-mile point at 7:00 PM. In order to proceed past the 32-mile mark after 4PM, runners must also carry a headlamp or flashlight. No exceptions.

The 20-mile time limit is 8 hours.

## Pre-Race Dinner

Pre-race dinner at 6PM is SOLD OUT. Tickets are not available at the door. However, packet pick-up at The Exchange in Asheboro is available to all runners from 5:30-7:30PM. Directions are on our website.

## Crew Directions

Driving directions for race crew are available on the website, at the Hampton Inn, at the pre-race dinner, and at the start.

## Results

Results will be posted on our website as soon as possible following the race. Please remember that we are all volunteers and we are compiling results for three different races, one of which doesn't end until late Saturday night!

## Carbon Offset Contributions

Thanks to all 152 runners who contributed toward our goal to make the Uwharrie Mountain Run a climate-neutral event. All funds collected through carbon offset purchases will be used to purchase carbon offsets through NC GreenPower.

## La Sportiva Mountain Cup Series



Uwharrie Mountain Run (20-mile) is once again the first race in the La Sportiva Mountain Cup series! We are so pleased to have La Sportiva as a partner for this event and we warmly welcome some new runners competing for the Mountain Cup. In an effort to raise awareness and support, La Sportiva has made limited edition travel mugs that will be sold for \$12 each and 100% of all proceeds will be donated to the Land Trust for Central North Carolina. Mugs will be available at the pre-race dinner and the 20-mile finish area.



*We're looking forward to a great day on the trails! See you there!*