

## Fourth Annual

# Mountains to Sea Trail 100 Endurance Run



2024 Race Information Packet

Race Date: Saturday March 9th – Sunday, March 10th 2024

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### Race start times

100 mile - 0600 (32-hour time limit)

50 mile - 0600

50K - 0700

10 mile - 0800

### PACKET PICKUP:

Packet Pick-up will be at Rolling View Recreation Start-Finish (4201 Baptist Rd. Durham NC. This will be in the late evening and the exact time will be sent out in pre-race email. Updates on all race details will be emailed out 2 weeks prior to the race date. The race headquarters and

start/finish will be located at Rolling View Community Center in Rolling View State Recreation Area & Campground, located at 4201 Baptist Road in Durham, NC.

## About the Mountains to Sea Trail

<https://mountainstoseatrail.org/the-trail/>

“The Mountains-to-Sea Trail is a simple footpath stretching almost 1,200 miles across North Carolina from Clingmans Dome in the Great Smoky Mountains to Jockey’s Ridge on the Outer Banks.

More than just a walk in the woods, the trail traces the diversity that is North Carolina. Experience ancient mountains and small Piedmont farms, coastal swamps and colonial towns, changing textile villages and barrier islands. Almost 700 miles of footpath are now completed. With temporary routes on backroads and bicycle paths, hikers can now follow the trail on an adventure across North Carolina. Like the best gifts passed from one generation to the next, the trail is being made by hand. Each year, volunteers devote thousands of hours to planning and blazing the trail across the state step-by-step, milestone-by-milestone. You can help in creating this state treasure. Learn how you can become part of this trail blazing effort as a member of Friends of the Mountains-to-Sea Trail and as a volunteer”.

### **FUN FACTS ABOUT THE MST:**

- Was proposed in 1977 and added to the state park system in 2000
- The MST is North Carolina’s state trail and longest marked footpath
- Takes approximately 2,112,000 footsteps to complete
- Climbs both the tallest mountain peak and the highest sand dune in the Eastern United States
- Highest elevation: 6,684 feet — on Mt. Mitchell
- Lowest elevation: sea level — Cape Hatteras National Seashore
- Passes through 37 counties
- Passes through four national parks and two national wildlife refuges
- Connects to ten state parks
- Meanders through three national forests
- Passes three lighthouses, including the nation’s tallest
- Includes two ferry rides
- 800+ volunteers worked more than 36,000 hours to build and maintain the trail in 2017
- The Mountains-to-Sea Trail showcases the diversity of North Carolina’s natural beauty from the Appalachian Mountains to the Atlantic Ocean

## Course Descriptions

This course is a double out and back. Runners will begin at The Rolling View Parking Lot and head Northwest to Redwood/Tom Clark @16 miles and turn around to head back to The Rolling View Parking Lot. Runners will continue through the Rolling View Aid Station and head East toward Raven Ridge Rd. @68 miles and then will turn around and head back to The Rolling View aid station for the finish of the race @101.5 miles. Along the scenic course, runners will experience beautiful views of Falls Lake, often running right beside the lake. There are several bridges that the runners will be crossing over throughout the trail. There are several portions of the course where runners will be roadside running briefly and road crossings. PLEASE BE AWARE AND FOLLOW PRECAUTIONS SET UP BY THE RACE COMMITTEE.

## Aid Stations

<<< Aid stations have changed slightly. >>>

**PLEASE NOTE THESE MILEAGE NUMBERS ARE APPROXIMATE AND THERE ARE PLENTY OF AID STATIONS FOR REFUELING.**

### **Pacers and Crew Access:**

**Pacers are allowed after the 32-mile mark at Rolling View Recreation Area Start/Finish location. Crew access is allowed at all aid stations EXCEPT the Little Lick Creek Aid at mile 5 and mile 27.**

### **Cut Offs:**

**ALL RUNNERS PARTICIPATING UNDER 50 MILES MUST BE THROUGH THE REDWOOD/TOM CLARK AID (MILE 16) BY NOON ON SATURDAY.**

**50 MILE RUNNERS CAN TAKE AS LONG AS NEEDED AS THIS PORTION OF THE COURSE STAYS OPEN FOR 100 MILE RUNNERS. YOU MUST COMPLETE THE COURSE IN 32 HOURS.**

**100 MILE RUNNERS MUST BE THROUGH THE HONEYCUTT AID TURNAROUND BY 6AM ON SUNDAY. NO EXCEPTIONS**

**PROGRESS WILL BE TRACKED USING THE GPS DEVICE ON EACH RUNNER. IF YOU ARE MOVING TOO SLOWLY AND ARE NOT CAPABLE OF FINISHING IN THE 32 HOUR TIME FRAME YOU WILL BE REMOVED BY A VOLUNTEER AT AN OFFICIAL AID STATION. THIS WILL BE DETERMINED AND DECIDED BY THE RACE DIRECTOR ONLY. YOU WILL NOT BE ABLE TO STAY ON THE COURSE AND FINISH AT YOUR OWN PACE IF YOU ARE ASKED TO TURN OVER YOUR BIB.**

Rolling View Aid Station (start/finish) - **DROP BAG**  
4201 Baptist Road in Durham, NC

Little Lick Creek Aid (5 and 27)  
**10 mile race turnaround - liquid and gels only**

Hereford Rd. Aid Station (11 and 21)  
6512 Cheek Rd, Durham, NC 27704

Redwood/Tom Clark Aid Station #3 (16) - **DROP BAG- west side turnaround all runners**  
Intersection of Redwood and Tom Clark Roads in Oak Grove, NC

Boyce Mill Aid Station (39.5 & 94.5)  
13000-13510 Boyce Mill Rd, Durham, NC 27703

**50 Mile Turnaround marked with sign and hole punch on trail.**

Hwy 50 Aid Station (46 and 88.5) - **DROP BAG- Located on entry road to NC Parks HQ**  
13304 Creedmoor Rd, Wake Forest, NC 27587

Barton Creek Boat Ramp Aid (55.1 and 79) - **Full Aid**  
12900 Six Forks Rd, Wake Forest, NC 27587

Bay Leaf Church Rd. Aid Station (60 and 75)- Located on entry road to Yorkshire Center.  
12624-12700 Bayleaf Church Rd, Raleigh, NC 27614

Honeycutt Aid Station #9 (68.6) - **DROP BAG**  
11724 Raven Ridge Rd, Raleigh, NC 27614

PLEASE LET US KNOW IF YOU HAVE ANY QUESTIONS

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**Here is the running order of aid stations as you navigate the course: please note the course is a double out and back so you go through most of these 2x.**

1. **Rolling View Start/Finish**
2. **Little Lick Creek**
3. **Hereford Rd.**
4. **Redwood Tom Clark- west direction turnaround all distances.**
5. **Hereford Rd.**
6. **Little Lick Creek**
7. **Rolling View Start/Finish**
8. **Boyce Mill**
9. **Hwy 50**
10. **Barton Creek Boat Ramp**
11. **Bayleaf Church**
12. **Honeycutt- 100 mile east direction turnaround**
13. **Bayleaf Church**
14. **Barton Creek Ramp**
15. **Hwy 50**
16. **Boyce Mill**
17. **FINISH- Rolling View**

Aid Stations: We have incredible volunteers who work at our aid stations along the course, and we believe that support for all runners is exceptional. The aid stations will be well stocked with fluids and a wide variety of food. Fluids generally available will be water, Hammer Heed, Coke or Pepsi, Mountain Dew and ginger ale, and coffee will be offered at selected aid stations. Endurolytes will be available at select aid stations. Food will consist of orange slices, bananas, assorted cookies, trail mix, bite size candy bars, peanut butter and jelly sandwiches,. **Various Medical kits will also be available at EVERY AID STATION**

Aid Station Stock\* \*Check back prior to race day in case this changes.

## 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 aid station has recorded his or her number. Help the timers by shouting your number!
- All runners are responsible for the behavior and actions of their crew members.
- Littering beyond 300 feet from aid stations is prohibited and is grounds for disqualification and Jail time
- 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. Please respect the effort of all the runners and stay out of the way. Crew members are allowed on the course to pace their runner after reaching mile 41 Hwy 50 Aid Station and may continue to pace their runner for the entirety of the race. 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.

## Drop Bags

Drop Bags will be allowed at Rolling View AS ( start/ finish line and mile 33 ), Redwood/ Tom Clark AS (mile 16), Hwy 50 AS (miles 46 & 89), and Honeycutt AS (mile 68). Please only use small or medium size bags, and no coolers. Drop bags must be delivered to the Race Headquarters, on race day, no later than 15 minutes before your race start time. All drop bags will be delivered back to the start of the race after all participating runners have cleared cutoff times and or drop bag aid stations. Runners or crew may drive to the aid stations to retrieve drop bags. To help make drop bag retrieval as efficient as possible, we ask that you label all drop bags with your race number and name. Race Numbers will be available on the website no later than 5 days before race day. If you are unable to label your drop bag prior to coming to the race, duct tape and markers will be available at registration on Friday and at the drop bag truck on Saturday morning.

## Trail Blazes and Road Crossings

Runner safety is our top priority and FreyHealth24 has made extra precautions to ensure the safety of the volunteers, runners, pacers and spectators. Please pay close attention to signs that are posted and volunteers who are working the road crossings. As part of Ultrarunning, staying alert is one of the many obstacles that makes the racing so difficult. We do not take the safety of our runners lightly and expect the runners and pacers to abide by all precautions we have set up to ensure their safety. These roads can be extremely dangerous – we will have a volunteer stopping traffic –Trail Markings The majority of the MTS is marked with White Round Blazes however we will be putting reflective blazes placed on trees. In addition, you will see pink surveyors tape tied to tree branches marking intersections. Directional arrows and signs will be placed along the route. We make every effort to provide a well maintained and well-marked trail. Each runner is ultimately responsible for following the correct course.

What to Look for: Our large signs will be near roads you will be crossing or running alongside. On the trails, we have smaller signs that will be staked into the ground. These will accompany our flags and tape to point you in the right direction. When in doubt on the road, look for an arrow painted on the road. Signs get stolen, surveyor flags get torn down, but spray paint sticks around.

## Emergency access

We will have EMS on call for the entirety of the race. Medical kits will also be available at every aid station.

Wake County EMS  
Durham County EMS  
Red Cross Volunteers

## Runner Safety

Medical and Other Risks: Participation in this event is at the runner's own risk. Although we will place experienced medical personnel at various points along the race course, the inaccessibility of much of the trail may make it difficult or impossible for medical assistance to reach a runner in need immediately. Each runner is encouraged to consult with his or her own personal care physician regarding any physical or medical limitations before attempting this race. Medical staff will focus on how the runner feels and looks and his or her mental status at each medical aid station. It is important for each entrant to recognize the potential physical and mental stresses which may evolve from participation in this event. Runners may be subjected to extremes of heat and cold. They may develop hypothermia, hyperthermia, dehydration, hypoglycemia, hyponatremia, disorientation and mental and physical exhaustion. The race organizers and medical staff will do their best to work with runners, striving to ensure safe passage for all participants, but ultimately each runner must understand his or her own limitations. Adequate physical and mental conditioning prior to the Mountains to Sea Trail is extremely important. If you have not been able to prepare properly, do not attempt to run. Runners should appreciate the risks associated with participation in this event. Actions may have to be taken on your behalf under extreme time constraints and adverse circumstances. We will make reasonable efforts to give assistance whenever possible. Ultimately and primarily you are in

charge, and you are likely to be solely responsible for creating your own crisis that we must then respond to with race personnel. BE CAREFUL, BE RESPONSIBLE, AND DO NOT EXCEED YOUR OWN ABILITIES AND LIMITATIONS. IN THE EVENT THAT A RUNNER REQUIRES EMERGENCY EVACUATION BY GROUND OR HELICOPTER / AMBULANCE, THE RUNNER ASSUMES ALL FINANCIAL OBLIGATIONS ASSOCIATED WITH THIS SERVICE. THE RACE ORGANIZERS ARE NOT RESPONSIBLE FOR ANY DEBTS INCURRED INVOLVING THE EVACUATION OF ANY RUNNER, PACER, OR CREW MEMBER. Some of the main risks of the run, but certainly not all of them, are listed here. These should be understood and remembered by all runners, before and during the event. Please note that death can result from several of the risk conditions discussed below or from other aspects of participation in the Mountains to Sea Trail.

**Performance Rules:**

These performance rules have been implemented to ensure that all individuals are provided equal and fair conditions for the race. The guiding principles for these rules are as follows: be fair to all other runners on the trail, stay safe at all times, and respect the land around you – leave no trace. Violations of any of these rules may be grounds for disqualification from the event.

- There will be no unofficial runners.
- Each runner's bib number must be worn prominently on the front of the body and must be easily visible at all times.
- Runners must follow the marked trail at all times. Any runner who willfully leaves the marked race course (or who becomes lost) must return to the point of departure on foot before continuing.
- Each runner must complete the entire course for which they are registered under his or her own power.
- Trekking poles are allowed.
- Except in the case of a medical emergency, runners may not accept aid or assistance in any form from anyone between checkpoints.
- Runners may not store supplies of any kind along the trail.
- Runners are responsible for the actions of their crews and pacers. Everyone associated with the run must comply with all of the performance rules as well as the crew and pacer rules contained herein.
- Each runner must be checked in and checked out of all aid stations.
- Monitoring of individual runners may be necessary at the discretion of medical personnel, and refusal by the runner to cooperate fully may result in disqualification.
- Medical personnel have complete authority to evaluate the condition of any runner at any time and to determine whether the runner may continue along the course.
- Injection of fluids or drugs (intravenous, intramuscular or subcutaneous) during the event may result in disqualification.

- Littering of any kind is prohibited. Please respect the natural beauty of the trails and the right that everyone has to enjoy them. Littering during the race could threaten our continued use of these trails in the future.
- Exercise good sportsmanship at all times during the event.
- Smoking is prohibited at all aid stations and along the race course.
- Medals are not given for runners who drop out of the race, no matter what distance they might have completed.
- Any runner who is unable to finish the distance for which they have registered must personally inform race staff at the nearest aid station of his or her decision to withdraw, and the timing chip and bib number should be surrendered to race staff at that time.
- The Mountains to Sea Trail is committed to keeping ultrarunning a clean and drug free sport.
- Use of performance enhancing drugs or blood doping as defined by the USDA is prohibited. Race management reserves the right to disqualify a runner based upon competent evidence of such drug use. Any runner found to have taken a ride in a vehicle will be disqualified. This applies even to runners who might have gotten lost on the course.
- Rules for Support Crews
  - A crew member is a friend or family member who can help supply his or her runner with motivation, food, first aid and advice during the race.
  - Runners are responsible for the actions of their crew and pacer
  - Runners receiving aid from crews outside the designated crew access points are subject to disqualification. Violation of this rule gives the runner an unfair advantage over runners who choose to not use a crew.
  - Crew members must not block any vehicle and should park only in designated areas.
  - Crews are asked to keep headlights off and be as quiet as possible when parked, as other crew members, pacers, or on course runners may be trying to sleep.
  - Crew members are asked to save aid station food and drink for the runners and pacers.
  - If your runner drops from the race, make sure they have let the race director, race timing personnel, or aid station captain of their decision to drop.
  - No littering under any circumstances.
  - All animals must be leashed at all times.
  - We request that there be no smoking anywhere on the course.
- Rules for Pacers
  - 50k runners may not have a pacer. Muling is carrying and/or supplying water, extra clothing, medical supplies or any other type of aid to the runner. This provides an unfair advantage to those who choose not to use a pacer. Violation of the muling rule is grounds for disqualification.



- All entrants must strictly adhere to the Performance Rules, Rules for Support Crews, Rules for Pacers.
- **Pacers for 50 and 100 mile runners can join the runner anywhere after they return to Rolling View Recreation Start/Finish at mile 33.**

## Real-Time Race Results

Adventure Enablers will have GPS devices on all 50k, 50 mile, and 100 mile runners. I link to view real time location of runners will be emailed the day before the race.

## Accommodations

Camping: Rolling View Recreation Area at Falls Lake. Reservations: 1-877-7-CAMP-NC (722-6762) or go to [https://northcarolinastateparks.reserveamerica.com/camping/falls-lake-state-recreation-area/r/campgroundDetails.do?contractCode=NC&parkId=552902#sr\\_a](https://northcarolinastateparks.reserveamerica.com/camping/falls-lake-state-recreation-area/r/campgroundDetails.do?contractCode=NC&parkId=552902#sr_a) and narrow "Loop" results to a Rolling View option. From \$23 per night.

### **The Falls Lake State Recreation:**

GPS Info. (Latitude, Longitude):

36.0117, -78.6888

36°0'42"N, 78°41'20"W

Go directly to reserved facility location. You do not need to check in at the main park office.

**Main Office** - 13304 Creedmoor Road, Wake Forest, NC 27587, is located on NC 50, two miles north of NC 98.

**Shinleaf** - 13708 New Light Road in Wake Forest, one and two miles north of NC 98 and one mile east of NC 50.

**Holly Point** - 14424 New Light Road, in Wake Forest, one and two miles north of NC 98 and one mile east of NC 50.

**Rollingview** - 4201 Baptist Road in Durham. Baptist Road is on NC 98, approximately five miles east of Durham and seven miles west of NC 50.

**Beaverdam** - 14600 Creedmoor Road, Wake Forest, is located on NC 50, three miles north of NC 98.

**Sandling Beach** - 14605 Creedmoor Road, Wake Forest, is located on NC 50, three miles north of NC 98.

**B.W. Wells** - 1630 Bent Road in Wake Forest, approximately five miles east of NC 50 and three miles west of US 1/Wake Forest. From NC 98, take Stony Hill Road north and turn left on Bud Morris Road. Turn left on Bent Road and follow it to the recreation area.