

Hello runners!

All of us at Bad to the Bone are SO excited to see you at the Bel Monte Endurance Races on Saturday March 10!

Here is some useful information about race day: basically more than you ever wanted and everything you ever needed to know!

As a side note, Marty, the rightful owner of Camp Marty, is back this year, after an absence last year due to a hospital stay. Welcome back Marty! Camp Marty was not the same without you!

Important info #1: You MUST run single file on the Blue Ridge Parkway. Our permit depends on it. We'll do our best to spread the field before you hit the Parkway but please do your part in making sure we can keep having this event every year.

All three races will start at 6:00am.

The sunrise is at 6:30am, and sunset at 6:17pm.

You will need a headlamp for the first couple of miles (the sun starts to come up at 6:15), depending on cloud cover. The first 2.5 miles are on the Blue Ridge Parkway (paved). We will have a box at White Rock Gap (where you enter the single track) to dump your headlamps: they will be available at the finish. If you are running the 50 Miler and plan on finishing close to the 13:00 hours cutoff, you will also need a headlamp for the last few miles.

Check-in: all runners MUST check-in on race day, even if you picked up your packet on Friday. We need to know who's on course. We'll have an iPad set up where you can check in.

Race switch: There will be NO switching races during the event. This means that, if you are registered for the 50 miler, you must finish the 50 miler in order to be listed as a finisher and receive a medal. If you would like to switch race, [please let us know](#) before race day.

Safety: PLEASE run SINGLE-FILE on the Blue Ridge Parkway and watch out for traffic (THIS IS CRITICAL, AS OUR BRPW PERMIT DEPENDS ON IT). In many places you can use the grass on the side of the road. Watch out for traffic on the Blue Ridge Parkway and on Coal Road (between Turkey Pen and Kennedy). Watch out on any WOODEN BRIDGES, as they can be slippery.

Cutoffs: The cutoffs WILL be enforced. Continuing the race WITHOUT a bib number is NOT an option. If you are beyond the cutoff, you will be taken to the finish line.

Course marking: The course is marked with ORANGE surveyor flags, ORANGE chalk, ORANGE arrows and ORANGE cones on the Blue Ridge Parkway. PINK RIBBON is used to mark: DO NOT GO! We'll put the pink ribbon across trails where you are NOT supposed to go. You will also see some Bad to the Bone signs with arrows around the start/finish. The 25K will turn around 0.8 miles AFTER Camp Marty. You will see a sign that says "25K TURNAROUND" and a hole punch. Make sure you mark your bib with the hole punch (25k ONLY).

The 50K will turnaround at the Kennedy Aid Station.

The 50M will turn around at the Stony Aid Station.

If you do not see any markers for a while, you are going the wrong way. Turn around and retrace your steps.

Important turns include:

The turn at the intersection of the Slacks trail and Torry Ridge trail (LEFT on the way out onto Torry Ridge, RIGHT on the way back)

The turn to and from the Slacks Overlook (easy to miss on the way back). On your way out, you'll make a LEFT onto the Slacks trail. On your way back, you'll make a RIGHT into the Overlook. You MUST go through the last aid station and there will be a secret word on the White Rock Falls trail to make sure you have not skipped it on your way back.

Course maps and course description can be found [here](#).

Littering: Please don't litter. If you come across any gels or bars wrappers lost by mistake, please pick them up.

Please read, print and sign this race-day waiver. Bring with you to packet pickup on Friday or Saturday.

[PRINT WAIVER HERE](#)

Directions: The Bel Monte Endurance Runs START and FINISH at Royal Oaks Resort in Love, Virginia.

[Click HERE for the map and directions.](#)

Entrants: [Click HERE to view the list of entrants and with bib numbers](#)

Facebook: [Check Facebook for any pre and post race updates](#)

Hashtag: Our race hashtag is #BelMonteRaces... hashtag on!

Lodging: Royal Oaks Resort, the start/finish location, is probably full but has camping spots still available: [call or email Keith to make your reservation.](#)

[Click HERE for reservations and other lodging in Waynesboro.](#)

Parking: If possible, please carpool, since parking is limited at Royal Oaks Resort. Race crew will direct you to parking on race day.

Packet pickup: You can pick up your bib number, chip and packet at Royal Oaks on Friday, March 9 from 4pm-5pm or on Saturday morning, March 10 from 5:00am to 5:50am.

Race briefing: we'll have a race briefing right before the start at 5:50am

Weather: the weather has been very unpredictable lately, so who knows. You can check out the local weather as we get closer to the race by searching for "Nellysford, VA" or "Wintergreen Resort, VA". Please note that Nellysford is in the valley. If it's in the 50s and raining in the valley, it could be 10-20 degrees colder in the mountains, so plan accordingly.

Course: [Click HERE for the course maps and profile.](#) [Click HERE for aid stations and cutoffs.](#)
[Click HERE for the course description](#)

Drop bags: [Drop bags locations are listed HERE.](#) Please limit the size of your drop bags to

approximately a shoe box. Your drop bag will NOT be mailed to you after the race. Remember, you are not running all the way to Alaska. We are NOT responsible for lost, stolen or misplaced drop bags. If you can't live without it, then carry it with you.

Crews: [Click HERE for crew directions and map.](#) Please DO NOT park on the Blue Ridge Parkway and drive carefully while on the race course.

Pacers: [Click HERE for pacers directions and instructions.](#)

Showers: There will be showers available at the finish for a small fee.

Race day registration: Race day registration will be available at the start/finish.

Chip timing: The race will be timed with the MyLaps disposable bib tag timing system.

Aid station food & drinks: [Click HERE for the aid stations menu.](#)

Start/finish food & drinks: We will be serving meat lasagna and mac and cheese, plus some miscellaneous sweets. To drink, we will have sodas, water and electrolyte drink.

Awards: [Click HERE for the awards times for all three events.](#) Top 3 winners in each race and age group winners (10 year increments) will be awarded. All finishers will receive a finisher medallion.

Course pictures: Please send us links to your videos and pictures, and we'll put them on the website following the event. [Click HERE to view course and race pictures.](#)

Last minute questions: feel free to ask Francesca (francesca@badtothebone.biz) until Thursday before the race. After that, I won't have any service.

Safe travels and we look forward to seeing ALL of your at the race!!