



**April 23rd, 2022**

Reeb Ranch: 315 Schoals Falls Rd, Hendersonville, NC

4/22 FRIDAY

-PACKET PICK-UP 5P-7P

4/23 SATURDAY

-7AM PPU OPENS

-8:30AM 5K

-9AM 12HR

-3PM 6HR

## **COURSE**

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A 3.1 mile loop that starts pretty flat through a field with mountain views, then goes into the woods on single track trail. The trail doesn't have many flat sections, lots of rolling hills with some roots and rocks. There's a short out and back section that takes you to the incredible waterfall.

You'll end going downhill on a gravel road to the barn, running through the middle of barn and past the aid station.

## **PARKING**

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**ALL GRASS PARKING, FOLLOW EVENT PARKING SIGNS**

## **CREW/PACING**

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**WE WANT YOU ALL TO BE AS SUCCESSFUL AS POSSIBLE. SOMETIMES THAT MEANS HAVING PACERS AND CREW. THERE WILL BE SPACE ALONG THE ROUTE IN THE GRASS FIELD TO SET UP YOUR OWN AID STATION WHERE YOUR CREW CAN HANG OUT. LOOK FOR THE COURSE MARKER FLAGS AND SET UP OUTSIDE OF THE FLAGS.**

**PACERS: NONE FOR THE 5K. 12 HOUR PACERS CAN START AT 4PM. 6 HOUR PACERS CAN START AT 6 PM.**

**-PACERS SHOULD BRING THEIR OWN HYDRATION AND FUEL, AS THE AS IS SUPPLIED FOR REGISTERED RUNNERS ONLY**

## **AID STATION**

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- WATER**
- GU HYDRATION ELECTROLYTES**
- GU ROCTANE**
- GU GELS & CHEWS**
- PB&J**
- PICKLES**
- FIG NEWTONS**
- BEAN ROLL UPS**
- MEAT ROLL UPS**
- CANDY & CHIPS**
- NOODLES**
- INSTANT POTATOES**
- VEGGIE BROTH**

## **REQUIRED**

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- CARRYING HYDRATION AND FUEL YOU NEED FOR 3 MILE LOOP**
- YOUR OWN BOTTLE OR CUP TO REFILL**
- NO TRAIL LITTERING, DISPOSE GU PACKETS IN RECYCLING CONTAINER AT AID STATION**
- PROPER LIGHTING FOR RUNNING IN THE DARK**
- TRAIL PASSING COURTESY**
- NO DOGS ON COURSE**