



2026 Athlete Guide

Race Location:
Haw River Iron Ore Belt Access
6068 N Church St, Greensboro, NC 27455

Parking



Parking will be in the field across from the trailhead parking lot.

Event Area

Our race/tent city area and finish line will be right beside the two parking areas at Haw River Iron Ore Belt Access.

We will have a pit toilet and 2 portable toilets for athletes to use.

You will find Registration, Drop bag area for solo racers, and Aid Station here.

Spectators are allowed to stay under there athletes tent or at the start finish area.



Finish Line
& Event
Area

Race Day Timeline

Race Day: Saturday, February 14th

6:30am – 7:45am Packet Pick Up

8:00am – Race Start

11:30am – 3hr Race Awards

- Top 3 Overall Most Laps Run Male and Female and Male and Female Masters

2:30pm – 6hr Race Awards

- Top 3 Overall Most Laps Run Male and Female and Male and Female Masters

8:15pm – 12hr Race Awards

- Top 3 Overall Most Miles Run Male and Female and Male and Female Masters
- 12 Hour Relay - Overall 2 person, 3 person, and 4 person teams

For laps to count, they must be completed in the time limit of the respective race. If the time is up in the middle of your lap, that lap will not count towards your total completed laps.

Course Markings

- We do everything we can to make sure you are safe, and on the right course.
 - Each turn will have a turn sign staked into the ground pointing you in the correct direction
 - Trails where you might go the wrong way will be marked extra well with signs and 3 pieces of hanging tape/or surveyor flags directly after to make sure you are going in the right direction.
 - The entire course will be marked on the **RIGHT** with tape every .07 of a mile.
- This course will be open to the public. We have put out signs and posted on social media about the event, but be mindful that all people on the trails may not be participants.

Aid Station

There will be one aid station found in the event area. This Aid Station will have:

- Water
- Tailwind
- Huma
- Trail mix
- PB & J
- Chips
- Assorted cookies/snacks
- Fruit
- Donuts
- Candy
- Made to Order Food
- Coke/Sprite
- Pickles
- Broth

Made to Order Food Menu

Breakfast

9am – 12pm Pancakes and Bacon

Choice of toppings: syrup and peanut butter

Lunch

12pm – 4pm Hot Dogs

Choice of toppings: ketchup, mustard, cheese

Dinner

5pm – 8:15pm Hamburgers

Choice of toppings: ketchup, mustard, mayo, cheese

Course Marking (trail signs)



Course

Runners will leave the start line and take the connector trail to get on the Great Blue Heron Loop Trail. Athletes will then travel counter-clockwise along the trail. Once headed back, athletes will take the Oak Arbor tractor road to the access gate that will bring you back through the start/finish area.

The park does a great job of keeping the trail in good condition, but please remember this is a trail, so expect roots, rocks and other things that might trip you up!

**If you are running the 12 hour race,
DON'T FORGET YOUR HEADLAMP!**

Strava Course Map:

<https://www.strava.com/routes/34512289880164635>



12 Hour Late Course Change

To ensure we don't have athletes on the long course past the time they are able to complete the loop, **with 45 minutes left in the race, so 7:15pm**, we will change to a short course, about 1.1 mile long, so you can still continue to run and rack up your miles, but we can have a shorter course to make sure our athletes are safe in the dark and off the course by race end time.

Short loop map : <https://www.strava.com/routes/3451215604798204220>

Awards for the 12 hour race, will be decided on how many MILES the runners complete, not on the LAPS since we are changing the lap at the end. We really want you to be able to run as much as you want as close to race end time as possible, so changing to a short course close to the end of the race ensures that for us and our athletes.