

OWLS ROOST RUMBLE



Half Marathon & 4 Miler

ATHLETE GUIDE

Bur Mil Park
5834 Bur-Mill Rd
Greensboro, NC

RACE DAY SCHEDULE

Friday - April 24th

- **Early Packet Pickup:**
Fleet Feet Greensboro 4pm-6pm

Saturday - April 25th

- **Packet Pickup**
 - 6:45 am – 8:15 am
- **Half Marathon Ruck Start**
 - 7:30 am
- **Half Marathon Start**
 - 8:30 am
- **4 Mile Start**
 - 8:45 am
- **4 Mile Awards**
 - Approx 10:10am
- **Half Marathon Awards**
 - Approx 11:15am
- **Course Cutoff** – 12:30 PM

Race Swag



PARKING



Start/Finish

1

2

4

3

Bur Mill Golf Course

Bur-Mill Club Rd

Bur-Mill Park

Bur-Mill Club Rd

Owls Roost Rd

Please park in one of the three purple paved lots or (4) open field. Please do NOT park at the start/finish or staff office lot.

Course Time Limits, Cut-offs, and Aid Stations

The course cut-offs are based on athletes keeping a steady time throughout the event.

HALF Time Limit: 4 hours (18:15 per mile pace needed)

HALF Cut-offs:

Aid station #2 - 10:09am

Aid station #3 - 11:00am

4 Mile Time Limit: 2 hours (30:00 per mile pace needed)

Aid Station	Half	4 Mile	
1	1.7 (greenway & Owls Roost Trail near BurMil)	1.7 (you will pass this again on return)	Water and Huma
2	5.4 (Exit of Owl's Roost and greenway)		Water and Tailwind
3	8.25 (Return to Owl's Roost Exit and greenway)		Water and Tailwind
4	11.2 (greenway & Owls Roost Trail near BurMil)		Water and Huma



BATHROOMS AND PORT-O-JOHNS located near the start/finish area. See course description for the location of the one port-o-john on the half marathon course.

COURSE MARKINGS

- These courses are marked with surveyor flags and tape, signs, and volunteers where needed.
- On the parts of the course shared by the Half and 4-Mile, athletes will see **orange** flags and tape on the **RIGHT** side of the course.
- At the split on the greenway at Owls Roost trailhead, **Half marathoners will follow the ORANGE** surveyor flags and tape; while the **4-Milers will follow the YELLOW** surveyor flags and tape.

** Surveyor flags or tape will be very close together where there is a turn or the possibility of going in the wrong direction. Otherwise, they will be approximately .1 to .15 miles apart. These are very simple courses to follow. Don't make impromptu turns.

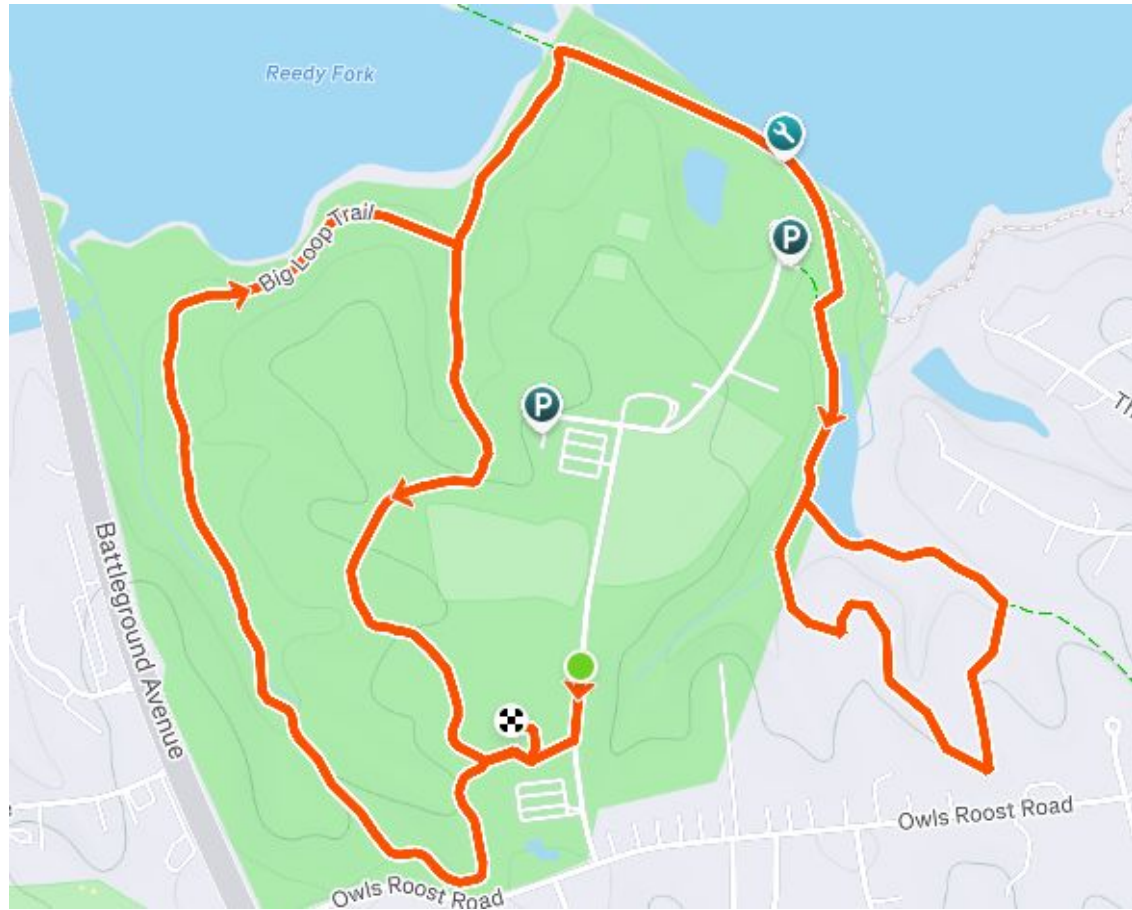


*Course marking colors may change. Announcements will be made if changed.

4 Mile Course



<https://www.strava.com/routes/2934622025340964046>



4 Mile Course Description

The 4 Mile course will begin on the road. Athletes will make a right into the parking lot and make their way onto **Big Loop Trail**.

Once on **Big Loop Trail**, athletes will run 1.2 miles and make a **LEFT** to stay on Big Loop Trail headed towards the **Greenway**. The first .1 has a slight elevation gain, but then it's all downhill to the greenway! The trail is wide and not very technical.

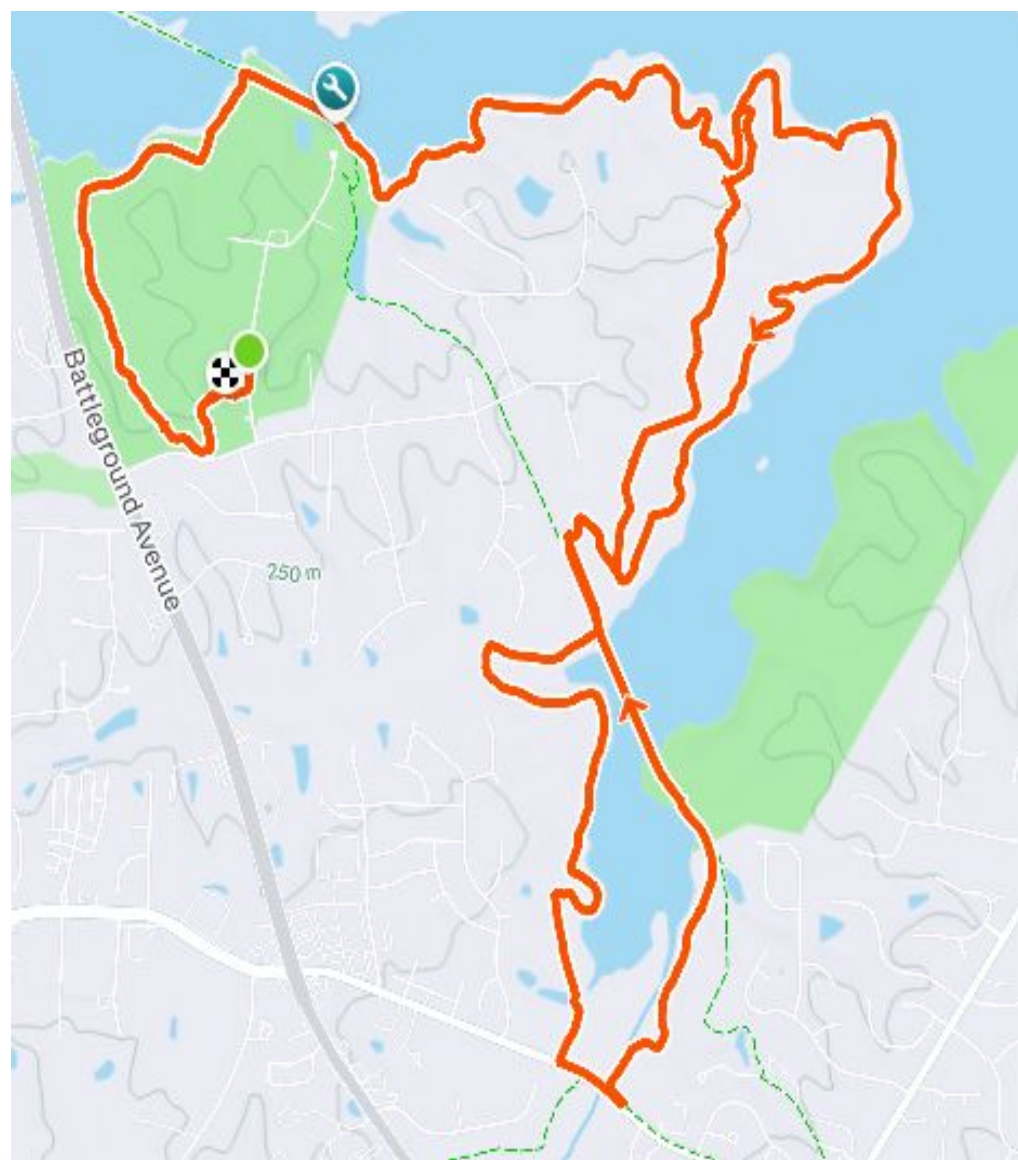
At the **Atlantic & Yadkin Greenway**, athletes will turn **RIGHT** and will stay on the greenway passed mile 2 to get to **Little Loop Trail**....passing the **aid station** at mile 1.7.

At mile 2.2, athletes turn **RIGHT** onto **Little Loop Trail**. This trail is single-track and somewhat technical. Plan your passes carefully and let the runner in front of you know you are passing! This trail will bring you back to the greenway at the mile 2 marker.

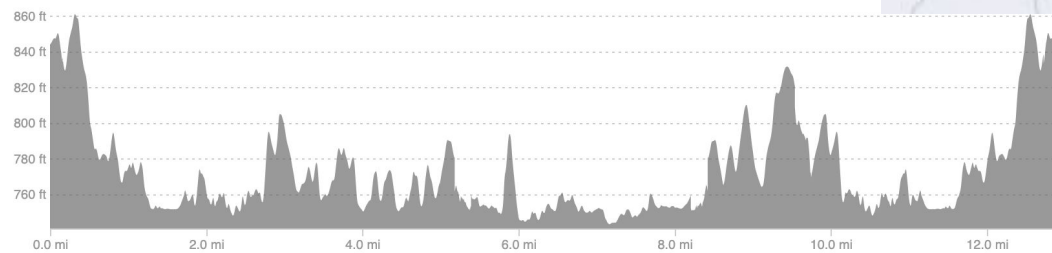
Athletes will turn **LEFT** onto the **Greenway** and proceed back to **Big Loop Trail**....passing the same aid station again!

Back at **Big Loop Trail**, athletes will turn **LEFT** onto the trail and stay **LEFT** at the split. And, of course, since the the other side of Big Loop was downhill, you know this section has to be.....UPHILL! You're welcome!

Half Marathon Course



<https://www.strava.com/routes/3178405143904171578>



Half Marathon Course Description

The Half Marathon course will begin on the road. Athletes will make a right into the parking lot to make their way onto **Big Loop Trail**.

Once on **Big Loop Trail**, athletes will run 1.2 miles and make a *LEFT* to stay on Big Loop Trail headed towards the **Greenway**. The first .1 has a slight elevation gain, but then it's all downhill to the greenway! The trail is wide and not very technical.

At the **Atlantic & Yadkin Greenway**, athletes will turn *RIGHT* and proceed to **Owls Roost Trail**.....at **aid station #1** (mile 1.7).

Athletes will turn *LEFT* onto **Owls Roost Trail** – a traditional single-track mountain bike trail with lots of roots and short, steep climbs.

At the end of **Owls Roost** (mile 5.4 - **aid station #1**), athletes will cross over the **A & Y Greenway** and enter **Palmetto Trail**, a beautiful, flatter single track trail.

Once getting to the end of **Palmetto Trail** (mile 6.9) athletes will turn *LEFT* onto the **Bicentennial Greenway** for a short stint on the paved greenway followed by a left turn onto **Nat Greene Trail** (mile 7.1). A portajohn will be located at the trailhead.

At the end of this section of **Nat Greene** (mile 7.8), runners will turn *LEFT* onto **Atlantic & Yadkin Greenway**.

After .4 miles on **Atlantic & Yadkin Greenway**, athletes will turn *RIGHT* onto **Owls Roost Trail** (mile 8.25 - **aid station #3**) – this time, going *LEFT* following the **Shady Side of Owls Roost** for your return back to the **Atlantic & Yadkin Greenway**.

At mile 11.2 (**aid station #4**) runners will exit **Owls Roost** and turn *RIGHT* onto the **Greenway** and proceed back to **Big Loop Trail**.

Back at **Big Loop Trail**, athletes will turn *LEFT* onto the trail and stay *RIGHT* at the split.

Club Incentives

If your team has 10+ members registered two weeks before race day, you'll enjoy:

- A team tent set up by Trivium, featuring a banner with your club's name/logo
- Your registration packets, ready at the tent (skip packet pickup lines)
 - In order for your race packet (shirt, bib, etc.) to be pulled and available at your club tent, you must be registered as part of the club by the Monday before the race at 11:59 pm EST.
- Dedicated club porta potties!
- Food, drinks, and goodies waiting for your team.

Check the [Club/Teams](#) tab and see how many people your team currently has registered! Questions about Club Benefits? Reach out to Delaney at delaney@triviumracing.com.

Owls Roost Rumble Club Competition

- All clubs, regardless of size, are part of the club competition.
- Awards go to the winning club
- All finishes count toward the 2026 Trivium Club Cup Competition

How Club Scoring Works at Owls Roost Rumble

- All finishers earn 1 point just for completing the race, so the more runners your team brings, the more you score.
- Age group placement earns additional points, with top finishers scoring up to 20 points (1st place) and down to 2 points (for 16th–20th).
- Overall podium winners (1st, 2nd, 3rd) earn double their age group points—for example, an overall 10K winner scores 41 points!
- Volunteers are a huge part of race day too, earning 5 points each for their club.

2026 Trivium Racing Club Competition

- All clubs who compete also earn points toward the Overall, 2026 Trivium Club Competition
- The Overall season winner will be treated to a club party and receive the club cup to proudly display for the next year!
- Points will start at 500 for first place and decrease by 50 points for each placement. (1st = 500, 2nd = 450, 3rd = 400, etc.)
- Clubs placing 11 – 20 will receive 25 points.
- Club placing 21 and up will receive 10 points.

Check out the full club cup schedule and how points are earned here: <https://triviumracing.com/cup-challenge/>

Club Program

Love racing with your club/team with Trivium Racing? Check out our [Club Program!](#) Clubs receive a 10% discount code, a free race entry to raffle at run group, and can potentially partner to do more fun stuff! Complete [this form](#) to request to participate.

RaceJoy



Make sure to download the [RaceJoy app](#) by RunSignUp (available on Apple and Android) so that you can get progress alerts during your race and see a map of aid stations and bathrooms! If your friends, families, and teammates want to track you during the race, they can download this app as well. All they have to do is enter your bib number to watch your progress and send you cheers throughout the race!