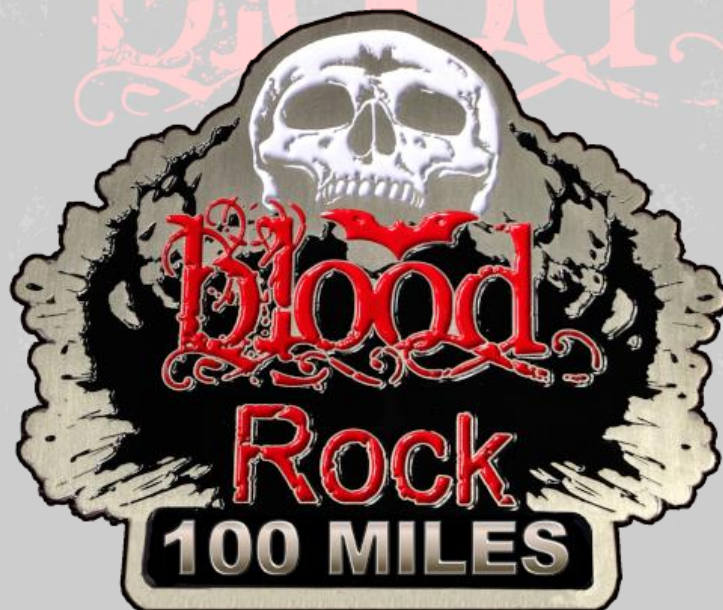


Runner's Manual



The 2023

Blood Rock 100 & 50

The Blood Rock 100 & 50 Mile Endurance Race – Message from the Race Director

Unlike our other 100 mile race, the Lake Martin 100, which was designed as the ideal “First 100 Mile” (or first 50 Mile) endurance race, Blood Rock is NOT a beginner 100. In fact, it was specifically created to be as difficult as a race in this part of the country can be. It is a race that will prepare runners for races like the Leadville 100, Wasatch 100, Tahoe Rim Trial 100 or even Hardrock 100. The terrain you will encounter at Blood Rock is as difficult, or more difficult, to negotiate as anything you will encounter in the races listed above, other than Hardrock. We may not have the altitude, but Blood Rock is as tough as anything you will ever confront in any “marked” 100, The Barkley Marathons excluded.

But don’t let me scare you. Unlike Tahoe, Wasatch or Hardrock, you are never very far from help if you have a problem. In fact, you will never be more than about a mile from a major road and rescue. Yes, at Blood Rock, you can fall on steep terrain and get hurt. There are even a few places on the BR Course, you could jump off a cliff and die. But there is nowhere on the course that a slip could result in a 600 ft fall. Compared to the potential danger in some western races, and certainly races in the Alps, Blood Rock is pretty mild!

The following pages will give you all the information you and your crew will need to successfully complete any of the Blood Rock races from the 25K to the 100 mile. If you do the training (with plenty of hill work) you can complete this race. Know the course. Study the maps and course description and if possible, attend training runs in the weeks before the race. You will be ready. The course will be very well marked but it will be a good idea to spend a little time reviewing the course.

Is there a way we can improve the Runners Manual? Please let us know.

[Contact Southeastern Trail Runs](#)

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Blood Rock Rules:

1. All decisions of the Race Directors are final. Aid station captains have the authority to act as on-location race directors, but the RDs have final say on all decisions.
2. You may not cut the course. There are NO “bushwhacking” sections. You must stay on the marked trails at all times. It’s your responsibility to know and stay on the course. The course is very well marked. If you do not run the course as marked you will not be considered a finisher. There are NO time adjustments for getting off course.
3. You must complete the course on foot, with no assistance from vehicles, bicycles or other runners. In the event of heavy snow, skies are OK but they must be carried to the next “drop bag” aid station. (Better have a big drop bag.)
4. **Headphones:** Headphones are acceptable while on the trails. Do not wear them on any of the road sections or when crossing roads. Also, remove your headphones when approaching an aid station. We can’t communicate if you can’t hear us.
5. **Road Section:** Run TOWARDS ONCOMING TRAFFIC on High Hampton Drive and Peavine Falls Rd. (On the left side of the road.)
6. **High Hampton Subdivision:** Stay close to the edge of the road while in the High Hampton subdivision. If cars approach, step off the road in the grass please. We are guests in High Hampton, a private subdivision. The entire section, until you reach the park property at the gate by Peavine Falls Road, is on private property. You will pass two “No Trespassing” signs. We do have permission to use the property.
7. **Reflective Clothing, Gear or Headlamps with a rear light:** Runners should wear something reflective from the rear or have a headlamp with a light on the back when running at night on roads. All 50 mile and 100 mile runners will cross several roads at night and be on High Hampton Road and Peavine Road at night.
8. **Crew Access Aid Stations:** Your Crew may meet you at all aid stations within Oak Mountain State Park. Your crew may NOT leave the park to provide aid outside the park, unless there is an emergency.
9. **Your Crew:** You are responsible for the behavior of your crew! Your crew MUST follow the directions of the aid station captain. *Food in aid station is for runners and pacers ONLY!!* Be sure your crew understands they may not remove food or drink from the aid station. They may accompany you into the aid station and assist you while there. Children and pets ARE NOT ALLOWED in any aid station at any time. Your crew members MAY NOT enter the actual Aid Station at any time unless they are with you, the runner. Failure of your crew to follow these rules may result in you, the runner, being disqualified.
10. Your crew may get your dropbag before you arrive at the aid station to have your supplies ready for you. Drop bags will be located outside of the actual aid station.
11. While you are checked in at the aid station, you may send your crew to the aid station to get food or drink for you. You do not need to accompany your crew.

12. Trekking Poles: Poles are allowed for 100 and 50 mile runners. In fact, we encourage all runners to use them. Some sections of trail are very steep. The poles help maintain stability and prevent you from sliding backward. When not in use, close or fold them to their smallest size and stow them in a pack if possible, for the safety of others. When you are not using the poles, DO NOT Run with the poles fully extended! Poles may be left at an aid station and placed in your drop bag to be picked up later.

13. Pacers: All 100 mile runners may have a pacer after mile 50. Any 100 mile runner over 65 years of age may have a pacer the entire race. Pacers may start at any manned aid station within Oak Mountain State Park beginning with the Cabins Aid Station at mile 50.

14. Pacers must check in and sign a release before pacing. They must notify the appropriate aid station personnel when they stop pacing. Failure to do so may result in the disqualification of your runner. We MUST know who is on the course at all times.

15. ONLY 100 Mile runners may have pacers!!

16. Medical Assistance: If you require an IV or oxygen at any point during the race, your race is over. If medical personnel determine that you are not physically able to safely continue the race you must stop immediately. Aid Station Captains and Medical Staff decisions are final. Do not argue with them. (Oxygen includes those little oxygen boost things sold at gas stations. If you are caught with one of those, you are gone!)

17. Rude Behavior: Being rude, discourteous or otherwise annoying race volunteers or staff is grounds for disqualification. Same with being rude or annoying to other runners or anyone else on the course, such as bicyclists, horseback riders and hikers. All trails used in Blood Rock at Oak Mountain State Park are multiuse trails. Several of those trails are bike trails and a few are shared with horses. Even though you are racing, horses have right-of-way. I recommend yielding to bike on the single-track section. You will see bikes and might see a horse or two. Be courteous please.

18. No littering: Ever. Immediate disqualification!!! If you leave an aid station with a cup, carry it to the next aid station.

19. Stashing Food: DO NOT stash food, drink or other supplies anywhere along the course. Dropbags are allowed at all aid stations within the park except Eagle Nest Trail Aid Station.

20. Crew Vehicles: All crew vehicles must display a Blood Rock Crew Car Pass on the dash of the car at all times. It must be clearly visible and must show the name and number of the runner they are crewing for. Park rangers must be able to identify crew vehicles since some of the areas you will be in at night are normally closed to traffic at night.

21. Dogs: Dogs are not allowed to run with any runner or pacer at any time during the race. There are no exceptions.

22. Crew Parking: Crew vehicles may park in any parking lot in OMSP. Your crew can meet you at any location where you will be on or near a road while within the park. They are welcome to hike up trails to cheer you on as you pass. Do not park along the roadway anywhere unless the parking lots are totally full. If you park your car along Findley Drive or Terrace Drive be sure your car is completely off the roadway including. Do NOT Park anywhere along Peavine Falls Road, at any time!

23. Poor sportsmanship: Bad behavior will not be tolerated and is grounds for disqualification and grounds for being barred from future races. A sense of humor is always welcome. Try to smile no matter how rotten you feel. Please remember, some of those volunteers have been working at the AS longer than you have been running. If you are not happy with something, do not get angry with or yell at volunteers **EVER!** Any objections or complaints must be made to the Race Directors, ME, not volunteers. I will listen to complaints after the race!

24. Government ID: All runners must provide a government issued photo ID at check-in to prove age and gender. If you do not have an ID you will not start! Runners registering with the military discount, please use your military ID.

Race Week Schedule:

November 26th thru November 29th - Trail marking of the 100 and 50 mile Blood Rock Course and the 25K and 55K, including the Backcountry sections, Johnson Mountain, Blood Rock/BUMP Trail and High Hampton/Power Line sections.

November 30th – Double Check entire course to be sure all signs and marking are in place. Set up start/finish and aid station at Peavine and Terrace Dr.

December 1st – Finish Setup of road sections and marking near aid stations. Setup start/finish and Peavine Aid Station.

December 2nd - 9:00 to 11:30 AM – Packet Pickup at the Cabins. Watch for the “Arrow Banner” on Findley Dr at the Cabins Rd. Leave Drop Bags at the Meeting Center in designated areas. The drop bag aid stations are, 1) Cavin, 2) Terrace Dr and 3) Peavine. The Bridge is a water only, unmanned aid station on Friday.

December 2nd - 11:45 to 11:55 AM – Mandatory pre-race briefing at the Cabins Pavilion by the lake or at the Meeting Center.

December 2nd - 12 Noon – 100 mile Start in front of the Meeting Center at the Cabins.

December 2nd - 3:00 PM to 6:00 PM – Packet Pick for 50 Mile, 25K and 55K Runners. (Optional)

25K Runners - No Drop Bags will be accepted for 25K. You are welcome to have a bag at the Cabins.

All 25K, 50K and 50 Mile Runners must check-in Saturday Morning – We must know who started. If you don't check-in, you are a DNS!

December 3rd – 5:30 to 6:45 AM – Packet Pickup for 50 Mile Runners, 55K and 25K Runners. Drop bag drop-off for 50 milers and 55K runners.

50 Mile runners – You are welcome to try to find parking at the Cabins. You should arrive early if you do. Parking in the Cabins is extremely limited. DO NOT ALLOW ANY PART OF YOUR CAR TO EXTEND OVER THE PAVEMENT OF THE CABIN ROAD. This is a fire lane. You do not want to have to walk home after the 50 Mile.

6:50 AM – Mandatory Race briefing for all 50 Milers.

7:00 AM – Start of the Blood Rock 50 Mile Race.

Parking – 25K and 55K runners MUST park at the BMX track and walk 600 yards to the start. Follow signs starting from the bathrooms across from the BMX track. Follow the trail heading behind the bathrooms toward Tranquility Lake Dam. Stay on the wide trail around the lake keeping the lake on your right. This double track trail is part of the Blood Rock course so you may encounter 100 mile runners.

BE SURE – that your car is completely off the paved road circling the BMX track.

6:50 AM – Mandatory Pre-Race Briefing for 25 & 55 K Runners.

7:00 AM – Start of the Blood Rock 25K and 55K Trail Races.

December 4th – 8:00 AM – **HARD CUTOFF** 100 mile runners at the Cabins.

Crew Access and Spectator Viewing Areas:

Spectator Access to Blood Rock Course – We do not restrict access to any part of the Blood Rock Course within Oak Mountain State Park. The trails are all open to the public 365 days a year so we cannot tell you to stay off certain trails, nor would we. What we will do is suggest good, easily accessible areas to watch and cheer you runner. I will break the areas down by sections based on aid stations listed below.

There are a few rules if you choose to hike up trails.

- 1) If you are on a trail used in the race, constantly watch for runners, and get off the trail to let them by.
- 2) Cheer for ALL RUNNERS, not just your runner. (This rule is mandatory - I also recommend a cowbell!)
- 3) Always park in designated parking areas (parking lots) if possible. Park along roads only when there is no alternative.
- 4) Make absolutely certain your car is totally off all roadways and do not block another car in the parking areas.
- 5) All distances are welcome to have a crew.
- 6) DO NOT PARK ANYWHERE ALONG PEAVINE ROAD!

Eagle Nest Trail Aid Station – Mile 9.8 – This Aid Station is located at The North Red/Blue Connector (the Eagle Nest Trail) just 600 yards from the North Trailhead up the “Red” Bike Road. Your crew can easily hike up if they wish. For runners, it’s only 3.1 miles from Eagle Nest AS to the North Trailhead. You might ask your crew to just wait at the NTH for your arrival. Eagle Nest will be a Full Service Aid Station Saturday, but may be water only Friday. Space is limited, so we cannot allow personal aid stations at Eagle Nest.

North Trailhead – Mile 11.9 – The NTH is NOT an aid station but crew is welcome to meet their runners at the NTH. It is directly across Findley Drive from the large NTH parking lots. You may give your runner aid at the NTH or in the parking lot using your car as an aid station. This is a busy trailhead so be sure not to block access. (No personal aid stations or popup tents may be set up on the Red Bike Road, on either side of the gate, or in the NTH parking lot.) There is a bathroom in the NTH Parking lot.

The Cabins Aid Station – Mile 15.0 – This is the Start/Finish Aid Station. Crew is welcome to set up personal aid stations including popup tents in the area around the Cabin or Redbud Pavilion. Be sure personal aid stations are not blocking the racecourse, which will be flagged. The personal aid stations may be left at the Cabin’s for the duration of the race. This is the finish for 25K runners.

Redbud/BMX Track – Mile 16.0 – Redbud is not an aid station, but it will be easier for 50 Mile and 55K runner’s crew to meet their runners in the field adjacent to the Redbud Pavilion. Runners will arrive through the field just to the left of the pavilion. You will see the blue flags marking the course. DO NOT set up in the Redbud Pavilion. Pavilions in Oak Mtn State Park may be used only when reserved through the park. There are bathrooms across from the BMX Track.

Terrace Drive Aid Station – Mile 20.7 – Terrace Drive is located about two miles down Findley Drive from Redbud Pavilion. Drive back to the main road, Findley Dr, and turn left for 1.9 miles. Watch for Terrace Dr on your left. Drive up the hill and 0.4 miles to the end of Terrace Drive. There is a large parking lot on your right. The Terrace Aid Station is on your left in the field. If you continue straight ahead, you will enter the Peavine Falls Rd. You are welcome to set up personal aid stations in the large field. 100 miler crews may leave their aid stations set up at Terrace for the duration of the race. There are bathrooms in the field by the aid station.

Peavine Falls Aid Station #1 – Mile 26.7 – From the Terrace Drive AS, leave the large parking lot (across from the Terrace Dr Aid Station and turn right into the Peavine Falls Road. Drive up the road for approximately 4 miles to the large parking lot at the end of the road. Just before reaching the crest of the ridge, about 3 miles up, watch for signs saying “Caution – Runners on Road.” Pay careful attention while driving along this one-mile section of the road. There will be runners on the roadway heading for Peavine AS. The aid station is located in the pavilion to the right of the PVF road and PVF parking lot. You may use your car as an aid station in the parking lot or set up in the grassy area around the aid station. The lot is large but sometimes it very crowded. Do not take up more space than is necessary. Runners will reach the Peavine pavilion after following the trail up from the falls and running along the back side of the parking lot, behind the bathroom, and into the pavilion.

The Cabins Aid Station-Finish – Mile 34.2 – The Cabin is the finish for 55K runners and an aid station for 50 and 100 milers. You have been here before. You are welcome to leave your aid station set up all day or take it with you to other aid stations. Please don’t leave anything laying around of value. Don’t leave food at your aid station. There could be a dog or two wandering about.

*Oak Mtn State Park trails close at sunset. Crew members are NOT allowed on any trails after dark.

*DO NOT leave OMSP to go to High Hampton Subdivision. YOUR RUNNER WILL BE DISQUALIFIED!

*Remind your crew NOT to enter any aid station unless you are present. (Your crew may enter the aid station area before you arrive to get your dropbag. That way they can prepare your supplies for quick access.)

Please read the following three rules - be sure your crew understands.

- 1) Your Crew has access to all aid stations inside Oak Mountain State Park. They may set up a personal aid station at all aid stations except the Eagle Nest Trail Aid Station at mile 11.9. If your crew members hike up to Eagle Nest Aid Station, please remind them to stay out of the aid station. Early in the race, this will be a very busy AS. AS volunteers do not have time to deal with your crew members. I strongly recommend your crew waits for you at the North Trail Head.
- 2) Your Crew may NOT leave the park to go to into High Hampton Subdivision at any time. This section is all privately-owned land. The residents were kind enough to give us permission to use the power line easement. Our agreement is that NO RUNNER CREWS will come into their neighborhood. If your crew ends up at High Hampton, you will be disqualified.
- 3) Your crew must be off all Oak Mountain State Park trails before dark. Runners have permission to run at night. Your crew does not. Your crew will be fined by the park rangers, and we will be forced to disqualify you. Again, we have no option. Be sure your crew understands.

Crew Accessible Aid Stations:

- AS 1 – North Trailhead – Mile 1.8 (Not an aid station) – Set up Personal Aid Station (No Popups)
 - AS 2 – Eagle Nest Trail AS – Mile 9.8 – Crew Access – No Drop Bags
 - AS 3 – North Trailhead – Mile 11.9 – (Not an aid station) – Personal aid stations OK, (No Popups)
 - AS 4 – The Cabins AS Start/Finish – Mile 15.0 - Crew Access – Personal aid stations OK, (Popups OK)
 - AS 5 – Terrace Drive Aid Station – Mile 20.7 – Personal Aid Stations OK – Drop Bag (Popups OK)
 - AS 6 – Peavine Aid Station #1 – Mile 26.7 – Personal Aid Stations OK – Drop Bag (Popups OK in grass)
 - AS 7 – Cabins Aid Station – Mile 34.2 - Personal Aid Stations OK – Drop Bag (Popups OK)
- This is the finish for 55K Race and an Aid Station for 100 milers.

Directions to the Start:

The Blood Rock 100 Mile, 50 Mile, 55K and 25K races start at the Cabins on Tranquility Lake. The Cabins are on Cabin Rd, just off Findley Drive, 4.7 miles north of the pay booth at the south entrance. There is no address given but the GPS coordinates are: 33.350230, -86.719396. Tranquility Rd is 3.8 miles northeast of the pay-booth at the south entrance to OMSP. It is 3.7 miles southwest of the north park entrance pay-booth.

Google Maps to the Cabins at OMSP: [Hwy 119 through the South Gate to the Cabins.](#)

Dropping Out:

Unfortunately dropping out of 100 mile races is as much a part of ultra-running as flowers are to spring. OK, maybe “storms in spring” would be a better metaphor, but which ever you prefer, it happens. Fortunately, at Blood Rock, you are never far from help and your

crew or an aid station. If you do happen to need to drop, please do not just leave. Stop at an aid station or have a crew member do it for you and let us know you dropped. *(And Return your HuTag!)* Be sure that you tell an “Official” Blood Rock person, not just someone standing around at an aid station, that you are dropping.

Find the person recording bib numbers or the Aid Station Captain and tell them you are dropping. Be sure they record your number and name and you return your HuTag. If you have drop bags on the course, please don't leave them. If you don't want to wait for them to be returned to the Cabins, you or your crew can retrieve them from the aid stations. They can drive right up to all drop-bag aid stations. Please take your Bib with you to get your dropbag. We will bring 50 mile DB back to the Cabins as soon as possible after the last runners leave Eagle Nest Trail, Terrace Dr. and Peavine Aid Stations. Again, if you can't wait, you are welcome to go get them yourself.

Cutoffs:

Blood Rock Cutoffs are very generous. The 100 Mile Cutoff is 44 Hours. The 50 Mile is 22 Hours. But that's not the entire story. We give our runners every possible chance to make the finish by the cutoff. For example, in the 100 Mile, it is not until the last two aid stations that the cutoff is within 15 minutes of the actual cutoff pace. I know lots of “stuff” just happen during 100 and 50 mile races. You might get dehydrated because you didn't leave the aid stations with enough water. You might have a really bad stretch and just have to stop for a while. You might get your electrolytes way out of balance and have to walk all night. You might need a short nap. You might even get caught just below a ridge by a severe thunderstorm and lose an hour. Then, because you don't have a rain jacket, you become hypothermic and lose another hour while warming up by a fire at the next aid station. I know, I have experienced all of these, some more than once. (Well, not the nap, anyway!)

2023 PACE CHARTS ARE ALL THE SAME AS 2022. THE COURSE IS EXACTLY THE SAME.

2023 Pace Chart for the Blood Rock 100 Mile Endurance Trail Race

Updated Pace Chart for the 2022 Blood Rock 100 Mile Race													
Blood Rock 100 Pace Chart Friday Start	Distance		17 Hour Pace		24 Hour Pace		32.5 Hour Pace		40 Hour Pace		42.5 Hour Pace		44 Hour Pace
	Between Aid Stations	Cumulative Distance	10 min/mile		14 Min/mile		19 Min/mile		23 min/mile		24 min/mile		Required Cutoffs
			Pace	Time	Pace	Times	Pace	Times	Pace	Times	Pace	Times	Pace
The Cabins - Start	0	0	0	12 Noon	0.0	12 Noon	0	12 Noon	0	12 Noon	0	12 Noon	
Eagle Nest Trail	9.8	9.8	1.6	1:36 PM	2:17	2:17 PM	3:06	3:06 PM	3:46	3:43 PM	4.1	4:06 PM	
Cabin 1 *	5.2	15.0	2.5	2:30 PM	3:30	3:30 PM	4:45	4:45 PM	5:45	5:45 PM	6.3	6:18 PM	7:00 PM
Terrace *	5.7	20.7	3.5	3:30 PM	4:50	4:50 PM	6:34	6:34 PM	7:56	7:56 PM	8.6	8:35 PM	9:00 PM
Peavine *	6.0	26.7	4.5	4:30 PM	6:17	6:17 PM	8:31	8:31 PM	10:19	10:19 PM	11.1	11:06 PM	12:00 AM
Cabin 2 *	7.4	34.1	5.7	5:42 PM	8:02	8:02 PM	10:53	10:53 PM	13:11	1:11 AM	14.2	2:12 AM	3:00 AM
Eagle Nest Trail	9.8	43.9	7.3	7:18 PM	10:19	10:19 PM	14:00	2:00 AM	16:56	4:56 AM	18.3	6:18 AM	
Cabin 3	5.2	49.1	8.2	8:12 PM	11:32	11:32 PM	15:38	3:38 AM	18:56	6:56 AM	20.5	8:30 AM	9:10 AM
Terrace C/O	5.7	54.8	9.1	9:06 PM	12:52	12:52 AM	17:27	5:27 AM	21:07	9:07 AM	22.8	10:48 AM	2:30 PM
Peavine	6.0	60.8	10.1	10:06 PM	14:18	2:18 AM	19:25	7:25 AM	23:30	11:30 AM	25.3	1:18 PM	
Cabin 4 C/O	7.4	68.2	11.4	11:24 PM	16:03	4:03 AM	21:47	9:47 AM	26:22	2:22 PM	28.4	4:25 PM	5:30 PM
Eagle Nest Trail	9.8	78.0	13.0	1:00 AM	18:20	6:20 AM	24:53	12:53 PM	30:08	6:08 PM	32.5	8:30 PM	
Cabin 5 C/O	5.2	83.2	13.9	1:54 AM	19:33	7:33 AM	26:32	2:32 PM	32:07	8:07 PM	34.7	10:42 PM	12:00 Midnight
Terrace C/O	5.7	88.9	14.8	2:48 AM	20:53	8:53 AM	28:20	4:20 PM	34:46	10:46 PM	37.0	1:00 AM	2:20 AM
Peavine C/O	6.0	94.9	15.8	3:48 AM	22:20	10:20 AM	30:19	6:19 PM	37:09	1:09 AM	39.5	3:30 AM	5:00 AM
Cabin Finish	7.4	102.3	17.1	5:06 AM	24:03	12:03 PM	32:37	8:37 PM	40:00	4:00 AM	42.6	6:35 AM	8:00 AM

* Cutoff optional based on Aid Station Captain's evaluation of the runner.

C/O - Absolute cutoff

2023 Aid Station Detail Chart, Blood Rock 100 Mile Endurance Trail Race

2022 Blood Rock 100 Aid Station Detail										
	Blood Rock 100 Aid Stations	Distance		Aid Station Description	Drop Bags Allowed	Crew Access Allowed	Personal Aid Stations (PAs) Allowed	42.5 Hour Pace		Mandatory Cutoffs
		Between Aid Stations	Cumulative Distance					24 min/mile Pace	24 min/mile Times	
	The Cabins - Start	0.0	0.0	Start	Drop Bags	Crew Access	0	0	12 Noon	
1	North Trailhead (no AS)	1.9	1.9	No Aid Station	NO	Crew Access	No PAs			
2	*Eagle Nest Trail	7.9	9.8	Full Aid Station	NO	Crew Access	Hike-to No PAs	4.1	4:06 PM	
3	North Trailhead (no AS)	2.1	11.9	No Aid Station	NO	Crew Access	No PAs			
4	Cabin 1	3.1	15.0	Full Aid Station	Drop Bags	Crew Access	PA's OK	6.3	6:18 PM	7:00 PM
5	Terrace	5.7	20.7	Full Aid Station	Drop Bags	Crew Access	PA's OK	8.6	8:35 PM	9:00 PM
6	**Peavine	6.0	26.7	Full Aid Station	Drop Bags	Crew Access	PA's In Car OK	11.1	11:06 PM	
7	Cabin 2	7.4	34.1	Full Aid Station	Drop Bags	Crew Access	PA's OK	14.2	2:12 AM	3:00 AM
8	North Trailhead (no AS)	1.9	35.9	No Aid Station	NO	Crew Access	No PAs			
9	*Eagle Nest Trail	7.9	43.9	Full Aid Station	NO	Crew Access	Hike-to No PAs	18.3	6:18 AM	
10	North Trailhead (no AS)	2.1	46.0	No Aid Station	NO	Crew Access	No PAs			
11	Cabin 3	3.1	49.1	Full Aid Station	Drop Bags	Crew Access	PA's OK	20.5	8:30 AM	9:10 AM
12	Terrace	5.7	54.8	Full Aid Station	Drop Bags	Crew Access	PA's OK	22.8	10:48 AM	2:30 PM
13	**Peavine	6.0	60.8	Full Aid Station	Drop Bags	Crew Access	PA's In Car OK	25.3	1:18 PM	
14	Cabin 4	7.4	68.2	Full Aid Station	Drop Bags	Crew Access	PA's OK	28.4	4:25 PM	5:30 PM
15	North Trailhead (no AS)	1.9	70.0	No Aid Station	NO	Crew Access	No PAs			
16	*Eagle Nest Trail	7.9	78.0	Full Aid Station	NO	Crew Access	Hike-to No PAs	32.5	8:30 PM	
17	North Trailhead (no AS)	2.1	80.1	No Aid Station	NO	Crew Access	No PAs			
18	Cabin 5	3.1	83.2	Full Aid Station	Drop Bags	Crew Access	PA's OK	34.7	10:42 PM	12:00 Midnight
19	Terrace	5.7	88.9	Full Aid Station	Drop Bags	Crew Access	PA's OK	37.0	1:00 AM	2:20 AM
20	**Peavine	6.0	94.9	Full Aid Station	Drop Bags	Crew Access	PA's In Car OK	39.5	3:30 AM	5:00 AM
21	Cabin Finish	7.4	102.3	Full Aid Station	Drop Bags	Crew Access	PA's OK	42.6	6:35 AM	8:00 AM

* Eagle Nest Trail Aid Station - This aid station is located on the "Red Bike Road" about 600 yards up the trail from the North Trailhead. There is no room at the aid station for Persona Aid Stations. Crew members may NOT enter the aid station tent at any time except with their runner. Bring any supplies you may need with you when you hike in. If it's cold, bring plenty of clothing to stay warm. We strongly recommend waiting at the North Trailhead until your runner is almost to the aid station. It will only take about 5 minutes to hike to the aid station.

** Peavine Falls Aid Station - Runners will approach the aid station along the wide trail leading up from the falls. They will cross behind the parking lot and behind to bathroom in route to the pavilion. Cars must park in the gravel parking lot. If you can find room on the grass near the pavilion, you are welcome to set up a personal aid station on the grass. Aid stations in the parking lot must be in your car or truck. Crew members may only enter the Peavine Pavilion with your runner.

Cutoff times in "BLACK" are optional at the discretion of the Aid Station Captain.
Cutoff times in "RED" are absolute. They must be enforced.

Please note: The North Trailhead is NOT an Aid Station location. It is included on the chart because of easy crew access.

2023 Pace Chart and Cutoffs for the Blood Rock 50 Mile Endurance Trail Race

Updated Pace Chart for the 2022 Blood Rock 50 Mile Race													
Blood Rock 50 Mile 7:00 AM Start	Distance		8.2 Hour Pace		11.5 Hour Pace		15.5 Hour Pace		18 Hour Pace		22 Hour Pace		Mandatory
	Between Aid Stations	Cumulative Distance	10 min/mile		14 Min/mile		19 Min/mile		22 Min/mile		24 min/mile		Cutoffs 26.4 min/mile
			Pace	Time	Pace	Times	Pace	Times	Pace	Times	Pace	Times	
The Cabins - Start	0.0	0.0	0.0	7:00 AM	0.0	7:00 AM	0.0	7:00 AM	0.0	7:00 AM	0.0	7:00 AM	
Eagle Nest Trail	9.8	9.8	1.6	8:38 AM	2.3	9:18 AM	3.1	10:06 AM	3.6	10:35 AM	3.9	10:54 AM	
Cabin 1	5.2	15.0	2.5	9:30 AM	3.5	10:30 AM	4.7	11:42 AM	5.6	12:35 PM	6.0	1:00 PM	
Terrace *	5.7	20.7	3.5	10:25 AM	4.8	11:48 AM	6.5	1:25 PM	7.7	2:35 PM	8.3	3:12 PM	6:00 PM
Peavine	5.6	26.3	4.4	11:21 AM	6.1	1:06 PM	8.2	3:12 PM	9.7	4:54 PM	10.5	5:25 PM	
Cabin 2 *	7.4	33.7	5.6	12:35 PM	7.9	2:48 PM	10.5	5:30 PM	12.5	7:25 PM	13.5	8:25 PM	11:00 PM
Terrace C/O	5.7	39.4	6.6	1:32 PM	9.2	4:12 PM	12.3	7:18 PM	14.6	9:30 PM	15.8	10:42 PM	12:30 AM
Peavine	5.6	45.0	7.5	2:28 PM	10.5	5:30 PM	14.1	9:00 PM	16.7	11:35 PM	18.0	12:54 AM	2:30 AM
Cabin 2 C/O	7.4	52.4	8.7	3:42 PM	12.2	7:12 PM	16.4	11:18 PM	19.4	2:18 AM	21.0	3:54 AM	6:00 AM

* Cutoff optional based on Aid Station Captain's evaluation of the runner.

C/O - Absolute cutoff

2023 Pace Chart and Cutoffs for the Blood Rock 50 Mile Endurance Trail Race

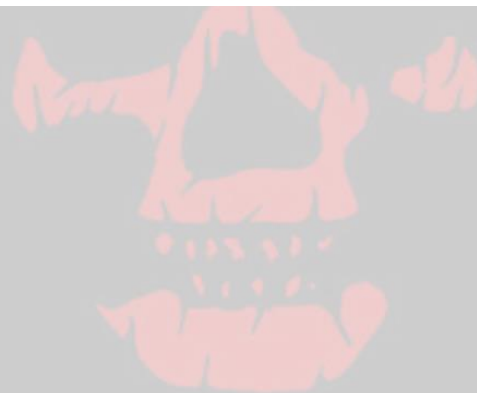
2022 Blood Rock 50 Mile Aid Station Detail

	Blood Rock 50 Aid Stations	Distance		Aid Station Description	Drop Bag	Crew Access Allowed	Personal Aid Stations (PA) Allowed	22 Hour Pace		24 Hour Hard Cutoffs
		Between	Cumulative					24 min/mile Pace	24 min/mile Times	
	The Cabins - Start	Start	0	Start	Drop Bag	Crew Access		0	7:00 AM	
1	***North Trailhead (No AS)	1.8	1.8	No Aid Station	NO	Crew Access	No PA	0:40	7:40 AM	
2	*Eagle Nest Trail	8.0	9.8	Full Aid Station	NO	Crew Access	Hike-No PA	3:36	10:54	
3	***North Trailhead (No AS)	2.1	11.9	No Aid Station	NO	Crew Access	No PA	4:15	11:15 PM	
4	Cabins Aid Station	3.1	15.0	Full Aid Station	Drop Bag	Crew Access	PA is OK	5:30	1:00 PM	
5	Terrace Drive Aid Station	5.7	20.7	Full Aid Station	Drop Bag	Crew Access	PA is OK	7:36	3:12 PM	6:00 PM
6	**Peavine Falls Aid Station	5.6	26.3	Full Aid Station	Drop Bag	Crew Access	PA in Car OK	9:48	5:25 PM	
7	Cabins Aid Station	7.4	33.7	Full Aid Station	Drop Bag	Crew Access	PA is OK	12:30	8:25 PM	11:00 PM
8	Terrace	5.7	39.4	Full Aid Station	Drop Bag	Crew Access	PA is OK	16:06	10:42AM	12:30 AM
9	Peavine	5.6	45.0	Full Aid Station	Drop Bag	Crew Access	PA in Car OK	17:10	12:54 AM	2:30 AM
10	Cabin Finish	7.4	52.2	Full Aid Station	Drop Bag	Crew Access	PA is OK	18:00	3:54 AM	6:00 AM

* Eagle Nest Trail Aid Station - This aid station is located on the "Red Bike Road" about 600 yards up the trail from the North Trailhead. There is no room at the aid station for Persona Aid Stations. Crew members may NOT enter the aid station tent at any time except with their runner. Bring any supplies you may need with you when you hike in. If it's cold, bring plenty of clothing to stay warm. We strongly recommend waiting at the North Trailhead until your runner is almost to the aid station. It will only take about 5 minutes to hike to the aid station.

** Peavine Falls Aid Station - Runners will approach the aid station along the wide trail leading up from the falls. They will cross behind the parking lot and behind to bathroom in route to the pavilion. Cars must park in the gravel parking lot. If you can find room on the grass near the pavilion, you are welcome to set up a personal aid station on the grass. Aid stations in the parking lot must be in your car or truck.

*** Please note: The North Trailhead is NOT an Aid Station location. It is included on the chart because of easy crew access.



2023 Pace Chart of the Blood Rock 55K and 25K

	Distance		4.8 Hour Pace		8 Hour Pace		11.4 Hour Pace		14 Hour Pace		16 Hour Pace		Mandatory
Blood Rock 55K	Between	Cumulative	8.5 min/mile		14 min/mile		20 min/mile		24.5 min/mile		24 min/mile		Cutoffs
8:00 AM Start	Aid Stations	Distance	Pace	Time	Pace	Time	Pace	Time	Pace	Time	Pace	Times	
The Cabins - Start	0	0	0	8:00 AM	0	8:00 AM	0.0	8:00 AM	0.0	8:00 AM	0.0	8:00 AM	
Eagle Nest	9.8	9.8	1.4	9:24 AM	2.3	10:18 AM	3.3	11:18 AM	4.0	12:00 PM	4.1	12:06 PM	
Cabin 1	5.2	15.0	2.1	10:06 AM	3.5	11:30 AM	5.0	1:00 PM	6.1	2:06 PM	6.3	2:18 PM	
Terrace	5.7	20.7	2.9	10:54 AM	4.8	12:48 AM	6.9	2:54 PM	8.5	4:30 PM	8.5	4:30 PM	
Peavine	6.0	26.7	3.8	11:48 AM	6.2	2:12 PM	8.9	4:54 PM	10.9	6:54 PM	11.3	7:18 PM	
Cabin Finish	7.4	34.1	4.8	12:48 PM	8.0	4:00 PM	11.4	7:24 PM	13.9	10:00 PM	14.4	10:24 PM	12:00 AM
	Distance		1.8 Hour Pace		3.5 Hour Pace		5 Hour Pace		6.1 Hour Pace		Mandatory		
Blood Rock 25K	Between	Cumulative	7 min/mile		14 min/mile		20 min/mile		24 min/mile		Cutoffs		
8:00 AM Start	Aid Stations	Distance	Pace	Time	Pace	Time	Pace	Time	Pace	Time			
The Cabins - Start	0	0	0	8:00 AM	0	8:00 AM	0.0	8:00 AM	0.0	8:00 AM			
Eagle Nest	9.8	9.8	1.1	9:06 AM	2.3	10:18 AM	3.3	11:18 AM	4.1	12:06 PM			
Cabin 1	5.2	15.0	1.8	9:48 AM	3.5	11:30 AM	5.0	1:00 PM	6.3	2:18 PM	6:00 PM		



Staying Hydrated – You must carry water at all times in all Blood Rock Races:

Runners in all the Blood Rock Races are required to carry water at all times while running Blood Rock. Take a good look at the pace chart above. It is 9.8 miles to the first aid station, Eagle Nest. I can say with confidence, the 9.8 miles from the start to the NTH, back to the Sunken Road and up and over the mountain to the Eagle Nest Trail AS will take most of you almost twice as long as any 9 miles you have ever run. One exception I know of is the climb up to Kroger's Canteen in the Hardrock 100, in either direction. Whether you are a "somewhere-in-the-pack" runner or right up front, it's going to take you considerably longer to cover those miles than you expect. Add about 50% to your estimated time and carry enough water to cover the extra time.

We supply Tailwind at all aid stations. Tailwind provides Carbohydrates, Electrolytes and Hydration. We mix it with water at the correct ratio, recommended by Tailwind. This works for most runners. I suggest trying Tailwind before the race. When mixed correctly, Tailwind it great. Take a few minutes to read about Tailwind on their website. It's the only all-in-one race nutrition out there: TailwindNutrition.com.

Drop Bags:

Runners may have drop bags at all Aid Stations except Eagle Nest Trial aid station. Drop Bags should be no larger than 12" X 16" X 24." Ice chests and large tubs more than 6" deep by 24" X 24" will not be accepted. I do not recommend using trash bags since it is possible someone could confuse your DB with "Trash" and throw it out. Trash bags are also prone to tearing while being moved around. Small bins and boxes are OK, but be sure to tape the lid securely using duct tape or similar. "Dry bags" also make great dropbags. If you are your crew is taking your dropbag to the aid stations, we don't care how big it is. (Just as long as we don't have to move it!!) At the Cabins, if you are parked close to the start, you are welcome to leave your DB in your car or have your personal aid station at your car.

Many Ultrarunners, especially those new to 100s, put everything but the "Kitchen Sink" in their drop bags. You will realize after the race that you used very little of all that stuff you spent hours, sometimes days, in my case, packing. Have an extra headlamp or flashlight in nighttime aid station bags. Have backup batteries for all of your light sources. Start all 100 mile races with one small hand held flashlight in your pack and a set of backup batteries for your handheld light and headlamp.

Pay close attention to the weather forecast for the race weekend. Weather can destroy your race quicker than any other factor. December 3rd – 5th can be mid-80s or 34 deg. with pouring rain. It might even be 24 deg with 8 inches of snow! That's not likely but check out the photos from 2017. Have warm clothing in your last drop bag before dark. ***Even if there is 0% chance of rain during the race, carry an emergency poncho from the start.*** It's also a good idea to have a change of shoes and socks especially if the weather is wet.

Drop Bag Aid Station and Crew accessible - Each 55K lap:

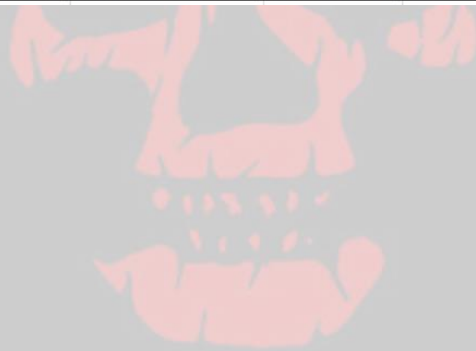
- 1) Cabins – Mile 0 & 15.01 – Crew accessible, Drop Bags OK. Your bag stays where you put it.
- 2) Terrace Drive Aid Station – Mile 20.7 – Crew Accessible – Drop Bags OK
- 3) Peavine Falls Aid Station – Mile 26.7 – Crew Accessible – Drop Bags OK
- 4) The Cabins Aid Station – Finish Mile 34.1 – Crew Accessible – Drop Bags OK

Click on the Images Below for PDF File

55K and 25K Aid Station Information

	Blood Rock 55K & 25K Aid Stations	Distance		Aid Station	Drop Bag	Crew Access	Personal Aid Stations	24 min/mile		Hard
		Between	Cumulative	Description		Allowed	(PA) Allowed	Pace	Times	Cutoffs
	The Cabins - Start	Start	0	Start	Drop Bag	Crew Access		0	7:00 AM	
1	***North Trailhead (No AS)	1.8	1.8	No Aid Station	NO	Crew Access	No PA	0:40	7:40 AM	
2	*Eagle Nest Trail	8.0	9.8	Full Aid Station	NO	Crew Access	Hike-No PA	3:36	11:06 AM	
3	***North Trailhead (No AS)	2.1	11.9	No Aid Station	NO	Crew Access	No PA	4:15	11:15 PM	
4	Cabins Aid Station	3.1	15.0	Full Aid Station	Drop Bag	Crew Access	PA is OK	5:30	1:18 PM	
	End - 25K									
5	Terrace Drive Aid Station	5.7	20.7	Full Aid Station	Drop Bag	Crew Access	PA is OK	7:36	3:30 PM	4:45 PM
6	**Peavine Falls Aid Station	6.0	26.7	Full Aid Station	Drop Bag	Crew Access	PA in Car OK	9:48	6:18 PM	
7	Cabins Aid Station	7.4	34.3	Full Aid Station	Drop Bag	Crew Access	PA is OK	12:30	9:24 PM	10:06 AM

- * Eagle Nest Trail Aid Station - This aid station is located on the "Red Bike Road" about 600 yards up the trail from the North Trailhead. There is no room at the aid station for Persona Aid Stations. Crew members may NOT enter the aid station tent at any time except with their runner. Bring any supplies you may need with you when you hike in. If it's cold, bring plenty of clothing to stay warm. We strongly recommend waiting at the North Trailhead until your runner is almost to the aid station. It will only take about 5 minutes to hike to the aid station.
- ** Peavine Falls Aid Station - Runners will approach the aid station along the wide trail leading up from the falls. They will cross behind the parking lot and behind to bathroom in route to the pavilion. Cars must park in the gravel parking lot. If you can find room on the grass near the pavilion, you are welcome to set up a personal aid station on the grass. Aid stations in the parking lot must be in your car or truck.
- ** Please note: The North Trailhead is NOT an Aid Station location. It is included on the chart because of easy crew access.



The Course:

Trails at Oak Mountain State Park:

The trails used in the Blood Rock 100 and 50 Mile are as diverse as you will find in any ultra. The course starts with 2.6 miles of trails as gentle as any you will find in the southeast and it's "ancient remnants" of the Appalachian Mountain Chain. The race starts with a short road section over to the Light Trail, a wide double-track trail runners will follow about a mile. After a few hundred yards through the campground and a short section of single track, runners reach the North Trailhead. Cross Findley Dr. (Cross with caution. This is the main road through the park.) Take an immediate left past the gate and run 2/3 of a mile on a bike trail. Turn right off the bike trail 30 ft. past the first bridge and you are headed into the backcountry. The next 6 miles are brutal with a steep climb up to Eagle Nest Ridge, then another climb up to King's Chair. From there, runners follow the ridge for a "fun" mile before dropping to the bottom of the mountain for a steep 500 ft climb up "Barkley." After another short section along the ridge runners drop off the back side of the mountain all the way to the bottom and the "Sunken Road." Climb back up "Topless Hill" and exit the backside traversing across a steep rockface that might be just a little intimidating to some. (Please note, these trails are not necessarily dangerous. They will slow your progress dramatically and they do require your attention.) The Topless Rockface about mile 7, and the entrance to Peavine Falls Gorge about mile 25.5 are two of the places there is the potential for a serious or fatal fall. That said, if you don't want to get hurt or die, be careful. Hundreds of people climb into and out of Peavine Gorge every month. They don't die! Be careful and stay away from the edge.

The Backcountry Trails. Some of these trails are among the oldest trails in the park. They are not marked or maintained, and they have never been leveled other than natural wear caused by the few hikers that know about them. A few trails we use are very old wagon roads that are almost impossible to follow if you don't know where they are. In a few places the trails are extremely steep, such as Barkley Hill. This is where we will run 600 ft. of rope up the steepest sections. Of course, these sections are very slow going for everyone. They are also the most fun parts of the race.

But don't panic! These backcountry trails are completely clean and very well marked for the race. It is virtually impossible to get off the backcountry trails anywhere. There are no cross trails. Blue Flags with DOT rated prismatic tape are on every flag and the flags average every 100 yards. They are line of sight in potentially difficult places.

Oak Mountain State Park is at the southwestern most end of the Appalachian Mountain Chain, the oldest mountain chain on earth. Double Oak Mountain, the mountain that runs the length of the park, is a rugged, worn down, weathered, remnant of those ancient mountains. Runners need to stay focused on the trails at all times, even on the easy trails. Almost all of the trails are very rocky. Not just small, loose rocks but boulder size rocks, house size rocks or bigger. You will climb through them, over them, around them and, in places, under them.

The soil at Oak Mtn Park is very sandy and water drains quickly with moderate amounts of rain. The course also has many stream crossing that can usually be negotiated without getting your feet wet. A quick storm just before or during the race will have little effect on the trails or creeks. If it has rained a lot in the days leading up to Blood Rock and the ground is saturated, there will be more water in the creeks, and you will likely have to wade some streams. There are a couple of creek crossings where we may need to run a rope if there has been heavy rain leading up to the race. If necessary, there will be ropes.

Alabama Weather in December:

This is a tough one to call. The average late November temperatures range from 56 to 36. The record high was 80 and the record low was “1” deg. We have had snow on Double Oak Mountain in December, three times in the last few years. There is also about a 30% chance it will rain during Blood Rock. It is very likely it will be quite cold overnight. Just follow the standard ultrarunning rule: Plan (pack cloths and drop bags) for the worst, hope for the best. It doesn't hurt to keep a close eye on the forecast as the race gets close.

Route finding:

The Blood Rock races are “Closed Course” races. This is a race not an orienteering adventure. The trails are very well marked with flags, signs and perhaps a few chalk arrows. There is no place where it is OK to cut over to another trail. If you find yourself off in the woods without a trail, you are lost. Turn round and go back the way you came. If any runner is caught cutting the course they will be immediately disqualified.

Trail Marking:

- 1) We use **BLUE 3 x 5 YARD FLAGS** to mark all Southeastern Trial Runs races. Virtually all flags used on the Blood Rock course will have DOT prismatic reflective tape attached. They are easily spotted 200 or 300 yards away at night.
- 2) The flags are never more than about 150 yards apart. If you go more than 300 yards and don't see a flag, go back!
- 3) We place **9 X 12 Blue and White” Arrow Signs”** at almost all trail changes. The signs will have Yellow DOT prismatic tap, forming arrows within the white arrow on the signs. You can't miss them. Where the trail you are on “Ts” into another trail, there will not be a sign, just flags heading off the correct direction. **Follow the Flags!**
- 4) Turns that are easy to miss will have a **Red & White 9X12 Wrong Way** sign a short distance beyond the turn.
- 5) All trail changes and places that might be confusing have multiple flags visible as you approach the area. If you see 3 or 4 or more flags close together, wake up!! Something is about to happen.
- 6) In places where it is difficult to follow the trail such as very rocky areas, there will be multiple flags close together.
- 7) Flags are places where they do the most good, such as, around the outside of turns. They will usually be on the uphill side of the trail where they are most visible. Sometimes, they are simply “where I can get them in the ground!”
- 8) If a line of flags cross a trail, that means “don't go that way!” Consider 3 or more flags in a row to be a razor wire fence.

Southeastern Trail Runs had ONE RULE above all others, FOLLOW THE FLAGS!!!! Where the flags go, you go.

Two examples of our Flags and our Signs. It's hard to get off course in a Southeastern Trail Runs Race.



OK, the image on the right is from the Lake Martin 100 but it's a good example of our trail marking.

Your Crew: Do you really need a crew to run 100 Miles?

The answer is NO! Many runners prefer to run without any crew or pacers. There actually are several reasons you might not want a crew. There are also several very good reasons a crew might be responsible for your finishing the 100.

The Negatives: A crew can actually slow you down. Let's suppose your crew is your wife, as in my case. I know she spent an hour or more in the middle of the night trying to get to a particular aid station to help me. She always arrives at the next AS hours ahead of schedule and sits in the freezing car or stands out in the cold waiting for me. She is afraid she will miss me! Runners need to get through the aid station as quickly as possible to stay safely ahead of the cutoffs or to lose as little time as possible, or maybe you are just trying to stay with the competition. When I finally do arrive, I want to hang around a while and tell her about the race. You feel bad just rushing through and leaving her in just a few minutes after she has spent hours to be there.

The Positives: Let me give you a little example from personal experience. In 2009 I ran the Leadville 100. This was my second 100 and I was really excited about it. One month before the race I had even gone out to the Leadville Training Camp put on by Ken Chlouber himself, founder of the Leadville 100. We were staying in Twin Lakes at mile 40 and 60, of the race, one block off the course. I was way ahead of my intended pace and felt great. I rushed through Twin Lakes AS, outbound at mile 40 to get to our cabin. I was in such a hurry I failed to drink any water or top off my water bottles. It was very hot that day and after Twin Lakes, runners cross a 1 mile wide, almost treeless, meadow heading to Hope Pass. No more than 400 yards out from our cabin I realized I didn't have enough water to make it to the "Hopeless Aid Station" at timberline 44.5 miles and about 800 ft. below Hope Pass. I didn't go back. That was a big mistake. The result, I ran out of water and became severely dehydrated. I had to walk not only all the way up, but all the way DOWN Hope Pass. I should have run almost all of that downhill section. I then had to walk 4 miles to Winfield, the turnaround at mile 50. I was sure my race was over.

If it hadn't been for my wife waiting at Winfield, I would not have finished the race. She was there with all my supplies laid out, ready to go. She made me settle down, take my time, eat and drink. This was one time it was more important to sit and rest than rush right back out. I was really frustrated and had literally "hit bottom!" She also kept reminding me that I can finish "this thing." I was probably there 45 minutes or more but when I finally left, I was beginning to feel better. I still had to walk the 4 miles downhill to the start of Hope Pass and all the way to the top. By the time I got over the pass I felt good again and was able to run most of the way back to Twin Lakes. And, I finished with an hour to spare.

While the psychological benefits of having a crew are very important, your crew can also save you time and help get what you need quickly at aid stations. They can have all your supplies laid out on a towel, so you don't have to dig through the bag. It's easier to remember things when they are right in front of you. Prepare your crew so they know what you will probably need at each aid station, like a headlamp and warm cloths before dark, they might just save your race. Late in 100s it is difficult to focus. If your crew knows what you need, they can make sure you get it.

Karl Meltzer ran the 2016 Lake Martin setting a new course record of 16:56:57. It was fascinating to watch him come through the Cabin Aid Station twice each lap, eight times total. His wife Cheryl was his crew. She would meet Karl as he came into the aid station with whatever he needed, and run along with him exchanging bottles and supplies. He never stopped until late in the race and then only for seconds. I never saw him sit down. If you are trying to set a PR or win a race, that's the kind of crew you will need. It was an impressive example of superb teamwork.

Do you Need Pacers to run 100 Miles? Please NOTE: Only 100 Mile runners may have pacers.

If you are running the 25K, 50K or 50 mile and have a pacer you will immediately be disqualified. NO EXCEPTIONS! This is a standard Ultra rule and is enforced at every ultra I know of.

Again, do you need a pacer? The answer is NO. As above regarding crews, many runners do not ever use a pacer.

Positive Reasons to Have a Pacer: Many runners are not comfortable running at night alone. Having a pacer with you all night might relieve anxiety. It would also provide extra help to ensure you stay on course.

If you are running your first 100, a pacer might be a help you remember to eat and drink on schedule. About mile 70 it gets pretty hard to remember anything. Your paces can help keep you from getting in trouble with nutrition and hydration.

A pacer could be a big help at aid stations late in your race. You, the runner, will likely “not be at your best” physically and mentally. I have left aid stations without my trekking poles, without my water bottle and without a rain jacket and warm base layer when rain is predicted and it almost night in mountain. (Bad idea!) And, in December it can be dangerous. Give your pacer a list of what you think you will need at each aid station before the race.

A pacer can also save time at aid stations. Tell them what you are going to need at the AS before you arrive. (Or they can go by the list you gave them.) If necessary, they can hurry into the aid station ahead of you to have things ready.

Receiving Aid from Your Crew:

Runners may ONLY receive aid from their crew at aid stations. You may not receive aid from their crew away from aid stations. Do not ask your crew to leave something for you anywhere on the course. There are no exceptions!

Rules for Crewing and Aid:

- 1) If you have a personal Aid Station it must be located at a crew accessible aid station. Set up near the aid station or in the parking lot by the aid station. DO NOT set up the aid station along any park road. You will get in trouble with us and the park rangers. Be sure your aid station does not block any section of the course.
- 2) You are welcome to set up personal aid stations at the Cabin and at Terrace Drive Aid Stations and leave the aid station set up for the duration of the race. The aid station may not be set up in any parking area. It may not be set up on the course where it will interfere with runners.
- 3) At the Cabins, personal aid stations may be set up in the grassy areas between the cabin road and the lake. They may not be set up in front of any of the cabins. They may not be set up in the area around the Meeting Center and Start/Finish.
- 4) At Terrace Drive Aid Station personal aid stations may be set up anywhere in the large field, behind the fence along Terrace Dr. Do not block the path volunteer cars use to get into the aid station. Check with the aid station captain before setting up.
- 5) You can leave a tent, water jugs, tables, etc. set up. DO NOT LEAVE ANY TRASH.
- 6) You may also leave a personal aid station set up near the Redbud pavilion. It should be in the grassy field to the left of the pavilion. Stay out of the pavilion! They may be used only if reserved through the park. This is the parking area for 25K and 55K runners.
- 7) Your Crew MAY NOT enter the actual aid station without you, the runner. They are welcome to get your drop bag, lay out all the supplies and get everything ready. If your crew needs to fill a water bottle for you, instruct them to wait for a lull at the aid station and ask the aid station volunteers for help.
- 8) Aid Station Food and drink are strictly for runners and pacers. Be sure your crew understands they may not take any supplies from the aid station for person "crew" use.
- 9) If your crew has a long wait ahead before you reach the aid station, your crew members are welcome to volunteer at the aid station. Your crew will need to ask the Aid Station Captain if they need help. Don't just walk in and start helping. NOTE: They are not to offer to help unless they can volunteer for an hour, or better, a few hours.
- 10) As stated earlier, your crew may only go to aid stations located within Oak Mountain State Park. This is a Strictly Enforced Rule. UNDER NO CIRCUMSTANCES, other than an emergency, are in crew members allowed to enter High Hampton Subdivision. If there is a true emergency, let race officials, RD or Aid Station Captain know what is going on. We have an emergency medical staff available for all emergencies. They will tell you how to best reach your runner, or depending on the situation, ask you to accompany them.
- 11) **The Aid Station Captain RULES!!** Your crew must abide by whatever the aid station captain says. Virtually all our volunteers are BUTS (Birmingham Ultra Trail Society) members and most run Ultras. Many have run 100s. They know what they are doing, and they know what is best. DO NOT argue with Aid Station Captain or ANY VOLUNTEER. If you are unhappy with something, come find me at the Cabins Timing area. You can yell and scream at me without automatically having your runner kicked out of the race. (To a point!!)

Pacing:

- 1) Any 100 mile runner may have a pacer after mile 50. Any 100 mile runner over 65 may have a pacer the entire race.
- 2) Pacers may start at the Cabin Aid Station, mile 50, Terrace Drive after mile 54 and Peavine after mile 60.
- 3) All pacers must Sign a Release before starting pacing.
- 4) Pacers MUST check-in and out of each aid station they pass through.
- 5) The primary reason for a runner having a pacer is safety. Pacers may run in front or behind their runner.

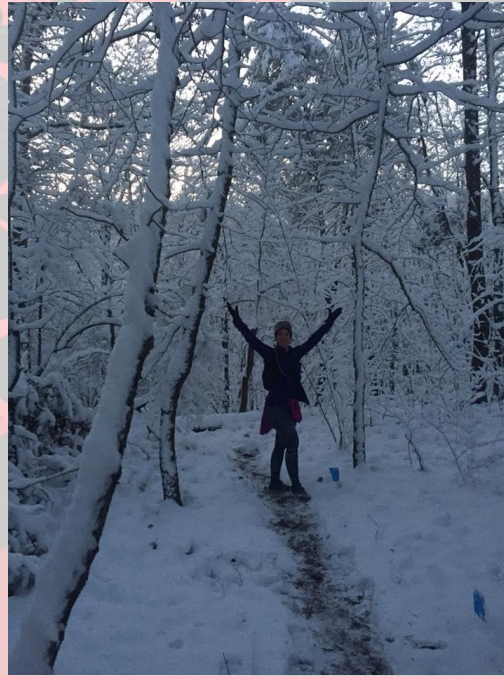
Muling:

We don't care if your pacer hands you a flashlight or a GU or holds your water bottle (or your hand) while you puke. Pacers are there mostly for safety, to keep you company, and to keep you on course. No runner may receive physical assistance from other runners or your pacer. You are running as an individual – this is not a bicycle racing, but we do allow drafting. In other words: Your Pacer MAY NOT carry your gear or pack while you are running.

What you will need:

I am not going to go into much detail here. Most of you have run long ultras before and know what to expect.

- 1) Extra shoes and socks are always a good idea in the southeast, extra warm layers may be very important.
- 2) I recommend trekking poles for everyone. They will come in handy on those steep backcountry trails.
- 3) Most of the race, runners will be under the trees, other than the power line section. In early December, there are still some leaves on the trees but not a lot. Sunscreen and sunglasses are up to you.
- 4) By early December, the snakes, spiders and ticks are gone, at least I have never seen one that late in the year at Oak Mtn. Bug Spray? That's up to you.
- 5) Extra Batteries for all your lights. Late December nights are very long. December 3rd, Sunset is 4:38 PM, Sunrise is 6:35 AM. That's 14 Hours sunset to sunrise. You will need lights for at least 13 hours straight. Be prepared!
- 6) One other note. There are some long sections of the race along ridges. The longest is about a 3 mile section of the old "Rim-Walk-East" trail runners will use when returning from Peavine Falls to the Cabin. Sometimes it's very windy on the ridges, even when there is little wind in the valleys. At night, the wind can be brutal up there. Just a warning.
- 7) **COLD** - It's probably going to be cold, possibly very cold, especially at night. There is about a 70% chance you will not get rained on during the race. If a front comes through during the night, the sections along ridges could be very unpleasant. Be Prepared. It could even snow up on the mountain. It could snow in the valleys too. Be sure to look at the pictures from 2017 below.



What your crew will need:

Sometimes we forget that our crew doesn't really understand what they are getting into or what they are going to have to deal with. This is especially true if this is their first "Crewing Experience," They may be cold, rained on, windblown, spend hours sitting around waiting without food, water, lights, or Coffee! Don't let that happen. If your crew is new to all this, be sure they are prepared. You, the runner should provide the crew with just about everything they will need during the race.

- 1) Find out what your crew likes to eat and drink and stock the car. Have lots of snacks and substantial food they can eat anytime. There are fast food restaurants and real restaurants just outside the southwest gate of Oak Mtn State Park so I would suggest giving the crew cash for some real food too. They can even bring you late-night Whopper!
- 2) Be sure to have a cooler with ice, water, cokes, iced tea, Gator Ade, maybe even a couple of beers. (Go light on the "Fireballs.") If they like coffee, see if they would like some of those Starbucks Coffee drinks. Bring a thermos, they can refill at a gas station or restaurant. You could even bring a Coleman Stove, a pot and instant coffee.
- 3) Provide a camping tent and sleeping bags if your crew do not have them. You might even want to rent a campsite at the campground inside the park.
- 4) Provide a pop-up tent and folding chairs so they can get out of the sun during the day if it's hot, or out of the rain if necessary. Maybe an extra chair for you.
- 5) Be sure your crew knows to bring extra dry clothes, jackets, hats, gloves, warm base layers, and several pairs of shoes. They may also need ponchos and anything else you can think of. Check the forecast the day before the race.
- 6) It would be a good idea to grab some of those chemical hand warmers and an umbrella too. You might want to stick a set in your drop bags too. (Hand warmers, not an umbrella.)
- 7) Bring a backpack or bag for your crew to load up your stuff into. You can preload that backpack so everything you might need is readily available. Be sure to put a large towel in there too. Great way spread out all your supplies.

Aid Station Menus:

Southeastern Trail Runs Prides itself for our aid station fare. “You can just eat so much stale Ramen Noodle soup.”

There is nothing worse than coming into an aid station in the middle of a very cold night to find the aid station has nothing hot to eat or drink, no Coffee, no hot water to make tea or hot chocolate, no soup, nothing. And if there is hot soup, it’s scorched Ramen Noodle that is inedible. Sometimes there is not even Coke or Mountain Dew, the bananas are mush, sandwiches have been sitting out for hours and cookies are mushy from the humidity or stuff spilled on them. Maybe it’s because I am always in the last 1/3 of the runners or maybe it’s because the AS crews aren’t Ultrarunners and just doesn’t understand or care, but to me, there is no excuse.

We keep fresh food at our aid stations all day and all night. By afternoon on the first day we are adding hot food. That fresh, hot food is available until the last runner finishes. I think the most important difference is that all our aid stations are staffed by trail and ultra-runners. They understand what you, the runner, is going through. They do their best to help you any way they can to complete your race. And GOOD FOOD and REAL FOOD is a big part of getting you to the end of the race.

Typical Aid Station Menu:

Early Morning through late afternoon

Tailwind Drink Mix	Bananas
PBJ Sandwiches	Oranges
Potato chips	Coca-Cola products
Pretzels	Water
Cookies	Granola Bars
Candy	*Hot chocolate
Crackers	*Coffee & Tea
Gels	*Veggie & Chicken Soup
Etc.	*Potatoes and Salt
	*Grilled Cheese Sandwiches

Items added late afternoon and over night

Hot Soup – Vegie & Chicken Noodle
Chicken or beef bouillon
**Turkey and Swiss Rollups or Quesadillas
**Cheese Rollups or Quesadillas
**Oatmeal packages
*Hot water to mix with instant drinks
**Santa Fe Soup (or other REAL SOUPS)
**Waffles, Pancakes, Bacon, Eggs & Grits

A little pizza usually shows up (where available) at some aid stations as well. If you really like Ramon Noodles, we have that too.

**Items added during the night hours.








*These items will be available early if it is cold and wet.

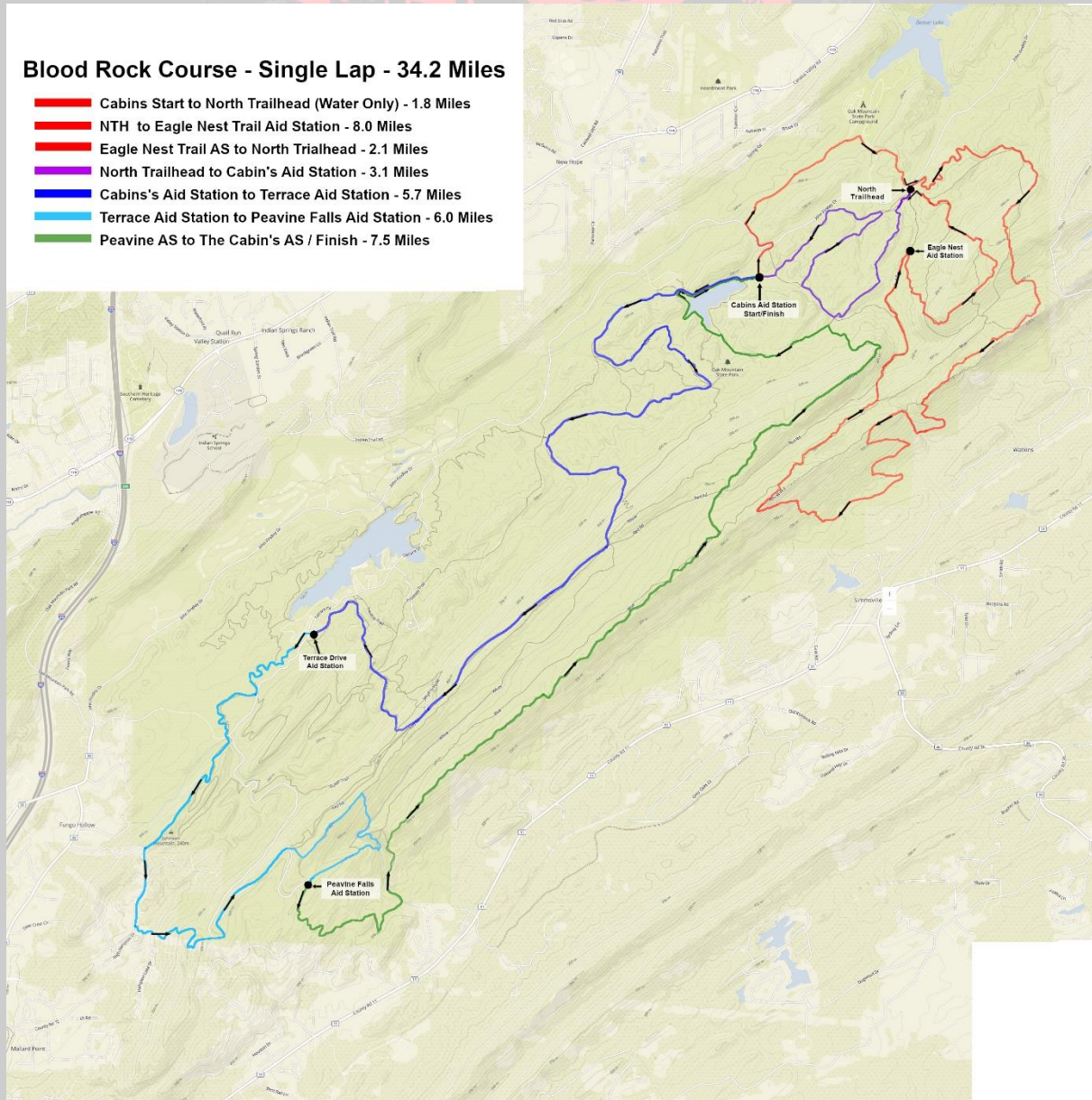
Other items usually available at aid stations:

Electrolyte Capsules, Ginger Chews, Emergency medical kits, Blister repair kits, Duct Tape, Sunscreen, Bandages, AA and AAA Batteries, Emergency headlamps and Flashlights, Vaseline and Lots of encouragement. Don’t depend on us for lights and batteries. They tend to ‘go away’ during the race.

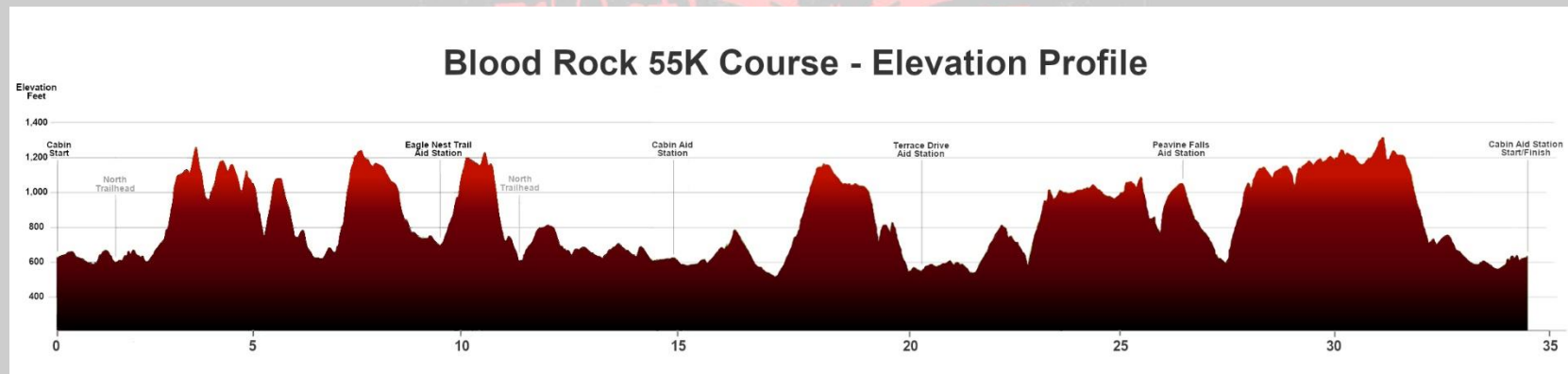
Course Map: 2022 The Full Course Map – One lap of the 34.2 mile course.

Blood Rock Course - Single Lap - 34.2 Miles

-  Cabins Start to North Trailhead (Water Only) - 1.8 Miles
-  NTH to Eagle Nest Trail Aid Station - 8.0 Miles
-  Eagle Nest Trail AS to North Trailhead - 2.1 Miles
-  North Trailhead to Cabin's Aid Station - 3.1 Miles
-  Cabins's Aid Station to Terrace Aid Station - 5.7 Miles
-  Terrace Aid Station to Peavine Falls Aid Station - 6.0 Miles
-  Peavine AS to The Cabin's AS / Finish - 7.5 Miles



Blood Rock Elevation Profile for One Lap of the 55K Course.



Turn by Turn Course Description:

The Start: The start will be at the Cabins located on Tranquility Lake. The race will start with a short 150 yard run up the paved road to Findley Drive, the main park road. Cross Findley, with caution, and go left for about 400 yards on the bike path and enter the Light Trail. Runners will follow the Light Trail about $\frac{3}{4}$ mile to the Campground Road, then continue straight ahead staying right, to the campground office and store. Continue straight ahead past the campground store and take an immediate left up the steep trail leading to the North Trailhead. Cross the trailhead parking lot and Cross Findley Dr. Go through the iron gate and turn left on the North Lake Connector Bike Trail at the NTH.

North Trailhead – Mile 1.8: *This is NOT an Aid Station.* (It's a good place for the crews to meet runners.)

You are about to enter a 9.8 Mile backcountry section with NO AID STATIONS and NO WATER.

Leave the trailhead and go left on the North Lake Connector Bike Trail and continue for about $\frac{2}{3}$ mile. Just past the first bridge, take a right at the "Far End Back Trail." This trail is one of the old backcountry trails that are no longer maintained but it is well used. Follow the trail along a creek for about $\frac{1}{3}$ mile to where the trail turns right and heads uphill. This is the start of the first significant climb up to the top of the east ridge of Double Oak Mountain. Once you reach the top on some very steep, very rocky terrain, the trail follows the ridge for about $\frac{1}{3}$ mile, then turns left downhill, then back up the next hill. Continue over another very rock ridge and head down the other side. Continue down to an old road and go left for a short distance before climbing up a shot hill to the "Kings Chair" Trail. Go past King's Chair and where the Blue Trail (The park trail back to the NTH) goes right, runners will continue straight ahead on the long abandoned "Rim Walk East Trail."

Runners will continue along the far northeast ridge of Double Oak Mountain for about a mile along some short but steep climbs and descents. After two steep little hills you will cross over the ridge to the back side of Double Oak Mountain. As you continue along the east side of the ridge the trail turns left and becomes steeper, angling down almost to the bottom of the mountain. As the trail flattens it turns right traversing over to a small creek, then turns right, uphill. Runners cross the creek and continue uphill. Where the trail leaves the creek, look up above you. This rather imposing hill is what we affectionately call "Barkley Hill" named after the infamous Barkley Marathons. This is also where we run 600 ft. of rope up the hill. If it doesn't rain, the rope isn't necessary.

If it does rain, this climb without ropes would be just about impossible! This section will be much easier to negotiate if you have trekking poles. The top section of the hill gains 250 ft. in 200 yards. That's steep!!

Once you reach the ridge (after a short recovery) you will follow a fairly easy section of trail for about 1/3 mile along the southeast side of the ridge to where the old wagon road cuts through a very rocky section of the ridge. Continue straight ahead on the old wagon road as it drops down the back side of Double Oak Mtn. The old road zigzags down the mountain for about ½ mile, then makes a sharp right and traverses along a series of rocky ledges for about 2/3 mile. This old road is steep in some places but easy to run. If you look carefully, you can still see the parallel ruts of the road in places. Eventually the trail drops sharply downhill through a rock band, turning left then back right. Watch for the old wagon wheel rim and bearing case as the trail levels out. Just past the remains of the wheel, the trail again turns left through another rocky area and continues downhill to an old sunken road. Go right on the old road and continue until just before the park boundary.

Turn right and begin a gentle climb up the back side of Double Oak Mountain. Cross a small creek and follow the trail up the back side of the east ridge of Double Oak Mountain. This is the longest of the backcountry climbs and there are a few very steep sections. This hill is called "Topples Hill" and gains 600 ft. in about a mile. After another steep section where we run a climbing rope, the trail starts to traverse to the left for about ½ mile. As you near the ridge, the trail traverses across a steep rock face before reaching the ridge crest. Cross over the ridge and follow the trail to the right and up along the ridge. The trail turns left, downhill to the Blue Trail. Go right on the Blue Trail for 0.8 miles to the South Red/Blue Connector and turn left going steeply downhill to the Red Bike Road. Continue straight ahead, across Billy Goat Gruff Bridge and downhill on the Red Bike Road for about ¾ mile to the Eagle Nest Trail Aid Station.

Eagle Nest Trail Aid Station, Mile 9.8 After Eagle Nest Aid Station, immediately go right up the North Red/Blue Connector. Climb up to the Blue Trail, turn right for about 100 yards, then make a sharp left up the steep climb to Eagles Nest Overlook. Continue to the ridge crest and follow the trail along the ridge heading northeast. Runners will leave the Eagle Nest Trail and enter the Far End Back Trail heading northeast continuing straight ahead. Stay on the trail along the ridge, then left across a small valley and up toward the next ridge. As you approach the ridge, the trail angles right along the ridge then left down through a steep rock band. The trail turns right and drops sharply down the mountain. The old trail "Ts" into the Blue Trail Turn and runners will go right on Blue to the North Trial Head and the NTH.

North Trailhead - Mile 11.9: (This is NOT an Aid Station) At the kiosk, go left up the Red Bike Road for 50 yards to the White/Yellow Trail and turn right. Follow the Yellow/White Trail for 200 yards to the split and stay left on the Yellow Trail. Continue on yellow, for one mile to Maggie's Glen, at the kiosk. Go right before reaching the kiosk on the White Trail. (Do not cross the creek.) Stay on White about 600 yards. At the trail split continue straight ahead on the Cabin Trail back to the Cabins Meeting Center and aid station.

The Cabins Aid Station, Mile 15.0: Leave the aid station and continuing straight ahead first on the paved road running through the cabins, then on the gravel road that follows the right shore of the lake. Stay on the gravel road, past the lake, then downhill past the dam. 100 yards past the dam, the gravel road splits. Turn left at the split and continue along the creek and around an iron gate. Past the gate follow the flags across the grassy field by Redbud pavilion and enter the Yellow Trail angling right. Continue 1/2 mile to the horse trail and go left. The trail climbs slowly on gentle trails up to the ruins of the old Camp Tranquility along the top of the ridge. Most of the cabins are now ruins. Continue to the end of the horse trail where it enters the "Group Camp Trail."

About the old Camp: These camp was built by the WPA in the mid-1930s. The buildings included a Rock Lodge, Dining Hall, Chapel, four Unit Lodges, Program Huts, Infirmary and upwards of 30 Cabins . The cabins were in four areas located along three ridges overlooking a new lake – Lake Tranquility. Lake Tranquility is a 14 acre lake built below the Camp. (It's now known as the OLD LAKE) The views from camp looking back to the east over the lake were panoramic. From 1937 to 1972 it hosted mainly Boy Scouts for Summer Camp and other activities. Local Church organizations also used the Camp for their youth. The majority of cabin sites at Camp Tranquility ceased to be used around 1972. Today only a few of the cabins remain, including The Camp Office known as the “Rock Leader Lodge”. The Dining Hall that once entertained Scouts, Youth and Religious groups from the area burned down when struck by lightning.

Turn right under the large overhead Camp Tranquility Sign and iron gate. Head down the mountain on the gravel road, past a second gate and continue past group campsites to the Yellow/White Connector Trail. Turn left off the road on the Yellow/White Connector. Follow the trail for 300 yards on flat ground and begin the long climb to the top of West Ridge of Double Oak Mtn. At the top of the ridge turn right onto the White Trail for about 30 yards to where it joins the Red Bike Road. Enter the bike road heading to your right. Follow the Red Road for about 1 1/2 miles along the ridgeline. Watch for the Green Trail (Peavine Falls Trail) located at benches and a kiosk. The trail will be on your right and heads steeply down the mountain. Stay on the Green Trail until you reach the bottom of the mountain and the Yellow Trial. Turn left on Yellow for about 1/2 mile to a large open area and the Terrace Dr. Aid Station.

Terrace Drive Aid Station: Mile 20.7: Leave the aid station heading to the left (west) around the iron gate. Cross Terrace Drive and follow the sidewalk along the parking lot, then turn left along the paved road. Enter Mr. Toad Bike Trail on your left. Follow Toad, then Foreplay to where the bike trail crossed a gated section of pavement. Cross the paved road straight ahead and continue up Johnson Mountain. After just under 0.4 mile there is a split and the Blood Rock Course leaves Johnson Mountain Bike Trail on an abandoned bike trail. This trail leads over to High Hampton Subdivision. Turn left on the paved road and stay on the left side of the road facing traffic. Follow the paved road for 0.4 mile to the powerline easement and the High Hampton Aid Station.

High Hampton Aid Station, About Mile 25 – Sometimes the residents of High Hampton provide an Aid Station. Two of the residents run the race! They are kind enough to allow us to run through their subdivision and on the private land of the homeowners. Please be appreciative and do not drop any trash on the trail through the powerline or over to the Peavine Falls Road. Climb up the powerline to a trail leading to the left into the woods. Follow the road around to where the trail turns right and climbs steeply up to a rock band back in the powerline easement. Go past the crest and turn left on the gravel road leading past the cell tower on the ridge. Continue on the road and down to the Peavine Falls Road. At the road, turn right on the paved road and follow it along the crest of the mountain for 0.7 mile to an iron gate straight ahead just past the overlook. Go to the gate and angle left onto the Fire-Pit trail. Follow the trail to where it connects into the Blood Rock Bike Trail. Continue a short distance and enter the Bike Road/Fire Road for about 100 yards. Turn right up to the Green Trail (Peavine Falls Trail) and turn right on Green.

Follow the Green Trail along the ridge to the Green/White Connector. This trail is easy to miss. The Green/White trail turns left off the ridge and drops steeply downhill through brush. It will be well marked. Follow the trail all the way down to where it “Ts” into the White Trail right beside Upper Peavine Creek. Turn right on White for a few hundred yards and go Left across the footbridge over the creek. The bridge is located just before the White Trail starts back uphill. Cross the creek continue straight ahead, then angling slightly right. This section is very rocky and steep. Use caution. The trail traverses straight across the rockface of the Peavine Gorge. The creek is about 75 ft below on your right. After about 200 yards, the trail turns right, straight downhill then back right and downhill to the falls.

At the base of the Peavine Falls go left across the pool at bottom of the falls, then back left along the right bank of the creek. (It is usually possible to cross the creek on rocks to avoid getting your feet wet. That can also be treacherous) Follow the trail downstream and cross back over to your left where marked. Continue downstream for about 1/4 mile to where signs direct you to cross back across the creek to your right. Climb out of the gorge on steep trails and enter the wide gravel trail leading straight ahead uphill for 0.4 mile. Just before reaching the parking lot, turn left heading over to the Peavine Falls Pavilion, location of the Aid Station.

Peavine Falls Aid Station - 26.7 Miles – Enter the aid station through the front and leave the pavilion continuing straight ahead out of the back side going southwest along an old road. Angle left onto what appears to be an old bike trail heading downhill. Watch for a trail that turns right along a ridge then steeply downhill for about 100 yards and crossed a small creek. Just past the creek the trail “T’s” into a neighborhood trail. Go left for about 200 yards passing by a large shallow pool and cross another small creek. Continue for a short distance to where the trail crossed Lower Peavine creek. After crossing the creek turn left. The trail follows the creek then turns steeply uphill to the right. You will eventually reach the Peavine Rock Shelter, 200 ft. above the creek. Continue straight ahead to the high point of the trail. At the high point turn right onto a steep, faint trail. You are now on the Rimwalk-East Trail heading back to the Cabins.

Follow the Rimwalk-East Trail for a little over 2 miles on a rarely used trail that follows the east rim of Double Oak Mountain. This is about the flattest 2 miles you will run in the entire race. It’s also one of the most difficult. There are some beautiful overlooks along this section of the trail. You will pass an old stone shelter that burned about 15 years ago. Eventually the Rimwalk-East Trail connects back into the Blue Trail. At Blue, turn right and follow Blue to the Orange Trail. Turn left on Orange, cross the Red Bike Road/Trail and continue up to the White Trail. Go right on White, past Shackleford Point (Highest point in Oak Mtn State Park) and continue on White down Shackleford Ridge.

The White Trail will eventually “T” into the Yellow Trail. At the “T,” go left on the Yellow Trail and follow it for about a mile to a kiosk on your right and a footbridge on your left. At the Kiosk continue straight ahead, following the trail along the eastern shore of the lake. The trail ends at the Cabins. (Between Cabin 9 and Cabin 10.) Continue straight ahead on the paved road and go right at the “T” to the Cabins Aid Station or your race Finish.

**Please print this car pass below and bring it with you to the race.
Click on the correct image for your race to create a Printable PDF.**

2022 BLOOD ROCK 100 PARKING PASS

RUNNER BIB# _____

Display this pass on your dashboard at all times while in Oak Mountain State Park for the Blood Rock 100 Race, Dec 1st - 4th.

The purpose of this pass is to notify park rangers and volunteers that this is a crew car for a Blood Rock 100 Runner. Please be sure it is visible at all times.

**This pass DOES NOT provide free entry into Oak Mountain State Park.
The fee to enter the park is \$5.00 per person.**

2022 BLOOD ROCK 50 MILE PARKING PASS

RUNNER BIB# _____

Display this pass on your dashboard at all times while in Oak Mountain State Park for the Blood Rock 50 Race, Dec 2nd - 4th.

The purpose of this pass is to notify park rangers and volunteers that this is a crew car for a Blood Rock 50 Runner. Please be sure it is visible at all times.

**This pass DOES NOT provide free entry into Oak Mountain State Park.
The fee to enter the park is \$5.00 per person.**

2022
BLOOD ROCK
25K & 55K PARKING PASS

RUNNER BIB# _____

Display this pass on your dashboard at all times while in Oak Mountain State Park for the Blood Rock 25 & 55k Race, Dec 2nd - 4th.

The purpose of this pass is to notify park rangers and volunteers that this is a crew car for a Blood Rock 25K or 55K Runner. Please be sure it is visible at all times.

**This pass DOES NOT provide free entry into Oak Mountain State Park.
The fee to enter the park is \$5.00 per person.**