

2009 Hellgate 100K 7th Annual



DR. FRANK VILLA
OPTOMETRIST
(434) 385-8800

DATE: SATURDAY, DECEMBER 12, 2009

LIMIT: 100 RUNNERS

STARTING TIME: 12:01 A.M. (18 HOUR TIME LIMIT)

Contact:	Dr. David Horton	Office:	(434) 582-2386
	Liberty University	Home:	(434) 239-1324
	1971 University Blvd.	E-mail:	dhorton@liberty.edu
	Lynchburg, VA 24502	Web site:	www.extremeultrarunning.com

START:

The start is at the Northeastern terminus of the Glenwood Horse Trail at the Hellgate Parking lot. This is 2.3 miles from Natural Bridge Station, VA.

FINISH:

Camp Bethel, which is near Fincastle, VA & 10 miles north of Troutville, VA.

ENTRY FEE:

\$140 received by September 30 - **\$170.00** thereafter. **THERE WILL BE NO REFUNDS OF ENTRY FEES OR TRANSFER OF ENTRY FEES. DON'T EVEN ASK.**

Make checks payable and send entry to: Dr. David Horton, Liberty University,
1971 University Blvd., Lynchburg, VA 24502

RUNNER LIMIT:

The first 100 approved entrants will be accepted to participate in the 7th Annual Hellgate 100K. Once the 100 runner limit is reached, other applications then received will be held until September 30, 2009. On September 30, there will be 20-25 entries drawn from the applications received after the first 100 accepted. All those not selected from the drawing will have their application and check destroyed. Those selected will be notified by email and/or their names listed on the website.

MALE AND FEMALE WINNERS:

Sub 18-hour finishers will receive a special award. Details *aren't final yet* but they will probably be Patagonia awards similar to the awards given in the first six Hellgates. The male and female winners will probably receive Patagonia jackets. The top 2 – 10 men and the top 2 – 5 women will receive a special award. Male and female masters, male and female grand masters, and male super masters will also receive a special award. *5 time finishers will receive a special award.

PRE-RACE CHECK IN, DINNER & BRIEFING:

Check-in will begin around 6:00 P.M. at Camp Bethel on Friday December 11th. Around 7:00 P.M. a pasta meal will be served. The pasta dinner is free of charge to runners and about \$9.00 for everyone else. Around 8:30 P.M. we will have a course briefing. Around 11:00 P.M. we will be driving to the start.

DIRECTIONS TO FINISH & CAMP BETHEL:

To obtain directions to Camp Bethel, go to [Http://www.campbethelvirginia.org](http://www.campbethelvirginia.org)

AID STATIONS:

We plan on having nine (9) aid stations.

CREW ACCESS:

There will be crew access at all aid stations except the 1st and 3rd aid stations. "**Please**" drive carefully (slowly on the gravel roads when going from aid station to aid station). **Runners and crew directions:** Check the website (extremelultrarunning.com) for runner and crew directions.

TRANSPORTATION TO THE START:

The start at Hellgate parking lot is 26.8 miles from Camp Bethel. It takes about 30-35 minutes to drive to the start. I will be renting a 12-16 passenger van to help take some runners to the start. I do not plan on having a bus to transport runners to the start. I hope that runners who have crews can help transport all other runners to the start.

CUT-OFF TIMES:

There will be two cutoff times. Headforemost Mountain aid station (21.9 miles) and Bearwallow Gap aid station (42.5 miles). Runners must reach Headforemost by 6:30 A.M., and Bearwallow by 12:30 P.M., to be allowed to continue.

POST RACE:

The awards will be presented as the runners finish. We will have some food available after the race.

DROP BAGS:

We will allow runners to have a drop bag for two aid stations:

1. Headforemost Mountain (21.9 miles)
2. Bearwallow Gap (42.5 miles)

* You may only have **one** drop bag. It will be taken from 21.9 miles to 42.5 miles.

SHOWERS:

There will be showers at the finish at Camp Bethel.

COURSE MAP:

The best map to get of the course is the Trails Illustrated Map put out by National Geographic. The map name is: Lexington-Blue Ridge Mts. - George Washington & Jefferson National Forests & the map number is 789. (Trail # 15 on map).

COURSE MARKINGS:

The Glenwood Horse Trail is marked with 2" by 6" orange paint and plastic blazes. We also plan on marking the course with orange streamers. We will be putting up chem. lights at tricky turns & intersections in the night section of the course. It will not be daylight on Saturday until 6:30 or 7:00 A.M. Course marking days will be on December 5th and December 9th if you want to help.

WEATHER:

The weather at this time of the year in Virginia is very “**unpredictable**”. It could be 30-40 at night and 50-60 in the daytime or 20-30 at night and 30-40 in the day. We don't usually have much snow at this time of the year, but we could. Come prepared for **EVERYTHING**. In 2003 we had a foot of snow in the early part of the course with temperatures in the teens!! In 2005 we had a couple of inches of ice on 4- 8” of snow. We had VERY cold temperatures in 2006 (11°).

COURSE:

The course starts near Big Hellgate Creek & goes through the following places: Petites Gap (8.0m), Camping Gap (13.6 m), Overstreet Falls (21.3 m), Floyds Field (23.2 m), Jennings Creek (29.0 m), Little Cove Mtn. (35.1 m), Bearwallow Gap (42.5 m), Bobblett's Gap (49.6 m), Day Creek (56.8 m), Blackhorse Gap (59.2 m) and finish at Camp Bethel (62.5 m).

BLUE RIDGE PARKWAY CROSSINGS:

The Glenwood Horse Trail crosses the Parkway at: Petites Gap (71.1 m), Floyd's Field (80.5 m), Bobblet's Gap (93.2 m), & Black Horse Gap (97.6 m).

2009 Hellgate 100K Trail Race Application

**Please make a copy of any information you may need before returning this portion of the application.*

Name: _____ Age _____ Sex _____
Address: _____ T-shirt Size: S M L XL
Capilene Zip-T Size: S M L XL

City State Zip
Occupation: _____ Phone: Work () _____
Home () _____
Email: _____ (PRINT CLEARLY if you want to receive race info)

Entry Fee: \$140 (\$170 after September 30)

Number of Ultras Run _____ Best 100K _____
Number of Hellgate finishes _____ Best Time _____

I have been warned that the Hellgate 100K is a grueling, grim, and hazardous event and I am fully aware that I could be injured attempting such a run. With this knowledge, I am accepting full responsibility for any harm I might suffer. I absolve all sponsors and organizers of the Hellgate 100K of any and all liability related to my attempt to run the Hellgate 100K.

Signed _____ Date _____

**We will put the names of those entered on our website.

Mail application to:
Dr. David Horton
Liberty University
1971 University Blvd
Lynchburg, VA 24502

Do you plan on eating the pre-race meal: YES___ NO___
Other than you, how many will be with you eating the pre-race meal? ____