

My First HL

Chase Cox

I currently live in Radford, VA with my wife and two daughters. I woke up the morning of the race at around 2:50 am and started to get ready to hit the road. The drive wasn't too bad but certainly took all of 2.5 hours my phone predicted it would. By the time I got to race HQ the place was brimming with participants ready to get started. I made it in by 5:50 am which gave me enough time to get my clothes situation sorted out (thermal layers, wool hat, gloves) and have a quick bite to eat (excellent feature by the way!). The race was kicked off on time after a quick prayer and a rousing group rendition of the Star Spangled Banner. The race course was very nice and had an excellent spacing for aid. The stations were crewed by supportive and friendly volunteers. The course starts on asphalt, about 1/2 mile, and then makes its way onto trail. From there it is a fairly consistent mix of trail and fire road. The end of the first loop and start of the second is probably the most "technical" portion of the course, though it isn't too bad. I was able to make a pretty good mental map on the 1st lap so I had a good feel for where I was on the course for the second one. Though the second loop is run in reverse it wasn't too difficult to maintain my bearings. At the end of the race there was nice reception to welcome the runners back in. I was lucky enough to finish before the rain showed up. I look forward to this event next year.