

2020
Hellgate 100K
18th Annual
Great Patagonia Finisher Awards



****NO TRANSFER OR
REFUND OF ENTRY
FEE****

**DR. FRANK VILLA
OPTOMETRIST
(434) 385-8800**



DATE: SATURDAY, DECEMBER 12, 2020

LIMIT: 150 RUNNERS

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

Contact: Dr. David Horton

Office: (434) 582-2386

Liberty University: Health Professions

Cell: (434) 221-7555

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E-mail: dhorton@liberty.edu

Lynchburg, VA 24515

Web site: www.extremeultrarunning.com

Covid Adjustment for the December 12, 2020 Hellgate 100K:

At this time, October 12, 2020, we have received approval from the Forest Service but we have NOT received approval from the Park Service to cross the Blue Ridge Parkway. I THINK they are going to give us approval. As a result when you enter, you are to pay with a PERSONAL check ONLY. If we have the race, your check will THEN be deposited. If we have not received approval by Nov. 20, 2020, your check and application will be TORN up. No checks will be deposited until race approval is RECEIVED. The pre-race check in and meal will be held in the gymnasium so that personal distancing can be maintained. Runners and crews will be REQUIRED to wear face masks at check in and after eating. Runners will be REQUIRED to wear face masks at the start and into and out of aid stations. Aid station workers will be wearing masks and gloves. More safety information will be sent out to runners later.

Application Process: On Friday, October 23, around 100 runners will be selected from the applications RECEIVED at that time. Runners selected will be notified at that time. Those not selected at that time, will be carried over to Wednesday, November 4. At that time the remaining runners will be selected and notified. The runners not selected, will have their checks and applications torn up and also be notified. NO waiting list will be maintained.

★ QUALIFICATIONS:

★ Runners who the Race Committee (RC) “thinks” can finish the Hellgate 100K will be accepted for entry. On the application, list what events (race names and distance, finish time and place) you have completed in the last year. Beyond that time, put the names of races you have completed. The RC DOES NOT want runners competing that don’t have a realistic shot of completing Hellgate within the time limit. ★

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:

\$215 received by November 4 - **\$250.00** 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 at the address listed above.

MALE AND FEMALE WINNERS:

Sub 18-hour finishers will receive a special award. The overall male and female winners will receive a Special Award. Tentative awards for everyone else are: The 1st-10th place males will probably receive a Patagonia 84212. The masters, grand masters and super masters winners will receive this as well. All other sub 18 hour males will receive the Patagonia 25523. The 1st-5th place females and master and grand master winner will receive the Patagonia 84217. All other sub 18 hour female finishers will receive the Patagonia 25618. Five time finishers will receive a special award. The sooner you finish, the greater the chance you have of getting the size you desire. Those of you finishing near the cut-off may not get your size preference.

PRE-RACE CHECK IN, DINNER & BRIEFING:

Check-in will begin around 5:00 P.M. at Camp Bethel on Friday December 11th. Around 6:00 P.M. a pasta meal will be served. The pasta dinner is free of charge to registered runners and about \$12.00 **cash only** for everyone else. Around 8:00 P.M. we will have a course briefing. At 10:50 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, 3rd and 6th 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 (extremeultrarunning.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 hope that runners who have crews can help transport all other runners to the start. Do NOT drive to the start and leave your vehicle there.

CUT-OFF TIMES:

There will be two cutoff times. Headforemost Mountain (Floyds Field) aid station (22.5 miles) and Bearwallow Gap aid station (42.5 miles). Runners must reach Headforemost by 6:40 A.M., and Bearwallow by 12:30 P.M., to be allowed to continue. The Headforemost cut-off time may be changed depending on where the aid station will be placed.

POST RACE:

The awards will be presented as the runners finish. We will have some food available after the race. Runners may stay at Camp Bethel on Saturday night after the race for no charge.

DROP BAGS:

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

1. Headforemost Mountain (22.5 miles)
2. Bearwallow Gap (42.5 miles)

* You may only have **one** drop bag. It will be taken from 22.5 miles to 42.5 miles.

Drop bags are **ONLY for those runners without a crew.

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 streamers. We will be putting up reflective streamers 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 7 and December 11 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°). Beware of frozen eyeballs. If it is cold wear some type of glasses or goggles. In 2016 it got down to 8°. Last year there was a cold, freezing rain for the first 10 hours of the race.

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 (22.5 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).

2020 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: Cell () _____
Email: _____ (PRINT CLEARLY if you want to receive race info)
Emergency Contact Name and Phone Number: _____

Entry Fee: \$215 (\$250 after November 4)

Number of Ultras Run _____ Best 100K _____
Number of Hellgate finishes _____ Best Hellgate 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: Health Professions
1971 University Blvd
LU-SH, T04
Lynchburg, VA 24515

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? _____

Qualifications for acceptance to run Hellgate 100K: (Fill in)

List the events that you have participated in that make you **THINK** you can finish the Hellgate 100K:

1. Within the last year: _____

2. Races completed beyond that time limit: _____

*Add on a separate sheet if needed.