

2024

Hellgate 100K

22nd Annual

Great Patagonia Finisher Awards



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



DATE: SATURDAY, DECEMBER 14, 2024

LIMIT: 150 RUNNERS

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

Contact: Dr. David Horton
Liberty University: Health Professions
1971 University Blvd.
LU-SH, T04
Lynchburg, VA 24515

Office: (434) 582-2386
Cell: (434) 221-7555

E-mail: dhorton@liberty.edu
Web site: www.extremeultrarunning.com

Application Process: On October 16, 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, October 30. 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.

Runners should have completed multiple 50 milers and 100 milers as well to be considered QUALIFIED.

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:

\$250 received by November 4 - **\$300.00** 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 84222. The masters, grand masters and super masters winners will receive this as well. All other sub 18 hour males will receive the Patagonia 44447. The 1st-10th place females and master and grand master winner will receive the Patagonia 84227. All other sub 18 hour female finishers will receive the Patagonia 44457. 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 13th. Around 6:00 P.M. a pasta meal will be served. The pasta dinner is free of charge to registered runners and about \$15.00 **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. Floyd's Field (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.

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°. In 2021 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).

2024 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: \$250 (\$300 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.