

DoubleTop 100

Trail Runs

March 3 & 4, 2012



DoubleTop 100

Runner Information and Instructions



Congratulations on selecting the DoubleTop 100 race!

The Double Top 100 is a 100 mile and 100 km trail race across the Cohutta Mountains in northern Georgia. The course is demanding but the trails are gentle on the feet and the scenery is worth every step. You will run by numerous inspirational overlooks, traverse the rolling switchbacks of Turkey Mountain, between the Double Top Mountains, pass by scenic overlook at headwaters of Bear Creek, and run the ridgeline encircling Cashes Valley. The course leaves Ft Mountain State Park and traces the north end of the Pinhoti Trail until it joins the Benton Mackaye Trail. Runners opting for the shorter run (100k) will turn around and return down the Pinhoti Trail. The 100 mile runners will be treated to a rolling ridge run and the vistas of the mountain tops and knobs from Flat Top Mountain to Bear Den Mountain, before returning to Ft Mountain.

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Schedule of Events

Friday, March 2

Check-in/ Packet Pick up and drop bag drop off.

12:00 (noon) – 6:00pm EST

Pasta Buffet

5:00 – 7:00 pm EST

Pre Race Briefing

5:30pm EST

Saturday, March 3

100M Runners: All packets must be picked up on Friday between the hours of 12:00 (noon) and 6:00p.m. EST. The race starts at 4:30a.m. EST so there will be NO Saturday morning packet pick up.

100k Runners: Packet pickup is recommended for Friday afternoon, but packet pick up is available 5 – 6:30a.m. 100k runner parking will be restricted between 4 – 5a.m to allow a clear start of 100M event.

Report In at Start Line. All runners must check in. 100M: 4:00am EST, 100k: 6:30a.m EST.

100M Race Starts 4:30am EST

100k Race Starts 7:00am EST

Concurrent Events

Gahuti Ring-of-Power Challenge: Packet pickup is recommended for Friday afternoon, but packet pick up will be available 5 – 7:30a.m. 100k runners will have priority in picking up packets on Saturday morning. Same day registration is permitted for this event. **Race will start at 8am EST.**



Kid's Fun Race: This is a no cost event that will kick off after the completion of the Gahuti Ring-of-Power Challenge. Parents or guardians can sign up their children Saturday morning until the race begins. Course will be approximately 1k, with age appropriate prizes.

S'more Hour: This is an evening event to give volunteers and spectators an excuse to consume massive quantities of sugar.

Sunday, March 4

Open Breakfast/Brunch
6:00am EST

Awards Presentation
12:00pm EST



Runner Instructions

The races start and finish at the Ft Mountain State Park near the lake. Parking and some lodging services are available at the Park. If you do not have an annual GA State Park Pass, than you will be required to pay a \$5 fee for parking. This is a per vehicle fee so consider ridesharing if you wish to reduce this cost.

General Information

Please see the **DoubleTop 100** website www.doubletop100.info for any updated information.

Runners Must

- Check-In at the Start Line on race day: For the 100M, between 4:00 and 4:25am EST. For the 100k, between 6:30 and 6:50am EST.
- Wear your bib number at all times so that it is visible to volunteers and race officials.
- Check in and out of each aid station. Make sure your bib number is recorded by aid station volunteers. At aid stations with chip readers, ensure chip is scanned.
- Properly mark/tag drop bags with bib number and aid station.
- All marked drop bags to be turned in during Friday night packet pick up from 12:00 noon until 8:00pm EST.
- No Littering.
- Notify aid station volunteers if you drop out of the race. If the local county officials must attempt a search and rescue for you and you are at the pub, than you may incur an expensive tab.
- You must complete the entire course under your own power.

Runner Equipment

- Mobile phones, comm equipment, and navigation equipment are allowed.
- Portable music is allowed but must not impede other runners; by either as a distraction or a restriction in communication. Ear buds should be worn in only one ear. If carrying portable speakers and another runner objects, you must turn the speakers off.



- Prosthetics and supports are allowed. Inform the race officials about your limitations; however, you will not receive any special assistance for these events.
- Glasses and contacts: Bring extra.
- Batteries: Runners are responsible for the replacement and charging of batteries. Aid stations will not stock batteries. If someone “loans” you batteries, than nighttime running lamps are the only legitimate use. Cell phones, iPods, GPSs do not count as legitimate uses.
- Recommend that you carry at least one water bottle at all times while on the course.

Pacer Information

- Pacers are only allowed to accompany their runner on foot. No bikes or vehicles.
- Aid cannot be given from any moving vehicle.
- It will be the responsibility of the runner to arrange their pacers.
- Pacers should carry an extra light source (and batteries).
- All runners may have ONE pacer at a time. For the 100M course this will begin at the turn around point. For the 100k course this will begin at the DoubleTop Aid Station (~42 miles).

Trail Etiquette

- Do not push, pull, or restrain other runners
- No littering. No littering. No littering
- Respect others abilities while crossing obstacles or streams. If you need more time, let others know, but give way when possible. If you normally skip across the rocks, consider walking on water.
- Runners running together in groups of three or more must give way to single or pairs of runners (such as a runner and pacer). Pacers must give way at all times.

Crews

- Crews must obey all traffic laws.
- See Course Descriptions for detail descriptions of crew access to aid stations. Appendix D has driving directions from the start to the turnaround points.



- Crews may not visit restricted aid stations. If your runner needs a critical item (e.g., new contacts) contact race officials to pass those items along. **Restricted aid stations** are :
 - Aid Station 1 – Bearpen – 100M and 100k
 - Aid Station 5 – ‘Usti Yona – 100M and 100k
 - Aid Station 8 – Bear Den – 100M
 - Aid Station 10 – Bear Den – 100M
- Crew access is restricted because of road bottlenecks, runner safety, and parking constraints. In general, we encourage the attendance of spectators and crews because this is beneficial to the runners and the overall racing experience.
- Crew vehicles must pay the GA State Park parking fee or display an annual Park Pass.
- Crews are permitted to receive and give runner equipment only at aid stations.
- Crew travel is not permitted for **outbound travel** on the Forest Service roads (FS 90/64/68) between Aid Station 4 (Double Top) and Aid Station 6 (Top of Pinhoti). Runners are using this route and have priority over crew traffic. Crew vehicles that violate this race restriction will disqualify their runners. Note that non-race road users are not restricted.

Drop Bags

- Drop Bags must be brought to the Ft Mountain State Park Group Shelter on Friday night no later than 8:00pm EST.
- Mark each drop bag with your bib number and aid station name per the list below. There are 3 drop bag sites that comprise 5 aid station stops. The 100k course only has one drop bag site with 2 aid station stops.
 - Aid Station 4/14 – Double Top – 100M and 100k
 - Aid Station 7/11 – Old Tearbitches – 100M
 - Aid Station 9 - Walosi-Unulisdi'yi (turnaround) – 100M
- Do not use black garbage bags for drop bags. Black garbage bags are used for waste and your gear may be thrown away.
- All drop bags are the responsibility of the runner. Volunteers or DoubleTop race officials are not responsible for any lost or stolen items. Likewise, if you leave a item of clothing at an aid station, any



agreement to return that item is between you and the volunteer you left it with.

- Don't forget your belongings. Any items left behind will not be mailed.

Temperatures

- The average high temperature in North GA in March is in the low 60s and the average low is in the high 30s. ***The record high was 82 degrees and the record low was 11 degrees.**
- The ridgeline along the Cohutta Mountains is partially exposed to westerly winds so extra layers of clothing during a night time traverse may be necessary.

Medical Information

- Volunteer Medical will be on course throughout the duration of the race to assist with all basic medical needs.
- If you are allergic to bee stings, mark this on your bib.
- Aid station volunteers may question runners about their hydration, food intake, and level of fatigue. If a runner is unable to adequately respond, they can recommend to the Aid Station Captain that the runner be pulled. The Aid Station Captain or DoubleTop race supervisors will make the decision – and that decision is final.



General Course Information

Cut Off Times

If a Runner reaches an Aid Station after the cut off time for that Aid Station that runner cannot continue the race. 100M and 100k cut off times are listed in the Course Points Charts (Appendix E). For the 100M course, sweepers will leave the turnaround aid station after the cutoff time and proceed down the course picking up all course markings. Sweepers will not pass runners and are tasked to ensure that all runners have clearer from that segment of the course. In general if you are caught by the sweepers you will be behind the cut off times and probably will not be permitted to continue after the next aid station.

Aid Stations

The Course Points Charts (Appendix E) lists the aid stations and water points for each course. The longest distance between aid/water stations is approximately 7 miles. The following are some of the supplies that will be at each manned aid station.

- Gel Nutrition
- Gatoraide/Poweraide sports drinks
- Water
- Bananas, PBJ, chips, pretzels, candy, hot soup and coffee on the return leg.
- Limited First aid supplies. Bug Spray and Sunscreen.
- Remember to place any special items you may need in drop bags.
- Runners cannot accept any aid of any kind from anyone away from an aid station.

Course Markings

The 100M course consists of three designated trails (Pinhoti Connector, Pinhoti Trail, and Benton Mackaye Trail), forest service roads, and about 5 miles of trails inside the Ft Mountain State Park. Most of these trails are well marked and well groomed. The course starts with approximately one mile of paved road to provide space for runners to sort out position before beginning on single-track trails.



Eye-Level Markings: Orange reflective tape will be used and placed on tree trunks and limbs at eye level at frequent intervals.

Ground Markings: White painted arrows will also be used for direction at turns.

Other Markings: The Pinhoti Trail is marked with white blazes on trees. The Benton Mackaye Trail is also marked with white blazes on trees.

Course marshalls/sentries will be used at all paved road crossings for safety. However it is the responsibility of the runner to use safety while crossing any roadway. Always look both ways and make sure it is clear to cross.

Volunteers

Remember to thank the volunteers for giving their time. Many are endurance runners such as you, but some are local community members helping to make this a great event.

Awards

All 100M finishers will receive a DoubleTop belt buckle. All 100k finishers will receive a large DoubleTop coin. If the race group is larger than age group awards will be given.

Thank you

US Forest Service- www.fs.fed.us



Georgia State Parks - www.gastateparks.org

Benton MacKaye Trail Association - www.bmta.org



Georgia Pinhoti Trail Association - www.pinhoti.us or
www.georgiapinhoti.org/joomla/index.php

Area Services

The course lies between the communities of Chatsworth, Elijay, and Blue Ridge. The city of Dalton is located further west, directly off Interstate 75.

Lodging

Food