



WHITEWATER

race series

 U.S. NATIONAL
WHITEWATER CENTER

AUG. 17



NIGHTLY

TREAD

BRIGHTLY



AUG. 18

HALF MARATHON & 4 MILE TRAIL RACE

Tread Nightly – August 17, 2018 – 8:00pm

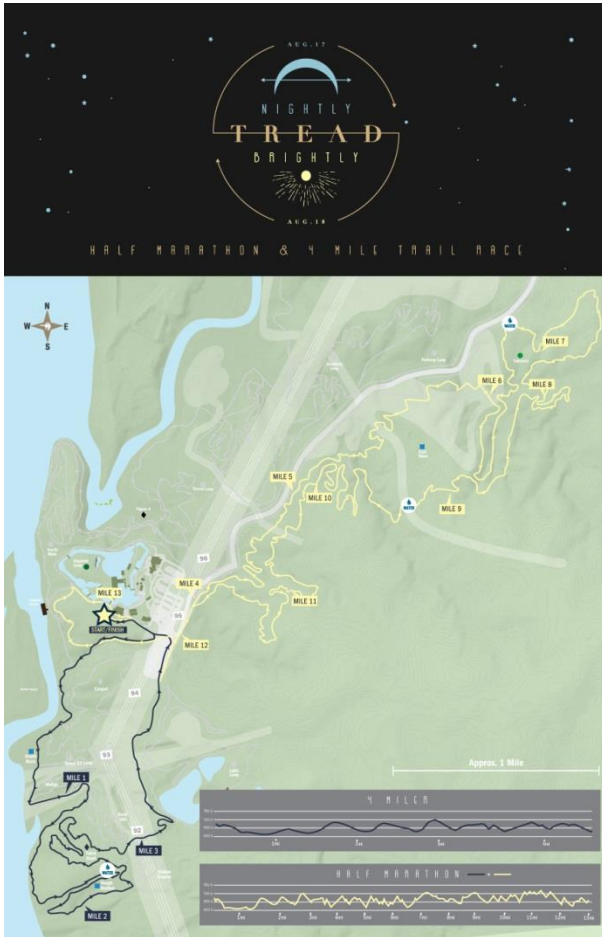
Tread Brightly – August 18, 2018 – 8:00am

Updated on 7/5/2018

RACE DESCRIPTION:

Grab your head lamp and get ready to hit the trails under the stars. The Tread Nightly Trail Half Marathon & 4 Miler takes place at the U.S. National Whitewater Center, offering runners two distance options for this one-of-a-kind night race. One night of racing not enough? Can't make it out on Friday Night? Looking for some more running action? Camp out with us, then rise with the sun for the Tread Brightly Half Marathon & 4-Miler the next morning.

COURSE MAP:



RACE HEADQUARTERS:

The Start, Finish, Post-race festivities, Restrooms, Food and Beverage options will be located at the Ridge Pavilion for both races. (See Facility [MAP](#) for location). Shower facilities are located in the main USNWC River Center building. [River Jam](#) concert series will take place on Belmont Abbey College Island main stage on Friday and Saturday Night.

FOOD & BEVERAGE:

- Typical post-race food (oranges, chips, and KIND bars), water, and Powerade will be available after each race.
- The USNWC will have multiple food and beverage options available for purchase on Friday night (meat and vegetarian options available), and breakfast available for purchase on Saturday morning (meat and vegetarian options available).
- Per North Carolina ABC regulations, no outside alcohol is permitted on premises.

CAMPING:

- The USNWC is modifying the “no camping” policy for registered runners of the Tread Nightly AND Tread Brightly only.
- Note: Simply registering for both races does NOT confirm your campsite. You must select this option during the registration process.
- Camping will be limited to the first 400 registrants that select the camping option and only available to those participating in Tread Nightly and Tread Brightly.
- There will be 2 designated “field camping” areas available.
 - The “Party Zone” will be closer to the Race HQ.
 - The “Quieter Zone” will be located further away.
 - We will do our best to accommodate request, but please be prepared to “enjoy the moment”.
 - Free standing tents are highly recommended.
 - There will be very limited (if any) hammock camping available.
 - Camp fires will be provided by the USNWC in designated areas. Participants are not permitted to build their own fires.
 - To be respectful of other runners, generators, grills, 10x10 sized pop-up tents and other camping equipment will not be permitted at campsites. Think minimalists. Various power sources are available throughout the facility if needed.
 - Dogs will be allowed at campsites. Please know that USNWC policy states that dogs must be kept on a 6-ft leash at all times while on facility grounds. Event Staff reserves the right to disqualify any participant that is not able to control dogs if they negatively affect the event.
 - This modified camping policy is only valid for Fri night, August 17, 2018.
 - Participants’ campsites must be cleaned up and cleared out by Tread Brightly race start (8:00am) on Saturday, August 18, 2018. If campsites are left up after Tread Brightly race start, all items will be donated to charity.
 - Campers will receive identification materials at check-in. Also at that time, a mandatory campsite deposit of \$20 (cash only) will be collected from each participant. The deposit will be returned once the campsite condition (no litter, campfires, damage, etc) has been approved by USNWC staff.

COURSE MARKINGS:

It is each runner’s primary responsibility to become familiar with their route before departure (see course map). This is especially important during the night hours. Each individual route will have different color markings that will be communicated during the pre-race announcements.

HEADLAMPS:

For everyone’s safety, all Tread Nightly Half Marathon & 4Miler participants are required to use an operating headlamp or illuminated light source (Projected sunset = 7:50 p.m.) Failure to comply could result in disqualification.

WHAT TO BRING:

We recommend bringing ...

- Change of clothes including extra pairs of socks and towel (Shower facilities are on-site)
- Headlamp (and spare batteries)
- Sleeping bag and sleeping pad
- Small Tent (no 10x10 pop up tents or larger are permitted)
 - Please note: Space is limited and you may be asked to squeeze
- Water bottle, hydration pack, or hydration carrying option of your choice
- \$20 in cash for campsite deposit (see “Camping” section above for details)
- Cash/Credit card for additional food/beer throughout the event

GENERAL RACE RULES:

USNWC Events Team and Race Officials reserve the right to remove any runner from the course that is deemed necessary for their safety and the safety of all others. All participants must adhere to the following rules:

- Numbers must be visible on the outside and front of runner's clothing at all times during their run.
- No littering on the trails or at your campsite. Trash receptacles are available throughout the facility. If you abandon anything (e.g., drink cups, gel packets, clothes, etc.) on the race course or your campsite, you can be disqualified.
- No smoking is allowed on USNWC property.
- Only attempt to pass another runner when it is safe for both you and the other runner to do so.

ADDITIONAL INFORMATION:

- Interested in volunteering? Please email racedirector@usnwc.org
- Race shirts are only guaranteed to those who register by August 12.
- Finisher medals are only guaranteed to those who register by July 18.
- No camping outside of designated camping areas.
- Participants must be present to accept awards. Awards will not be mailed.
- Locker rooms with shower facilities are located at the main USNWC River Center.
- Whitewater Race Series Refund and Transfer Policy:
 - Race Registration is non-refundable
 - A 100% registration transfer must be requested 2 months (or more) in advance of race day via racedirector@usnwc.org
 - A 50% registration transfer must be requested 1 month (or more) in advance of race day via racedirector@usnwc.org
 - Registration transfers are only applicable to the same race the following year
- Event will proceed rain or shine, unless conditions are deemed unsafe by the Race Director.
- All guests are required to pay a \$6 parking fee at the USNWC unless guest has an annual parking pass. Annual parking passes are available through the USNWC for \$50.
- Trails will be open to other runners, hikers, and bikers
 - Headphones, iPods, MP3 players, etc. are discouraged for the safety of all participants.
 - No pets allowed on the course during the races; however, dogs are allowed on-site per the facility policy.
 - Owners must keep dogs on a 6-ft or shorter leash at all times and clean up after them.
- The USNWC does not conduct trail rescues in the event of an emergency. Participants are encouraged to call 911 THEN notify Race Officials if an emergency is encountered.