Tread Nightly Half Marathon & 4 Miler – August 23, 2019 – 8:00pm/8:30pm
Tread Brightly Half Marathon & 4 Miler – August 24, 2019 – 8:00am/8:30am
RACE DESCRIPTION:
Grab your headlamp and get ready to hit the trails under the stars. The Tread Nightly Trail Half Marathon & 4 Miler offers runners two distance options for this one-of-a-kind night trail race. Whether your goal is to complete a marathon over the two races, beat your 8-mile record, or just have fun and do some running, this race lets runners compete, train, or run under the stars and first light. Throw down some night mileage with us, camp out with your buddies, then rise with the sun for the Tread Brightly Half Marathon & 4 Miler the next morning.

COURSE MAP:

RACE HEADQUARTERS:
Race HQ will be located at Ridge Pavilion and will be home to the start/finish line, along with post-race festivities, restrooms, and water. There will also be food and beverage options at Race HQ available for purchase for both races. (See Facility Map for location). Shower facilities are in the main River Center building (across from the climbing center) located inside the men’s
and women’s restrooms. Live music from the River Jam concert series will take place on Belmont Abbey College Island main stage on Friday and Saturday Night at 7:00pm.

FOOD & BEVERAGE:
- Orange wedges, chips, water, and Powerade will be provided after each race.
- There will be multiple food and beverage options available for purchase on Friday night throughout the Whitewater Center. In the morning, breakfast will be available for purchase near the Ridge Pavilion. Vegetarian options available at most outlets.
- Per North Carolina ABC regulations, no outside alcohol is permitted on premises.
- Coolers being brought onsite will be inspected for outside alcohol at camp check-in.

CAMPING:
- The Whitewater Center is modifying the “no camping” policy for registered runners of the Tread Nightly AND Tread Brightly only.
- No additional guests are permitted to camp overnight. This includes family, supporters, trail teams, etc. Camping is open to registered racers 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 requests, but please be flexible, and understand space and resources are limited.
  - Free standing, backpacking style tents are highly recommended.
  - There will be very limited (if any) hammock camping available.
  - Campfires will be provided by the Whitewater Center 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 minimalist. Various power sources are available throughout the facility if needed.
  - Dogs are allowed at campsites. Please know that the Whitewater Center 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. Dogs may not race in the event.
  - This modified camping policy is only valid for Friday night, August 23, 2019.
  - Participants’ campsites must be cleaned up and cleared out before the Tread Brightly race start (8:00am) on Saturday, August 24, 2019. 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. 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 Whitewater Center 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 reflective markers and different colored arrows that will be communicated during the pre-race announcements.
Volunteer run aid stations will be placed strategically on the course at key locations to provide hydration and to serve as directional aid at potentially confusing intersections. These volunteers will have a means to contact event staff as needed. We will also have a volunteer “sweeper” who will run at the back of the pack in order to let us know when the course is clear. This person will have direct contact with the Whitewater Events team.
Remember, the Whitewater Center does not conduct trail rescues in the event of an emergency. Participants must call 911 if emergency vehicles and operations are needed. There are 911 trail location markers to communicate where emergency personnel can find you.

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

WHAT TO BRING:
We recommend bringing:
- A change of clothes including extra socks and a towel (Shower facilities are onsite)
- Headlamp with spare batteries
- Sleeping bag and sleeping pad
- Small Tent (10x10 pop up tents or larger are NOT permitted)
  - Please note: Space is limited and you may be asked to squeeze
- Water bottle, hydration pack, or hydration carrying option of your choice
- Race fuel that works for you. Aid stations on the course will be hydration only.
- $20 in cash for campsite deposit (see “Camping” section above for details)
- Cash/Credit card for additional food/beverages throughout the event

GENERAL RACE RULES:
Whitewater Events Team and Race Officials reserve the right to remove any runner from the course as deemed necessary for their safety and the safety of all others. In addition to the other rules and regulations in this race document, all participants must also adhere to the following:
- Race bibs must be visible on the outside and front of runner’s clothing at all times during their run.
- No pacers will be allowed for this race. Course and race amenities are available for registered participants only.
- 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 may be disqualified.
- No smoking is not allowed anywhere on Whitewater Center property.
- Only attempt to pass another runner when it is safe for both you and the other runner to do so.
• All rules listed on the “Additional Event Information” on the race page apply for this event as well as all Whitewater Race Series events.

**ADDITIONAL INFORMATION:**

• Interested in volunteering? Please email racedirector@usnwc.org.
• Race shirts are only guaranteed to those who register by August 19.
• Finisher medals are only guaranteed to those who register by July 15.
• 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 River Center near main building.
• 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 the standard $6 parking fee unless guest has an annual parking pass. Annual parking passes are available 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 with registered runners; 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 Whitewater Center 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.