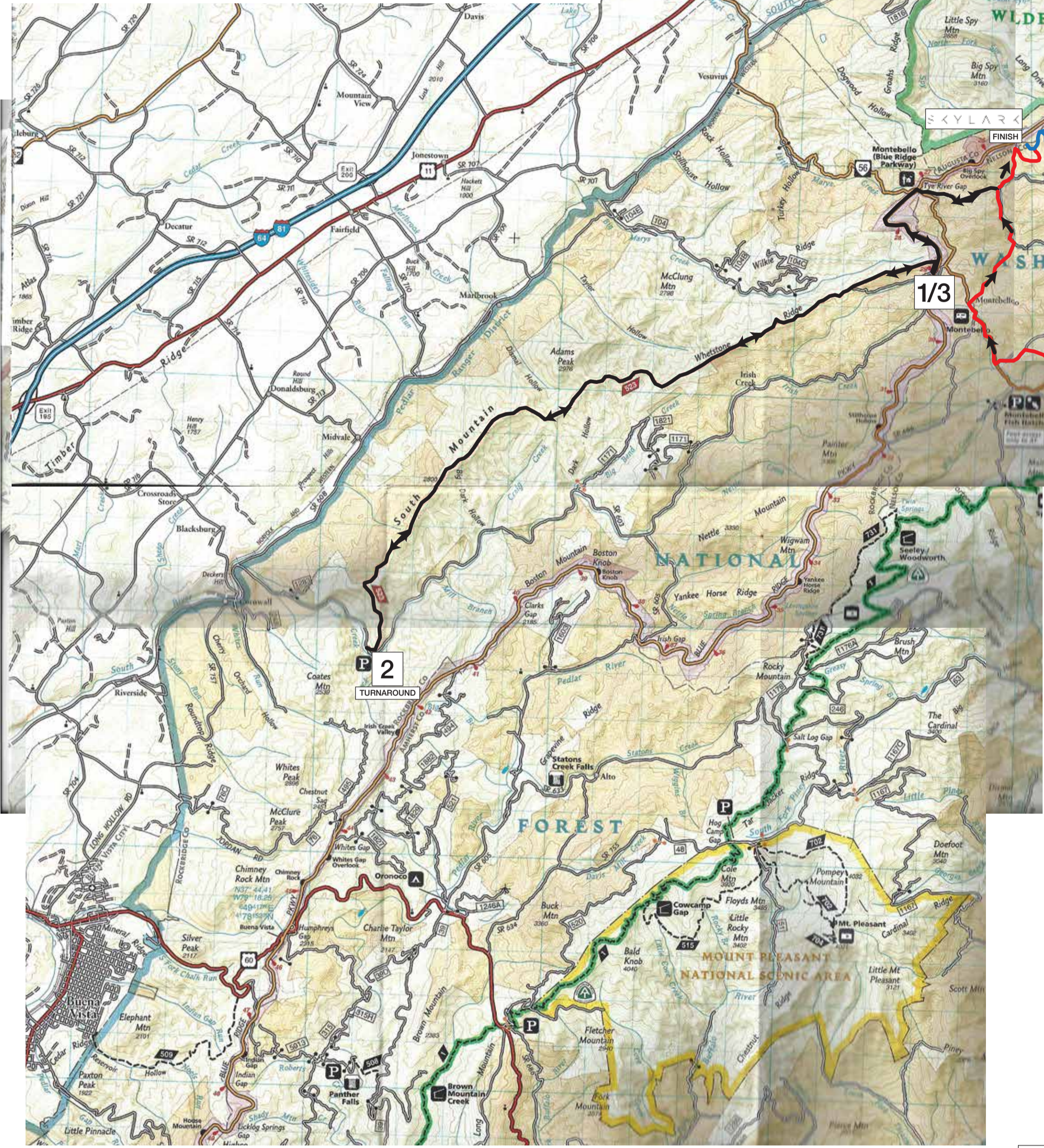
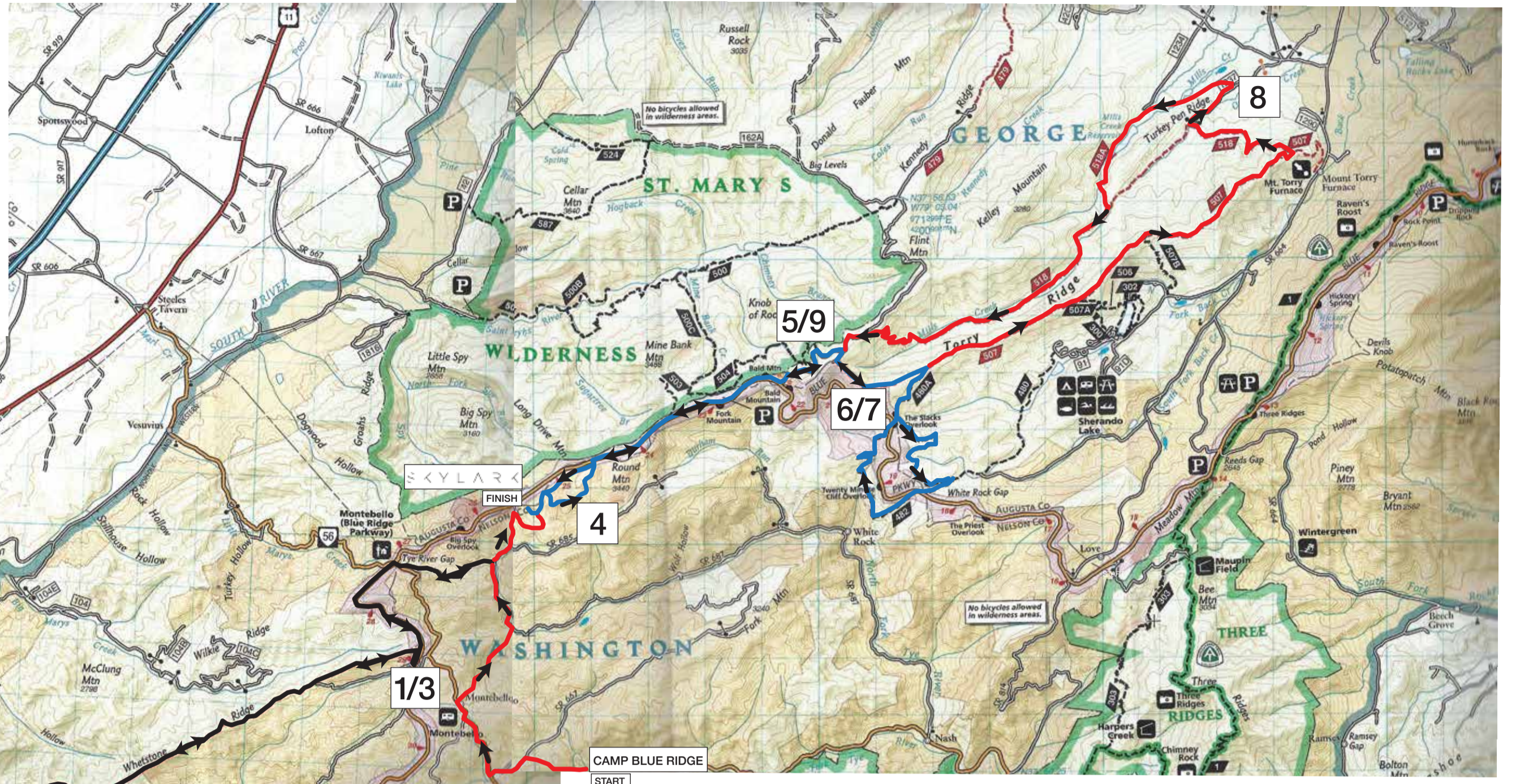
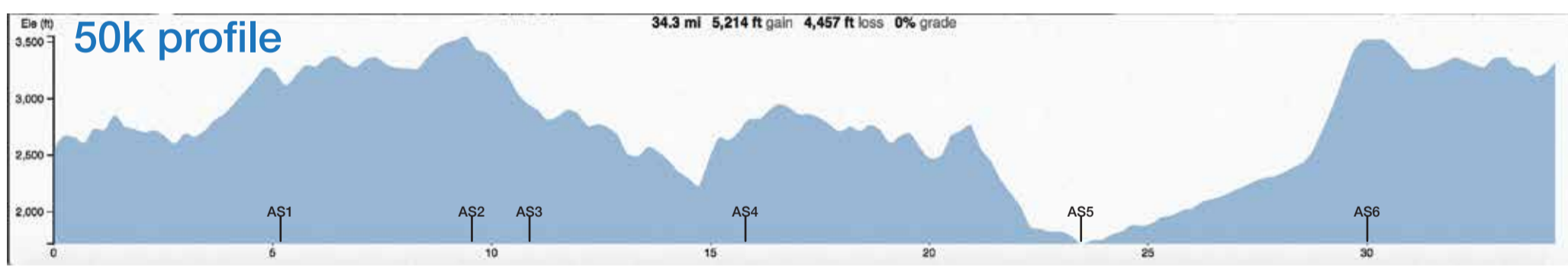
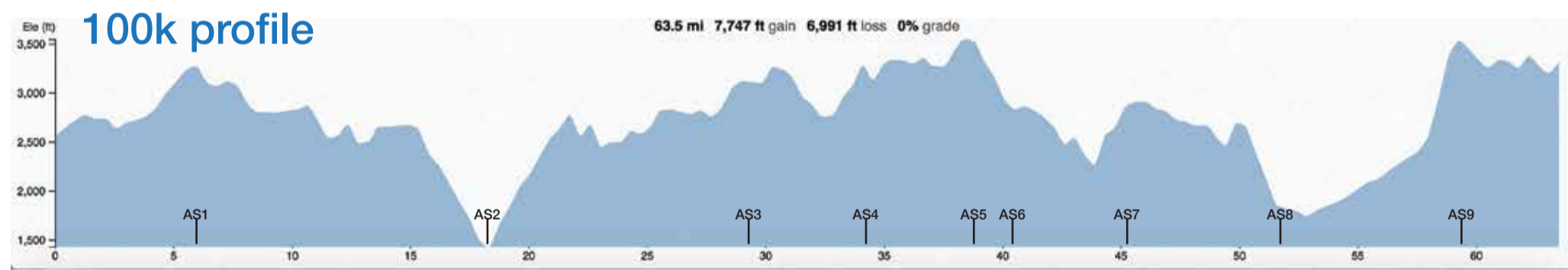


UROC 100K, 50K- 6:00am
25K- 9:00am

May 13, 2017



- Aid Stations
- 100k, 50k
- 100k
- 100k, 50k, 25k



100k time limit: 19:30 hours
50k time limit: 10 hours

100K		MILES	TO NEXT	ELEVATION	CREW	DROP BAGS	PACER PICKUP- NO PACER FOR CASH PURSE RACE	CUTOFFS- 19:30 TIME LIMIT	FIRST RUNNER	LAST RUNNER
	CAMP BLUE RIDGE- START	0	6.8	2592					6:00 AM	6:00 AM
1	WHETSTONE NORTH	6.8	11.4	3103	✓	✓			6:54 AM	8:04 AM
2	WHETSTONE SOUTH	18.1	11.4	1469					8:22 AM	11:32 AM
3	WHETSTONE NORTH	29.5	5.01	3103	✓	✓			9:53 AM	15:03 PM
4	SKYLARK POND	34.5	4.1	3565	✓		✓	16:35 PM	10:31 AM	16:35 PM
5	BALD MOUNTAIN	38.6	2.1	3536				17:51 PM	11:05 AM	17:51 PM
6	SLACKS OVERLOOK	40.7	4.5	3123	✓	✓	✓	18:29 PM	11:20 AM	18:29 PM
	WHITE ROCK GAP- NO AID	42.9		2585	✓					
7	SLACKS OVERLOOK	45.2	7.7	3123	✓	✓	✓	19:52 PM	11:56 AM	19:52 PM
8	MILLS CREEK RESERVOIR- WALK TO AS	52.9	6.4	1829	✓	✓	✓	22:14 PM	12:57 PM	22:14 PM
9	BALD MOUNTAIN	59.3	4.2	3536				12:12 AM	13:47 PM	24:12 AM
	SKYLARK- FINISH	63.5		3565				1:30 AM	14:20 PM	1:30 AM

50K		MILES	TO NEXT	ELEVATION	CREW	DROP BAGS	PACER PICKUP	CUTOFFS- 10 HOURS TIME LIMIT	FIRST RUNNER	LAST RUNNER
	CAMP BLUE RIDGE- START	0	3.5	2592					6:00 AM	6:00 AM
1	SKYLARK POND	5.34	4.1	3565	✓			7:33 AM	6:43 AM	7:33 AM
2	BALD MOUNTAIN	9.3	2.1	3536				8:43 AM	7:13 AM	8:43 AM
3	SLACKS OVERLOOK	11.4	4.5	3123	✓	✓	✓	9:20 AM	7:29 AM	9:20 AM
	WHITE ROCK GAP- NO AID	13.6		2585	✓					
4	SLACKS OVERLOOK	15.9	7.7	3123	✓	✓	✓	10:38 AM	8:05 AM	10:38 AM
5	MILLS CREEK RESERVOIR- WALK TO AS	23.6	6.4	1829	✓	✓	✓	12:54 PM	9:06 AM	12:54 PM
6	BALD MOUNTAIN	30	4.2	3536				14:46 PM	9:56 AM	14:46 PM
	SKYLARK- FINISH	34.2		3565				16:00 PM	10:29 AM	16:00 PM

25K		MILES	TO NEXT	ELEVATION	CREW	DROP BAGS		CUTOFFS	FIRST RUNNER	LAST RUNNER
1	SKYLARK- START	0	4.5	3565					9:00 AM	9:00 AM
2	BALD MOUNTAIN	4.5	2.1	3536					9:35 AM	10:18 AM
	SLACKS OVERLOOK	6.6	4.5	3123	✓				9:52 AM	10:55 AM
3	WHITE ROCK GAP- NO AID	8.8		2585	✓					
	SLACKS OVERLOOK	11.1	2.3	3123	✓				10:27 AM	12:14 PM
4	BALD MOUNTAIN	13.4	4.2	3536					10:45 AM	12:54 PM
5	SKYLARK- FINISH	17.6		3565					11:18 AM	14:08 PM