

UROC Directions and Crew access locations

Locations

Camp Blue Ridge
Whetstone North
Skylark & Skylark pond
Slacks Overlook
White Rock Gap
Mills Creek Reservoir

Directions to Camp Blue Ridge (Start) From I-81

The address is: 529 Old Mill Road, Montebello, Virginia 24464. I-81 to Exit 205 (Raphine/Steeles Tavern). East on Hwy 606 to Hwy 11. Left on Hwy 11 for 200 yds, right on Hwy 56 for 8½ miles to Montebello. Left at post office in Montebello on Hwy 667. Camp entrance is first right. GPS use is not advised. The Camp phone is 540-377-2413.

Directions to Skylark- Finish

Skylark is located at mile marker 25 on the Blue Ridge Parkway. You can reach the Blue Ridge Parkway by taking exit 99 from Hwy 64. From exit 99, go southbound on the Blue Ridge Parkway. You can also reach the Blue Ridge Parkway from Hwy 81 by following directions above. Once you reach the Blue Ridge Parkway from Hwy 56, take the exit for the Blue Ridge Parkway and go northbound for about 1 mile.

Directions to Whetstone North (off the Blue Ridge Parkway) from Camp Blue Ridge- 2.5 miles

Watch for runners on the road. Exit Camp Blue Ridge from Old Mill Road
Left on Route 667, Fork Mountain Lane
Immediate right on Hwy 56, Crabtree Falls Hwy
Left on Route 603, Irish Creek Road
Right on Route 813, Whetstone Ridge Rd
Cross the Blue Ridge Parkway (watch for runners) and park at the Ranger station. The Whetstone trailhead will be on your right.

Directions to Skylark from Whetstone North- 8.8 miles

From the Ranger station, make a left on the Blue Ridge Parkway traveling northbound on the Blue Ridge Parkway
Watch for runners on the road
After 4 miles, you will see a large tree farm on your right: this is Skylark. Make a right at the entrance and follow the parking signs. Please no dogs at Skylark
The finish line is located on top of the mountain by the residence.
To reach the pond, park your car in the designated parking area.
Walk downhill on the paved road: the residence will be above you on the right. Follow the course markings and signs to the pond.

Directions to Slacks Overlook from Skylark- 5 miles

Exit Skylark and make a right (northbound) on the Blue Ridge Parkway
Watch for runners on the road
After 5 miles, you will arrive at the Slacks Overlook. The parking lot will be on your left.
Please do not block the Blue Ridge Parkway. Park only in designated areas. If you must park in the grass, always make sure all 4 wheels are off the Blue Ridge Parkway.

Directions to White Rock Gap from Slacks Overlook- 2 miles

This is a crew access only and not an aid station

Exit the Slacks Overlook and make a left (northbound) on the Blue Ridge Parkway
Watch for runners on the road
After 2 miles, you will arrive at White Rock Gap. The gravel parking lot is on your left.
Please do not block the Blue Ridge Parkway. Park only in designated areas. If you must park in the grass, always make sure all 4 wheels are off the Blue Ridge Parkway.

Directions to Mills Creek Reservoir from White Rock Gap- 14 miles

PLEASE NOTE THAT YOU MUST WALK 0.5 MILES TO REACH THE AID STATION

Exit the White Rock Gap gravel parking lot and make a left on the Blue Ridge Parkway (northbound)

Stay on the Blue Ridge Parkway for 2.2 miles

At Love Gap, make a left on Route 814, Love Road

Stay on Route 814 for 3.8 miles

Stay straight on Route 664, Mt Torrey Rd

You will pass the entrance to Sherando Lake. Continue on Rt 664 for another 5 miles.

You will see a general store/gas station on your left. Often, they advertise the sale of either guns or shrimps. Continue 0.1 mile beyond the store and make a left onto Coal Rd

Drive on Coal Road for about 0.5 miles.

Park in the first parking area on your left, which is called Turkey Pen

Walk across the gate on the jeep road (dirt road) for about 0.5 miles. The aid station will be located on your right.

Directions to Skylark (finish) from Mills Creek Reservoir- 21 miles

Walk back to the Turkey Pen parking area

Make a right on Coal Road and drive back to Route 664

Make a right on Rt 664, Mt Torrey Rd

At the intersection of Route 664 and Route 814, stay right on Route 814

Stay straight onto Route 814, Love Road

Make a right on the Blue Ridge Parkway

Watch for runners on the road. They will be running on the Blue Ridge Parkway and crossing it several times

Stay on the Blue Ridge Parkway to the entrance of Skylark

Make a left into Skylark. Please no dogs at Skylark. Follow the parking signs

Rules, Regulations and Safety

At UROC, we want everyone to have a fun, memorable and safe journey. We support your effort wholeheartedly and always do our best to get you to the finish line. Along the way, we like to have a blast and we want you to have a blast. However, here are some rules and regulations which should not spoil your experience but only enhance it and make it safer... so here it goes.

Waiver

All runners must sign a waiver and bring it to race day registration. The waiver can be found on the registration page.

Runners

No littering of any kind

On the Blue Ridge Parkway, paved roads and gravel roads, always run against traffic. This is an open course and there will be vehicles on the roadways. It is your responsibility to watch out for them.

If you decide to wear headphones, you must turn them OFF on the road (paved and gravel) portions of the course and wherever vehicles are present.

On the Blue Ridge Parkway, always run single file and NOT side by side.

No outside help which includes but is not limited to: motorized or non motorized rides (cars, bicycles, scooters, wheels of any kind, etc), cutting the course, physically carrying a runner.

If you get lost, you must return to the place where you got lost and rejoin the race course at that location.

You cannot run with your dog, sorry. We love dogs as much as anyone, but they are not allowed to run with you during the event.

If you encounter a runner in need of immediate assistance, you are required to help the runner to the best of your abilities.

Hiking poles are allowed. However, please step aside if someone needs to pass on the single track trail.

No strollers of any kind

You must respect the cutoffs and forfeit your race if you reach an aid station beyond the cutoff time. Continuing to run without a bib number beyond the cutoff will not be allowed.

If you drop out, you must let a race official know.

You must start the event at the race start time: you may not start significantly earlier or later than the race start time. Please be kind to other trail users and share the trail.
Race management has the right to pull any runner off the course if deemed proper and or necessary.
Race management has the right to refuse entry.
Race management has the right to cancel the race for safety reasons or for an event of Force Majeure.

Pacers

If competing for the cash purse in the 100k race, you can NOT have a pacer.
If you finish in a podium position in the 100k race and had a pacer at any time during the event, you will not be eligible for any cash award.
If NOT competing for the cash purse, you may have a pacer. Pacers can be picked up at the locations specified on the "Pacers and Crew" tab.
Pacers must wear a pacer bib number and sign a waiver. The waiver can be found on the registration page. The signed waiver can be emailed to francesca@badtothebone.biz or you may bring your waiver to race day registration.
Pacers can run either behind or in front of their runner.
Pacers cannot carry items for their runners: no muling.

Crews

Crews can only be met at the locations specified on the "Pacers and Crew" tab.
Please no dogs at the finish line (Skylark).
Dogs are allowed to crew with you but you must keep them on a leash at all times.
Always park off any roadways and do not block the roads.
You must display your crew tags with your runner's number.

Safety

You must be medically fit to run this race and properly trained. Also, you must not have any medical conditions which might endanger you during the event.
This is an isolated mountain course and you will be alone exposed to the elements for long stretches of time. You must be physically and mentally prepared and you must have the right gear at all times. If this all sounds like news to you, that's not a good sign.
Carry the gear and supplies necessary for the conditions, distance and your individual needs
The course is well marked. If you get lost, please find help and contact either your crew/family or race management so we know where you are.
This is an open course. There will be vehicular traffic on all gravel, paved and jeep roads. Always run against traffic and watch out for traffic. You must be able to hear traffic approaching at all times.
During the night portion of the event, you must wear a headlamp with adequate backup and wear high visibility clothing.
The course includes rocks, roots, holes, some drop offs, wildlife, changing weather conditions: please be prepared for all the above and wear adequate footwear.
Weather can change suddenly in the Blue Ridge Mountains: be prepared for heat and or hypothermic conditions.
Race management will make the final call as far as any safety situations, including your own. If we don't believe it is safe for you to continue, you must drop out of the race.
The course is well marked with orange surveyor flags, reflective surveyor flags, orange arrows on stakes, cones and orange chalk. However, you must have a general understanding of the course layout. There will be a race briefing on the Friday before the event and on race morning.

- Driving route
- - - Race course
- Crew access locations

