



Nashville Ultramarathon

Crew Information

Updated 10-22-21

Runners can have support provided by friends and family members anywhere along the course provided support doesn't interfere with traffic or other runners. Runners may not receive support from moving vehicles.

Aid Station Addresses

Start/Finish Line Cornelia Fort Airpark. **1199 Shadow Lane, Nashville, TN 37206**

Heartland Park Trailhead Aid Station #1 (mile 5 & 17) – **600 Steele Court, Nashville, TN 37204** **NOTE:** The aid station is actually across Heartland Drive from this address.

J. Percy Priest Dam Aid Station #2 (mile 11 and turnaround) – **3778 Bell Road, Nashville, TN 37214** **NOTE:** This address actually puts you in the middle of a bridge. After you make the turn onto Bell Road, the park access road is the very first road on your left.

Shelby Bottoms Greenway at Main Trailhead Aid Station #3 (mile 26 and 45, 50K turnaround) – **1900 Shelby Bottoms Greenway, Nashville, TN 37206.**

Greenway Trailhead by the fish sculpture Aid Station #4 (mile 31 and 41) - **1000 2nd Ave N., Nashville, TN 37243.** **NOTE** This one is a little tricky. There used to be a building at this address but it has been torn down recently. So, look for the vacant lot next to 900 2nd Ave N.

Ted Rhodes Golf Course Aid Station #5 (mile 36, 50 mile turnaround) - **1901 Ed Temple Blvd, Nashville, TN 37208.** The aid station is actually just prior to the golf course. Look for a pop up tent along the right side of the road when you are approaching the golf course.

Crewing Tips

Crew Role

You are the cheering section, packhorse, navigator of bad roads, and provider of all information for the runner with "ultra brain". You will spend an inordinate amount of time dashing from place to place followed by long stretches of time just waiting for your runner. You will repeat this process all day. Your runners will appreciate your support in achieving their goals. CAUTION: CREWING ONE YEAR OFTEN LEADS TO RUNNING THE NEXT!!!

Your primary task is to provide your runners encouragement and aid. This means carrying their supplies, meeting them at pre-determined locations, assessing their needs, and helping them in any way they see fit.

Runners really like information, including how far it is to the next stop, where their friends are, when you plan to see them next. You will also be asked to keep their spits – help them figure out how fast they are running, if they are starting to slow down or speed up, if they are keeping the pace they want, etc.

What to Pack

Chairs for yourself and your runner, blankets, towels, food for yourself (you may not have time to stop to get food), paper towels, trash bags (for wet or muddy clothes your runner discards), extra warm clothes for yourself in case of temperature changes throughout the day, fresh running clothes for your runner, first aid for runners (anti-chaffing bar, Band-Aids, ace bandages, advil), TP, reading material (for those long waits). Your runner will also have plenty of advice regarding what they want you to pack.

Preparing for Race Day

Familiarize yourself with the contents of each of your runner's bags. Have your runner give you a tour through their bags, explaining what they expect to need at various points during the run. NOTE: They will invariably change their mind throughout the day and suddenly ask for different items when they meet you.

What To Do at Meeting Points

At each stop you will either lay out items in your car or unload the items if the car is too far from the actual running path. Try to set up everything so it is easily and quickly accessible by you or your runner. You may also want to familiarize yourself with the nearby aid station in case your runner is looking for something other than what you have packed.

Wait for your runner and cheer for the other runners. Help other crew members as needed.

What To Do When Your Runner Arrives

Don't expect him/her to be able to do anything or think clearly.

1. Immediately ask "what do you need". You may or may not get a coherent answer.
2. Refill his/her water bottle and offer cups of liquid.
3. Offer food-don't be offended if they refuse- ask again
4. Assess further needs: change of clothes, first aid, massage.
5. TELL THEM WHEN YOU WILL SEE THEM NEXT before they leave. They will focus on this piece of information like their life depends on it. Be there.
6. Repack everything (you will have used about 10% of what you unpacked) and head off to the next station. Repeat.

NOTE: If for some reason, your runner needs to drop out of the race, be sure to let a volunteer at the nearest aid station know before leaving the course with your runner.

Once your runner has departed your final scheduled meeting point, head to the finish line. Your runner will be a mix of emotions at the finish – excited, tired, foggy minded, possibly hurting, possibly upset with the turnout of the race, etc. Be encouraging and offer advice regarding pain relief (advil, stretching, etc.), rehydration, food intake, etc. If you are not driving your runner home, be sure they are connected with that driver or in good enough shape to drive themselves before you part ways.

Finally, pat yourself on the back and take pride in knowing you have helped someone accomplish something few people can lay claim to – completion of an ultramarathon.