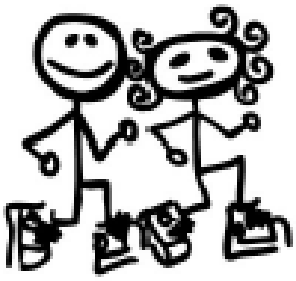

Nashville Ultramarathon

50K & 50 mile

Saturday, October 22, 2022
www.nashville-ultra.com

Information Packet

As of 9-29-22

The Nashville Ultra is a benefit for

East Nasty Running Club
&
Friends of Shelby Park and Shelby Bottoms

Start/Finish Line
The race starts and finishes at the Cornelia Fort Airpark at 1199 Shadow Lane, Nashville, TN 37206 in the historic East Nashville neighborhood. Parking is limited so carpool if possible. All runners and crew are asked to park at the far end of the parking area in order to leave space for others who utilize this park on a normal basis. The parking area is just steps away from the start line. Look for the signs that read "Nashville Ultra Parking Only".

Accommodations
- There are a number of boutique hotels in the East Nashville neighborhood including The Gallatin Hotel , the Russell and the Vandyke.
- If you prefer more traditional hotels, there are many to choose from near the airport (20 minutes to start line) or the Opry Mills mall area (15 minutes to start line) as well as a number of options in downtown Nashville (15 minutes to start line). Prices vary widely and can be somewhat pricey downtown.
- There are also many Airbnb and VRBO options near the start line. Search by entering the zip codes 37206 or 37216.

Packet Pickup
- Friday October 21st from 4:00 – 6:00 pm CST at Nashville Running Company 820 Woodland Street, Nashville, TN 37206. Parking is available on S. 9th Street.
- Or, Saturday at the Start/Finish line from 5:30 - 6:30 am CST.

Start Times
All distances will start together at 7:00 am CST. If you are running the 50 mile distance and are concerned about completing the race within the 12 hour cutoff time, there will be a 5:00 am CST start. You must inform the Race Director prior to race day if you plan to start early (nashvilleultra@gmail.com). All early starters MUST carry a flashlight or headlamp. Some aid stations will not be staffed when you pass them the first time.

Rules
- There will be a 12 hour cutoff time. Aid Stations will close based on a pace necessary to finish in that time frame.
- Runners can have support provided by friends and family members anywhere along the course provided support doesn't interfere with traffic or other runners. A runner can have a pacer run or ride a bike with them provided the pacer does not interfere with other runners or traffic. Runners may not receive support from moving vehicles.
- If you drop out of the race, you **must** notify the volunteers at the nearest aid station.
- Runners signed up for the 50 mile can drop down to the 50K by notifying volunteers at the nearest aid station. Runners who drop down are not eligible to win the race.
- Runners signed up for 50K can rise up to the 50 miler by notifying volunteers at the nearest aid station.
- All runners **must** check in with volunteers at each aid station every time they pass the aid station. **If you do not check in with the volunteers at each aid station your finish time may be called into question.**
- Generally there will be little vehicular traffic on the course, but there are a few roads that runners will cross that do have traffic. Runners are required to watch for traffic and yield to ALL vehicles. Our volunteers are not allowed to stop traffic. When it comes to traffic**, use caution as you would on a training run.**
- Please don't litter.

Course

The course consists of two out and back "loops" on Metro Parks Greenways and bike trails.

First Loop – Cornelia Fort Airpark out to Percy Priest Dam and back.

- This portion of the route is all paved greenway trails except for one short portion of wooden plank walkway (see example photo on our website).
- The course begins on the Shelby Bottoms Greenway, crosses the Cumberland River Pedestrian Bridge and the follows the Stones River Greenway to Percy Priest Dam.
- The course includes several rolling hills and one rather steep hill just past mile 17.
- You will pass Aid Station #1 at the 5 mile and 17 mile mark
- At the trailhead near Percy Priest Dam, continue through the parking area and up the entrance road. The turn-around point (mile 11) is at Aid Station #2

Second Loop – Cornelia Fort Airpark (start line) all the way to the end of the MetroCenter Levee Greenway(Ted Rhodes Golf Course) and back

- After returning to the Start line, runners will take the Shelby Bottoms Greenway towards downtown Nashville.
- At mile 26, exit Shelby Bottoms and enter Shelby Park. Please stay to the side of the road and watch for traffic. Most drivers do a good job of sharing the Parks' roads, but some do not.
- 50K runners will turn around at mile 26.5 in Shelby Park, just past Aid Station #3.
- After circling the park runners will exit onto Davidson Street.
- Stay on the left side of the road in the bike lane (course markings are on this side). There is a short section between the end of the park and the beginning of the bike lane that is not marked "bike lane". Use extreme caution in this area as cars tend to fly through here.
- At the end of the bike lane, runners will see Nissan Stadium, home of the Tennessee Titans, before crossing the Cumberland River on the Shelby Street Pedestrian Bridge.
- At the bottom of the bridge, **do not cross 3rd Ave.** Instead, take a drastic 180 degree right turn and run back under the bridge toward 1st Ave. Runners will cross two lightly traveled streets before reaching 1st Ave. and Riverfront Park. All runners must stop for traffic and only cross the roads when it is safe to do so.
- Cross 1st Avenue and turn left to run through Riverfront Park.
- At the end of Riverfront Park, turn right onto the sidewalk along Gay Street.
- At 1st Avenue, turn right again. Stay on the sidewalk on the right side of the road.
- Just before the road ends, cross 1st Avenue and continue on the paved Greenway. Runners will cross two more lightly traveled streets and continue along the paved greenway trail.
- Once the greenway passes under I-65, you are now on the MetroCenter Levee Greenway.
- Runners follow the MetroCenter Levee Greenway along the Cumberland River for 2.5 miles and then into Ted Rhodes Golf Course.
- The turn-around (mile 36) is just before the parking lot for the Golf Course. This is also the location for Aid Station #5.
- Retrace your steps back to the Finish Line.

Drop Bags

Each runner can have runner-supplied drop bags that we will deliver to the aid stations. Be sure to clearly mark each bag with the aid station number where you want it dropped. See below for aid station locations and numbers. Note: you will pass most aid stations twice due to the out and back nature of the run. Drop bags should be clearly marked with the runner's name. Sturdy containers/bags should be used. Drop bags must be deposited at the start line on the day of race prior to 6:30 a.m. They will be transported to the aid stations by volunteers and will be returned to the finish line at the end of race for runner pickup. In order to receive your drop bag at the finish line, you MUST put the bag in the bin marked "DONE" before departing an aid station.

Crew Info

Addresses for each aid station and other crewing information can be found on our website at https://www.nashville-ultra.com/other-details

Aid Stations

Each aid station will be supplied with water, Sports Drink, soda, Grab The Gold nutrition bars, energy gels, fruit, sweets, salty items, electrolyte capsules, salt tablets, Band-Aids, ice and Vaseline. Aid stations are approximately 6 – 7 miles apart.

Aid Stations (50 miles)

- Aid Station #1 – Mile 5 and 17
- Aid Station #2 – Mile 11
- Aid Station at start/finish - Mile 22
- Aid Station #3 - Mile 26 and 45
- Aid Station #4 - Mile 31 and 41
- Aid Station #5 - Mile 36

Aid Stations (50K)

- Aid Station #1 – Mile 5 and 17
- Aid Station #2 – Mile 11
- Aid Station at start/finish - Mile 22
- Aid Station #3 - Mile 26

Portable Toilet Locations

- Portable toilets will be available at the Start/Finish Line and all aid stations.
- For Aid Station #2, there are restrooms at the Dog Park you pass just before reaching the aid station.
- For Aid Station #3, there are restrooms at the Shelby Bottoms Nature Center which is just a few yards away from the aid station

Awards

- All pre-registered runners will receive a Nashville Ultra tech t-shirt. Runners registering on race day will not be guaranteed a shirt.
- All finishers will receive a finisher's glass mug with the event logo and date. Runners registering on race day will not be guaranteed a finisher's award.
- Top male and female in each distance will receive a hydration pack from drankful and a pair of HOKA shoes of your choice.

Weather

Average temperatures for this date are 68 ^{0}F normal high, 45 ^{0}F normal low, with 86 ^{0}F record high, and 26 ^{0}F record low (yikes!). Temperature on this date in 2019 was high of 71 ^{0}F and low of 57 ^{0}F. Temperature on this date in 2020 was high of 56 ^{0}F and low of 45 ^{0}F. Sunrise is at 7:09 AM, sunset at 5:53 PM. There is normally minimal chance of rain this time of year, but you never know. Check the forecast before you pack.

Course Markings

- Mile Markers – each mile will be marked with a sign indicating the mileage. Since the route involves multiple loops, you will notice more than one distance on some signs (for example 47(50 mile), 28 (50K). *NOTE: All distances are approximate based on measurements from a Garmin Forerunner GPS system.*
- All critical turns will also be marked with signage. WARNING: in the past, people have moved or taken our signs. I would strongly suggest you also use one of the options below and not depend 100% on signage.
- The course will be available through the RunGo App. If you plan to use the app, be sure to download it before race day. (https://www.rungoapp.com/)
    - Pros – This app will provide you with voice command directions just like GPS in your car. It will also tell you if you are off course.
    - Cons – it will use a lot of battery power. Bring a spare battery or a pocket phone charger.
- The course can be downloaded as a GPX file from our website (https://www.nashville-ultra.com/course-info)
- The course is also available in Strava (50 mile or 50K)

Results will be available on the website the week after the run.

Questions: email any questions or comments to nashvilleultra@gmail.com.