



Blackbeard's Revenge

100 Mile, 100 Kilometer and 100 Mile
Relay

Schedule

Event Date: March 28th-29th

March 27th:

- 5:30 pm: Mandatory 100 Mile meeting at [Comfort Inn on the Ocean, 1601 S Virginia Dare, Kill Devil Hills, NC](#)
- 6:30 pm: Pre-race Dinner for all runners
- 5:30 – 7:30 pm: Gear check and bag drop-off for both distances

March 28th :

- 4:00 am: assemble at 100 mile start line
- 5:00 am: 100 mile race start
- 8:00 am: assemble at 100 Kilometer start line
- 9:00 am: Mandatory 100 kilometer pre-race meeting and gear check
- 9:30 am: 100 kilometer race start
- 7:00 pm: all athletes over Bonner Bridge

March 29th:

- 1:00 pm: finish line closes
- 2:00 pm: course cleared and clean

Course Cut-Offs

The entire race cut-off time for the 100 miler is 32 hours and the 100 Kilometer is 27.5 hours. There are also multiple course cut-off locations that you need to be aware of. These are hard cut-off times.

Cut off Location	100 Mile Distance and Time	100 Kilometer Distance and Time
Aid Station #3	29.8 Mile (2:31 pm) 19:13 per mile pace	N/A
Aid Station #6	46.8 mile (7:56 pm) 19:13 per mile pace	N/A
Aid Station #9	63.6 Mile (1:17 am) 19:13 per mile pace	25 Mile (1:17 am)
Aid Station #11	75 Mile (4:56 am 3/31) 19:13 per mile pace	36.5 Mile (4:56 am, 3/31)
Aid Station #14	87.8 Mile (8:56 am 3/31) 19:13 per mile	49.2 Mile (8:56 am 3/31)

Important Athlete Rules

- 100 mile athletes must attend the pre-race meeting the day before and go through gear check. 100 mile athletes crew members must also have waivers signed by this point. 100 Kilometer athletes that do not attend the meeting on Friday must be at the starting line no later than 8:30 am to get information, packets, and to do gear check.
- All athletes must complete the designed 100 mile and 100 kilometer course, under their own power, and without a pace vehicle.
- Athletes must also check in at every manned aid station along the course. It is the athlete's job to make sure they are checked in and out at aid stations.
- Bibs must be worn on the front of the torso at all times and visible.
- This is not a closed course, athletes must obey traffic laws at all times. When running on roads, run facing traffic or on a designated bike/run path for safety.
- Trash may be dropped at manned aid stations. If an athlete is caught littering on the course they will be immediately disqualified.
- No supplies may be stashed along the course.

More Rules

- Athletes must have a headlamp or flashlight, forward and rear facing reflective gear, as well as a red flashing rear light on between sunset and sunrise (7:22 pm – 6:52 am).
- Athletes will be required to show the following mandatory gear at pre-race meeting (100 mile) or on race morning (100k):
 - 2 – headlamp or flashlight with extra batteries, if applicable
 - 1 – reflective vest
 - 2 – red flashing rear light with extra batteries, if applicable
- Prior to the race, athletes must provide any pertinent medical information to race staff. If athletes are found to have falsified medical information, they may be banned from all future events.
- Race staff can pull athletes from the race at any time if they feel they are a danger to themselves or others.

Relay Rules

- Team Size: 2 – 6 People
- Relay exchange zones are at each of the manned aid stations
- Relay “leg” distance is up to the team, but exchanges **must** be done at an exchange zone only
- Runners do not have to run an equal number of legs or distances
- All general athlete rules and gear requirements apply to relay team participants.
- Each team must provide their own support vehicle, only one vehicle per relay team.
- Team vehicle must have the team’s name and bib number clearly visible on the back and both sides at all times and can be no bigger than a 12 passenger van.
- Relay team “camping” or hanging out for long times at exchange zones is not allowed. There is limited space at exchange zones, please plan accordingly.

Crew and Pacer Rules

- Both 100 milers and 100 Kilometer athletes can have pacers and crew.
- Athletes are responsible for their crew. If the crew or pacer does not follow the rules the athlete will be penalized.
- Each athlete is allowed one support vehicle, we do not want to overcrowd the course. This vehicle cannot be an RV or van larger than 12 passenger.
- While support vehicles are allowed to carry and supply gear, they may not pace the athlete.
- No aid from moving vehicles.
- Support vehicles must have their racer's or team's name and bib number clearly visible on the back and both sides at all times.
- Pacers are allowed from the beginning of the race on, but only one pacer is allowed at any given time.
- Pacers MUST wear a pacer bib while on the course and pre-sign the waiver.
- Much of the course has rules about parking, please adhere to them.
- Pacers, please be aware that the course fuel and food is for the athletes racing, while you are allowed to have some, please try to supply as much of your own as possible.
- All pacers and crew must sign a waiver prior to race start.
- If your athlete drops out of the race please follow proper procedure by checking in at the closest manned aid station and turning in their race bib.

Drop Bags

Drop bags will be available for 100 mile athletes at the following aid stations:

Aid Station 2 (mile 18)

Aid Station 5 (mile 41)

Aid Station 9 (mile 63)

Aid Station 11 (mile 74)

Drop bags will be available for 100 kilometer athletes at the following aid stations:

Aid Station 9 (mile 25)

Aid Station 11 (mile 36)

Race staff will provide clear drawstring bags marked with the athlete's name, bib number, and drop location. Bags will be dropped at the start line of each race or at the prerace meeting the night before the event. Bags will be returned to athletes at the finish line.

Weather

The weather can vary greatly in late March on the Outer Banks. It can also change quickly. Please bring gear for all possible conditions. You may get beautiful sunshine and calm winds or rain/snow with 50 mph winds and lightning. The race staff may hold athletes at aid stations, or modify the course if necessary due to extreme weather.

The most likely point of issue is Basnight Bridge. High winds on this bridge can be unsafe, and the race crew may change the course prior to the race start to avoid this.

In extreme weather (dangerously high winds, severe thunderstorms, flash flooding), we would have runners shelter-in-place to wait for conditions to improve. If improvement is not likely, we would begin pulling athletes from the course and returning them to a safe location. We would communicate any changes to course or race schedule through email and facebook. If something comes up during the race, we would stop athletes at aid stations and push communication out through the RaceJoy app to runners and spectators.

Essentials

- While there are many, many essentials for race day, we have two that we highly suggest are in your bags:
 - Body glide or similar: The salt air and the sandy roads are an awesome combination for an early exit from this race from chaffing. Please lube up and lube often to make sure everything is sliding around alright
 - Sunscreen: While it may not be hot or bright sunshine, the sun will burn you quickly! Please apply sunscreen often!



Course Markings



- Every 5 miles will have a Blackbeard's Revenge sticker or sign
- Any turns on the course will be marked with stickers and signs
- Aid stations and Relay exchange zones will be marked with signs



100 Mile Course

- [https://www.mapmyrun.com/
routes/view/2393961616](https://www.mapmyrun.com/routes/view/2393961616)

Please keep in mind the course can be changed at the race director's discretion if the course becomes unsafe due to conditions

100 Mile Start Location

- The 100 Miler will start at Historic Corolla Park
 - Historic Corolla Park
1160 Village Park Ln
Corolla , NC 27927





100 Kilometer Course

- <https://www.mappedometer.com/?maproute=722894>

Please keep in mind the course can be changed at the race director's discretion if the course becomes unsafe due to conditions

100 Kilometer Start Line

- The 100 Km will start at Jennette's Pier in Nags Head – on the actual pier

7223 S Virginia Dare Trail
Nags Head, NC 27959



Aid Stations

- 100 Mile athletes will have manned aid stations every 10 miles through mile 30 and then aid stations every 5 miles at which point every other aid station will be manned.
- 100 K athletes will have aid stations every 5 miles. Every other aid station will be manned.
- At unmanned aid stations, athletes will be provided with access to water or water and Breakthrough Nutrition sports drink.
- At manned aid stations, athletes will be given a choice of many different foods as well as water and Breakthrough Nutrition sports drink.
- Aid stations will be placed at parking lots along the route at beach access points or at private businesses. Please have pacers/spectators/teammates park in designated areas along the course and never along the side of the road. Check the Aid Station Chart for more details.
- The manned aid stations should be manned at all times. If there is an emergency, a worker or volunteer may temporarily leave an aid station. At that point it becomes self-serve until they return.

Aid Station Chart

Aid Station	100 Mile Distances	100 KM Distances	Location	Bathrooms	Aid Available	Parking
100M Start			Historic Corolla Park	Yes, public restroom in parking lot near start line	n/a	Various lots at park surrounding start line
1	10.2 (Relay 1)		Currituck County Southern Public Beach Access	Yes, public restroom behind parking lot	Water, Fruit cups, granola bars	Public parking in lot
2	18.7 (Relay 2)		Aqua Spa East Parking Lot	Yes, portable toilet in parking lot next to dumpster	Water, Breakthrough Nutrition Hydration, Peanut butter rice crispie treats, coke, pickles	Limited parking in lot on east side of road
3	29.7 (Relay 3)		Asheville Dr Public Beach Access	Yes, portable toilet in first parallel parking spot inside parking lot	Water, Breakthrough Nutrition Hydration, Boiled potatoes and salt, granola bars, bacon, trail mix, gels, salt tablets	Limited parking in lot on east side of road
4	35.3		St Andrews by the Sea Episcopal Church, across the street	No	Water	n/a
100k Start	38.4	0	Jennette's Pier	Yes, public restroom in main building, open from 7am-9pm	n/a	Public parking in lot
5	41.4 (Relay 4)	3.5	Juncos St Public Beach Access	Yes, portable toilet in first parking spot behind covered benches inside parking lot	Water, Breakthrough Nutrition Hydration, PB&J, fruit cups	Limited parking in lot on east side of road
6	46.6	8.6	Oregon Inlet Campground	Yes, public restroom at first drive on the left after campground	Water	Limited parking in campground visitor lot
7	53.45 (Relay 5)	15.45	Pea Island Visitor Center	Yes, public restroom on south end of parking lot	Water, Breakthrough Nutrition Hydration, Cheese quesadillas, pickles, donuts, gels, coke	Public parking in visitor center lot
8	58.4	20.4	NC 12 at 35°38'37.3"N 75°28'28.3"W	No	Water	n/a
9	63.4 (Relay 6)	25.4	Cape Hatteras KOA Campground	Yes, portable toilet on grass in front of main office	Water, Breakthrough Nutrition Hydration, coffee, trail mix, boiled potatoes and salt	Limited parking at beach house on west side of the road across from campground
10	68.7	30.7	Off Road Ramp 25 Beach Access	No	Water	Limited parking in lot on east side of road
11	75 (Relay 7)	37	Off Road Ramp 32 Beach Access	Yes, portable toilet on grass on south side of the driveway	Water, Breakthrough Nutrition Hydration, burgers, bacon, candy, coke, fruit cups	Limited parking in lot on east side of road, additional parking in paved lot .25 miles south
12	80.4	42.4	Seaside Dr at NC 12, Avon, NC (across from shopping center)	No	Water	Public parking at shopping center on west side of road
13	85.4 (Relay 8)	47.4	Entrance to Cape Hatteras Lighthouse Park	No	Water, Breakthrough Nutrition Hydration, cup o' noodles, boiled potatoes with salt, pickles, peanut butter rice crispies, gels	Limited parking at Burrus Field, west of Park entrance
	86.7	48.7	Turnaround Point inside Hatteras Park	Yes, portable toilet at Buxton Woods Trailhead parking area	n/a	Public parking at any lot in the park
14	88	50	Exit of Cape Hatteras Lighthouse Park	No	Water, Breakthrough Nutrition Hydration, cup o' noodles, boiled potatoes with salt, pickles, peanut butter rice crispies, gels	Limited parking at Burrus Field, west of Park entrance
15	91.2	53.2	Dare County Offices	No	Water, Breakthrough Nutrition Hydration	n/a
16	95.6 (Relay 9)	57.6	Frisco Bath House and Public Beach Access	Yes, public restroom in parking lot	Water, Breakthrough Nutrition Hydration, coke, leftovers from previous aid stations	Public parking in lot
Finish	100	62	Graveyard of the Atlantic Museum	Yes, portable toilet in parking lot near finish line	rice bowls - beans, salsa, ground beef, cheese	Public parking in Museum lot and at adjacent beach access point

Estimated Timeline of Athletes

3/30, 5:00 AM: Start 100 miler

3/30, 7:45 AM: First athletes through NC 158 and NC 12 junction

3/30, 9:30 AM: Start 100 K

3/30, 10:35 AM First 100 K athlete at Bonner Bridge

3/30, 11:00 AM: First 100 mile Athlete onto Bonner Bridge

3/30, 12:00 PM: Last athlete through NC 158 and NC 12 junction

3/30, 7:00 PM: Last athlete through Bonner Bridge

3/30, 2:50 PM: First 100 K to Hatteras Light house

3/30, 4:00 PM: First 100 mile athlete to Hatteras Lighthouse

3/30, 4:10 PM – 5:30 PM: First 100 K finisher

3/30, between 5:30-7:30 PM: First 100 mile finisher

3/31, 9:05 AM: Last 100 mile athlete to Hatteras Lighthouse

3/31, 1:00 PM: Last athlete to finish

RaceJoy

Make sure to download the RaceJoy app by RunSignUp (available on Apple and Android) so that you can get progress alerts during your race and see a map of aid stations and bathrooms! If your friends, families, and teammates want to track you during the race, they can download this app as well. All they have to do is enter your bib number to watch your progress and send you cheers throughout the race!

