



MAY 19-21, 2023

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RACE PACKET PICKUP

THUR, MAY 18th

From 4:00pm-7:00pm
 @ Camp Morganton
 236 Camp Morganton Road
 Blue Ridge, GA 30513
 34.824640, -84.319425

FRI, MAY 19th

From 9:00am - 11:30am
 @ Camp Morganton
 236 Camp Morganton Road
 Blue Ridge, GA 30513
 34.824640, -84.319425

START TIME

FRI, MAY 19TH

12:00PM
 @ Camp Morganton
 236 Camp Morganton Road
 Blue Ridge, GA 30513
 34.824640, -84.319425

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www.dumassevents.com



DAHLONEGA ULTRA-MARATHON ASSOCIATION

RACE RULES

Any runner that violates any of the below listed regulations is subject to disqualification. Any crew that violates any of the below listed rules is subject to the disqualification of their runner

- No Littering!!
- Runners must stay on marked course at all times
- No cutting of switchbacks
- Runners must check in at each aid station
- Runners may only receive aid at designated aid stations
- Runners may not receive aid from or be paced by vehicles on road sections
- Runners may pick up pacer starting at the turn-around point (Wolf Creek) or any other crew accessible aid station thereafter
- Only ONE pacer is allowed on course with runner at any time
- Pacers must wear "Pacer" bib and complete waiver prior to event
- Crews may only use crew accessible aid stations
- Only ONE car per crew at each aid station
- Crew will NOT park in a manner that will block traffic, trailheads or other cars
- Crew will NOT leave car parked at aid station
- Trekking poles are allowed
- Runners may only be scored for awards under gender designated on government issued ID.
- Participants that elect to not disclose their gender or choose "Other" as their gender will not be included in scoring for awards.
- For the bib punches...
 - On the Flat Creek Loop, runners must use designated station to punch bib to show proof of loop completion. Bib will be checked at Deep Gap for Loop 1 and 2. If bib is not punched, runner must return to Flat Creek Loop, punch bib and return to Deep Gap.
 - Bib will be checked at Wolf Creek for Poor Decisions bib punch. If bib is not punched for Poor Decisions, runner must return to Poor Decisions, punch bib, and return to Wolf Creek for verification.
- Any runner that violates any of the above listed regulations is subject to disqualification.
- Any crew that violates any of the above listed rules is subject to the disqualification of their runner.
- Last, but not least, be kind to the volunteers other runners, and the general public who may also be utilizing these trails

Basically, don't be an asshole.



CRUEL JEWEL
100





ADDRESS TO START

Camp Morganton
236 Camp Morganton Rd, Blue Ridge, GA 30513
GPS Coordinates: 34.824884, -84.319309

PACKET PICKUP

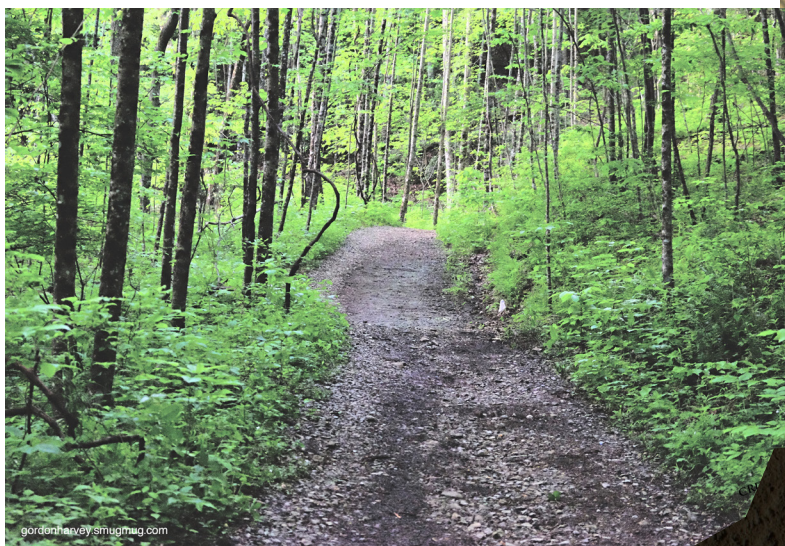
- Thursday, May 18th 4pm-7pm at [Camp Morganton](#)
- Friday, May 19th 9am-11:30am at Camp Morganton
- You **MUST** present government issued photo ID to pick up your packet.

COURSE INFORMATION

The Cruel Jewel 100 is a 103.9-mile foot race deep within the beautiful Chattahoochee National Forest of the North Georgia Mountains. It consists of 91.9 miles of trails, 12 miles of mountain roads, and 20 aid stations. Along your journey from Camp Morganton to Blairsville and back, you will experience tough, and sometimes technical, single track trails, ferns and old growth poplar trees, steep ascents and even steeper descents, an historic steel bridge spanning the Toccoa River, the Dragon's Spine, lush green hardwood forests, rocks, roots and ridge lines ... all of which will be passed before you reach your final destination. And as a bonus we have thrown in 30,000 feet of gain and 30,000 feet of loss just to keep it interesting!

The Cruel Jewel 100 is laid out for tough and experienced trail runners; therefore, there will be strict cut off times at all aid stations put in place for your safety.

[GPX file can be downloaded here](#)



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CUT-OFF TIMES

2023 Cruel Jewel 100 Aid Station and Cut Off Schedule					
	Location	Distance From Start	Distance From Last Aid	Crew Drop Bags Pacers	Cut Off Time
Start	Camp Morganton	0	0		
Aid 1	Deep Gap	2.7	2.7		
Aid 2	Deep Gap (Bib Punch)	8.5	5.8		Fri, 3:40PM
Aid 3	Stanley Gap	13.2	4.7		Fri, 5:45PM
Aid 4	Old Dial Road	19.1	5.9	C	Fri, 8:15PM
Aid 5	Wilscot Gap	24.6	5.5	C, DB	Fri, 11:00PM
Aid 6	Skeenah Gap	29.5	4.9	C	Sat, 12:45AM
Aid 7	Fish Gap	34.4	4.9		Sat, 2:55AM
Aid 8	Fire Pit	41.7	7.3		Sat, 6:00AM
Aid 9	Wolf Creek	46.4	4.7	C, DB	
Aid 10	Poor Decisions (Bib Punch)	49.1	2.7		
Aid 11	Wolf Creek	51.8	2.7	C, DB, P	Sat, 10:50AM
Aid 12	Fire Pit	56.5	4.7		Sat, 1:00PM
Aid 13	Fish Gap	63.8	7.3		Sat, 4:25PM
Aid 14	Skeenah Gap	68.7	4.9	C, P	Sat, 6:45PM
Aid 15	Wilscot Gap	73.6	4.9	C, DB, P	Sat, 9:00PM
Aid 16	Old Dial Road	79.1	5.5	C, P	Sat, 11:45PM
Aid 17	Stanley Gap	85	5.9	C, P	Sun, 2:40AM
Aid 18	Weaver Creek Road	90.4	5.4		Sun, 5:20AM
Aid 19	Deep Gap	95.4	5		Sun, 7:50AM
Aid 20	Deep Gap (Bib Punch)	101.2	5.8		Sun, 10:40AM
Finish	Camp Morganton	103.9	2.7		Sun, 12:00PM

C = Crew Access
DB = Drop Bag Access
P = Pacer Access

CRUEL JEWEL 100





CREW ACCESS AID STATION DRIVING DIRECTIONS

Camp Morganton (START) to Old dial (AS#4)

<https://goo.gl/maps/smqQ6LE27aTLcTVq6>

Turn LEFT onto Snake Nation road and follow for 1.1 miles. Snake Nation will T into Aska Road. At stop sign, turn RIGHT onto Aska Road for 5.4 miles. Turn LEFT onto Shallowford Bridge Road (cross bridge) and make an immediate RIGHT to stay on Old Shallowford Bridge Road for 1.3 miles to Old Dial Aid Station (AS#4) on RIGHT.

Old Dial Road (AS#4) to Wilscot Gap (AS#5)

<https://goo.gl/maps/ZNAY2dt98f9yUHj18>

Turn RIGHT onto Old Dial Road and follow for 5.9 miles. Old Dial Road will T into GA-60 N/Morganton Hwy. At stop sign turn LEFT onto GA-60 N/Morganton Hwy for 2.8 miles to Wilscot Aid Station (AS#6) on RIGHT.

Wilscot Gap (AS#5) to Skeenah Gap (AS#6)

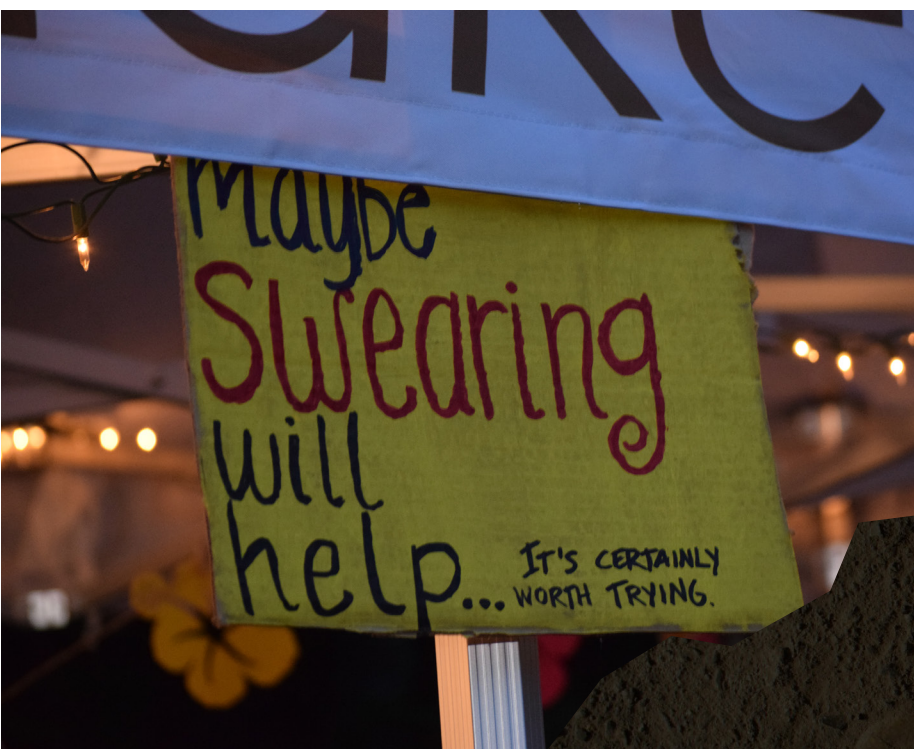
<https://goo.gl/maps/WjHJW>

Turn around and head South on GA-60 S/Morganton Hwy for 3.5 miles. Turn LEFT onto Skeenah Gap Rd for 3.5 miles to Skeenah Gap Aid Station (AS#7) on RIGHT.

Skeenah Gap (AS#5) to Wolf Creek (AS#9&11)

<https://goo.gl/maps/4AfoecVU2nmLkMcz7>

Drive Northeast on Skeenah Gap Road for 4.3 miles. At stop sign, turn RIGHT onto Blue Ridge Highway for 4.5 miles. Turn RIGHT onto Mulky Gap Road for .9 miles. Turn LEFT onto Owltown Road for 7.2 miles. Turn RIGHT onto US 129/US 19 S for 1.3 miles. Turn RIGHT onto W Wolf Creek Road at Sunshine Grocery for 1.3 miles. Wolf Creek Aid Station (AS#9&11) on LEFT.





CREW ACCESS AID STATION DRIVING DIRECTIONS CONTINUED...

Wolf Creek (AS#9&11) to Skeenah Gap (AS#14)

<https://goo.gl/maps/ybEQ5njaXrQfXBda9>

Drive East on W Wolf Creek Road for 1.5 miles. Turn LEFT onto US 129 N/US 19 N for 1.3 miles. Turn LEFT onto Owltown Road for 7.2 miles. Turn RIGHT onto Mulky Gap Road for .9 miles. Turn LEFT onto Blue Ridge Parkway for 4.5 miles. Turn LEFT onto Skeenah Gap Road for 4.5 miles. Skeenah Gap Aid Station (AS#14) will be on LEFT.

Skeenah Gap (AS#14) to Wilscot Gap (AS#15)

<https://goo.gl/maps/D36bW>

Continue driving southwest on Skeenah Gap Road for 3.5 miles. Turn RIGHT on GA-60N and continue for 3.5 miles. Wilscot Gap Aid Station (AS#15)

Wilscot Gap (AS#15) to Old Dial Road (AS#16)

<https://goo.gl/maps/rCFXY>

Drive South on GA-60 for 2.8 miles. Turn RIGHT onto Dial Road and follow for 2.5 miles. At intersection with Newport Road, continue straight onto Old Dial Road for 3.4 miles until intersection with Shallowford Bridge Road.

Old Dial Road (AS#16) to Stanley Gap (AS#17)

<https://goo.gl/maps/vurX5uFEugRPgQJ48>

Drive Northeast on Shallowford Bridge Road. Turn RIGHT onto Old Dial Road for 3.4 miles. Turn RIGHT onto Newport Road for .7 miles. Turn RIGHT onto Aska Road for 5.1 miles. Turn LEFT onto Stanley Creek Road for 2.9 miles. Stanley Creek Road turns into Rock Creek Road, continue for one mile. Stanley Gap Aid Station (AS#17) on RIGHT.

Stanley Gap (AS#17) to Camp Morganton (FINISH)

<https://goo.gl/maps/msv5ge2vL5xgAYpr9>

Drive South on Rock Creek Road, which turns into Stanley Creek Road for 2.9 miles. Turn LEFT onto Aska Road for 5 miles. Turn LEFT onto Snake Nation Road for 1.1

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DAHLONGEGA ULTRA-MARATHON ASSOCIATION

Aid Station 1: Deep Gap

NO CREW ACCESS



Ascent	617 ft
Descent	304 ft
Min Elevation	1,796 ft
Max Elevation	2,284 ft

Exit Camp Morganton on gravel Camp Morganton Rd. Follow gravel road to the end and turn left onto paved Snake Nation Rd. Continue to end and turn right onto paved Aska Rd. Turn right at Deep Gap Trailhead.

Aid Station 1 is at junction with Flat Creek Loop.

Distance to next aid (Deep Gap): 5.8 miles

Aid Station 2: Deep Gap

Cutoff: 3:40pm Friday | (BIB PUNCH)

NO CREW ACCESS



Ascent	1,145 ft
Descent	1,155 ft
Max Elevation	2,719 ft
Min Elevation	1,993 ft

Leave Deep Gap and follow the Flat Creek Loop Trail counterclockwise over Flat Creek, up Davenport Mountain and back down to Deep Gap Aid Station.

Approximately half-way through the Flat Creek Loop, runners must use designated station to punch bib to show proof of loop completion. Bib will be checked at Deep Gap before continuing to Stanley Gap. If bib is not punched for Loop 1, runner must return to Flat Creek Loop, punch bib, and get verified by Deep Gap Aid Station before continuing on to Stanley Gap.

Distance to next aid (Stanley Gap): 4.7 miles

Aid Station 3: Stanley Gap

Cutoff: 5:45pm Friday

NO CREW ACCESS



Ascent	1,321 ft
Descent	1,220 ft
Max Elevation	3,355 ft
Min Elevation	2,243 ft

Leave Deep Gap and follow the Stanley Gap Trail to the "T" intersection with the Benton MacKaye Trail (BMT). Continue on the Benton MacKaye Trail to the second Stanley Gap Trail junction. Turn right and follow the Stanley Gap Trail down to the STANLEY CREEK Parking Area.

Distance to next aid (Old Dial): 5.9 miles

Aid Station 4: Old Dial

Cutoff: 8:15pm Friday

CREW ACCESS



Ascent	859 ft
Descent	1,325 ft
Max Elevation	2,357 ft
Min Elevation	1,779 ft

Follow gravel Stanley Creek Rd (will turn to pavement in 1.25 miles) to the end. Turn right on paved Aska Rd and follow for 0.5 miles to the Shallowford Bridge.

BE ALERT!! WATCH FOR CARS!!

Turn left and cross the Toccoa River on an old steel bridge, then turn right on paved Shallowford Bridge Road for 0.5 miles to the junction of the Benton MacKaye Trail on left. Follow the Benton MacKaye Trail over Free Knob to paved OLD DIAL ROAD.

Distance to next aid (Wilscot Gap): 5.5 miles



DAHLONEGA ULTRA-MARATHON ASSOCIATION

Aid Station 5: Wilscot Gap

Cutoff: 11:00pm Friday

CREW ACCESS | DROP BAGS



Ascent	2,193 ft
Descent	1,634 ft
Max Elevation	3,165 ft
Min Elevation	1,908 ft

Cross Old Dial Rd and continue on the Benton MacKaye Trail single track. Climb Garland Mountain, descend into Garland Gap, climb Brawley Mountain with its view of the Brawley Fire Tower, back down to Ledford Gap, over Bald Top, over Tipton Mountain, and finally down to paved HWY 60 at WILSCOT GAP.
BE ALERT!! WATCH FOR CARS!!

Distance to next aid (Skeenah Gap): 4.9 miles

Aid Station 6: Skeenah Gap

Cutoff: 12:45am Saturday

CREW ACCESS



Ascent	1,395 ft
Descent	1,432 ft
Max Elevation	3,065 ft
Min Elevation	2,404 ft

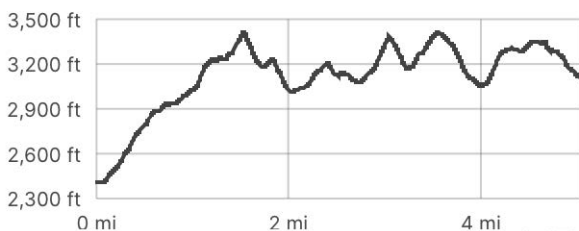
Continue on the Benton MacKaye Trail up Wilscot Mountain, through Lula Head Gap, over Deadennen Mountain, along the not so flat ridge, down into Payne Gap, and back up down again before ending at paved Skeenah Gap Road.
Cross paved SKEENAH GAP Rd.
BE ALERT!! WATCH FOR CARS!!

Distance to next aid (Fish Gap): 4.9 miles

Aid Station 7: Fish Gap

Cutoff: 2:55am Saturday

NO CREW ACCESS



Ascent	2,156 ft
Descent	1,463 ft
Max Elevation	3,413 ft
Min Elevation	2,400 ft

Say hello to the Duncan Ridge and the Dragon's Spine! Up to this point the course has been friendly and gentle, but as you climb Rhodes Mountain it's game on! In 1.25 miles you will come to the junction of the Duncan Ridge Trail (DRT). Veer left onto the DRT and continue climbing Rhodes Mountain. Descend straight down into Rhodes Gap, through Sarvis Gap and into FISH GAP.

Distance to next aid (Fire Pit): 7.3 miles

Aid Station 8: Fire Pit

Cutoff: 6:00am Saturday

NO CREW ACCESS



Ascent	2,379 ft
Descent	1,991 ft
Max Elevation	3,544 ft
Min Elevation	2,844 ft

Leave Fish Gap and continue on the DRT over Fish Knob, descend into Akin Gap, then ascend over Clements Mountain and Akins Mountain before dropping into Mulky Gap. Cross dirt Mulky Gap Rd and begin climbing West Wildcat Knob and continue through West Wildcat Gap. Continue on the DRT over Buck Knob and through Bryant Gap (you will have limited views of dirt Duncan Ridge Road, do NOT enter or cross it. STAY ON THE DRT!!), and Buckeye Gap before climbing Buckeye Knob and descending into FIRE PIT.

Distance to next aid (Wolf Creek): 4.7 miles



DAHLONGEGA ULTRA-MARATHON ASSOCIATION

Aid Station 9: Wolf Creek

CREW ACCESS | DROP BAGS



scent	971 ft
escent	2,375 ft
lax Elevation	4,256 ft
lin Elevation	2,070 ft

Continue following the DRT as you climb Coosa Bald. As you are descending Coosa Bald (.25 miles), you will come to the junction of the Coosa Backcountry Trail and the DRT. Turn left and begin following the Coosa Backcountry Trail. Here you will start your 2,000-foot descent to Wolf Creek. Along the way you will cross a dirt Forest Service Road in Calf Stomp Gap, and continue through Locust Stake Gap before reaching dirt WOLF CREEK Road

Distance to next aid (Poor Decisions): 2.7 miles

Aid Station 10: Poor Decisions

(WATER ONLY | BIB PUNCH)

NO CREW ACCESS



Ascent	1,006 ft
Descent	197 ft
Max Elevation	2,881 ft
Min Elevation	2,066 ft

Continue on Coosa Backcountry Trail, climbing on doubletrack trail to the Burnett Gap.

At the turnaround, runners must use designated station to punch bib to show proof of out and back completion.

Bib will be checked at Wolf Creek before continuing to Fire Pit. If bib is not punched for turnaround, runner must return to turnaround to complete the bib punch.

Distance to next aid (Wolf Creek): 2.7 miles

Aid Station 11: Wolf Creek

Cutoff: 10:50am Saturday

CREW ACCESS | DROP BAGS | PACER



Ascent	209 ft
Descent	1,021 ft
Max Elevation	2,882 ft
Min Elevation	2,066 ft

After completing the bib punch at the turnaround, return to Wolf Creek via the doubletrack Coosa Backcountry Trail to WOLF CREEK.

Bib punch must be verified at Wolf Creek before continuing to Fire Pit.

Distance to next aid (Fire Pit): 4.7 miles

Aid Station 12: Fire Pit

Cutoff: 1:00pm Saturday

NO CREW ACCESS



Ascent	2,400 ft
Max Elevation	4,256 ft
Descent	970 ft
Min Elevation	2,070 ft

Cross dirt Wolf Creek Rd and continue on the Coosa Backcountry Trail and begin the 2,000-foot ascent of Coosa Bald, crossing through Locust Stake Gap and crossing over a dirt Forest Service Road in Calf Stomp Gap. Once reaching the junction of the Coosa Backcountry Trail and the Duncan Ridge Trail (DRT), turn right on the DRT and continue to the summit of Coosa Bald. Descend Coosa bald on the DRT into FIRE PIT.

Distance to next aid (Fish Gap): 7.3 miles



DAHLONGEGA ULTRA-MARATHON ASSOCIATION

Aid Station 13: Fish Gap

Cutoff: 4:25pm Saturday

NO CREW ACCESS



Ascent	2,124 ft
Descent	2,535 ft
Max Elevation	3,813 ft
Min Elevation	2,844 ft

Continue on the DRT (do not take the road!!!) climbing Buckeye nob, descending into Buckeye Gap, through Bryant Gap (stay on DRT, do not enter the road!!!), and up Buck Knob. You will then drop into West Wildcat Gap, climb over West Wildcat Knob, and descend into Mulky Gap. Cross over dirt Mulky Gap Rd and continue on the DRT over Akin and Clements Mountains before descending into Akin Gap, and climbing Fish Knob, leaving you with the final descent into FISH GAP.

Distance to next aid (Skeenah Gap): 4.9 miles

Aid Station 15: Wilscot Gap

Cutoff: 9:00pm Saturday

CREW ACCESS | DROP BAGS | PACER



Ascent	1,439 ft
Descent	1,387 ft
Max Elevation	3,065 ft
Min Elevation	2,400 ft

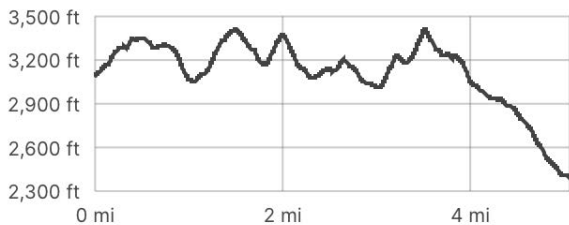
Cross Paved Skeenah Gap Rd (BE ALERT!! WATCH FOR CARS!!) and continue on the Benton MacKaye Trail through Payne Gap, ascending Deadennen Mountain, descending into Lula Head Gap, up Wilscot Mountain, before finally dropping down to paved HWY 60 at WILSCOT GAP.

Distance to next aid (Old Dial): 5.5 miles

Aid Station 14: Skeenah Gap

Cutoff: 6:45pm Saturday

CREW ACCESS | PACER



Ascent	1,473 ft
Descent	2,143 ft
Max Elevation	3,413 ft
Min Elevation	2,400 ft

Leave Fish Gap on the DRT through Sarvis Gap. Enter Rhodes Gap, and begin climbing the ridiculously steep Rhodes Mountain, then drop down to the junction of the DRT and Benton MacKaye Trail (BMT). Turn right and follow the BMT down to paved SKEENAH GAP.

Distance to next aid (Wilscot Gap): 4.9 miles

Aid Station 16: Old Dial

Cutoff: 11:45pm Saturday

CREW ACCESS | PACER



Ascent	1,652 ft
Descent	2,201 ft
Max Elevation	3,165 ft
Min Elevation	1,908 ft

Cross paved HWY 60 (BE ALERT!! WATCH FOR CARS!!) continuing on the BMT up Tipton Mountain, over Bald Top, down into Ledford Gap, ascending Brawley Mountain with its view of Brawley Fire Tower, before descending into Garland Gap and ascending Garland Mountain. Descend on the Benton MacKaye Trail to paved OLD DIAL ROAD.

Distance to next aid (Stanley Gap): 5.5 miles



DAHLONGEGA ULTRA-MARATHON ASSOCIATION

Aid Station 17: Stanley Gap

Cutoff: 2:40am Sunday

CREW ACCESS | PACER



Ascent	1,279 ft
Descent	848 ft
Max Elevation	2,357 ft
Min Elevation	1,779 ft

Turn right on to the Benton MacKaye Trail and follow the BMT over Free Knob. Descend to paved Shallowford Bridge Road and turn right. At steel bridge turn left and cross the Toccoa River. Turn right and follow paved Aska Rd for 0.5 miles. Turn left on paved Stanley Creek Rd and follow until it turns to dirt, then continue on for another 1 mile and turn right into the STANLEY CREEK parking area.

Distance to next aid (Weaver Creek): 5.4 miles

Aid Station 18: Weaver Creek

Cutoff: 5:20am Sunday

NO CREW ACCESS



Ascent	1,384 ft
Descent	1,805 ft
Max Elevation	3,355 ft
Min Elevation	1,932 ft

Turn left onto the Stanley Creek Trail and begin ascending Rocky Mountain followed by Rich Mountain. On Rich Mountain you will come to the junction of the BMT and the Stanley Creek Trail 'T' intersection. Continue on Benton MacKaye Trail, following signs for Weaver Creek, following it briefly before descending to WEAVER CREEK ROAD.

Distance to next aid (Deep Gap): 5 miles

Aid Station 19: Deep Gap

Cutoff: 7:50am Sunday

NO CREW ACCESS



Ascent	1,641 ft
Descent	1,332 ft
Max Elevation	3,262 ft
Min Elevation	1,932 ft

Leave Weaver Creek Road and follow the Benton MacKaye Trail to the junction of the BMT and the Stanley Creek Trail 'T' intersection. Turn left onto shared Stanley Creek/Benton MacKaye Trails. At second junction of Stanley Creek and Benton MacKaye Trail, turn right and follow the Stanley Gap Trail down to junction with Flat Creek Trail at DEEP GAP.

Distance to next aid (Deep Gap): 5.8 miles

Aid Station 20: Deep Gap

Cutoff: 10:40am Sunday | (BIB PUNCH)

NO CREW ACCESS



Ascent	1,145 ft
Descent	1,155 ft
Max Elevation	2,719 ft
Min Elevation	1,993 ft

Turn right and follow the Flat Creek trail counterclockwise up Davenport Mountain and back down, cross over Flat Creek and return to DEEP GAP.

Approximately half-way through the Flat Creek Loop, runners must use designated station to punch bib to show proof of loop completion. Bib will be checked at Deep Gap before continuing to Camp Morganton. If bib is not punched for Loop 2, runner must return to Flat Creek Loop, punch bib, and get verified by Deep Gap Aid Station before continuing on to Camp Morganton.

Distance to next aid (Camp Morganton): 2.7 miles



Aid Station 21: Camp Morganton

Cutoff: 12:00pm Sunday

FINISH LINE!!!!



Ascent	301 ft
Descent	593 ft
Max Elevation	2,284 ft
Min Elevation	1,870 ft

Exit Deep Gap aid station and turn left on paved Aska Rd. Follow Aska Rd to left turn onto Crabapple Dr. Follow flagging off of Crabapple Dr to Pine Tree Rd. Turn right onto Davenport Mountain Rd, followed by a right onto Snake Nation Rd. Turn left onto Camp Morganton Rd to **CRUEL JEWEL FINISH.**



DROP BAGS

Bring them with you to the start and we will transport them to the proper aid station(s). Drop bags must be labeled with Your Name, Bib Number and Drop Bag location. (From our experience, sticking duck tape with the info printed on it to a fabric bag does not always stay in place.) Drop bags will be transported back to Camp Morganton (finish) when the aid station closes. If you have crew at the aid station, they may pick your bags up for you. We do not have a size limit on drop bags, but be reasonable and courteous to the other potential 349 runners also bringing a bag, and our volunteers who are sorting them out for you!

AID STATIONS

There are 21 aid stations along the 103.9 mile route, ranging from 2.7-7.6 miles apart, with the average being 5-6 miles. All aid stations, EXCEPT FOR POOR DECISIONS, will be stocked with typical race food: water, sports drink (Mandarin Orange Tailwind, no caffeine), Coke, Mountain Dew, Ginger Ale, peanut butter/jelly sandwiches, cookies, chips, candy, bananas and watermelon, pickles, potatoes, cookies, M&M's, gummy bears, pretzels, peanut butter pretzels, etc). Some aid stations will also have simple hot foods: soup, grilled cheese, ramen noodles, broth (chicken & veggie). Dumass Events provides these standard aid station foods. Aid station volunteers may bring special items for their individual aid station, and you should NOT expect to find these items at all aid stations. Poor Decisions is an unmanned WATER ONLY aid station.

We will have some drink cups at our aid stations (ONE per person at each Aid Station), but if you have a personal cup, we encourage you to bring and use it. Lots of folks are volunteering their time to help us make this an amazing race, so thank the volunteers.

VOLUNTOLDING, I mean, VOLUNTEERING

If you have friends or family in the area who would like to volunteer, join the [Cruel Jewel Volunteer Facebook Page](#), or use the [fancy form on our fancy website](#). There are always last minute places we need help.

LITTERING

Don't do it! If you see trash along the trail, please pick it up. You ONLY have to carry it to the next aid station. We want to leave our trails in better condition that we find them!

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TRAIL MARKING

The route is marked with white pin flagging (stuck in the ground) with our beloved donkey logo printed in red (see photo on page 2). Attached to each pin flag is a piece of white reflective tape to aid in night time travel (and yes, we put EACH piece on by hand). There are corrugated plastic signs with red reflective arrows used in some locations. At the T-Intersection of the Stanley Gap Trail and Benton MacKaye Trail as well as at the Flat Creek Loop trail, there are also directional signs. You may also see some red lights used along road sections or at road crossings. We also have WRONG WAY flagging. If you see RED survey tape tied to tree limbs or vegetation, **DO NOT** go that way.

MANDATORY EQUIPMENT

- Headlamp (in a drop bag at least)
- Reflective Gear: you will run on 2 sections of paved roads and cross several other roads, so you **MUST** have something reflective on your back to alert passing cars. Your headlamp will suffice for forward facing safety gear.
- We recommend having a wind/rain layer and hat & gloves for your drop bag (see weather link for more info).
- Hiking poles are also not a bad idea

BIB PUNCH

You will be required to prove that you completed both loops of the Flat Creek Trail. It will be **CLEARLY** marked where you will do this on the trail. There will be several punches at the station, and while the punches are different, it **DOES NOT MATTER** which punch you use. Your bib will have a box labeled "Loop 1" and "Loop 2". There is also a box where Deep Gap aid station personnel will validate the completion of each loop. Keep this in mind if you plan to fold your bib before you pin it on and also pin it in a location that is easily accessible.

The loop is run **counterclockwise BOTH TIMES**.

There will also be a bib punch at Poor Decisions that will be verified by Wolf Creek before you make your way back to Camp Morganton.





BEARS, SNAKES, TICKS, YELLOWJACKETS, & POISON IVY

We've got them all. Black bears, wild hogs, venomous snakes: rattlesnakes, copperheads, water moccasins, ground nesting yellow jackets, primarily wood ticks, and a plethora of healthy poison ivy. Come prepared!

WEATHER

[Local forecast can be found at this link.](#) In 2017, the forecast was a high of 85 and a 30% chance of thunderstorms. The high did reach 85. The thunderstorms didn't start until the majority of runners passed Wilscot Gap (drop bag location) and many did not take any extra gear (hat, gloves, rain jacket). The temps dropped 30 degrees, there was heavy rain and wind. Runners were soaked, shivering and cold coming into the finish. Be responsible and bring gear for ALL conditions. We will try to have a weather forecast available at Wilscot Gap.

PACERS

Pacers ARE allowed for this event. See pages 16-17 for details.

SWEEPS

We will have runners sweeping the course and following all runners back to Camp Morganton.

DNF/DROPS

If you drop from the race, you MUST notify race personnel (Race Director, Aid Station Volunteers or Safety Runner/Sweep). While we will have vehicles on course to assist in getting runners back to Camp Morganton, you should be prepared for a long wait.

TRACKING

We will have live tracking at most of our aid stations, and we'll send out details closer to the event.

PACE CALCULATING

We have this fancy Google Sheet you can make a copy of and share with crew and pacers to determine when they should get to the next crew access aid station.

[Dumass Pace Calculator](#)

How to use:

- Click on link above
- In the upper-left corner, click File > Make a copy
- In your new copy, click File > Make available offline (this will allow you to use it if you do not have cell signal)





PACER INFORMATION

Pacers are allowed for Cruel Jewel 100 and can join their runner at any crew access aid station AFTER the turnaround. Pacers are not permitted to leave vehicles at aid stations and need to have prior arrangements to get to crew access aid stations to join their runner.

Pacers must wear "Pacer" bib and complete waiver prior to event. Alternatively, the release form, which is included in the runner guide, may be downloaded, completed and brought to packet pickup by the runner. These bibs can be picked up at the Start/Finish line as well as at any crew access aid station on course (Skeenah, Wilscot, Old Dial, and Stanley and Wolf Creek - on the return only)

One pacer at a time may accompany each runner from the the turnaround aid station to the finish.

Pacers must be at least 18 years of age. (Specific exceptions may be made in advance of the race by the Race Director.)

All pacers must clearly identify themselves when passing through control points. It is extremely important that race personnel know exactly who is on the trail and where.

Pacers must stay with their runners at all times, except in the case of an emergency. If the runner withdraws from the race, the pacer must also leave the course.

Changes of pacers may be made only at crew accessible aid stations: Stanley Gap (on the return only), Old Dial, Wilscot Gap, Skeenah Gap, and Wolf Creek (after bib punch).

Pacers must enter and leave each aid station WITH their runners. They may assist with the re-filling of water bottles or replenishment of supplies while in the station but may not come into the checkpoint ahead of their runners, or depart after their runners, in order to speed up the re-fueling process.

Pacers may not carry water, food, flashlights, shoes, clothing or other supplies for anyone other than themselves. "Muling" is expressly forbidden.

CRUEL JEWEL
100





VISITOR'S ACKNOWLEDGEMENT OF RISKS

In consideration of the services of Dahlongega UltraMarathon Association their officers, agents, employees, and stockholders, and all other persons or entities associated with those businesses (hereinafter collectively referred to as "Dahlongega UltraMarathon Association") I agree as follows:

Although Dahlongega UltraMarathon Association has taken reasonable steps to provide me with appropriate information, skilled event directors, and volunteers for Cruel Jewel 100 so I can enjoy this activity for which I may not be skilled, and Dahlongega UltraMarathon Association has informed me this activity is not without risk. Certain risks are inherent in this activity, Cruel Jewel 100, including and cannot be eliminated without destroying the unique character of the activity. These inherent risks are some of the same elements that contribute to the unique character of this activity and can be the cause of loss or damage to my equipment, or accidental injury, illness, or in extreme cases, permanent trauma or death. Dahlongega UltraMarathon Association does not want to frighten me or reduce my enthusiasm for this activity, but believes it is important for me to know in advance what to expect and to be informed of the inherent risks. The following describes some, but not all, of those risks.

Heat, cold, rocky terrain, equipment failure, improper use of equipment, existing and changing trail conditions, rugged mountainous terrain, uneven and/or slippery conditions, varying weather and surface conditions, variations in terrain, bumps, stumps, forest growth, trees, erosion, loose dirt, rocks and gravel, wet surfaces, holes and potholes, downed timber, bikes and vehicles, paved and unpaved surfaces, soft shoulders, lightning or other adverse weather, limited access to medical attention, the physical condition of the participant, strenuous activity, dehydration, becoming lost or separated.

I am aware that Cruel Jewel 100 entails risks of injury or death to any participant. I understand the description of these inherent risks is not complete and that other unknown or unanticipated inherent risks may result in injury or death. I agree to assume and accept full responsibility for the inherent risks identified herein and those inherent risks not specifically identified. My participation in this activity is purely voluntary, no one is forcing me to participate, and I elect to participate in spite of and with full knowledge of the inherent risks.

I acknowledge that engaging in this activity may require a degree of skill and knowledge different than other activities and that I have responsibilities as a participant. I acknowledge that the staff of Dahlongega UltraMarathon Association has been available to more fully explain to me the nature and physical demands of this activity and the inherent risks, hazards, and dangers associated with this activity. I acknowledge that I have read information provided by Dahlongega UltraMarathon Association that is related to the nature and physical demands of this activity and the inherent risks, hazards, and dangers associated with this activity.

I certify that I am fully capable of participating in this activity. Therefore, I assume and accept full responsibility for myself, including all minor children in my care, custody, and control, for bodily injury, death or loss of personal property and expenses as a result of those inherent risks and dangers identified herein and those inherent risks and dangers not specifically identified, and as a result of my negligence in participating in this activity.

I have carefully read, clearly understood and accepted the terms and conditions stated herein and acknowledge that this agreement shall be effective and binding upon myself, my heirs, assigns, personal representative and estate and for all members of my family, including minor children.

Signature

Date

Signature
Signature of Parent of Guardian, if participant is under 18 years of age.

Date



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TO SEE WHO ACTUALLY READS THE ENTIRE MANUAL**

