Beast of the East 100



Runners' Manual

Revised December 2025

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Race Description and Welcome

Welcome to Beast of the East Half Marathon, Marathon, 50 Miler, 100K, and 100! We are extremely excited to have each and every one of you here and strive to make this one of the best races in the east!

Beast of the East is held at Crowders Mountain State Park in Kings Mountain, NC approximately 30 miles west of Charlotte. Trails offer challenging, technical terrain filled with rocks, roots, and even a little bit of scrambling as well as smooth, runnable single track and double wide gravel sections. Aside from some road crossings and the sidewalk to get to the Boulders Access aid station, the course is almost entirely on trails.

Schedule of Events

Friday, December 11

- 5:00 PM - 8:00 PM Packet pickup at Southern Artisan Spirits
  Address - 1033 York Road, Kings Mountain, NC 28048

  If you cannot make packet pickup on Friday, please reach out to the race director in advance to arrange for day-of packet pickup. Packets should be picked up on Friday except for unavoidable travel circumstances.

Saturday, December 12

- 7:50 AM - 8:00 AM: race briefing
- 8:00 AM - 100 Miler
- 8:10 AM - 100K and 50 Miler
- 8:20 AM - Marathon
- 8:30 AM - Half Marathon

- 6:00 PM: Marathon cut off

Sunday, December 13

- 2:00 PM: 50 Mile and 100k mile cut off
- 2:30 PM: Hwy 161 Aid Station cut off (inbound)
- 4:00 PM: Wolfs Den Aid Station cut off
- 6:00 PM: Crowders Ridge 100 mile cut off

Lodging Information

Crowders Camps partners with Beast of the East to provide lodging accommodations to runners and crew. The best option is at **Crowders Ridge**: 130 Camp Rotary Rd, Gastonia, NC 28052 - (704) 915-1096

Use this Link to get your Cabin - https://forms.zohopublic.com/crowderscamps1/form/BeastoftheEast/formperma/NbPGPWEeWj0QB4vZBpHHcqqjix6-P2kjIiIh4e1LtT4

The second option is at **Crowders Springs**: 428 Crowders Camp Way, Gastonia NC, 28086

To book these, visit this link:

Hotel Options Nearby:

Comfort Inn: 106 Holiday Inn Drive, Kings Mountain, NC, 28086

(704) 739-2544

Quality Inn: 722 York Rd. Kings Mountain, NC, 28086 (704) 739-7070

Holiday Inn Express & Suites: 100 Woodlake Pkwy, Kings Mountain, NC, 28086 (704) 734-0014

Packet Pickup

Packet pickup will be held Friday evening before the race. You can pick up your packet at:

- Friday, Dec. 11th from 4 PM - 8 PM - Crowders Ridge - 130 Camp Rotary Rd, Gastonia, NC 28052

- Saturday, Dec. 12th from 7:00 AM - 7:50 AM - Crowders Ridge - 130 Rotary Rd, Gastonia, NC 28052

Included in your packet is your race bib, safety pins, race swag, park maps, and race directions.

If you would like to swap your race shirt for a different size, you may be able to do so after the race if your desired size is available.

Race Start/Finish Area

The race starts and ends at Crowders Ridge Camp (130 Camp Rotary Rd, Gastonia, NC 28052. Once inside the camp, Heated bathrooms, Warm Beds, Fresh Coffee, and great accommodations are available at Crowders Ridge.

Course Description

Half Marathon

Start/Finish: Crowders Ridge Start/Finish Line

1. Start by heading left up Tower Trail.
2. Turn left onto Rocktop Trail and follow it downhill.
3. At the junction, turn right onto Crowders Trail.
4. Continue on Crowders Trail as it transitions into Pinnacle Trail.
5. Turn left onto Turnback Trail and follow it downhill to Wolf's Den Aid Station.
6. After the aid station, turn right onto Fern Trail and continue out and back.
7. Return to Turnback Trail, then head back to Pinnacle Trail.
8. Follow Pinnacle Trail up to Ridgeline Trail.
9. Follow Ridgeline straight to Boulders Access
10. THIS IS YOUR FINISHLINE!!!

Key Points:

- Aid Station: Wolf's Den
- Water Station: Road crossing on Crowders Trail

- Highlight: Ridgeline

Marathon

Start/Finish: Crowders Ridge Start/Finish Line

1. Start by going left up Tower Trail.
2. Turn left onto Rocktop Trail and go downhill.
3. Turn right onto Crowders Trail.
4. Stay on Crowders Trail until it becomes Pinnacle Trail.
5. Turn left onto Turnback Trail and go down to Wolf's Den Aid Station.
6. After the aid station, turn right onto Fern Trail and follow it out and back.
7. Return to Turnback Trail, then go back to Pinnacle Trail.
8. Keep going straight up Pinnacle Trail.
9. Before reaching the Pinnacle summit, turn left onto Ridgeline Trail.
10. Follow Ridgeline Trail for a long stretch until you reach the 161 Aid Station.
11. Keep going to the Boulders Access Aid Station — this is your turnaround point at 13.4 miles.
12. At the turnaround, head back on Ridgeline Trail and turn right.
13. You will not go into South Carolina.
14. Follow Ridgeline Trail, passing the 161 Aid Station again.
15. Continue until you reach Pinnacle Trail, then turn right.
16. Follow Pinnacle Trail all the way to Turnback Trail.
17. On Turnback Trail, you'll reach Wolf's Den Aid Station for the second time.
18. After the aid station, turn right onto Fern Trail.
19. Turn right again onto Turnback Trail, and follow it to Pinnacle Trail.

20. Turn right onto Pinnacle Trail and stay on it as it becomes Crowders Trail.
21. From Crowders Trail, turn left onto Rocktop Trail.
22. Follow Rocktop Trail until you reach Tower Trail, then turn right.
23. Go down Tower Trail, then turn right onto Crowders Ridge Trail to reach the Finish Line.

Important Stops:

- Aid Stations: Wolf's Den (twice), 161, Boulders Access
- Turnaround Point: Boulders Access Aid Station (13.4 miles)
- Water Station: Road crossing on Crowders Trail

50 Miler

Start/Finish: Crowders Ridge Start/Finish Line

1. Start by going left up Tower Trail.
2. Turn left onto Rocktop Trail and go downhill.
3. Turn right onto Crowders Trail.
4. Stay on Crowders Trail until it becomes Pinnacle Trail.
5. Turn left onto Turnback Trail and go down to Wolf's Den Aid Station.
6. After the aid station, turn right onto Fern Trail and follow it out and back.
7. Return to Turnback Trail, then go back to Pinnacle Trail.
8. Keep going straight up Pinnacle Trail.
9. Before reaching the Pinnacle summit, turn left onto Ridgeline Trail.
10. Follow Ridgeline Trail for a long stretch until you reach the 161 Aid Station.
11. Continue on to the Boulders Access Aid Station — this is your turnaround point at 13.4 miles.
12. At the turnaround, head back on Ridgeline Trail and turn right.
13. You will not go into South Carolina.
14. Follow Ridgeline Trail, passing the 161 Aid Station again.
15. Continue until you reach Pinnacle Trail, then turn right.
16. Follow Pinnacle Trail all the way to Turnback Trail.

17. On Turnback Trail, you'll reach Wolf's Den Aid Station for the second time.
18. After the aid station, turn right onto Fern Trail.
19. Turn right again onto Turnback Trail, and follow it to Pinnacle Trail.
20. Turn right onto Pinnacle Trail and stay on it as it becomes Crowders Trail.
21. From Crowders Trail, turn left onto Rocktop Trail.
22. Follow Rocktop Trail until you reach Tower Trail, then turn right.
23. Go down Tower Trail, then turn right onto Crowders Ridge Trail to reach the Finish Line.

Course Details:

- Aid Stations: Wolf's Den (twice per loop), 161, Boulders Access
- Turnaround Point: Boulders Access Aid Station (13.4 miles)
- Water Station: Road crossing on Crowders Trail
- Loops: 2 total
- Total Distance: 53.79 miles

100K

Start/Finish: Crowders Ridge Start/Finish Line

1. Start by going left up Tower Trail.
2. Turn left onto Rocktop Trail and go downhill.
3. Turn right onto Crowders Trail.
4. Stay on Crowders Trail until it becomes Pinnacle Trail.
5. Turn left onto Turnback Trail and go down to Wolf's Den Aid Station.
6. After the aid station, turn right onto Fern Trail and follow it out and back.
7. Return to Turnback Trail, then go back to Pinnacle Trail.
8. Keep going straight up Pinnacle Trail.
9. Before reaching the Pinnacle summit, turn left onto Ridgeline Trail.
10. Follow Ridgeline Trail for a long stretch until you reach the 161 Aid Station.
11. Continue on to the Boulders Access Aid Station — this is your turnaround point at 13.4 miles.
12. At the turnaround, head back on Ridgeline Trail and turn right.

13. You will not go into South Carolina.
14. Follow Ridgeline Trail, passing the 161 Aid Station again.
15. Continue until you reach Pinnacle Trail, then turn right.
16. Follow Pinnacle Trail all the way to Turnback Trail.
17. On Turnback Trail, you'll reach Wolf's Den Aid Station for the second time.
18. After the aid station, turn right onto Fern Trail.
19. Turn right again onto Turnback Trail, and follow it to Pinnacle Trail.
20. Turn right onto Pinnacle Trail and stay on it as it becomes Crowders Trail.
21. From Crowders Trail, turn left onto Rocktop Trail.
22. Follow Rocktop Trail until you reach Tower Trail, then turn right.
23. Go down Tower Trail, then turn right onto Crowders Ridge Trail to reach the Finish Line.

Course Details:

- Aid Stations: Wolf's Den (twice per loop), 161, Boulders Access
- Turnaround Point: Boulders Access Aid Station (13.4 miles)
- Water Station: Road crossing on Crowders Trail
- Loops:
    - Loop 1: Full route
    - Loop 2: Full route
    - Loop 3: Run to Wolf's Den Aid Station, then turn around to the Finish
- Total Distance: 67.35 miles

100 Miles

Start/Finish: Crowders Ridge Start/Finish Line

1. Start by going left up Tower Trail.
2. Turn left onto Rocktop Trail and go downhill.
3. Turn right onto Crowders Trail.
4. Stay on Crowders Trail until it becomes Pinnacle Trail.
5. Turn left onto Turnback Trail and go down to Wolf's Den Aid Station.
6. After the aid station, turn right onto Fern Trail and follow it out and back.

7. Return to Turnback Trail, then go back to Pinnacle Trail.
8. Keep going straight up Pinnacle Trail.
9. Before reaching the Pinnacle summit, turn left onto Ridgeline Trail.
10. Follow Ridgeline Trail for a long stretch until you reach the 161 Aid Station.
11. Continue on to the Boulders Access Aid Station — this is your turnaround point at 13.4 miles.
12. At the turnaround, head back on Ridgeline Trail and turn right.
13. You will not go into South Carolina.
14. Follow Ridgeline Trail, passing the 161 Aid Station again.
15. Continue until you reach Pinnacle Trail, then turn right.
16. Follow Pinnacle Trail all the way to Turnback Trail.
17. On Turnback Trail, you'll reach Wolf's Den Aid Station for the second time.
18. After the aid station, turn right onto Fern Trail.
19. Turn right again onto Turnback Trail, and follow it to Pinnacle Trail.
20. Turn right onto Pinnacle Trail and stay on it as it becomes Crowders Trail.
21. From Crowders Trail, turn left onto Rocktop Trail.
22. Follow Rocktop Trail until you reach Tower Trail, then turn right.
23. Go down Tower Trail, then turn right onto Crowders Ridge Trail to reach the Finish Line.

Course Details:

- Aid Stations: Wolf's Den (twice per loop), 161, Boulders Access
- Turnaround Point: Boulders Access Aid Station (13.4 miles)
- Water Station: Road crossing on Crowders Trail
- Loops:
    - Loops 1–3: Full route
    - Loop 4: Run to 161 Aid Station, then turn around, return to Wolf's Den Aid Station, and continue to the Finish Line
- Total Distance: 101 miles

Flagging and Trail Blazes

Flagging consists of orange and reflective ribbons and yellow arrows. Yellow construction flagging will be used on Pinnacle Trail due to heavy traffic flow from hikers and other park visitors. Also, please pay attention to trail blazes to ensure that you are on the correct trail. They are as follows:

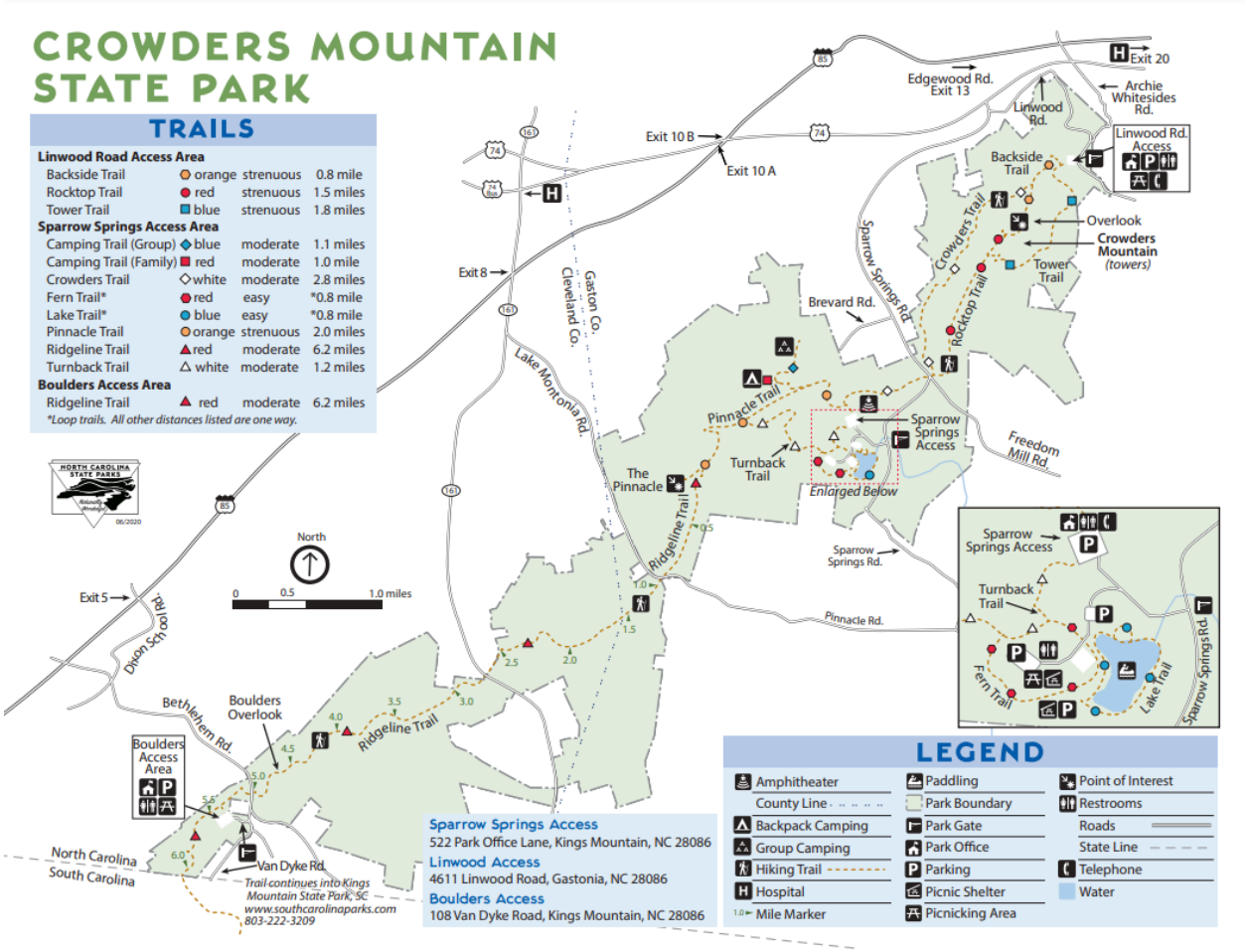
- Crowders Trail: white diamond
- Rocktop Trail: red circle
- Tower Trail: blue square
- Pinnacle Trail: orange circle
- Ridgeline Trail: red triangle
- Turnback Trail: white triangle
- Fern Trail: red hexagon

During the race, the course will remain open to the public. Vandalism to course markings can and do happen, unfortunately. It is highly recommended that runners study the course ahead of time or have the course map and description printed out or screenshotted on phones for reference, or have the course GPX loaded onto your phone. Please use the contact numbers listed in the “Cutoffs and Contact Information” section if you get lost during the race.

Trail Hazards

This course is dangerous in areas, with injuries and deaths occurring in these places. There are large signs cautioning park users of these areas. Please do not get close to cliff edges or wander off trail to see the views during the race. If you become injured or lost, please take note of the emergency numbers to call which are listed periodically along the trails, as well as calling the race director and the nearest aid station captain. Refer to the “Cut offs and Contact Information” section for their phone numbers. Please be responsible and make good choices!

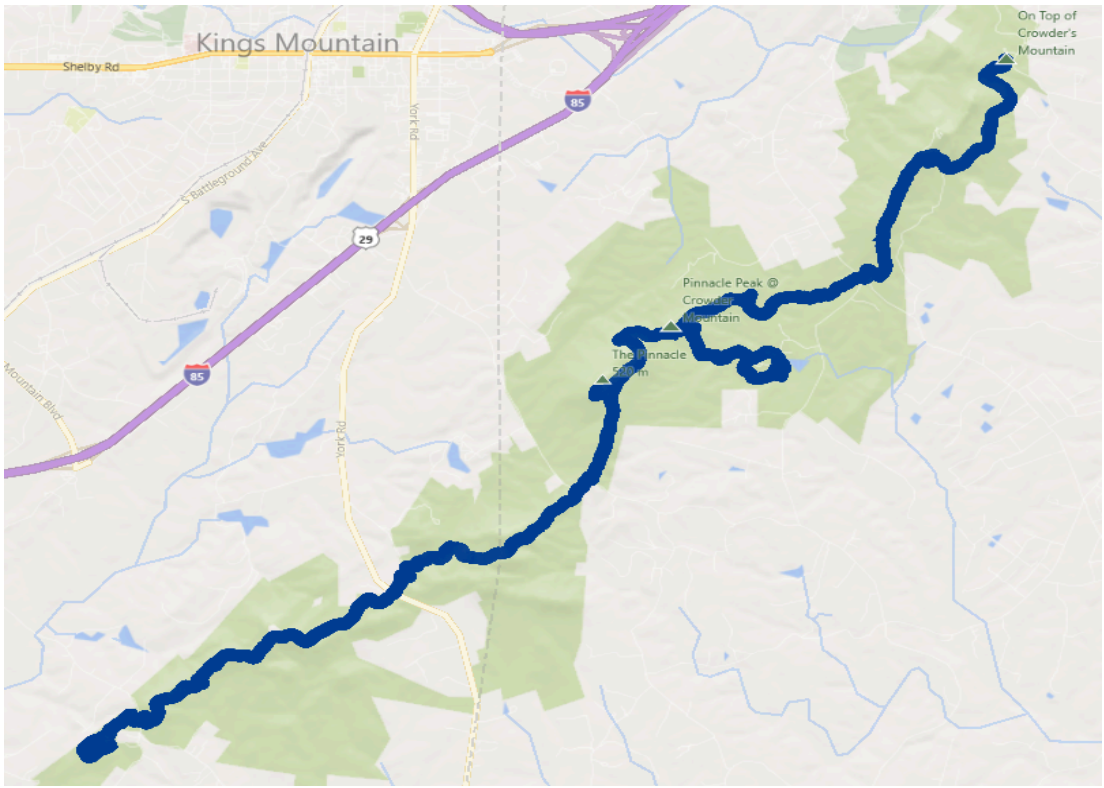
Park Map



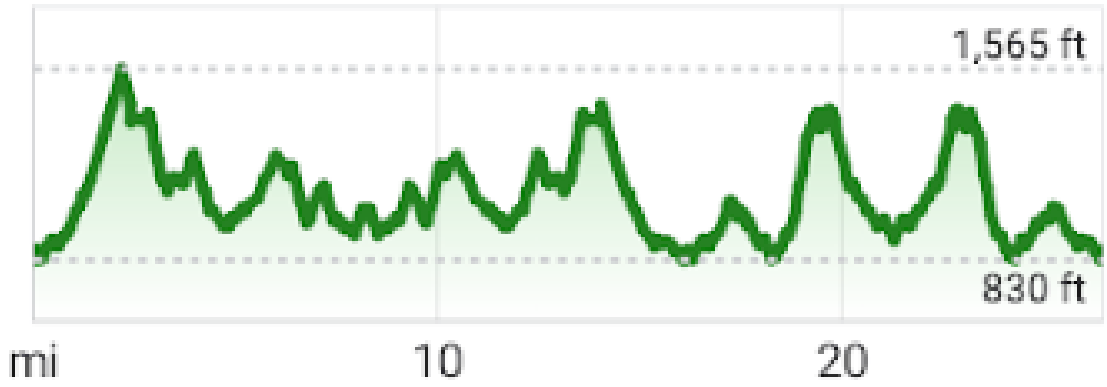
Course GPX file can be downloaded here:

100 Mile - https://caltopo.com/m/1K051PR
100K - https://caltopo.com/m/ALDCTP1
50 Mile - https://caltopo.com/m/ULAE4U3
Marathon - https://caltopo.com/m/4VR0E21
Half Marathon - https://caltopo.com/m/B7M0R17

Course Map



Elevation Profile (per loop)



Approximate elevation gain per distance is listed below, at a minimum of:

- Half Marathon: 2,326’ of gain
- Marathon: 4,766’ of gain
- 50 Miler: 9,538’ of gain
- 100K: 11,862’ of gain
- 100 miler: 17,925’ gain

Runner Information

- Wear bibs on the front of your shirt or shorts and ensure that it is clearly visible throughout the entire race.
- Trekking poles are allowed throughout the race.
- The weather can vary widely. It is highly recommended to bring rain ponchos and dry clothes to change into in the event of rain.

Aid Stations

Aid Station	Crew access	Drop bags	Bathroom	GPS coordinates
Wolf Den	yes	yes	yes	522 Park Office Lane, Kings Mountain, NC
Highway 161	no	no	yes	NA
Boulders access	yes	yes	yes	108 Vandyke Rd, Kings Mountain, NC
Crowders Ridge (Start/Finish)	yes	yes	yes	130 Camp Rotary Rd. Gastonia, NC 28052

There are approximately 3-6 miles between each aid station. Aid stations will be fully stocked with basic food choices which typically include items such as pickles, cereal, pretzels, candy, fruit, bacon, and soup. Boulders Access aid station will include vegan options. Hydration typically consists of

water, Scratch, and a variety of sodas. All aid stations will also be stocked with menstrual products, basic first aid, and extra trash bags which can be used as emergency ponchos if you do not have one. If you decide to drop out of the race, please let the aid station captain know. You may drop down midrace to a shorter distance. You must check in at the Crowders Ridge aid station/headquarters if dropping, and your finish will be recorded.

Drop Bags, Crews, Pacers

Drop Bags
Runners - please be courteous with the size of your drop bag. There are no specific requirements, but please keep in mind there are hundreds of runners' bags that must be transported.

Drop bags are allowed at the following aid stations:

- Wolf Den: Drop bags will be located on a tarp underneath a canopy at the aid station.
- Boulders Access: Drop bags will be located inside of the building at the aid station.
- Crowders Ridge: Drop bags will be located inside of the aid station building.

All efforts will be made to keep drop bags dry and protected from the elements at the race. However, due to the unpredictability of the weather, It is recommended that you place any items that you need to keep dry inside of plastic baggies within your drop bags. You may collect your drop bags at Crowders Ridge after the race, or pick them up at aid stations if you are unable to wait until the race is completely over. Be sure to pack any preferred nutrition and hydration, lights, spare batteries, and

shoe/sock/clothing changes and layers. Aid stations will be equipped with basic first aid items, but you should pack anything you think you may need.

Crews

Approved Crew Locations:

- Crowders Ridge (Start/Finish): 130 Camp Rotary Rd, Gastonia, NC 28052
- Wolf's Den Aid Station: State Park Lane (near Sparrow Springs Access/Visitor Center), Kings Mountain, NC 28086
    - GPS: 35.20916, -81.29440
- Boulders Access Aid Station: 108 Vandyke Road, Kings Mountain, NC 28086
    - GPS: 35.1711, -81.3627
    -

Crew Guidelines:

- Crew access is only allowed at the Start/Finish (Crowders Ridge), Wolf's Den, and Boulders Access.
- Reception can be spotty, so crews should download offline maps in Google Maps before traveling.
- Do not meet runners at road crossings. These roads are busy and dangerous, and park rangers will issue tickets for parking on road shoulders.
- Crews may only assist runners within 200 yards of the aid stations or at designated parked cars.
- Crewing outside of these areas may result in runner disqualification.
- Crews are welcome to eat and drink from any of the aid stations.
- Crews are welcome to walk/run the "camp loop" on Crowders Ridge property with their runner at any point. However, at the state park entrance, runners must move forward on their own unless accompanied by a pacer (see below)

Pacers

Pacer Rules – Dirty Wolf Racing

- Pacers are allowed for the 100-Mile and 100K races after 53 miles (after finishing the second pass, beginning at Crowders Ridge onward).
- No pacers are allowed for the Half Marathon, Marathon, or 50-Mile races.
- Pacers must sign in at the aid station where they begin pacing.
- Each pacer will receive a pacer bib from the aid station captain, which must be visible at all times.
- At every aid station after joining their runner, both the runner and pacer must sign in together.
- This process ensures that all participants are accounted for throughout the race.
- Pacers may eat and drink from aid stations, but only shortly before they begin pacing. Please be courteous with aid station food, keeping runners the priority for all food and supplies.
- No muling is allowed — pacers may not carry or deliver any items (including food or water) to their runner except within 100 yards of an aid station.
- Violating the muling rule may result in runner disqualification.

Cutoffs and Contact Information

Cut Offs
100 Mile
Beginning with the fourth loop:
Sunday

- 11:00 AM: Boulders Aid Station cut off
- 2:30 PM: 161 aid station cut off
- 4:00 PM: Wolfs Den cut off
- 6:00 PM: Crowders Ridge

Final cut offs are as follows for all other distances:

- Half Marathon: none
- Marathon: 10 hours (6:00 PM Saturday)
- 100K and 50 Miler: 30 hours (2 PM Sunday)

Contact Information
Race Director: Richard Abernathy (980) 329-3880
Race Day Director: Adam Boardman (716) 812-3215
Aid Station Manager: Denise Clay (828) 493-1314
Wolf Den aid station captain: Barry Scruggs (980) 214-6080
Crowders Ridge aid station captain: Lesa Marie
Highway 161 aid station captain: Mike Guyer (828) 747-1468
Boulders Access aid station captain:
Park Service: (704) 853-5375
Local EMS: 911

Medical
Each runner is responsible for their own actions. You need to be prepared both physically and mentally for all of the various stresses of the race. Our hope is to not have to call 911 for any of you. But in the event we have to in a medical emergency, medical expenses incurred are the responsibility of the participants receiving medical attention. Some parts of this trail are very remote to road access, and there may be a substantial amount of time that passes before medical personnel can arrive to provide aid.

Runners must understand all risks associated with undertaking this event. These physical and mental stresses include, but are not limited to, dehydration, hyponatremia, hypothermia, heat exhaustion, renal failure, seizures, hypoglycemia, disorientation, falls resulting in physical injury, complete physical and mental exhaustion, etc. Every participant is expected to monitor his or herself continually with an understanding of their own personal limitations. YOU, the individual participant, are absolutely responsible for your wellbeing during and after the race.

Medals, Buckles, Awards, and Timing

Medal and Buckles
Half Marathon, Marathon, 50 Miler, and 100K finishers will receive a specially designed handmade pottery medal by Blue Gill Pottery. 100 mile finishers will receive one metal buckle. Buckles are guaranteed on race day for any 100 mile finisher who signed up by November 15. For later entrants, because buckles are ordered months in advance, there is a possibility that you may not take home a buckle on race day. In the event of this happening, buckles will be mailed to you as soon as possible after the race.

Awards
All placement for results on the website and for awards will be based on gun time.

Timing
Results will be available on Ultrasignup following the race. We do not currently offer live tracking or chip timing. Failure to register at multiple aid stations or incredibly inconsistent timing splits may result in investigation and potential disqualification. If you find you inadvertently go off course or take a wrong turn, you must return to where you left the course before continuing. If you cut a loop short and realize it, immediately notify volunteers to go find the race officials so a determination can be made as to how to help you complete the full distance. We will help you find the correct distance to finish the event, but it will remove you from award considerations since you didn't complete the course in the specified order. Those not following the course will risk disqualification.

Administrative Policies

Changing Distances Ahead of Time
If you would like to switch distances before the start of the race, you may do so up until packet pickup on Saturday morning. If upgrading distances, you only need to pay the difference between the price you paid for your original distance and the current price for your new distance at the time of your request. There is no refund for downgrading distances.

Dropping Down Distances Mid-Race
Drop downs mid-race are allowed. You must notify headquarters of drops so they can record it in the system.

Littering/Alcohol
Please do not litter. Place all litter in trash receptacles at aid stations, and pack out any litter of yours while on the trail. Absolutely no alcohol is allowed in the state park or at Crowders Ridge/Crowders Springs. This is a park policy. Runners caught with alcohol during the race will be asked to leave immediately without a refund and are subject to a $200 fine from the park rangers.

General Rules for Dirty Wolf Racing events

- No dogs or strollers are allowed on the race course for the safety of all, unless a special exception is granted.
- Runners and walkers are both welcome, as long as you can finish by the time limit.
- Entry fees are non-refundable if the event is canceled, including in the case of inclement weather.
- If you need to defer your race, please contact the race director.
- This is a private event, so unregistered participants are not allowed. "Banditting" (as this action is referred to) is frowned upon in the running community and unfair to the runners who paid for the

opportunity to participate. Race entry fees go for a lot more than water on a course, medals at the finish line, and a shirt in your race packet. It also exposes an event to serious liability risk. It stresses race resources that were calibrated for the sold-out number of participants and therefore can put other participants', the paid participants, health or safety at risk. Those who bandit any portion of the race may be banned from future events by Dirty Wolf Racing.

- Note that it is never okay to allow someone else to use your bib without a proper bib transfer arranged with the Race Director. This can lead to serious liability and medical risks in the chance of emergency and jeopardize the future of the event for everyone.
- Our primary goal is to provide a safe event for participants, volunteers, and the community alike. If something arises that threatens that safety, then a) the event will be altered as it is reasonably possible without stressing other resources, b) the events may be delayed during the morning, or c) the event may be canceled. The event can not be rescheduled for another date due to resource availability in the event of cancellation.
- Event shirts not picked up at packet pickup or race day will not be mailed. Participants forfeit their packets if not picked up by the start of their race.

Social Media Information

Race Updates
Leading up to race day, race updates will be posted to the Dirty Wolf Racing Facebook page: https://www.facebook.com/dirtywolfracing

Race Results
Race results will be listed on Ultrasignup:
https://ultrasignup.com/results/search.aspx

Pictures

Please encourage your crews and families to post pictures and updates during the race. You can tag us on Instagram at @dirty_wolf_40 with the hashtags #beastoftheeast100miler and #dirtywolfracing.

Race photos will be provided by Jennifer Thorsen. Videography will be provided by Chris Pugawko. Photos are free to download for personal use only (personal social media posting, blogs), with prints available for purchase. Please do not edit or alter images in any way. For commercial, media, and print usage, organizations and companies should contact the photographer for permission and commercial licensing fees. Please give photo credit and tag the photographer/videographer when sharing pictures and video. Links to their galleries can be found here:

- Jennifer Thorsen (@luoyunghwa): https://jenniferthorsen.smugmug.com/