

00:05:50.322,00:05:53.322

Megan Warzecha: Athlete Guide:

<https://runsignup.com/Race/BlackbeardsRevenge100/Page/athleteguide>

00:06:03.373,00:06:06.373

Megan Warzecha: Training Plans:

<https://runsignup.com/Race/BlackbeardsRevenge100/Page/TrainingPlans>

00:06:29.876,00:06:32.876

Megan Warzecha: Aid Station Chart:

<https://runsignup.com/Race/BlackbeardsRevenge100/Page/aidstationchart>

00:15:25.472,00:15:28.472

Megan Warzecha: TWB: contact@wickedbonkproof.com

00:16:08.066,00:16:11.066

Megan Warzecha: Relay plans start Dec. 29.

00:16:27.590,00:16:30.590

Nurhak Tuncer Bayramli: Question- Where are you located and is it close by outer banks - if we need to meet in person?

00:22:23.181,00:22:26.181

Manny Aguinaga: What about liquid carbs? And protein shakes to substitute solids?

00:22:39.431,00:22:42.431

Megan Warzecha: Required Gear is on page 6 of the Athlete Guide and it does include lights.

00:25:31.154,00:25:34.154

Richard Adams (UnionJersey73): Wind training tips

00:26:02.016,00:26:05.016

Lukas Korinek: Hiiiiii

00:26:02.519,00:26:05.519

4622_24 River Rd: top 3 reasons for DNF this particular race?

00:27:40.445,00:27:43.445

Megan Warzecha: Drop bags are listed on the Aid Station Chart:

<https://runsignup.com/Race/BlackbeardsRevenge100/Page/aidstationchart>

00:27:50.943,00:27:53.943

Katelynne Svalina: Let me know if you do it without a crew! I will specifically keep an eye out for

you and help when possible!

00:28:25.707,00:28:28.707

4622_24 River Rd: count me in Katelynne :)

00:28:46.445,00:28:49.445

Megan Warzecha: She's not kidding. She'll be your new best friend.

00:28:47.843,00:28:50.843

Madison Jordan: mee too katelynne!

00:29:08.530,00:29:11.530

4622_24 River Rd: i want a new friend :)

00:29:20.790,00:29:23.790

Katelynne Svalina: Feel free to send your bib # when you get it! That's the easiest way for me to track you! katelynne_svalina@yahoo.com

00:31:43.740,00:31:46.740

joey: clear safety glasses can help with sand in the air

00:31:52.211,00:31:55.211

Megan Warzecha: 2025 Results:

<https://runsignup.com/Race/Results/68352#resultSetId-535522;perpage:100>

00:32:17.730,00:32:20.730

Katelynne Svalina: Yes, Joey! Bring sunglasses and glasses! The sand is brutal!!! Some kind of face covering helped some runners in years past.

00:32:41.841,00:32:44.841

Megan Warzecha: And sunscreen and chapstick!

00:32:43.959,00:32:46.959

Running Jon: I've worn sunglasses in the middle of the night both of the past 2 years 🧐

00:33:55.453,00:33:58.453

Megan Warzecha: BBR Veterans: Have you used gaiters in the past?

00:34:06.393,00:34:09.393

Steven Epifano: these helped me last year:

https://www.oakley.com/en-us/product/W0OO9510?variant=888392668899&cid=PM-FGS_000000-5.US-Oakley-EN-NA-NA-PmaxEyewear-NA-Prs-NA-Ecom-NA&gclid=aw.ds&gad_source=1&gad_campaignid=19671809437&gbraid=0AAAAACyJeEYcw2gy3NoMRPQ_OuKZWKwCR&g

clid=CjwKCAjw04HIBhB8EiwA8jGNbUQC7Xh9g_-aJHPw7ufKBzvL1GYwF6JgO6RMITFrWybC
K7sG2a_NShoC58kQAvD_BwE

00:34:29.683,00:34:32.683

Steven Epifano: they are transition lenses so sunglasses in the morning and clear glasses at night

00:34:58.192,00:35:01.192

Jackie Demchock: I love toe socks!

00:35:04.526,00:35:07.526

Nick Rogers: injinji socks are great for ultras, janji rainrunner jacket is great for wind and rain as well!

00:35:58.329,00:36:01.329

Megan Warzecha: I always have these in my blister kit when I'm crewing:
<https://a.co/d/csPU8V6>

00:36:19.852,00:36:22.852

Jason Huffman: I've never used gaiters at Blackbeards. Only once, in the winds of '24, did I feel they would have made a difference. Even then, I'm not sure it would have help. I had sand blow in my shoes on top, be the laces.

00:36:50.740,00:36:53.740

Jason Huffman: Goodr makes clear glasses as well, if you are a fan of them.

00:38:18.587,00:38:21.587

Manny Aguinaga: I have a base pace of 7 miles that I run 3xs a week and then a long run on Sunday. Can I keep the same base pay and also do the beginner plan so do 2xs a day?

00:43:15.214,00:43:18.214

Megan Warzecha: <https://www.mcmillanrunning.com/>

00:43:33.151,00:43:36.151

Steven Epifano: <https://ultrapacer.com/>

00:43:39.804,00:43:42.804

Steven Epifano: is a good resource as well

00:43:53.308,00:43:56.308

Steven Epifano: yup and varies on terrain

00:44:26.052,00:44:29.052

Megan Warzecha: Caleb: caleb@wickedbonkproof.com

00:44:46.517,00:44:49.517

4622_24 River Rd: when will you share the plan ? when should we expect the plan to be shared with us?

00:45:01.542,00:45:04.542

Running Jon: No gaiters... But have considered it for this year

00:45:18.953,00:45:21.953

Megan Warzecha: Plans:

<https://runsignup.com/Race/BlackbeardsRevenge100/Page/TrainingPlans>

00:45:22.004,00:45:25.004

Peter Alexander: Is Training Peaks required to use a plan?

00:46:16.453,00:46:19.453

Madison Jordan: thanks Caleb!!!

00:46:32.709,00:46:35.709

Megan Warzecha: Caleb you rock.

00:47:44.260,00:47:47.260

Madison Jordan: for the lights that are required, being in law enforcement i have a few guardian angel devices... will this be something that would be acceptable?

00:47:49.110,00:47:52.110

Megan Warzecha: Aid Station Chart:

<https://runsignup.com/Race/BlackbeardsRevenge100/Page/aidstationchart>

00:48:00.225,00:48:03.225

Megan Warzecha: Shoot me a link, Madison.

00:48:29.856,00:48:32.856

Madison Jordan:

https://www.guardianangeldevices.com/?absrc=Bing&abid=78958827302409&abcampid=370450719&bclid=1661a80f2b3a18dd80f5c10e7fbc4a95&msclkid=1661a80f2b3a18dd80f5c10e7fbc4a95&utm_source=bing&utm_medium=cpc&utm_campaign=NP%20-%20Brand&utm_term=guardian%20angel%20light&utm_content=TM%20Guardian%20Angel%20Lights

00:48:38.744,00:48:41.744

Megan Warzecha: People who have raced before, what are your preferences for where to stay?

00:48:55.689,00:48:58.689

Steven Epifano: Airbnb in the middle of the race was perfect

00:49:11.804,00:49:14.804

Megan Warzecha: Madison, what's your email? I'm going to need to take a look when I can focus and I'll email you back.

00:49:18.197,00:49:21.197

Steven Epifano: around the kitty hawk / kill devil hills / nags head area

00:49:22.220,00:49:25.220

Nick Rogers: There were some nice Airbnbs in Avon as well

00:49:30.430,00:49:33.430

Madison Jordan: madisonperry33@gmail.com

00:49:32.922,00:49:35.922

Running Jon: I have family in duck and last year we got a rental in Hatteras. Worked great, but I know that's not a common setup.

00:49:33.209,00:49:36.209

Katelynne Svalina: We have a whole extended family and like to stay near the end of the race, BUT the one year the road washed out and the course changed really messed us. I would recommend around nags head/kitty hawk/kill devil.

00:51:03.932,00:51:06.932

Katelynne Svalina: If you stay near the end of the race in Hatteras, keep in mind that there's not a lot of places open at this time of year as it's not really quite rental/vacation season yet.

00:51:44.920,00:51:47.920

Nick Holland: Anyway we can print the athlete guide?

00:53:27.836,00:53:30.836

Megan Warzecha: Nick, when you open it, it opens as a Google Presentation. I think you should be able to print:

<https://runsignup.com/Race/BlackbeardsRevenge100/Page/athletguide>

00:53:31.964,00:53:34.964

4622_24 River Rd: will this presentation be shared with us?

00:54:04.218,00:54:07.218

Megan Warzecha: This is just the Athlete Guide that I linked to above. It's on our website.

00:54:44.279,00:54:47.279

C A: There is no such thing as not having a crew!! The volunteers and other crew are very supportive. If you don't have on-site crew, let Katelynne or I know! We gotcha! Also, I recently crewed my runner on a 200 miler REMOTELY! Thanks to the other BB Ambassadors and that experience, I have some great tips!!

00:56:04.711,00:56:07.711

Katelynne Svalina: PLEASE YELL YOUR NUMBER when coming in and out of aid stations!

00:57:00.627,00:57:03.627

Nurhak Tuncer Bayramli: Question about light requirements clarification. Do we need a headlamp if we have blinking L.E.D. lights on the vests?

00:57:39.656,00:57:42.656

Jason Huffman: Noxgear

00:57:47.848,00:57:50.848

Megan Warzecha: Nicole - Shuttle details:

<https://runsignup.com/Race/BlackbeardsRevenge100/Page/Shuttle>

00:57:48.353,00:57:51.353

Steven Epifano: I would suggest it a headlamp, it gets pretty dark down towards the end of the race where there are no street lights

00:59:15.207,00:59:18.207

Steven Epifano: or something like a kogala strip light

00:59:39.640,00:59:42.640

Madison Jordan: it can blink red or stay steady. also have a yellow and red/ blue

00:59:57.957,01:00:00.957

Katelynne Svalina: Piggy packing off of Steve, I would think you'd want it. It's VERY dark along a lot of it at night.

01:00:02.903,01:00:05.903

Jason Huffman: Noxgear also has a chest lamp that attaches to the vest as well. Very bright.

01:00:06.454,01:00:09.454

Madison Jordan: i use my steady white light on my guardian angel on traffic stops

01:01:35.115,01:01:38.115

Katelynne Svalina: Bahahaha!!! What a nice way to say that!!

01:01:40.293,01:01:43.293

Jason Huffman: As well as otters

01:01:46.759,01:01:49.759

Running Jon: Ugh... The birds

01:01:46.815,01:01:49.815

Nurhak Tuncer Bayramli: We are a relay team and asking it on behalf of team who cannot ask it in text. (The question about lights was a confusion so was not sure if we needed head lamps still when having blinking vest.)

01:02:59.280,01:03:02.280

Megan Warzecha: Nurhak shoot me your email and a link to the product. But I think the safe answer is that a headlamp's in the Guide for a reason.

01:03:01.156,01:03:04.156

4622_24 River Rd: Megan: what is your email?

01:03:09.921,01:03:12.921

Megan Warzecha: megan@triviumracing.com!

01:03:18.072,01:03:21.072

4622_24 River Rd: TY

01:04:33.031,01:04:36.031

Nurhak Tuncer Bayramli: Asking this on behalf of our captain - "My reflective vest has a plug in usb charger. I'm in the relay. Am I required to have an extra. There is no battery pack."

01:05:47.442,01:05:50.442

Megan Warzecha: Lois, what kind of GPS watch did you run with last year?

01:05:51.653,01:05:54.653

Nurhak Tuncer Bayramli: Megan - here is my email : nurhak@gmail.com

01:05:58.488,01:06:01.488

Megan Warzecha: Got it, Nurhak

01:06:31.166,01:06:34.166

joey: what kind of gels?

01:06:34.714,01:06:37.714

Steven Epifano: huma

01:06:55.375,01:06:58.375

Steven Epifano: <https://humagel.com/>

01:07:23.682,01:07:26.682

Madison Jordan: i might have to call someone for a pep talk lol

01:07:50.613,01:07:53.613

C A: Cell service is spotty in some locations on OBX.

01:08:13.280,01:08:16.280

Steven Epifano: i had 101 ish last year

01:08:34.395,01:08:37.395

Lois Roegge: I'm the one who asked - I have a new watch. Not sure what was up but I was pretty far off.

01:08:52.893,01:08:55.893

Steven Epifano: depends on how much you are walking around at aid stations too

01:09:11.816,01:09:14.816

Katelynne Svalina: Yes, from Corolla to duck is tough. Duck through some of southern shores is rough. Salvo to Avon can be tricky. We have Verizon.

01:09:24.648,01:09:27.648

Katelynne Svalina: Cell service, that is.

01:09:27.012,01:09:30.012

Lois Roegge: I didn't deviate much from course, but....if no one else is having the problem then I will just deal with it. :)

01:09:45.801,01:09:48.801

C A: Madison, we can help you with pep talks. Carolynneadams@yahoo.com. Stay in touch!!!!

01:09:49.054,01:09:52.054

Lois Roegge: I have a garmin 265

01:10:14.621,01:10:17.621

Megan Warzecha: Lois, megan@triviumracing.com!

01:10:33.610,01:10:36.610

Katelynne Svalina: There were more who DNF 2024 than 2025!

01:10:44.277,01:10:47.277

Jason Huffman: It could be the GPS settings on the watch. If it's hitting sats at less frequent intervals to save battery, that can cause some error.

01:11:14.392,01:11:17.392

Katelynne Svalina: Be ready to run in rain and cold wind. 2024 was HORRIBLE.

01:11:29.942,01:11:32.942

Madison Jordan: i work night shift so daytime is going to be the hard time for me lol

01:12:11.746,01:12:14.746

Nurhak Tuncer Bayramli: We are a five people relay team and divided the sections two per person and will not run back to back... what do you suggest in handling and in terms of possible complications for the relay teams? They can not use drop bags right?

01:12:27.573,01:12:30.573

C A: Madison, you will have a BLAST! Email me!

01:12:54.661,01:12:57.661

Madison Jordan: i will!

01:13:11.074,01:13:14.074

joey: i like running at night because its more peaceful

01:14:06.066,01:14:09.066

Steven Epifano:

https://www.amazon.com/Portable-Charger-38800mAh-Charging-Compatible/dp/B09H4GLZXT/ref=sr_1_4?crd=P2607OGX9B1U&dib=eyJ2ljojMSJ9.MmA4ROfKzVmquSLwzj5cl56CCKhsVmcCz_QG1YeNfp6E6q46fKV27caXOWqvPFWzlao80muG-xt-Uju-0URlo1fod99bdby4cwqUS5mcEjZV5IO0JAfHDZaZq0U7NekxQkHIRFsR96l5CmhQFjdZ9D9qLNDEpwG7sJTs5woWkF-V1Y02a8BeFjSMa4l_krH46khuno4LoQiFkJntgZP_qnvh_cbeSxjtyXO9-_1OdRU.-tQgHsJbjxlgva-DVN2-Mvw53k5M5uSrHSaXZNc3Gss&dib_tag=se&keywords=10%2C000%2Bmilliamp%2Bpower%2Bbank&qid=1761696371&prefix=10%2C000%2Bmi%2Caps%2C219&sr=8-4&th=1

01:14:14.392,01:14:17.392

Megan Warzecha: Thanks Steve!

01:14:16.613,01:14:19.613

Steven Epifano: usb battery packs are great to have

01:15:59.780,01:16:02.780

4622_24 River Rd: am I the only newbie here?

01:16:30.221,01:16:33.221

Megan Warzecha: 🏃 109 brave souls start the 100 Mile, with 65 finishing
🏃 63 runners tackle the 100K, and 53 cross the finish line
🏃 All 27 Relay teams and both Chariot Relay teams made it to the end—a 100% finish rate for our relay pirates!

01:16:30.627,01:16:33.627

Courtney Moore: Would it be possible to see a photo of a runner wearing the required gear (nighttime specifically)...visual learner here.

01:16:31.377,01:16:34.377

C A: If you are, you are the smartest newbie!

01:17:10.206,01:17:13.206

Nick Holland: 1st Time 100 Miler for me! Love the OBX - it'll be fun!!!

01:17:35.906,01:17:38.906

Katelynne Svalina: You will not be the only new one! Lots of people in the runner groups are talking about doing it for the first time.

01:17:53.737,01:17:56.737

Jason Huffman: <https://www.noxgear.com/>

01:17:58.869,01:18:01.869

4622_24 River Rd: uff. makes me feel better (for a minute)

01:18:01.221,01:18:04.221

Jason Huffman: There are some pictures on here

01:18:02.070,01:18:05.070

David Gruner: 1st timer 100 M here too!

01:18:20.706,01:18:23.706

Katelynne Svalina: Courtney, check out the guy on their social media who has a red vest and long blonde beard. He's always all loaded up in his pictures because he finished last year at night.

01:18:39.653,01:18:42.653

Courtney Moore: Awesome, thank you!

01:19:20.623,01:19:23.623

Nurhak Tuncer Bayramli: This rechargeable LED reflective vest provides 360-degree visibility, with 3 light modes and up to 12 hours of runtime on a 1-hour charge. Check it out on Amazon now! <https://a.co/d/4Y8tOFb>

01:20:07.506,01:20:10.506

Nurhak Tuncer Bayramli: Is this link I shared ok for relay runners? My captain shared... it is 12 hours long. So requirement is for all and exception is for relay runners?

01:21:00.243,01:21:03.243

Megan Warzecha: <https://runsignup.com/Race/BlackbeardsRevenge100/Page/pacer-crew>

01:21:08.459,01:21:11.459

Nurhak Tuncer Bayramli: Relay runners required to carry extra battery too? Because it is extra weight and weight off helps.

01:21:27.655,01:21:30.655

Manny Aguinaga: Question about my pacer at night, if she is running with me through the night but one other person also wants to run at the same time not officially, is that possible?

01:22:06.611,01:22:09.611

C A: Newbies: Welcome! The Ambassadors love and live to help you!!! You will have so much fun (while you hurt yourself, because, yeah...that's what you all do! 😊) Reach out to the Ambassadors!!! ❤️.

01:22:13.052,01:22:16.052

Nurhak Tuncer Bayramli: Thank you!

01:22:22.386,01:22:25.386

Steven Epifano: i tried to do the same thing lol

01:23:20.361,01:23:23.361

Steven Epifano: i run with a huge pack so i carried the kitchen sink too

01:23:52.830,01:23:55.830

Nurhak Tuncer Bayramli: Relay runners can not use drop bags right?

01:24:04.261,01:24:07.261

Nick Holland: This was great - thank you!!

01:24:06.799,01:24:09.799

Megan Warzecha: <https://www.facebook.com/share/g/1BUyY4tUJ3/>

01:24:07.636,01:24:10.636

Madison Jordan: love the facebook group !!!

01:24:19.379,01:24:22.379

Rebecca Edwards: Correct, relay runners don't receive drop bags

01:25:10.927,01:25:13.927

Madison Jordan: who do i need to get in contact with to get a detailed image for a tattoo idea?

01:25:56.424,01:25:59.424

Madison Jordan: even in a marked patrol car with flashing lights i almost get hit all the time lol

01:27:01.969,01:27:04.969

Madison Jordan: perfect!

01:27:19.216,01:27:22.216

Madison Jordan: yesssss

01:27:30.612,01:27:33.612

Running Jon: Niiice

01:27:37.248,01:27:40.248

Lois Roegge: Yessss!!!!

01:27:37.605,01:27:40.605

Manny Aguinaga: Woo hoo!! That's gonna be my buckle!

01:27:47.594,01:27:50.594

Madison Jordan: yes manny we got this !!!

01:28:48.848,01:28:51.848

Madison Jordan: omfgggggg i love it !!!!

01:29:27.286,01:29:30.286

Steven Epifano: wrong button

01:29:41.380,01:29:44.380

Katelynne Svalina: He was just so excited by what he saw! 😂

01:30:18.952,01:30:21.952

Madison Jordan: the excitement on your face speaks volumes!!!!

01:32:01.284,01:32:04.284

Courtney Moore: Thank you for all your hard work, now it's our turn to earn it!

01:33:27.160,01:33:30.160

Madison Jordan: yessss swag! i think i have ordered everything so far!

01:33:45.705,01:33:48.705

4622_24 River Rd: THANK YOU ambassadors for all your insights !!

01:34:11.398,01:34:14.398

Megan Warzecha: Yes, THANK YOU Ambassadors!

01:34:17.107,01:34:20.107

Katelynne Svalina: You're welcome! It'll be so fun!

01:36:14.456,01:36:17.456

Madison Jordan: so excited to meet you all, and start the next part of the training program! the first 8 weeks have kicked my ass but have been sticking to it and love it so far

01:36:41.080,01:36:44.080

Madison Jordan: caleb great job with the training so far!!!

01:37:02.168,01:37:05.168

Madison Jordan: thank you!!!

01:37:18.859,01:37:21.859

David Gruner: Thank you!!

01:37:22.795,01:37:25.795

Steven Epifano: thank you..if you need any tips reach out

01:37:30.095,01:37:33.095

Julie Jordan: Thank you everyone! Good luck with your training- Slowpoke Scallywag

01:37:32.237,01:37:35.237

Manny Aguinaga: Megan for president!!! Thanks!

01:37:34.567,01:37:37.567

Running Jon: Y'all take it easy!

01:37:47.390,01:37:50.390

joey: thank you