

2025 GA Jewel 100 & 50 Mile Handbook



Hey Friends,

We love to run and we really love our running friends (that'd be you.) In hosting the Jewel, we hope to create an experience that connects us to new friends and personal accomplishments.

Running 100 or 50 miles through the woods is no small feat. We know the time and energy it takes in planning, training, and preparing for an event of this magnitude, and our hope is to share all the information you'll need.

Consider this our holy grail (in the Monty Python kinda way.) It contains all you need to know to get yourself to the race and hopefully, the finish line. Ignore this and you're doomed to wander the woods high on Tailwind and banging coconuts together.

We tried to think about everything we'd wanna know. If you find something missing...which you probably will.... just email us with your questions.

Read this. Memorize it. Read it again during your pre-race poop. We promise it'll be helpful (or at least entertaining.)

Topic	Page	Topic	Page
Schedule	2	Driving Directions	10
Accommodations/ Drop Bags	3	Pacers	11
Course Mileage and Time Charts	4	Final Thoughts + 100 Mile Early Start Time	12
Aid Stations	6		
Elevation	7-8		
Crew	9		

2025 Weekend Schedule

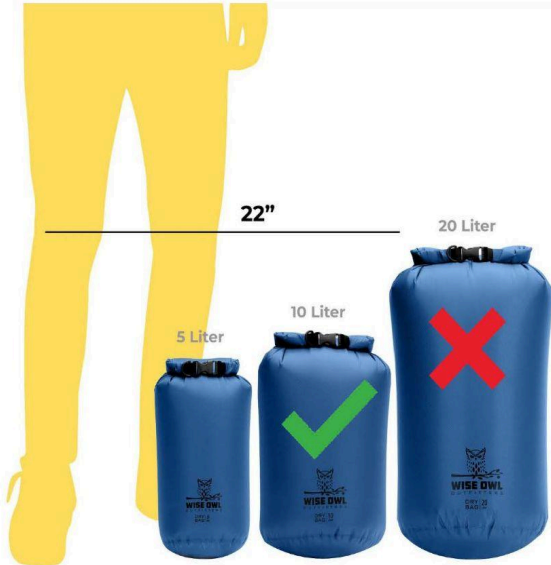
Date	Time	What	Location	Who
Thursday, September 18th	5-6 pm	Packet Pick-Up	Dalton Convention Center	100 Milers
Friday, September 19th	10-11:30 am	Packet Pickup	Dalton Convention Center	100 Milers
	11:50 am	Pre-Race Updates	Starting Line (Dalton Convention Center)	100 Milers + Crew
	12 pm	RACE START	Starting Line (Dalton Convention Center)	100 Milers
	6-7:30 pm	Packet Pickup, Beer, Coke, and Bands	Burr Park, Downtown Dalton	50, 35, 18 Milers
Saturday, September 20th	5:30 am	Race Day packet pickup	Finish Line (Dalton Convention Center)	50, 35 Milers
	5:45 am	Shuttle LEAVES (loads at 5:30am)	Finish Line (Dalton Convention Center)	50, 35 Milers
	7:30 am & 7:35am	RACE START	Dry Creek Equestrian Parking Lot Coordinates 34.578140, -85.130040	50, 35 Milers
	7:30am	Shuttle LEAVES (loads at 7:15am)	Finish Line (Dalton Convention Center)	18 Milers
	8:30 am	RACE START	Snake Creek Hwy 136 Trailhead	18 Milers
	2:30 pm	Race Cut-Off	Finish Line	18 Milers
	7:20 pm	Race Cut-Off	Finish Line	35 Milers
	11 pm	Race Cut-Off	Finish Line	50 & 100 Milers

Accommodations

If you're up for an extra fun adventure, you can camp with us at the Start/Finish line. You bring the tent or sleep in your car and we'll provide the pre-race porta potties for your morning constitution.

No campers, please. The Convention Center has other events going on. They're our friends and friends respect and honor each other. If you bring a camper and park it anywhere at the Convention Center it could be towed. It also hurts our relationship and jeopardizes the race. PLEASE respect our local partners and don't bring a camper.

Drop Bags

Size	Think 10-15 Liters. No plastic tubs or giant duffels, please! And not 100lbs. We reserve the right to refuse any drop bag due to size. 
Water-Proofing	YES! Let's assume it's gonna rain and your bag is gonna get wet.
Required Labeling	Please use a permanent marker (Sharpie) to label your drop bag with the following information: Your Last Name, Your Bib #, AS Location <i>Example: Baker, #1, Dry Creek</i>
Required Gear	Headlamp, some type of hydration flask, bottle, or bladder that can hold at least 24oz water
Drop-Off	All drop bags should be brought to packet pickup.
Pick-Up	Drop bags will trickle back to the finish line as aid stations close. We can't guarantee a specific time except they'll be available by 10am Sunday morning.
Left Drop-Bags	We WON'T mail any left drop-bags back to you. SO sorry! The post office is legit 45mins from our house and not in an area we frequent.

Course Information (next page!)

100 Mile

Aid Station	Mile	Miles to next AS	Miles to Finish	Cut-off Time	Pacer	Crew Access/ Drop-Bag
Convention Center	0	3.2		12pm		
Powerlines	3.2	8.4	96.8	1PM		NO
Stover	11.6	7.2	88.4	NO DROPS		NO
Snake	18.8	6.5	81.2	6PM Friday		Yes/Yes
Pocket Rd.	25.3	3.3	74.7	8:15PM Friday		NO
John's Mtn	28.6	7.5	71.4	NO DROPS		NO
Arrive at Dry Creek	36.1	6.7	63.9	12AM Saturday		Yes/Yes
Finish Loop #1	42.8	7.2	57.2	2AM Saturday		Yes/Yes
Finish Loop #2	50	7.2	50	4:30 AM Saturday	Yes	Yes/Yes
Finish Loop #3 <i>*this is the same loop as #1</i>	57.2	6.7	42.8	7AM Saturday	Yes	Yes/Yes
Finish Loop #4 <i>*this is the same loop as #2 & Leave DC</i>	63.9	7.5	36.1	9:15 AM Saturday	Yes	Yes/Yes
John's Mtn	71.4	3.3	28.6	NO DROPS		NO
Pocket Rd.	74.7	6.5	25.3	1:15 PM Saturday	Yes	Yes/NO
Snake Creek	81.2	7.2	18.8	3:30 PM Saturday	Yes	Yes/Yes
Stover	88.4	8.4	11.6			NO
Powerlines	96.8	3.2	3.2	9:30 PM Saturday		NO
Finish	100			11 PM Saturday		

Total time: 35 hours

50 Mile

Aid Station	Mile	Miles to next aid	Miles to Finish	Crew Access/ Drop-Bag	Cut-off Time	Pacer
Start	0	6.7			7:30am	NO
Finish Loop #1	6.7	7.2	43.3	NO		NO
Finish Loop #2	13.9	7.5	36.1	NO	11:20am	NO
John's Mtn	21.4	3.3	28.6	NO		NO
Pocket Rd.	24.7	6.5	25.3	NO		NO
Snake Creek	31.2	7.2	18.8	Yes/Yes	4pm	Yes
Stover	38.4	8.4	11.6	NO		NO
Powerlines	46.8	3.2	3.2	NO	9:45pm	NO
Convention Center	50				11pm	

Cut off times

Runner health and safety is our first priority. Sometimes that means helping you make the choice of living to fight another day. We calculate aid station cut-offs differently than overall time. There are sections we know you'll need to run at a faster pace, to make-up for a tougher section. Please pay attention to the specific AS cut-offs and DO NOT average the overall allocated time. The cut-off times for 2024 are as follows:

Distance	Total Time	Minimum Pace to Snake	Snake to Finish Pace
100	35 Hours	20min 19sec	23min 56sec
50	15hrs, 40min	18min: 48 sec	22min 20sec

Course Navigation

Here's a fun map that shows our entire course and all aid stations! [GA Jewel Overall Course](#)

We hope our flags and markings are perfect enough to ensure no one gets lost. (More on that later.) If you want an insurance policy that guarantees you'll make it out, download our maps from Outdoor Active.Using an assisted GPS location on your phone, it allows you to upload the course map and find out exactly where you are, where you need to go, or where you're going. It's essentially a tracking beacon for your safety and it doesn't require cell service. Find it here: [100 Mile Course Map \(DOWNLOAD THIS\)](#) and [50 Mile Course Map \(DOWNLOAD THIS!\)](#)

Course Markings

We'll use lovely white flags with silver reflective tape to mark the course. You can also check yourself by looking for the GA Pinhoti Trailblaze of our infamous turkey foot on a white diamond. Markings will be both at eye level on trees or lower on the ground. It'll be well marked.



Let's talk about Dry Creek...

PLEASE download Outdoor Active to ensure you ALWAYS know how to determine if you're on course. Dry Creek is tricky. 100's you'll run 2 different loops, 2 times each. 50's you'll run 2 loops, 1 time each. We number them rather than using the blaze colors because you'll connect to different colored trails throughout your loops. DON'T WORRY! Follow the race flags and you'll be fine. After each loop, you'll return to the aid station area. (This is a good thing.) Follow the signs along the way and you'll be great!

Aid Stations

We all love the woods and when you love something, you care for it. In partnership with our friends NewTerra Compost, at each aid station AND the finish line, we'll be composting, recycling, and recycling gel wrappers. The two BIG things for runners are:

- 1. Bring a cup. We're 100% cupless. NO exceptions.***
- 2. Landfill waste "garbage cans" will be minimal. Please be ready to pack out what you bring in.***

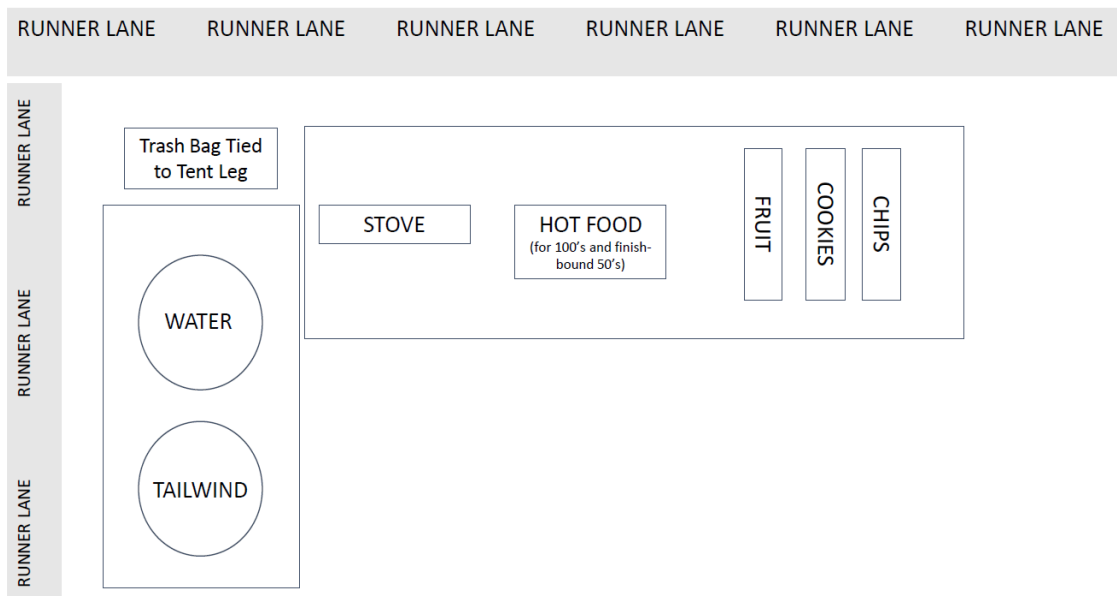
We know this is a new component and might feel a bit different. If you forget and throw a plastic bag in the recycle bin at an aid station no one's gonna shame you...we're all learning and growing in our awareness of caring for the very spaces where we love to play. Let's do this together so future generations can enjoy the outdoors too.

Food

One of our favorite things about ultra running is the food. You don't see quesadillas or homemade brownies at road marathons! Our aid station food will change with the time of day and distance in the race. Early on we'll have the traditional snacks like fruit, cookies, and chips. As the race clock and distance progress, you'll find more substantial food like broth, ramen, or quesadillas. We'll also have plenty for our vegan or vegetarian friends. Tailwind is also a SUPER generous sponsor and will be offered at all the aid stations.

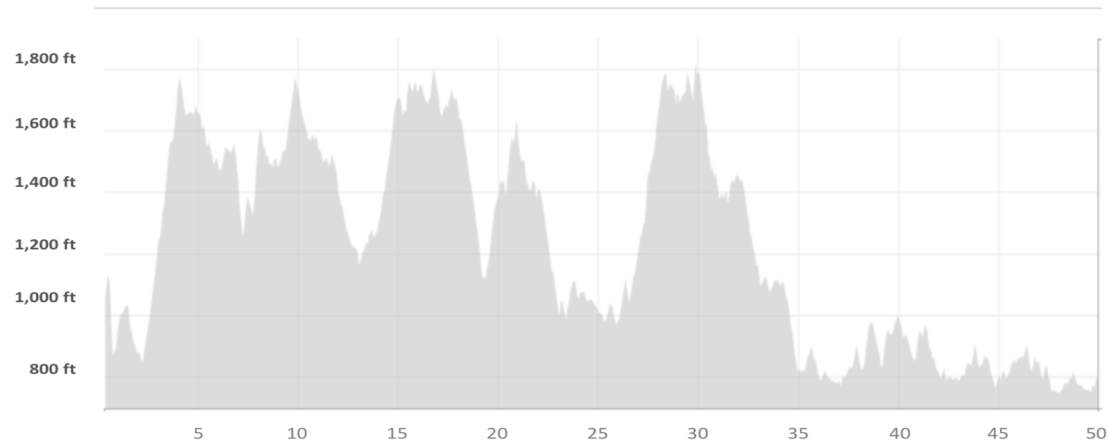
If you need anything special please plan on bringing it. While we try to consider most, there are special dietary needs we can't anticipate. Carry anything you personally prefer to have and you won't be disappointed.

Aid Station Layout

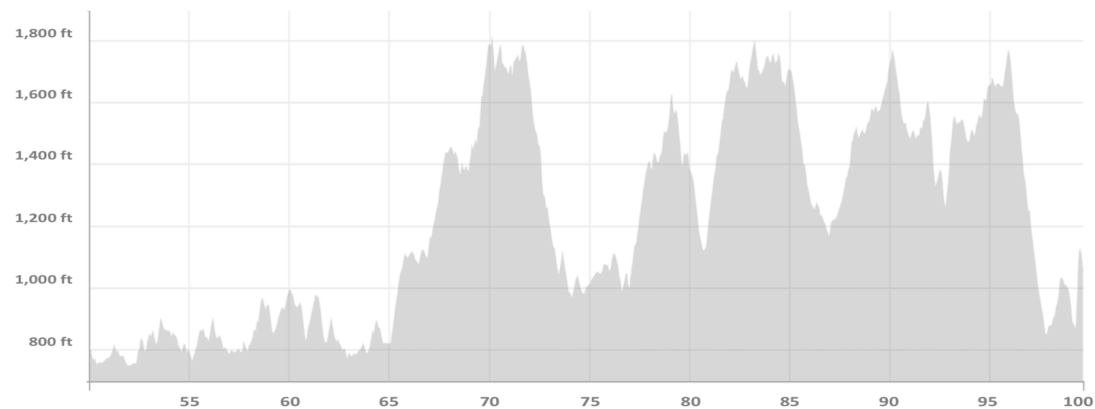


Elevation

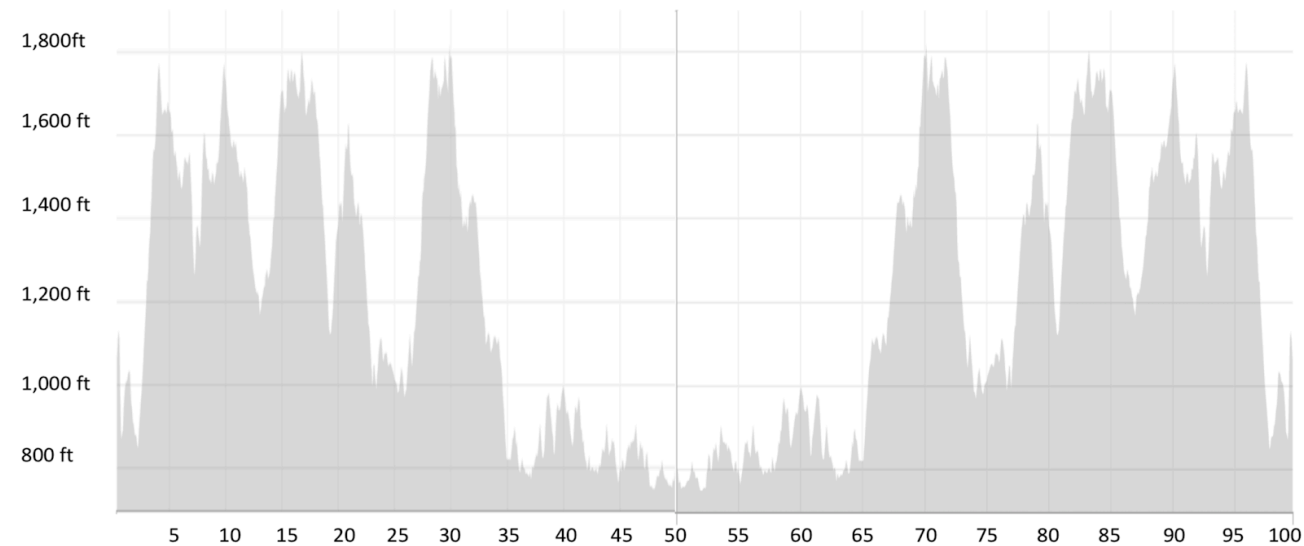
100 Milers:



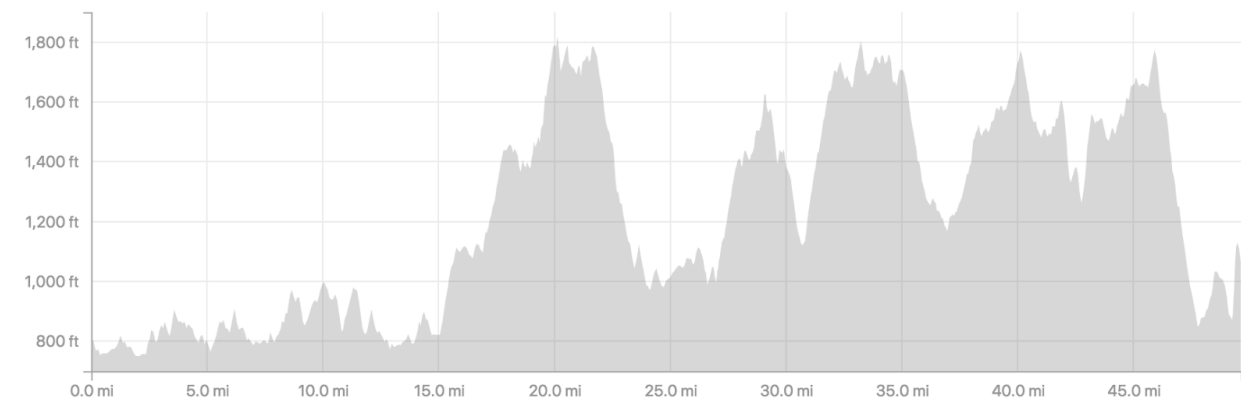
This is your 2nd 50...



100's All Together...



Elevation 50's



Crew

We love crew!!! How else could us crazies ever finish an ultra?

Here are our crew guidelines:

1. **PLEASE only have your crew help you at our designated aid stations.** Encourage them to be aware of runners coming through and not to do anything, um, not smart, when driving around hauling your gear everywhere.

Make sure your cheering squad knows NOT to drive to John's, Stover, or Powerlines. You, the runner, are responsible for making sure your friends know these rules. In the past, super kind people have driven to Powerlines and offered aid from their car. Y'all. This is dangerous and against the rules. If you've got friends who are this amazing, have them volunteer! They'll fit right in!

2. Parking

Each runner will be given one car tag. This is REALLY important. We can only have one car per runner at each crew spot.

There's also a \$5 parking fee at Dry Creek. 100 milers, if your crew is headed to meet you there, please make sure they not only have \$5, but also PAY. Our Foresters know how many runners we have and anticipate the fees. For the love, PLEASE make sure your crew pays.

3. No Aid Outside Aid Station

Remember, if you receive aid anywhere other than our designated crew points you'll be disqualified. This is a big one for us...we mean this with our whole hearts.

Driving

Navigating to the aid stations can be tricky because, in most places, there's NO cell service.

PLEASE print directions for your crew OR have them take screenshots of the directions **BEFORE** they leave the Convention Center.

Dry Creek has ZERO cell service. The coordinates will take you to the entrance of the trail system but you'll need to follow the signs to the equestrian parking lot. Easiest thing to do is drive and stay left at every fork and follow the signs to the parking lot. Click on "Dry Creek Trail System Map" for an overview of the park:

<https://www.fs.usda.gov/recarea/conf/recarea/?recid=10467>

Driving Directions for Aid Stations

100 Mile Directions to Turn-Around

Here's a link to **all the directions put together.**

<https://goo.gl/maps/6VbcErXnAHv>

Convention Center to Snake Creek Gap

Snake Creek Coordinates: 34.664175, -85.059646

<https://goo.gl/maps/BcWgqmYoiFR2>

Snake Creek to Dry Creek

Dry Creek Coordinates 34.578140, -85.130040

<https://goo.gl/maps/ZMTQ9pAEK625UZw46>

Directions for 50 Miler (and directions BACK to the finish for the 100's)

Start is at Dry Creek Equestrian Parking Lot

Coordinates 34.578140, -85.130040

Dry Creek to Snake Creek

Snake Creek Coordinates: 34.664175, -85.059646

<https://goo.gl/maps/94PHNbWs1pAy6gnx5>

Snake Creek To Convention Center

Convention Center Coordinates: 34.758513, -85.006347

<https://goo.gl/maps/d4V2jwQKAQ92>



Pacer Pals

We all need a running friend now and then. Especially when we're running 50+ miles. Pacers are awesome and are **ABSOLUTELY** allowed to eat and get fluids from the aid stations! There are a two rules we have:

1. **Pacers can only meet their runners at the designated locations and each runner can only have one pacer at a time.** Pacers can't drop or enter at any other location than pacer-designated aid stations.

***New for 2022:** 100 mile runners age 65+ can have pacers starting at out-bound Snake Creek Gap (31.2 miles)

Pacers for 50 milers are allowed at

Snake Creek Gap	31.2 mi
-----------------	---------

Pacers for 100 milers are allowed at:

Dry Creek (DC) Loop #2	50 mi
DC Loop #3	57.2 mi
DC Loop #4	63.9 mi
Pocket Road RETURN	74.7 mi
Snake Creek Gap Return	81.2 mi

2. **Be Kind, Be A Pacer Not a Runner**

Our volunteers are SO generous and are giving up their time and energy to care for the runners. If your pacer is with you at an aid station, please make sure they're caring for themselves. While they're welcome to fill up a water bottle or grab a few cookies, they should be carrying most of their own fuel. Let them know the volunteers are caring for YOU. This means unless a volunteer offers, the Pacer is on their own to be self-sufficient.

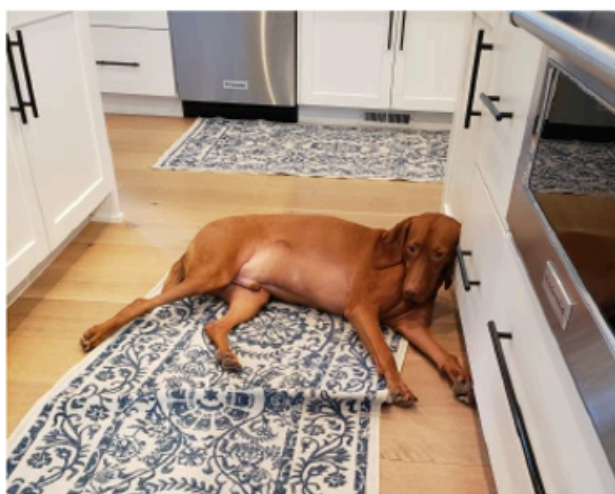
3. **Don't leave your car. Per the Forest Service Team cars CAN NOT be dropped at pacer locations.** Your pacer will need to be dropped off. 100 mile pacers are allowed to be dropped at Pocket Road but NO crew.



Final Thoughts

The trail community is a beautiful reflection of what humanity should be...every race, gender, religion, level of experience, career choice, shape, and size aren't just welcomed, they're invited and valued. The only time we've ever uninvited a runner to the Jewel was when they treated others poorly. The trails are a safe space and we'll keep working to keep them that way for now and future generations. The Jewel and ALL the runners who come bring our family tremendous joy and we hope to return the same to you! Cheers to great runs and even greater friendships!

Team Baker



2025 Early Start Time Option for the 100-Miler

We're offering an additional 6 hours for runners who can't finish within the 35-hour time limit.

Additional Info:

- No one running faster than a 20mm should be starting early.
- 6 am start from the Dalton Convention Center
- All cut-offs remain the same, you just get an extra 6hrs.
- Early starts aren't eligible for awards
- You'll get a buckle and official finish time like everyone else
- Only Water and Tailwind until Snake (18.8mi)
- First drop bags at Snake

Why can't anyone start 6 hours early?

- Our aid station volunteers won't be set up, and you won't have full aid.

How do I opt in to the early start?

- Fill out this form: [Early Start Sign-Up](#)

Does anything else change?

Nope. Packet-pickup times are the same, so you'll wanna make sure you're in town Thursday night. There's NO morning of packet pick-up.

If you have any additional questions, don't hesitate to reach out. Our intention is to help runners who will intentionally and truly be going at a slower pace.