

2025 GA Jewel 18 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 18 miles through the woods is no small feat. We know the time and energy it takes in planning, training, and preparing for an event, 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.) And remember, high-five, you've got this!!!!



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, 18 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
	7:35 pm	Race Cut-Off	Finish Line	35 Milers
	11 pm	Race Cut-Off	Finish Line	50 & 100 Milers

Race Day Packet Pickup

Yep, you can pick up your race packet on Saturday morning. Give yourself plenty of time to get it and get on the shuttle!

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.

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. The cut-off times for 2024 are as follows:

Aid Station	Total Miles	Miles to Next Aid	Miles to Finish	Cut-Off Time
Start Snake Creek	0	7.2		8:30am
Stover Rd.	7.2	8.2	11.4	10:32am
Powerlines	15.4	3.2	3.2	1:17 pm
Finish	18.6mi			2:30 pm

*Must keep a 19min: 21sec mile pace

Course Navigation

Here's a fun map that shows our course and all aid stations! <https://caltopo.com/m/0HL0K>

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: [18 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.



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:

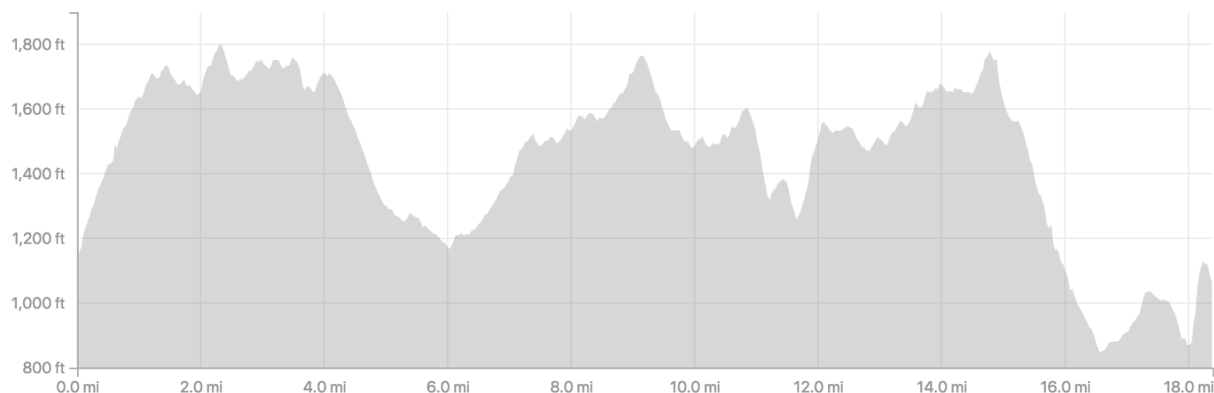
- 1. Bring a cup. We're 100% cupless. NO exceptions.**
- 2. Landfill waste "garbage cans" will be minimal. Please be ready to pack out what you bring in.**

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

We'll have fruit, cookies, chips, and a few other treats to choose from. Tailwind is our SUPER generous sponsor and will be offered at all the aid stations. We won't have gel packs so prepare accordingly!

Elevation



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 and Forest, the laziest running dog.

