

3 DAYS 3 MTNS 60 MILES

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Chattanooga Mountains Stage Race

October 17-19, 2025

Fri, Oct 17th - 22 moderate miles on Lookout Mtn

Sat, Oct 18th - 18 gorgeous miles along North Chick Creek

Sun, Oct 19th - 20 technical but amazing miles on Signal Mtn

ALL participants MUST carry some form of hydration: hydration pack, hand-held water bottle, waist belt, or a water bottle from the local gas station duct taped to your hand. Please note that aid stations will have few to no cups for your use and that is why you will need a hydration source.

****Please Note** that the second day along North Chickamauga Creek has replaced the Raccoon Mountain day in the past. Saturday's race is now point to point on the fairly new Wild Trails built 11 mile section that makes an awesome 18 miles along North Chick. If you want to take the bus from the finish to the start, you will need to drive to the finish at Lone Oak Community Center. If you have a ride and want to get dropped off at the race start, drive to North Chick creek trailhead. See driving directions below.**

Registration Dates & Race Fees

Membership to Wild Trails at any level will gain you a 10% discount to any race and at the Trail Steward level will gain you free entry into any 3 races. Click [HERE](#) for details.

***We will have a single day running option each day but race day registration only and there will not be awards or T shirts for single day. Post run meal is included. We may have extra race shirts available after the race for \$20. Cost for the single day run will be \$40.

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We will limit this event to 100 runners. There is no waiting list, refunds or transfers.

Race Fees (online registration has a no shirt option for \$10 less)

\$185 until 9/16, \$200 9/17-10/15 (Wednesday) at Noon. Packet pickup on race day (Friday am) is \$225 (no shirt).

Race Shirts (unisex, high tech) - You may be able to purchase one on the final race day (Sunday) after the race for \$20 as well as Wild Trails shirts and cool stuff.

Please note: All times are based on ET.

Course Maps

Plot-A-Rout MAPS are great for viewing on a computer and creating a printed copy. You also download a .gpx file that you can upload to your favorite App or wayfinding device.

[LOOKOUT MOUNTAIN](#)

[N CHICKAMAUGA CREEK](#)

[SIGNAL MOUNTAIN](#)

Schedule

Wednesday, October 15

Online registration ends at noon if not already sold out at 100 runners. Registration is still available at packet pick-up both Thur and Fri.

Friday, October 16

Lula Lake Land Trust

7:45am - Pre-Race Briefing

8:00am - Race Start

1:30pm - Race ends for the day

7:00-9:00pm - Crash Pad social

Saturday, October 17

Loan Oak Community Center

6:00am - Registration and packet pick-up begins at the finish (Lone Oak Community Center). If you did not get your race bib at packet pickup on Thur and have someone to give you a ride to the start, you can get your bib there (North Chickamauga Creek trailhead). You can pick up your T shirt and rest of SWAG at the finish.

7:15 - Grab a seat on the bus

7:20am - Pre-Race Briefing on the bus

8:00am - Race Start

1:00pm - Race ends for the day

7:00-9:00pm - Crash Pad social

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Sunday, October 12

Signal Mountain Soccer Pavillion

7:00am - Packet Pickup opens

7:45 - Pre-Race Briefing

8:00 - Race Start

1:30 - Race ends for the day

7:00-9:00pm - Crash Pad social

Registration

- Online race registration will close 10/8/2025 at noon or once the maximum field is reached, regardless of the date.
- If the online registration does not fill up, we will have registration at packet pickup Thursday and on race day.
- Registration over the phone or fax or email will NOT be accepted.
- **We do not offer refunds or transfers.**
- Click [HERE](#) to register

Driving Directions

****Please Note**** that the race order has changed from last year. Friday's race is now on Lookout Mountain at Lula Lake 22 mile course. Saturday is the same - a point to point on the Wild Trails built 11 mile section that makes an awesome 18 miles along North Chickamauga creek. Sunday is 20 miles on Signal mountain. Details below.

Click [HERE](#) for directions to **Stage 1** (Lookout Mountain - Lula Lake 34.92173,-85.38028)

From I-24 W from downtown Chattanooga – Exit 178 Downtown / Lookout Mountain / Broad Street South. Stay in the right exit lane and merge onto S MARKET ST/TN-58 S. Turn RIGHT onto W 25TH ST. Turn LEFT onto BROAD ST/US-11/US-41/US-72. Continue to follow US-11/US-41/US-72/TN-2 for just over a mile. Turn LEFT onto TENNESSEE AVE/ TN-17 and go ½ mile. Turn RIGHT onto OCHS HWY/ TN-58. OCHS HWY/ TN-58 becomes GA-157. Stay on road to T-intersection with Lula Lake Road. Turn left and go 4.5 miles to the 2nd gated gravel drive entrance on the left. Follow the gravel drive to an area marked for parking.

From I-24 E from Nashville - Lookout Mountain / Broad Street South. Stay in the left exit lane. Turn SLIGHT RIGHT onto WILLIAMS ST./Turn RIGHT onto W 25TH ST. Turn LEFT onto BROAD ST/US-11/US-41/US-72/TN-2. Continue to follow US-11/US-41/US-72/TN-2 for just over a mile. Take Hwy. 58 South from St. Elmo up Lookout Mountain. OCHS HWY/TN-58 becomes GA-157. Stay on road to the T-intersection with Lula Lake Road. Turn left (south) and go 4.5 miles to the 2nd gated gravel drive entrance on the left. Follow the gravel drive to an

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area marked for parking.

Click [HERE](#) for a map and directions to **Stage 2 finish to get a bus ride to the start** (Lone Oak Community Center 35.2035, -85.3666)

Directions to Lone Oak Community Center.

From downtown Chattanooga, take Hwy 27 North and go 2.5 miles to the Signal Mountain Rd/Hwy 127 North Exit. From the bottom of the exit continue 4.7 miles - this will take you to the top of Signal Mountain on 127 N. Continue on 127N (Taft Hwy) for 7.5 miles from the light at the top of the mountain. Lone Oak Community Center will be on your right.

Click [HERE](#) for a map and directions to **Stage 2 start. No need for the bus.** (North Chickamauga Creek Trailhead 35.2427, -85.2319).

From downtown Chattanooga, take Hwy 27 North and go 11.9 miles to Dayton Blvd (Hwy 153). Once at the stop sign at the end of the exit turn left onto Dayton Blvd. Go 3 miles to Mont Lake Rd and turn left. The trailhead is 1.2 miles on the left.

Click [HERE](#) for a map and directions to **Stage 3** (Signal Mountain Soccer 35.16178,-85.37279)

From downtown Chattanooga, take Hwy 27 North and go 2.5 miles to the Signal Mountain Rd/Hwy 127 North Exit. From the bottom of the exit continue 4.7 miles - this will take you to the top of Signal Mountain on 127 N. Just before the red light on top of the Mountain, turn left onto James/Signal Mountain Blvd. Drive 0.4 miles and turn left on Timberlinks Drive. Go 3 miles and turn left onto Shackleford Ridge Rd. Follow the paved road past the school, turn left and continue past the Middle/High School on your right. Continue on once the road becomes gravel and park at a gravel lot just past the soccer fields.

Runner Premiums

Tech Tee

Finisher Award for 3 stage finishers

Post-race food and beverages

Sponsor goodies

Runner social each evening

An amazing race experience

Award Categories

Awards will be given at the end of the 3 days, for overall winners, as follows:

1st - 3rd Male & Female Overall

Awards for age group winners are custom photos that will be mailed hopefully within two weeks after the race.

Age Group Awards: 1st only in every 5 year age group, 0-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60+

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Time Cutoffs

Since this is a “run” and not a hike, we would like to see people running more than 50% of the event each day. So here are the cutoff times each day based on a 16 min per mile pace:

- Day 1 (Lookout Mountain) – 22 miles in 6 hours (2:00)
- Day 2 (North Chick Creek) – 18 miles in 5 hours (1:00)
- Day 3 (Signal Mountain) – 20 miles in 5.5 hours (1:30). We will give a little more time here because it is the most technical day

If you feel that you are not able to meet these times, please do not sign up!

IMPORTANT!! we REQUIRE runners to carry some sort of hydration on the course such as a handheld water bottle, a waist pack, or a hydration pack (Nathan, Patagonia, or whatever brand you choose). Electrolyte replacement drink or tablets and other fuel sources in addition to what you will find at aid stations are also strongly encouraged. Please come prepared.

Aid Stations

Aid stations will provide water, Tailwind electrolyte replacement drink, an assortment of salty and sweet snacks, fig bars, trail mix, and soda for the later aid stations. Basic first aid kits will be available as well if necessary.

- Stage 1 Aid Stations Lookout Mountain (Lula Lake): Mile 6.2, Mile 9.6, Mile 15.8
- Stage 2 Aid Stations (N. Chickamauga creek): Mile 7.8, Mile 14.3
- Stage 3 Aid Stations Signal Mountain (Signal Mountain H.S.): Mile 3.3, Mile 11.8, Mile 16.4

Cupless event

In order to be better stewards of our natural spaces we are a cupless event so be sure to have a water bottle or hydration pack with you...it's also just a good idea to keep you hydrated between aid stations. The average road marathon generates approximately 4lbs of trash per each runner. It doesn't take long for that to add up to tons and tons of unnecessary landfill waste so bring your water bottle and if you're a spectator, bring a cup. Nature thanks you!

Course Markings

The course will be clearly marked. Please pay attention to all course markings to ensure that you stay on course. Stage 1 is permanently marked with the Cumberland Trail's white blazes. The rest of the courses will be marked with yellow Wild Trails flags.

Carpooling

Please help minimize impact on the properties we will be using for our start/finish areas and

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consider carpooling with fellow race participants, especially at Lula Lake on day 3.

Headphones

We strongly discourage the use of headphones during this race for the reason of safety. Not only is it more challenging to hear other runners, but more difficult to communicate with our race marshals and volunteers along the course. In short, we ask all runners to be as safe and courteous as possible.

Dogs

We are sorry to say that we do not allow dogs. We all love dogs and it would be so great to have them join us but there have been too many dog fights and runners being tripped up by dogs on or off leash.

Volunteers

If you have a friend or spouse joining you for the weekend but not running in the race, they may be interested in doing something to help pass the time while you are on the course.

Why not volunteer?? It's fun and it gives them a chance to enjoy the race experience. E-mail volunteer@wildtrails.org if you are interested in more details. And remember to Thank our fine volunteers when you see them each day.

Hotels and Accommodations

The Crash Pad will serve as race headquarters with a post-race gathering each evening (FEATURING FREE BEER for the runners!). This is THE place to stay but there are only 30 beds and they will fill up quickly. Embrace the hostel experience and give it a try.

For those unfamiliar with the Chattanooga area, Wild Trails has assembled a quick reference to area hotels. [Click here to view this document.](#)

Sponsors

Please, oh please do all you can to support our amazing sponsors. They are more than sponsors, they deeply care about our nature trails and waterways and are doing stuff to make them better.

[Fleet Feet of Chattanooga](#)

[Patagonia](#)

[Dynamo Brewing](#)

[The Crash Pad](#)

[Lula Lake Land Trust](#)

[Covenant College](#)

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[Chattanooga Dock Builders](#)