



100k, 50k, 50k Relay, and 25K Ruck runs on the East Lakeshore Trail
Along the east shoreline of Tellico Lake



TL;DR Summary

1. No whining.
2. The race directors have final authority on any questions that may arise during the Firewater Ultra.
3. Check into the Sinking Creek and Mizell Bluff aid station when you arrive. We don't want to lose anybody out there. Again - MAKE SURE the aid station personnel record your check-in time when you arrive at these two aid stations.
4. You must leave each aid station by the cut-off time. If you return, it will be assumed you have abandoned your run attempt.
5. No littering, please.
6. No stashing of supplies along the course; No accepting aid except within 400 yards of a designated aid station.
7. You have agreed to be pulled for medical and safety reasons if it is determined that such action is in your best interest.
8. Aid station captains have the authority to act on behalf of the Firewater Ultra management.
9. Have fun out there!
10. Pacers may meet their runner at aid stations only.
11. You are not *required* to partake in any available Firewater. However, it is recommended.
12. Packet pickup: Friday night from 5 pm to 7 pm and Saturday morning from 6:30am to 7:45am at the start/finish at [Wildcat Pointe](#).
13. The race cutoff is 19 hours, or 3:00am on Sunday.

Run Organization

The race directors are Kathy Smith and Tony Owens. They have authority for all activities during the run and will work to ensure it goes smoothly. If you or your crew has an urgent need during the race, we can be reached or texted at the following numbers:

Tony Owens – 865-323-3753

Kathy Smith – 865-806-5999

Texting us is probably the best way since race day we'll be kinda' busy.

Runner Information

Courses



All courses will end at the southern terminus of the trail, at the Wildcat Pointe Trailhead. [Here's a link to Wildcat Pointe on Google Maps](#). It is located at the far left on this map: [Complete East Lakeshore Trail Map](#)

The 100K course will begin at 8:00am at Wildcat Pointe. Runners will go all the way north to the Canal Branch Trailhead, taking the Coytee Loop both ways for some needed extra mileage, then turn around and return all the way back to Wildcat Pointe to finish.

The 50K Sunrise course will begin as close as possible to 8:30am at the far north end of the trail system. After the start of the 100k, 50k Sunrise runners will get on the bus and be taken out to the beginning of the Canal Branch Trail. (or you can provide your own transportation - [here's the location](#)) Runners will run back to Wildcat Pointe to complete their race -- and you'll love the custom finishers medal!

The 50K Sunset course will begin as close as possible to 2:30pm at the far north end of the trail system. Around 2:00, 50k Sunset runners will get on the bus and be taken out to the beginning of the Canal Branch Trail. (or you can provide your own transportation - [here's the location](#)) Runners will run back to Wildcat Pointe to complete their race -- and you'll love the custom finishers medal!

50K Relay The first runner will ride the bus and start with all 50k Sunrise runners at the Canal Branch Trailhead. They will run to the exchange point at the Sinking Creek aid station at National Campground Road where the second runner will run to the end at Wildcat Pointe, completing the 50k course. First runner will run 17.2 (less hilly) miles and second runner will run 13.8 (more hilly) miles.

The 25K Ruck (really 22½K since it is the second, harder half of the 50K course) will board the bus with the 50k Sunrise runners, cheer them on as they begin the 50K, and then the bus will bring you to back the the Sinking Creek aid station at National Campground Road. We estimate you will start around 9:00am. Please weigh in before you get on the bus. The backpack weights are 'dry' which means without any additional fluids or nutrition you may be carrying:

Male / non-binary - 30lb dry
Female - 15lb dry
Boys under 15yo - 20lb dry
Girls under 15yo - 10lb dry

Again please plan to weigh in 30 minutes to 1 hour prior to the event start. Weight must be in the form of a steel ruck plate, weight vest blocks, bumper plates or other items which have the weight clearly stamped. Removal of plates or reduction of weight during the event is not allowed, of course – we know you'll do the right thing.

All courses will be marked with reflective **neon pink** *Magic Number Events* flags, reflective (white) tacks in trees, pink ribbons and signs at important intersections. Also, the fine folks who built these trails, the Watershed Association of the Tellico Reservoir (WATeR), have marked trees all along the course with very visible white paint. Don't take this as a challenge, but you should have a tough time getting lost out there, even at night. (Though, it does get creepy at night in spots.)

Dropping Out

While no one likes to think about it, there may come a time when it is smarter for you to drop out than to continue. Or, you may miss the cutoff times or be pulled for a medical reason. **You must inform us that you are not continuing.** Please locate a volunteer to have your race number removed.

Cutoff Times

Cutoff times will be enforced. They are provided in the attached sheet (at the end of this document) and will be available at each aid station so there will be no questions. The aid station captain is given the authority to enforce the cutoff times. **You must leave the aid station before the cutoff time.**

The important cutoff times and places for the 100K are:

Coytee (Bridge), mile 18.3, 1:43 pm Saturday
Mizell Bluff , mile 29.5 & 32.5, 5:13 pm & 6:09 pm
Coytee (Bridge), mile 43.7, 9:40 pm Saturday

We figure we only need cutoff times for the 100K race, but if you're still running the 50K or 25K Ruck and it is Sunday, we're going to have to talk. If you're planning on walking most of the race, please choose the 50K or 25K Ruck as you can't walk the 100K and stay under the cutoffs.

Gear Checklist & Advice

First thing to remember: it always gets colder at night than you think it will. Bring a long sleeve shirt. Bring gloves. Bring a jacket. Bring a hat. BRING A HEADLAMP for the night! It might rain (probably not this year, but who knows with Tennessee weather). You'll be moving slower at the end of the race, when it's getting cold, and hypothermia sucks, especially on tired bodies with no reserves left for generating heat.

Partial Gear Checklist: Wind/rain jacket, running hat/cap, flashlights, spare batteries, gloves, water bottles, running pack, extra drop bag gear (socks, shoes, shorts), Body Glide (a must). If you're rucking, of course you'll need a backpack with weights.

Aid stations will have cups for cokes and soup and stuff, thanks to our cup sponsor. Please keep your trash off of the trail - if you carry a cup of soup to go, please throw the cup out at the next aid station, not on the side of the trail.

Parking

At the start/finish, if we have to move out to the road for parking, everybody please park on the same side. We need to allow room for cars to pass, and enough room for emergency vehicles to get by if they need to. So park on the same side!

At the aid stations, same rule applies. We need to allow enough room on the road for the local folk to get around and/or for emergency vehicles.

Runner Safety

When you enter the Sinking Creek and Mizell Bluff aid stations, please give your bib number to the aid station so they can record your arrival time. We'll use this to make sure we don't lose any of you. Again, **if you are dropping from the race, please also give your bib number to any of the aid stations and let them know you are dropping.**

Runner Tracking

Again this year, Firewater will have optional live runner tracking. If you want, you'll run with your phone with the Webscorer app running, and it will send your location every 5 minutes or so. Your location will show up on the course map and your friends and family (and you!) will be able to see your most recent location. There is no cost for this -- if you would like to participate, here are the instructions:

Beforehand:

- On your phone, go to your app store and download "Webscorer Race & Lap Timer", then run it
- Choose "GPS self-tracking"
- "Create Account" (unless you have a Webscorer account already)
- It will take you to an account creation page, pick an email and password
- Top right, click "Done"
- Choose "GPS self-tracking"

- "Register for GPS race"
- Default options, click "Search Webscorer.com"
- Pan down to find "Firewater [100K or 50K Sunrise or Sunset or 25K Ruck] Live Tracking 2025"
- Under "Who are you registering?" pick "Yourself" then at the bottom hit "Submit Registration"

Raceday (or if you want to test it out ahead of time):

- On your phone, open "Webscorer Race & Lap Timer"
 - Choose "GPS self-tracking"
 - Choose "My upcoming GPS races"
 - Wait a sec, then click "Firewater [50K or 100K or 25K Ruck] Live Tracking 2025"
 - IMPORTANT: When you start the race (or before) click "Start GPS Tracking"
- (If you want to test it early, click "View location on course map")

Here are the live tracking pages for each race -- **send these links to your friends & family:**

100K: <https://www.webscorer.com/racemap/viewracers?raceid=369130>

50K Sunrise: <https://www.webscorer.com/racemap/viewracers?raceid=369131>

50K Sunrise: <https://www.webscorer.com/racemap/viewracers?raceid=369898>

Here are direct links to register for live tracking (from your computer, or from your phone -- you'll still need to download the Webscorer app on your phone):

100K: <https://www.webscorer.com/register?raceid=369130>

50K Sunrise: <https://www.webscorer.com/register?raceid=369131>

50K Sunset: <https://www.webscorer.com/register?raceid=369898>

Crew & Pacers

100K pacers are allowed to accompany runners from mile 43.7 (**Coytee** trailhead/bridge) on. **50K pacers** (do you really need a pacer in a 50K?) can come in at the **Coytee** trailhead/bridge at mile 14.2.

Pacers may meet their runner **ONLY** at crew access aid stations. Pacers are responsible for getting themselves to and from aid stations. A runner may have only one pacer at a time.

(Info also here: [Course Details, Aid Stations, and Cutoff Times](#))

Regarding "muling" – pacers are more for moral support than for physical support. Runners should carry all of their own gear. We trust to your honor not to cheat on this, in the same way as you would not short-cut, litter, or stash supplies out on the course.

Drop Bags

Drop bags should be left with us the morning of the race by 7:00; We'll get them out before you get there. After you finish the race, you can go retrieve your drop bags, or later on they'll be transported back to the start/finish at Wildcat Pointe. There are three locations for drop bags (info also here: [Course Details, Aid Stations, and Cutoff Times](#))

100K

Wildcat Pointe (Start/Finish)

Sinking Creek (At the bridge, mile 13.8, 48.2)

Mizell Bluff (mile 29.5, 32.5)

50K

Wildcat Pointe (Start/Finish)

Sinking Creek (At the bridge, mile 17.2)

Drop bags should be labeled clearly with your race, bib number, name, and location (i.e. 100K, #1000, Tony Owens, Sinking Creek).

Course Details

Yet another link to the [Course Details, Aid Stations, and Cutoff Times](#).

What To Do In Case Of Injury

Medical Hints for Crew: If you are out and about during the run weekend, whether supporting your runner or merely watching, you may come across a runner in serious difficulty. The following guidelines are similar to what we give to our aid station volunteers and may be of use to you, should the situation arise.

Recognize your Limitations. The cardinal rule when providing first aid is to not hesitate to get help when you realize you cannot provide what is needed. Communications with medical personnel is your first requirement when dealing with a sick or injured person.

Loss of Consciousness. If you are confronted with a person who is unconscious or semiconscious, do not attempt to feed them or give them anything by mouth that they can aspirate or breathe in. GET HELP, then keep the victim warm and on their side.

Injury. If someone is injured, but can get to the next aid station, either get them there or make sure they are warm and tell the aid station crew where the person is so that help can be arranged. If the person's injuries are such that they cannot be moved, do your best to keep the person warm and get help from the nearest aid station as soon as possible.

Serious Injury. If someone is badly injured, do not move them because you can do more harm than good. GET HELP FROM THE NEAREST AID STATION AND KEEP THEM WARM.

Minor Problems. Most medical problems you will see will be minor: sunburn, blisters, sprains, abrasions, and fatigue. You may also see, in the later stages of the run, runners who are extremely depleted in sugar and dehydrated. They usually will be extremely fatigued and may be nauseated and vomiting. It is best to have them lie down, get them warm, and try to get them to take sips of sugared and salted drinks. Do not let them go on if they are confused or disoriented. Again, get advice from a medical person if in doubt. Common sense approaches are the best. Use your instincts and experience, but when in doubt, keep the victim warm, do not move if seriously injured and ALWAYS GET HELP FROM THE CLOSEST AID STATION AS SOON AS POSSIBLE.

Yellow Jackets. If it is particularly warm beware of yellow jackets! They have shown their nasty selves in the past causing some discomfort for runners. Please be sure to carry your epi pen if you are allergic. All aid stations will have Benadryl on hand.



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Schedule of Events

Packet Pickup:

5:30pm - 7:00pm Friday October 24

Wildcat Pointe

Location - 203 East Coast Tellico Pkwy, Greenback, TN 37742:

<https://goo.gl/maps/2DW96WJBfp92>

We will also have packet pickup race morning from 6:30am - 7:45am at the start/finish at **Wildcat Pointe**.

Races Start:

8:00am Saturday October 25, 100K Starts

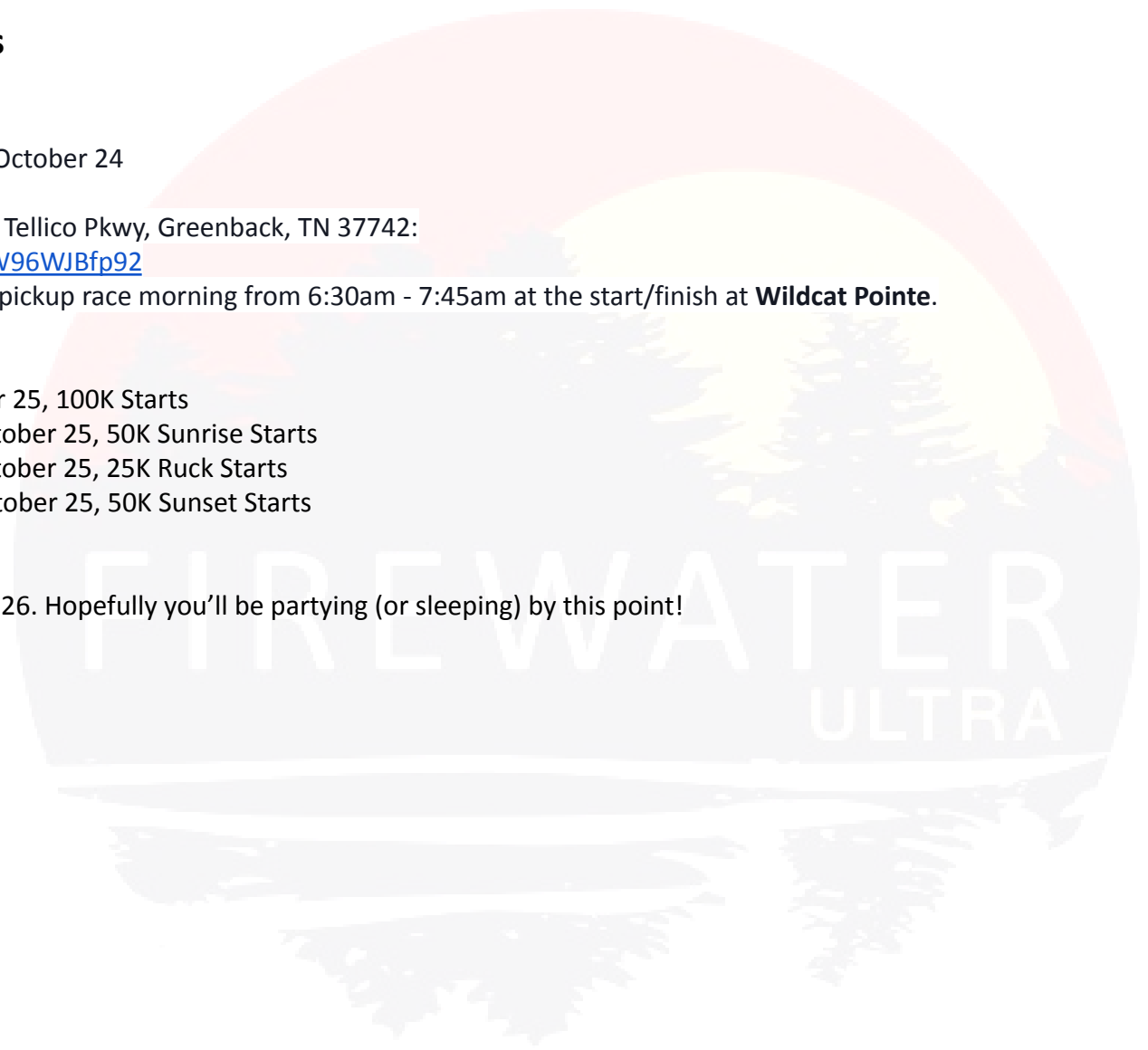
8:30am(ish) Saturday October 25, 50K Sunrise Starts

9:00am(ish) Saturday October 25, 25K Ruck Starts

2:30pm(ish) Saturday October 25, 50K Sunset Starts

Final Cutoff:

3:00 am Sunday October 26. Hopefully you'll be partying (or sleeping) by this point!



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Keep Firewater Green!

A core value of the Firewater Ultra is responsibility to the lands on which we run and the community in which we operate. It is our responsibility to reduce negative impacts every chance we get. To reduce our impact, the Firewater Ultra:

Is a cupless event (OK not anymore, it's so hard to get away from needing cups)
Is working to provide recycling of all possible waste

It takes awareness and effort by everyone – runners, crew, volunteers, as well as spectators to reduce the impact of the Firewater Ultra.

Runners: Don't litter. Pick up trash you find on the trail. Send your own cups, plates, and utensils in your drop bags. Plan with your crew to reduce traffic to aid stations. Learn and practice "Leave no trace" – <https://lnt.org/learn/7-principles>. Practice low-impact use of the trail during the Firewater Ultra and any time you are on the trail.

Crew: Bring supplies such as reusable cups, plates, and utensils. Collect recyclables and make sure they get recycled. Reduce the number of vehicles going to aid stations – carpool! Don't litter. Pick up trash you find on the trail.

Volunteers: Limit cars to aid stations as much as possible. Collect recyclables and make sure they get recycled.

Let's leave the East Lakeshore Trail looking better than we found it!

