

Below are instructions for the upcoming Rock Bridge Revenge Trail runs. We have a full field registered this year. As we plan for race day food and supplies, please let us know if you are unable to attend. If you have already contacted us, there is no need to reply.

If anyone is coming with a runner to the race with that would like to volunteer let us know or they can check with us at packet pick up on Friday or Saturday.

When is packet pick up?

Friday, October 5 from 3:00-6:00 pm at Tryathletics, 1605 Chapel Hill Rd, Columbia. Packets will be available at the race site after 6:00 a.m. on race day. We strongly encourage you to pick up on Friday if possible.

What time does the race start?

7 am for the 50K and 8 am for the 7m and 25K races with staggered start depending on the number of entries.

How do I get to the race start?

Race Headquarters will be located in the Billy Gilbert Shelter located in the upper parking lot at Rock Bridge State Park, 5575 Missouri 163, GPS coordinates: 38.880933, -92.333980.

From St. Louis or Kansas City - From I70/Hwy 163 (Providence Rd) go south through Columbia approximately 5 miles. At the first traffic light after the road narrows to 2 lanes, turn left staying on Hwy. 163 at Rock Bridge Elementary School. Travel one mile; race headquarters, the park office and main park entrance will be on the right.

From Jefferson City/Rolla : Take U.S. Hwy. 63 north. Approximately six miles north of Ashland, turn left onto Hwy. 163 (toward Pierpont). Travel three miles, passing the Shooting Star and Karst trail heads, to a four-way stop. Turn right staying on Hwy. 163. The Devil's Icebox and Rock Bridge entrance will be one mile ahead on the left. Race headquarters, the park office and main park entrance will be approximately another mile ahead also on the left.

From Macon/Kirksville : From either location, take U.S. Hwy. 63 south through Columbia to the Route AC/Nifong Blvd. exit. Turn right at the top of the exit and go approximately three miles to Hwy. 163/Providence Road; turn left onto Providence Road. At the first traffic light after the road narrows to two lanes, turn left staying on Hwy. 163. Travel one mile; race headquarters, the park office and main park entrance will be on the right.

Where do I park?

Parking will be available at race headquarters. A volunteer will instruct you where to park. We encourage you to carpool if possible.

Do I need to check in on race day?

Yes, all 25K& 50K participants will be required to check in at race headquarters on race day even if you have picked up your packet on Friday.

Are there bathrooms available?

There will be 2 porta potties plus 4 park restrooms at the start area.

How will the course be marked?

The course will be marked with flagging and signs. Pay attention to the flagging and signs to stay on course. Do not turn onto trails that have no flagging at intersections. There may or may not be a volunteer at the 163 crossover for the 25K and 50K. Keep this in mind since cars won't stop.

Is there a place to put a drop bag?

50K racers can leave a drop bag at the start to access before their second loop. Make sure your drop bag is labeled with your name.

Where are the aid stations?

There is 1 aid station for the 7 mile, 3 Aid Stations in the 25K & 6 in the 50K stocked with a variety of food including water and Gatorade. Approximate distance between aid stations is 4 miles. No littering. Please pick up any trash that you drop. **PLEASE NOTE THIS YEAR WILL BE A CUP FREE EVENT. 25K AND 50K MUST CARRY A WATER BOTTLE. 7 MILERS WILL BE PROVIDED WITH A RACE HANTEEN AT PACKET PICKUP.**

Can I change my race distance?

If you wish to drop down your race distance (50K to 25K, 25K to 7 mi) please let us know before the race starts. If you wish to move up your race distance (25K to 50K) please let us know before the race starts so we can assign you the appropriate bib and you can start the race at the appropriate time. Please notify us by Friday (preferred) but no later than Saturday before your race starts. If you decide to change your distance after the race starts, you will receive a DNF and not receive a finishing time.

Is there post race food?

7 milers: Pancakes and sausage prepared on site for finishers before 11.

25K & 50K: Chick-fil-A sandwiches & chips starting at 11 am. Have your bib number with you to receive a meal. Someone will mark your bib to indicate you've eaten once.

Are there awards?

No award ceremony or age group awards. There are cash prizes for the top male and female in the 25K and 50K.

What is the weather like?

The average high for October 6 is 70F and the average low is 47F. Temperatures on that date have ranged from 31F to 94F. Any type of precipitation is possible. Track weather conditions before race and plan ahead.

Where will race results be posted?

Results will be posted on the race website at <http://columbiatrackclub.com/races/rockbridgerevenge/>. For the latest updates, check our Facebook page <https://www.facebook.com/rockbridgerevenge>.

Where can I stay in Columbia?

Visit the [Columbia Convention and Visitors Bureau](#) for local hotel listings.

Closest hotels to race site:

- 3.0 miles - Stoney Creek Hotel - 2601 S Providence Rd
- 4.6 miles - Town Place Suites by Marriott - 4400 Nocona Pkwy
- 4.6 miles - Courtyard by Marriott - 3301 Lemone Industrial Blvd
- 5.0 miles - Hampton Inn - 1225 Fellow's Pl
- 6.1 miles - Holiday Inn Express - 1402 Cinnamon Hill Ln

No camping is available at Rock Bridge State Park.