

Below are instructions for Rock Bridge Revenge Trail runs on October 10. We have a full field and are operating under Boone County Health Department guidelines for group gatherings. All participants will be given a neck gaiter which may be used as a face covering or you may use one of your own. We are asking runners to wear a face covering at the start line, when entering an aid station, and at the finish line. As we plan for race day, please advise if you are unable to attend. You can sign into UltraSignup to cancel your registration. To cancel from UltraSignup, click on Account Info, Registration History, select the race, and Cancel Registration. No refund will be received but your name will be removed from the race. A portion of race proceeds will be donated to Friends of Rock Bridge and Columbia Track Club.

If you know anyone that would like to volunteer, let us know, or they can check in with us at packet pickup on Friday or Saturday. Volunteers will be required to wear masks.

When is packet pick up?

Friday, October 9 from 3:00-6:00 pm in the parking lot at Tryathletics, 1605 Chapel Hill Rd, Columbia. The store is offering curbside service. A staff member may be available outside or you may call the store at 573-447-2453 for assistance. 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. All 25K and 50K participants will be required to check in at Race Headquarters on race day.

What time does the race start?

Boone County Health Department guidelines have limited runners at the start line to 50. Therefore, we will be starting in two waves for each race.

7:00 am - Your estimated 50K finish time = 6.5 hours or less

7:05 am – Your estimated 50K finish time >6.5 hours

8:00 am - Your estimated 25K finish time = 3 hours or less

8:05 am – Your estimated 25K finish time >3 hours

These are based your estimated finish time and not UltraSignup's Target time. You will need to let us know which wave you plan to start when you check in on Saturday. The second waves will be asked to wait at the Shelter House or in vehicles until their race start. Be prepared to start on time and in your designated wave and in order for timers to provide accurate results as we do use chip timing.

Please note that we must have no more than 50 persons per wave and reserve the right to put you in a different wave if necessary.

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. Here's a dropped pin for the race start <https://goo.gl/maps/pbbFPMsLuyCNk816A>

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 trailheads, 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 4 park restrooms at the start area. The restrooms will be sanitized between races and will contain hand sanitizing products.

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 to access before starting the second loop. There will be two tarps set up for drop bags, please place bags to allow for social distancing recommendations of six feet. Make sure your drop bag is labeled with your name.

Where are the aid stations?

2 aid stations (Devil's Icebox Parking Lot and Wagon Wheel Trailhead) in the 25K & 5 aid stations (Devil's Icebox Parking Lot - 2 times, Wagon Wheel Trailhead - 2 times, and start/finish) in the 50K stocked with water, Gatorade, pre-packaged food and Hammergel. The main aid station near the start/finish will also have Coca-Cola, Ginger Ale, grapes and bananas. Volunteers will be filling all containers and sanitizing in between each runner. Hand sanitizing products will be available at all aid stations. First aid station is at 6 miles. Approximate distance between the remaining aid stations (exception start/finish) is 4 miles. 50K racers can leave a drop bag at the start to access before their second loop. No littering. Please pick up any trash that you drop. **PLEASE NOTE THIS WILL BE A CUP FREE EVENT. 25K and 50K must carry a water bottle or hydration pack. 25K and 50K runners will receive a nice collapsible cup at packet pickup. These will be for whatever you don't want to put in your handheld or hydration pack.**

Can I change my race distance?

No. Due to COVID-19, the last day to change your distance was September 18.

Is there post race food?

Volunteers will assist in offering a variety of take and go pre-packaged foods to include peanut butter and jelly sandwiches, granola bars, chips, and cookies. Chocolate milk will be available in individual cartons. Please maintain social distance surrounding the finish line and aid station after finishing the race.

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 normal high for October 10 is 69F and the normal low is 46F. Temperatures on that date have ranged from 26F to 92F. 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/> and also on UltraSignup. 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.