



**Falling Water 100K**  
**Race Information**  
April 27, 2024

Greetings Falling Water Runners!

We are so excited to have you join us for the Falling Water Ultras at ACE Adventure Resort and New River Gorge National Park. Whether you are running solo or part of a two or four person relay, we want you to be as prepared as possible as well as highlight some things to think about prior to race weekend.

We encourage everyone who is able to join us for check-in on Friday from 4:00-6:15pm at the Lost Paddle Bar & Grill at ACE Adventure Resort. There will be a prize raffle for those checking in Friday as well as our pre-race brief at 6:15pm. All runners will need a photo ID to pick up bib. Relay team members may pick up bibs for their teammates. Solo runners may pick up bibs for other runners with a screenshot of the other runners confirmation email or ID. Saturday morning check-in and bib pick-up will be from 5:30-6:45am at the start/finish area at the Mountain Top Campground. All runners who have signed up for a campsite need to check-in at the ACE Welcome Center to finalize camping reservation and get vehicle tag.

The race will begin at 7:00am Saturday morning with all participants, solo and relay, starting together at the same time. The 100K course consists of four 25K (15.5 mile) loops, all starting and finishing at the Mountain Top Campground at ACE Adventure Resort. All solo runners will be chip timed via their race bib. Solo 100K runners are also allowed to have a pacer for their final loop. Please have your Pacer register with us by visiting [Ultrasignup.com](http://Ultrasignup.com) and clicking "Register" and then "Pacer." Relay teams will have a chip timing device that they will need to pass off to each member for each loop. Two person relay teams can divide the four loops as they see fit, either alternating after each loop or running two loops consecutively. The 24 hour official finisher cutoff will be in place for all 100K solo and relay participants. No one will be allowed to start their final lap after the 20 hour mark at 3:00am Sunday morning. 50K solo participants will have a 12 hour official finisher cutoff time.

Thank you so much for choosing to be a part of this year's Falling Water Ultras! If you have any questions or need any clarifications, feel free to email me at [bryantbaker@adventureappalachia.org](mailto:bryantbaker@adventureappalachia.org) or direct message us on any of our social media platforms. We look forward to adventuring with you on April 27th!

Cheers,  
Bryant & Laura Baker  
Race Directors

## Race Weekend Timeline

ACE Adventure Resort  
1 Concho Rd., Oak Hill, WV 25901

📍 ACE Adventure Resort | Whitewater Rafting West Virginia

### Friday, April 26

- 4:00 - 6:15pm : Runner check-in and bib pick-up at ACE Adventure Resort, inside the Lost Paddle Bar & Grill
- 6:30pm : Pre-race brief and prize raffle

### Saturday, April 27

- 5:30 - 6:45am : Runner check-in, bib pick-up
- 7:00am : Falling Water Ultras 100K, 50K, and Relay start at the Mountain Top Campground, ACE Adventure Resort
- 7:00pm : 50K solo official finisher cutoff

### Sunday, April 28

- 7:00am : 100K official finisher cutoff



## Prizes & Registration Swag

### Pre-race Raffle with prizes from:

- Roam & Run Co.
- CRAFT Sportswear
- Ultra Spire
- ACE Adventure Gear
- HUMA
- Kogalla

### Every Runner receives:

- Recover Brands Falling Water Ultras tee shirt
- Falling Water 100K sticker

### 1st Place Male and Female 100K Solo Finishers:

- Free entry into the 2023 Rim to River 100

### Top 3 Male and Female 100K/50K Solo Finishers:

- Falling Water 100K/50K Custom Plaque by Rock Woodworks
- Falling Water Ultras mug by Gauley River Pottery

### Top Male, Female, & Co-ed Relay Finishers:

- Falling Water Ultras Plaque by Rock Woodworks

### All 24-Hour & Under 100K Solo Finishers:

- Custom Falling Water 100K finisher belt buckle
- Falling Water Ultras mug by Gauley River Pottery

### All 50K Solo & 100K Relay Finishers:

- Custom Falling Water 100K finisher medal



## **Falling Water 100K Rules**

- No aid or assistance is allowed other than that from the start/finish aid station or the two hydration stations at mile 5.5 and 10 of each loop. Falling Water Ultras is a cupless race, so all participants are required to carry some form of hydration pack, water bottle, and/or reusable cup.
- Crew support is only allowed at the start/finish area. Spectators may meet you/cheer you on along the route, but they will not be allowed to offer you any tangible, physical support.
- Solo runners will be allowed to have a pacer join them on the final loop.
- All participants, solo and relay, will have 24 hours to complete the course. No runner will be allowed to leave for their final lap after the 20 hour mark.
- Bib numbers must be visible, but can be worn on the front or the back.
- No Littering! Leave No Trace ethics are to be practiced. Relieve yourself away from the trail and water sources. Bury all human waste.
- The entire 100K course is on designated trails and roads. Going off trail and/or cutting switchbacks is prohibited and is grounds for disqualification.
- Participants who get lost during the race must return, without transportation assistance from others, to the spot where they left the trail to continue. Any runner accepting a ride for any reason is disqualified and will be listed as DNF.
- Any participant dropping out must immediately notify race personnel as soon as they are able.
- Violating any rule will be grounds for disqualification. Race Director reserves the right to disqualify any participant from competing in this or any future Rim to River Endurance Co. event.
- Some of the Falling Water Ultras course lies within the boundaries of New River Gorge National Park & Preserve and is governed by the National Park Service. All NPS rules and regulations apply during the race while on NPS property. Any violation of NPS rules and regulations are grounds for disqualification. Participants must follow any requests made by NPS Rangers during the event. A link to NPS rules and regulations is provided below:  
<https://www.nps.gov/neri/learn/management/superintendents-compendium.htm>

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## Medical Policy

- Participants WILL NOT undergo a pre-race medical check.
- Participants WILL be responsible for their own health, safety, and well-being throughout the event.
- Falling Water 100K volunteers and staff will provide care based on their current certification level (First Aid, Wilderness First Aid, Wilderness First Responder, Outdoor Emergency Care, Emergency Medical Technician, etc.)
- Stations with medical staff will only provide basic care and will suggest when a higher level of medical care/ambulance is recommended. Participants must take responsibility to be self-aware of their condition and needs.



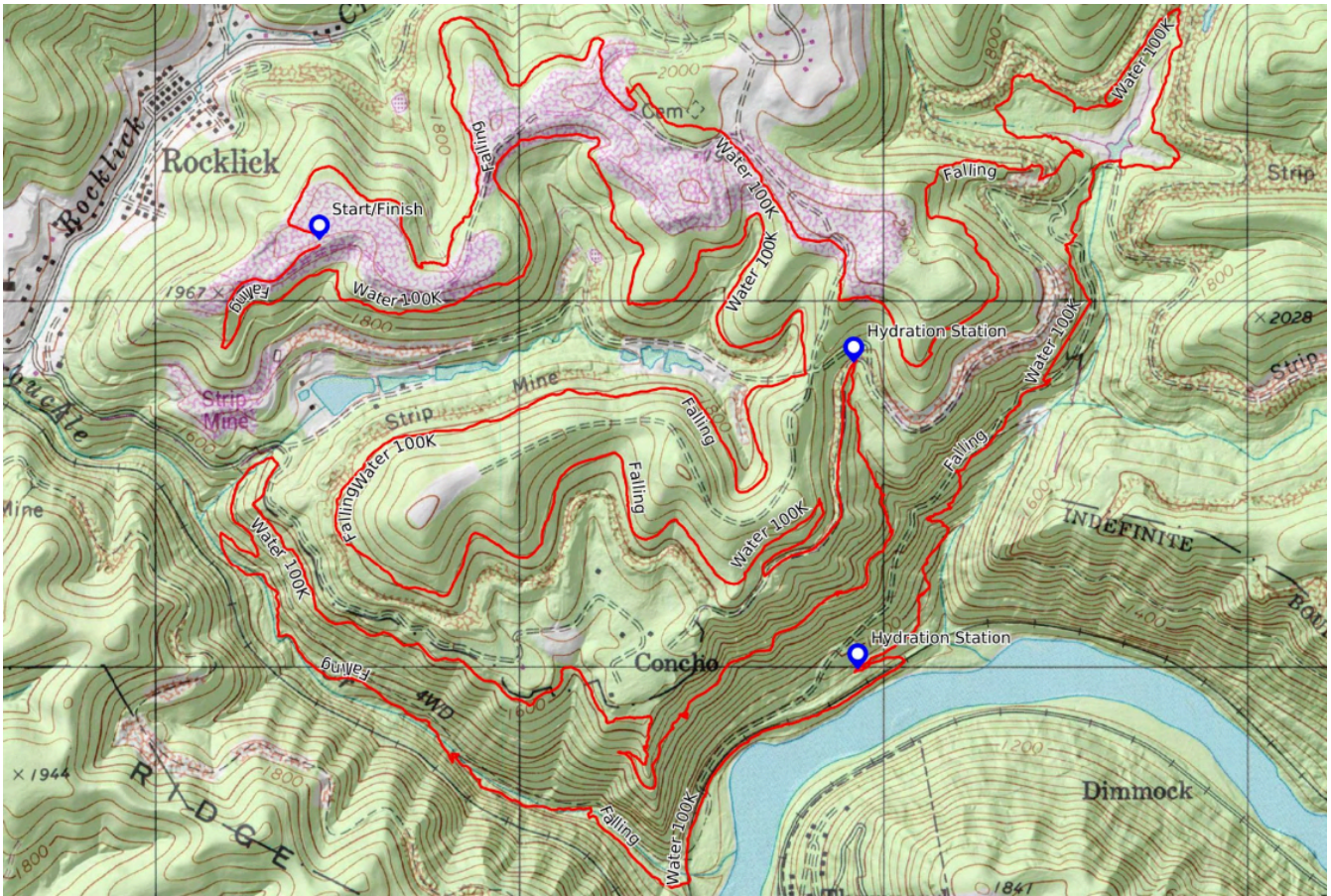
## Course Marking/Flagging

The Falling Water Ultras will begin and end at the Mtn, Top Campground at ACE Adventure Resort. Course markings are a combination of orange flagging with white/red reflective tape and orange directional signs, both located on the ground level. No flagging will be hanging. At junctions, signs with arrows will be accompanied by two flags. On some dirt road/paved road sections, orange cones with course markings are utilized. There will also be yellow signs with an "X" after certain intersections indicating a wrong turn. An interactive course map and GPX file download is available here: <https://caltopo.com/m/38CDA>

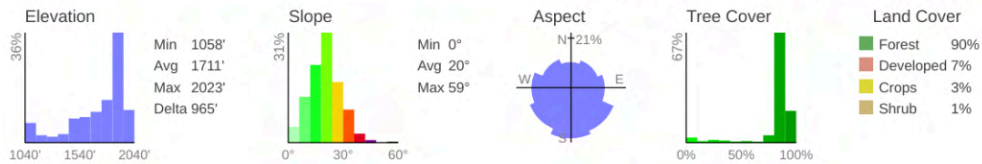




# Falling Water 100K Map



distance 15.67mi range 1058' to 2023' +2391' -2389' sampling interval 100' w/ 17.6x vertical exaggeration [resample](#) [png](#) [pdf](#) [csv](#) [collapse](#)



## Aid Station Menu

Liquids	Hot Foods	Other
Water	Quesadillas	HUMA Energy Gels
Gnarly Fuel 2O	Perogies	Potato Chips
Coffee	Tater-Tots	Oreos
Hot Chocolate	Pancakes	Peanut M&Ms
Coke/Ginger Ale	Broth	PB & J Sandwiches
	Ramen	



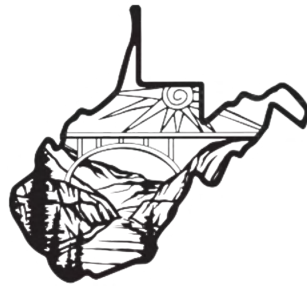
**GNARLY**  
SPORTS NUTRITION



# ACE Adventure Resort Map



The start/finish area, camping, and parking for the Falling Water 100K are in the Mountain Top Campground. From the main entrance of ACE Adventure Resort, follow the road past the Welcome Center continuing up the hill past the aerial park and high ropes course. Stay left and continue climbing up the paved road towards the campground.



## **Adventure Appalachia**

In 2020, when my wife Laura and I started Rim to River Endurance Co, the idea of facilitating ultra-distance running events here in the New River Gorge was only half of the equation. We also started the 501(c)(3) non-profit organization Adventure Appalachia whose vision is to expand access and eliminate barriers to outdoor adventure and education here in the New River Gorge region. The two entities go hand-in-hand with the non-profit Adventure Appalachia's programming costs fully funded by the for-profit race company. We have a desire to offer no-cost outdoor adventures to our local Fayette County high school students, facilitating empowering experiences for them in their own "backyard." To care about a place, you must first experience it, and too often our local youth rarely have the opportunity to get out and participate in the world class outdoor adventure that exists here in the Gorge. Your entry fees have funded whitewater rafting, kayaking, rock climbing, zip-lining, mountain biking, skiing, and snowboarding trips for our local high schoolers, including nine students gaining their Wilderness First Aid certification. By registering for these events, you are making a difference in our community, and we want to be sure and say thanks! Thank you for being a part of making this race successful and in turn, allowing us the opportunity to invest in our community's future. For more information on Adventure Appalachia or to make a donation towards some outdoor adventures, visit <https://www.adventureappalachia.org/>.



## While You're Visiting . . .

### **Food:**

[Rangefinder Coffee](#) - Official coffee of the Rim to River Endurance Co! Be sure to stop by the shop in downtown Fayetteville. Craig Reger (the owner) is a great friend and huge supporter of all our races!

[Lost Paddle Bar & Grill](#) - Conveniently located at the ACE Adventure Resort with great food, local brews, and plenty of Falling Water hype!

[Wood Iron Eatery](#) - In our opinion, you can't beat this place for breakfast. Phenomenal food from scratch, prepared with passion.

[Pies-n-Pints](#) - Classic local pizza place that has become world renown for its eclectically delectable pies. The owner of Pies-n-Pints donates pizzas to help feed our aid station workers at the Rim to River 100, reason enough to come volunteer!

[Free Folk Brewery](#)- Great local brewery with an eclectic, artsy vibe and quality eats too. A number of Free Folk brews are available on tap at the Lost Paddle as well.

[The Takeout](#) - Our new favorite food in town with phenomenal bowls, salads, and sandwiches. Can't recommend the sushi bowl enough! Located at 139 Court St. in downtown Fayetteville.

[Secret Sandwich Society](#) - Delicious sandwiches and sides(pimento cheese fries!!) located on Keller Ave across the street from ACE Adventure Gear in Fayetteville.

### **Places:**

[Ace Adventure Gear](#) - ACE's gear shop located in downtown Fayetteville, great for your last minute race needs including socks, hydration options, gels, and bars.

[Water Stone Outdoors](#) - The original and iconic climbing and outdoor store for the New River Gorge. The fine folks at Water Stone have supported us from the beginning.

[New River Gorge Convention & Visitors Bureau](#) - Plenty of information about the area including outdoor adventures, lodging, and what's happening in the New River Gorge.

[Lost Appalachia Trading Company](#) - Local threads and quality goods that represent this place we call home.