

Umstead Marathon Spectator Guide

Drive:

NOTE: If your car is in Lakes, Pines, Hills, Oaks, Lot A, B, or C, ***you cannot return to any of these lots!!!*** If you plan to return in your car so that you can see your runner finish, you will have to park at Camp Crabtree.

It is at least a 1 mile walk from Camp Crabtree to the finish line at Camp Lapihio (Headquarters).

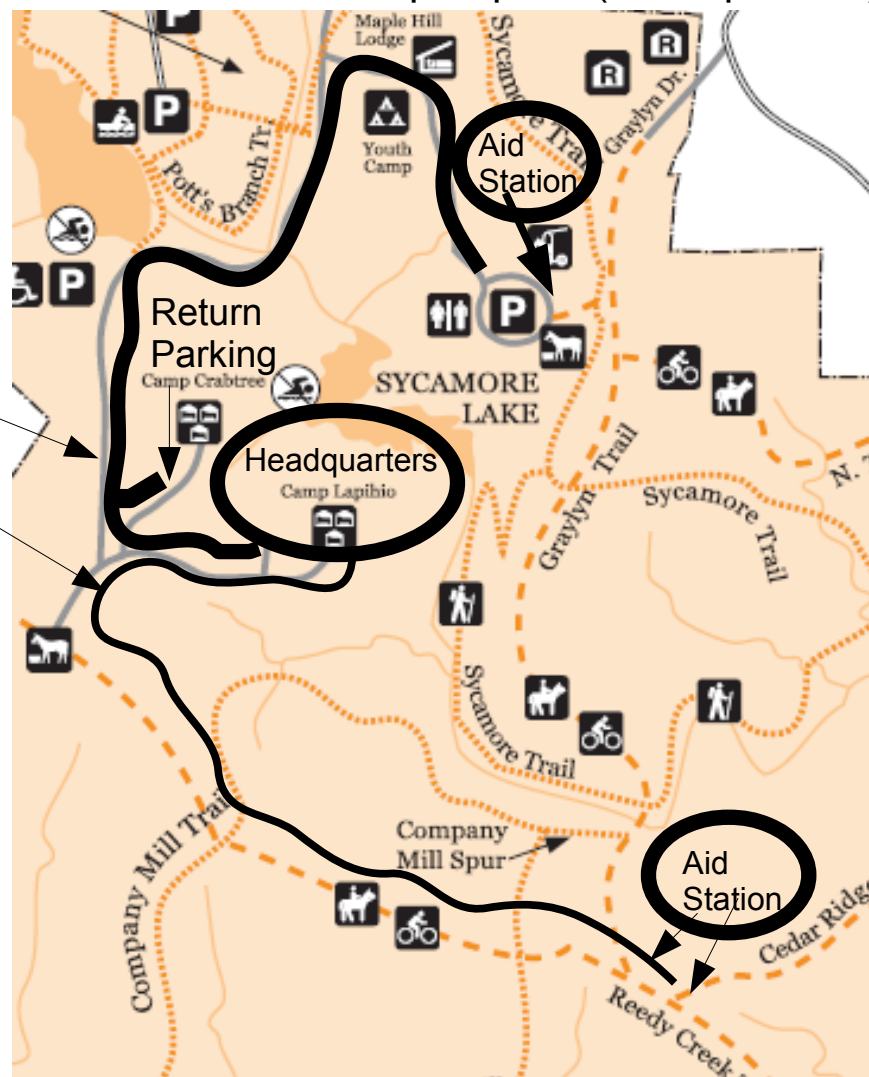
- Drive away from headquarters
- Turn right at Group Camp Road
- Turn right on Sycamore Camp Rd
- Park in the gravel parking lot
- Aid Station is at the far corner
- Runners come to this aid station twice:
 - ~ 6 miles
 - ~ 15 miles

Driving

Walk:

Walking

- NOTE: It is just under 3 miles to get to the aid station - - plan for the 3 mile walk to get back to headquarters. (That is a 6 mile round trip.)
- Walk away from headquarters
- At the top of the hill, follow the road as it curves slightly left (do not turn right onto Group Camp Rd)
- Turn left at the the gate where the road T's into Reedy Creek (at the water fountain and bench)
- Aid station is at the intersection with Graylyn
- Runners come to this aid station 4 times
 - ~ 4 miles
 - ~ 9 miles
- The aid station will move to Cedar Ridge
 - ~ 22 miles
 - ~ 24 miles





Umstead Trail Marathon

-  Start/Finish
-  Mile Marker - First Half
-  Mile Marker - Second Half
-  Water - Aid Station
-  Toilet Facilities