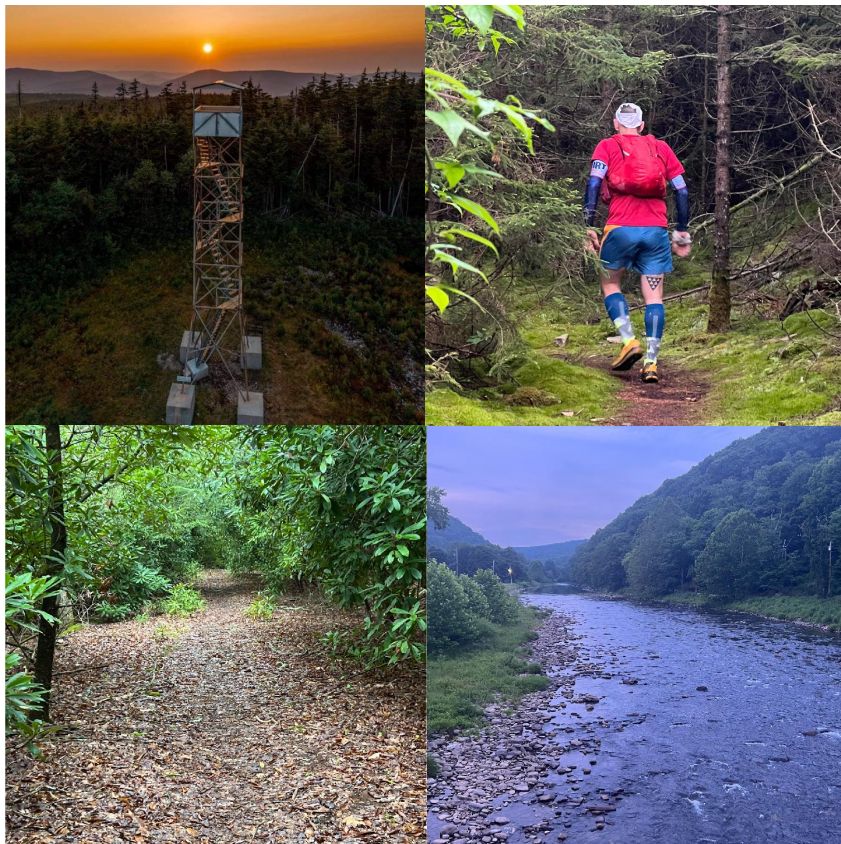




WILD. TOUGH. FUN

WVTF



Hello Runner!

We are beyond excited about the inaugural West Virginia Trail Fest (WVTF). WVTF has been five years in the making. Pocahontas County has a long and rich history that extends back thousands of years. Many local people and organizations played a significant role in making this race a reality.

We'd like to thank our sponsors/partners. They have played an indispensable role bringing the WVTF to Pocahontas County.

SPONSORS: Battelle, Pocahontas County, ArcTeryx, USWE, Hyle Hydration, Townsend Printing, Athletic Equation

PARTNERS: West Virginia State Parks, Snowshoe Resort, U.S. Forest Service, Gauley Adventures, West Virginia Stream & Trail Association

We are hopeful you enjoy these wild, tough, fun races and the overall event experience is outstanding for you and your families.

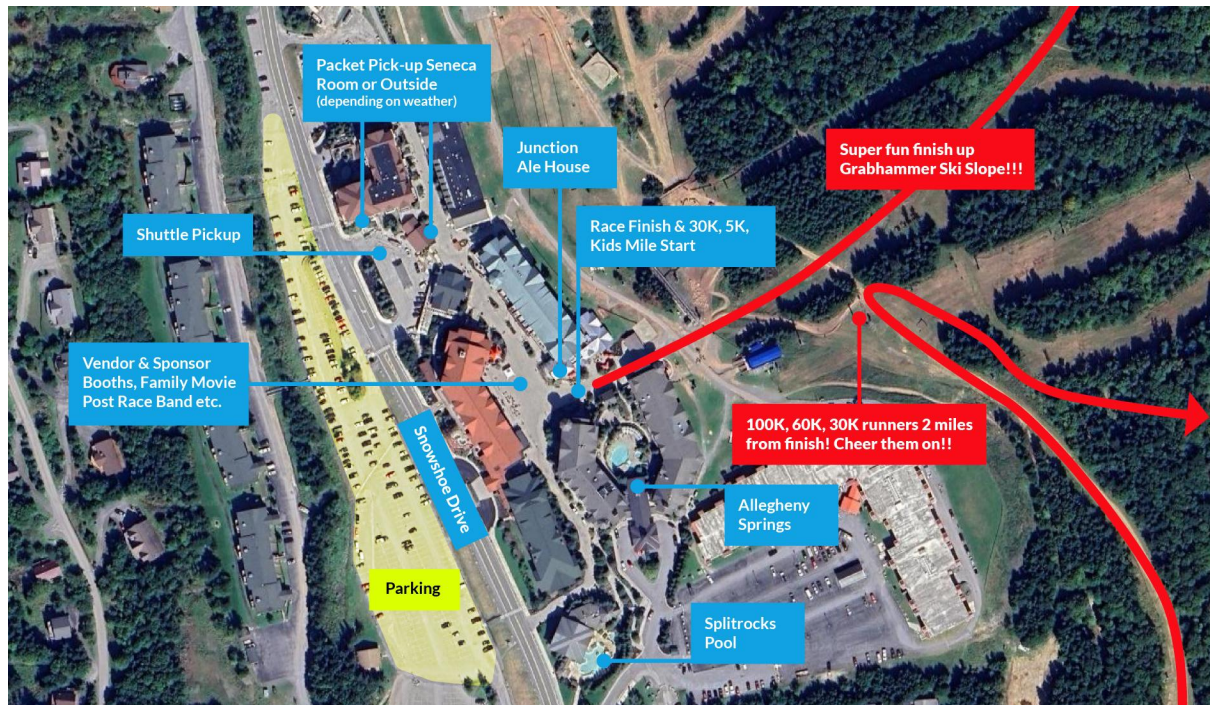
Sincerely,

Alex, Pat and Freddie

WVTF Race Directors



TOP OF THE MTN



Snowshoe (Top of the Mountain) Details An overview of Snowshoe Village is provided in the picture above. Please note the following:

Parking: All participants and spectators should park in the large parking lot across from the village. Snowshoe Resort has a strict no camping policy. There is a campground at the bottom of the mountain for anyone camping. Please check the website for lodging recommendations and off site camping locations.

Note: There is very limited parking at the start of the Dark Skies 100K. We do not recommend leaving your car there. There is plenty of parking at the start of the Full Moon 60K in CASS.

Check-in / Packet-pick-up: Will either be in the Seneca Room or outside (weather dependent). We will have a handful of signs guiding you from the parking lot.

- Friday 14.00 – 22.00– All Races
- Saturday 05.30 – 06.30 – Full Moon 60K in CASS
- Saturday: 08.30 – 09.45 – Stargazer 30K

Finish line (and start of Stargazer 30K, Twilight 5K, and Kids Mile) is located in the center of the village. Look for the large WTF arch!!

- **Allegheny Springs and Splitrocks pool** are located steps away from the finish for those staying onsite.
- **Vendor and Sponsor Booths:** Local artisans, farmers market, and vendors will be set up Friday evening and all-day Saturday near the finish line at the Village at Snowshoe.
- **Junction Ale House:** Located at the finish line will be open Friday, Saturday and Sunday.
 - Friday 20.00 – 22.00: Family Movie Night
 - Saturday 18.30 - 21.30: Post race band
 - Sunday 09.00 – 11.00: Mother's Day Brunch (RSVP required)

Dark Skies 100K and Full Moon 60K Shuttle: Shuttles will pick-up runners near the Seneca room. RSVP required.....if you did not RSVP at sign-up and would like to reserve a spot email us ASAP!

- **Friday 22.30:** Dark Skies 100K shuttle leaves Snowshoe for Seneca
- **Saturday: 05.45:** Full Moon 60K shuttle leaves Snowshoe for CASS

Finish line Spectators: Cheer Stargazer 30K, Full Moon 60K and Dark Skies 100K finishers as they approach the last 2 miles. Runners will approach the Ballhooter ski lift from the right with 2 miles remaining. This is a short walk from the finish. After a mile of singletrack downhill runners will have a short flat section before the final climb up the Grabhammer ski slope to the finish.

Post Race and other WV Trail Fest Activities

The WV Trail Fest takes place between the ski season and the start of mountain bike (MTB) and the Summer Season. We will have a number of activities in place for you, crew, and families. We recommend you download the **Snowshoe Mountain App** and **Far Out App** to better engage with your surroundings at Snowshoe. Not all inclusive, but below is a list of family fun opportunities for the weekend

- Friday afternoon and Saturday: Local craftsman and artisan vendor fair.
- Friday night Movie featuring a kids movie and trail running movie.
- Kid's 1 Mile Fun Run (Trail): 10.30am
- Village Activities (Euro-bungy, climbing wall etc.): Friday & Saturday 12:00pm to 7:00pm | Sunday 10:00am to 4:00pm.
- Split Rocks Pool: Friday 2:00pm to 8:00pm | Saturday 2:00pm to 8:00pm
- Pizza and beverages available in the Village until Saturday 9:00pm with evening concert
- Saturday Evening Concert with the Black Mountain Bluegrass Boys: 6:30pm to 9:30pm
- Dinner and Food Opportunities:
 - Junction Restaurant– Fri and Sat: 11:00am-8:00pm
 - Wildcat Grocery–Daily: 8:00am-8:00pm
 - Starbucks–Daily: 8:00am-8:00pm
- Signatures: Snowshoe retail store open Friday and Saturday
- Gauley Adventures: Horseback riding 800-759-7238
- Local hiking experiences on Snowshoe

Master Schedule of Events

Thursday May 9, 2024

18.30–20.30: Meet your race directors. (@ the Junction)

Friday May 10, 2024

14.00–22.00: Check-in for Dark Skies 100K, Full Moon 60K, Stargazer 30K in Snowshoe Village

14.00–17.45: Check-in for Twilight 5K in Snowshoe Village

18.00: Twilight 5K start at Snowshoe Village

19.30: Twilight 5K end

20.00 – 22.00: Family Movie Night @ Snowshoe Village

22.30: Bus Departure from Snowshoe for Dark Skies 100K

Saturday May 11, 2024

00.01: Dark Skies 100K start at Entrance to Seneca State Park

05.30–06.30: Last Minute Check-in for Full Moon 60K **at start in CASS**

05.45: Bus Departure from Snowshoe Village for Full Moon 60K

07.00: Start of Full Moon 60K at Cass Historic Railroad Park

08.30–09.45: Check-in for Stargazer 30K & Kids Mile in Snowshoe Village

09.00–21.00: Local Artisan, Farmers Market, Vendor Expo in Snowshoe Village

10.00: Start of Stargazer 30K at Snowshoe Village

10.30: Start of Kids Fun Run

18.30: Evening Entertainment (Band etc.)

20.00: Cut-off for all races at Snowshoe Village

20.30: Post Race Party at the Junction

Sunday May 12, 2024

08.00: Awards Ceremony & Raffle (100K, 60K, 30K)

09.00–11.00: Mother's Day Brunch at the Junction (reservation required)

MEDICAL & SAFETY



Medical & Safety is an integral part of the success of your trail race and to the greater safety of everyone on the trails and to supporting the WV Trail Fest. Please take close note and adhere to the race rules on the website. Below we have highlighted a number of critical elements for your safety that you need to pay attention to:

You will be in a backcountry environment, Having mandatory and recommended gear is a critical element to your safety on the trail running in the austere environment. Review the mandatory and recommended list ([here](#)) and follow it. We will have a random gear check or two. This is for your safety.

Closely follow the weather in the days leading up to race weekend. Mountain weather can change quickly. We recommend [weather.com](#) and [mountain-forecast.com](#) to keep you in tune with your surroundings.

Temperatures from the starts of the Full Moon 60K and Dark Skies 100K may be 20F to 30F degrees cooler once you are “on top of the mountain”. Plan accordingly for the cooler weather. See recommended gear list for suggestions.

These races cover a lot of areas and there are many trails. There is no cell phone coverage on these courses. It is imperative runners take time to review the courses, which can be found [here](#) to reduce the risk of making an incorrect turn getting lost. It is strongly recommended that you load GPX files on your watch prior to the race.

Every aid station will have a first aid kit.

Each aid station will be equipped with a radio and be capable of getting help should a serious injury occur.

Consider the back country and austere environment before using headphone. For your safety, we HIGHLY recommend against the use of headphone while on the trails.

Road crossings

- There will be signs when approaching a road.
- Slow down and look both ways before crossing any road.
- Volunteers will be at major road crossings (i.e. Snowshoe Drive) to advise if a vehicle is approaching.

Running on roads

- There are 2 sections where runners will run on an open road for a short period. Runners should run on the left side of the road so they can see vehicle approaching and stop and move of the roadway when a vehicle is passing
- #1: Dark Skies 100K. Leaving the Sitlington aid station runner will be on a road for about 1 mile. It will be dark and runners must have their head light on.
- #2 Dark Skies 100K and Full Moon 60K. Shortly after leaving the GBO aid station runner will cross a bridge in Hosterman. Once crossing the bridge there is ~2 miles of gravel road followed by ~2 miles on Back Mountain Road before reaching the aid station at FR 235 & Back Mtn Road.

TIMING, CREWS, WITHDRAWAL, PACERS, DROP BAGS



Accountability, Timing, BIBs

- All Dark Skies 100K, Full Moon 60K and Stargazer 30K runners must check on at the start line or on the shuttle bus prior to the start.
- Times for the runners are recorded at every checkpoint.
- It is critical we all work together to maintain 100% accountability of all runners throughout each and every race.
- Runners are RESPONSIBLE for check in and out of every checkpoint.
- Articulate your number as you enter the checkpoint.
- When you reach an aid station, call out your number and last name to the timekeeper or aid station captain. Your checkpoint team will be recording your number at each aid station.
- When you depart, call out your number to the timekeeper or aid station captain.
- Due to limited connectivity across all of Pocahontas County, checkpoint splits may not be uploaded until a checkpoint is closed and the checkpoint leads are back within WiFi connectivity.
- Bibs must be visible and worn on the front at all times.
- There are different color bibs for each race.

Dropping/Withdrawing from any race

- For any distance, all drops must occur at a checkpoint. No exceptions.
- If you pull yourself from the race and do not officially check out with that aid station, any costs associated with not conveying this information, you will incur.
- If you come into a checkpoint under duress, the checkpoint captain has the final say on whether you can continue.

Pacers, Crews, and Spectators

- Due to many safety and logistical considerations, we humbly ask that pacers, crews, and spectators adhere to the following parameters:
- Pacers are only allowed for the Dark Skies 100K starting at the Airport CP (mile 45.60). Pacers will not be allowed for the Stargazer 30K and Full Moon 60K.
- Pacers can access the Airport CP by parking in at the Old Spruce Brewing parking lot and walking ~ 1 mile to CP.
- There is limited access to crews and spectators. You are welcome to see your athletes at the following locations: 1) Airport CP#7, near the Powder Monkey lift after climbing Western Express, near the Ballhooter lift (last 2 miles) and the Finish.
- Crews and spectators who decide to violate this policy will have their athlete disqualified.

Drop Bags

- Drop bags will be available for the Full Moon 60K and the Dark Skies 100K.
- The Dark Skies 100K drop bag locations will be at Checkpoint #4 FR 235 & Back Mtn Road, #6 Shaver's Fork, and #7 Airport.
- Full Moon 60K drop bag locations will be at Checkpoint #6 Shaver's Fork
- Drop bags must be labeled with race distance, first initial last name, bib # and CP #.
- Drop bags should be dropped off at packet pick-up NLT 10pm Friday. Full Moon 60K runners can also bring drop bags to the start in CASS. No drop bags will be accepted at the start of the Dark Skies 100K.
- Drop bags will be returned to the Seneca room (top of the mountain) for pick-up NLT 6:00pm on Saturday.

COURSE MARKINGS

Each course will be marked with different color ribbons and flags

- Dark Skies 100K: **YELLOW**
- Full Moon 60K: **YELLOW** to **PURPLE** to **YELLOW**
- Stargazer 30K: **BLUE** to **YELLOW**

The entire Dark Skies 100K course will be marked in **YELLOW**.

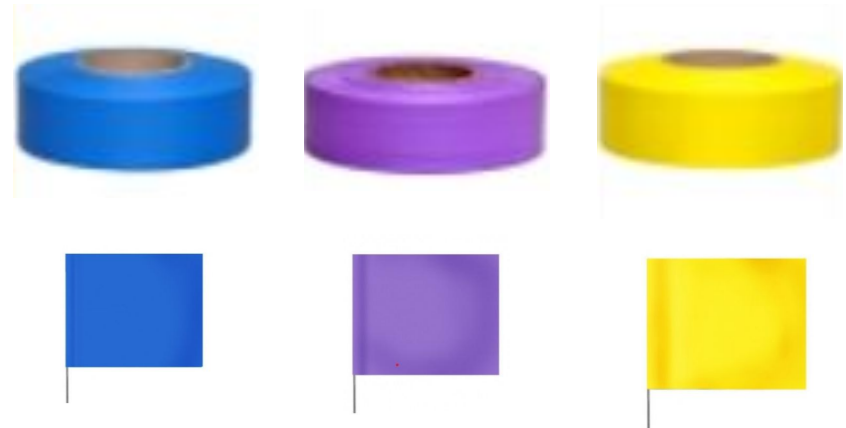
The Full Moon 60K will be marked in **YELLOW** until CP #6 Shaver's Lake (24.8 miles). The next 3 miles course will be marked in **PURPLE**. After a downhill trail the course hits Shaver's Lake (~28 miles) and goes LEFT (there will be signs indicating a left). The course will be marked in **YELLOW** from this point to the finish (same course as the Dark Skies 100K and Stargazer 30K).

The Stargazer 30K will be marked in **BLUE** for the first 3 miles to CP #7 Airport. From this point the course will be marked in **YELLOW** (follows the Dark Skies 100K course to the finish).

Major turns and intersections will have signs (as shown in picture).

Most all streamers will and flag markers will be on the right side of the trail. Two streamers hung close together mean a turn is upcoming. There will be two ribbons together just before the turn, two ribbons together at the turn, and two ribbons together immediately after the turn. These sets of ribbons will be on the side of the turn.

Course marking will be every 2 to 4 minutes of running depending on your pace. Frequency may increase depending on intersecting trails, turns, and etc. If you go more than ½ a mile (or about 10 minutes) without seeing a ribbon or flag wait for another runner or back track until you see a marker.



COURSE OVERVIEWS & CHECKPOINTS



Caltopo, Strava, and GPX files and elevation profiles for all races are available [here](#) on the website.

Each course has a healthy mix of fire road and single track. There will be plenty of technical rocky and rooty sections and plenty of sections where you can relax and run. All the routes will have their fair share of long climbs and descents. Be ready for some climbs!!

HIGHLIGHTS

- There are 2 short road sections in the Dark Skies 100K and 1 short road section in the Full Moon 60K.
- The Dark Skies 100K and Full Moon 60K both climb 2000 ft over 8 miles on the fire road up to Bald Knob.
- The Dark Skies 100K and Stargazer 30K both go up the Western Express trails climbing 1,350 ft in 2 miles.
- All 3 races climb 650 ft the last .75 miles (up the Grabhammer slope) so be sure to save a little for the end... 😊

Checkpoint Details

CP#1 will have Hyle Hydration Endurance Fuel, water, candy, chips and pretzels.

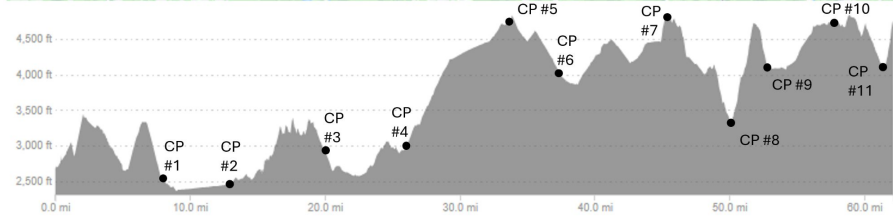
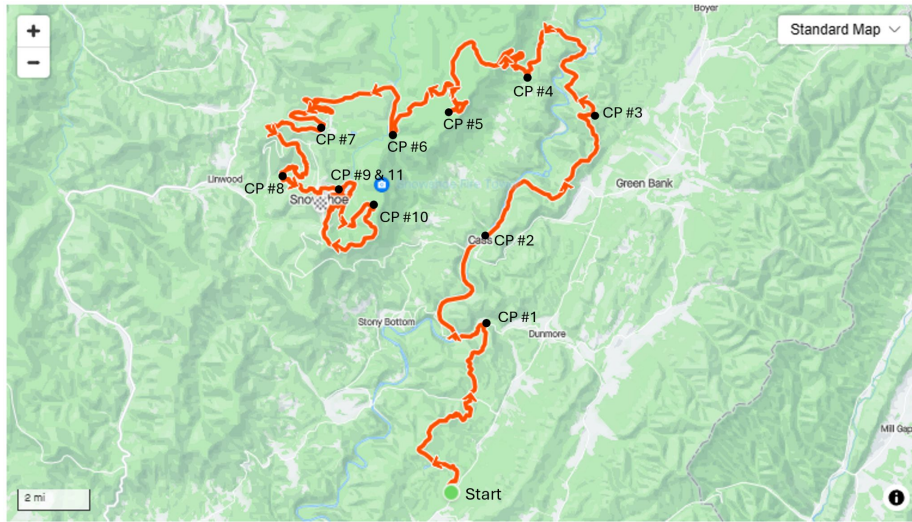
All other CP's will have Hyle Hydration Endurance Fuel, water, and at a minimum an assortment of candy, chips, pretzels, PB&J, chicken soup/broth and vegetable soup/broth, and a variety of other warm foods (grilled cheese, quesadillas etc.).

WEST VIRGINIA TRAIL FEST

CHECKPOINTS

Checkpoint #	Checkpoint (CP) Name	30K	60K	100K
1	Sitlington			X
2	Cass			X
3	GBO		X	X
4	FR 235 & Back Mtn Road		X	X
5	Bald Knob Firetower		X	X
6	Shaver's Fork		X	X
7	Airport	X		X
8	Western Express	X		X
9	Shaver's Lake 1	X		X
10	6000 Steps	X	X	X
11	Shaver's Lake 2	X	X	X
FINISH	Snowshoe Ski Village	X	X	X

COURSE OVERVIEWS - DARK SKIES 100K

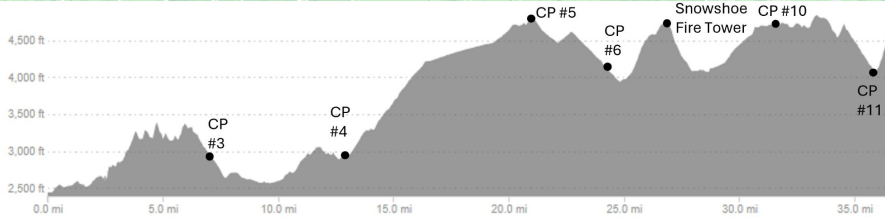
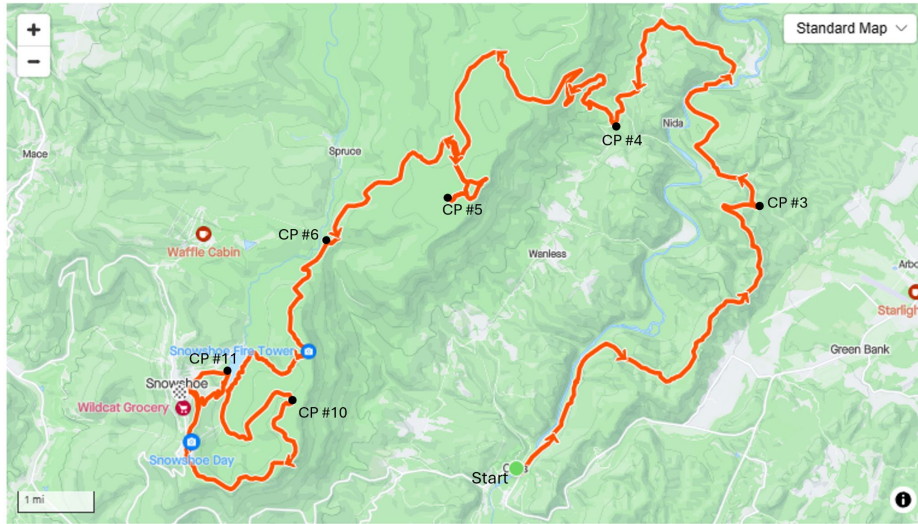


DARK SKIES 100K				WTF	
Start	Checkpoint (CP) Name	Distance to CP (miles)	Total Distance (miles)	CP Opens	CP Closes
00:01	Seneca State Park	Start	0	00:01	00:01
	CP #1	8.00	8.00	00:45	02:30
	CP #2	4.80	12.80	01:30	03:40
	CP #3	7.20	20.00	03:15	05:30
	CP #4	5.90	25.90	04:10	08:45
	CP #5	8.00	33.90	05:00	10:20
	CP #6	3.70	37.60	05:30	12:00
	CP #7	8.00	45.60	07:00	13:50
	CP #8	4.50	50.10	07:45	15:00
	CP #9	2.70	52.80	09:20	16:30
	CP #10	3.30	56.10	10:15	17:30
	CP #11	5.30	61.40	11:00	19:15
	FINISH	0.75	62.15	N/A	20:00

* Dropbags are at FR 235 & Back Mtn Rd, Shaver's Fork, and Airport CP's

** Dark Skies 100K runners are allowed a pacer at the Airport CP

COURSE OVERVIEWS - FULL MOON 60K



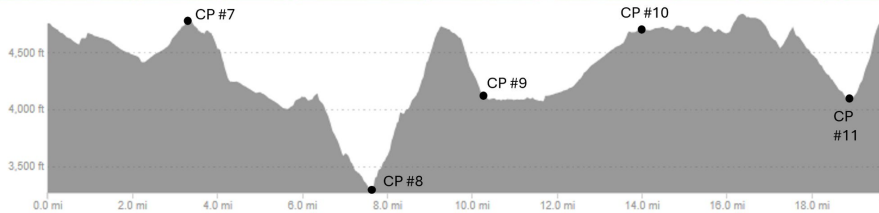
FULL MOON 60K



Start	Checkpoint (CP) Name	Distance to CP (miles)	Total Distance (miles)	CP Opens	CP Closes
07:00	Cass	Start	0	07:00	07:00
	CP #3	GBO	7.20	08:00	09:00
	CP #4	FR 235 & Back Mtn Road	5.90	08:30	11:30
	CP #5	Bald Knob Firetower	8.00	10:00	13:30
	CP #6	Shaver's Fork*	3.70	10:30	14:30
		Snowshoe Firetower	2.00	11:00	15:30
	CP #10	6000 Steps	3.80	11:45	16:30
	CP #11	Shaver's Lake 2	5.30	12:45	18:00
	FINISH	Snowshoe Ski Village	0.75	N/A	20:00

* Dropbags are at Shaver's Fork ** No pacers allowed for Full Moon 60K

COURSE OVERVIEWS - STARGAZER 30K



STARGAZER 30K				WTF	
Start	Checkpoint (CP) Name	Distance to CP (miles)	Total Distance (miles)	CP Opens	CP Closes
10:00	Snowshoe Ski Village	Start	0	10:00	10:00
	CP #7	3.10	3.10	N/A	N/A
	CP #8	4.50	7.60	N/A	14.50
	CP #9	2.70	10.30	N/A	16:30
	CP #10	3.30	13.60	N/A	N/A
	CP #11	5.30	18.90	N/A	N/A
	FINISH	0.75	19.65	10:00	20:00

** No pacers allowed for Stargazer 30K