



# Runners Handbook

[runeastcoastadventures.com](http://runeastcoastadventures.com)

Tennessee Mountains Endurance Challenge

Presenting Platinum sponsor: The Compounding Lab



THE CHEROKEE ULTRA  
#waucheesiainteasy



## Can you endure?







Buck Bald

Addresses below are links to google maps and the corresponding address listed

## PACKET PICKUP

**Friday July 18th**

**5PM -7PM**

@ Peach Street Grill

108 Peach St, Tellico Plains, TN 37385

**Saturday July 19th**

**5AM-6:30AM**

@Tellico Plains High School

9180 TN-68, Tellico Plains, TN 37385

## EVENT START INFO

**Saturday July 19th**

**130k Starts @ 7AM**

130k early Start @ 5AM

@Tellico Plains High School

9180 TN-68, Tellico Plains, TN 37385

**70K Start @ 8AM**

@HIWASSEE/OCOEE STATE PARK

Will be shuttled From Tellico Plains High School  
Bus Will Depart at 7AM; Don't Be LATE!

115 Ellis Creek Rd, Reliance, TN 37369

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# WELCOME TO THE CHEROKEE ULTRA

THE CHEROKEE 130K ULTRA DOUBLE BUCKLE.  
FINISH THE 130 2X. CAN YOU ENDURE?



Waucheesi view from Buck Bald

Welcome to our newest endurance event. The Cherokee 70K and 130K is an ultra trail event that takes you through scenic mountains of the Cherokee National Forest for an adventure you will never forget. For the 70K you will climb over 10,000 feet of elevation gain while the 130k will climb over 19,000 feet of elevation gain as both distances discover... Waucheesi ain't easy. Utilizing some of the most scenic views and technical trails in the Southern Cherokee National Forest.

**The John Muir National Recreation Trail**  
**Benton Mackaye Trail**  
**Unicoi Mountain Trail**  
**Warriors Passage National Recreation Trail**

## **"The Cherokee"**

As we sat down to discuss the name for this event several ideas were discussed, but one kept standing out and show casing multiple aspects of this beautiful and historic area. These lands have a significant meaning and a deep history that should not be forgotten, it should be respected and honored. So... we chose "The Cherokee" as it represents the area (The Cherokee National Forest) and to honor the Cherokee people and ancestors who have such a significant history to the area!



Buck Bald

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# THE CHEROKEE COURSE

The Cherokee course will take you on a journey through some of the most beautiful sections the Southern Cherokee National Forest has to offer. Coursing 40+ miles point to point. You will cross streams, climb mountains, and experience this area like never before. The 70k will complete the point to point from Reliance, TN to Tellico Plains, TN while the 130k will be a challenging out and back climbing 19,000 feet in total.

## On Course Aid Stations



Drop Bags  
Crew areas  
Pacers

**130k to Reliance (turn around)** →

130k will "run" Waucheesei only 1 time on the way to Reliance turn around, not on the way back →

**70 K to Finish** →

**130k to Finish (back)** →

70k will "run" Waucheesei on the way to the finish →

Tellico Plains High School  
130K Start/Finish  
70K Finish

Tellico River

Downtown  
Tellico plains

Aid Station  
Old Furnace Rd  
35.33294, -84.24700

Wildcat Creek  
Crossing

Aid Station  
Tobee Creek  
35.30018, -84.22742

Water Station Only  
Waucheesei Mountain  
35.27657, -84.21764

Aid Station  
Lower Smithfield Rd  
35.27026, -84.26163

Old  
Doc Rogers

Peels Top

Aid Station  
Unicoi Gap  
35.225500, -84.28955

Aid Station  
Buck Bald  
35.20352, -84.32376

Aid Station  
Coker Creek Campsite  
35.17930, -84.39143

Highway 68  
Crossing

Aid Station  
Towee Creek  
35.19584, -84.45034

Loss Creek  
Crossing

Childers Creek - 130k Turn Around  
35.18963, -84.49151

Reliance (boat ramp)  
70K Start Only  
35.18754, -84.49691

Hiwassee  
River

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Tobe Creek

# 70K COURSE 46 miles

The 70k is a point to point event. Starting in Reliance TN you will trek your way through some of the most beautiful sections the Southern Cherokee National Forest has to offer. Coursing 40 + miles and around 11,000 feet of gain. You will cross streams, climb mountains, and experience this area like never before.

[GPX Download](#)

## 16 Hour Cut-Off

8 Aid Station Stops (Tobe Creek 2x)

Highest elevation point 3,659

Total Elevation Gain 11,230 ft

2 Drop Bag location at Buck Bald, Tobe creek

6 Crew Areas

6 pacer Locations

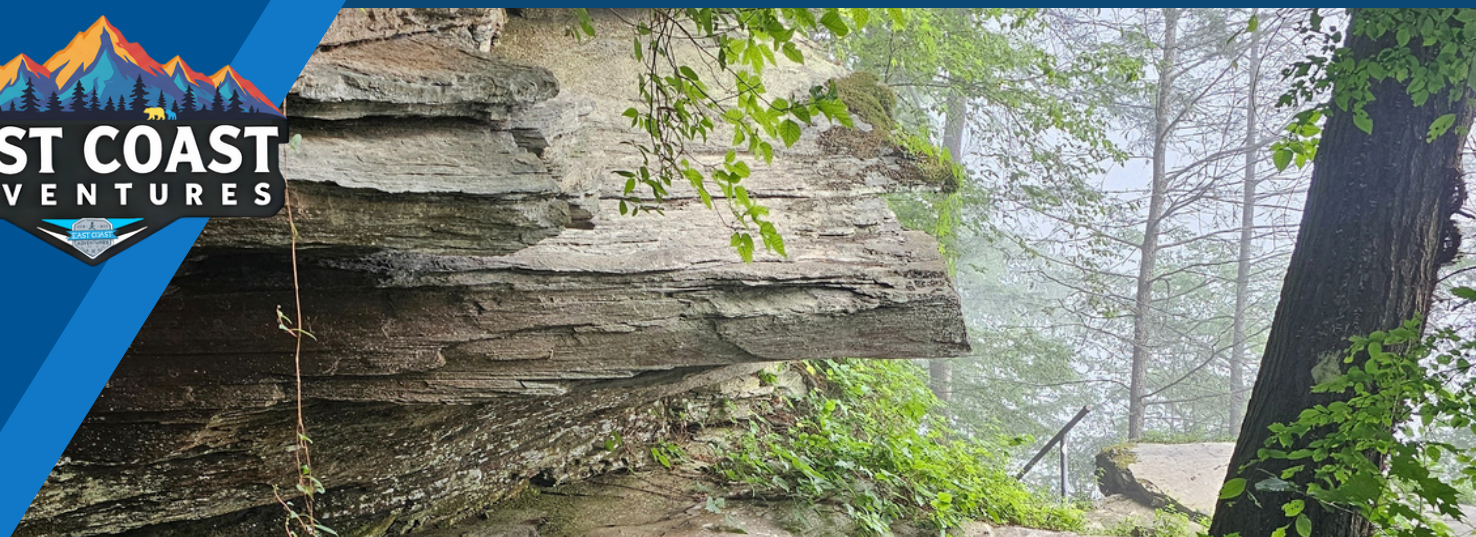
Ascent	11230(-11113) ft
Max Elevation	3659 ft
Min Elevation	749 ft
Max Grade	45.0%
Min Grade	-108.7%

Elevation Profile



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John Muir Trail

# 130K COURSE

84.50 miles

The 130k is an out and back event. Starting in Tellico Plains TN you will trek your way through some of the most beautiful sections the Southern Cherokee National Forest has to offer. Once you make it to Reliance you will turn around and make your way back to the start! Coursing 80 + miles and around 19,000 feet of gain. You will cross streams, climb mountains, and experience this area like never before.

[GPX Download](#)

## 26 Hour Cut-Off

2 Hour Early Start Option.\*

Takes you out of Podium contention

16 Aid Station Stops (Tobe Creek 2x)

Highest elevation point 3,659

Total Elevation Gain 19,564 ft

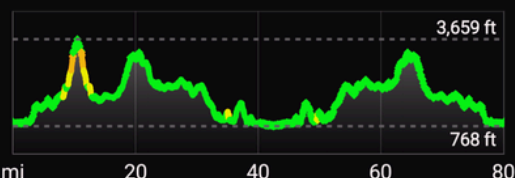
3 Drop Bag locations

12 Crew Locations

12 Pacer Locations

Ascent	19573(-19573)	ft
Max Elevation	3659	ft
Min Elevation	768	ft
Max Grade	40.7%	
Min Grade	-54.1%	

Elevation Profile



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# ADDITIONAL MAP INFORMATION



## Tellico plains /Road Section



Please be alert during this section on your way to the finish line.  
The daily drivers here are not used to runners on the road! You will run in downtown  
Historic Tellico Plains.

## Smithfield Community/ Road Section



This is a remote road section. With that being said the locals are not used to  
runners on the roads. Pay attention!

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# ADDITIONAL MAP INFORMATION



**Warriors Passage trail**

**Unicoi Mountain Trail**

**John Muir Trail**







# MANDATORY ITEMS



## MANDATORY EQUIPMENT DURING EVENT

### Water Filter

Must have a water filter, either a straw, flask, or filter cap for your bottle!  
Must be kept with you at all times!

### GPX file

GPX file Must be on your phone or watch. Service will be spotty. Map Must be downloaded and saved prior!  
A printed map is also recommended!

### Antihistamine

A form of Antihistamine needs to be with you at all times!  
This time of year wasps, hornets, yellow jackets, and all other stinging insects are out and about!

### Headlamps

1 headlamp must start with you and stay with you the entire event! A spare headlamp is recommended.

### Whistle

It's a whistle. Most packs have them built on to the pack, if not you are required to have one!



### Recommended items:

Trekking poles  
Extra calories  
A good Attitude  
Weather gear. (KNOW THE WEATHER)  
Spare headlamp  
Extra water  
Cooling items  
More good Attitude 🤗

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# 70K

## AID STATION/ CUT-OFF TIME

Average Pace Needed to Meet Cutoffs: 18:38 pace or 3.22 Miles Per Hour

Offical Time Cutoff: 16 Hours

**\*All runners climb Waucheesi Mountain 1 TIME ONLY!**



Aid Station	Mile	Miles to next AS	Miles to Finish	Cut-off Time	Pacer/ Crew	Drop Bag	GPS Coordinates
Start - Reliance (Boat Ramp)	0	5.3	45.8				35.18754, -84.49691
Towee Creek	5.3	5.7	40.5	9:51 AM			35.19584, -84.45034
Coker Creek Campsite	11	5.9	34.8	11:50 AM			35.17930, -84.39143
Buck Bald - Full Aid Station (Medic/Stretching)	16.9	3.9	28.9	1:54 PM	Yes	Yes	35.20352, -84.32376
Unicoi Gap	20.75	6.9	25.1	3:14 PM	Yes		35.225500, -84.28955
Smith Field	27.6	3.4	18.2	5:38 PM	Yes		35.27026, -84.26163
Tobee Creek - Full Aid Station	31	6.8	14.8	6:49 PM	Yes	Yes	35.30018, -84.22742
Waucheesi (Out & Back) Water at top.	34.4		11.4				35.27657, -84.21764
Tobee Creek - Full Aid Station	37.8	3.3	8.1	9:11 PM	Yes		35.30018, -84.22742
Old Furnace Road	41	4.8	4.8	10:19 PM	Yes		35.33294, -84.24700
Finish - Tellico Plains High School	45.8			12:00 AM			35.36820, -84.30792



## COURSE MARKINGS

Benton Mackaye Trail

Flags

Green reflective clip  
With Pink Ribbon

John Muir Trail

Warriors Passage Trail



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# 130K

## AID STATION/ CUT-OFF TIME

**Average Pace Needed to Meet Cutoffs: 18:38 Pace or 3.22 Miles Per Hour**

**Official Time Cutoff: 26 Hours      28hrs for early start.**

**Childers Creek (Reliance) is the turnaround location for the 130k**

Aid Station	Mile	Miles to next AS	Miles to Finish	Cut-off Time	Crew/ Pacer	Drop Bag	Drop Zone	GPS Coordinates
Tellico Plains High School	0.0	5	83.6					35.36820, -84.30792
Old Furnace Rd	4.8	3.3	78.8	8:29 AM	Yes			35.33294, -84.24700
Tobee Creek - Full Aid Station	8.1	6.7	75.5	9:31 AM	Yes			35.30018, -84.22742
Waucheesi (Out & Back) Water at top.	11.4	6.8	72.2					35.27657, -84.21764
Tobee Creek - Full Aid Station	14.8	3.4	68.8	11:36 AM	Yes			35.30018, -84.22742
Smith Field	18.2	6.9	65.4	12:39 PM	Yes			35.27026, -84.26163
Unicoi Gap	25.1	3.9	58.6	2:47 PM	Yes			35.225500, -84.28955
Buck Bald - Full Aid Station (Medic/Stretching)	28.9	5.9	54.7	3:59 PM	Yes	Yes	Yes	35.20352, -84.32376
Coker Creek Campsite	34.8	5.7	48.8	5:49 PM				35.17930, -84.39143
Towee Creek	40.5	4.6	43.1	7:35 PM				35.19584, -84.45034
Childers Creek - Full Aid Station (Turn Around)	45.1	4.6	38.5	9:01 PM	Yes	Yes	Yes	35.18963, -84.49151
Towee Creek	49.7	5.7	33.9	10:27 PM				35.19584, -84.45034
Coker Creek Campsite	55.4	5.9	28.2	12:13 AM				35.17930, -84.39143
Buck Bald - Full Aid Station (Medic/Stretching)	61.3	3.9	22.3	2:03 AM	Yes	Yes	Yes	35.20352, -84.32376
Unicoi Gap	65.2	6.9	18.4	3:16 AM	Yes			35.225500, -84.28955
Smith Field	72.1	3.4	11.5	5:25 AM	Yes			35.27026, -84.26163
Tobee Creek - Full Aid Station	75.5	3.3	8.1	6:28 AM	Yes			35.30018, -84.22742
Old Furnace Rd	78.8	4.8	4.8	7:30 AM	Yes			35.33294, -84.24700
Finish - Tellico Plains High School	83.6			9:00 AM				35.36820, -84.30792

**All runners climb Waucheesi Mountain 1 TIME ONLY!**

## COURSE MARKINGS

**Green reflective clip  
With Pink Ribbon**

**Benton Mackaye Trail**

**Flags**

**John Muir Trail**

**Warriors Passage Trail**



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# THE TEAM



## David Compton

Race Director

david@runeastcoastadventures.com  
865-235-6967



## Mike Taylor

Race Director

mike@runeastcoastadventures.com  
423-351-3379



## Matt Williams

Race Director

matt@runeastcoastadventures.com  
423-836-7971



## James Taylor

Race Director

james@runeastcoastadventures.com  
423-836-1213



## Micah Morgan

Race Director/ Volunteer Coordinator

micah@runeastcoastadventures.com  
865-297-6792



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# FUTURE EVENTS!



**World's Fair Ultras**



**Gone Loco Ultra**



**Fort Frenzy Ultra Festival**



**The Dirt Circuit**



**Barncreek Backyard Ultra**



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# THE CHEROKEE DROP BAGS CREW & PACERS

## 1. PLEASE only have your crew help you at our designated aid stations.

Encourage them to be aware of runners coming through and to be respectful of the forest, other runners, and people in the national forest.

## 2. Parking

This is REALLY important. We can only have one car per runner at each crew access spot. Multi-crew vehicles are not allowed due to limited parking.

## 3. No Aid Outside Aid Station

Remember, if you receive aid anywhere other than our designated crew points you'll be disqualified.

## 4. Pacers

Pacers can only meet their runners at the designated locations and each runner can only have one pacer at a time. Pacers can't drop or enter at any other location than pacer-designated aid stations.

## 5. Driving

Navigating to the aid stations can be difficult in certain areas as there's NO cell service. PLEASE print directions for your crew OR have them take screenshots of the directions BEFORE driving through the national forest. We encourage you to download an offline map just in case. A high clearance vehicle is highly recommended for these service roads!

## 6. Drop Bags

Think 10-15 Liters. No plastic tubs or giant duffels, please! And not 100lbs. We reserve the right to refuse any drop bag due to size. Drop bags will trickle back to the finish line as aid stations close. We can't guarantee a specific time except they'll be available by 9am Sunday Morning. We will make a special pickup for the 70K runners drop bags mid day Saturday.



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# THE CHEROKEE RULES & REGULATIONS

Race Directors have the right to make any final calls on rules and regulations!

Crew can only drive halfway up buck bald, this will be marked with a crew sign.

Crew can aid their runner at the bottom of Buck bald

Or walk to the top! We simply do not have enough parking for everyone!

No cutting course or Cutting Switchbacks!

Runners must stay on marked course!

Runners must check in and out of Aid stations.

Runners must check in and out with Ham Radio when available!

Runners may only receive aid at marked locations!

Crews will have only 1 car, a 4X4 or high clearance vehicles HIGHLY RECOMMENDED!

Crews will not park cars and leave them. Must Crew and leave area!

Pacers must be dropped off at accessible Pacer areas. Can not leave vehicle!

Pacers can only start and finish in designated areas.

Runners may be Disqualified if crew or pacers break any of the listed rules!

No Littering. Remember, leave no trace!

Do not remove course markings.

! If you are allergic to certain medications or food please request and wear a Colored wristband to indicate an allergy. This will help volunteers and Rescue Personal. If these are life threatening allergens please keep a list in your pack. !

It is the RUNNERS responsibility to make sure their crew knows and follows the rules. Any violation of these rules by the runner or the crew can be subject to disqualification from the event resulting in a DNF Race Directors/ Aid Station Captains can disqualify you.



Please be respectful of the land in the national forest, Tellico City, and be kind to the wonderful volunteers. Without them this could not happen. It is an gift a to be able to hold this event in such a beautiful and historic area. Don't do something to jeopardize future events.

**Leave no trace and use common sense!**

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## THE CHEROKEE

# LOCAL STORES & AMENITIES

### **Campgrounds/ Inn**

Mecca Pike Camp Resort KOA  
Top of the World RV  
Indian Boundary  
Notchey Creek Campground  
Toque Campground  
Farm House Inn  
Trout Mountain Coffeehouse & Inn

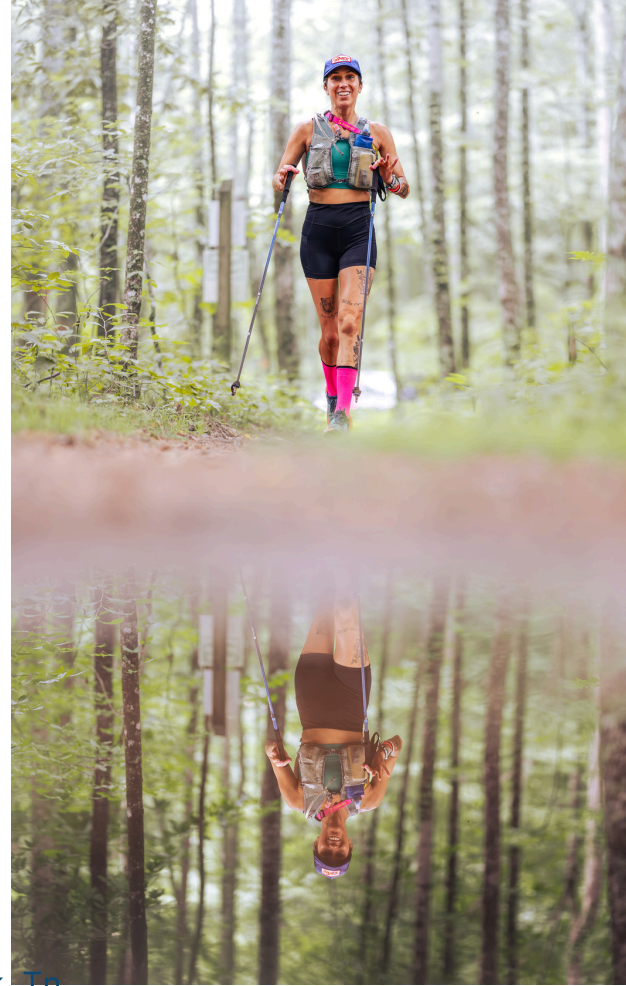
### **Stores**

Save -A-Lot/Tellico TN  
Dollar General/Tellico TN  
Walmart/Madisonville TN  
Williams Gas Station/Coker Creek TN  
Webb Brothers/Reliance TN

### **Restaurants In Tellico**

Peach Street Grill  
The Beach Drive in  
Senor Lopez  
Hardees  
Red Chimney Pizza

A list of some local restaurants, campgrounds, inns, stores, and other useful areas just in case!







# THE CHEROKEE EMERGENCY INFO

## Emergency Response Plan for The Cherokee

### Overview:

This plan outlines the procedures for responding to medical emergencies during the The Cherokee . The Monroe County Rescue Squad will be on-site throughout the event and will coordinate with EMS and other resources as needed.

### Race Directors:

David Compton 865-235-6967

Mike Taylor 423-351-3379

Matthew Williams 423-836-7971

Micah Morgan 865-297-6792

James Taylor 423-836-1213

### First Responders:

Monroe County Rescue Squad: (423) 442-9328 (on-site)

Monroe County EMS: (423) 442-8090 (primary response)

MCARES: 865-742-9200 (communication support)

### Forest Service Law Enforcement:

Shawn Reece 423-650-1967

### Hospitals:

CHOTA Madisonville office: 423-442-2622 (closest)

Sweetwater Hospital: 865-213-8200

UT Hospital: 865-305-9000

UT life star: 865-544-9112 (air ambulance)

### Aid Stations:

Total: 8 aid stations (see map for locations)

130k course: Out-and-back, participants will visit each aid station twice.

Medical check-in: Mandatory at Buck Bald aid station.



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# THE CHEROKEE EMERGENCY INFO

## Emergency Procedures:

### Alert:

Runners and volunteers should report any medical emergencies to the nearest aid station or directly to the Rescue Squad. Use emergency phones or radios if available.

### Assessment:

Medical staff will assess the situation and determine the level of care needed. Basic first aid can be provided at most aid stations.

### Transport:

More serious cases may require transport to a hospital. The Rescue Squad will coordinate with EMS for ambulance dispatch. Air transport may be considered in critical situations.

## Additional Information:

### Weather:

Be prepared for changing weather conditions and dress appropriately.

### Terrain:

The course is challenging with uneven terrain and potential hazards.

### Hydration and nutrition:

Stay hydrated and fueled throughout the race.

### Know your limits:

Don't push yourself beyond your abilities.

### Help others:

Look out for other runners and report any potential dangers.

### Remember:

Early intervention is critical for medical emergencies.

Stay calm and follow instructions from the medical staff.

This plan is subject to change based on the specific circumstances of the emergency.

**By following this plan, we can ensure a safe and enjoyable event for everyone.**

## Accident Reporting:

In the case of serious injuries and/or human death, the Monroe County Sheriff and Cherokee National Forest Service, Tellico Ranger District will be notified immediately. An accident report will be filed with a Forest Law Enforcement Officer for any accident involving a human death, serious human injury, or property damage with the permitted event. The report will describe the incident type, date, location, time, name of persons pertinent to the incident, and any other important information. This report must be supplied to the Tellico Ranger District within one day (24 hours) of the incident.



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# OUR PARTNERS

A huge thank you to all of our continued sponsors throughout all of our events. Without each and everyone of you these events wouldn't be what they are today. TRULY THANK YOU! Also thank you to our photographers Misty Herron and NICK Morgan and Videographer Ryan Courtoy!

PRESENTING PLATINUM PARTNER: **The Compounding Lab!**



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# CAN YOU ENDURE?



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[Team@runeastcoastadventures.com](mailto:Team@runeastcoastadventures.com)  
[www.runeastcoastadventures.com](http://www.runeastcoastadventures.com)