RULES & INFORMATION FOR PACERS

Pacer Eligibility & General Rules

- Pacers are allowed **for the 100-mile race only**.
- Each 100-mile runner may have **ONLY ONE PACER at a time**.
- Pacing is intended to promote runner safety, particularly as runners enter fading daylight and nighttime conditions. Pacers can help runners stay on course, follow trail markings, and manage fatigue.
- Most runners begin experiencing fading daylight around miles 60–65. Older runners may benefit from a pacer earlier in the race.

When Can Pacers Join Runners?

The first permitted pacing location depends on the runner's age:

- **Runners age 60 and older:** A pacer may join at Mohican Adventures Aid Station (E) at mile 28.2 (Sequence 6).
- **Runners under age 60:** A pacer may join at Mohican Adventures Aid Station (E) at mile 53.9 (Sequence 11).

Mohican Adventures is the designated starting point for pacing because it provides a convenient location for runners and pacers to meet. Pacers waiting for their runners may also be able to assist at the aid station.

Pacing Restrictions

The following rules are strictly enforced:

- **NO pacing by motorized vehicles** is permitted at any time.
- No aid may be given from a moving vehicle.
- Any runner paced by a vehicle or accepting aid from a moving vehicle is subject to **DISQUALIFICATION**.
- **NO pacing by bicycles** is permitted at any time.
- Pacers should drop back as the runner approaches the finish line chute.
- Pacers wearing race bibs may use aid station supplies and food while pacing their runner.

Where Pacers May Meet Runners

Pacers may meet their runners at the following designated locations:

- **Mohican Adventures (E)**
- **Gorge Overlook Aid Station (A)**
- **Fire Tower Aid Station (B)**

Pacer Parking Restrictions

Pacers must park only in designated Crew Access and Handler parking areas.

- **Fire Tower:** Pacers meeting runners at Fire Tower should park at Mountain Bike Trailhead 2 Aid Station or the Mohican Youth Center, which is a little closer to Fire Tower. Both locations require a short walk to the aid station.
- **Gorge Overlook:** Pacers may park at the Gorge Overlook Aid Station.
- **Covered Bridge:** Parking is NOT permitted at Covered Bridge at any time.
- **Fire Tower:** Do not leave your vehicle unattended at Fire Tower.

Please respect all parking restrictions and use only designated parking areas.

Pacer Registration & Check-In

All pacers must register online for free at RunReg.

Before pacing, pacers MUST check in at Mohican Adventures (Start/Finish) and provide the following information:

- The name or race number of the runner you will be pacing.
- Where you plan to meet your runner:
  - Mohican Adventures (E)
  - Gorge Overlook (A)
  - Fire Tower (B)
- What time you plan to leave.

Unattached Pacers

In previous years, some people have wanted to pace at Mohican but did not know anyone participating in the race. If you are interested in pacing but do not have a runner arranged in advance, there may still be an opportunity to help.

During the race, individuals interested in pacing may visit an eligible aid station after the 60-mile point and ask runners if they would like a pacer. Many runners have appreciated finding an unexpected pacer along the course.

If your assigned runner drops out (DNF), you may still be able to help another runner who needs a pacer.

Connecting Runners & Pacers

Runners looking for pacers and individuals interested in pacing can post messages on the official **Mohican Trail 100 Facebook Page**.

You can also join the Mohican 100 community through the free sign-up link on our homepage. The Facebook community is a great place to:

- Connect with potential runners or pacers.
- Request additional information or advice.
- Share information and updates.
- Offer constructive suggestions.