RUNNER GUIDE

SAWMILL GAUNTLET

Running Division • 12 Hour Ruck Division

DEC 5	8:00 AM	2.5 MI
SATURDAY	START	LOOP

8524 Neely Ferry Road • Laurens South Carolina

Two divisions. One loop. The clock keeps moving.

This guide puts the format, rhythm, rules, and race-day planning in one place so you can arrive ready to move.

G O A T Trail Running



Aerial view of The Sawmill Training Complex | Photograph: The Sawmill Training Complex

START HERE

What you need to know

The Gauntlet has two very different ways to test the same question: how long can you keep choosing another lap?

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THE BIG IDEA

- Running Division: finish one 2.5-mile loop inside every 45-minute window and return to the corral before the next start.
- Ruck Division: carry a 25 lb dry-weight ruck and keep moving for up to 12 hours.
- Both divisions use the same 2.5-mile loop and begin at 8:00 AM.

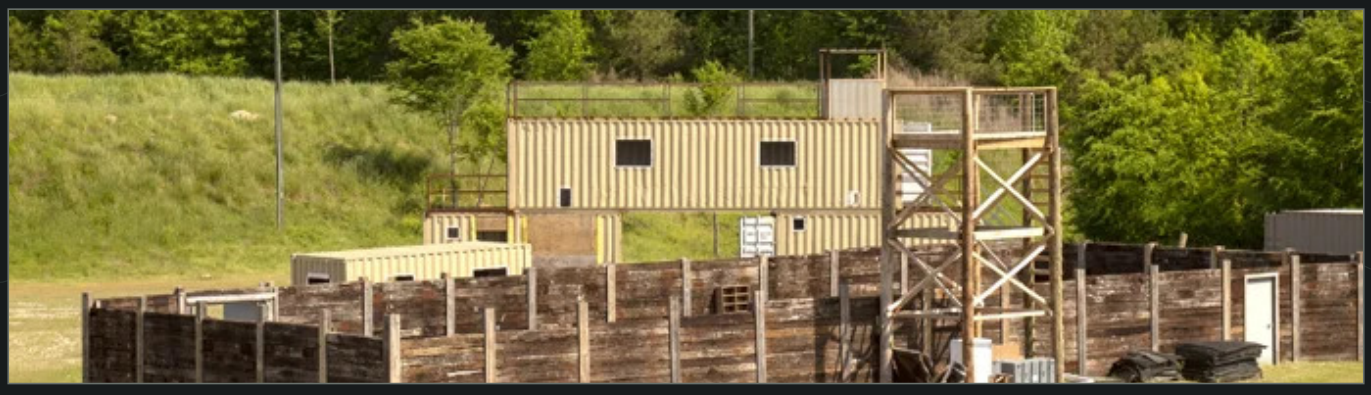
Event snapshot

You do not need to be the fastest person on the property. You do need to understand your division before the clock starts.

	RUNNING DIVISION	RUCK DIVISION
Format	Last runner standing	Continuous endurance
Course	2.5-mile loop	Same 2.5-mile loop
Clock	New lap every 45 minutes	12 hours total
Load	No race-mandated pack	25 lb dry-weight ruck
Breaks	Only the time left after each loop	Short breaks allowed; over 30 minutes ends the effort
Finish	Last runner completes a final solo loop	Ring the bell when your race is done

SIDE POT BRAGGING RIGHTS

- Total miles are tracked for ultra runners versus military and first responders.
- Every completed mile counts toward your group, even if your individual result is a DNF.
- Your last lap still matters. Keep stacking miles for your side.



Force-on-force training village | Photograph: The Sawmill Training Complex

RUNNING DIVISION

Beat the clock again

The loop does not get longer. The decision to begin it again gets heavier.



2.5 MILES

ONE LOOP EVERY 45 MINUTES

Finish the loop. Reset. Be in the corral.

Miss the next start and your day is over.

HOW A LAP WORKS

- A fresh 45-minute window begins with every official lap start.
- Complete the full 2.5-mile loop and return to the starting corral before the next start.
- There is no separate pace requirement. The only requirement is beating the window.
- Miss the start of the next lap and your race is over.

HOW THE RACE IS WON

- The cycle continues until only one runner remains.
- That runner must complete one final solo 2.5-mile lap.
- Complete it and win. Fail it and there is no winner.

Think in laps, not totals. Finish smoothly, solve what needs solving, and be standing in the corral when the next window opens.



River and wooded terrain on the Sawmill property | Photograph: The Sawmill Training Complex

RUCK DIVISION

Twelve hours under load

This is not last-person-standing. It is an honest accounting of time, movement, and what you can carry through the day.

25 LB	12 HR	30 MIN
DRY WEIGHT	CLOCK	MAXIMUM BREAK

THE RULES

- Carry a 25 lb ruck, measured as dry weight, at all times on course.
- Weight will be checked. Build a load that can be verified and stays secure.
- Keep moving until you choose to finish or the 12-hour clock expires.
- Short breaks are allowed. Any break longer than 30 minutes means immediate removal.
- There is no minimum lap count and no maximum lap count.
- When your race is over, ring the bell so your finish is recorded.

RUCK SETUP

- Train with the exact pack, straps, footwear, socks, and weight placement you intend to use.
- Protect against rubbing early. A small irritation becomes a major problem after hours under load.
- Dry weight does not include consumable water. Keep the required 25 lb intact as fluids are used.



Training terrain at The Sawmill | Photograph: The Sawmill Training Complex

SHARED COURSE

Learn the rhythm

Both divisions share the 2.5-mile loop. Your best advantage is not mystery fitness; it is a repeatable routine.

RUNNERS BETWEEN LAPS

- Return to your basecamp spot and identify the one thing that needs attention first.
- Eat or drink before sitting down if that is part of your plan.
- Set a personal warning that leaves enough time to reach the corral calmly.
- Stand up before you feel ready. The official start will not wait for a zipper, shoe, or last bite.

RUCKERS THROUGH THE DAY

- Keep stops purposeful and visible to your support person if you have one.
- Track the length of every break. The 30-minute rule is a hard boundary, not a target.
- Use short check-ins for feet, straps, fuel, and hydration, then get moving again.

COURSE ACCESS IS STRICT

- Only registered participants are allowed on the course.
- No crewing or outside assistance is allowed anywhere on course. No exceptions.
- Any on-course crewing or outside assistance results in immediate disqualification.
- Pacers and trekking poles are not allowed.

COURSE CONDUCT

- Follow course markings and race staff directions.
- Yield with a clear call when faster traffic approaches and pass only when it is safe.
- Pack out wrappers and personal waste. Leave the loop ready for the next lap.

The clock is relentless. The course rules are absolute.



A wide view across the Sawmill grounds | Photograph: The Sawmill Training Complex

YOUR PIT STOP

Basecamp fuel and support

We will provide water, Tailwind, and a small assortment of snacks. Everything else is up to you, so arrive ready to cover your own nutrition and personal needs.

WHAT WE PROVIDE

- Water and Tailwind.
- A small assortment of snacks.
- Bring any additional calories, specialty drinks, or specific foods you expect to need.

BUILD A SIMPLE BASECAMP

- Organize food, fluids, layers, lights, foot care, and repair items so they can be reached without digging.
- Use a chair only if it helps your plan. For the running division, comfort can steal more time than the loop.
- Label your setup and keep it compact so other athletes can move through the shared area.

FUEL THAT WORKS WHEN YOU ARE TIRED

- Bring familiar foods in small, easy-to-grab portions.
- Balance quick carbohydrates with salty and savory options as the hours stack up.
- Use a hydration and electrolyte plan you have already tested in training.
- Pack for dietary restrictions and personal preferences; do not rely on unconfirmed menu items.

SUPPORT PERSON

- Support may help only from designated basecamp or staging areas.
- Crew may not enter the course or provide aid anywhere on course. No exceptions.
- Any on-course crewing results in immediate disqualification.
- No pacers are allowed, and no one may accompany a participant on course.



One of the facility training ranges | Photograph: The Sawmill Training Complex

PACK WITH PURPOSE

Gear for a long day

December weather can turn a simple loop into several different races. Bring options and keep them easy to change.

CORE KIT	RUNNING DIVISION	RUCK DIVISION
Feet	Extra shoes; spare socks; blister kit	Extra shoes; spare socks; blister kit
Weather	Warm layer; rain shell; hat and gloves	Warm layer; rain shell; hat and gloves
Light	Headlamp plus backup light and batteries	Headlamp plus backup light and batteries
Fuel	Personal calories; fluids; electrolytes	Personal calories; fluids; electrolytes
Division gear	Visible lap-ready routine	25 lb dry-weight ruck; stable weight; strap care

SMART EXTRAS

- Dry clothes and footwear for after your race ends.
- Towel, trash bag, tape, lubricant, sunscreen, and personal medications.
- A power bank and charging cable for a long day away from the car.
- A waterproof bin or bag to keep basecamp gear organized.

Any final mandatory-gear instructions from the race director take priority over this planning list.



Helicopter operations at The Sawmill | Photograph: The Sawmill Training Complex

ARRIVE READY

Venue parking and lodging

The Sawmill is a working training complex. Give yourself time to enter, park, find staging, and settle in before the 8:00 AM start.

8524	LAURENS	29360
NEELY FERRY ROAD	SOUTH CAROLINA	ZIP CODE

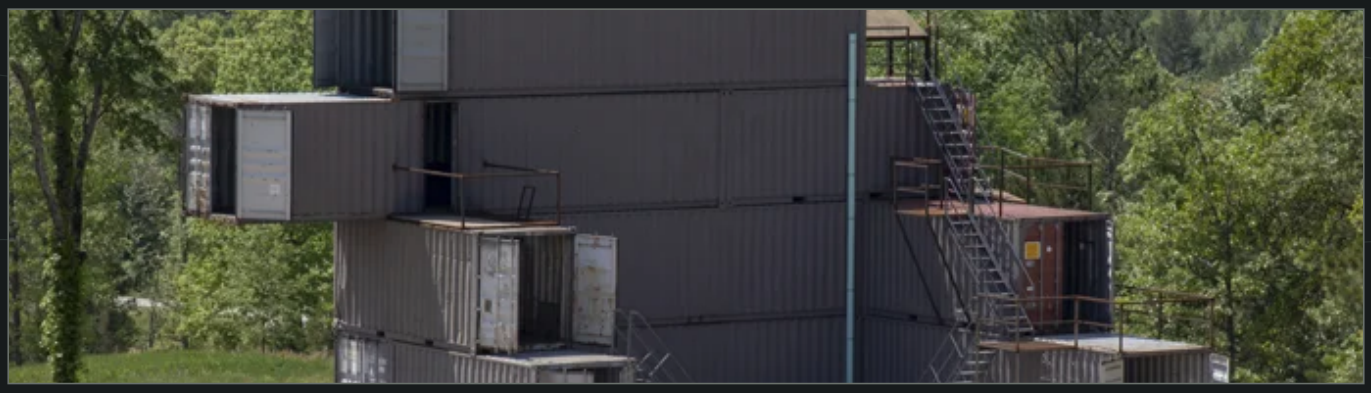
ARRIVAL

- Use 8524 Neely Ferry Road, Laurens, SC 29360 for navigation.
- Follow event signage and staff directions for parking and athlete staging.
- Do not block travel lanes, gates, or operational areas.
- Keep enough time in hand for check-in and the pre-race briefing; final timing will come from the race director.

LODGING

- The Sawmill advertises an on-site 12-room lodge with private bathrooms and showers, a lounge, full kitchen, and gym.
- Lodge availability is not included or guaranteed by race registration. Contact the venue directly before making plans.
- Laurens-area hotels and rentals are additional options; verify drive time to the venue for an early arrival.

Venue website: sawmillttc.com



Container super structure | Photograph: The Sawmill Training Complex

MAKE GOOD DECISIONS

Safety and withdrawal

Endurance rewards stubbornness, but it also demands judgment. Tell race staff when your day is over and do not disappear from the event.

ON COURSE

- Stay on the marked route and obey race staff and venue instructions.
- Report hazards, injured athletes, or missing course markings as soon as possible.
- Monitor temperature, hydration, alertness, and coordination. Ask for help early.
- Do not use headphones in a way that prevents you from hearing runners, staff, vehicles, or instructions.

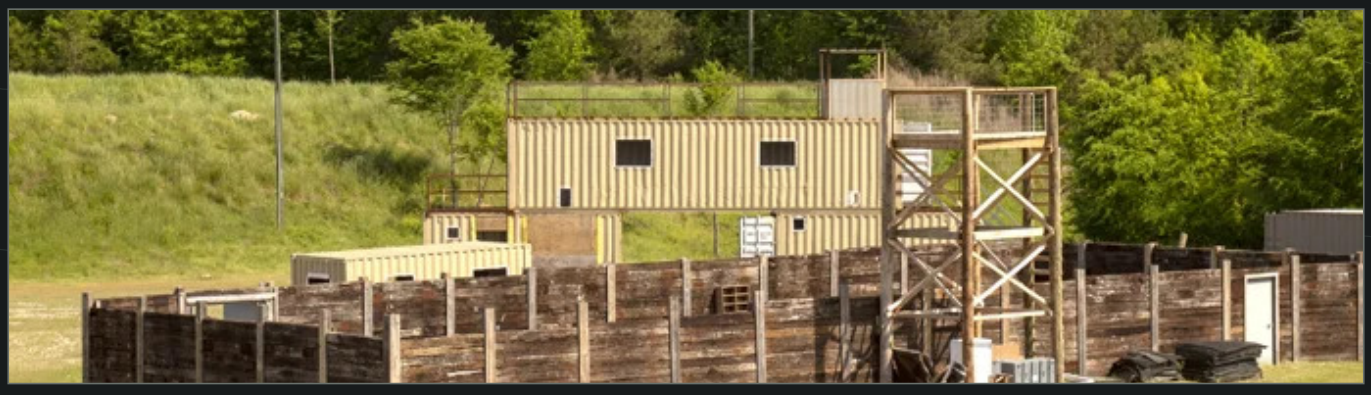
IF YOU STOP

- Running Division: notify timing staff when you will not begin another lap.
- Ruck Division: ring the bell and make sure your finish is recorded.
- If you leave the course unexpectedly, report to event staff before leaving the venue.

FINAL AUTHORITY

- Race staff may remove an athlete when safety or rule compliance requires it.
- Race-day instructions and safety decisions supersede this guide.

A clean stop is part of a strong event. Close the loop with timing, take care of yourself, and help the next athlete keep moving.



Training village and surrounding grounds | Photograph: The Sawmill Training Complex

TEAR THIS PAGE OUT

Race day quick reference

The short version for the top of your gear bin.

ITEM	CONFIRMED INFORMATION
Date	Saturday, December 5, 2026
Start	8:00 AM
Venue	Sawmill Training Complex, 8524 Neely Ferry Road, Laurens, SC 29360
Course	2.5-mile loop
Running	One loop every 45 minutes; be in the corral for the next start
Running win	Final remaining runner must complete one last solo loop
Ruck	12 hours; 25 lb dry weight; breaks longer than 30 minutes end the effort
Ruck finish	Ring the bell when your race is over
Aid	Water, Tailwind, and a small assortment of snacks; bring everything else
Course access	Registered participants only; no crew, pacers, or outside assistance
Equipment	No trekking poles

BEFORE YOU LEAVE HOME

- ☐ Check the final race email and weather forecast.
- ☐ Pack lights, layers, fuel, fluids, foot care, and post-race clothes.
- ☐ Ruckers: verify 25 lb dry weight and secure the load.
- ☐ Save the venue address and registration page offline.

OFFICIAL RACE LISTING
Rules, registration, entrants, and race updates

ultrasignup.com/register.aspx?did=134287

Guide prepared from the official race listing and venue information available October 26, 2026. Final race-director communications control if details change.