

Race Report: 14 Reasons Why Weymouth Woods 100K gets it Right

A good friend of mine Matt Zadigan put Weymouth Woods 100K on my radar screen after running the race as training in 2010. Matt indicated that it was “well organized and had a heated central room for guests and family supporting runners.” On that brief sales pitch alone, I agreed to travel 5 hours from Alexandria, Virginia, to run 14 laps of 4.47 miles in January. Sound appealing? Not on my paper...However, in reality I will supply you with 14 reasons (in honor of the Loops) why you should consider adding this race to your ultra calendar:

- #14. It's in January. Runners' New Year's Resolutions often revolve around Personal Records. This 100K is one of the fastest 100K courses, perfect to start your year off right, and in January, it's one of the only options outside the rainforests of HURT.
- #13. The soup. Yes, terrific soup selection for 35 degree brisk North Carolina weather.
- #12. It's approximately one hour from Raleigh-Durham, so easy to travel to.
- #11. It's a 100K. Not many 100Ks out there to add to your lifetime achievement list.
- #10. Aid stations every 2.2 miles...yes, how many 100Ks have food and drink every two miles?
- #9. Guests and pacers eat for free. Yes, that's right: pizza, soup, and cookies for the whole family.
- #8. Hotels and Amenities. There are plenty of nice hotels within 15 minutes from the start. Not your standard ultra town two star motels...actual nice places to stay.
- #7. Weather. The weather in NC in January is pretty close to perfect running weather: 30-45 degrees.
- #6. Finisher's prizes are pottery- nice handcrafted bowls. No cheap medals. Now you can show off your ultra achievements every dinner party.
- #5. Chip-timing. Yes, no costs were cut. You get legitimate split times and internet proof that you started your year off in a real ultra.
- #4. In-door plumbing. Yes, no Port-a-Johns. 3 stalls inside a real men's restroom in a heated building.
- #3. Pinehurst- famous golf town adjacent to the course. Home of the U.S. Open in 2014...you can visit legendary Pinehurst #2 on your recovery day or taper.
- #2. Grits at the aid stations.
- #1. Race Director – Marie Lewis is so friendly and caring, she welcomed everyone across the finishing line and was 100% responsible for the welfare of the runners.

I have to say that the race was easily one of my favorites. The hospitality that the race administration showed to me, fellow out-of-towners, and guests was amazing. In the ultra-world the vibe is everything, and Weymouth Woods does not disappoint.