



2026

VOLUNTEER HANDBOOK

No Business 100
October 23-24, 2026

Jamestown, TN

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No Business 100 October 23-24, 2026 Jamestown, TN

Welcome and Thank You!

Welcome to the No Business 100 Mile Trail Run. We are incredibly grateful that you have decided to volunteer for our race that takes place October 23-24, 2026 and this year we are celebrating our tenth running! We are so excited you can be a part of this special year. A race of this size requires tons of support and help from volunteers. We truly could not succeed without your hard work and dedication. So more importantly than anything else in this handbook, we want to say

THANK YOU! Volunteering is fun, rewarding and you'll have the satisfaction of helping runners meet their goals on race day. Volunteering at an ultra is a unique experience, and that experience draws people back again and again. It is our aim to make sure you have fun, build friendships, and see the difference that your work makes during this amazing weekend. Who knows? You might even want to do it year after year.

The purpose of this document is to help volunteers become familiar with your duties as well as the rules, risks, and race weekend schedule. Please be sure to read this entire handbook.

If you have questions or concerns before or during your volunteer experience, please contact: ultranautrunning@gmail.com Brian Gajus 865-660-3700 (mobile) Shelley Gajus 865-405-6974 (mobile)

TABLE OF CONTENTS

[ACCOMODATIONS](#)

[GETTING THERE](#)

[Picking up supplies](#)

[Aid Stations List](#)

[GENERAL AID STATION ROLES AND DUTIES](#)

[Aid Station Roles](#)

[Food and Prep](#)

[Aid Station Menu](#)

[Cutoff Times](#)

[Runner Drops](#)

[Pulling a Runner](#)

[Drop bags](#)

[Closing the Aid Station](#)

[Crews Pacers](#)

[Communications](#)

[Emergencies](#)

[Incident Reporting](#)

[Be Courteous](#)

[SUPPLIES AND COMING PREPARED](#)

[Things we supply](#)

[Things you should bring](#)

[Might want to bring](#)

[YOU'RE AWESOME!](#)

[CONTACT INFORMATION](#)

[Race Staff](#)

[Emergency Management](#)

[Land Management](#)

[AID STATION DIRECTIONS](#)

[SCHEDULE OF EVENTS](#)

[Thursday, October 22, 2026](#)

[Friday, October 23, 2026](#)

[Saturday, October 24, 2026](#)

SCHEDULE OF EVENTS

All events excluding the Runner's Online Q&A take place at the Pickett State Park Group Camp. Volunteers are invited to join in any of the events, however, it is not mandatory. ***All times are in Central Time.***

Thursday, October 22, 2026

- 3:00 pm to 9:00 pm – **Packet Pick-up & Drop Bag Drop-off**

- 5:00 pm to 8:00 pm – **Pre-race meal served (pasta dinner with vegetarian option)**
- 7:00 pm – Pre-race briefing *** (Optional but recommended. If you can not make the briefing on Thursday we highly recommend participating in the Online Briefing Wednesday, October 14 evening) *

Friday, October 23, 2026

- 6:30 am - 7:45 am – **Runner check-in/gear check and drop-bag drop-off**
- 8:00 am – **Race starts**

Saturday, October 24, 2026

- 6:00 pm – **Race ends**
- 6:15 pm to 8:00 pm – **Awards (Podium and Double Buckle Presentation) & Celebration**

ACCOMODATIONS

Where you choose to stay really depends on when and where you'll be volunteering. There are numerous options for lodging before and during the race, including area motels, bed & breakfasts, and campgrounds. You can find a list of some of these places under Travel/Lodging at <http://www.nobusiness100.com/runners/>. Most Aid Station volunteers like to camp at their site or near their staging area, especially if their shift starts early or goes overnight.

GETTING THERE

All of the aid stations can be accessed by vehicle. Please make sure not to obstruct the roadway when parking your vehicle. Remember that emergency vehicles may need to reach your aid station as well.

[Directions from the staging areas to your aid station can be found at the end of this document.](#)

Downloading Google Maps for Offline Use Please note: there are many spots on the course that do not have cell service. Before heading out to your aid station, be sure to have the directions printed and download the route for offline access. Google Maps gives you the ability to download areas and navigate offline. For instructions visit:

<https://support.google.com/maps/answer/6291838?co=GENIE.Platform%3DiOS&hl=ezan> All race weekend activities including pre-race (drop bag drop off & packet pickup) and race day (start/finish) take place at the Group Camp at Pickett State Park. The Group Camp is located approximately 1 mile north of the Pickett State Park main headquarters.

There is little to no cell coverage around the Pickett State Park area. Be prepared for that by having directions, a map, or downloading the area on Google Maps ahead of time. Group Camp Address: Pickett Archaeology Museum, 4605 Pickett Park Hwy, Jamestown, TN 38556

Google Map: <http://ow.ly/zoXr50BCmFs> **Aid station locations and coordinates** are linked below in the Aid Station Location chart. These will also be included in the Crew Guide.

Picking up supplies

This year we will be basing all aid station supplies out of Pickett Group Camp. We will be contacting the individual stations to work out the specifics for pick-up. If you wish to pick your

aid station supplies early or at an alternate location, please contact us via email or group chat to make arrangements. We will be at Pickett all day Thursday, October 22 through the 25th. We will be happy to let you get your supplies early. It actually makes things a lot easier if you do this, but make sure you let us know so we can make sure they are ready to go.

Aid Stations List

**** ALL TIMES ARE CENTRAL TIME ZONE (CT) ****

VERY IMPORTANT: You will pass through both the Central and Eastern Time Zones. If you are relying on a modern GPS sports watch or cell phone that updates time of day based on which time zone you are in, we suggest turning the auto update setting off and setting it to Central Time for the race. A copy of this chart, plus a sign to hang at your aid station with current mileage and mileage to the next aid station will be included in your race folder along with incident reports and runner check-in log.

Aid Station List and Cutoff Times (2026 Counterclockwise Route)

*Crew Permitted Aid Stations Highlighted *Crew Extraction Points for Dropped Runners ONLY

AS#	Aid Station	Miles	Distance to Next	Crew Access	Drop Bags	Cutoff (Time of Day)	Cutoff (Race Time)	Restrooms	Coordinates	Recommended Volunteer Arrival / Shift Start Time
Start	Group Camp	0	6.8	Yes	—	8:00:00 AM	0:00:00	Yes	36.567046, -84.793458	Thursday 11:30 AM (Setup) / Friday 6:00 AM
1	Pickett	6.8	5.5	Yes	No	NA	NA	Yes	36.550002, -	Friday 7:45 AM

									84.80 0653	
2	Sawmill	12.3	7.0	No	No	NA	NA	No	36.52 6732. = 84.77 9481	Friday 8:45 AM
3	Charit	19.2	4.4	No	No	2:00:0 0 PM	6:00:0 0	Yes*	36.52 6825. = 84.72 8144	Friday 09:50 AM
4	Bandy Creek	23.6	4.8	Yes	Yes	3:20:0 0 PM	7:20:0 0	Yes	36.49 0327, - 84.70 1908	Friday 10:30 PM
5	Grand Gap	28.4	7.8	No	No	4:50:0 0 PM	8:50:0 0	No	36.50 5383. = 84.65 6564	Friday 11:30 PM
6	Duncan Hollow	36.2	9.0	Yes*	Yes	7:15:0 0 PM	11:15: 00	No	36.53 4963. = 84.67 2069	Friday 1:00 PM
7	Laurel Hill	45.2	7.6	No	No	10:25: 00 PM	14:25: 00	No	36.60 5980. = 84.64 1988	Friday 2:30 PM
8	Ledbetter	52.8	6.3	No	No	1:00:0 0 AM	17:00: 00	No	36.63 9127. = 84.56 1505	Friday 4:00 PM

9	Blue Heron	59.1	6.2	Yes	Yes	3:20:00 AM	19:20:00	Yes	36.66 8943 = 84.54 7512	Friday 5:00 PM
10	Blue Heron	65.2	9.0	Yes	Yes	5:40:00 AM	21:40:00	Yes	36.66 8943 = 84.54 7512	Saturday N/A
11	Piney Butte	74.2	5.8	No	Yes	8:45:00 AM	24:45:00	No	36.68 7060, - 84.56 3447	Saturday 8:30 PM
12	Spring Branch	80.0	5.8	No	No	10:45:00 AM	26:45:00	No	36.64 6000 = 84.61 8000	Saturday 9:30 PM
13	Peters Mountain	85.7	4.3	Yes	Yes	12:45:00 PM	28:45:00	Yes	36.62 3803 = 84.68 9793	Saturday 10:30 PM
14	Great Meadows	90.0	5.9	No	No	2:20:00 PM	30:20:00	Yes	36.62 9167 = 84.72 5932	Saturday 11:45 PM
15	Blevins Cemetery	95.9	4.3	No	No	4:25:00 PM	32:25:00	No	36.58 1658 = 84.75 5769	Saturday 1:30 AM
Finish	Group Camp	100.2	0	Yes	—	6:00:00 PM	34:00:00	Yes	36.56 7046 =	Friday N/A

GENERAL AID STATION ROLES AND DUTIES

The top priority of this race is participant safety. It is our responsibility as volunteers and race staff to be sure that the runners/riders have what they need at all times regarding all aspects of the event including:

- Hydration
- Nutrition
- Trail directions
- Medical care
- Communicate
- Moral support You are encouraged to come up with a theme for your aid station, and to decorate it in any way you choose. Remember that some of the runners will be out there for 24-33 hours. Anything you can do to help them both physically and mentally will be appreciated.

Aid Station Roles

1. **Aid Station Captain:** The ASC directs all activities on-site, including set-up, volunteer role assignments, communications with race staff, supply management and tear-down. They are the point of contact for all information for volunteers at that site.
2. **Runner Check-in/Check-out:** This role is crucial. It helps us better locate a runner on the course. Assign a volunteer to be responsible for checking runners in and out as they come through your aid station. All runners will have a bib# that they are required to wear in clear sight. Each aid station will be provided with a spreadsheet of the runners who started the race. Should a runner decide to drop out, that runner should be recorded as a DNF (Did Not Finish), turn in their bib, and log their timing chip status.
3. **Support:** Provide fuel to runners. Answer questions like the distance to the next aid station and what the cut-off time for that aid station is. Help with basic directions for getting out of the aid station and back on the course. Assist with any basic medical care such as scrapes and cuts. However, remember and observe all social distancing guidelines.
4. **Encourage:** All volunteers should take on this role. Cheer, motivate, and encourage the runners to keep moving and let them know that they are doing a great job. This can be a tremendous moral boost to the runners.

Food and Prep

Each aid station will have a variety of foods for the runners, including hot options (at later stations). Each aid station will generally have food to suit the time of day and position in the race. All food/drink for runners will be provided, but you are welcome to bring something special to keep those runners going. Coffee is an excellent way to win brownie points with the runners (remember, you may not have power, so it will need to be able to be made with the resources you have, i.e. French press, instant coffee, kettle...). Depending on availability, we will provide all of the mentioned below, we will also work with EACH aid station to have one SPECIAL food for that aid station provided by the race.

Aid Station Menu

Tailwind Electrolyte Drink Mix	Potato Chips
Huma Gels - please keep in reserve	Pretzels
Electrolyte Replacement Capsules	Tortilla Chips
Soda (Coke, Ginger Ale)	Potatoes and Salt
Instant Coffee	Pickles
Boiled Potatoes	Granola Bars
Fruit (bananas, grapes and oranges)	Candy (gummy, M&Ms, hard candy)
Cookies	Muffins, brownies, danishes
Hummus (Wraps)	Peanut Butter
Soup mix (Chicken broth, and vegetarian)	Nutella (Wraps)
Tortillas and Cheese for Quesadillas	Jelly
Canned refried beans	Bread

Some foods will need to be prepared such as PB&J Sandwiches, fruit, etc. Most should be either bite sized (for example slice up the oranges so that they are easy to eat) or single serving (cut one PB&J sandwich into quarters). You may make combinations of your own choosing, or wait for runners to request something special, but here are some of the more common: Peanut butter and jelly sandwiches, grilled cheese, cheese quesadillas, bean burritos, bananas, oranges, and Nutella wraps. **Please feel free to bring your own special food/drinks to treat the runners with!**

Other potential items provided depending on availability:

- Bacon
- Avocado, other vegetables
- Burgers
- Hot dogs
- Cupcakes
- Cooked Pasta, Rice and/or Quinoa - runners sometimes like to put this in their broth.
- Rice Balls
- Pancakes
- Eggs

Cutoff Times

The maximum time allowed for the 2026 No Business 100 will be thirty-four (34) hours, with designated cutoff times at 13 aid stations along the course. Cutoff times will be strictly enforced. All the aid stations with cutoffs can be accessed by crew and are easy to get to by vehicle. The cutoff times found in section [Aid Station Locations and Cutoff Times](#). Cutoff times will be posted at each aid station, so there will be no ambiguity. The aid station personnel are given the authority to enforce the cutoff times. If the runners reach an aid station after the cutoff time they

will not be permitted to continue. They must leave the aid station before the cutoff time. Runners are not to debate cutoff times with the aid station personnel. Remember that all times listed in the chart above are for Central Time Zone (add one hour for Eastern).

Runner Drops

If a runner elects to drop out of the race, the most important thing is that the runner is recorded as a DNF (Did Not Finish) and that the information is relayed to the communications staff. Once that has been recorded, the runner is free to leave with their crew. If it is a non-crewed aid station, they will need to wait patiently until we can arrange transportation for them. Volunteers may assist with transporting runners back to a location where they can be picked up but only after their aid station has shut down. Several of the non-crewed aid stations are still accessible by vehicle for extraction purposes only. They include Sawmill, Charit Creek, Ledbetter, Piney Butte, and Great Meadows. These aid stations have been designated as non-crewed either due to limited parking or for safety reasons like preventing crew cars sharing the road with runners. Should runners drop or miss a cutoff at one of these spots, crew will be permitted to drive to one of these locations to pick them up. Aid Station captains will need to work with communications personnel to contact the crew to locate and pick the runner up.

Pulling a Runner

We want to encourage runners to continue to move forward and make their cut-offs. Fatigue, upset stomach, blisters, and pain are a part of ultra running. Captains have the authority to make a call on runners that need to be pulled if they are in bad shape or their pace has slowed down so dramatically that they are not likely to make the next cutoff. This is sometimes a judgment call but usually the runner will let you know even if they don't want to make the call themselves.

Drop bags

Runners are allowed five on-course drop bags (Bandy Creek, Duncan Hollow, Blue Heron, Piney Butte, and Peters Mountain). Depending on the number of drop bags, you may be asked to transport drop bags to your aid stations. Race officials will transport any additional bags to the aid station locations. Runners are responsible for weather proofing their bags. It is helpful to arrange drop bags numerically by the runners bib# so they are easy for the runner to find. After the aid station closes, drop bags will need to be returned to the designated supply pickup location by volunteers, if this is not possible, notify race officials and they will be retrieved alternately.

Closing the Aid Station

Once all runners and the sweeper(s) have cleared the aid station you should radio in that your aid station is cleared and ready to shutdown. The last person may leave only after confirmation by race officials of your station closing. It is crucial that you wait to shutdown your aid station until the sweeper(s) arrive as they will likely be in need of aid and possibly transportation. Before you pack up, take an inventory of your leftover supplies. Once cleaned and packed, take a minute to do one final sweep of the area for any trash. All items must be taken to your assigned destination - it will be different depending on which aid station you are working.

Crews

Some of the aid stations are designated crew stations. That means a runner's crew (support team) can come to the aid station area, however, must stay out of the direct tent/food/drop bag area. Note that **no crew vehicles are permitted at Duncan Hollow** (shuttle/hike-in access only).

Pacers

In even years like 2026 when the course is run counterclockwise, pacers may begin accompanying runners leaving from the **Bandy Creek Aid Station** (mile 23.6). Any runner over the age of 60 may have a pacer with them from the start of the race. A pacer is defined as a "trail companion" who may accompany a runner along designated sections of the trail. Pacers are allowed solely as a safety consideration for runners. Runners can have one pacer at a time and pacers are allowed to access the aid station nutrition, water, etc. Pacers are not permitted to carry supplies for their runners.

Communications

Each aid station will either be staffed with a communications team member or equipped with a radio that volunteers themselves will be able to use to communicate with our communication staff. The communications staff will be able to relay any aid station needs or concerns. We want to keep the radio airways clear for the most part unless the following things occur:

1. There is an emergency. (see Emergencies below)
2. Supplies such as water are getting low and need to be replenished.
3. You are reporting a runner who is dropping out of the race or missed the aid station cutoff time.
4. Your aid station is closing and we need to do a final check on runners to make sure they have cleared your aid station (see Recording Runners & Drops below). This is best done when the sweeper(s) arrives. A sweeper is a volunteer who follows behind the last runner to make sure all runners get through the course.

Emergencies

In case of emergency, such as a severe or life threatening injury, call 911 immediately! Some of the aid stations do not have cell coverage, in that case use the radio provided at your aid station to contact one of our communication staff members to relay the emergency information to emergency services.

Incident Reporting

Included in each Aid Station Folder is an Incident Reporting Form. In the case of an emergency, when calling in a lost, missing, overdue or injured person it helps to provide as much information as possible. The included form includes five simple questions that will assist emergency services in rendering aid as soon as possible.

Be Courteous

We are guests on National Park, National Forest, State Park, State Forest land. While we'll have permits to be on trails and the course will be marked, the trails and campsites will still remain open to the public. Please be courteous to all other visitors.

SUPPLIES AND COMING PREPARED

Below are a few lists of things that we will provide you, things you will definitely want to consider bringing, and things that would be nice to have. Remember the weather can change quickly so be prepared for any and all conditions.

Things we supply

- First Aid Kit
- *1-2 10x10 Canopy Tents
- *2-3 Tables
- 10-gallon and/or 5-gallon jugs
- Water jugs with extra water
- Stir spoon
- Serving Trays and containers
- Knives/Serving Utensils/Plastic cutlery
- Cutting board
- Trash Bags
- Duct Tape
- Hand Sanitizer
- Food service gloves
- Paper Towel Rolls
- Cups (for soup and soda)
- Paper plates/serving tray
- Ziplock Bags
- *Fire rings - for early or late aid stations
- Firewood
- Firestarter
- *Generators/Inverters - if you are planning on bringing one, please let us know. Some locations are not permitted to run generators.
- *Camp Stove - again, if you have one you can bring, please let us know. *Some of these items we do not have available for every aid station. They will be assigned by need and availability. If you have any of these items that you could bring with you (firstly we are super grateful for that!) please let us know so that we can pack your station accordingly.

Things you should bring

- Camp chairs - we will not be providing chairs
- Water bottle
- Food and snacks
- Cooler/Ice/Beverages
- Sunscreen
- Bug spray
- Extra clothing for all weather conditions
- Lantern and/or Headlamp (if you will be there overnight)
- Extra batteries

Might want to bring

- Extra Cooler
- Sleeping Bag or blankets for yourself
- Extra pot and/or pan and utensils
- Camp stove
- Decorations and lighting (such as Christmas lights)
- Games, Cards, Cornhole
- Music (ipod and speaker)
- A special snack to make your aid station memorable!
- Motivational signs
- Expendable blankets/towels

YOU'RE AWESOME!

Whether this is your first time working at a 100 miler or hundredth, we thank you for joining us for the No Business 100 in its 10th year. Simply put....YOU'RE AWESOME!!! We simply couldn't do this without you and it's volunteers like you that make events like this a success. We know that we won't get everything right but we promise to do everything we can to make your experience fun, memorable, but most importantly, a safe one. Have fun cheering those runners on! If at any time you have any questions for us or you would like to provide feedback, please contact us directly. We are always happy to hear from you!

CONTACT INFORMATION

Brian Gajus Race Director (865) 660-3700 bgajus@gmail.com	Shelley Gajus Co-Race Director (865) 405-6974 shelleygajus@gmail.com	Jeff Golden MD Race Day Physician (606) 305-7426 jeffgoldenmd13@hotmail.com
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Andrew Powell Course Director (606) 515-2869	Lucian Musgrove Course Marshall (606) 310-1769	Alex Egnaw Course Marshall (606) 310-3635
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AID STATION DIRECTIONS

Drive time from designated pick-up areas. All coordinates are provided in the aid station list if you need different directions.

1. **Group Camp to Aid 1 Pickett Park Rec Center - 3 minutes** <http://ow.ly/Hply50BAdHD>
2. **Group Camp to Aid 2 Sawmill - 15 minutes** <http://ow.ly/qUS450BAdUJ>
3. **Group Camp to Aid 3 Charit Creek - 28 minutes** <http://ow.ly/2ePV50BAe8u>
4. **Group Camp to Aid 7 Laurel Hill - 50 minutes** <http://ow.ly/bb5450BAxYO>
5. **Group Camp to Aid 14 Great Meadow - 46 minutes** <http://ow.ly/88ql50BAy6Q>
6. **Group Camp to Aid 15 Blevins Cemetery - 26 minutes** <http://ow.ly/T7Zh50BAylQ>
7. **Bandy Creek Aid Station Aid 4** <http://ow.ly/4ilR50BAxth>

8. **Bandy Creek to Aid 5 Grand Gap - 20 minutes** <http://ow.ly/ojVV50BAxFE>
9. **Bandy Creek to Aid 6 Duncan Hollow - 22 minutes** <http://ow.ly/NER650BAxJK>
10. **Stearns to Aid 9 & 10 Blue Heron - 18 minutes** <http://ow.ly/Rnqx50BCmeE>
11. **Stearns to Aid 8 Ledbetter -** <http://ow.ly/H2IN50BCmnU>
12. **Stearns to Aid 12 Spring Branch - 39 minutes** <http://ow.ly/oWsm50BCmhX>
13. **Stearns to Aid 13 Peters Mountain - 40 minutes** <http://ow.ly/7Ei750BCmoX>
14. **Group Camp to Aid 14 Great Meadow - 47 minutes** <http://ow.ly/HPfu50BCmrP>
15. **Group Camp to Aid 15 Blevins Cemetery - 26 minutes** <http://ow.ly/DSgW50BCmtZ>