13th Annual

Howard County Striders

Run Through the Grapevine 8K

RUNNERS GUIDE

Sunday, November 8, 2026

GrapevineRD@striders.net

It is REQUIRED that on race morning every participant at the event will be familiar with the information contained within this guide. Be aware that this is a mixed surface course. Be prepared for pavement, gravel, fields, woodland, and crop rows. Only run this event if you are properly physically trained and ready.

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From The Race Directors

Thank You and Welcome

Thank you for reading this Runner's Guide. It contains useful information that is often glossed over. Being familiar with its contents ensures that we hold a successful event, and you enjoy the day with proper expectations. From start to finish, we've worked to make it less than 10 minutes of your time.

Getting Here

Address

The race is located at **Linganore Winecellars**.
The address is: **13601 Glissans Mill Road, Mt. Airy, MD 21771**

We encourage you to pack a picnic and enjoy the grounds during and after the event. There are fields, an enclosed dog run, and plenty of picnic tables. The tasting room and store will also be open. You can even schedule a private wine tasting ahead of time here: https://www.linganorewines.com/visit/

Parking

There are two parking lots for runners. One lot is paved and located adjacent to the buildings. The second lot is a grassy area just beyond the paved lot.

Photo 1 – Paved Parking Lot

Photo 2 – Grass Parking Lot

Times to Know

08:45 am: Packet Pickup / Bib volunteers report for duty

09:00 am: Bib pick-up begins & walk-up registration opens

09:50 am: **Bib pick-up closes** (there will be no bibs issued after this time)

09:55 am: RACE ANNOUNCEMENTS BEGIN at the start line

10:00 am: **RACE STARTS – start line closes immediately**

11:15 am: *Targeted* start of Awards

11:30 am: Finish line closes to scoring, no runners will be scored after this time

At the Start / Finish

Physically Qualified

You must be trained and able to run 5 cross-country miles of varied terrain. We strongly discourage you from wearing headphones, ear buds, or any other device in which hearing your surroundings may be impaired. Only hearing aids. **The simple rule is that nothing can obstruct your ability to hear and respond to commands and directions issued by Race Staff, Property Employees, or Volunteer.**

Facilities

Restrooms will be in two places at this year's event. There is a restroom trailer located at the top of the hill, as well as two restrooms located within the tasting room. All are open and available for participants.

Leaving Belongings

There is NO bag check at this event. However, many people have left their personal belongings on the hillside during the event without issue. The Howard County Striders, Linganore Winecellars, and all related companies or organizations assisting with this event take no responsibility for misplaced, lost, broken, or stolen belongings. Should you leave anything during the event, it is always your sole responsibility. There will be no post-race claim storage.

Bib Pickup

Bib Pickup operates at the band stand between 09:00 am and 09:50 am. **No bibs will be handed out after 09:50am**. It is your responsibility to verify name (incl. spelling), age, gender, and date of birth when you receive your bib. If any corrections are needed, please immediately see the Bib Pickup help table.

Walk-up registration will be available during the time at which bib-pickup is open. Premiums are not guaranteed for walk-up participants. Walk-up registration can pay be credit card, or exact cash (no change).

Photo 3 – Packet Pickup Pavilion

Premium

While supplies last, participants will receive a midweight hoodie for the cooler days ahead. Premium, including size preference, is not guaranteed for walk-up registrants.

All participants will receive, as part of their entry fee, one free tasting (glass of wine, beer, cider). You will receive a ticket at packet pickup to use for redemption inside the tasting room.

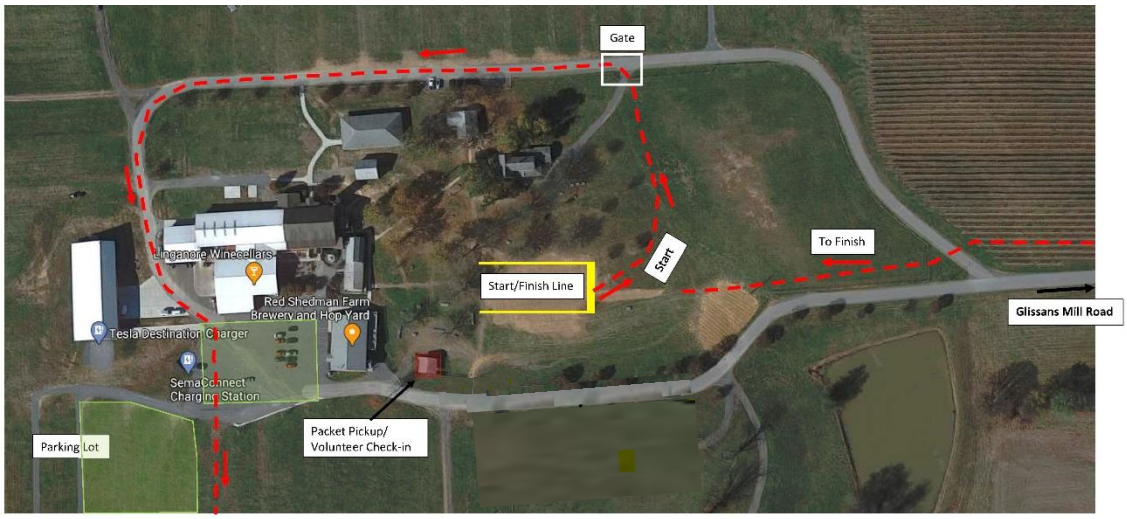
Dimensions	S	M	L	XL
Width	20	22	24	26
Length	27	28	29	30
Center Back Sleeve Length	34.5	35.5	36.5	37.5

The Course

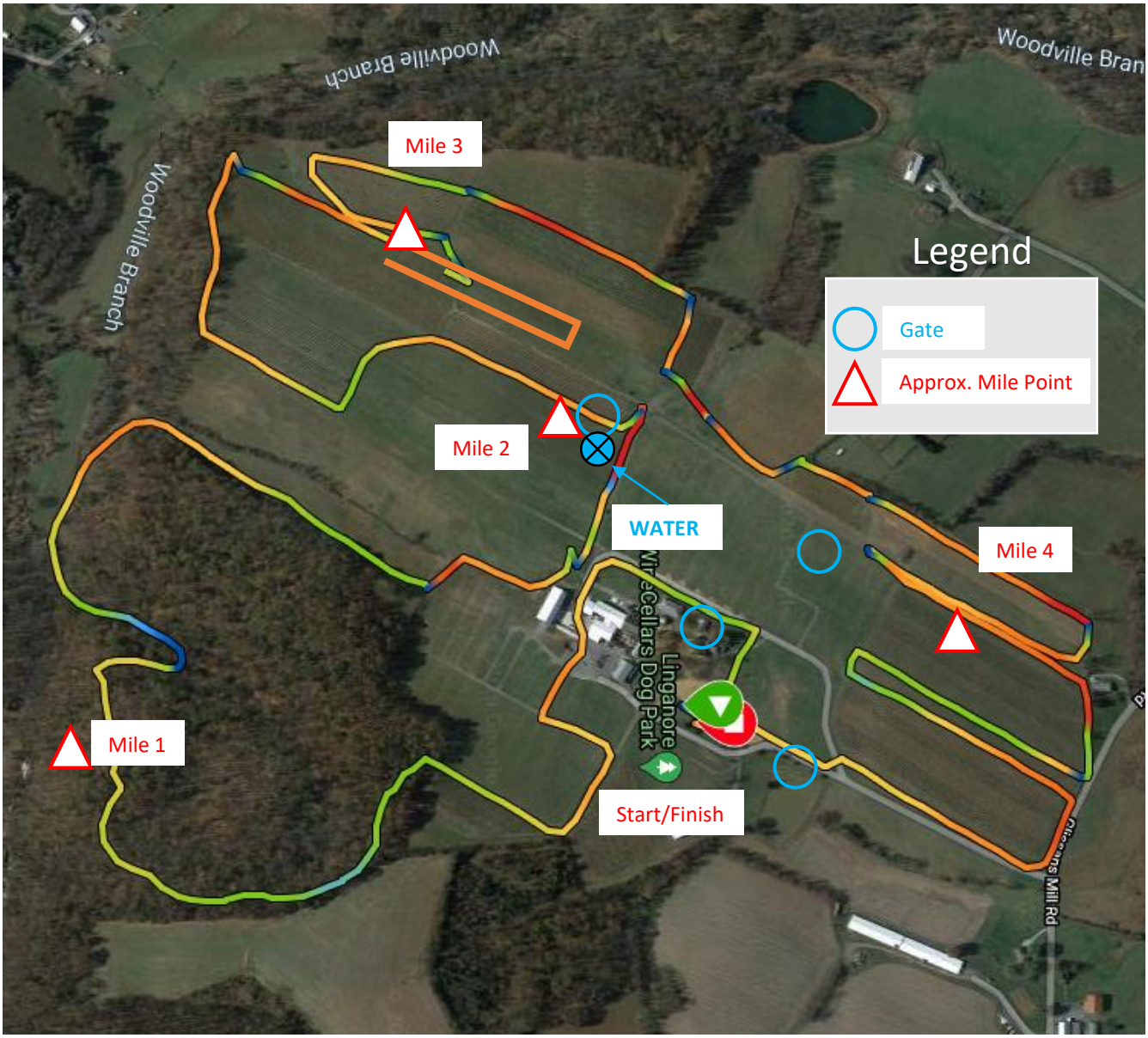
Course Overview

The course loops through the grounds of Linganore Winecellars. The cross-country course is comprised of mostly grass or dirt trails. The first 3K of the course includes pavement and single-track gravel/dirt trails. The course will be marked with orange flags and spray paint. **There will be no course marshals.**

Start / Finish Layout



The course is 8k (4.97mi) in distance



Water Stations

There is one (1) water station along the course. It is located at approximately mile 2. This is a water only course. There are no restrooms along the race route.

Post-Race Refreshments and Awards Ceremony

All post-race activities will be outside in and around the bandstand pavilion. There will be snacks and drinks such as water, Gatorade, and apple cider available to registered participants. Awards will be held once sufficient finishers have filled in all the brackets.

We encourage you to visit the tasting room, bring a picnic and stay to relax. Linganore will be providing live music starting around 1pm.

Scoring

Scoring Rules

You must cross the finish line with your bib attached, on your front and visible, and intact to be scored.

Any runner that loses, discards, damages, or forgets to wear their bib forfeits their scoring contribution and inclusion in the race results. There will be no challenges or investigation to 'place' a runner that did not register on the scoring system. The Howard County Striders utilize a redundant chip reader setup at the finish line to ensure that all bibs are registered upon crossing the line.

You are responsible for knowing and staying within the designated course. A runner failing to complete the course within the allotted time will not be part of any scoring or official results.

Award Method and Categories

All scoring is based on GUN TIME against your bib's chip finish time. There will be awards for the following categories:

Category	Male	Female	Award
Overall	Top 1	Top 1	Winery gift card valued up to $40
Master Overall (40+)	Top 1	Top 1	Winery gift card valued up to $40
Age 1 to 20	Top 1	Top 1	Gift card valued at $20
Age 21 to 29	Top 1	Top 1	Custom 375ml bottle of Linganore wine
Age 30 to 39	Top 1	Top 1	Custom 375ml bottle of Linganore wine
Age 40 to 49	Top 1	Top 1	Custom 375ml bottle of Linganore wine
Age 50 to 59	Top 1	Top 1	Custom 375ml bottle of Linganore wine
Age 60 to 69	Top 1	Top 1	Custom 375ml bottle of Linganore wine
Age 70 and beyond	Top 1	Top 1	Custom 375ml bottle of Linganore wine

Posting of Results

We attempt to post results as they are available during the event. Preliminary results are usually posted to www.striders.net within 48 hours of the close of the event. Generally, results are considered final within 7 days of the close of the event.

Let's have a great event

And RUN SAFE!