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VIRGINIA
IS FOR
MUSIC
LO♥ERS™



**OFFICIAL
PROGRAM**

Welcome to the 2026 Damascus Festival of Miles!

We're thrilled to host this one-of-a-kind endurance and music celebration in the heart of Trail Town, USA. Whether you're here to race, cheer, dance, or all of the above, this guide has everything you need to make the most of your weekend.



Race Overview

Date: October 2 through 4, 2026

Location: Damascus Town Park, 202 South
Beaverdam Avenue Damascus, VA US 24236

Loop: One-mile paved, gravel, wooden bridge, and
grassy loop through the park

Distances: 3-hour, 6-hour, and 12-hour timed races

RACE TERRIAN

- Brick pavers
- Gravel path
- Short grass
- Wooden bridge
- Road/paved section

A timed loop race (like the Damascus Festival of Miles) is a unique endurance challenge where runners aim to complete as many one-mile loops as possible within a set time frame. These races can vary in length, commonly 3, 6, 12, or 24 hours (hmm...perhaps a preview for next year's race), and participants may run, walk, or rest as they wish.

IN THE CASE OF DAMASCUS FESTIVAL OF MILES:

you're not just running a race, you're part of a music festival with...

- Live bands play as you loop through town.
- Runners and spectators intermingle.
- Music motivates and moments become memories.



Live Music Schedule

All concerts are FREE and open to the public.

DAMASCUS, VIRGINIA
FESTIVAL OF MILES
October 2, 2026

**FRIDAY
OCTOBER 2
MUSIC SCHEDULE**

**4:00 PM
JAMIE COLLINS**

**5:30 PM
SEEDPICKER**

for details and more information
<https://www.swvarunning.com>

**VIRGINIA
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DAMASCUS, VIRGINIA
FESTIVAL OF MILES
October 2, 2026

**FRIDAY
OCTOBER 2
MUSIC SCHEDULE**

**7:00 PM
HOLY ROLLER**

**AFTER PARTY 8:00 PM AT
APPALACHIAN HERITAGE DISTILLERY
BREADFRUIT REGGAE**

for details and more information
<https://www.swvarunning.com>

BONUS MUSIC

**VIRGINIA
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MUSIC
LOVERS**

DAMASCUS, VIRGINIA
FESTIVAL OF MILES
October 3, 2026

**SATURDAY
OCTOBER 3
MUSIC SCHEDULE**

**12:30 PM
ROAS' NEARS**

**2:30 PM
ERIC BOLANDER
& THESE A-HOLES**

for details and more information
<https://www.swvarunning.com>

**VIRGINIA
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MUSIC
LOVERS**

DAMASCUS, VIRGINIA
FESTIVAL OF MILES
October 3, 2026

**SATURDAY
OCTOBER 3
MUSIC SCHEDULE**

**4:00 PM
RAMONA & THE HOLY SMOKES**

**5:30 PM
Love
Bucket**

for details and more information
<https://www.swvarunning.com>

**VIRGINIA
IS FOR
MUSIC
LOVERS**

DAMASCUS, VIRGINIA
FESTIVAL OF MILES
October 3, 2026

**SATURDAY
OCTOBER 3
MUSIC SCHEDULE**

**7:00 PM
HOLY ROLLER**

**AFTER PARTY 8:00 PM AT
DAMASCUS OLD MILL**

**ERIC BOLANDER
& THESE A-HOLES**

for details and more information
<https://www.swvarunning.com>

BONUS MUSIC

**VIRGINIA
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LOVERS**

Live Music Schedule

All concerts are FREE and open to the public.



**SUNDAY
OCTOBER 4
MUSIC SCHEDULE**

**AFTER PARTY 4:00 TO 6:00 PM
APPALACHIAN HERITAGE DISTILLERY**



**VIRGINIA
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MUSIC
LOVERS**

for details and more information
<https://www.swvarunning.com>

BONUS MUSIC



Beer Garden

Appalachian Heritage Distillery & Brewery will host a Beer Garden at the Damascus Festival of Miles. This is your perfect spot to relax, enjoy live music, and toast to resilience in style! They're giving away 1 free pint to each of-age registered runner.

Located in designated alcohol areas approved by the Town of Damascus, the Beer Garden will open during the live music sets (Friday evening 4 PM to 8 PM and all day Saturday from 1 PM to 7:30 PM).

PLEASE NOTE:

- NO OUTSIDE ALCOHOL ALLOWED.
- ALCOHOL IS ONLY ALLOWED IN THE DESIGNATED BEER GARDEN AREA.
- NO ALCOHOL ON THE RACE COURSE ITSELF.
- VALID ID REQUIRED.
- ONLY BEER WILL BE SERVED.
- PLEASE DRINK RESPONSIBLY.

Parking & Logistics

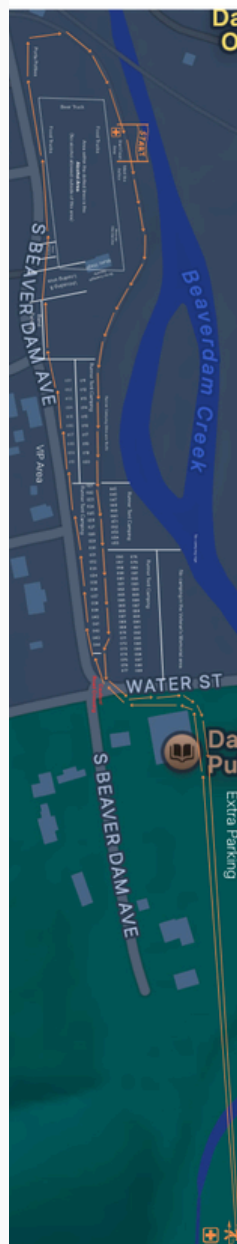
- Free parking throughout downtown Damascus
- Some residents will have paid parking available on their private property
- Designated areas for vendor setup, runners, and overflow
- Porta-johns and water stations on-site

Local Lodging

- Creeper Trail Cottages
- Damascus Cabins
- Apple Tree Bed & Breakfast
- Dragonfly Inn
- Old Mill Inn
- River Trail Inn
- Bikes & Boots Cottages

Dining Recommendations

- Wilson's Cafe
- The Tipsy Bear
- Damascus Diner
- Main Street Coffee & Cream
- Old Mill Inn



Camping

- Town Park Grounds is reserved for registered runners only, which includes some sites with power and water. Campers will be given camping rules at check-in and race e-mails.
- Virginia expressly requires the campground to keep a register recording the names of all campers, date of occupancy, and number and location of occupied campsites.
- Camping is limited to: Tents.
- The parking area is limited to: Car camping, Small camper vans, Self-contained camping vehicles that fit entirely within one standard parking space.
- Large RVs, travel trailers, fifth wheels, and other camping units that cannot fit within the designated parking area are not permitted.
- Camping may occur only in areas designated.
- Roadways, emergency access routes, pedestrian routes and evacuation routes must remain unobstructed at all times.

Safety & Rules for Runners

- Headlamps Required after dusk for 12-hour runners
- No littering. Pack in, pack out
- First Aid Tent on site all day Saturday
- Volunteers & Radios posted throughout the loop
- No Alcohol on Course. Alcohol is strictly prohibited on the race course itself.
- Alcohol in Designated Areas Only. Alcohol is only permitted in the town-approved beer garden or designated alcohol zones. Please follow posted signage.
- Cutoff Policy: If you begin a lap before your race time expires (e.g., before your 3, 6, or 12-hour cutoff), you may complete that lap, and it will count toward your total.
- Bib Number Tracking: Mountain Junkies is providing chip timing at the 1-mile mark at the start/finish area.
- Returning to the Course: If you leave the course for any reason (bathroom, food, tent, music, etc.), you must return to the exact point you left the course before continuing.
- Crews and spectators are welcome on the sidelines, in tent areas, and in festival spaces. They cannot run with you unless they're registered.

Inclusion & Sportsmanship

At the Damascus Festival of Miles, we are committed to fostering a safe, inclusive, and respectful environment for all participants, volunteers, spectators, and staff. We welcome runners and volunteers of all identities, races, genders, sexual orientations, abilities, and backgrounds. Discrimination or exclusionary behavior will not be tolerated. We maintain a zero tolerance policy regarding any form of sexual harassment, assault, or intimidation at our event.

Prohibited behaviors include, but are not limited to:

- Unwanted sexual comments, gestures, or physical contact
- Intimidating or coercive behavior
- Catcalling, lewd jokes, or comments about appearance
- Taking photos or videos without consent

Anyone who engages in this behavior will be immediately removed from the event and may be subject to law enforcement involvement, race bans, or future disqualification from Southwest Virginia Running events.

If you experience or witness harassment or feel unsafe in any way:

- Alert a volunteer, race director, or law enforcement officer immediately
- Use the anonymous reporting link located on the [swvarunning](#) website
- We will respond with urgency, discretion, and care

All participants are expected to demonstrate good sportsmanship throughout the race, including:

- Respecting fellow runners, volunteers, and spectators
- Avoiding littering on the course or at the aid stations
- Yielding the trail when appropriate and using encouraging language
- Honoring lap tracking procedures and race timing guidelines

Any form of cheating, course cutting, disruptive behavior, or verbal abuse may result in disqualification or removal from the event.



IMPORTANT CONTACT NUMBERS

- Emergency Services: 911
- Damascus Police Department (non-emergency):
(276) 475-3346
- Damascus Volunteer Fire Department:
(276) 475-3831
- Washington County EMS Dispatch (Non-Emergency): (276) 676-6277
- Race Director (on-site)
Melissa – (276) 233-3183
Buddy – (276) 451-8342
- First Aid (Start/Finish): Located at the start/finish –
Staffed throughout the event

When to Call EMS:

Immediately dial **911** and notify the Race Director if a participant:

- Becomes unconscious or disoriented
- Experiences chest pain, difficulty breathing, or signs of heatstroke
- Has a seizure, serious injury, or collapse
- Is unresponsive despite basic aid or cooling

RUNNERS IN DISTRESS

If a participant feels unwell, dizzy, overheated, injured, or mentally disoriented:

- Stop running and seek a **volunteer or race official**
 - Volunteers will notify EMS and escort them to the **First Aid Station**
 - Return to the course **only if cleared** by on-site staff or EMS
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