



# Howlin' Wolfe 25K / 50K

## Runner's Guide

**Race Date:** Saturday, April 11, 2026 - 7am

**Location:** Natural Bridge State Resort Park

**Address:** 2135 Natural Bridge Rd, Slade, KY 40376

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## Welcome & Thank You!

Welcome to the inaugural Howlin' Wolfe 25K/50K, a trail running adventure through one of Kentucky's most iconic landscapes. Expect rugged terrain, scenic ridgelines, natural arches, and a howlin' good time. Thank you for coming and enjoy a beautiful day in the woods!

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## Event Schedule

### Thursday April 9th

- Packet Pickup: **J&H Running Company 5-7pm**
- Address: 197 Moore Dr, Lexington, KY 40503

### Friday April 10th

- Packet Pickup: **Hemlock Lodge at Natural Bridge Resort Park 5-7pm**
- Location: 2135 Natural Bridge Rd, Slade, KY 40376

### Saturday April 11 – Race Day

- 5:30 AM – Race Day Packet Pickup Opens
  - 6:45 AM – Pre-Race Stretch with Elemental Yoga & Wellness
  - 6:55 AM - Pre-Race Safety Briefing
  - 7:00 AM – **25K & 50K Start**
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# Race Overview

- **Distances:** 25K & 50K
  - **Actual Distances:** Caltopo has them measured out at 15.8 and 32.9 miles respectively so those will be closer to the actual distance your watch hits on the day.
  - **Terrain:** Singletrack, fire road, and short road sections
  - **25K Caltopo Link:** <https://caltopo.com/m/1DLVHBR>
  - **50K Caltopo Link:** <https://caltopo.com/m/PCBJV2T>
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## Course Description

### 25K Course

The 25K is a true lollipop loop highlighting classic RRG terrain with views of Gray's Arch:

- Start on Hemlock Ridge Road, looping down behind the Hemlock Lodge across a swinging bridge over to the Whittleton Campground.
  - Join the Sheltopee Trace Trail and follow it up to Tunnel Ridge Road, **please cross safely and stay left of the cones in place**
  - You'll dump left onto the pinch'em tight trail before exiting back on Tunnel Ridge Road right before reaching Aid Station #1 at the Gray's Arch Parking Area
  - Exit Gray's Arch Aid Station onto Daniel Boone Hut Trail, **be careful on the stairs**, follow course signage to climb back up to Gray's Arch Aid Station.
  - Head back out onto the Gray's Arch Trail, make sure you take a peak to the right when you see a railing to see Gray's Arch in all its bigness!
  - Descend some stairs onto Rough Trail, be careful, this is the most technical section of the course
  - Follow the signage or GPS track, you'll have two good climbs and descents before you rejoin the Sheltopee Trace Trail and head back to Gray's Arch Aid Station.
  - You'll then turn and head for the Start/Finish in the same way to originally got to Gray's Arch Aid Station
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### 50K Course

The 50k is similar to the 25k course with additions of loops of Auxier Ridge and Koomer Ridge

- Follow the 25k route to Gray's Arch Aid Station

- From Gray's Arch Aid Station, run Tunnel Ridge Road out to Auxier Ridge Aid Station, **please run on the left side of the road facing traffic at all times.**
  - Exit the Auxier Ridge Aid Station and enter Auxier Ridge trail, staying on the perimeter of the trail in the counter-clockwise direction.
    - Some of the most beautiful trails on the course are about a half-mile out from courthouse rock - Enjoy the views!!
  - After a decent into the backside of Auxier Ridge, you'll do an out-and-back to Double Arch
    - Make sure you go up the stairs till you see the signs. There will be a little treat there for you!
  - After your out-and-back, you'll climb out of Auxier Ridge onto fire road and run that back to the Auxier Ridge Aid Station.
  - After Auxier Ridge Aid Station you'll run Tunnel Ridge Road (**please run on the left side of the road facing traffic at all times**) but, before you get to the Gray's Arch Aid Station, you'll make a sharp turn onto the Daniel Boone Hut Trail.
  - You'll complete a short loop onto the Daniel Boone Hut Trail before returning to the Gray's Arch Aid Station.
  - From here you'll join the 25k course around Gray's Arch and Rough Trail.
  - There will be a break where the 50k continues left to Koomer Ridge Aid Station, follow 50k signage
  - Once you exit Koomer Ridge Aid Station you'll dump onto the Hidden Arch trail (bonus if you catch a glimpse on the way by) and take that until merging back onto Koomer Ridge trail.
  - You'll backtrack on the trail until you rejoin the 25k course and onto Gray's Arch Aid Station.
  - You'll then turn and head for the Start/Finish in the same way to originally got to Gray's Arch Aid Station
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## Course Highlights

- Natural sandstone arches
  - Cliffline ridge views
  - Dense Appalachian forest
  - Classic Red River Gorge trail systems
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## Aid Stations

Aid stations are placed at key access points:

- Gray's Arch Parking Area
- Auxier Ridge Parking Circle - **50k only**
- Koomer Ridge Campground - **50k only**

### What Aid Stations Have:

- Water & Naak electrolyte drink
  - Oatmeal Creme Pies, Nerds Gummy Clusters, Pickles, GU Chews, Naak Solids, Chips
  - First aid kits
    - We will have a first aid representative at Gray's Arch Aid Station but will have kits at each aid station
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## Cutoffs & Time Limits

- **50K Overall Cutoff:** 7:00pm - 12 Hours

Howlin Wolfe 50K

Aid Station	Mile	Distance AS to AS	Cutoff Total Time	Cutoff Clock Time
AS #1- Grays Arch Parking Area	4.75		1:45	08:45
AS #2- Auxier Ridge	7.5	2.75	2:45	09:45
AS #3- Auxier Ridge	13.5	6	5:00	12:00
AS #4- Gray's Arch Parking Area	17.75	4.25	6:30	13:30
AS #5- Koomer Ridge	23.75	6	8:45	15:45
AS #6- Grays Arch Parking Area	28	4.75	10:15	17:15
Finish	32.75	4.75	12:00	19:00

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# Course Marking

- We will have orange PUR flags between .1-.25 miles on trail. They will be ~18 inches off the ground.
- The only place without lots of markings will be Tunnel Ridge Road between Gray's Arch Aid Station and Auxier Ridge Aid Station, **just stay on the left side of the road between Aid Stations**
- Signage at all major intersections
- We are attempting to have volunteers at critical road crossings to help with traffic safety. **Please always cross with caution**
- If you go more than ~5-10 minutes without seeing markings, **stop and reassess.**



# Parking & Logistics

- Parking available at Natural Bridge State Resort Park
  - Carpool strongly encouraged
  - Please limit parking at each of the aid stations, the park is still open and we do not want to take parking from those enjoying the park.
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## Required & Recommended Gear

### Required Gear

- Cellphone - There is good reception through most of the course
- Waterbottle/ Softflask - This is a cupless race
- Headlamp - We are starting at 7am, Sunrise says 7:05 but it's better safe than sorry

### Optional but Smart

- Light jacket
  - Emergency whistle
  - Emergency Blanket
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## Weather & Conditions

April in the RRG can bring:

- Cool mornings (30s–40s °F)
  - Mild afternoons (50s–70s °F)
  - Possible rain / muddy trails
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## Safety & Emergency

- Please be situationally aware at all times
- There are stairs at several points on the course. Please use caution as they can become slick when wet.
- On any road section, please stay to the left hand side of the road facing traffic.
- First aid available at aid stations
- Evacuation can take place from various points on the course. There are road crossings at several points and easy road access to all aid stations.

### **In an Emergency:**

- Call 911
  - Notify nearest volunteer
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## **Awards & Swag**

- Finisher awards - Medals will be handed out as you finish the race!
  - Age Group and Overall Awards will be given out to runners a short time after they cross the finish line. You can always check with Race HQ if you believe you finished with an award and we didn't get one to you.
  - Race swag will be given out with your packet pickup.
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## **Sponsors**

**Huge Thank You To All Involved!**



**J&H Running Company**



Naak - Official Nutrition Sponsor



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## Volunteer Appreciation

This race is made possible by incredible volunteers. Be sure to:

- Thank aid station crews

- Respect course marshals
  - Follow all instructions
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## Leave No Trace

The Red River Gorge is a protected natural area.

- Pack out all trash if a can isn't available
  - Stay on trail
  - Respect wildlife and other trail users
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## Final Notes

Thank you all so much for joining us for a wonderful day in the woods. We love the Red and running trails in it. We want to make this as enjoyable an experience as possible for you. Yes it's hard, but we support each other and help each other overcome. I look forward to congratulating each of you as you cross the finish line.