



17 Miler, 10 Miler, and 5 Mile  
Athlete Guide  
March 7, 2026

# Event Schedule

## Friday - Early Packet Pick Up

- 4:00 PM - 6:00 PM | Early Packet Pick Up at Fleet Feet Greensboro

## Saturday - Race Day

- 7:00 AM - 8:45 AM | Race-Day Registration and Packet Pick-Up at race site
  - 7:30 AM | 17 Miler Ruck Start
  - 8:00 AM | 17 Miler Race Start
  - 8:40 AM | 10 Mile Race/Ruck Start
  - 9:00 AM | 5 Mile Race/Ruck Start
  - 1:30 PM | Course Closes
- \*see following slide for course cutoffs

# Course Cutoffs

## **17 Mile Cutoffs**

Athletes must maintain a 19:24 min/mile pace to complete the course in time.

9:40 am - Cutoff 1 @ 10 Mile/17 Mile Split at Mile 5.20 (athletes will be instructed to head back to the finish and complete the 10 mile course).

12:07 pm - Cutoff 2 @ Aid Station 3 - Mile 12.75 (athletes will be given a ride back to the finish line).

## **10 Mile Cutoffs**

Athletes must maintain a 28:59 min/mile pace to complete the course in time.

11:28 am - Cutoff at 10 Mile Aid Station 2 - Mile 5.75

# Event Location: Northern Guilford High School, [7101 Spencer Dixon Rd., Greensboro](#)



# Parking

NO PARKING



# Course Markings

- This course is marked with surveyor flags, signs, tape, and volunteers where needed. Course markings will be on your **RIGHT** indicating you are traveling in the correct direction.
- All athletes will follow **ORANGE** markings for the shared 5 Mile/10 Mile/17 Mile course on the **RIGHT** side of the course.
- 5 Milers will follow **YELLOW** markings on the **RIGHT** side for the small section 5 Milers share with 17 Milers.
- 10 Milers will continue to follow the **ORANGE** markings on the **RIGHT** side of the course.
- 17 Milers will follow **PINK** markings on the **RIGHT** side for 17 mile only sections, and **YELLOW** markings on the **RIGHT** side for the small section 17 Milers and 5 milers share.

\*Course marking colors may change. Athletes will be notified on race morning of any changes.



# Course Markings



Since the *shared* course is two directional traffic you may see **COLORED MARKINGS** on both sides of the trail showing two directional traffic.

# Course Markings

Surveyor flags or tape will be very close together where there is a turn or the possibility of going in the wrong direction. They will be much further apart (.1 to .15 miles) when there is a low possibility of going in the wrong direction.

(This is a very simple course to follow. Don't make unprompted turns.)





# Course Markings

We also use signs at every turn. Where the different races go in different directions, the trails will have 5 Mile, 10 Mile, and 17 Mile Signs.



# Course Markings

We will also be using tape to block off some trails.

This will not be done at all trail intersections as these trails are still in use by the general public.



# A Note on Course Distance

- In 2016 and 2017 we measured the 10 mile course using both a wheel and GPS. With cloud cover, windy trails, trees and many other factors, trail races often lose distance on GPS over the course of the race.
- We have found over the years that we get .92 – .95 miles on GPS for every true mile on course.

# Stay to the Left

Since part of the trail has the possibility of 2 directional traffic at the same time, runners should always stay on the left side of the trail while running.

This ensures athletes can easily pass each other and you don't have to ask the question who goes first when you unexpectedly meet someone heading in the opposite direction.



## **17 Mile Marker**

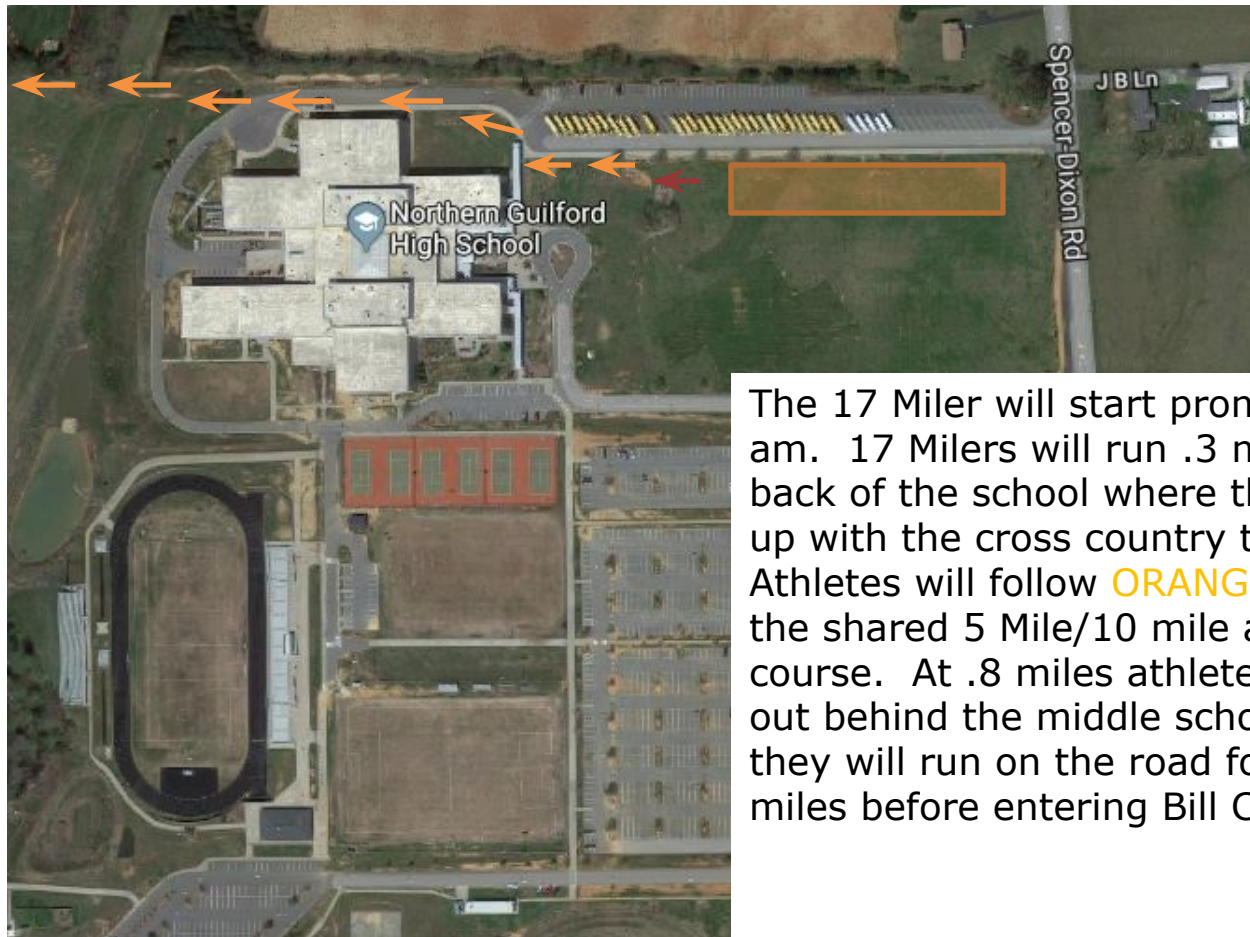
## **Available Aid**

4.5	Water/Tailwind Nutrition, Salt Tablets
-----	--

8	Water, huma gels
---	------------------

12.75	Water/Tailwind Nutrition, Salt Tablets, Coke, Fruit Snacks,
-------	---

# 17 Mile Course Guide



The 17 Miler will start promptly at 8:30 am. 17 Milers will run .3 miles to the back of the school where they will join up with the cross country trail. Athletes will follow **ORANGE** flags for the shared 5 Mile/10 mile and 17 Miler course. At .8 miles athletes will come out behind the middle school where they will run on the road for .3 more miles before entering Bill Craft Trail.

Click [here](#) for the strava map!

# Mile 0 – 1.2



# Miles 1.2 – 4.5

This is the Bill Craft section of the course. This is the most well groomed, scenic and widest portion of the marathon course. These trails tend to drain well, but be careful on any clay sections. Around the 2 Mile point runners will take a left for this short section of trail, you will then make a left to join back up with the main trail. This section pops out at Plainfield Road and the first aid station. This is also the first timing point on the course. You can expect a porta john, water, Tailwind Nutrition and salt tablets at mile 4.25.





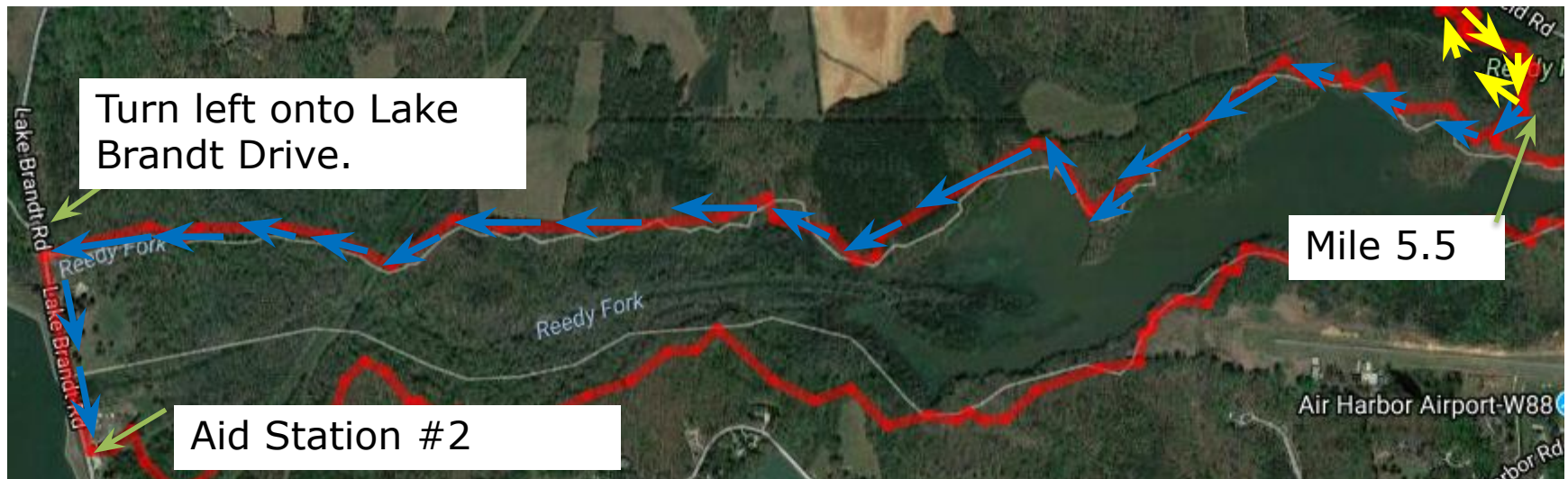
## Mile 4.5 – 5.5

- On this section of the course 17 Milers need to pay close attention. At approx. 4.8 17 Milers AND Ten milers will follow signs to turn LEFT. At 5.5 Marathoners will follow **BLUE** flags and turn left, while ten milers turn right. We plan on having volunteers here, but keep your eyes open for the turn signs!



# Miles 5.5 – 7.9

- For the next 2.35 you will be on the Reedy Fork mountain bike trail. This is one of the flattest and cleanest (hardly any roots) sections of the trail. Markings are sparse as the trail is well worn and there are no places to go wrong. Athletes will pop out at Lake Brandt Drive and follow signage to run south on Lake Brandt, over the dam, and to the next waterstop. Be careful on Lake Brandt Rd.



# Miles 7.9 – 11.5

Athletes will continue on Lake Brandt for .3 miles over the Lake Brandt Dam. Athletes will turn left into Laurel Bluff parking lot for aid station #2 (mile 8.2). **There will be Water and Huma gels.** Laurel Bluff is the hilliest and most root-filled trail on the course. Continue following signs until you reach the exit at N Church St.

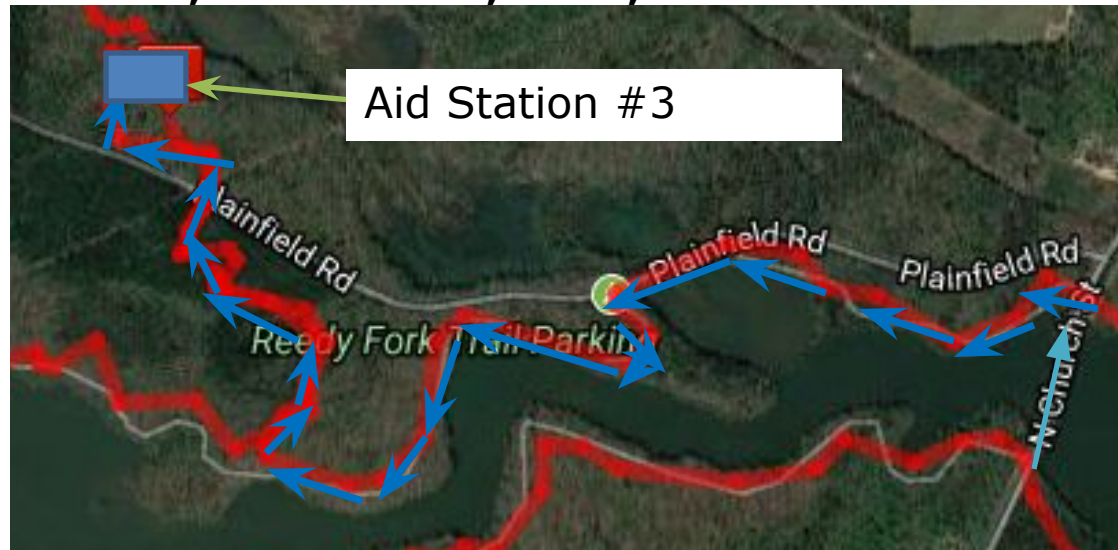
**CUTOFF LOCATION #1:** At Church St. athletes may be pulled from the course if they have fallen significantly behind the cutoff pace. If you hit Church St. by 11:25 am you are still at 16 minute mile pace and should finish before the cutoff. At 11:35 am we will begin cutting people from finishing



Aid Station #2

# Miles 11.5 – 12

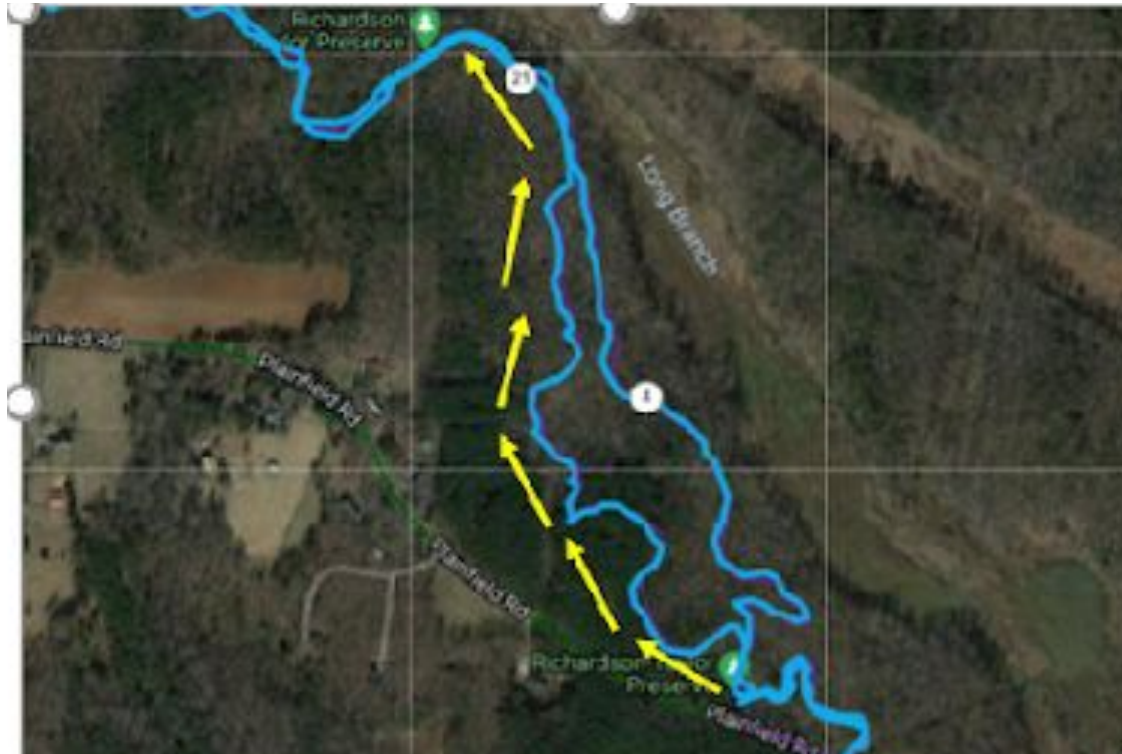
Runners will make a left turn onto Church St and cross the Bridge. Then you will make a left turn onto Reedy Fork Trail. This section is again very flat and easy to follow. Be on the lookout for your right hand turn sign that will take you back to the last 5.25 miles that you started the race with. This will be approx. 12 miles into the course. Please follow closely the signage and tape as you make your way North using the connector trail from Reedy Fork to Bill Craft trail. Also be cautious when crossing Plainfield Rd. There will not be a police officer there unless a major issue has occurred. This section ends at Bill Craft Trail parking lot and your last **aid station #3: porta-john, water, Tailwind Nutrition, salt tablets, coke, and fruit snacks.**





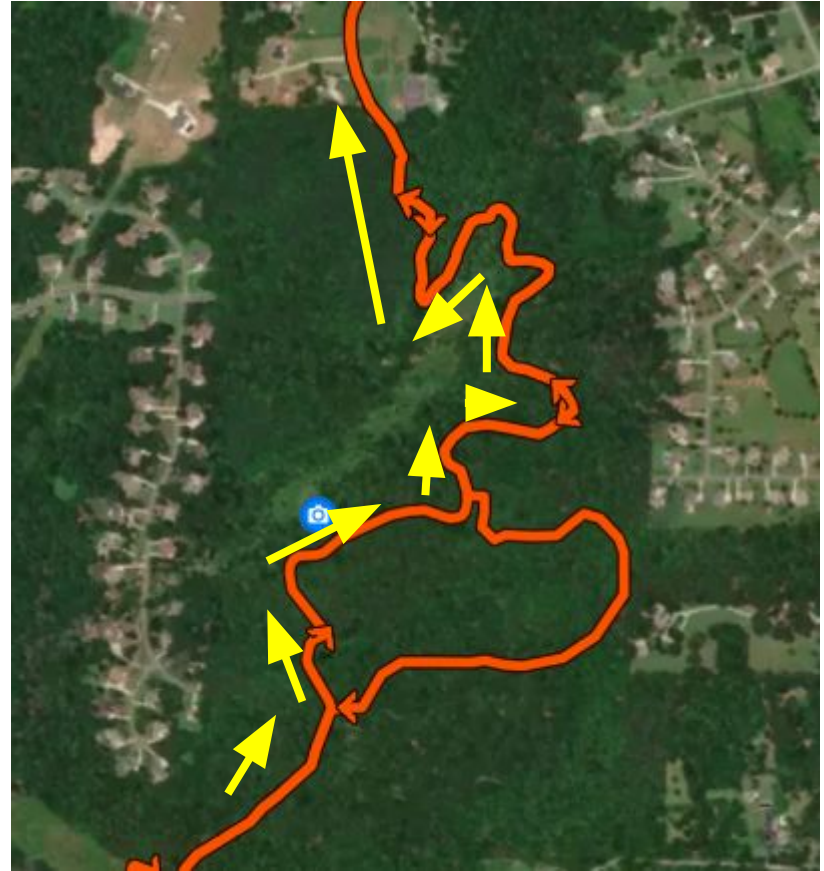
# Miles 12 – 17

Once you leave aid station #3 you will use the Highland trail on your return to NGHS.



## Mile 12-17 cont'd

Around Mile 14.6, runners will stay left on the Bill Craft trail to continue back to the finish line.



# 10 Mile Aid Stations

## 10 Mile Marker

## Available Aid

4.25/5.75

Water/Tailwind Nutrition, Salt Tablets

# Ten Miler Course Guide



Click [here](#) for the strava map!



# Mile 0 – 1.2



# Miles 1.2 – 4.5

This is the Bill Craft section of the course. This is the most well groomed, scenic and widest portion of the marathon course. These trails tend to drain well, but be careful on any clay sections. Around the 2 Mile point runners will take a left for this short section of trail, you will then make a left to join back up with the main trail. This section pops out at Plainfield Road and the first aid station. This is also the first timing point on the course. You can expect a porta john, water, Tailwind Nutrition and salt tablets at mile 4.25.



# Mile 4.25 – Mile 5.75

- On this section athletes will cross Plainfield Rd, do a small loop and return to the same aid station they came to at 4.25. Be careful to follow the signs that say **"10 mile"** on them or you may end up "Danny McCormicking" this one and have a much longer day than you initially set out for! Follow the **Orange**!



## Miles 5.75 - 10

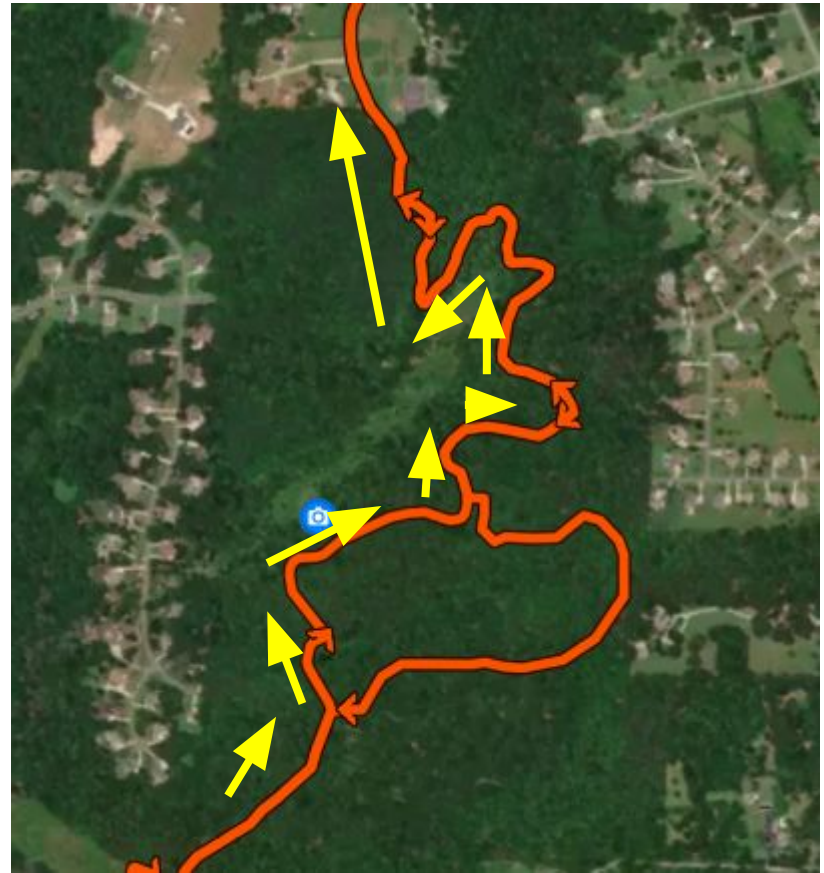
“Return from whence you came” - Once you leave aid station #2 you will return to Northern Guilford High. We will use the highland section for the first .6 miles to reduce two way traffic.





## Mile 7-10 cont'd

Around Mile 7.8, runners will stay left on the Bill Craft trail to continue back to the finish line.



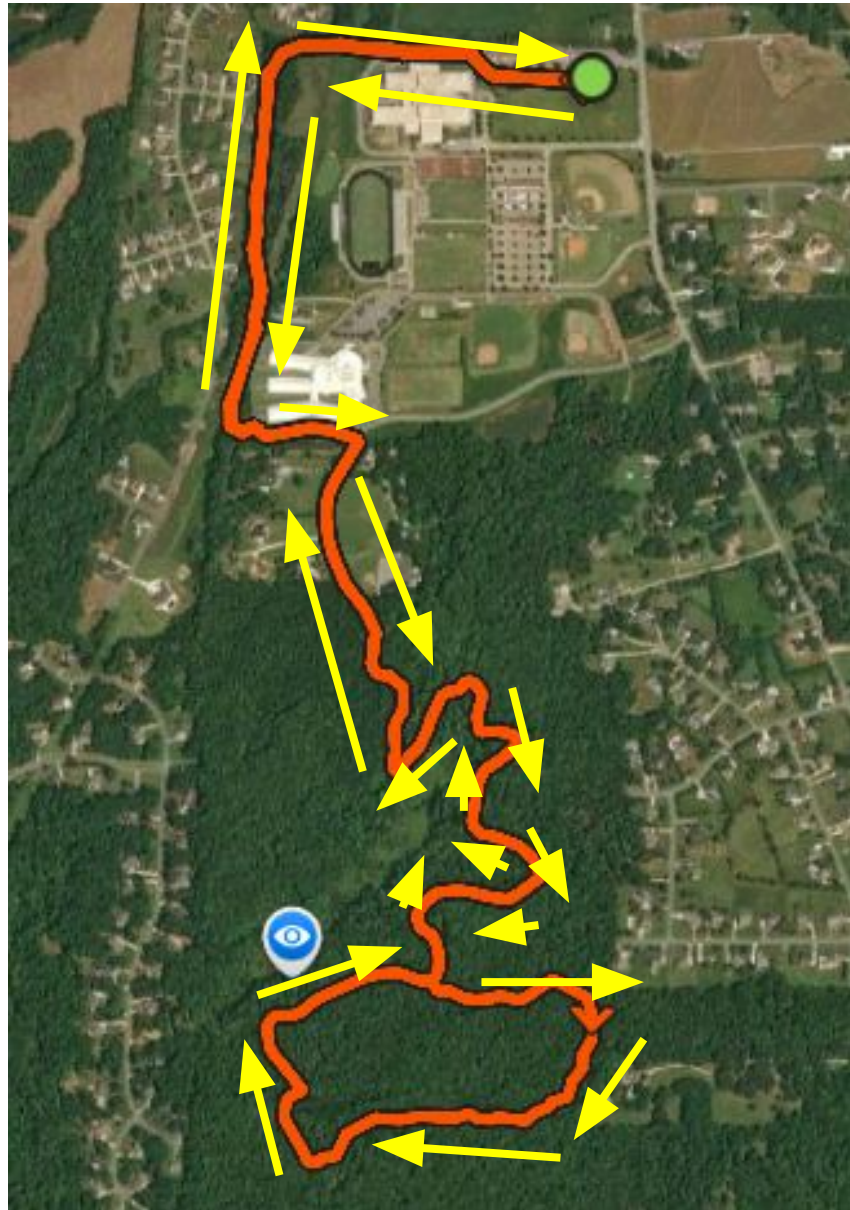
# Five Miler Course Guide



Click [here](#) for strava course map!

# Miles 1.2 – 5

- This is the Bill Craft section of the course. This is the most well groomed, scenic and widest portion of the course. These trails tend to drain well, but be careful on any clay sections. At Mile 2 runners will stay left to follow the trail for appx .7 miles. You will see your aid station and make a right turn to make your way back to the finish line.



# 5 Mile Aid Station

## 5 Mile Marker

## Available Aid

2.3

Water, Tailwind Hydration



# Ruck Category

- Ruckers will be pre-weighed prior to the race.
  - Ruckers Under 150 lbs must have a backpack with 20 lbs
  - Ruckers Over 150 Lbs must have a backpack with 30 lbs
- Ruck weigh in of packs will be 20 minutes before the start of the race at the starting line. Ruckers must bring their own packs and weight.
- Measured weight must be nonconsumable. Any items being removed from pack during race such as water, food, jackets can not be used as weight.

# RaceJoy



Make sure to download the RaceJoy app by RunSignUp (available on Apple and Android) so that you can get progress alerts during your race and see a map of aid stations and bathrooms! If your friends, families, and teammates want to track you during the race, they can download this app as well. All they have to do is enter your bib number to watch your progress and send you cheers throughout the race!



# SWAG



# Post Race Food

Post race runners will have a selection of snack foods (bananas, granola bars, chips, and candy) along with a selection of hot food. You can decide on cup o'noodles or oatmeal!