

FROSTY 50 TRAIL RACES 50K, 25K, and 50K Relay

Winston-Salem NC

- All runners follow the same course: a 12.5K loop
- Note turnaround point on Greenway, just before 7
- Each mile 1 thru 6 is marked by a sign
- Marathon point is marked, just before Mile 3
- Three hills - see map
- Each loop starts/finishes at same point - see map
- Drinks/food @ miles 3.5, 6.5, and start/finish
- Gear storage area @ start/finish
- Trail is dirt/gravel to mile 6.5, then asphalt

