

Aid Station	50 Mile	50 K	Relay Exchange	Restrooms	Fuel Available	Location	Parking Info
1	5.2 miles	N/A	no	Park Bathrooms	fruit cups, granola bars	Waterfall Trail adjacent to Hanging Rock Visitor Center Parking	Parking in Visitor Center parking lot
2	8.3 miles	N/A	yes	N/A	granola bars, pretzels, Huma gels	Amphitheatre on Moores Wall Loop Trail	Parking for Relay Teams Only at designated camp sites, spectators may park at Visitor Center lot
3	15.5 Miles	4.0 Miles	yes	Portable toilet in Tory's Den parking lot	Breakthrough Nutrition Hydration, salt tablets	STA Section 1 just west of trailhead	limited parking in trail lot, no parking on Charlie Young Rd
4	19.4 Miles	7.9 Miles	no	N/A	popcorn, PB&J, Huma gels, coke	Just east of 2407 Rockhouse Rd, Pinnacle, NC	limited parking in mowed grass on side of Rockhouse Rd
5	23.2 Miles	11.7 Miles	yes	N/A	fruit cups, peanut butter rice crispy treats, Breakthrough Nutrition Hydration	Intersection of Flat Rock Rd & Thore Rd, Pinnacle, NC	limited parking on east side of Thore Rd, no parking on Flat Rock Rd
6 (1:20pm cutoff)	26.3 Miles	14.8 Miles	no	Portable toilet	pretzels, candy bars, salt tablets, Checked bags will be available at this stop	Intersection of Old Mill Rd and Mazie's Ln, Pinnacle, NC	limited parking in front of barn at aid station
7	28.4 Miles	16.8 Miles	no	N/A	trail mix, fruit cups, Huma gels, bacon	On Brims Grove Rd just north of Volunteer Rd, Pinnacle, NC	limited parking in gravel lot on opposite side of road from aid station
8 (2:41pm cutoff)	31.0 Miles	19.4 Miles	yes	N/A	fruit cups, peanut butter rice crispy treats, coke, pickles, salt tablets, Breakthrough Nutrition Hydration	1604 Old Winston Rd, Pinnacle, NC	parking in horse trailer parking lot
9	36.1 miles	N/A	no	Park bathrooms	trail mix, huma gels, PB&J, coke	Pavilion on Grindestone Trail	Shuttle from Pilot Mountain State Park Visitor Center between 10am-6pm
10 (5:50pm cutoff)	42.1 miles	23.4 Miles	yes	Pit toilet	pretzels, candy bars, leftovers, coke	1459 Pinnacle Hotel Rd, Pinnacle, NC	Parking in horse trailer parking lot
11	47 Miles	27 Miles	no	N/A	water	Corridor Trail Caudle Rd Crossing	No parking
FINISH!!	50 Miles	31 Miles	no	Park bathrooms and portable toilets	TBD	308 Horne Creek Farm Rd, Pinnacle, NC	Parking in designated lots