

50 Mile Relay Sections

Relay Leg	Distance	Description
1	8.4 miles	The first leg of the relay this year will be wet, dark and a lot of UP. The relay starts before sunrise and you cross 4 creeks in the first 2 miles. After that you will make your way through the canopy covered waterfall section, up the stairs and through aid station 1. Your climbing isn't done yet. Athletes will descend from Hanging Rock parking lot quickly before climbing back up past Wolf Rock and onto Moore's Wall Loop. You will pass off the baton in the campground before the big climb up to Moore's Wall but by this time you will have definitely done your share of the work!
Exchange at Aid Station #2 - Hanging Rock Campground		
2	7.2 miles	Who is the mountain goat on your team that loves stairs? Who wants to go UP 684 steps? These stone stairs will lead you up towards the top of our course. Don't worry once you get up those stairs you still have over 1 more mile of climbing to go! Once you have made your way up Moore's Wall, relay member number 2 will descend down Tory's Den for just over 5 miles into aid station 3!
Exchange at Aid Station #3 - Tory's Den Parking Lot		
3	7.7 miles	Relay runner #3 gets to enjoy the impossible. A LONG ROAD DOWNHILL! Usually this section of the course is all up hill in the hot hot sun. But with the course being turned around, and it being earlier in the course, athletes on this section will get both the views and the descent! Its not all fun and games though. After a fast 3 mile downhill you will spend the rest of your miles running on trails and gravel roads to the foot of the Sauratown Mountain. This is the easiest section, but there are still potential water crossings, and some quick climb trails!
Exchange at Aid Station #5 - Thore Rd.		
4	7.9 miles	Up and over Sauratown Mountain! This section is one of the most beautiful sections on the course as you make your way up and down Sauratown Mountain. If it has rained you will cross 6 or more Rodedendron lined rivers on your way up Sauaratown. On the way down it is rocky and rooty! Once over the mountain this relay runner will have a few more gorgeous sections on the STA and a bit of a road reroute before handing off as Pilot Mountain looms!
Exchange at Aid Station #8 - Old Winston		
5	10.9 miles	Pick the badass from your group for this leg. This runner will run the whole of Pilot Mountain! Up and down, neither are easy! We will lull you into a false sense of calm as you make your way down the road and into PIMO, but the mountain will loom in your view the entire way! The runner taking this leg will climb for over 4 miles and be rewarded with the best view at the top of Pilot Mountain! Take a breathe, and then start makng your way down mountain trail on the other side of the mountain. No way around it, just up and over!
Exchange at Aid Station #10 - Pinnacle Hotel Parking Lot		
6	7.9 miles	This is by far the most underestimated section of the race. While there are no major ups or downs, there are NO flats! You will either be going up or down until the last 2 miles of the course! If it has been raining you will also be running through several creek crossings! This trail for the most part is extremely wide and not technical, but it is still a tough run!