

# 50 Mile Course Guide

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# 50 Mile Full Map

50 Mile Start: Green Heron Ale House, 1110 Flinchum Rd, Danbury, NC

Please [click here](#) to see the 50 miler full interactive map on RaceJoy. To use the free race day tracking app, please download [RaceJoy](#) before race day. You can view the course map and aid station locations on this platform as well.

You can also view the course on Strava and download the GPX file for your watch [by clicking here](#). This is a public course so you do not need a Strava account to view, but you will need a free Strava account to download GPX or TCX files.

Note that distances by GPS will be off due to the heavy tree cover, winding trails, and elevation changes.



## Course Cut-offs

The course cut-offs are based on athletes keeping a steady time throughout the event. 50 milers will need to average just under 17 minutes/mile to finish in the 14-hour time limit. 50k'ers will need to average 23:15 minutes/mile to finish in time.

- **Aid Station #6 (Mile 26.3 of 50M and 14.8 of 50K): 1:30 PM**
- **Aid Station #8 (Mile 31.0 of 50M and 19.4 of the 50K): 2:41 PM**
- **Aid Station #10 (Mile 42.1 of the 50M and 23.4 of the 50K): 5:50 PM**
- **8:00 PM** - Both race courses will close

If an athlete does not meet the designated cutoff time, they will be given the option to be driven back to the finish line or their car by race staff, or wait for their ride at the aid station.

# What to Look for



Our large signs will be near roads you will be crossing or running along side

When in doubt on the road, look for the PM2HR logo with an arrow painted on the road. Signs get stolen, surveyor flags get torn down, but spray paint sticks around. We will use a large logo as you exit a trail, and a smaller arrow every few hundred yards. You can see the logo to the right, and it will be bright orange!



On the trails, we have smaller signs that will be staked into the ground. These will accompany our flags and tape to point you in the right direction.



# What to Look For



- 50 Milers** - Your color for flags and tape will be **Lime Green** on areas of the course that are unique to the 50 mile event you will see green flags and tape. *A special note to 50 milers:* Within Pilot Mountain, the course turns next to itself and also doubles back on itself after looping the knob. Obviously surveyor flags alone will not tell you which way to go if there are flags going two directions. *While our signs have never been moved within the Pilot Mountain section, and they should give you a clear direction, you can also count on the correct flag/tape direction being on the RIGHT SIDE of the trail you are running on. On areas where the trail is two directional, there will be flags on both sides.*

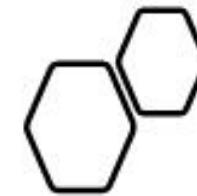
- 50 Kilometer** - The 50 kilometer flags and tape will be **Orange**. Again this will only be on sections that are uniquely the 50 Kilometer course.

- Shared Sections** – The areas used by both distances will be marked with **Blue** surveyor flags and tape.



## Permanent Trail Signs

- On the Sauratown Trail section of the course you will follow signs like those in the right picture.
- On the STA your trail blazes are white, within Hanging Rock and Pilot Mountain Blazes will be different colors.
- Blazes can point you in the right direction. Two blazes on a tree will be offset from each other to point you left or right. The example in the middle is pointing you to the left.



# Horses Left, Hikers Right....



You will see this sign about 6 times on the STA. Don't fret, both directions are the same distances. Usually the hiker direction will take you over a bridge and the horse direction will take you through the creek. Both are acceptable!

# The Start

- The 50 Miler start will feel a bit weird this year. Typically, the site of the Green Heron Ale House means that you have survived and finished the event. This year we will be starting there, long before dawn! This is a MUCH more technical start to the race than the corridor trail. Have plenty of light and be prepared for slick rocks, creek crossings and some technical scrambling.
- The first 1.5 miles will take you down the dirt road to the trail entrance and then you will make a counterclockwise loop around the bluff trails. This is a gorgeous section, with beautiful views of the Dan River, unfortunately you will not see this in the dark and your focus should be on the trail and staying upright!



# The Start

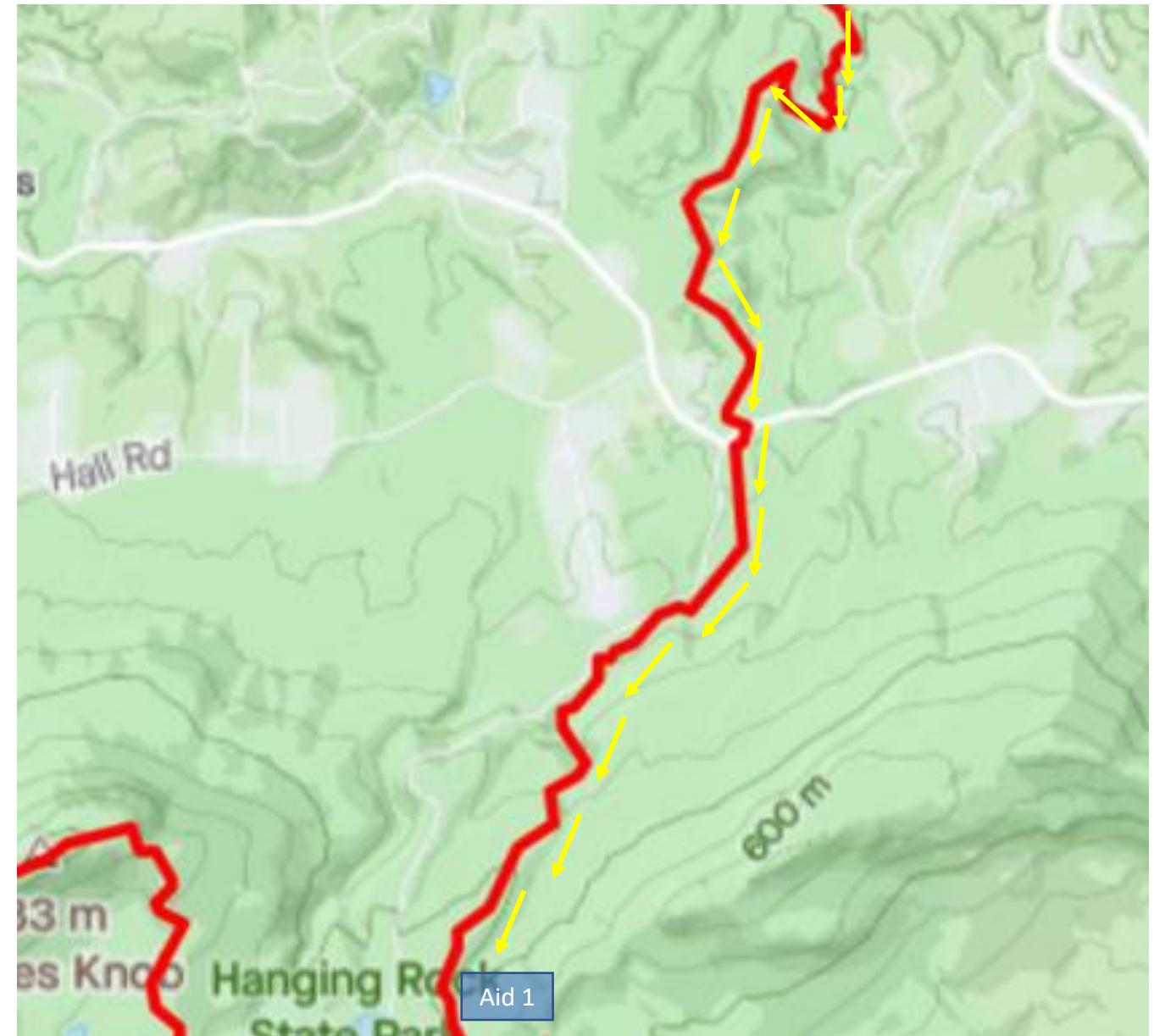


# Start to Aid Station 1: “Up and Into Hanging Rock”

- **Mile 1.5 – Mile 5.2:** This will be an adventurous section that you will always remember. From mile 1.5 to 5.2 you will climb up from the Dan River through several stream crossings that will either be slick rocks or knee deepwater, through mountain laurels and magnolias, past the iconic Hanging Rock waterfalls and up to Aid Station #1. We will use reflective tape on our signs and some of our hanging tape to help you navigate the river crossings. Be careful and enjoy this amazing section.
- **Aid Station #1:** Water, Granola bars and fruit cups



Start to Aid  
Station 1: “Up  
and Into  
Hanging  
Rock”



# Aid Station 1 to Aid Station 2: “The ‘flattest’ part of Hanging Rock”

- **Mile 5.2 – Mile 8.3:** When you leave aid station #1, the trail becomes a lot less technical with significantly less climbing, the operative word being “less”. The first .7 miles of this section are basically downhill on a gravel “trail” - more of a road - before you peel off onto Wolf Rock Trail. Wolf Rock is not extremely technical and does not have much elevation change. But keep in mind you are near a ledge most of the time and it will still be dark! Athletes will also merge for a very short period with the 50K race course (course markings will switch to blue) before jumping into the Moore’s Springs Loop and climbing to enter the Campground and Aid Station #2
- **Aid Station #2:** Water, Granola bars, Pretzels, Huma Gels



# Aid Station 1 to Aid Station 2: “The ‘flattest’ part of Hanging Rock”

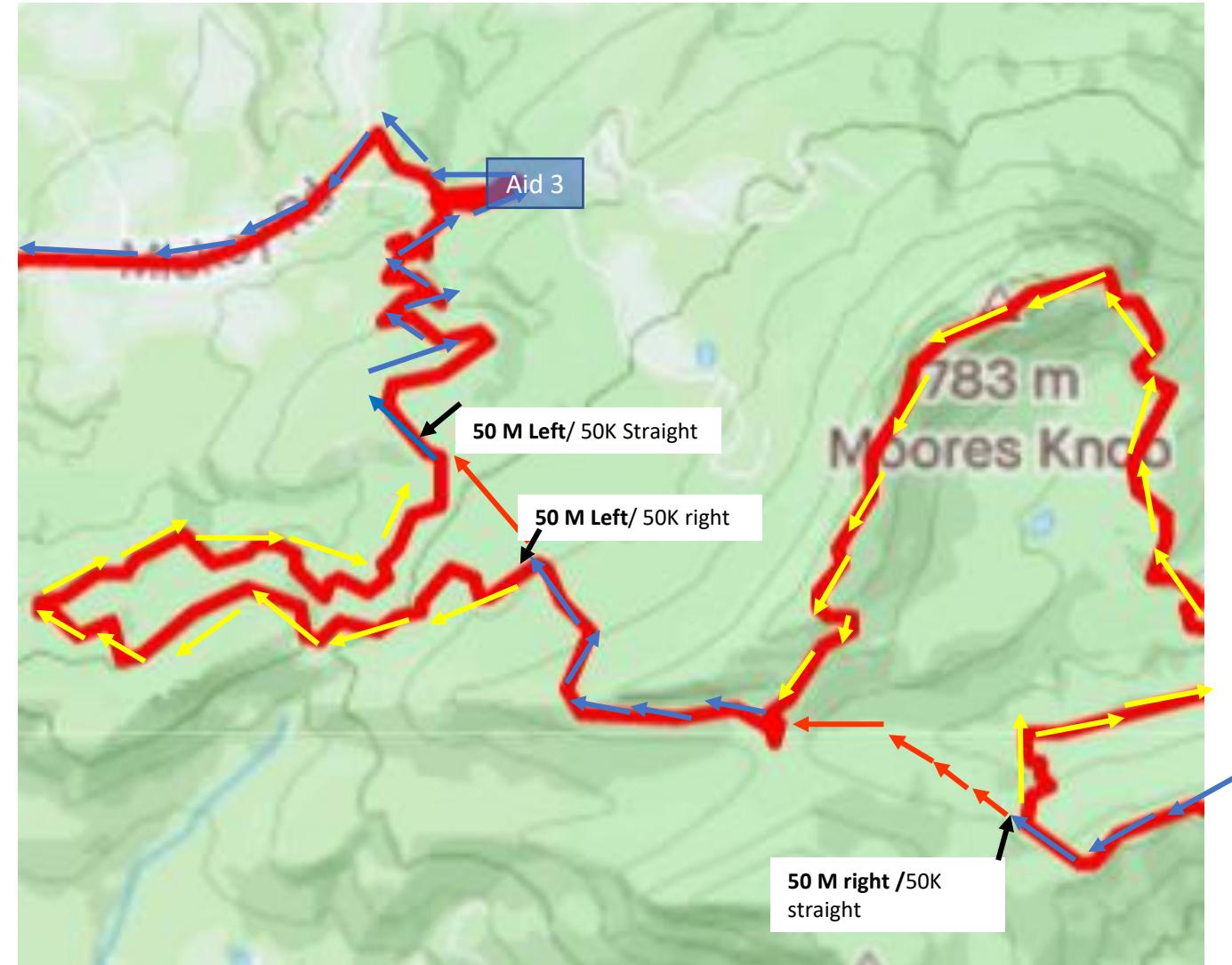


# Aid Station #2 to Aid Station #3: “Moore’s F\*@#ing Wall and Tory’s Den”

- **Mile 8.3 – Mile 15.5:** Okay, the race gets real here. Once you exit Aid #2 you will cross a small reek (fun note: 2 days before the 2018 edition a hurricane brought enough rain that the “creek” looked more like class IV rapids and was over my head! Once across the creek you will climb 684 stone steps (count them, I did). This will begin your ascent of Moore’s Wall. Usually the steps are the descent, and the more technical other side is the climb. While the entire climb from the campground to the top of Moore’s is under 1.5 miles, it is tough and grueling.
- The descent is almost more difficult than the climb. Nearly everyone will have daylight by the time they start coming down the mountain, but from the top of Moore’s all the way to Tory’s Den (5.6 miles) athletes will drop 1,300 ft in elevation on slippery rocks, roots, and technical trails. Be careful. If you get hurt on this section, the extraction will take hours and there is still a lot of fun to be had outside of Hanging Rock State Park
- **Aid Station #3:** Water, Breakthrough Nutrition, Salt Tablets and ?

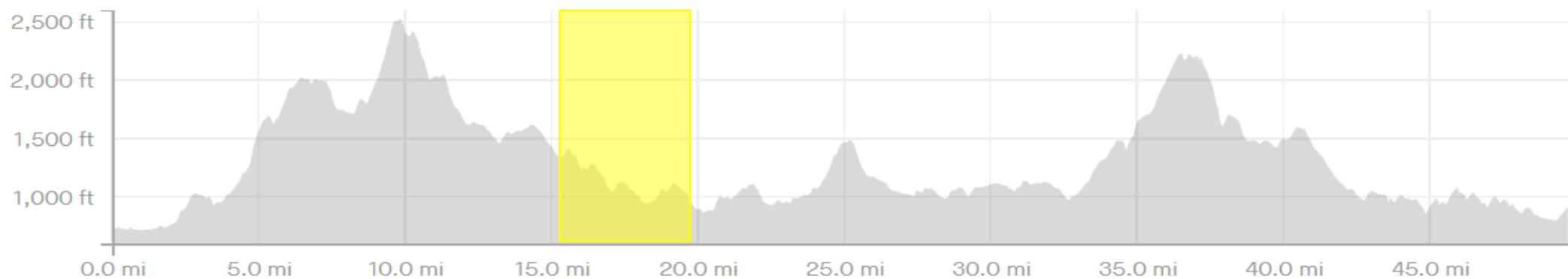


Aid Station #2  
to Aid Station  
#3: “Moore’s  
F\*#@#ing Wall  
and Tory’s  
Den”

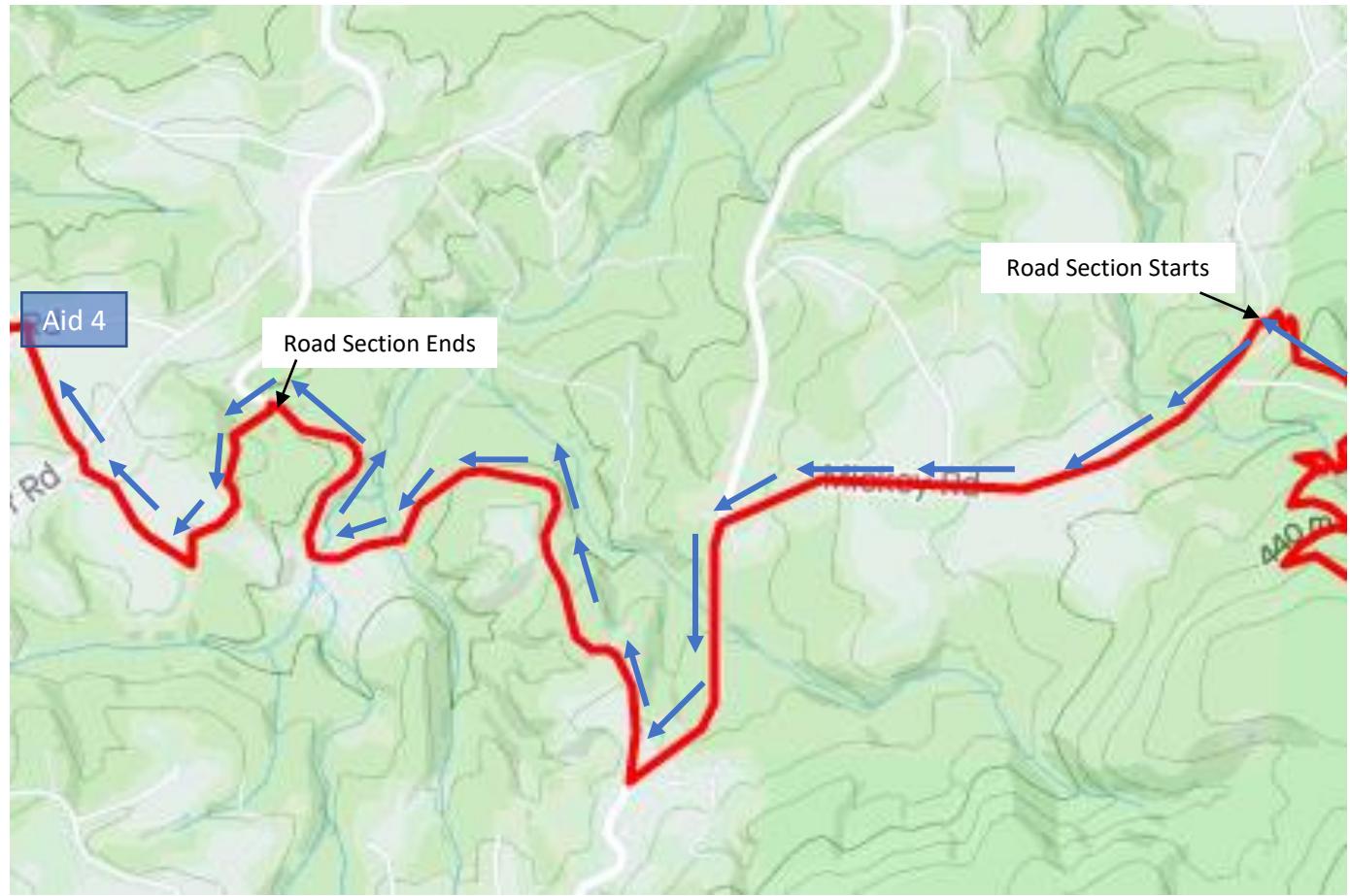


# Aid Station #3 to Aid Station #4 “The Less Lonely Road”

- **Mile 15.5 – Mile 19.4:** The comments about this section always seem to be the same - “brutal uphill, “lonely”, “hot” and “most scenic views”. This year should be the complete opposite. This road section will be mostly downhill, it will be done earlier in the morning, so much cooler, and there should be plenty of company as the race will not be completely spread out yet. Please keep in mind this section has a lot of twists and turns and is still open to traffic. Run with caution!
- Once off the road, athletes enter the Sauratown Trail. Runners will run just under a mile on the trail before reaching aid station #4.
- **Aid Station #4:** Water, peanut butter rice crispy treats, Huma Gel, PB&J and Coke

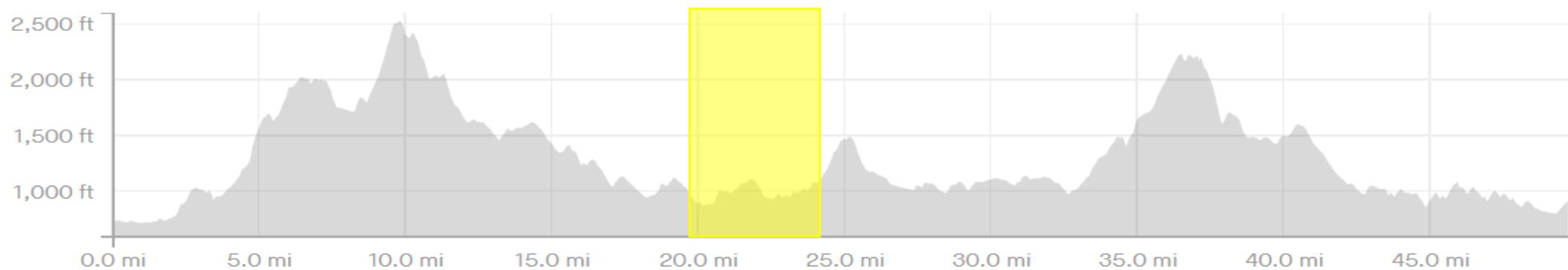


# Aid Station #3 to Aid Station #4: “The Less Lonely Road”



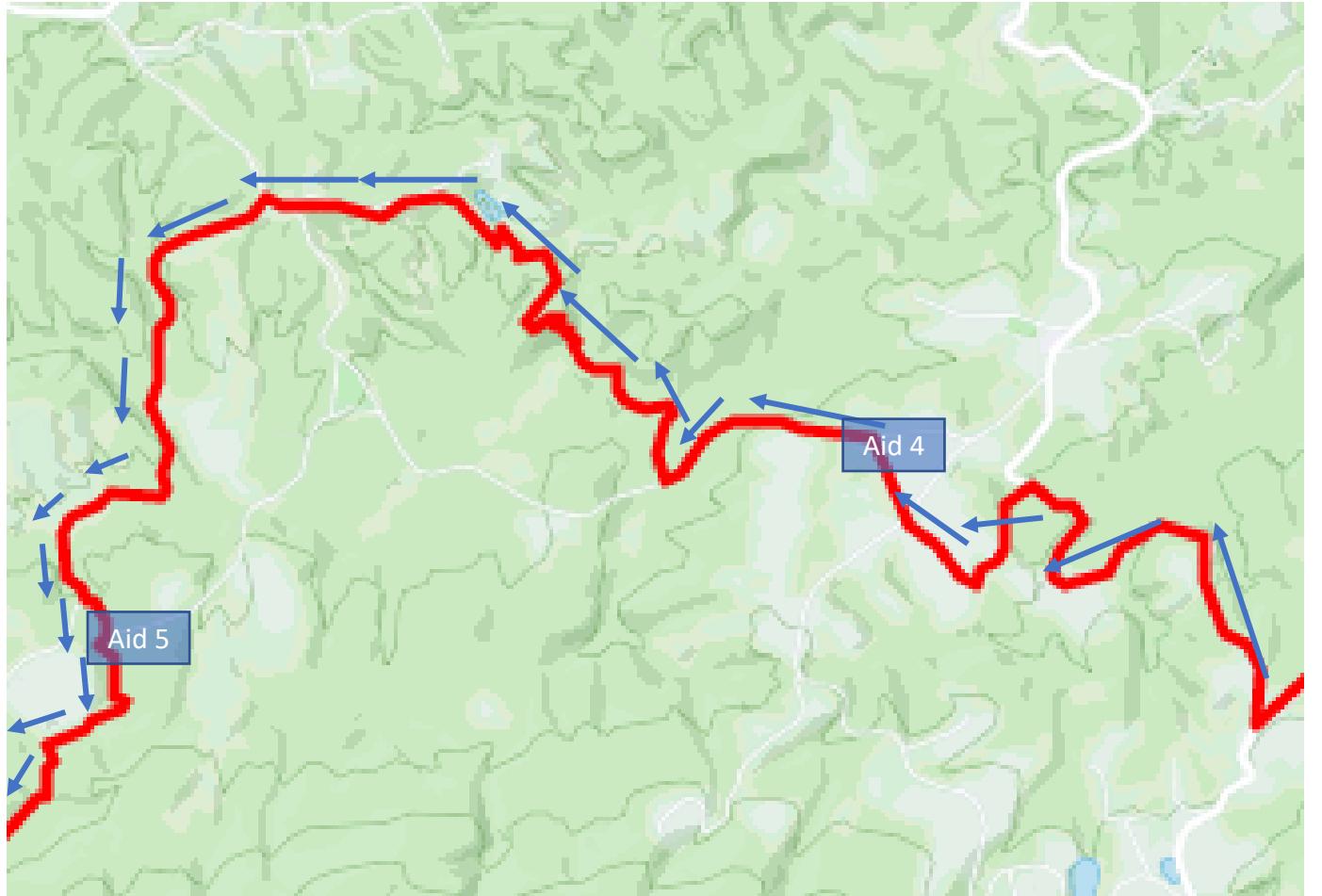
# Aid Station #4 to Aid Station #5: “Vintage STA”

- **Mile 19.4 – Mile 23.2:** Leaving Aid #4 athletes will run a short road section before entering section 6 and 7 of the STA. This section is a microcosm of the STA. Beautiful trails along a river, creek crossings, switch-back climbs and peaceful trail running!
- Once through Section 7 athletes will run Section 8 which is Thore Rd. Thore road is a narrow gravel road. Enjoy this section and its waterfall as you make your way to aid station #5:
- **Aid Station #5:** Water, fruit cups, boiled potatoes and salt, Breakthrough Nutrition Hydration



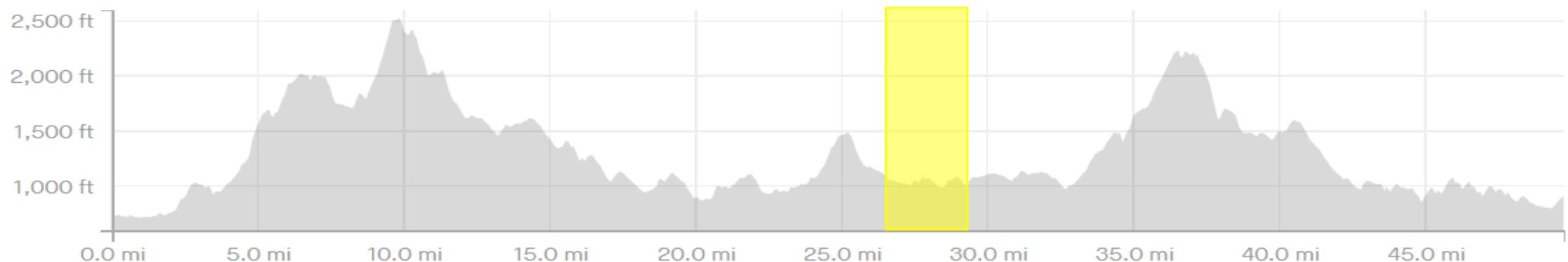
# Aid Station #4 to Aid Station #5: “Vintage STA”

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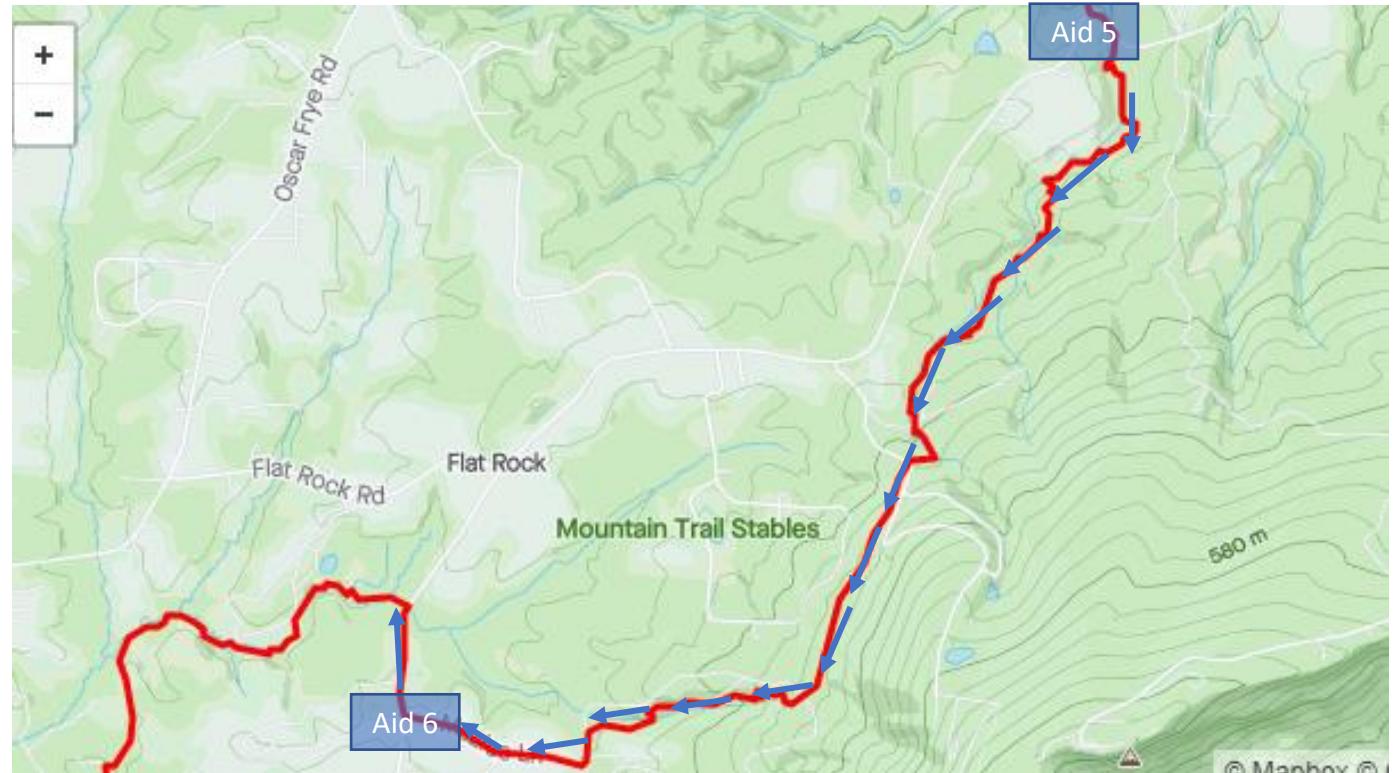


# Aid Station #5 to Aid Station #6: “There’s always going to be another mountain” or “Up and Down on the Sauratown”

- **Mile 23.2 – Mile 26.3:** This is Rich’s favorite section. More magnolias, mountain laurels and stream crossings and you climb Sauratown Mountain. We only go about 1/3 of the way up using section #9. Once you cross the road and head down section #10, the trail changes to rocky and rooty. The difficulty level of this section will depend on rain. If it rains a lot, the 5-8 stream crossings will be...wet. If, on the other hand, there is very little rain leading up to race day, you can stay completely dry. Bag drop is at aid station #6, so throw caution to the wind, splash around, and have a fresh set of kicks ready to put on in your dropbag! Before you leave Aid Station #6, check your pace and grab your headlamp from your dropbag if you will still be on the course at twilight (7pm). The trails get dark more quickly than you think!
- **Aid Station #6:** Water, pretzels, candy bars, salt tablets. Checked bags will be available at this stop.

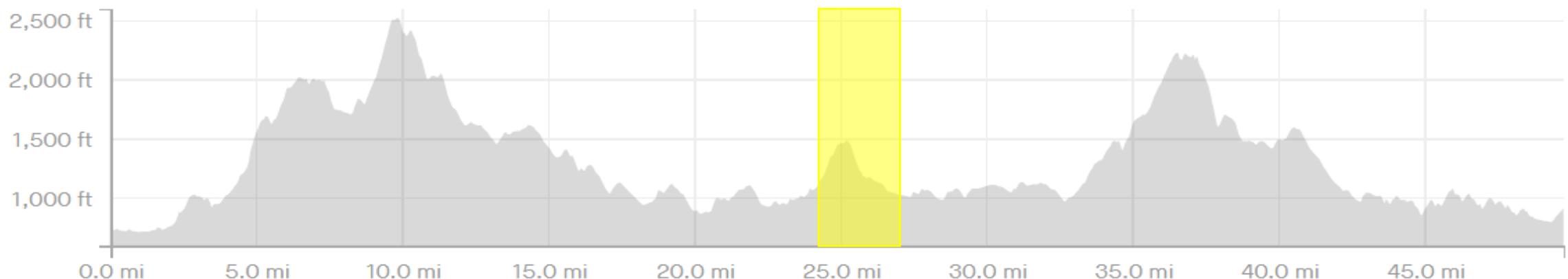


Aid Station #5 to  
Aid Station #6:  
“There’s always  
going to be  
another  
mountain” or  
“Up and Down  
on the  
Sauratown”



# Aid Station #6 to Aid Station #7: “More of the same, and that’s a good thing!”

- **Mile 26.3 – Mile 28.4:** Once you leave the Mazie’s Lane aid station, you are over halfway there! With all your fresh goodies from your drop bag, you should be ready to tackle the rest of the STA and Pilot Mountain! Section 11 of the STA is more creek crossings and running along a river. This is a much flatter section than 9 and 10.
- **Aid Station #7:** Water, trail mix, fruit cups, Huma gels, bacon

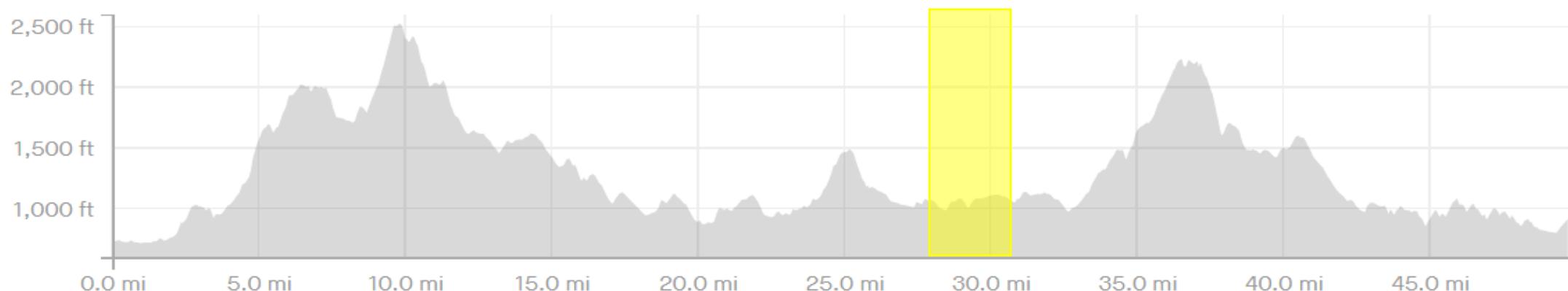


Aid Station #6  
to Aid Station  
#7: “More of  
the same, and  
that’s a good  
thing!”

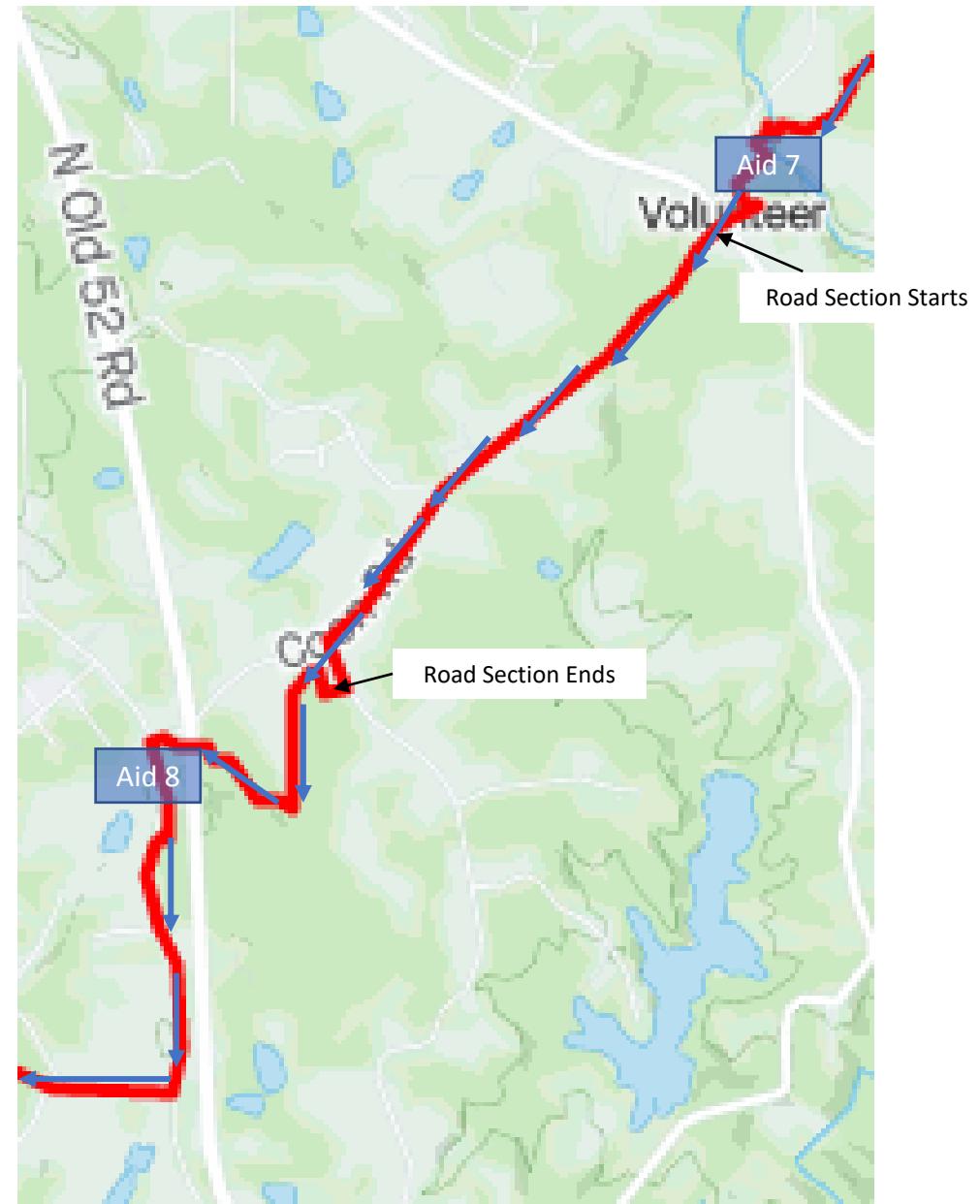


# Aid Station #7 to Aid Station #8: “The end of STA”

- **Mile 28.4 – 31:** Section 12 of the STA is a short trail section running up behind Brim’s Grove Rd before entering section 13. This section changed in 2020. We have had to add a short road section due to a trail closure. This is just over a mile on Coon Rd before hitting the last trail section before Pilot Mountain. Section 14 has some great views of Pilot Mountain and what’s ahead (hint: its climbing!). At the end of Section 14, you will cross Old-52, which is a very busy road. There will be a police officer helping athletes cross here. Aid Station #8 is the exit of the STA and the gateway to Pilot Mountain.
- **Aid Station #8:** Water, fruit cups, granola bars, coke, pickles, salt tablets, Breakthrough Nutrition Hydration



Aid Station  
#7 to Aid  
Station #8:  
“The end of  
STA”

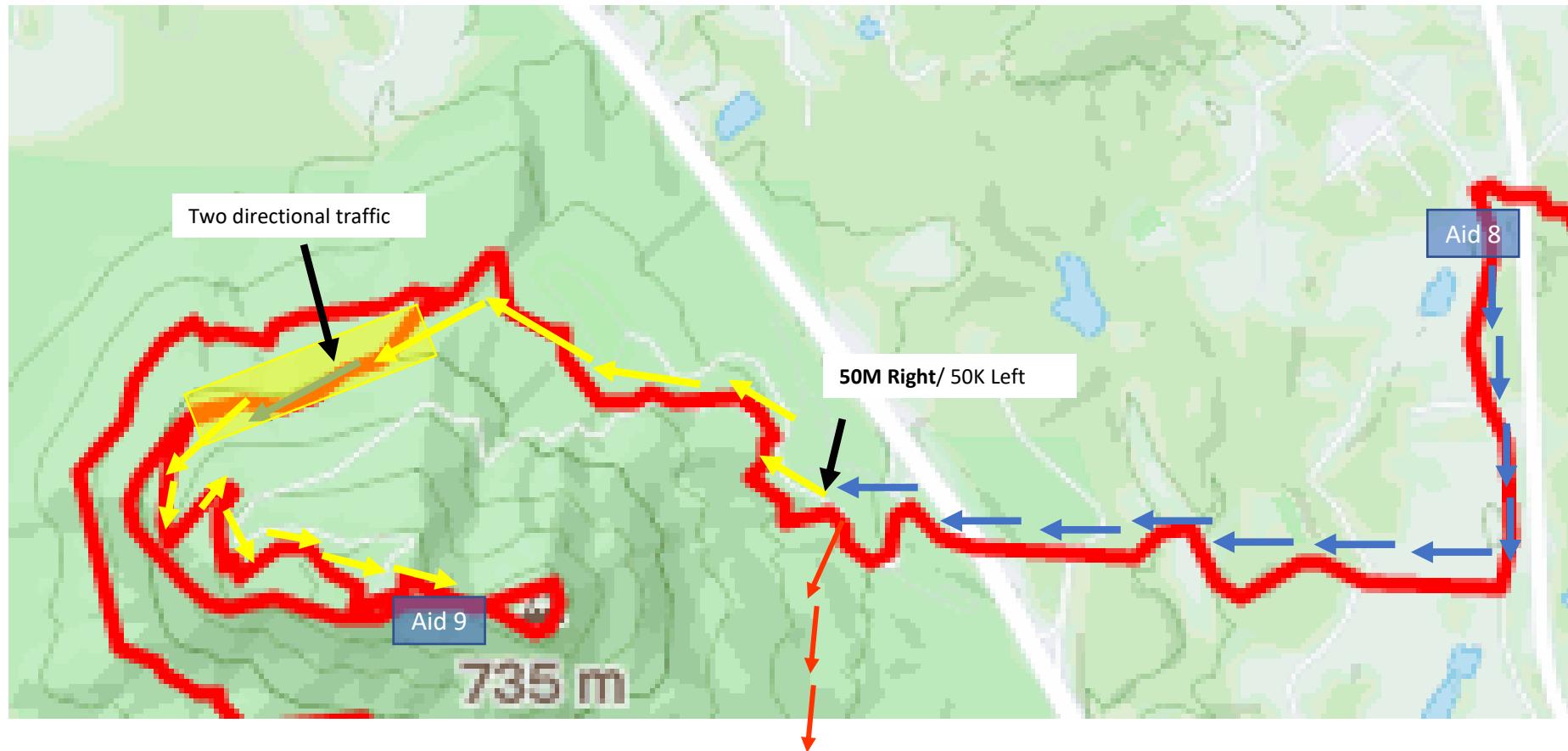


# Aid Station #8 to Aid Station #9: “Onward and Upward”

- **Mile 31.0 – Mile 36.1:** As you leave aid station #8 you will get a short reprieve from the trails as you spend just over 2 miles on the road entering Pilot Mountain State Park. This is your last road section, and you get a good view of the mountain you are about to attack on your way to it. Once inside Pilot Mountain State Park, you will begin making your way up Grindstone Trail. While this is a lot of up, it is the preferred way to go up the mountain. Either way you will ascend 1100 ft from aid station #8 to aid #9 in just over 5 miles!
- **Aid Station #9:** Water, trail mix, huma gels, boiled potatoes and salt, coke
- Keep in mind, if you reach the top of the mountain after 4:30 pm, **YOU MUST HAVE A HEADLAMP or FLASHLIGHT TO CONTINUE**

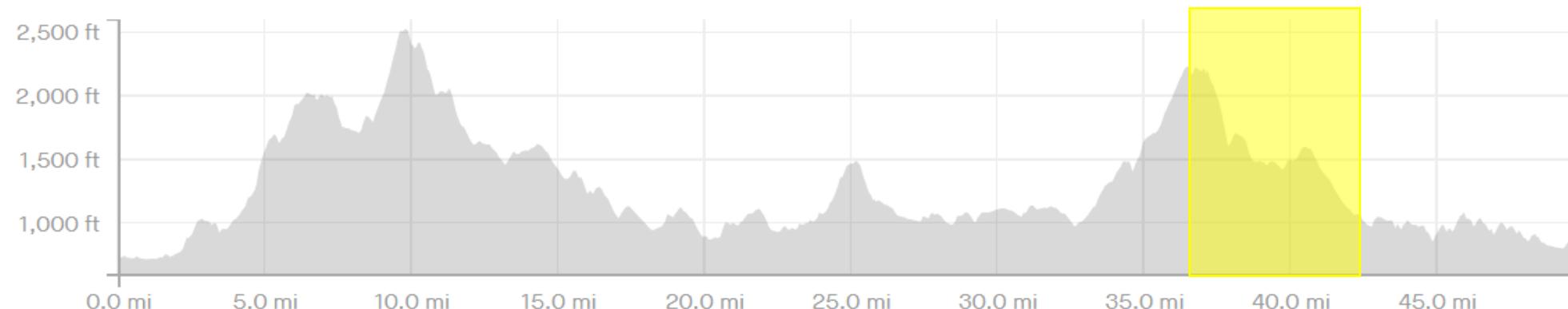


# Aid Station #8 to Aid Station #9: “Onward and Upward”



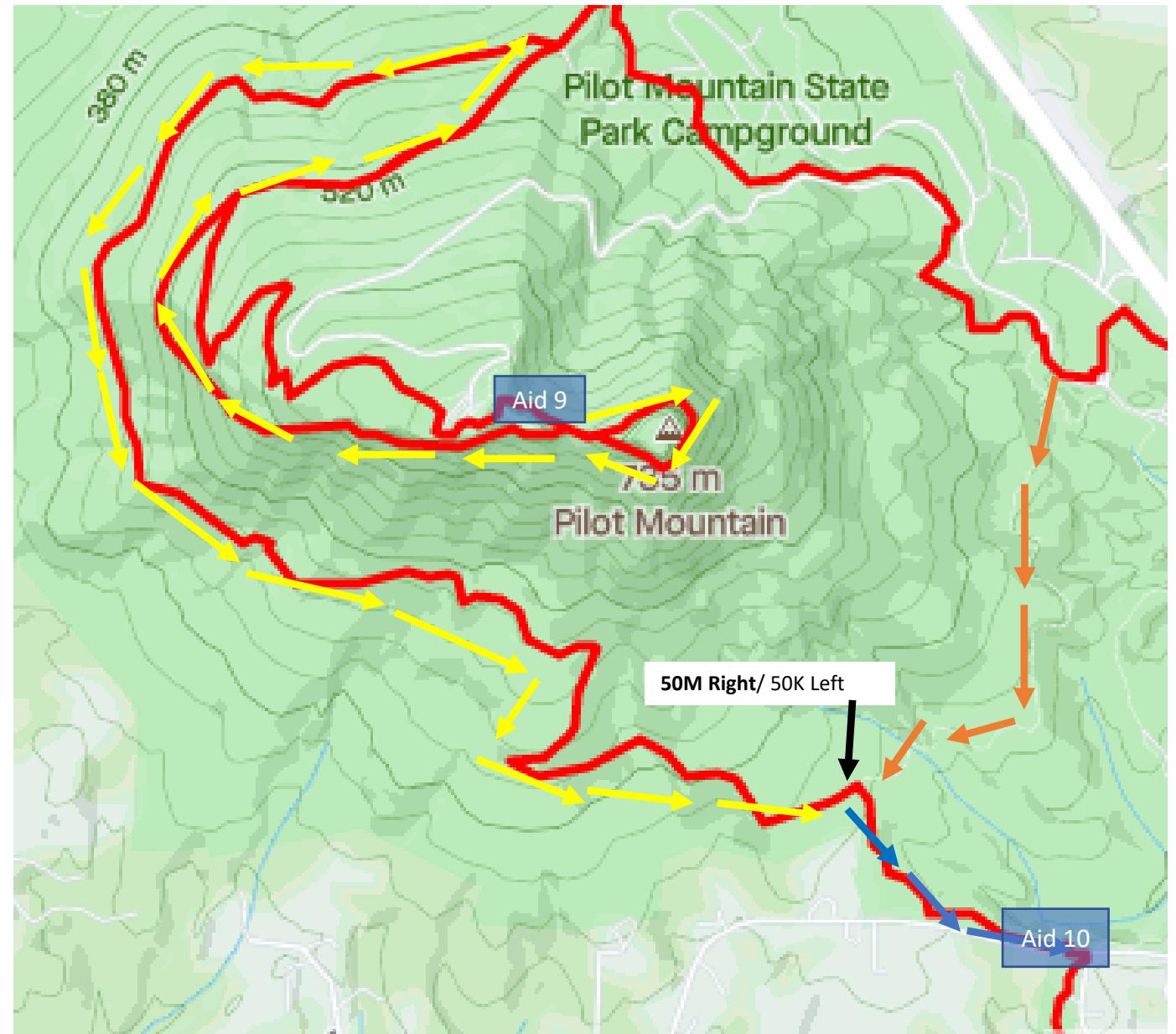
# Aid Station #9 to Aid Station #10: “Around the Knob and Down the Mountain”

- **Mile 36.1 – Mile 42.1:** Once athletes reach aid station #9, they will run a clockwise loop around the Knob on Pilot Mountain. This will offer possibly the best views of the entire course! After that, it's 1150 feet of downhill on a rocky, wide trail. Keep your footing and you will be at aid station #10 in no time!
- **Aid Station #10:** water, pretzels, candy bars, leftovers, Coke
- **Remember your headlamp!** Athletes will not be allowed to descend the mountain after 4:30pm without a light and will not be allowed past aid station #10 without a light at 5:15 pm.



# Aid Station #9 to Aid Station #10 (Around the Knob and Down the Mountain)

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# To the Finish: “Not so fast...”

- **Mile 42.1 - Finish:** Once at Aid Station #10, you are on the corridor trail - the hay may be in the barn, but don't get too cocky. This section still has a lot of elevation change, it is never flat. Some of you will also be attacking this section close to, or after dark. It is a very easy section to navigate with wide trails and several rural road crossings. You will hit the end of the corridor trail at mile 48.5. It's only a short run along the river and a .4 mile uphill run through Horne Creek Farm before you are at the finish line celebrating!!!
- **Aid Station #11:** This will be the final aid station on the course at mile 47. There will only be water at this station, so refill your bottle one last time and keep moving!



To the Finish:  
“Not so  
fast...”

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