

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	<a href="#">Waterfall Trail adjacent to Hanging Rock Visitor Center Parking</a>	Parking in Visitor Center parking lot
2	8.3 miles	N/A	yes	N/A	granola bars, pretzels, Huma gels, popcorn	<a href="#">Amphitheatre on Moores Wall Loop Trail</a>	<b>Parking for Relay Teams Only</b> at designated camp sites, spectators may park at Vistor Center lot
3	15.5 Miles	4.0 Miles	yes	Portable toilet in Tory's Den parking lot	Breakthrough Nutrition Hydration, salt tablets, fruit snacks, bananas	<a href="#">Tory's Den Trail Parking Lot</a>	limited parking in trail lot, <b>no parking on Charlie Young Rd</b>
4	19.4 Miles	7.9 Miles	no	N/A	peanut butter rice crispy treats, PB&J, Huma gels, coke, pickles	<a href="#">Just east of 2407 Rockhouse Rd, Pinnacle, NC</a>	limited parking in mowed grass on side of Rockhouse Rd
5	23.2 Miles	11.7 Miles	yes	N/A	fruit cups, boiled potatoes and salt, Breakthrough Nutrition Hydration	<a href="#">Intersection of Flat Rock Rd &amp; Thore Rd, Pinnacle, NC</a>	limited parking on east side of Thore Rd, <b>no parking on Flat Rock Rd</b>
6 (1:30 pm cutoff)	26.3 Miles	14.8 Miles	no	Portable toilet	pretzels, popcorn, candy bars, salt tablets, <b>Checked bags will be available at this stop</b>	<a href="#">Intersection of Old Mill Rd and Mazie's Ln, Pinnacle, NC</a>	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, bananas	<a href="#">On Brims Grove Rd just north of Volunteer Rd, Pinnacle, NC</a>	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, granola bars, coke, pickles, salt tablets, Breakthrough Nutrition Hydration	<a href="#">1604 Old Winston Rd, Pinnacle, NC</a>	parking in horse trailer parking lot
9	36.1 miles	N/A	no	Park bathrooms	trail mix, huma gels, boiled potatoes and salt, coke	<a href="#">Pavilion on Grindestone Trail</a>	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, pickles, bananas	<a href="#">1459 Pinnacle Hotel Rd, Pinnacle, NC</a>	Parking in horse trailer parking lot
11	47 Miles	27 Miles	no	N/A	water	<a href="#">Corridor Trail Caudle Rd Crossing</a>	No parking
FINISH!!	50 Miles	31 Miles	no	Park bathrooms and portable toilets	Taco rice bowls!	<a href="#">308 Horne Creek Farm Rd, Pinnacle, NC</a>	Parking in designated lots