

# 50km Course Guide

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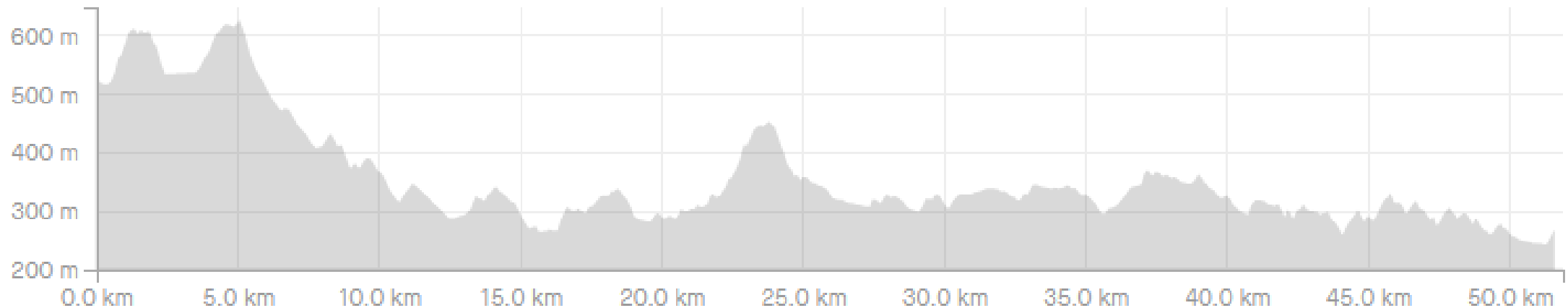
# 50 K Full map

50k Start address: Hanging Rock State Park, Lake Parking Area, [2847 Hanging Rock Park Road, Westfield, NC](#)

[Please click here](#) to see the 50 K full interactive map on Strava. 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.

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.

Note that distances by GPS will be off due to the heavy tree cover, winding trails, and elevation changes. We have used a wheel, and GPS to get our distance on each section of these trails and are confident in the race distances.



## 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.



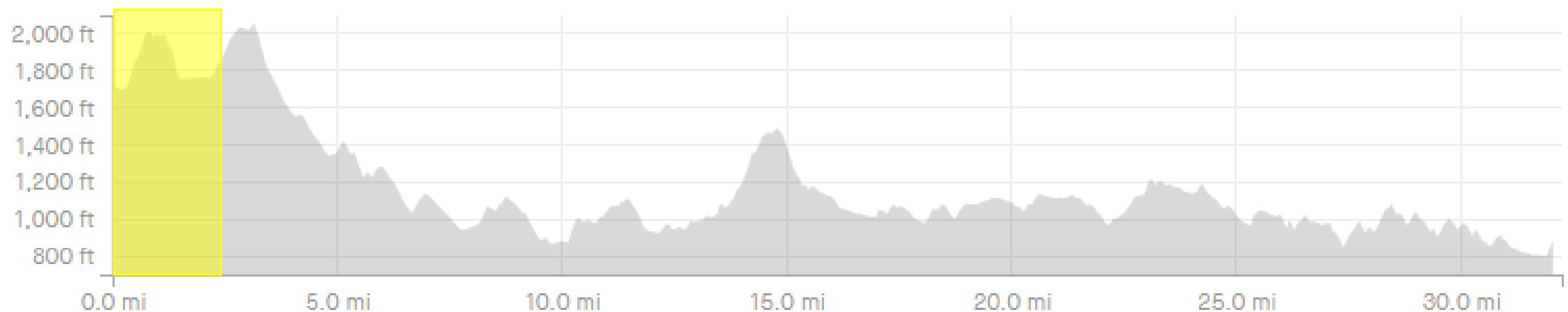
## Horses Left, Hikers Right....



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

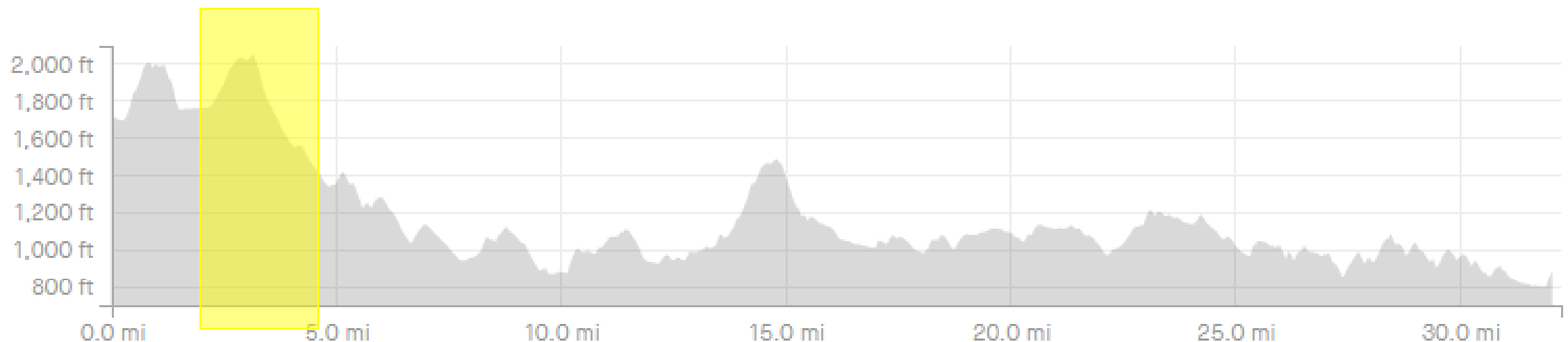
- The 50 Kilometer start will feel a bit weird this year. Typically, the event starts in the shadows of Pilot Mountain, but in 2021, we will be starting high atop Hanging Rock! Athletes will get a brief warmup before making their way down the rocky Tory's Den Trail that is usually the hardest climb of this race!
- The first 2 miles will be mostly flat with a small climb as you make your way towards Tory's Den. Make sure to follow the orange hanging tape and flags until you reach the blue (shared course). There will be event-specific signs to point you in the right direction whenever the courses diverge.



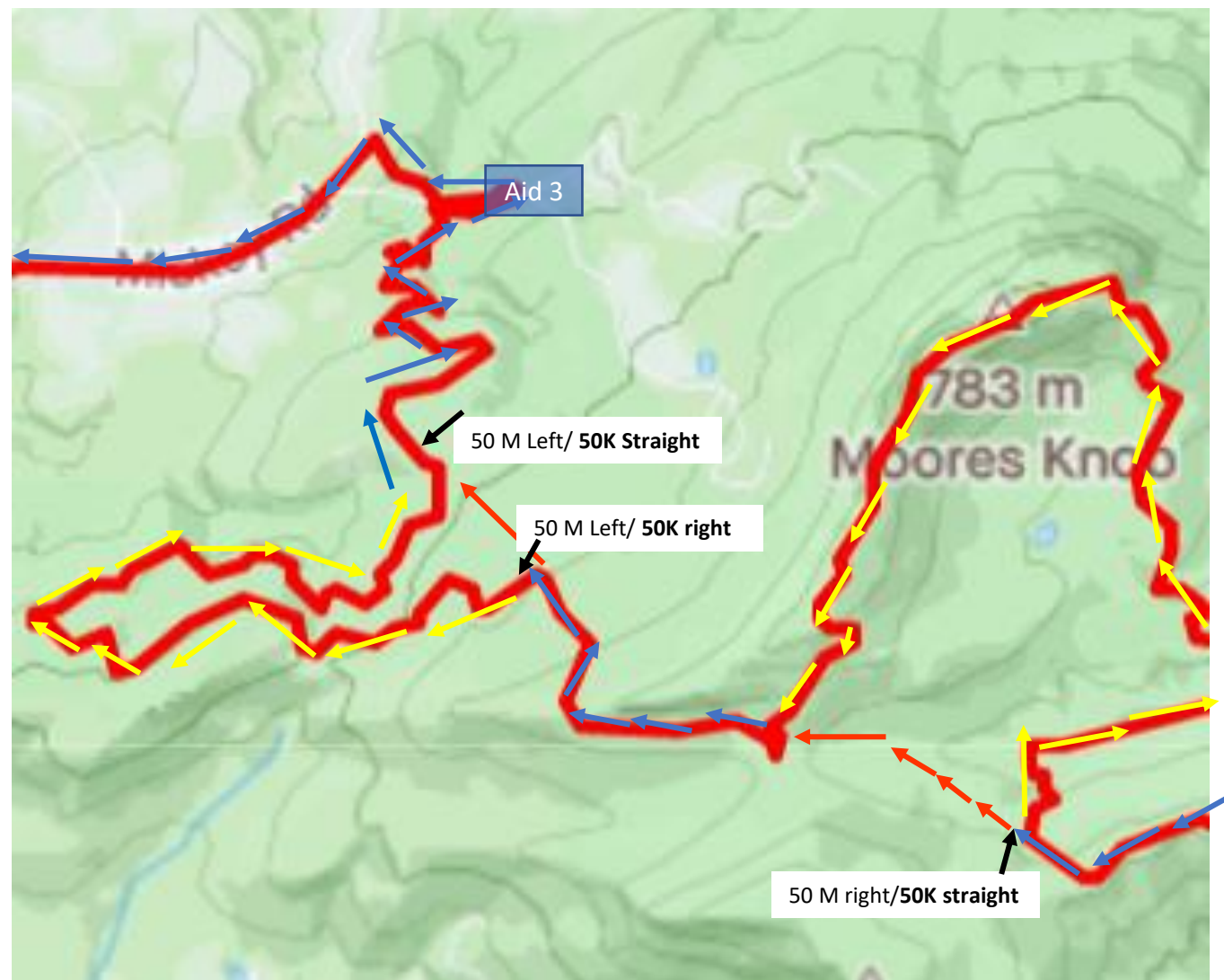


# Start to Aid Station 3: “Down, Down in an Earlier Round”

- **Mile 2 – Mile 4.5:** The next 2.5 miles will be 700 feet of downhill running on loose rocks and tight corners. Be careful, there is no reason to take a chance of getting hurt early on. On your way down Tory’s Den Trail, the 50 Milers will veer off and do the Rueben Mountain Loop, *do not follow them unless you are looking for additional “fun”*
- **Aid Station #3 (Remember Aid 3 is the first aid station for 50K athletes) :** water, Breakthrough Nutrition, salt tablets, fruit snacks

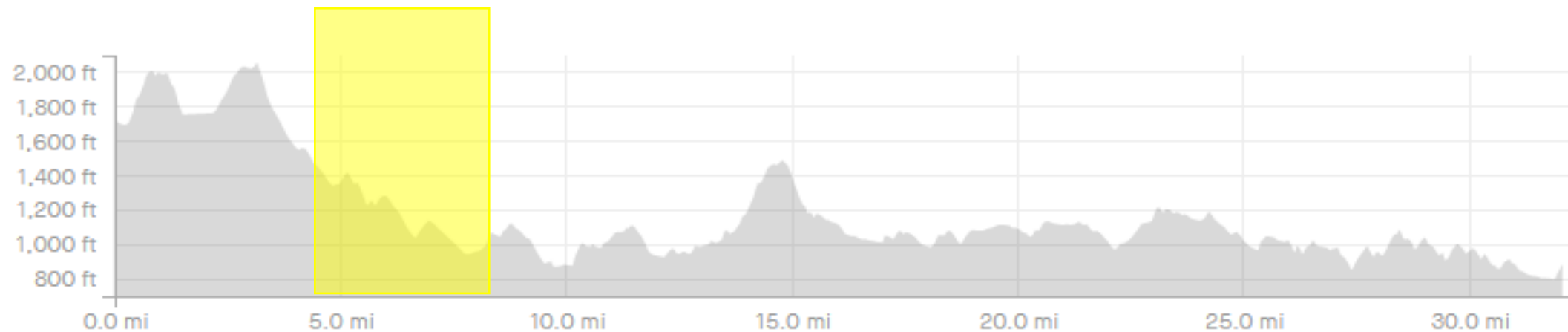


Start to Aid  
Station 1:  
“Down, Down  
in an Earlier  
Round”

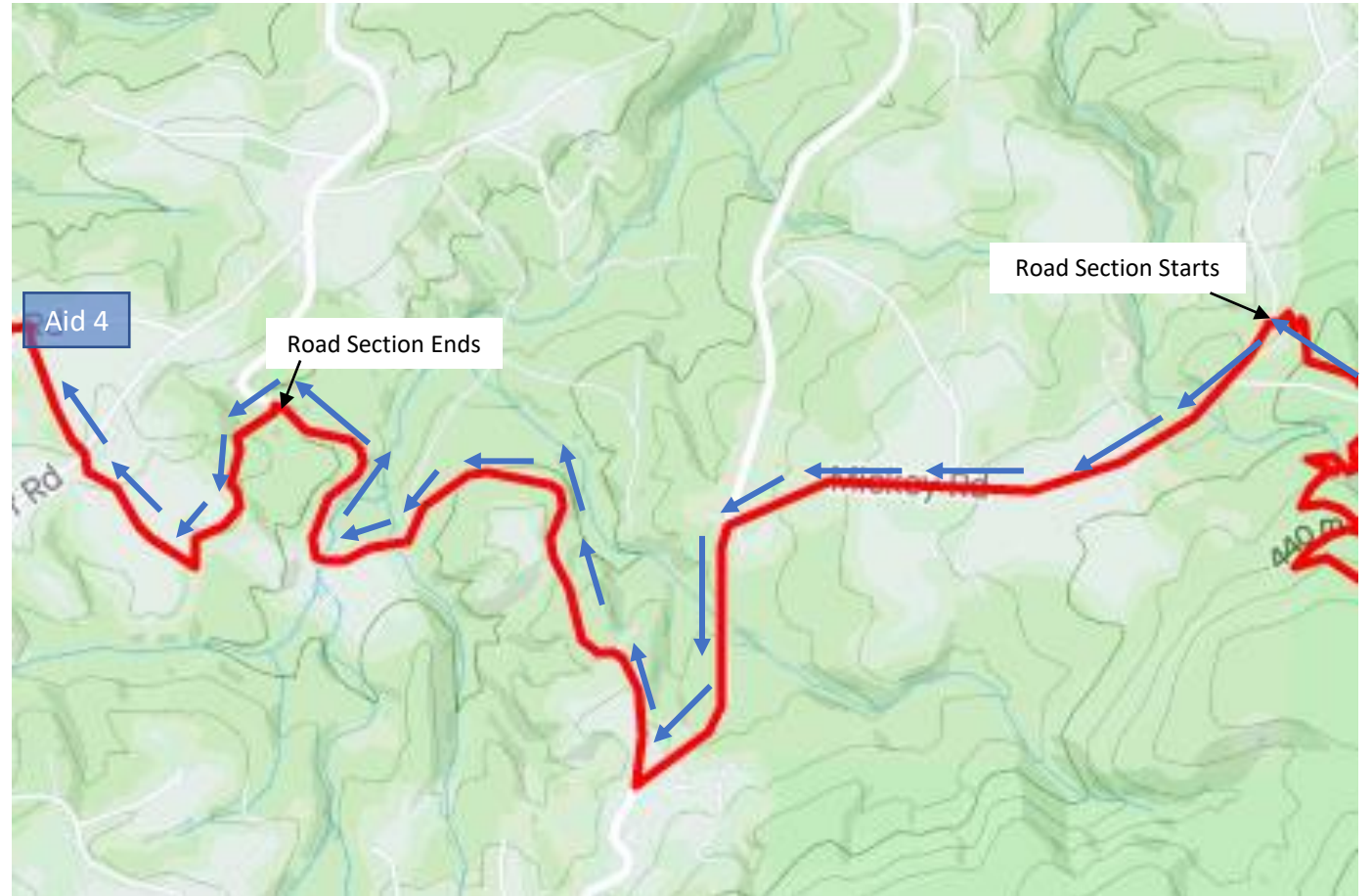


# Aid Station #3 to Aid Station #4: “The Less Lonely Road”

- **Mile 4.5 – Mile 7.9:** The comments about this section are always the same. The words “brutal uphill”, “lonely”, “hot” and “most scenic views” always get thrown around. This year should be the complete opposite this year. 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 winds a lot 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, Popcorn, Huma Gel, PB&J and Coke

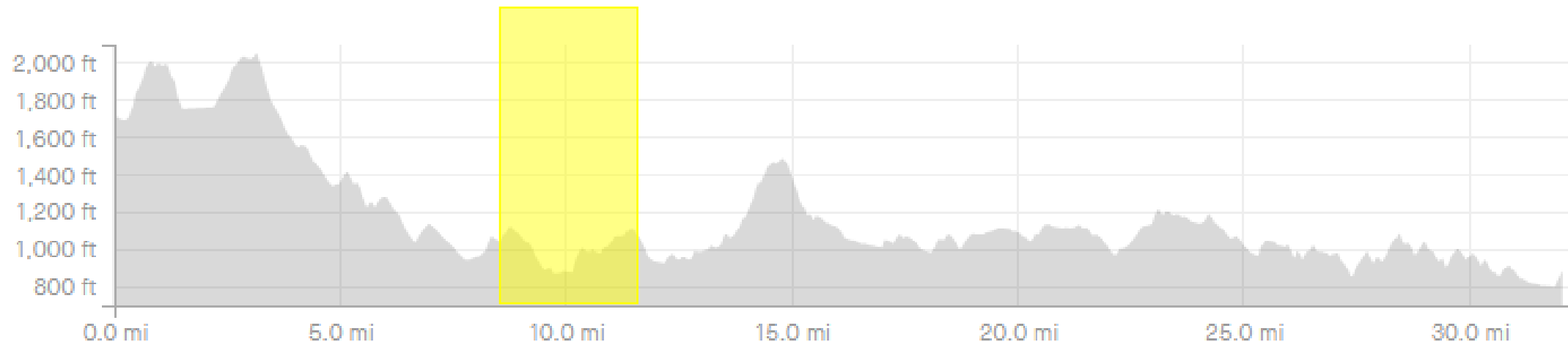


# Aid Station #3 to Aid Station #4: “The Less Lonely Road”



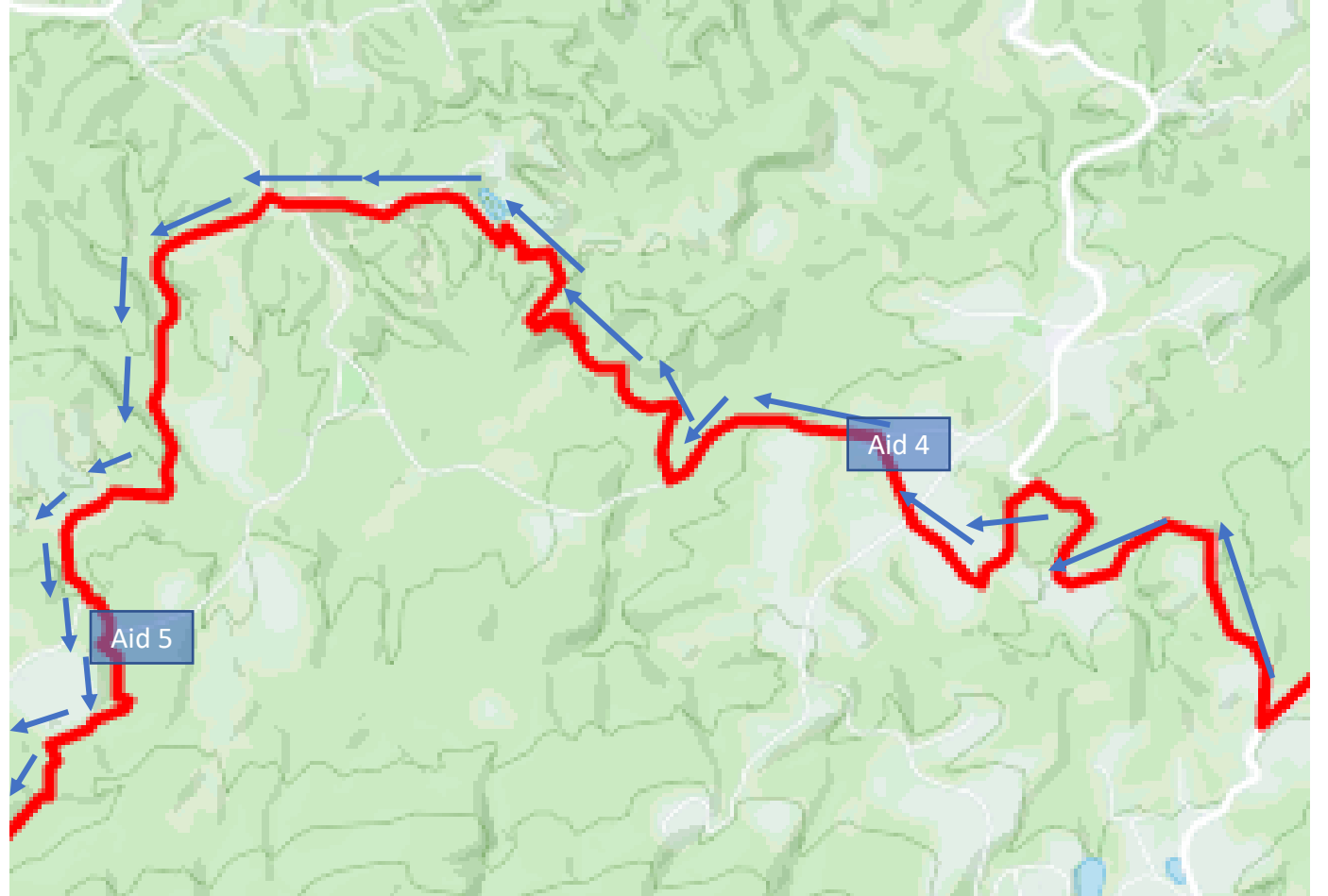
# Aid Station #4 to Aid Station #5: “Vintage STA”

- **Mile 7.9 – Mile 11.7:** 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 sure way to aid station #5:
- **Aid Station #5:** Water, fruit cups, boiled potatoes and salt, Breakthrough Nutrition Hydration



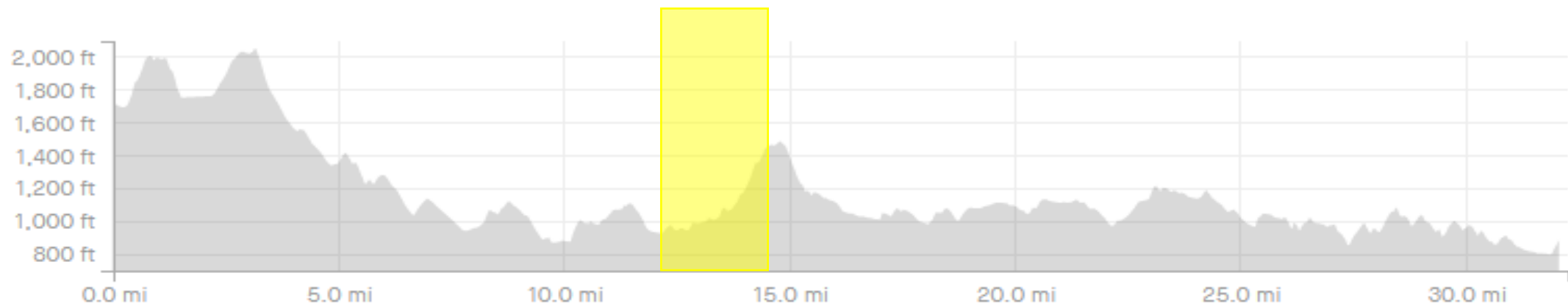
# Aid Station #4 to Aid Station #5: “Vintage STA”

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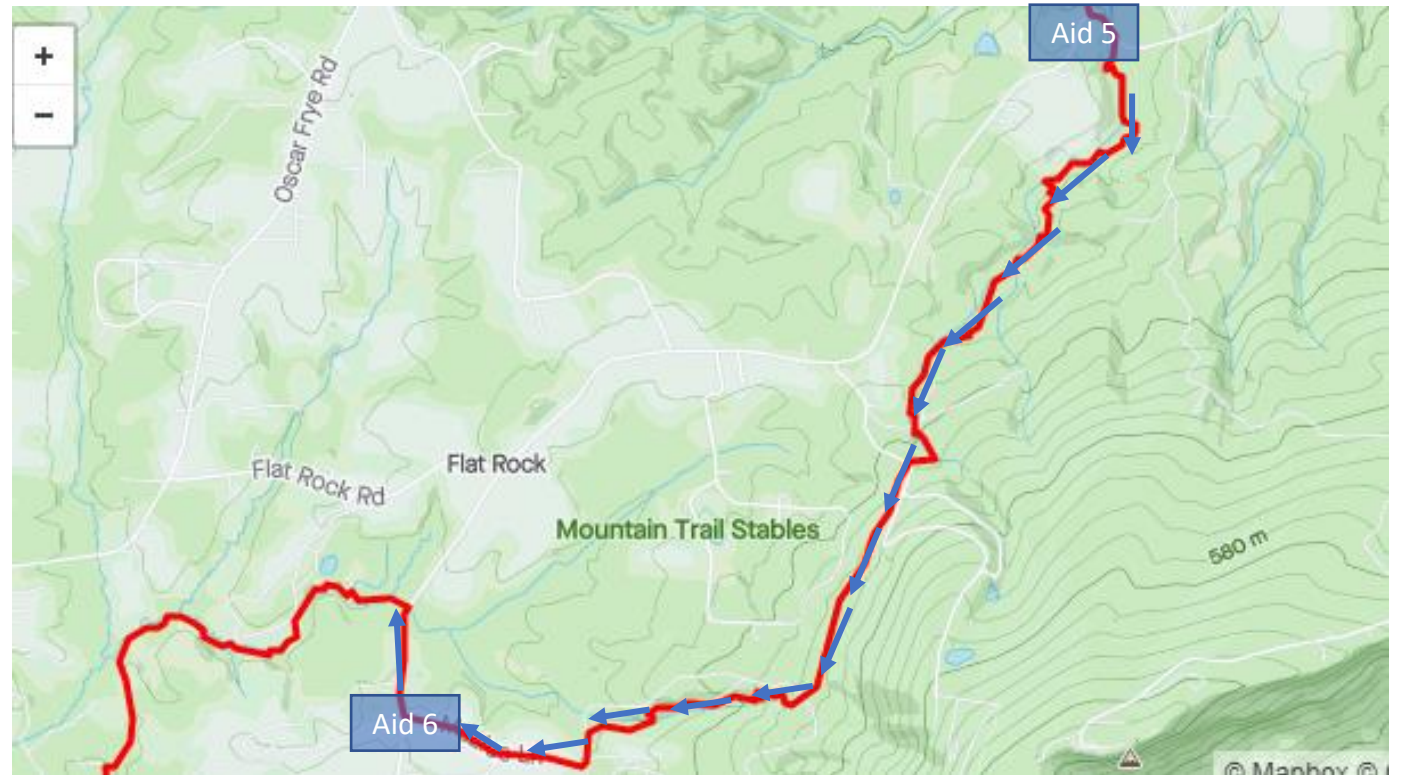


# Aid Station #5 to Aid Station #6: “There’s always going to be another mountain” or “Up and Down on the Sauratown”

- **Mile 11.7 – Mile 14.8:** 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.



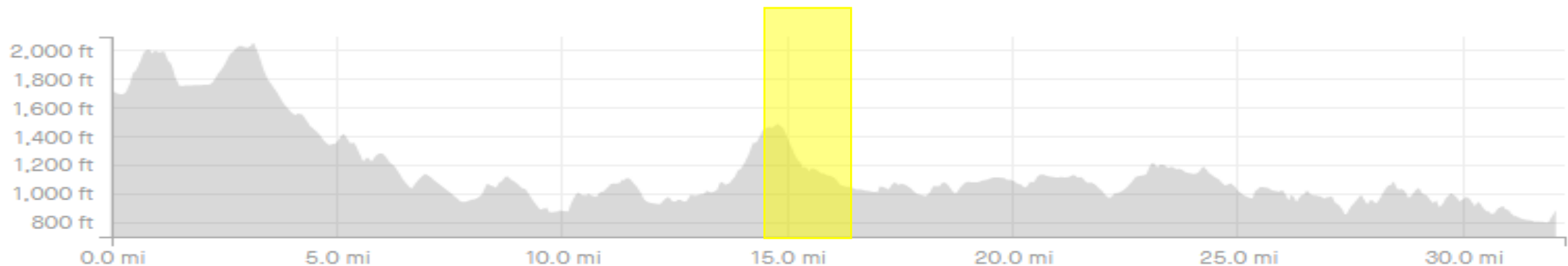
Aid Station #5 to  
Aid Station #6:  
“There’s always  
going to be  
another  
mountain” or  
“Up and Down  
on the  
Sauratown”





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

- **Mile 14.8 – Mile 16.8:** 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

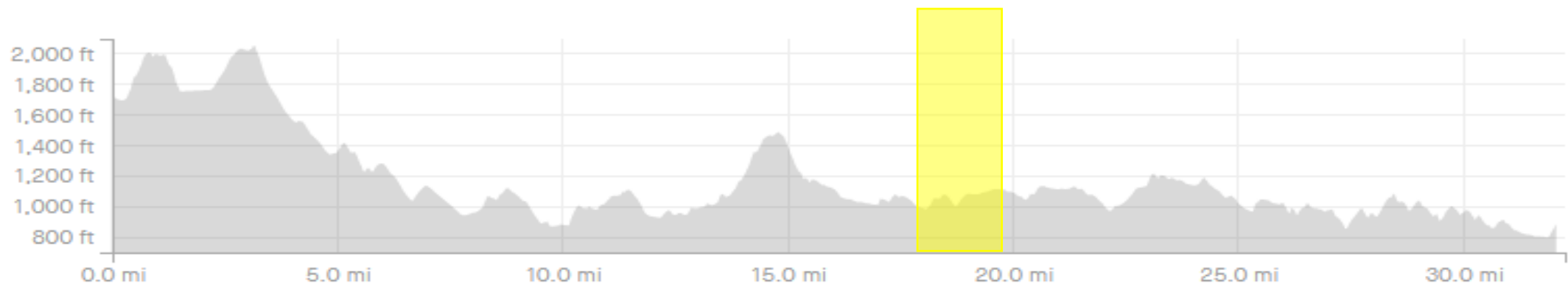


Aid Station #6  
to Aid Station  
#7: “More of  
the same, and  
that’s a good  
thing!”

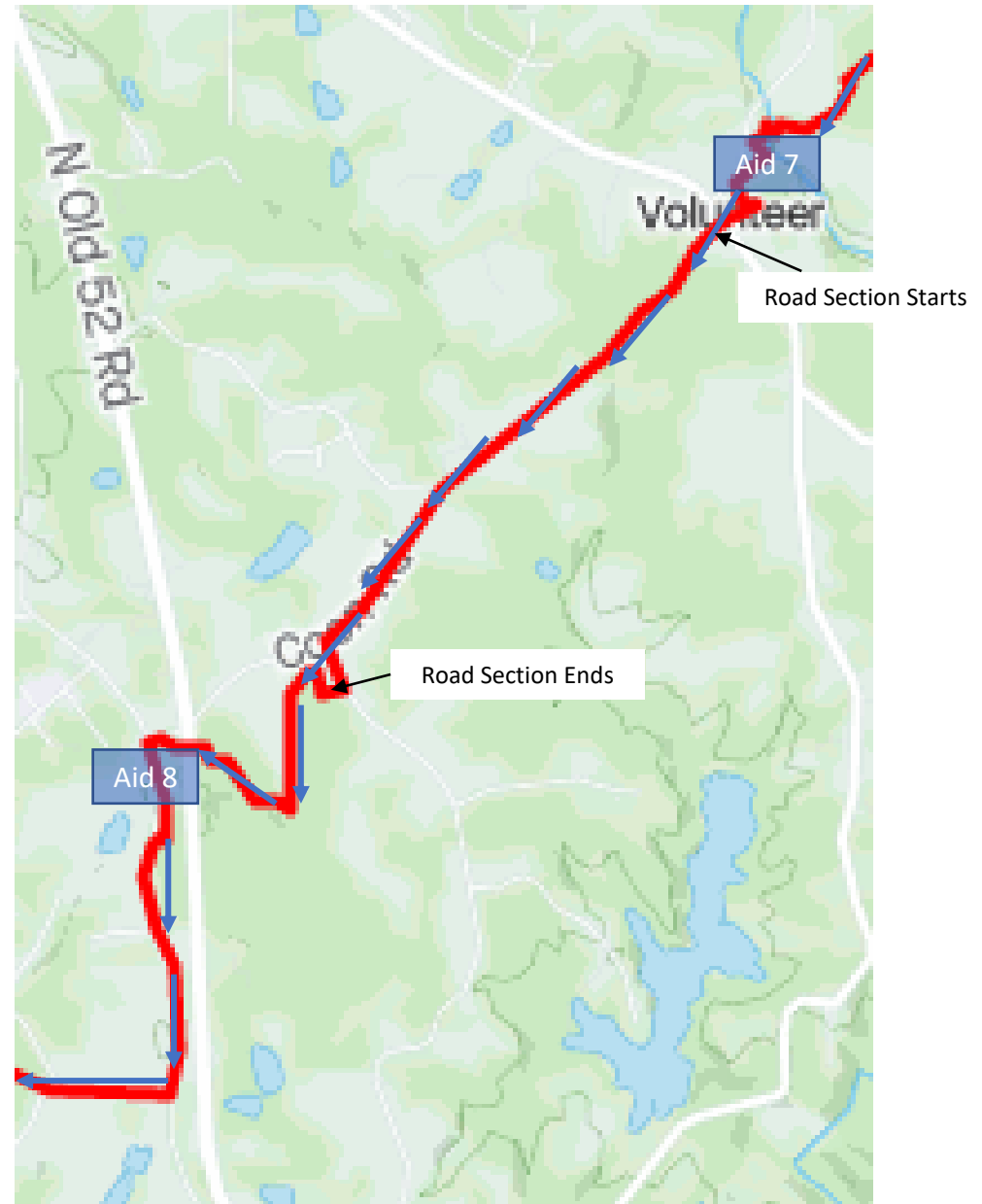


# Aid Station #7 to Aid Station #8: “The end of STA”

- **Mile 16.8 – 19.4:** 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”

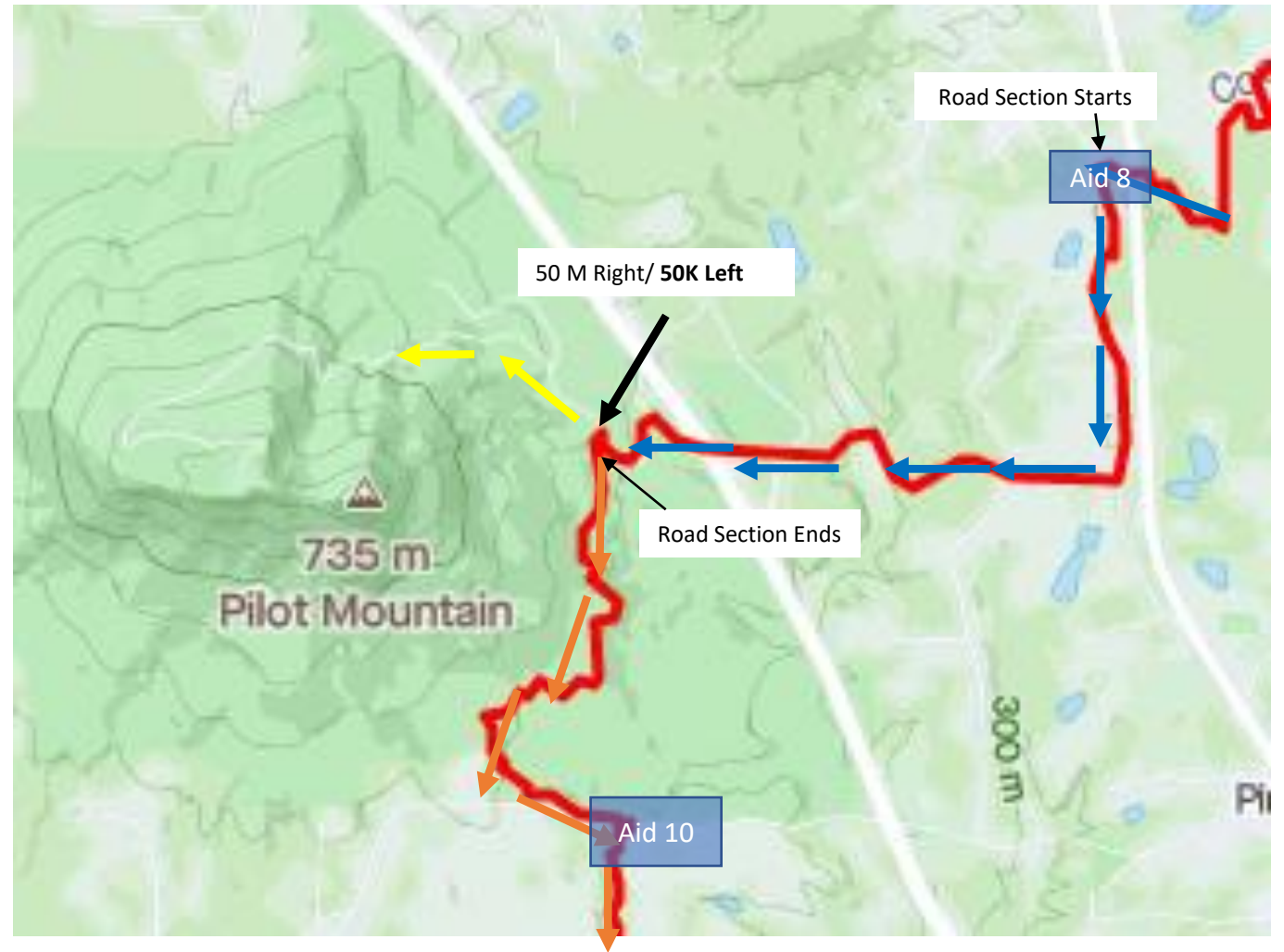


# Aid Station #8 to Aid Station #10: “Around the Mountain”

- **Mile 19.4 – Mile 23.4:** From Aid Station 8 to Aid Station #10 (note: Aid #9 is not on the 50K course), runners will run just under 2 miles on the road as they make their way towards Pilot Mountain State Park. Once runners enter the park, 50 Mile athletes will turn right, and 50 Kilometer athletes will turn left to begin running Mountain Trail. 50K athletes will only ascend 200 feet as they go around Pilot Mountain. Once on the southern side of the mountain, athletes will cross onto the Corridor Trail to reach Aid Station #10.
- **Aid Station #10:** water, pretzels, candy bars, leftovers, Coke

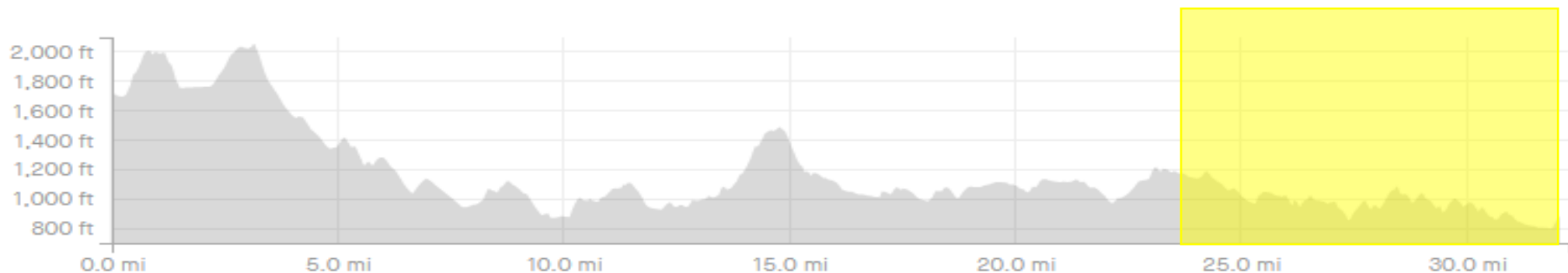


Aid Station  
#8 to Aid  
Station #10:  
“Around the  
Mountain”



# To the Finish: “Not so fast...”

- **Mile 23.4 - 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 28.5. 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 27. 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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