

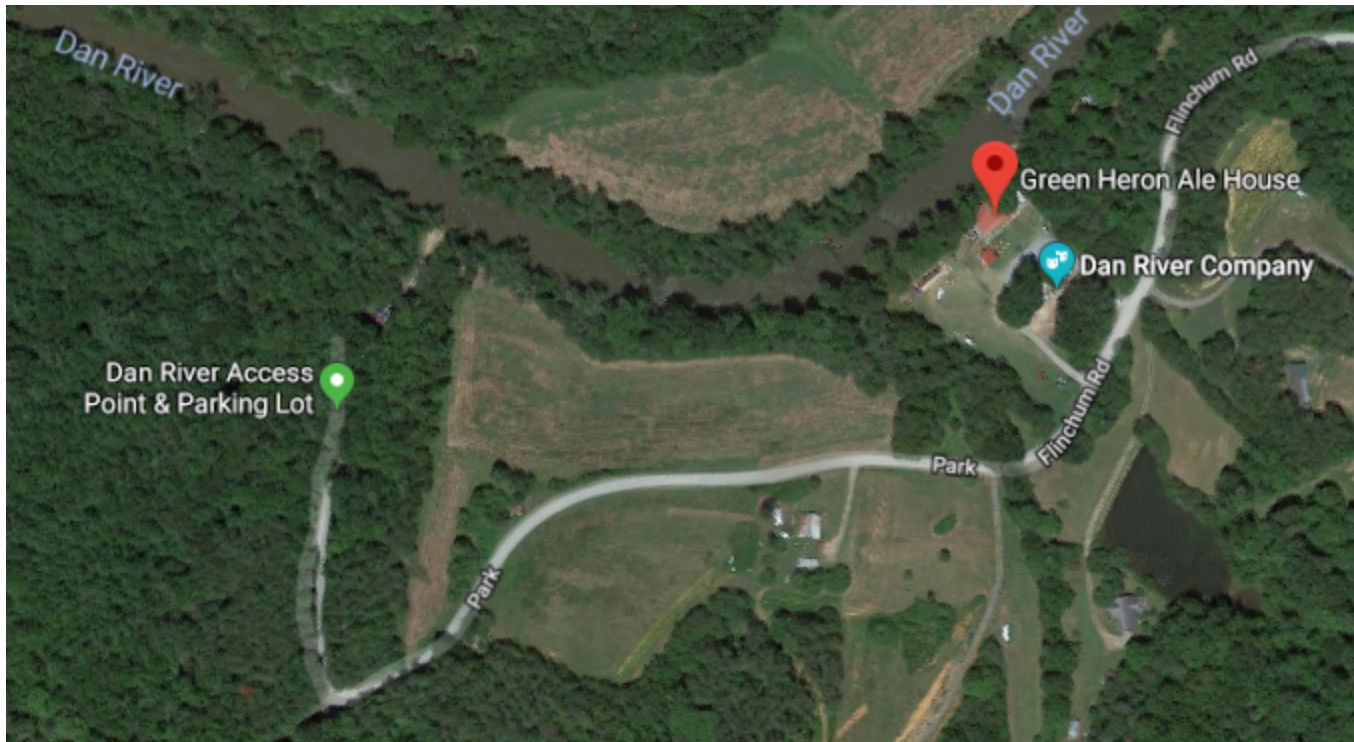
2022

Pilot Mountain to Hanging Rock 50 Miler and 50 K



Important Parking Information and Maps

- There are a couple of spots available for parking –
 - Finish Line: 1110 Flinchum Rd, Danbury – please follow parking attendant directions on where to park at the Green Heron Ale House so we can fit lots of cars in. Overflow parking will be available at the Dan River Access parking lot at the end of Flinchum Rd and along Flinchum Rd past the Green Heron (see map below)
 - 50 Mile Start Line: 607 Hauser Rd., Pinnacle, NC
 - 50k Start Line: 1459 Pinnacle Hotel Rd, Pinnacle, NC



Bus Information

- Shuttle Bus Schedule
 - 3:40 AM – 3:55 AM: 50 mile bus load up at Finish Line
 - 4:00 AM: 50 Mile bus departs
 - 5:00 AM – 5:25 AM: 50K Early bus load up at Finish Line
 - 5:30 AM: 50K Early bus departs
 - 5:45 AM – 6:05 AM: 50K Late bus load up at Finish Line
 - 6:10 AM: 50K Late bus departs

Course Cut-offs

- The course cut-offs are based on athletes keeping a steady time throughout the event and is based on the ***last wave to leave***. 50 milers will need to average just under 17 minute miles to finish in the 4 hour cut off. 50 k'ers will need to average 23:15 miles to finish in time. We have added an additional cut off at aid station #10 this year.

Course Cut-offs

- **Note: since there have been small course changes that modify the distance location of each cut off and race start time changes, the cutoff times have been changed to correspond.**
- Aid Station #6 (Mile 26.3 of 50M and 11.75 of 50K):
1:25 PM
- Aid Station #8 (Mile 34.3 of 50M and 19.4 of the 50K):
4:45 PM
- Aid Station #10 (Mile 44.6 of the 50M and 27.1 of the 50K) 6:45 PM
- Both race courses will close at 8:00 PM.

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 one 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 orange 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 (this would only be inside Hanging Rock State Park and your first mile inside Pilot Mountain).

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

Hanging Tape

When there are enough trees we stop using surveyor flags and hang tape from the trees. These will be the same color as your event color (see last slide)



STA Signs



On the Sauratown Trail section of the course you will also be using these permanent signs of the STA.

Trail Blazes

On the STA your trail blazes are white, within Hanging Rock and Pilot Mountain Blazes will be different colors. (see later pages)



Trail Blazes pointing

Blazes can point you in the right direction. Two blazes on a tree will be off set from each other to point you left or right. This one 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!

Cups!

- A reminder- You will be given a reusable cup, we will not have paper cups at aid stations so make sure you bring this with you on the run. Even if you don't carry a pack, this can be stuck in a pocket or in your shorts!

50 Mile Start

- Unless guidelines change, we are only allowed up to 50 people in a given area. To make this work, we will have the parking lot divided to half with the western section for Corral 1 and the eastern section for Corral 2. Port o Johns will be in the middle.

50 Mile Start



50 Miler Full Map

- [Please click here](#) to see the 50 miler full interactive map on Strava. This is a public map and from there you can also download a GPX or TCX file for your phone or watch. To view you do not need a Strava account, but to download files you will need an account. 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

50 Miler Elevation Graph



50 Mile Start Address

- 607 Hauser Rd., Pinnacle, NC

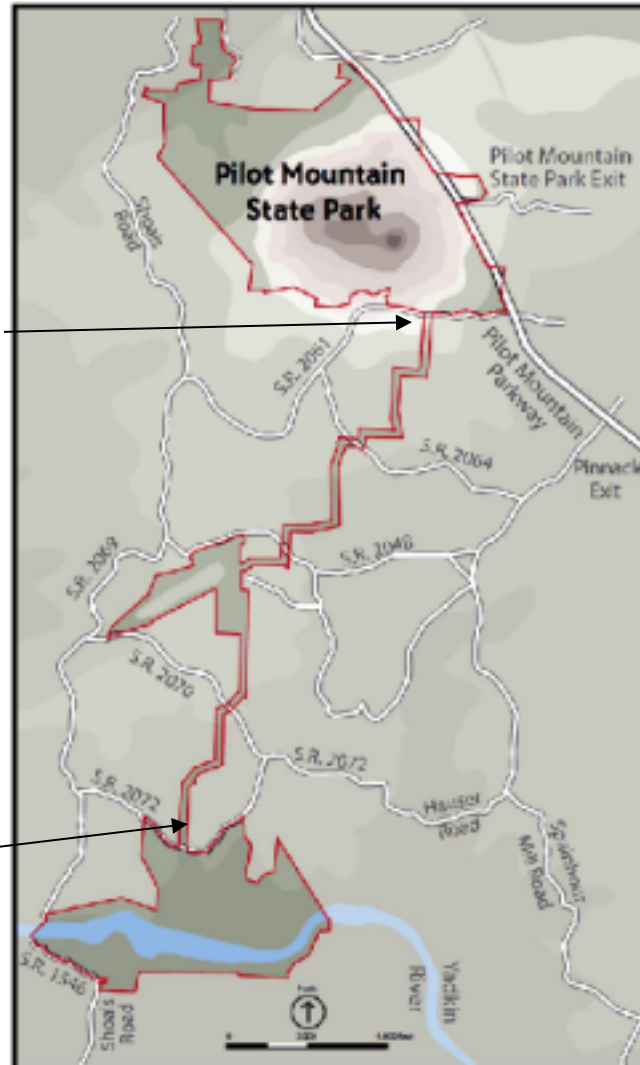
*make sure you use the Pinnacle Hauser Rd. There is another Hauser Rd. about 10 minutes away, but not our start line.

50 Mile Corridor Section of Pilot Mountain (first 6.5 miles)

50K Start and
aid station #1

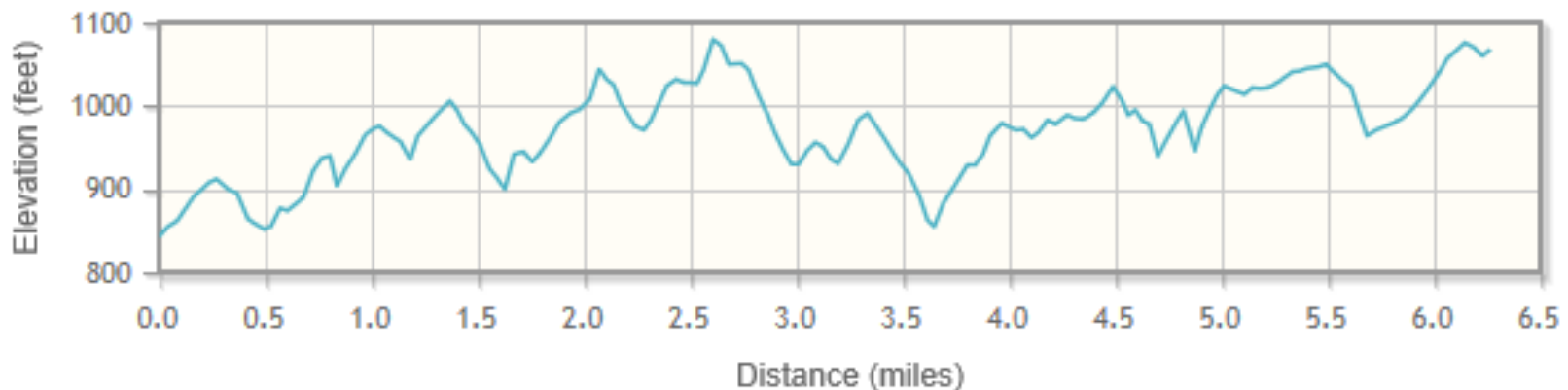
The corridor section is less intense than most of the rest of the course. It is fairly wide and easy to navigate. Remember that you will be running this section in the dark for some or all of it!

50 mile Start

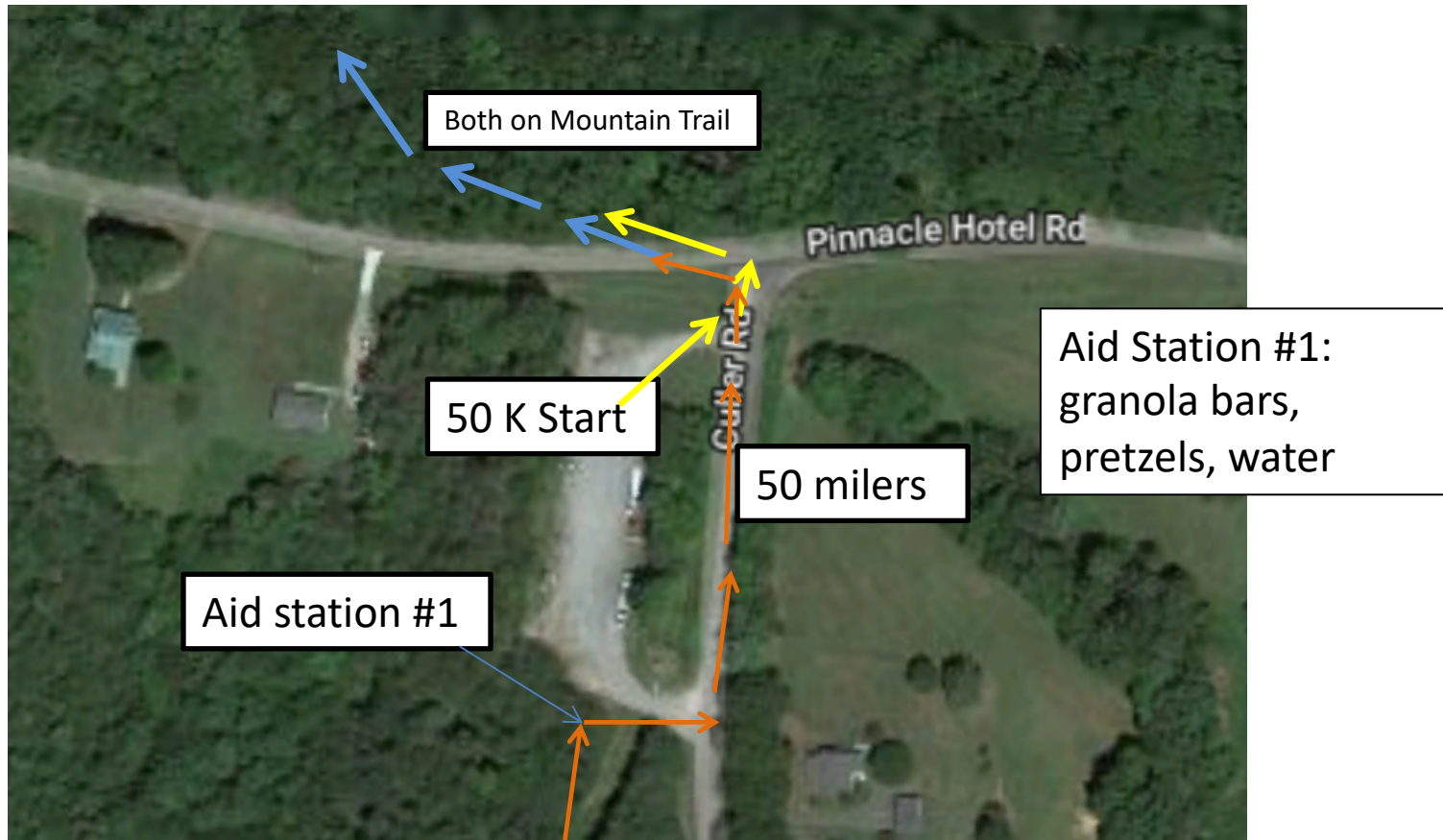


Corridor Section of Trail

- [Click here to see the Corridor Section of the trail](#)



Aid station #1



50 milers! As you make your way to aid station one at the top of the corridor trail, you will come up on the start of the 50K. There will be a lot of people in corrals in the parking lot. Stay right, and follow 50 Mile markers to head onto Mountain Trail

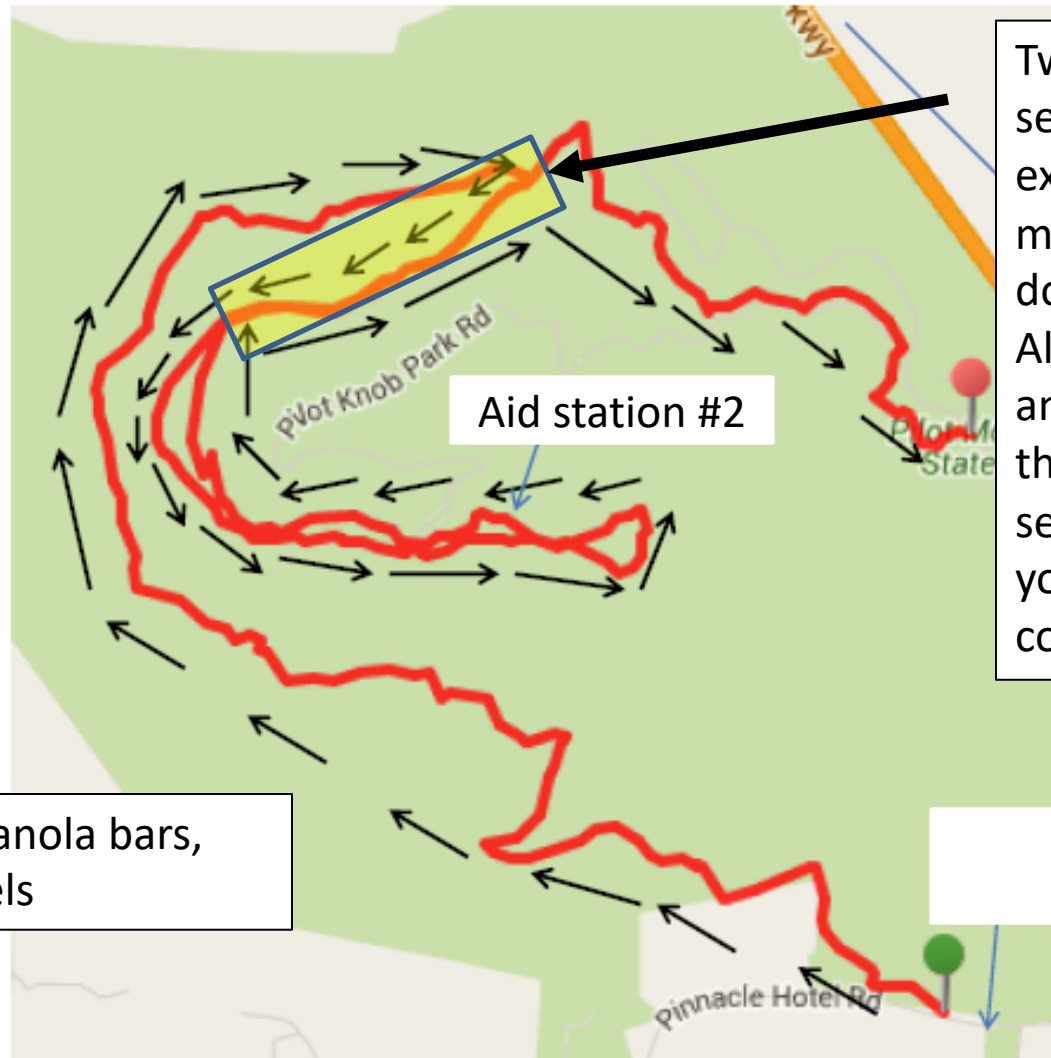
50 K Full map

- [50k Start address is :1459 Pinnacle Hotel Rd, Pinnacle, 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 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. We have used a wheel, and GPS to get our distance on each section of these trails and are confident in the race distances

50K Full Elevation Graph



Pilot Mountain Section of 50 Miler



Two way traffic section. It will be extremely well marked, when in doubt stay right. Also, surveyor flags and tape will be on the **RIGHT** in this section so you know you are going the correct way!

Aid Station #2: granola bars, pretzels, Huma gels

Pilot Mountain Section of 50 Miler and 50K

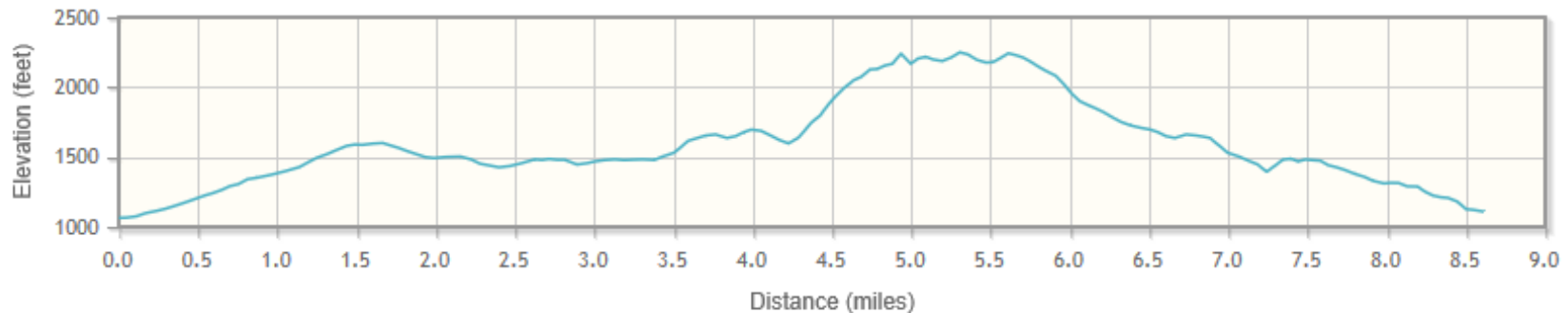


The new mountain trail is a lot less rocky and has removed some of the extreme grade of the old mountain trail. Keep an eye out for turn signs and blazes to make sure you stay on the course. At the top of pilot you will do a clockwise loop around the knob (volunteers will instruct) and then hit aid station #3 (trail mix, fruitcups, gels, and water). There are points where there will be two directional running. Do not turn around and skip a section as we have checklists with volunteers to make sure everyone has completed the course. Blaze Key Below:

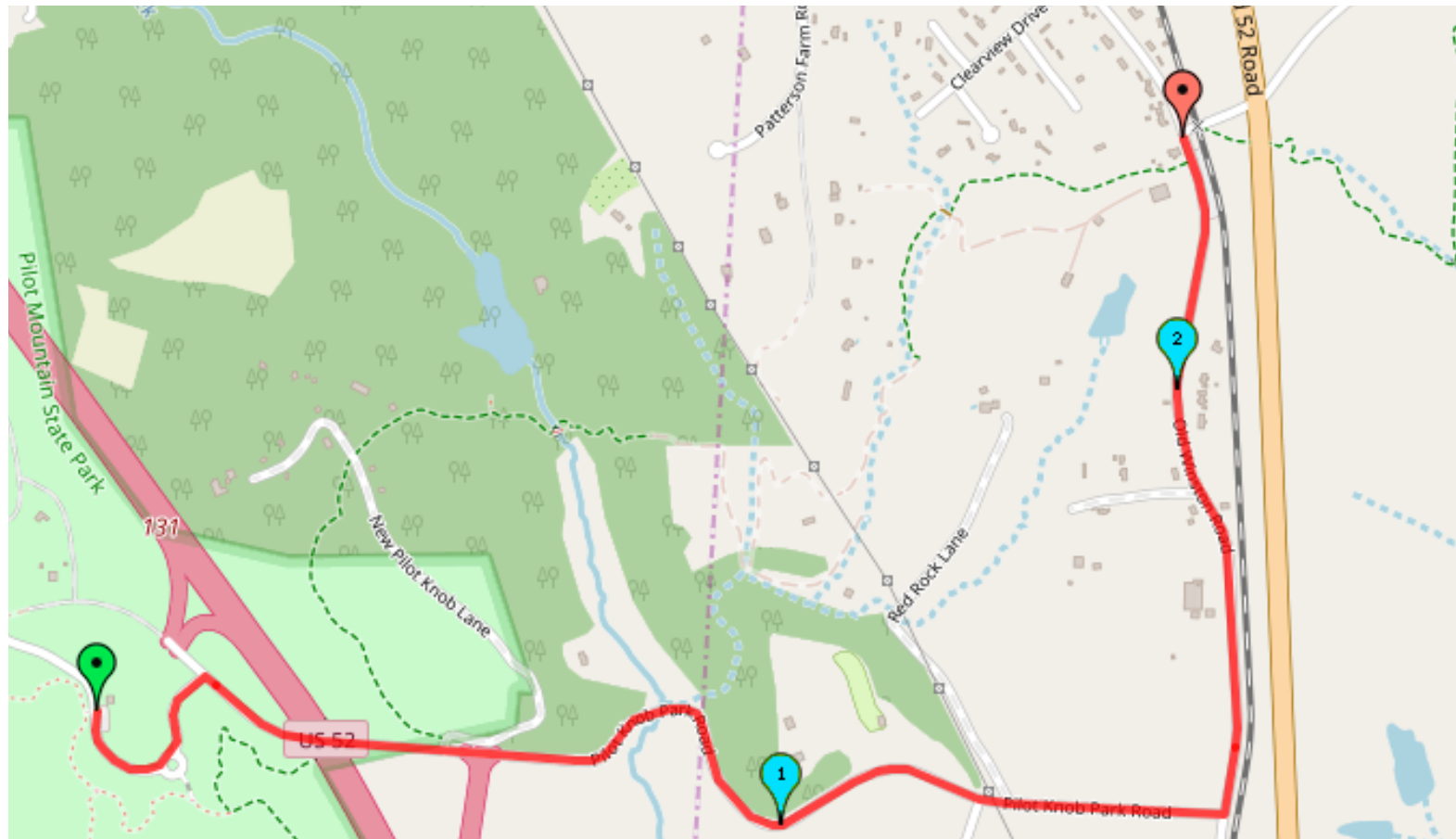
● = mountain trail follow this to ● = Grindstone Trail. Take Grindstone to
● = Ledgesprings (around the knob) and back to ● = Grindstone.
The entire trail will have our signs marking it.

Pilot Mountain Section of 50 Miler

- Please [click here](#) to see this section



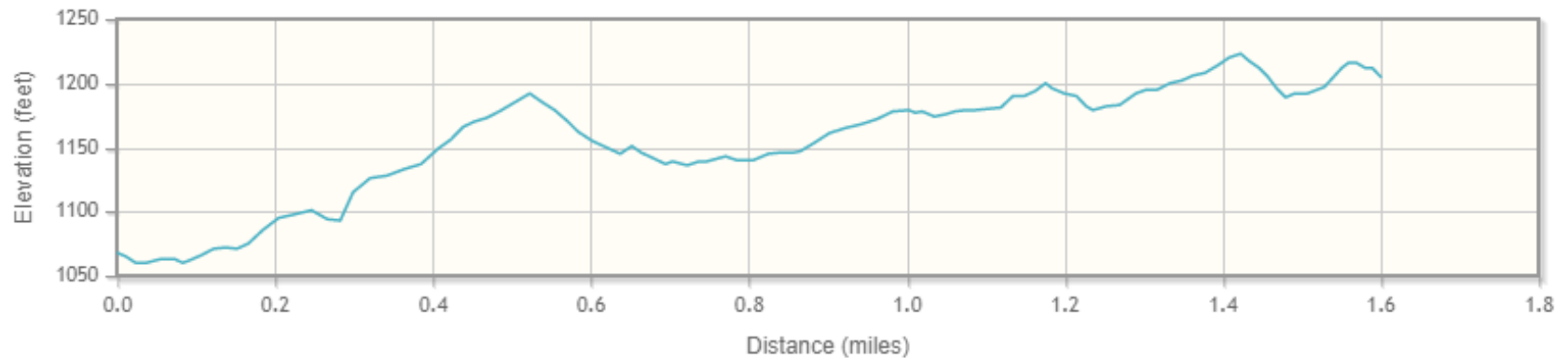
50 Miler Exit of Pilot Mountain Trail



Pilot Mountain Section of 50K


- The 50K will follow the same course as last year. Athletes will begin by heading up and around on Mountain Trail for 1.6 miles. This will drop athletes at the old visitors center, where they will make their way onto the road to leave the park
- [Click here to see Pilot Section of 50K](#)

50 K Pilot Section Elevation

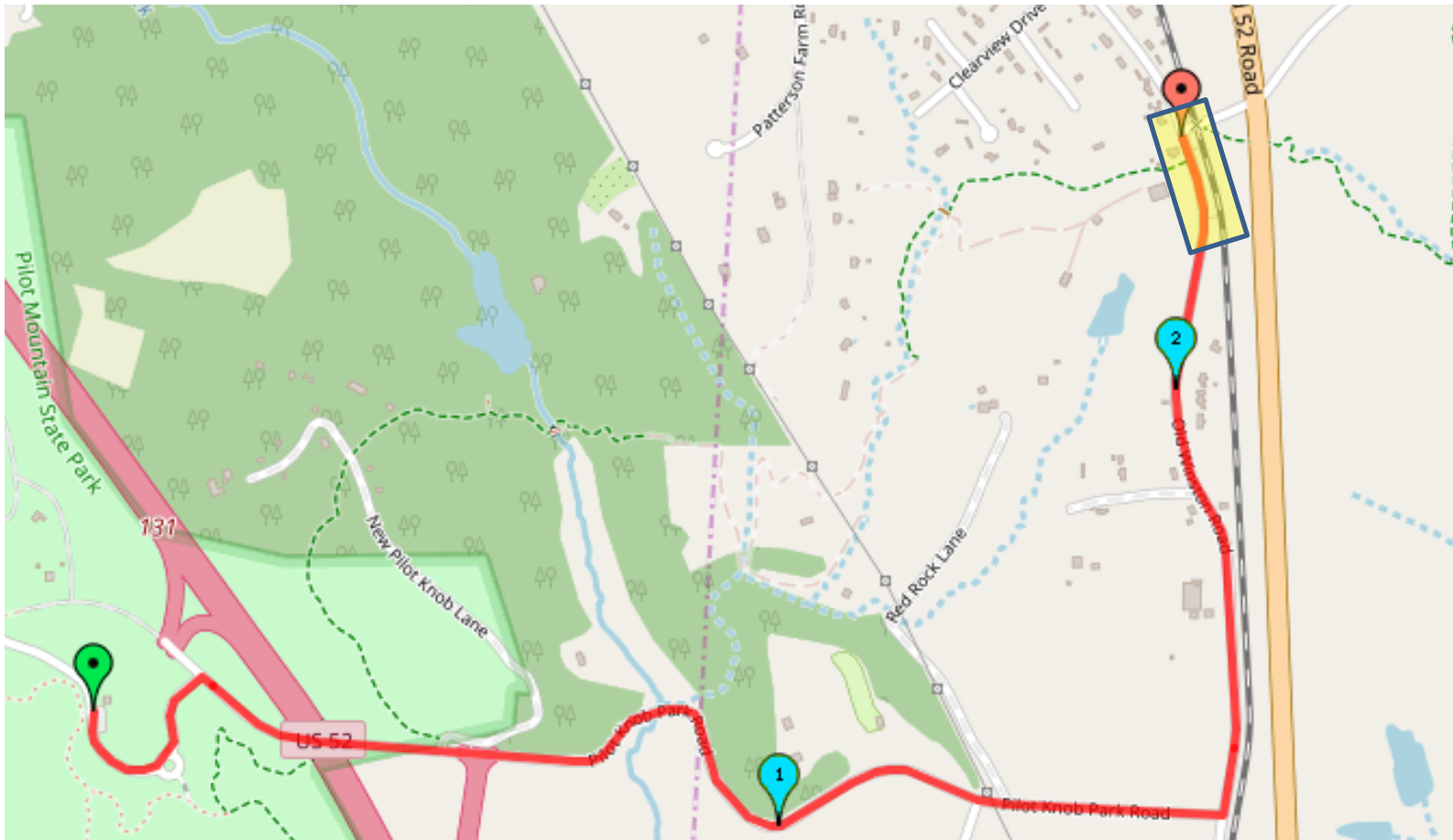




Park Exit

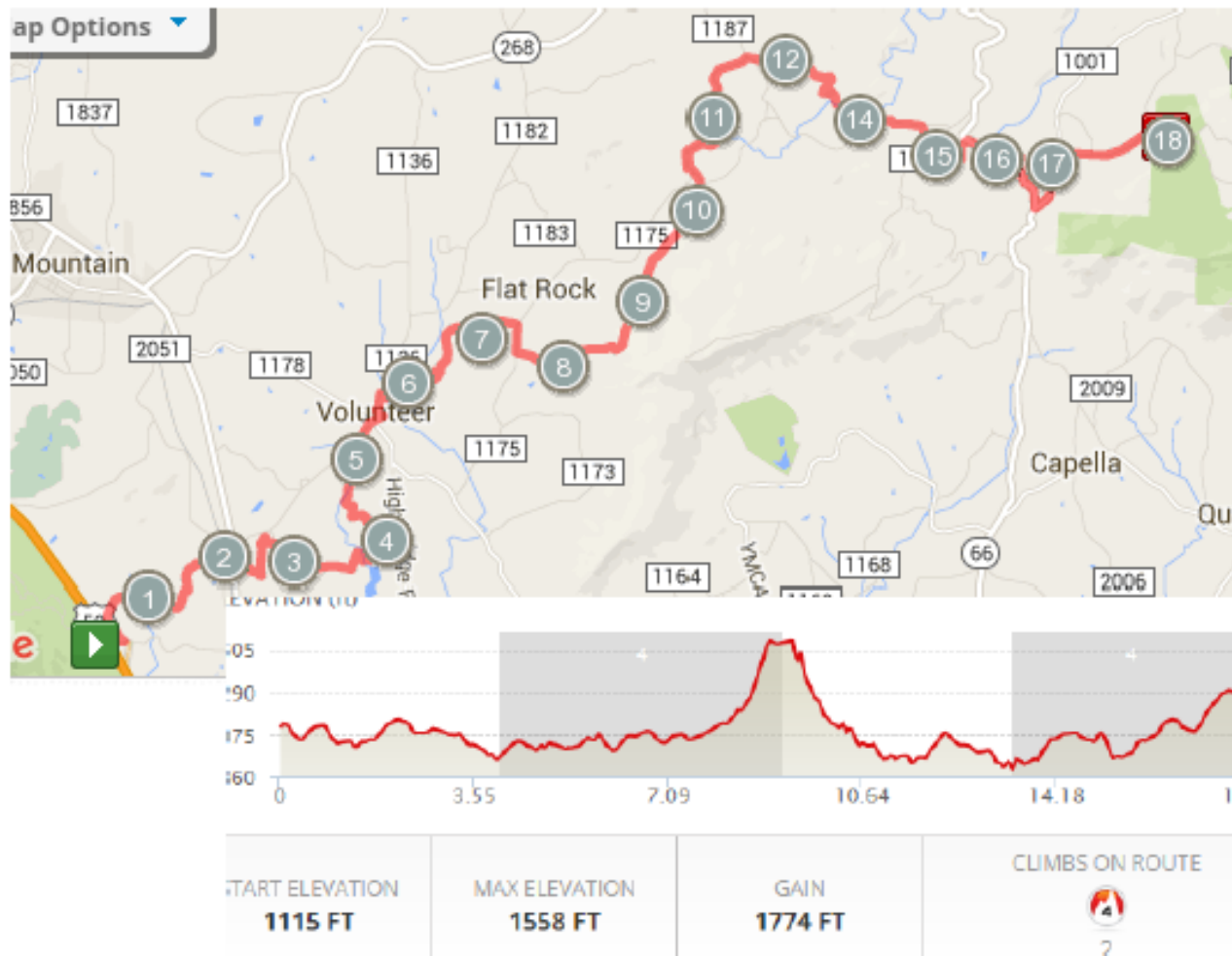
- The exit of the trail section will be at the old Visitors Center. This is where athletes will utilize the road section to get to the Sauratown Trail.
- 

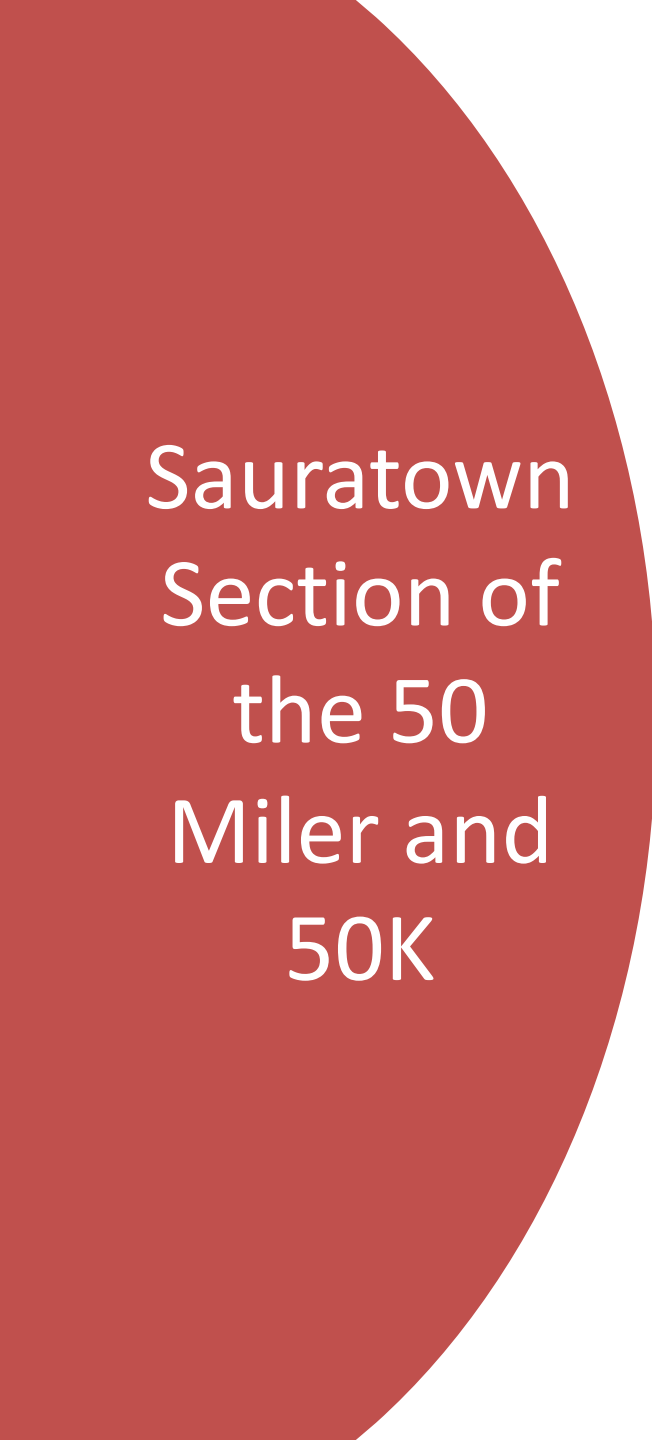
Park Exit



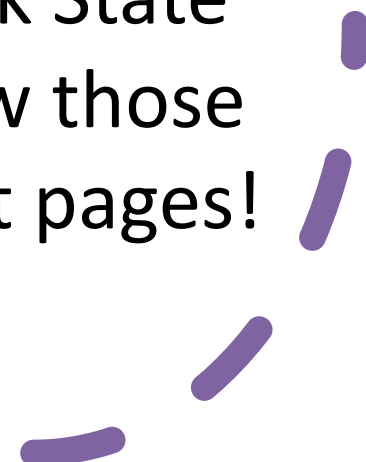
Note: We are currently working with the STA on a $\frac{1}{4}$ trail detour that will get athletes off of the road earlier. (see highlighted section above.) This will not change the distance. This section should be done, but will be weather dependant.

Sauratown Trail Section of 50 Miler and 50K



A large red circle on the left side of the slide, partially cut off by the edge.

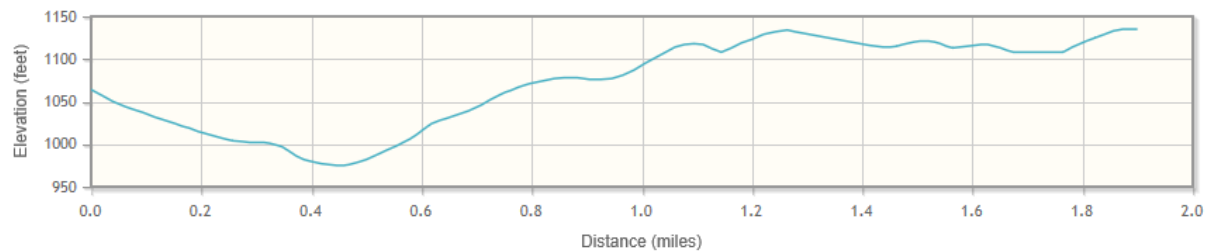
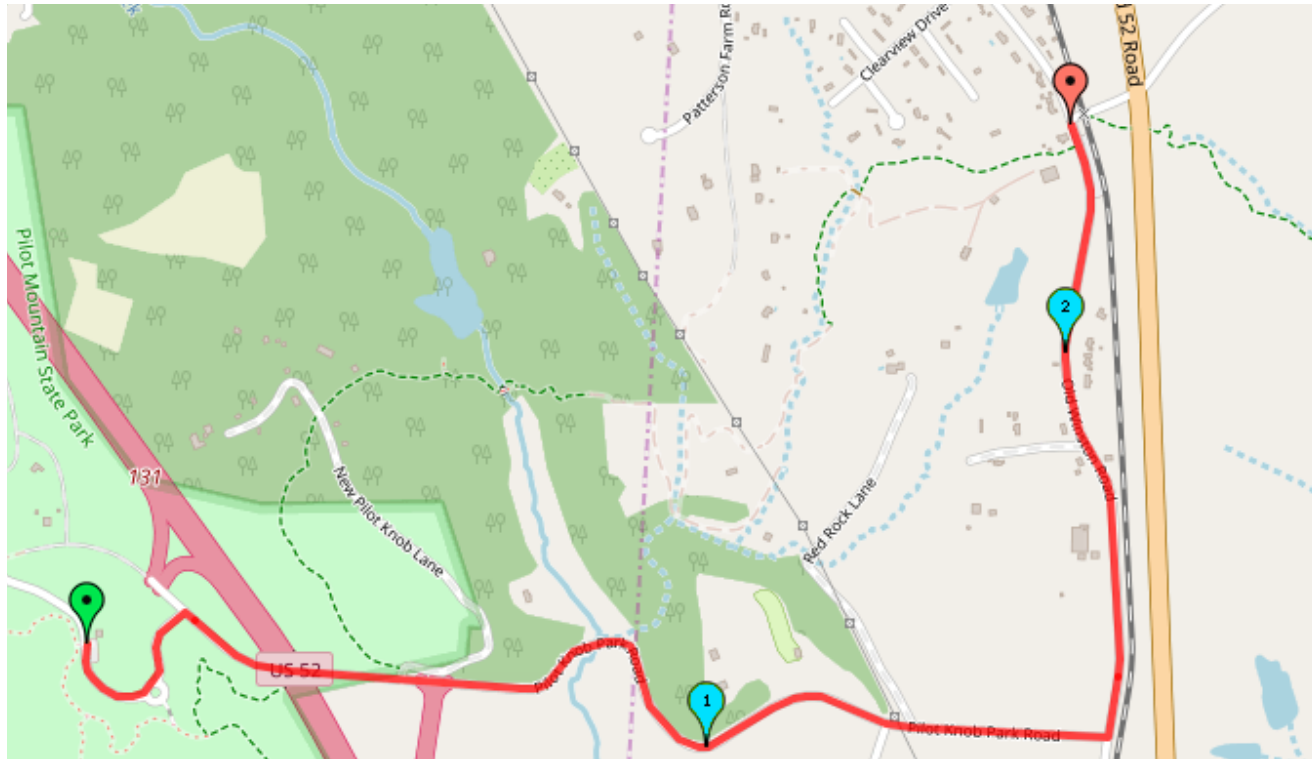
Sauratown Section of the 50 Miler and 50K

- This is by far the flattest part of the race. The STA makes up approximately 21 miles of the race course. The sections number from 15 to 1 as they make their way to Hanging Rock State Park. We will review those sections on the next pages!
- 
- Several short, curved purple lines of varying lengths and orientations in the bottom right corner of the slide.

STA Sections

- Section 15: Section 15 of the STA is still under negotiations to be rerouted and reopened. As of the 2017 race, Section 15 is still a 2 mile road reroute. The road section is marked with both signs and blue surveyor flags to help athletes find their way. We also mowed the shoulder to give you a safe place to run off of the road.
- Reroute: (1.9 miles)
- [Please click here to see this section](#)

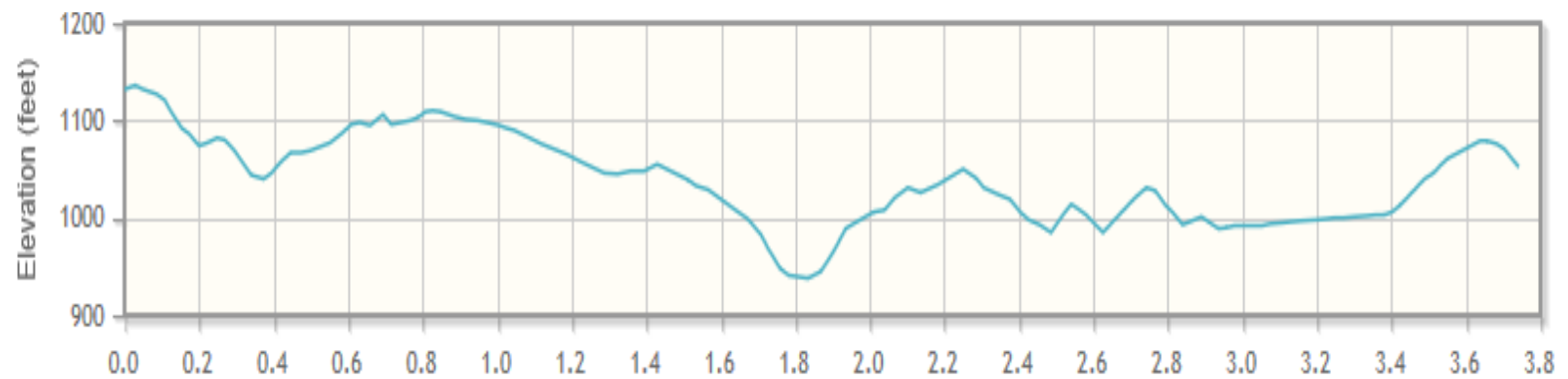
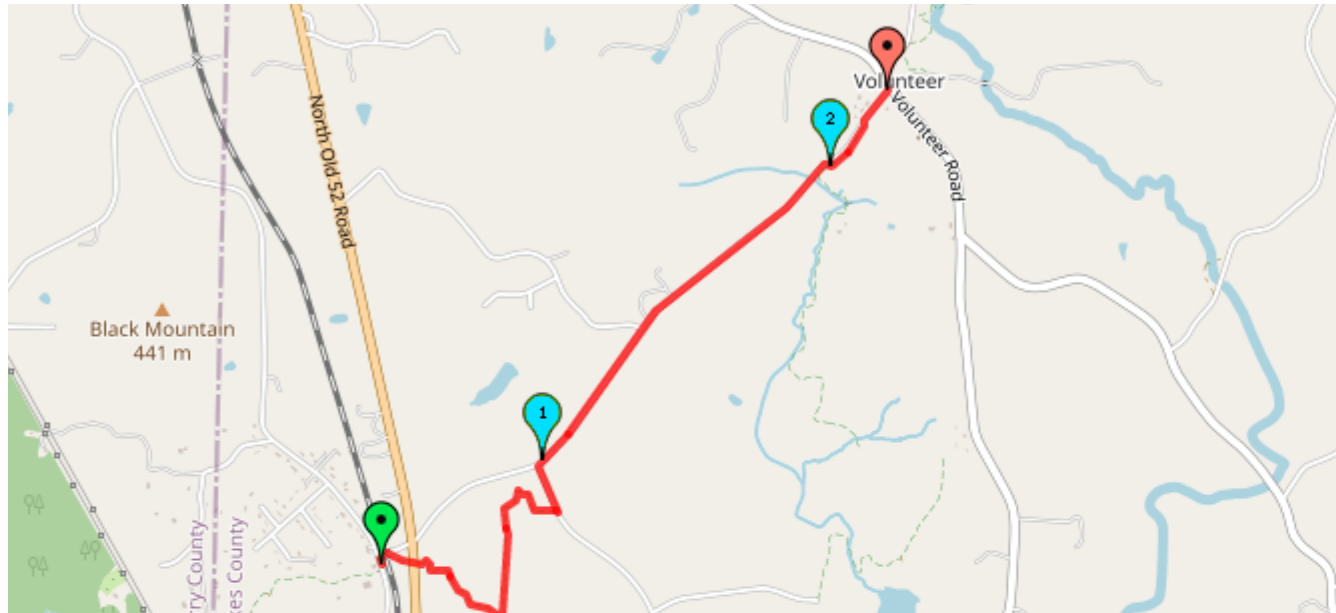
Section 15 Reroute



Section 14 and 13

- Before Section 14 you will hit **aid station #3** with water, Break Through Nutrition and salt tablets
- Section 14: Be cautious on the road crossing in this section. We have a police officer who will be helping athletes cross Old 52. Once across there are some gorgeous trails through here! Make sure to look around and get a glimpse of Pilot Mountain! **(1.3 miles)**
- Section 13: Section 13 has been closed for this year due to a landowner issue. This will move this section to the road this year, except for a 1.8 mile section
- [Click here to view this Section](#)

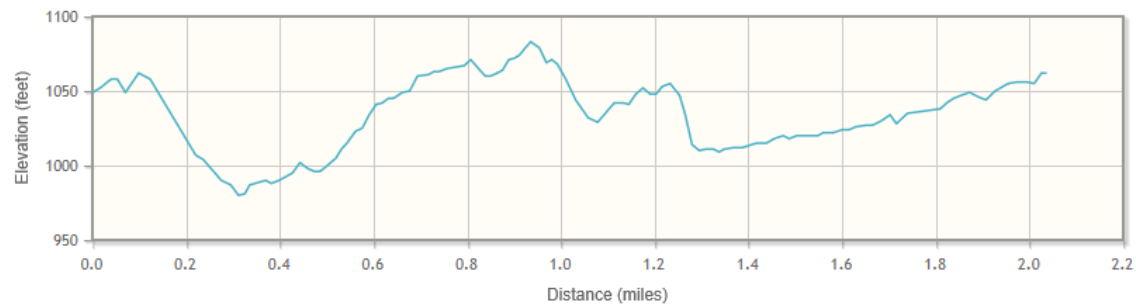
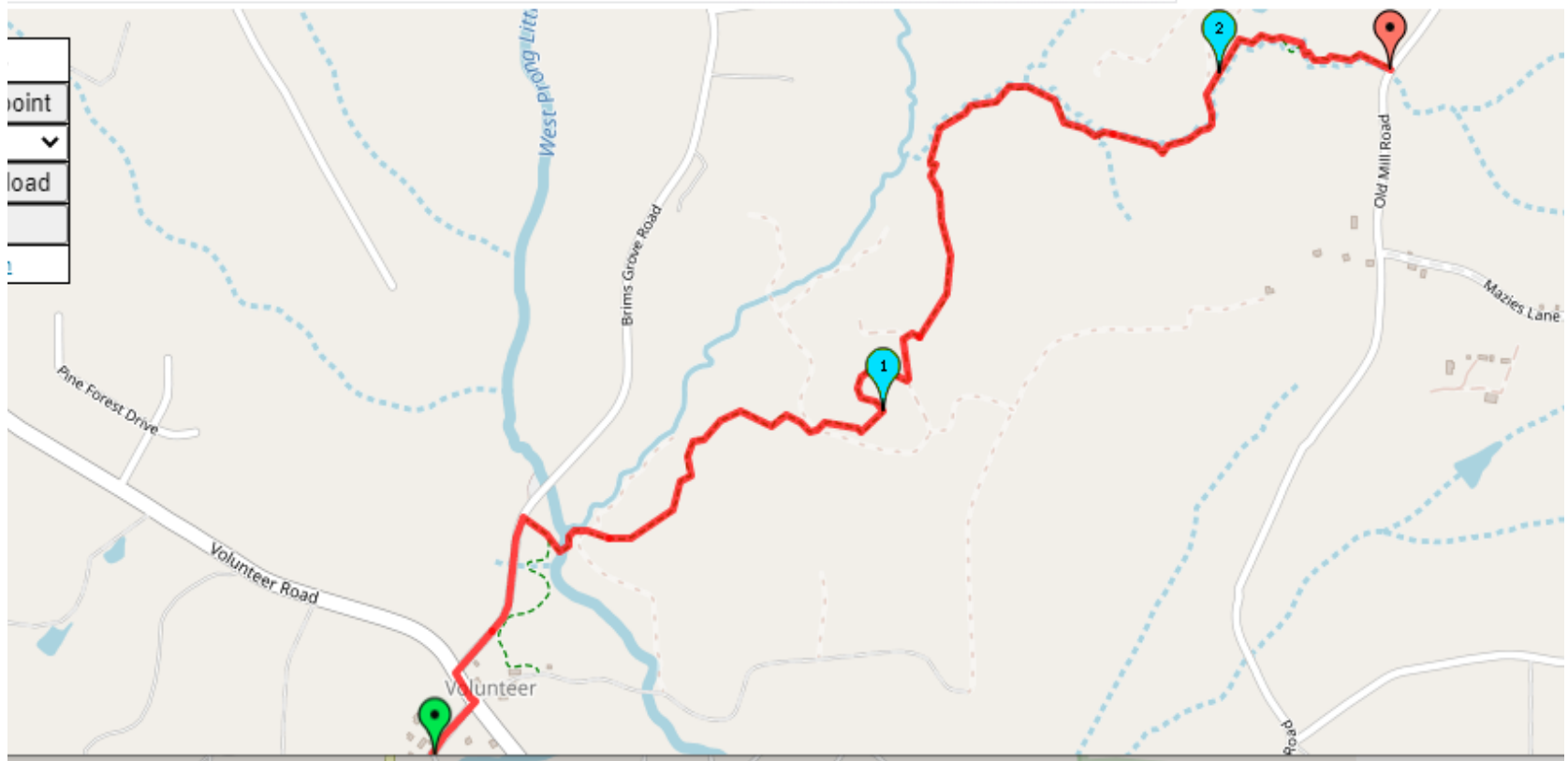
Section 14 and 13



Section 12 and 11

- Section 12 and 11: Take a right out of section 13 and follow the trail along the road until it goes into a driveway (.1 mile). Follow this until you see our turn signs and the yellow STA signs. Section 12 used to run along Brim's Grove Rd. but a new reroute has taken it into the woods and gives you a beautiful view of Sauratown Mountain!! Section 12 and 11 have a stream crossing, which is currently passable by rock hoping and not getting wet. Without any rain in the forecast we do not expect the stream crossings to be bad. Within section 11 is **Aid Station #4** (popcorn, PB&J, Gels, Soda) (2.8 miles)
- [Click here to see this section](#)

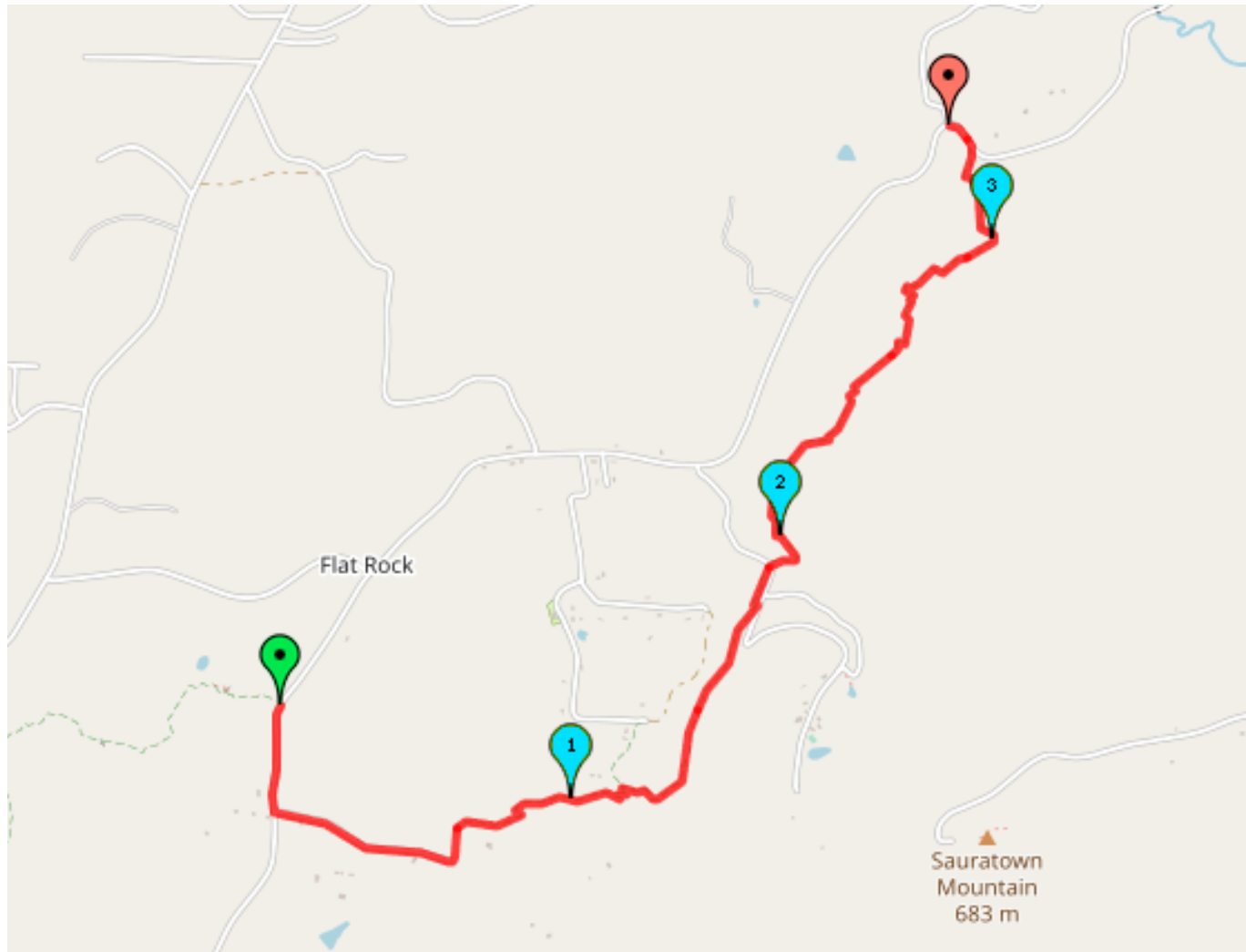
Section 12 and 11



Section 10 and 9

- Before beginning Section 10, you will get to **Aid Station #5**: Fruit Cups, peanut butter, rice crispie treats, water, Breakthrough Nutrition, and port o johns!
- Section 10 and 9: Both of these are rocky sections. They are also stunningly beautiful, and my favorite of the STA. Enjoy the scenery as you climb a portion of Sauratown Mountain before descending to the small halfway point of the race! There are several small [Click here to see this section](#)

Section 10 and 9



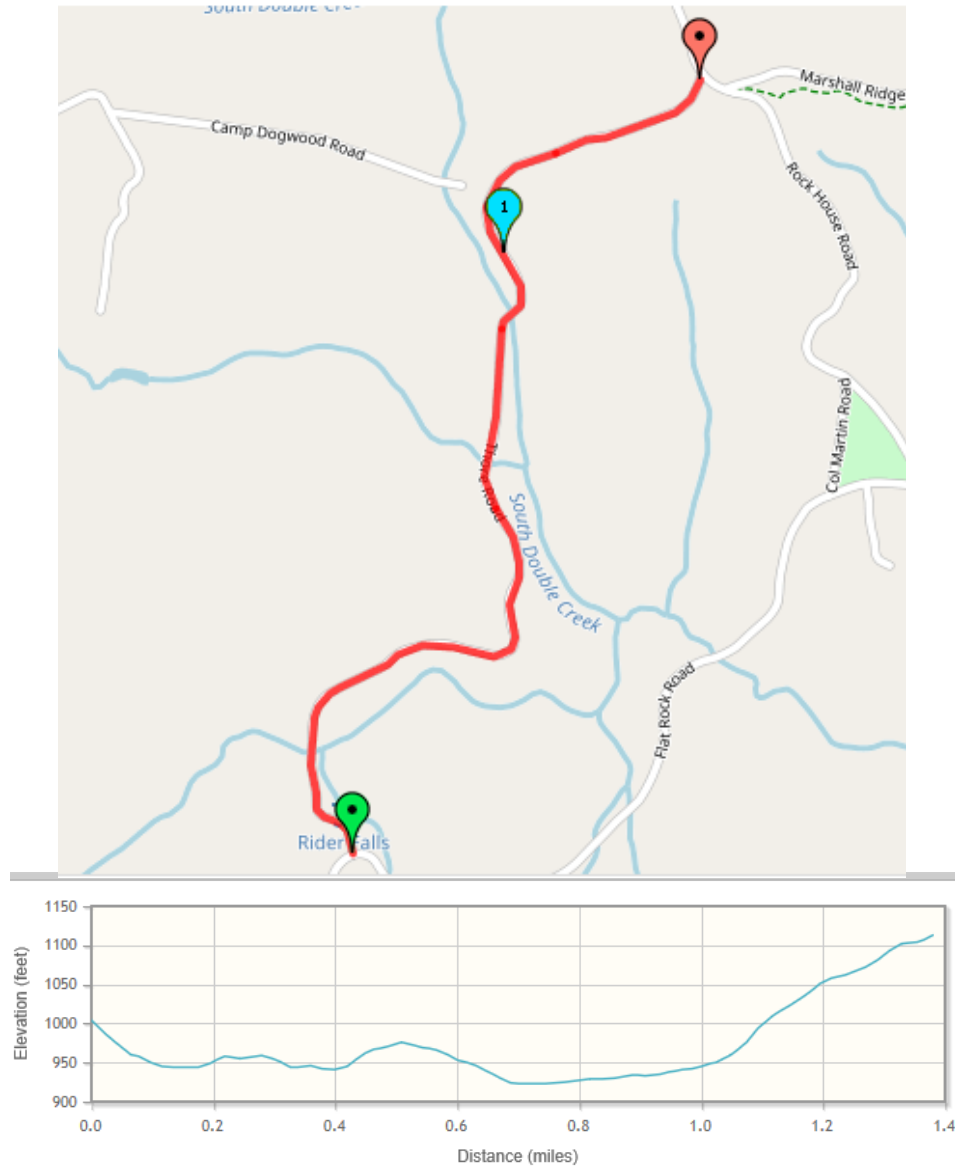
Section 8

- Between Section 9 and the beginning of 8 is Aid Station #6: This is your bag drop point. The sooner you start yelling your number the quicker they will get you your bag! Also at this stop: pretzels, candy bars, salt tablets.

1:25 PM CUTOFF!! (This cutoff is based on the 8:00 pm finishing time)

- Section 8 is all on Thore Rd. This is a seldom used dirt road and is a great relief from the mentally taxing sections you have just completed. This is also a very beautiful section. As soon as you get onto Thore Rd., look immediately to your right to see the gorgeous rock formations and the waterfall! You will have a quick downhill and then a long uphill on Thore Rd. (mile 1.4)
- [Click here to see this section](#)

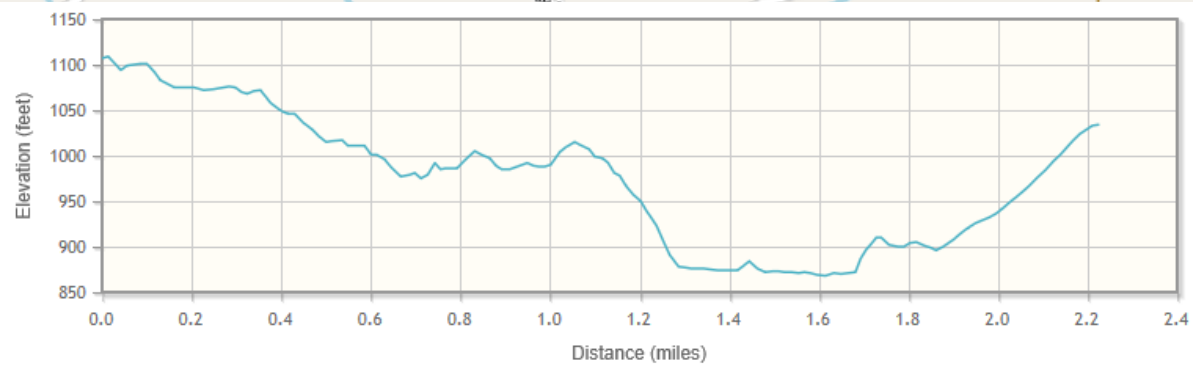
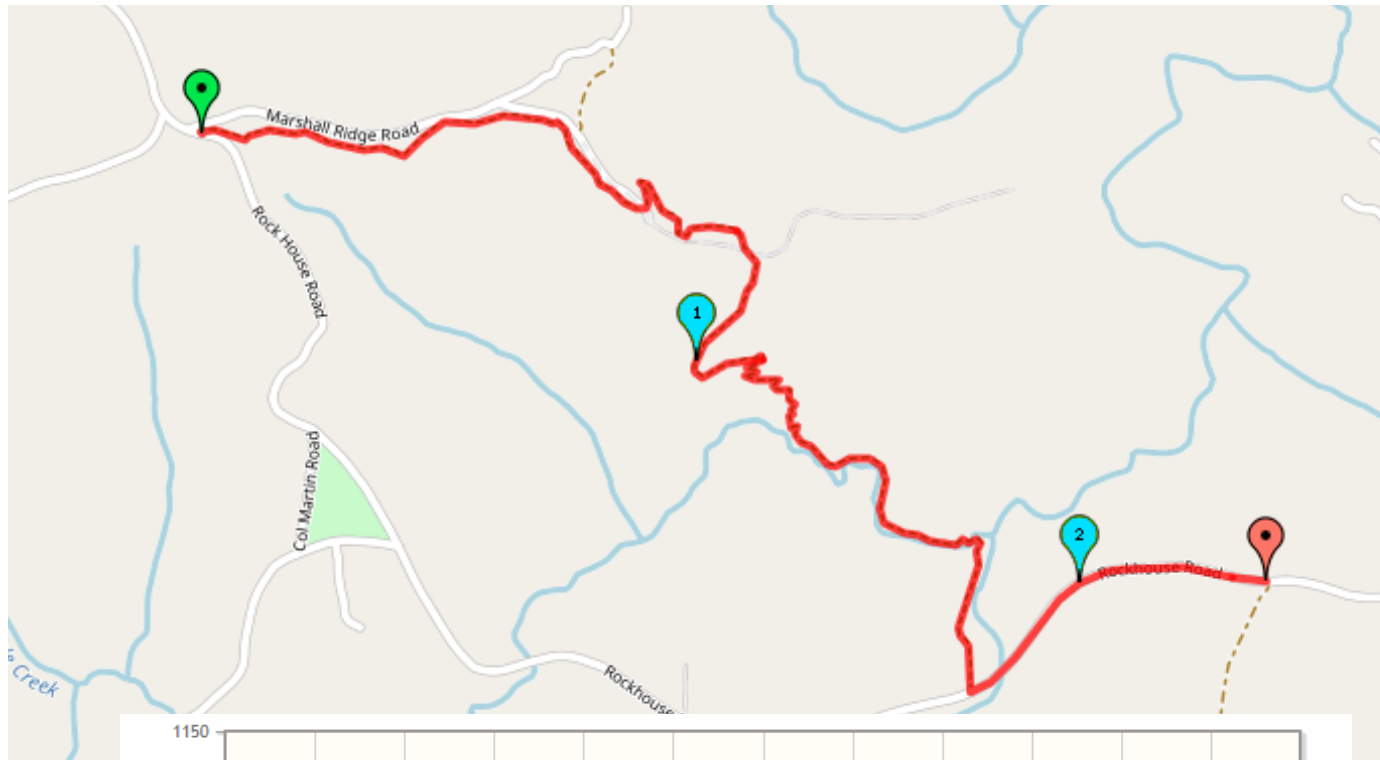
Section 8



Section 7 and 6

- These two sections are connected. Both are in great shape and very easy to follow. While they do cross some farm trails, they are well marked. Look for signs and blue tape/flags.
- When Section 6 exits onto the road you will be forced onto the road due to logging for .3 miles before crossing and entering the trail again. (total 2.4 miles)
- [Click here to see this section](#)

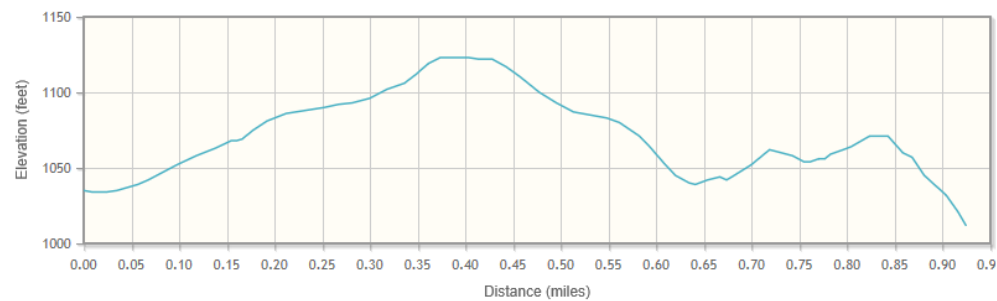
Section 7 and 6



Section 5 and 4

- Aid Station #7: This is between section 6 and 5. We will have trail mix, fruit cups, Humma Gels, bacon and water here
- Section 5 is only .15 miles long and follows the back of a field. It has been mowed way down and should be extremely easy to follow.
- Section 4 is a quick, just over 1 mile section that is your last trail before the reroute of Section 3 and 2. (1.2 miles)
- [Click here to see this section](#)

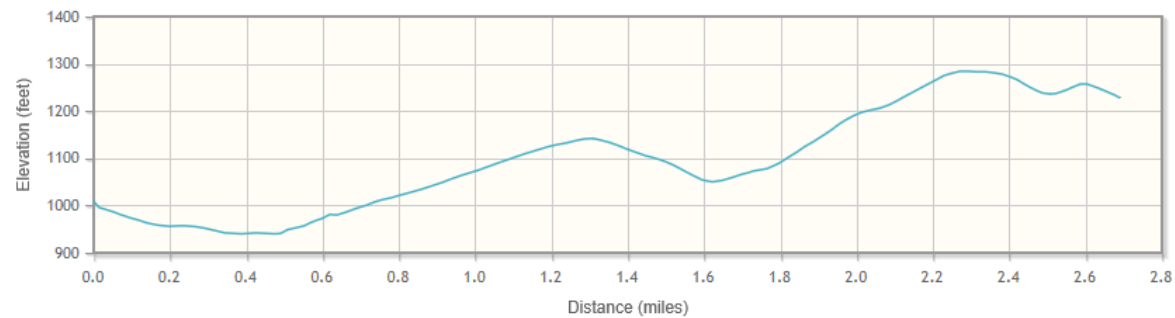
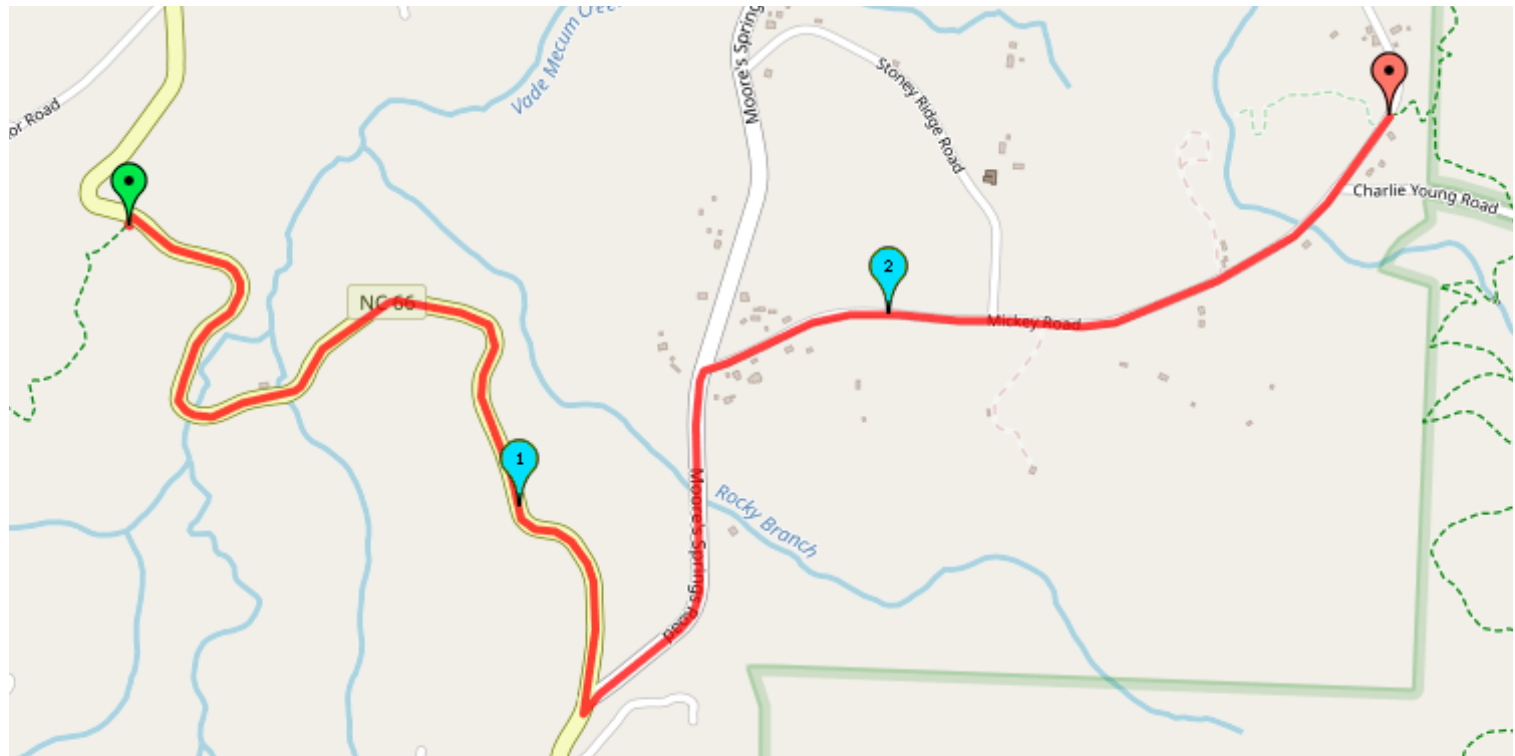
Section 5 and 4



Section 3 and 2

- **Be very careful on this reroute section. Since the first year of this event, it has been our goal to help get these sections back open. Sections 2 and 3 are currently a 2.8 mile road section with a lot of UP. While we hate being on the road, you will not get a better 360 degree view than the one on Mickey Rd. These are winding mountain roads, please be cautious! We have three police officers on this section to keep you safe.**
- **[Click here to see map of this section](#)**

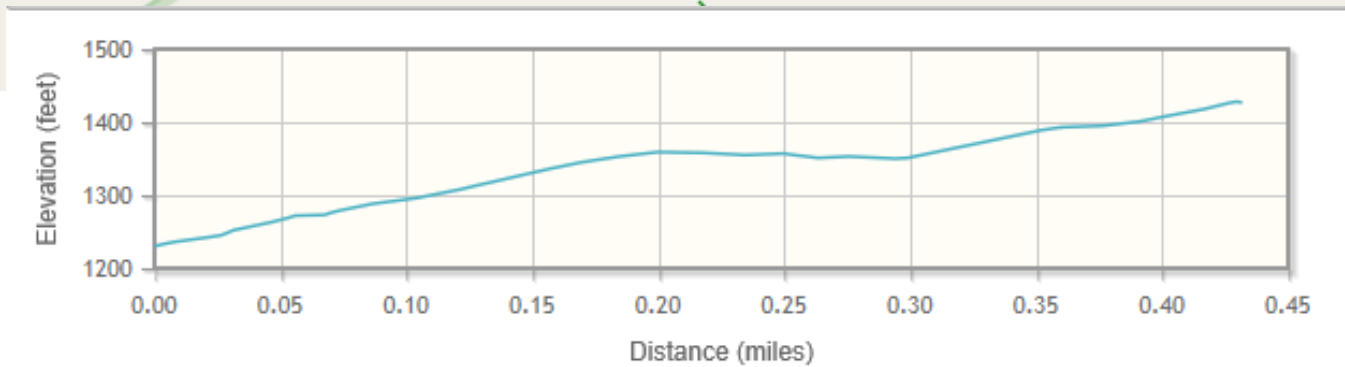
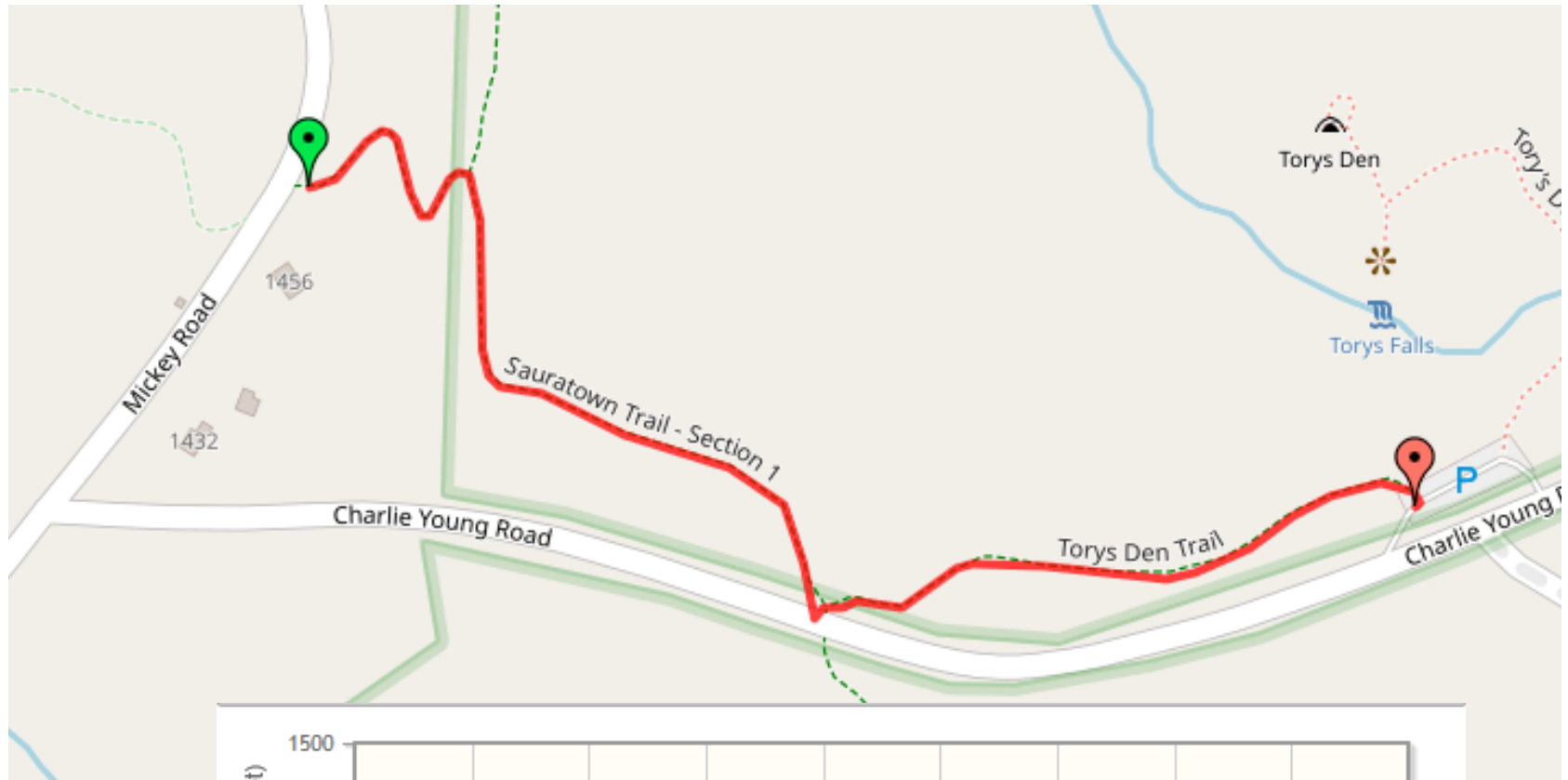
Section 3 and 2



Section #1

- In previous years we have used Charlie Young Rd - a short, but big uphill to the last aid station leading up to Hanging Rock and Tory's Den. This year we are going to run 300 yards past Charlie Young Rd. and make a right onto Section #1 of the STA. This will get people back on trails quicker, and simplify the course a bit. You will pop out of Section #1 at Aid station #8!
- [Click here to see this section](#)

Section #1



Aid Station #8

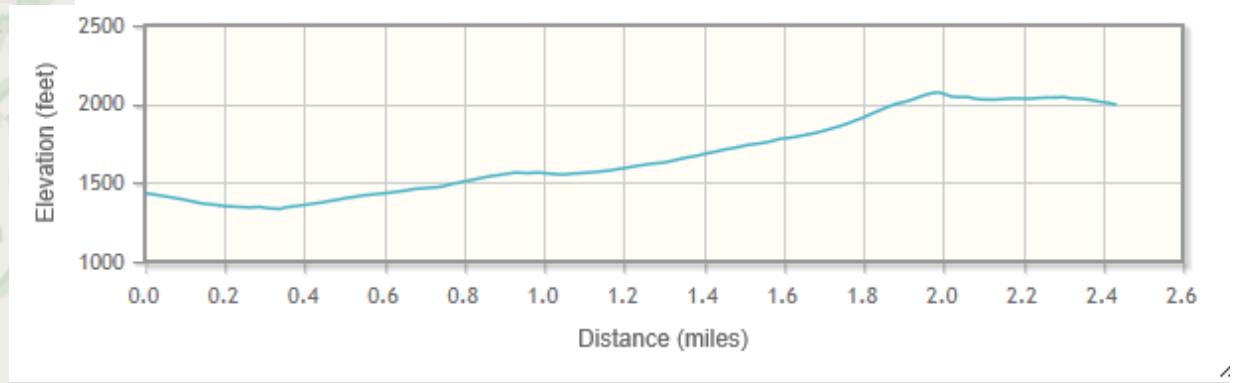
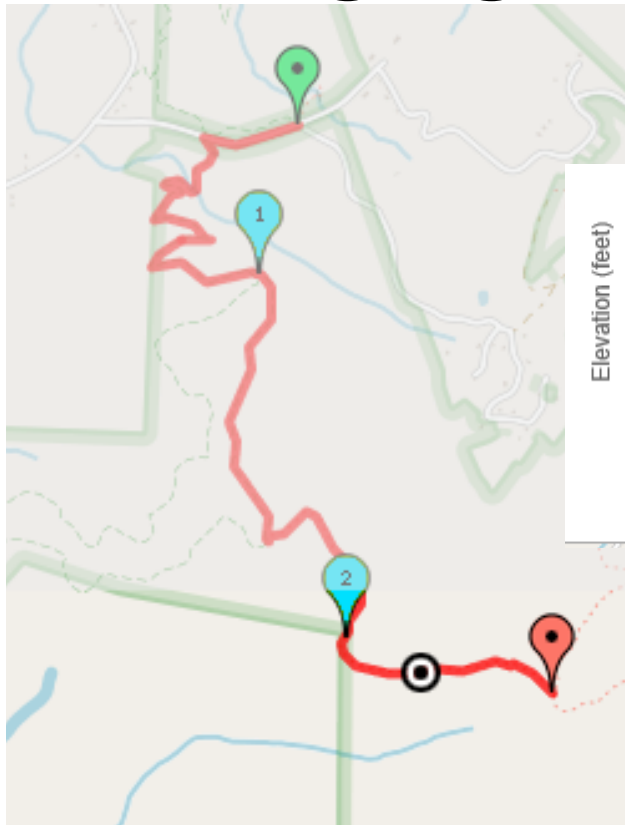
4:45 PM CUT OFF!

- Fruit cups, peanut butter rice crispie treats, soda, salt tablets, pickles!
- This is the last aid before heading into Hanging Rock State Park. Load up on what you need!! If you do not plan on reaching this point before 4:45 pm you **MUST** have a headlamp or flashlight to continue.

Hanging Rock Tory's Den Section

- The first 2.4 miles of this Hanging Rock section is the same course for both 50 Milers and 50K. At the top of Tory's Den Trail, 50 Milers will go Left and 50 K will go right! We will also have PM2HR signs that will specifically direct 50K and 50M athletes in different directions (the first of these signs is 2.4 miles up- 50 miles will go **left** and 50K will go **right**)
- [Click here to see section](#)

Hanging Rock Tory's Den Section



Hanging Rock Aid Stations

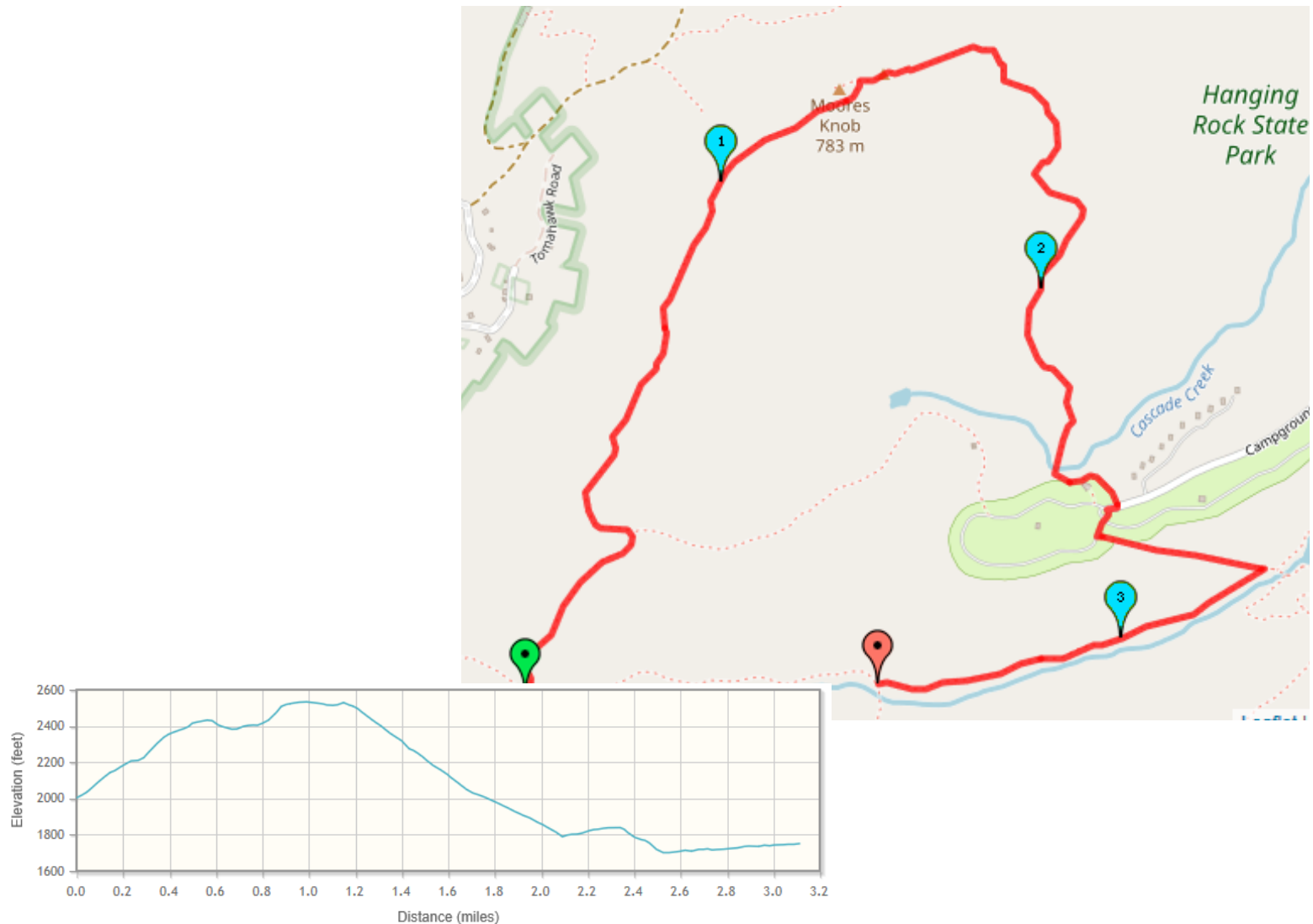
- Aid Station #9: (50 milers only) trail mix, huma gels, soda, salt tablets, leftovers! (mile 41.1)
- Aid Station #10: Uncrustables PBJ, pretzels, candy bars, soda (mile 44.6 and 27.1) **(cut-off 6:45 pm)**
- Aid Station #11: water only (self serve) (mile 46.3 and 28.8)

Hanging Rock Section 50 Miler

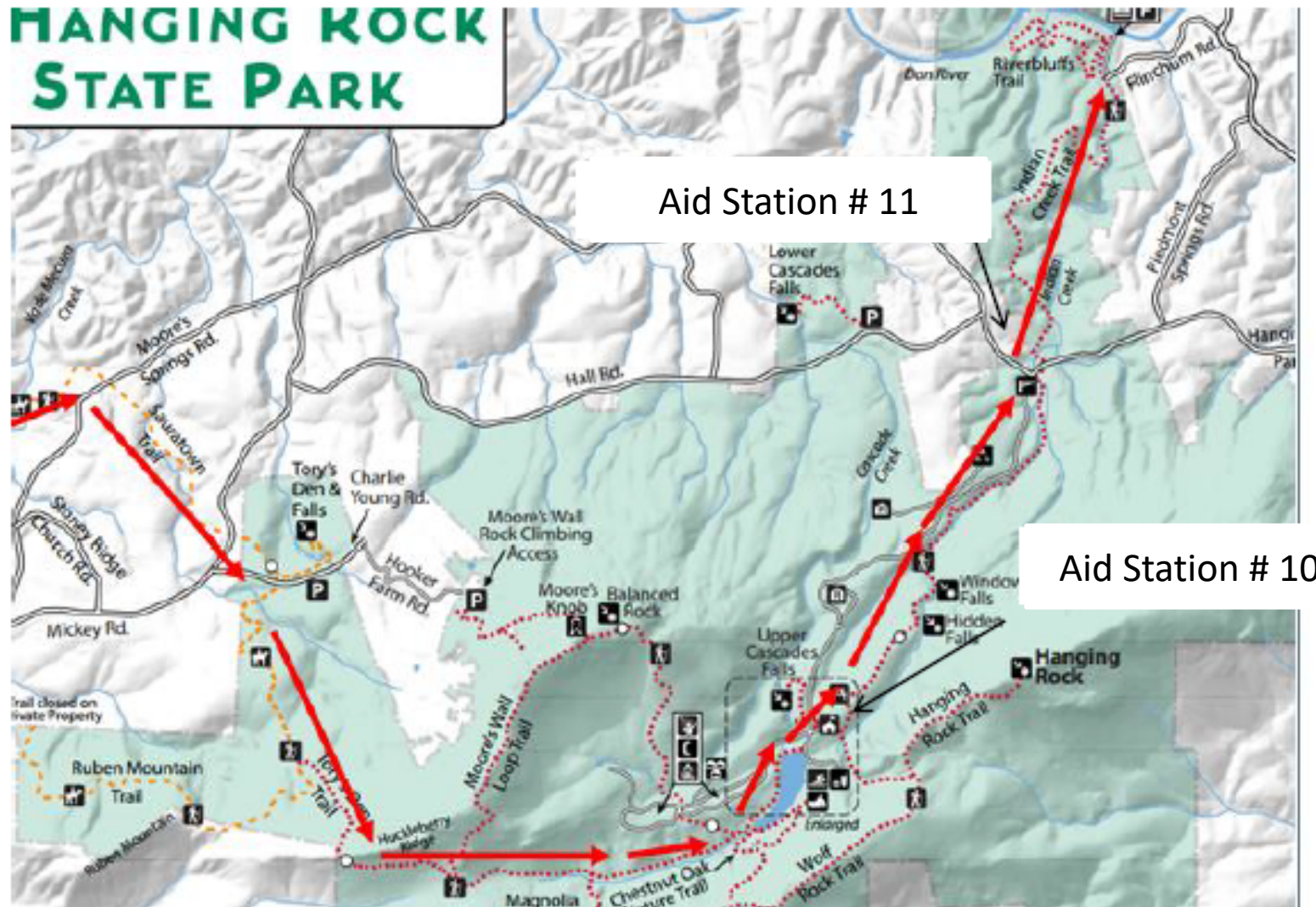


Hanging Rock Section of 50 Miler

- [Click here for interactive map](#)



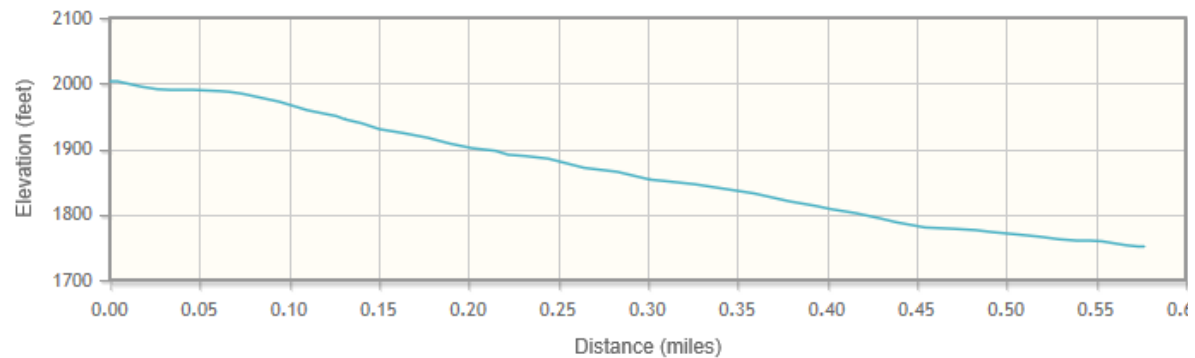
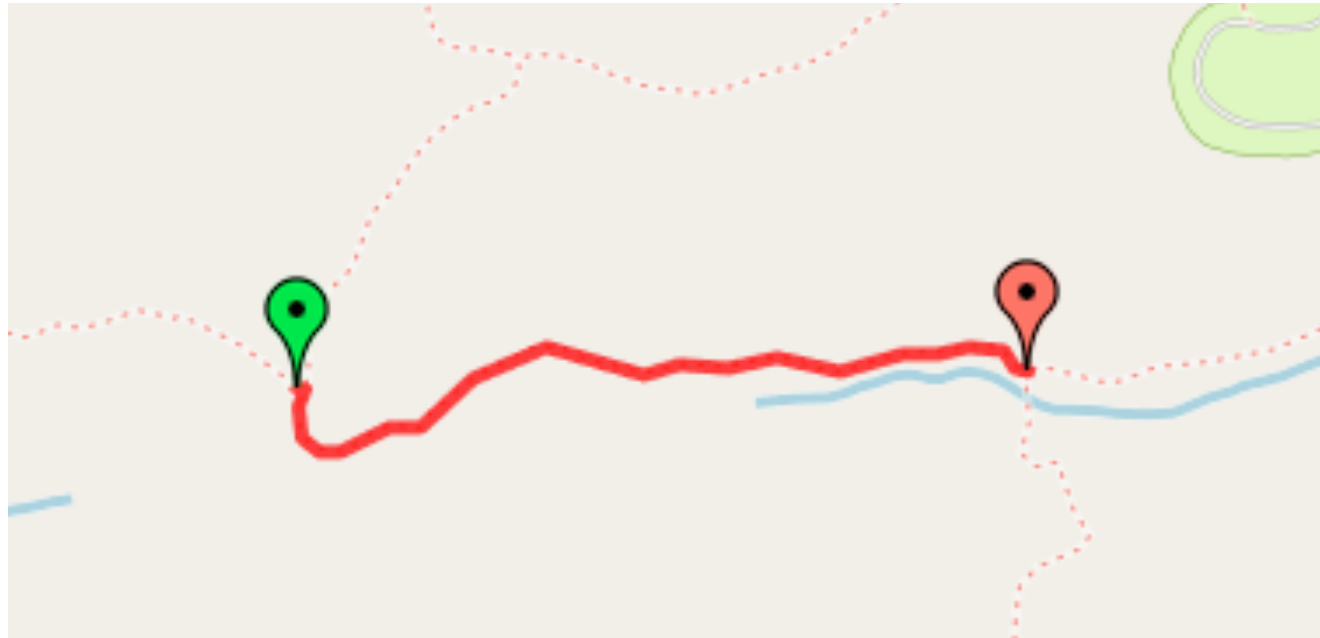
Hanging Rock Section of 50K



Hanging Rock Section of 50K

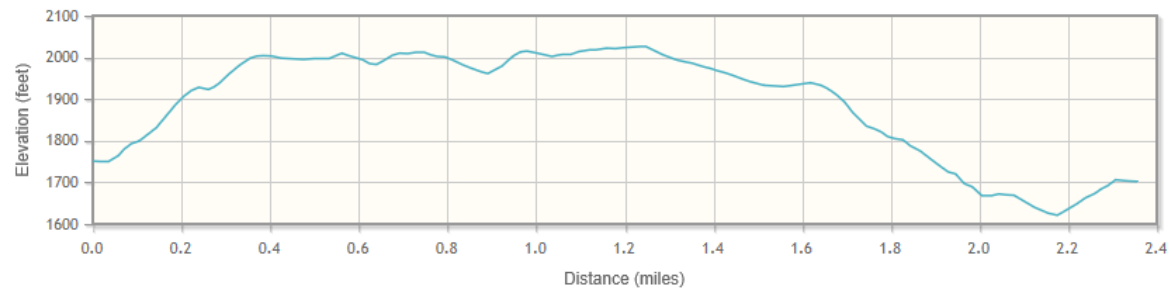
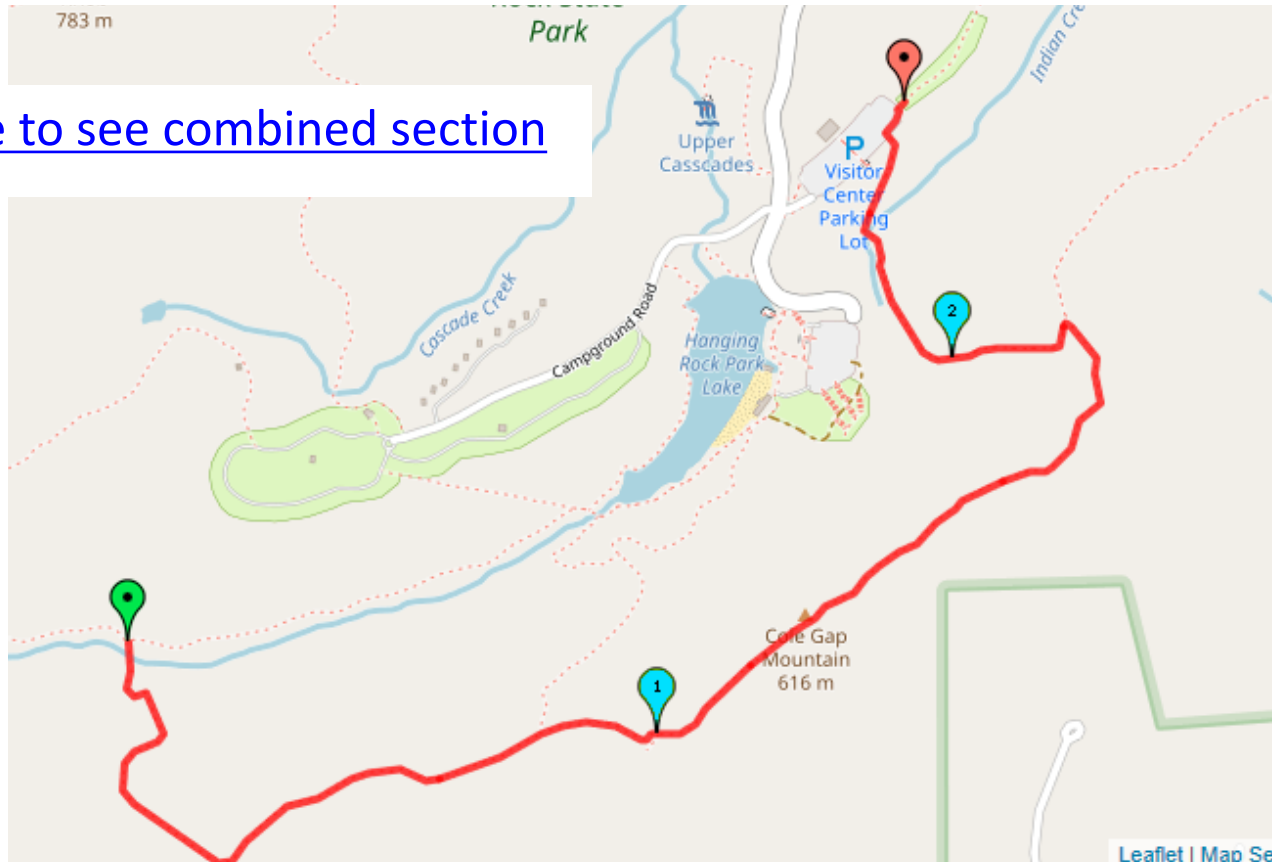
- The 50K only has a short section within Hanging Rock that is not a part of the 50 Mile section
- [Please Click here to see section](#)

Hanging Rock Section 50K



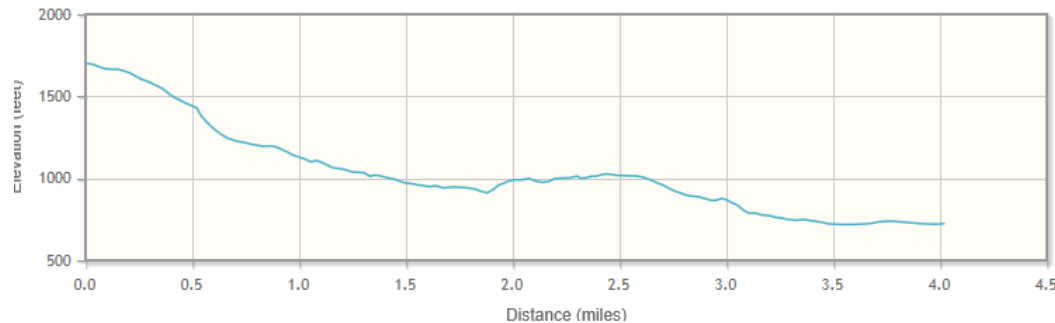
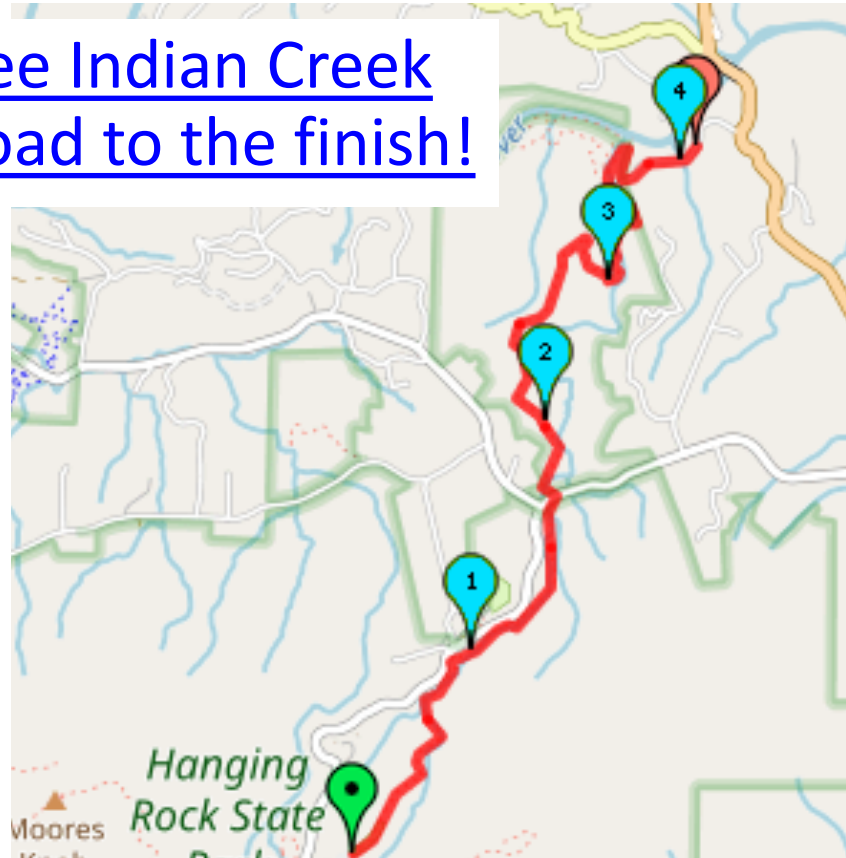
Combined Section of Hanging Rock State Park

[Click here to see combined section](#)



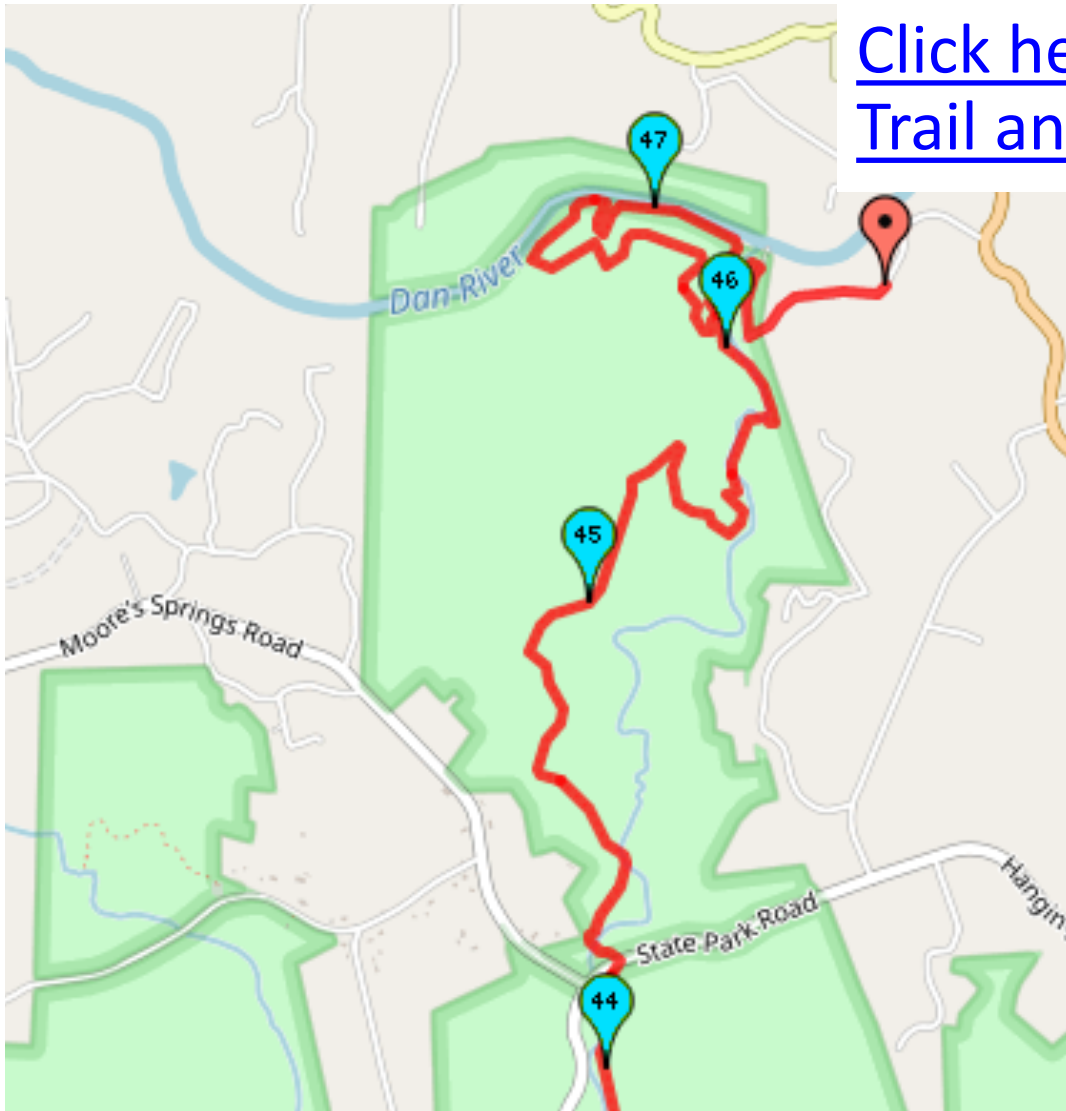
Indian Creek Trail and the Finish 50K !

[Click here to see Indian Creek Trail and the road to the finish!](#)



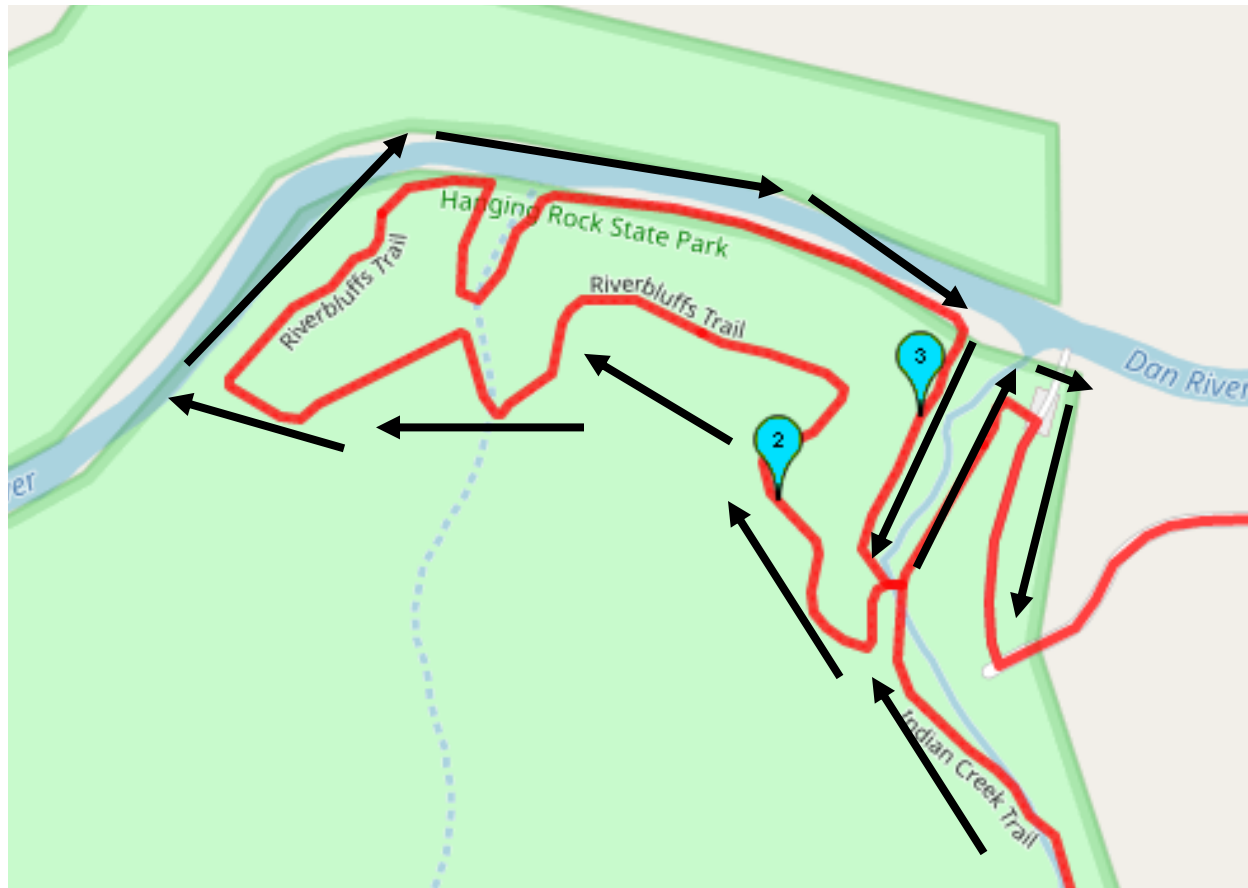
Indian Creek Trail and the Finish 50M !

[Click here to see Indian Creek Trail and the road to the finish!](#)



The 50 miler will have a small addition this year to get the distance back up to 50 milers with reroutes. 50 Milers will do a loop of the bluffs trail! This is a gorgeous and fast section of the course!

Bluffs Loop (50 Miler)



50M / 50K



Post Race Goodies!

- When you cross the finish line you will get this giant finishers medal, a finishers towel, bumper sticker, and hoodie!