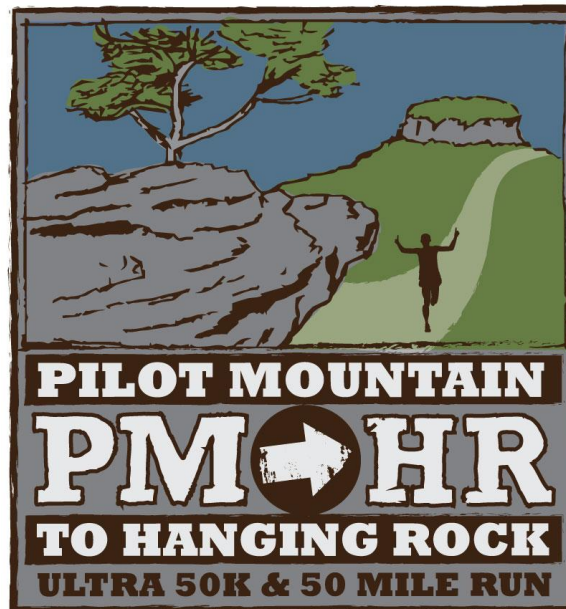


# 2022

## Pilot Mountain to Hanging Rock 50 Miler Course Guide



# Important Parking Information and Maps

There are a couple of spots available for parking on race day—

- 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. **Only park here if you are registered to take the shuttle or have another ride to the start line.** *Shuttle preregistration is required and available until all seats are filled.*
- 50 Mile Start Line: [607 Hauser Rd.](#), Pinnacle, NC
  - *There will not be a shuttle returning to the start line after the race ends, so make sure you have a plan to get back to your car.*

# 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 an orange painted 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 **Orange**. On areas of the course that are unique to the 50 mile event you will see orange flags and tape. 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 (before and after circling the knob), there will be flags on both sides.



**50 Kilometer** - The 50 kilometer flags and tape will be **Yellow**. 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.

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.

\*Tape/Flag colors may be updated closer to race day!

# 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)

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 distance. Usually, the hiker direction will take you over a bridge and the horse direction will take you through the creek. Both are acceptable!

# Aid Stations

A reminder- You will be given a reusable cup to carry on the course. 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!

| Aid Station | 50M Mile  | 50k Mile    | Relay Exchange | Restrooms      | Fuel Available   | Geographic Location   | Parking Info  |
|-------------|-----------|-------------|----------------|----------------|--|---|---|
| #1          | 6.5       | n/a         | yes            | Port-a-Potty   | fruit cups, granola bars   | <a href="#">1459 Pinnacle Hotel Rd, Pinnacle, NC</a>  | Parking in horse trailer parking lot                                    |
| #2          | 12.25     | n/a         | no             | Park bathrooms | cheese or PB crackers, pretzels, Huma gels   | <a href="#">The top of the State Park, Pilot Knob Park Rd, Pinnacle, NC</a>                             | parking in State Park public lot  |
| #3          | 17.5      | 3.9         | yes            | n/a            | Tailwind Hydration, salt tablets, bananas, fruit snacks  | <a href="#">1604 Old Winston Rd, Pinnacle, NC</a>   | parking in horse trailer parking lot                                    |
| #4          | 20        | 6.4         | no             | n/a            | Tailwind Hydration, boiled potatoes, cookies, Huma gels, coke  | <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 |
| #5          | 22.2      | 8.7         | yes            | Port-a-Potty   | Tailwind Hydration, fruit cups, peanut butter rice crispie treats, pickles   | <a href="#">Intersection of Old Mill Rd and Mazie's Ln, Pinnacle, NC</a>                                | limited parking in front of barn at aid station                         |
| #6          | 25.3      | 11.8        | no             | n/a            | Tailwind Hydration, PB&J, pretzels, fruit snacks, salt tablets, <b>Checked bags will be available at this stop</b> | <a href="#">Intersection of Flat Rock Rd &amp; Thore Rd, Pinnacle, NC</a>                               | limited parking on east side of Thore Rd, no parking on Flat Rock Rd    |
| #7          | 29.2      | 15.7        | yes            | n/a            | Tailwind Hydration, cheese or PB crackers, fruit cups, Huma gels, bacon, ginger ale                                | <a href="#">Just east of 2407 Rockhouse Rd, Pinnacle, NC</a>  | limited parking in mowed grass on side of Rockhouse Rd                  |
| #8          | 33.5      | 20.1        | no             | Port-a-Potty   | Tailwind Hydration, fruit, tortillas with hummus and/or lunch meat, coke, pickles, salt tablets,                   | <a href="#">Parking lot on Charlie Young Rd at Tory's Den Rd, Walnut Cove, NC</a>                       | limited parking in trail lot, no parking on Charlie Young Rd            |
| #9          | 40.8      | n/a         | yes            | n/a            | Tailwind Hydration, jelly beans, huma gels, boiled potatoes, coke  | <a href="#">Hanging Rock State Park Campground Parking Lot</a>  | <b>Parking for Relay Teams Only</b> at designated camp sites            |
| #10         | 44        | 25.6        | no             | Park bathrooms | Tailwind Hydration, PB&J, potato chips, m&ms, bananas, pickles, coke, ginger ale                                   | <a href="#">Hanging Rock State Park, Indian Creek Trail, just outside of parking lot</a>                | parking in State Park Visitor Center parking lot                        |
| #11         | 46.1      | 27.3        | no             | n/a            | water/Tailwind Hydration   | <a href="#">Just northeast of the intersection of Moore's Springs Rd and Hanging Rock State Park Rd</a> | limited parking on NW Side of Hanging Rock State Park Rd                |
| FINISH      | 50 Miles! | 31.1 Miles! | no             |                | Beer and a hot meal!   | <a href="#">Green Heron Ale House - 1110 Flinchum Rd, Danbury, NC</a>                                   | Parking in designated lots  |

## 50 Mile Relay Sections

| Relay Leg | Distance   | Description  |
|-----------|------------|--|
| 1         | 6.5 Miles  | The first leg of the relay will be light in comparison for elevation gain, but it will be done mostly in the dark. This section is entirely on the Pilot Mountain Corridor Trail.<br><b>Exchange at Aid Station #1 - 1459 Pinnacle Hotel Rd, Pinnacle, NC</b>  |
| 2         | 11 Miles   | Up a mountain, around and down. You will get the pain of climbing Pilot Mountain, but you will also get to see the sunrise as you circumnavigate the pinnacle. Your run will continue with a long downhill and the first section of the Sauratown Mountain Trail<br><b>Exchange at Aid Station #3 - 1604 Old Winston Rd, Pinnacle, NC</b>  |
| 3         | 5.9 Miles  | This is the most tame section of the relay. Not much in the way of elevation gain and only light stream crossings. This is a good place for the team to make up some ground.<br><b>Exchange at Aid Station #5 - 1300 Mazie's Ln, Pinnacle, NC</b>  |
| 4         | 7 Miles    | Hope you don't mind your feet wet for this section. You will have 5 small creek crossings on this section. If rain is light, hop skip and jump your way through. If the rain has been heavy, you may get calf deep a few times! You will also be dealing with a bit of climbing as your section starts with switchbacks halfway up Sauratown Mountain!<br><b>Exchange at Aid Station #7 - Just East of 2407 Rockhouse Rd, Pinnacle, NC</b> |
| 5         | 10.8 Miles | Pick the badass from your group for this leg. You will either be climbing up Moore's Wall or descending hundreds of stairs on your way to Hanging Rock Campground. This Section is not for the weak of legs!<br><b>Exchange at Aid Station #9 - Hanging Rock State Park, Campground Parking Lot</b>  |
| 6         | 8.8 Miles  | Time to bring it home. Not much climbing left and only a few creek crossings near the end. The closer on your team gets a lot of the glory and not a lot of the elevation gain.  |

\*Check out this [link](#) for live map links to aid stations.

# 50 Mile Start



[607 Hauser Rd, Pinnacle, NC 27043](#)

You will be starting in the dark, so don't forget your headlamp!

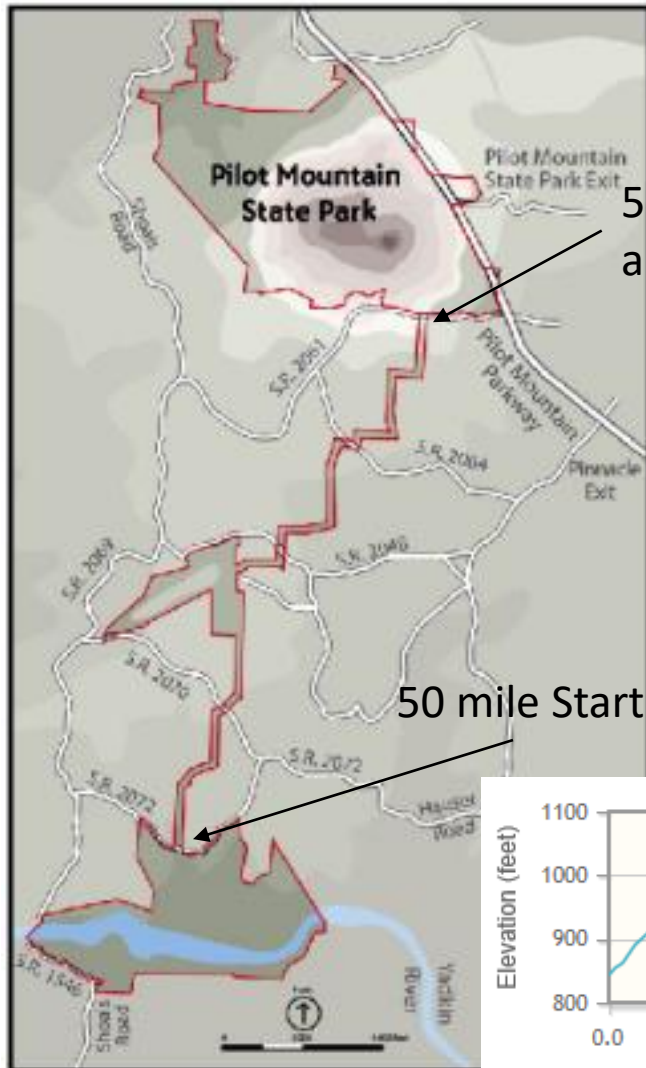
# 50 Miler Full Map

- [Please click here](#) to see the 50 miler full interactive map. You can view the course and download a GPX file for your watch on Strava [here](#).
- 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 Corridor Section of Pilot Mountain (first 6.5 miles)

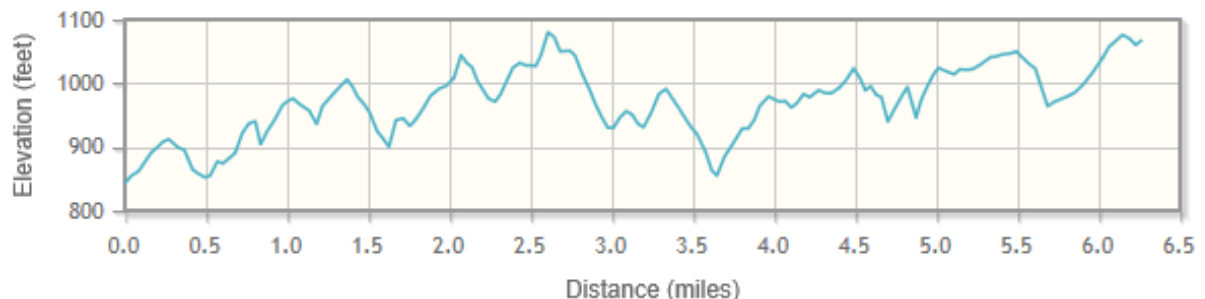


50K Start and aid station #1

50 mile Start

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!

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

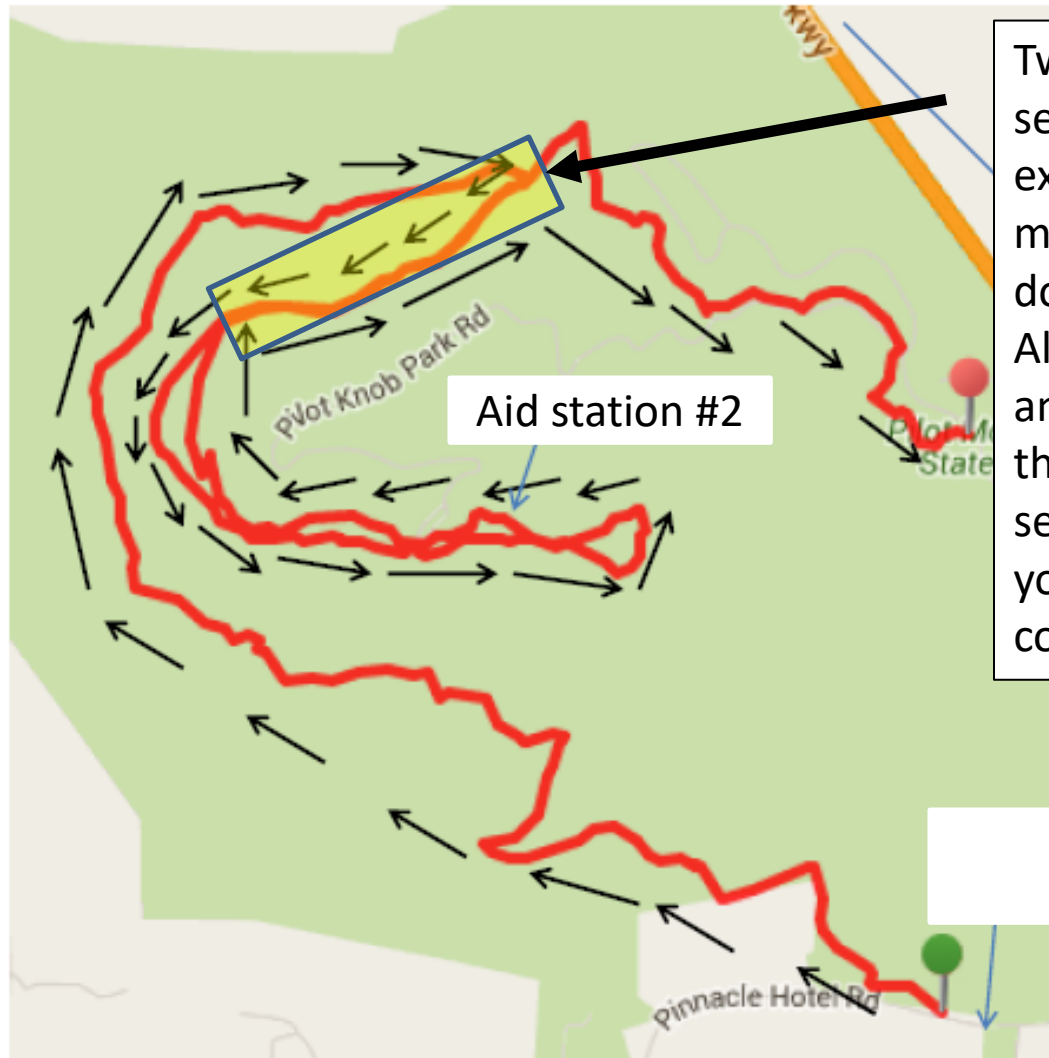


# Aid Station #1



**50 milers!** As you make your way to Aid Station #1, where we will have water, fruit cups, and granola bars, at the top of the corridor trail, you will come up on the start of the 50K. There will be a lot of people milling around. Turn right off the trail and head north along Culler Rd following markers to head onto Mountain Trail

# Pilot Mountain Section of 50 Miler



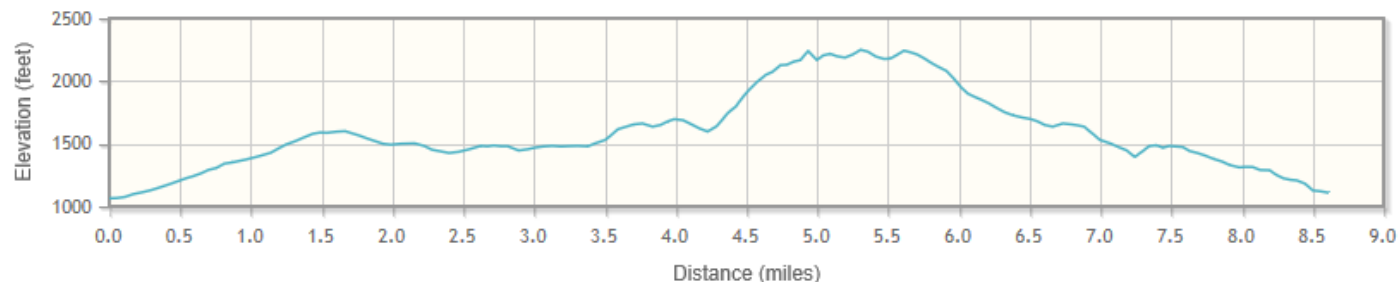
# Pilot Mountain Section

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 #2** (Cheese or PB crackers, pretzels, Huma gels, and water). There are points where there will be two directional running.

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

## Blaze Key:

- 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!



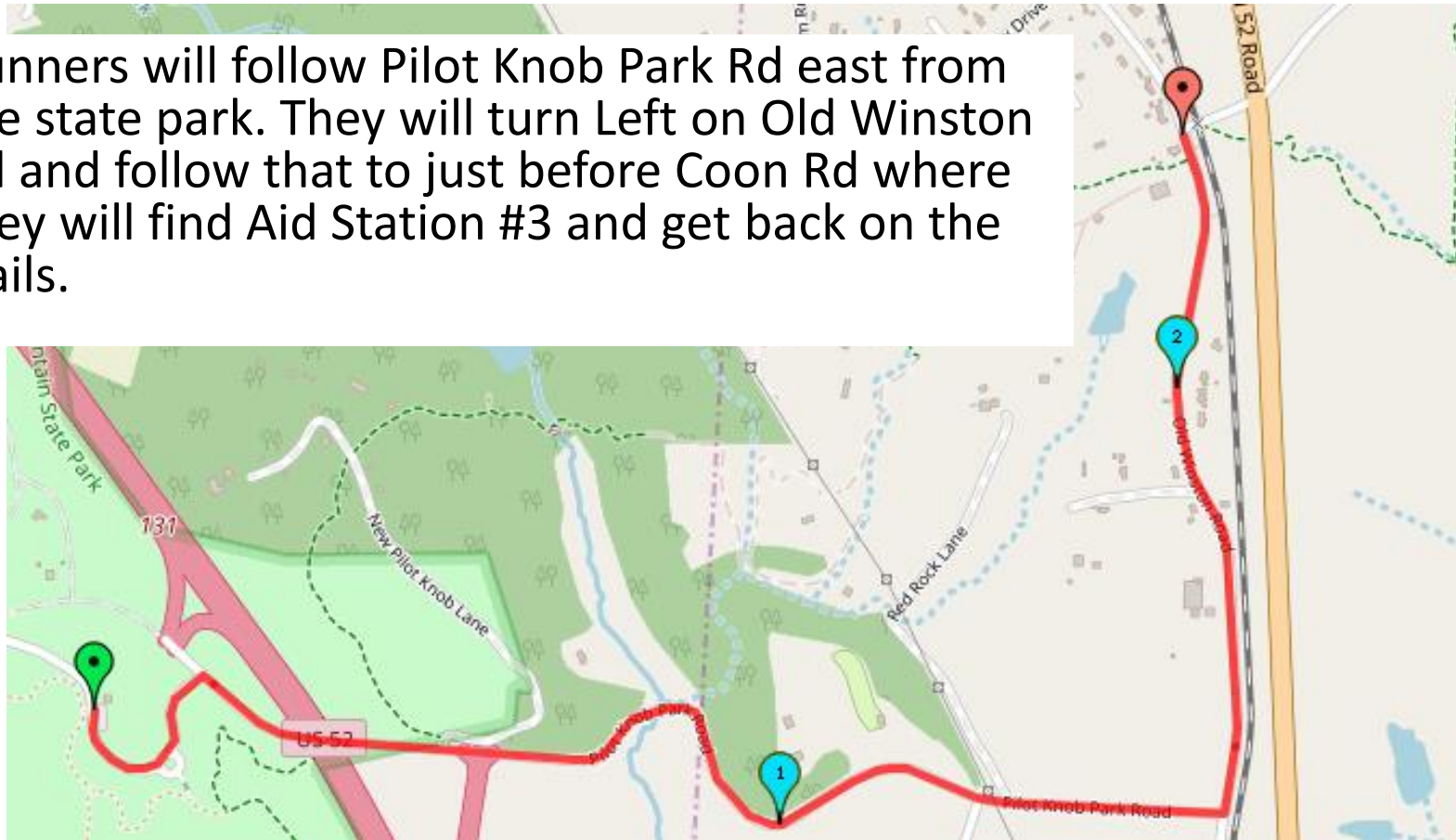
# 50 Miler between Pilot Mountain Trail and Sauratown Trail

The exit of the trail section is at the visitors center. Meaning there's a real bathroom nearby if needed!



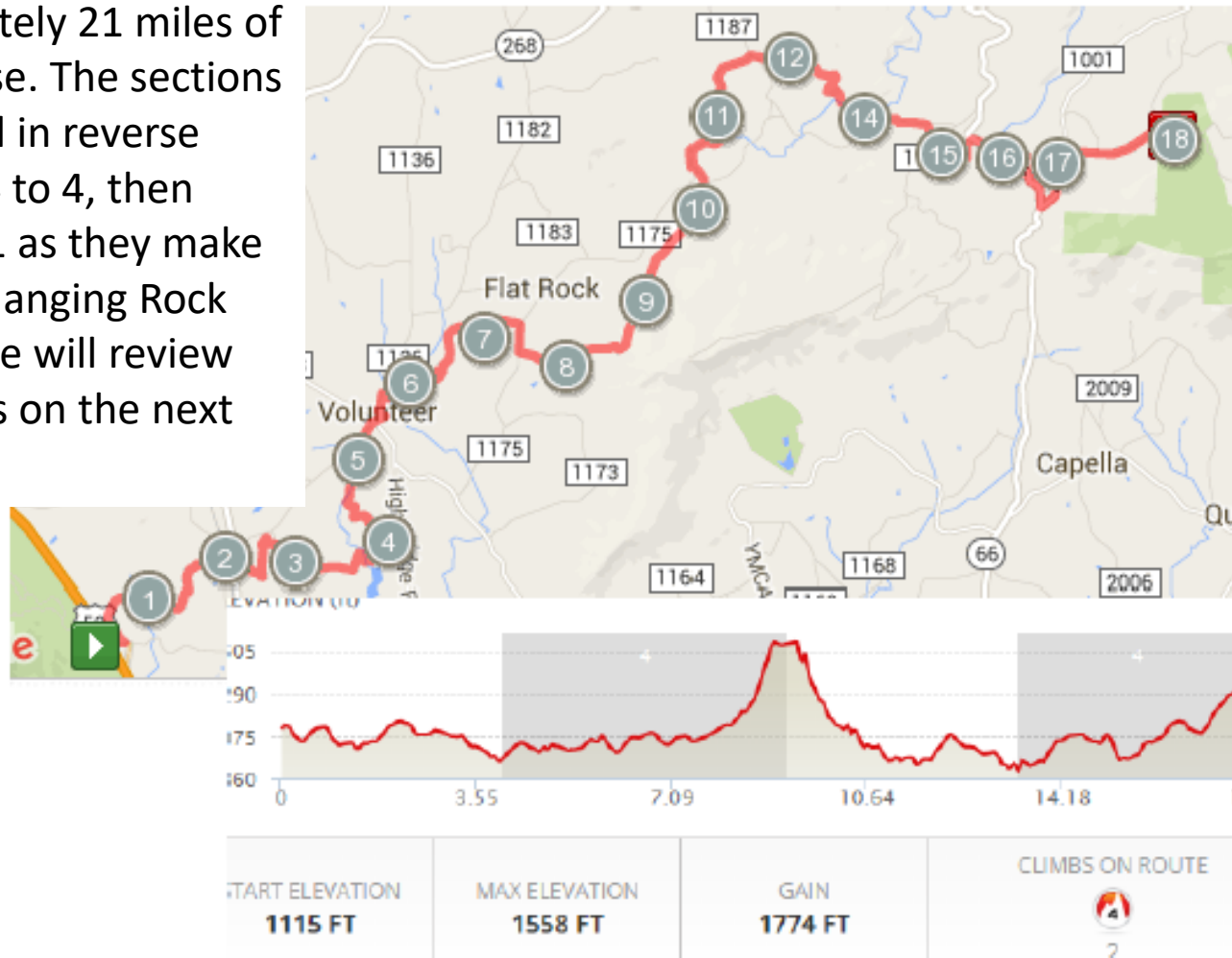
# 50 Miler between Pilot Mountain Trail and Sauratown Trail

Runners will follow Pilot Knob Park Rd east from the state park. They will turn Left on Old Winston Rd and follow that to just before Coon Rd where they will find Aid Station #3 and get back on the trails.



# Sauratown Trail Section of 50 Miler and 50K

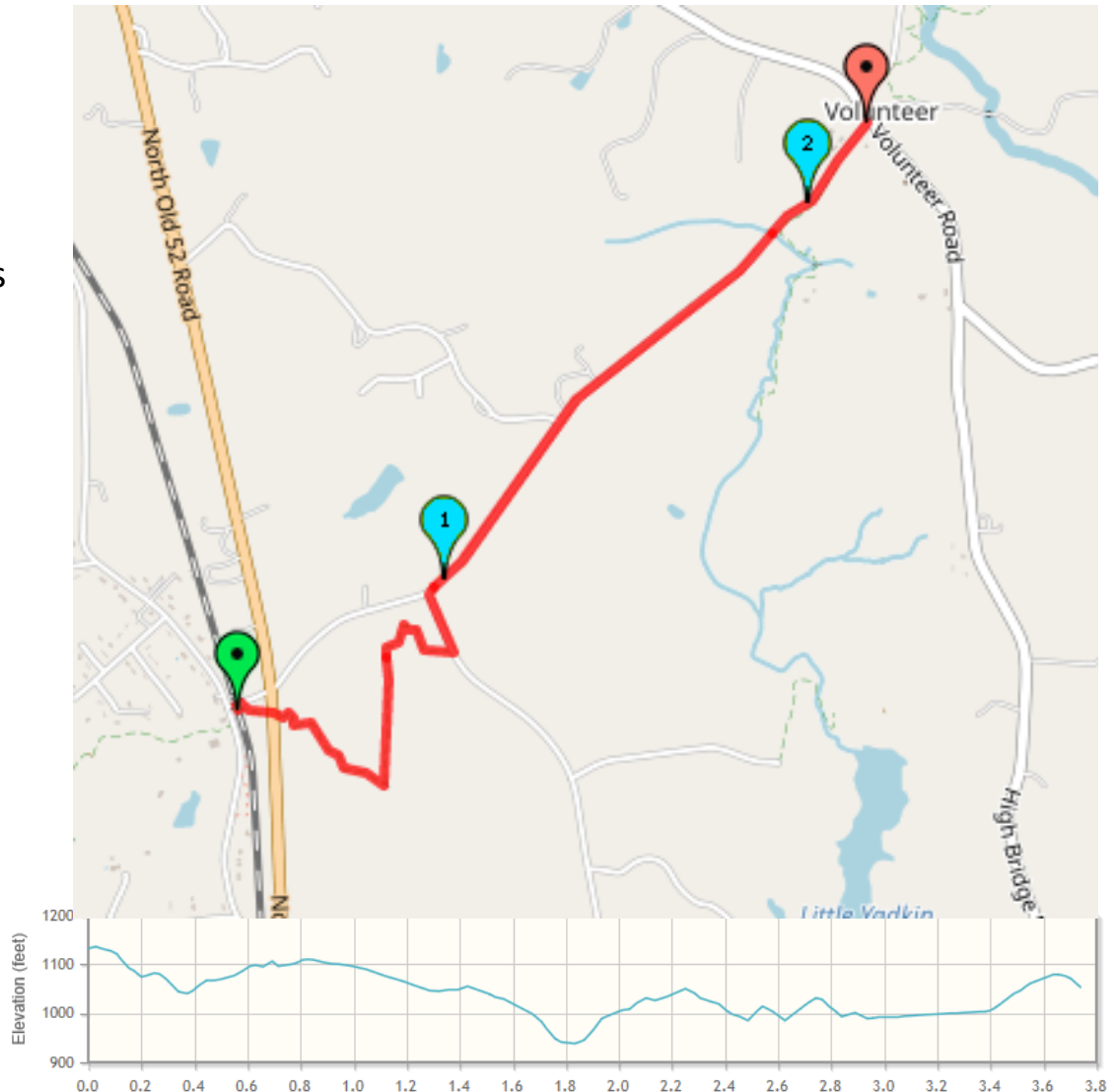
This is by far the flattest part of the race. The STA makes up approximately 21 miles of the race course. The sections are numbered in reverse order from 14 to 4, then onto section 1 as they make their way to Hanging Rock State Park. We will review those sections on the next pages!



# Section 14 and 13

Before Section 14, you will hit **Aid station #3** with water, Tailwind Hydration, bananas, fruit snacks, and salt tablets

- **Section 14 (1.3 miles):** 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!
- **Section 13 (3.3 miles):** Unfortunately, section 13 has been moved back to the road again this year. Athletes will exit the trail and turn Left onto Bradley Rd. and then Right onto Coon Rd.
- [Click here to view this Section](#)



# Section 12 and 11

**Section 12 and 11 (2.6 miles):** Take a right out of section 13 and follow the trail along the road until it goes straight across Volunteer Rd and into a driveway (.1 mile). Follow this until you see our turn signs and the yellow STA signs. Section 12 and 11 have a stream crossing, which is currently passable by rock hopping and not getting wet. Within section 11 is **Aid Station #4** – Water, Tailwind Hydration, boiled potatoes, cookies, Huma gels, and coke.

[Click here to see this section](#)

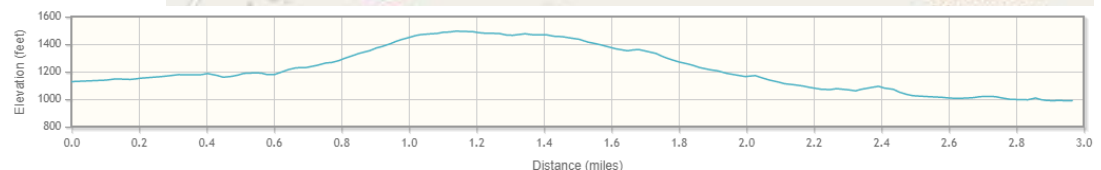
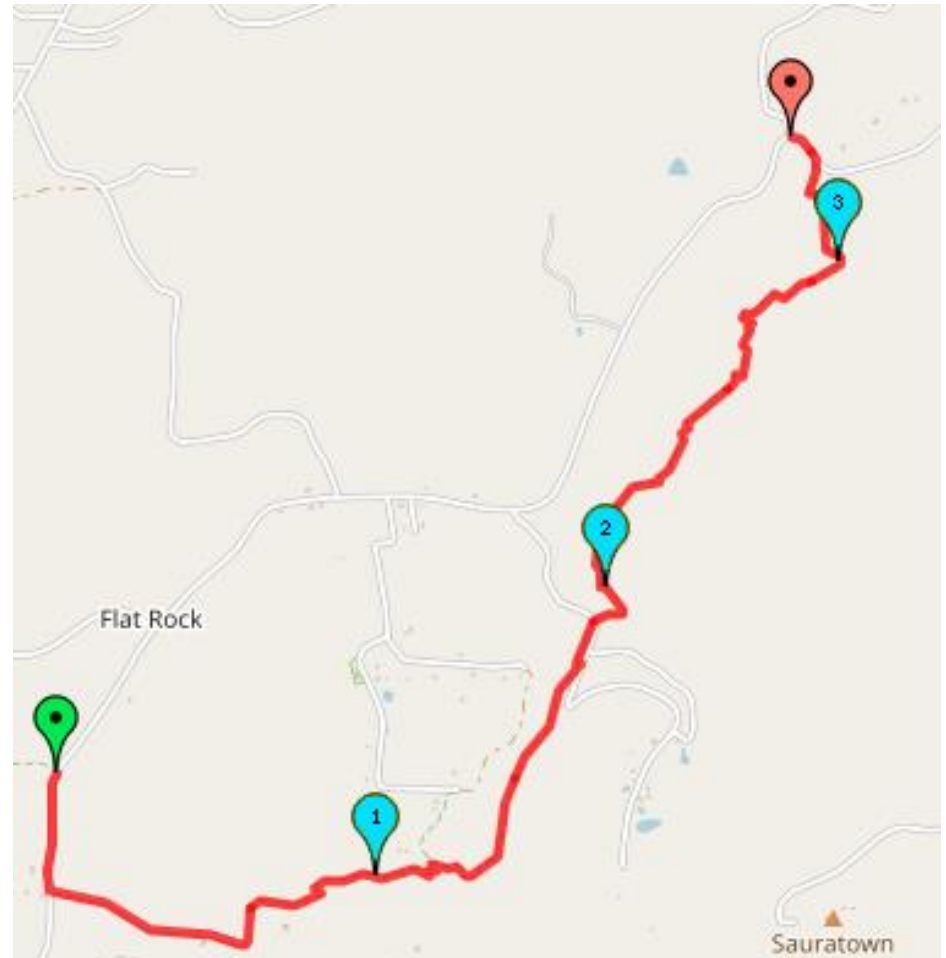


# Section 10 and 9

Before beginning Section 10, you will get to **Aid Station #5**: Fruit Cups, peanut butter rice crispie treats, water, Tailwind Hydration, pickles, and port o johns!

**Section 10 and 9:** Both of these are rocky sections. They are also stunningly beautiful, and a favorite of the STA. Enjoy the scenery as you climb a portion of Sauratown Mountain before descending to the halfway point of the race!

[Click here to see this section](#)



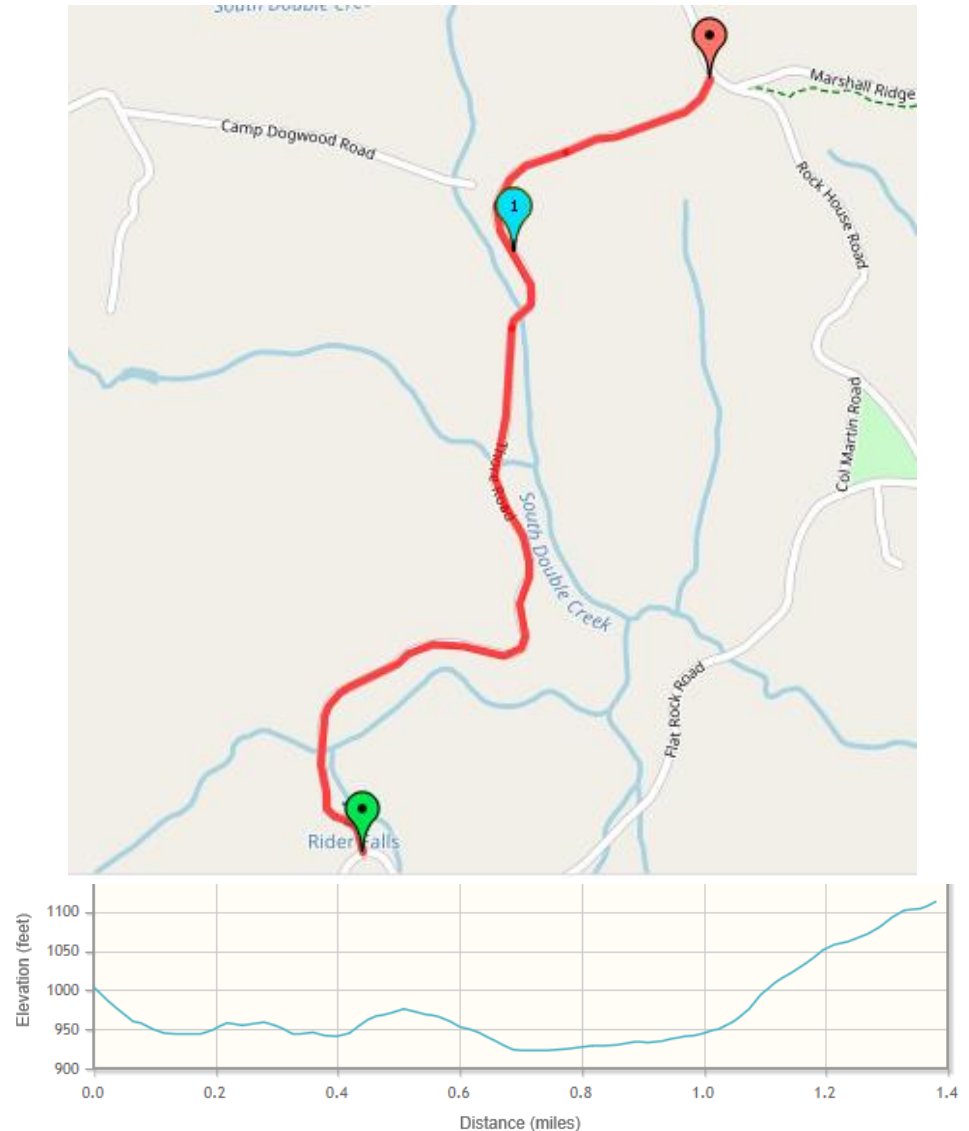
# Section 8

Between Section 9 and 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: water, Tailwind Hydration, PB&J, pretzels, fruit snacks, salt tablets.

**1:45 PM CUTOFF!!**

**Section 8 (1.4 miles):** This section 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.

[Click here to see this section](#)



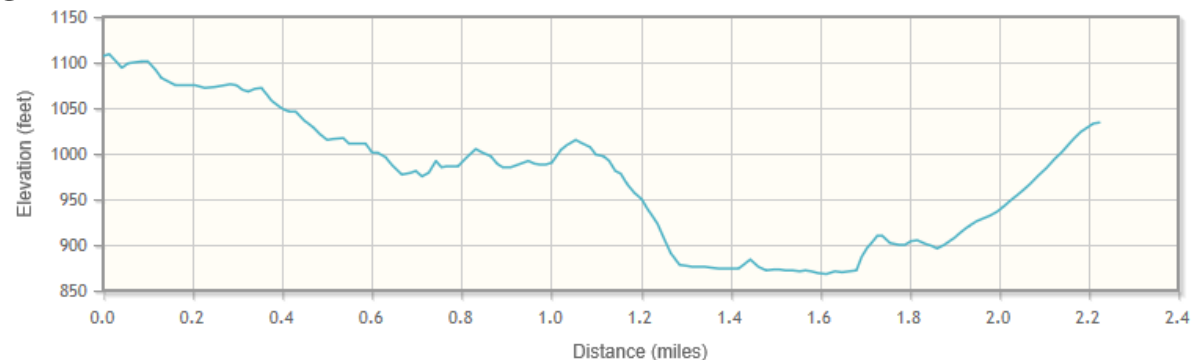
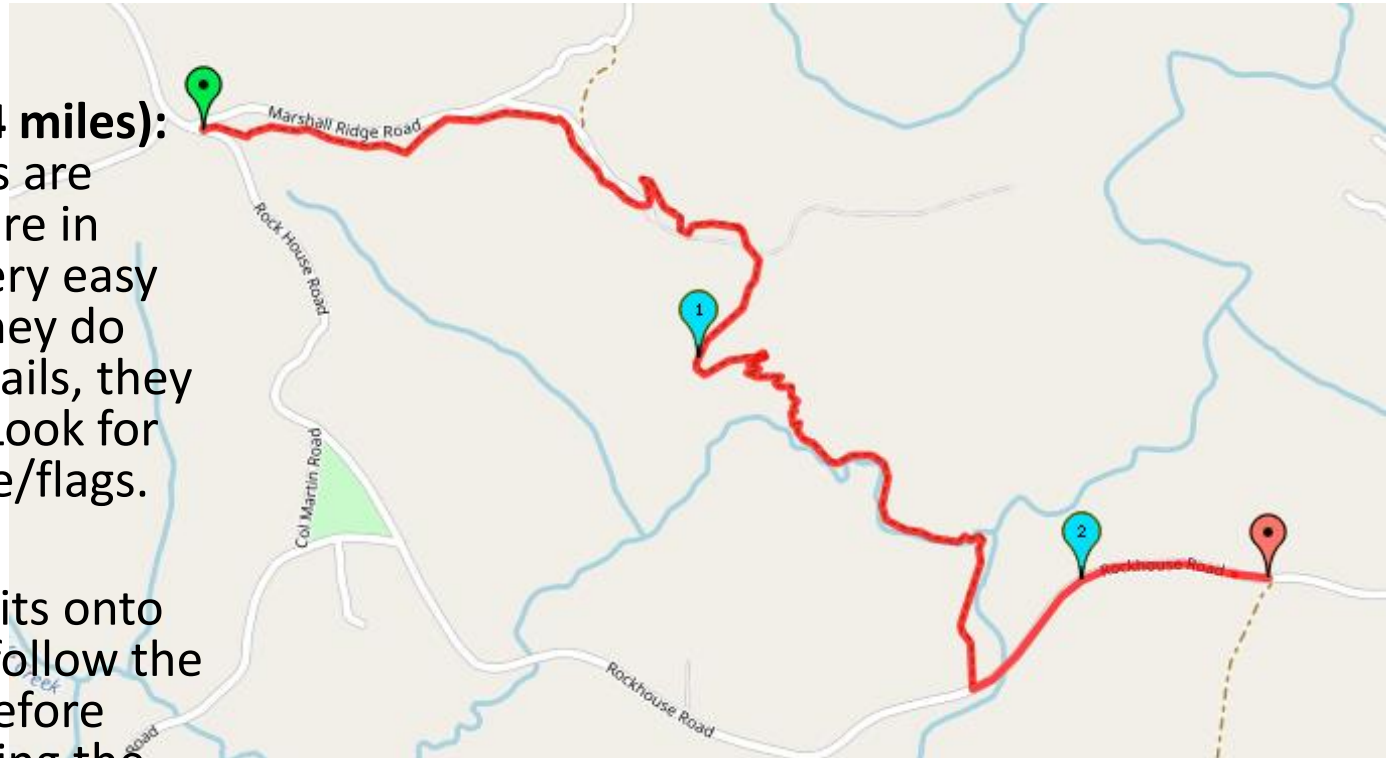
# Section 7 and 6

## Sections 7 & 6 (2.4 miles):

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 follow the road for .3 miles before crossing and entering the trail again.

[Click here to see this section](#)



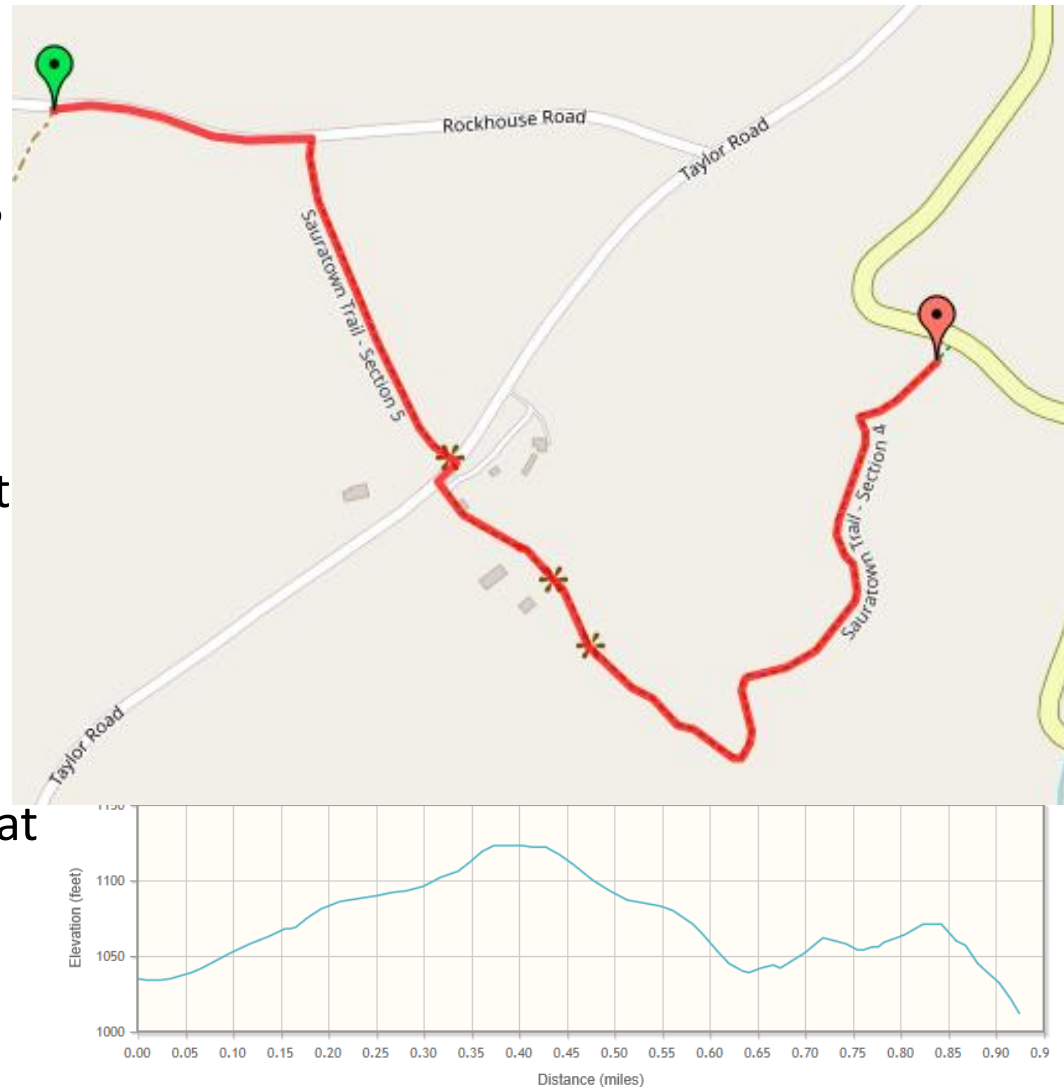
# Section 5 and 4

**Aid Station #7:** This is between section 6 and 5. We will have Tailwind Hydration, cheese or PB crackers, fruit cups, Huma Gels, bacon, ginger ale and water.

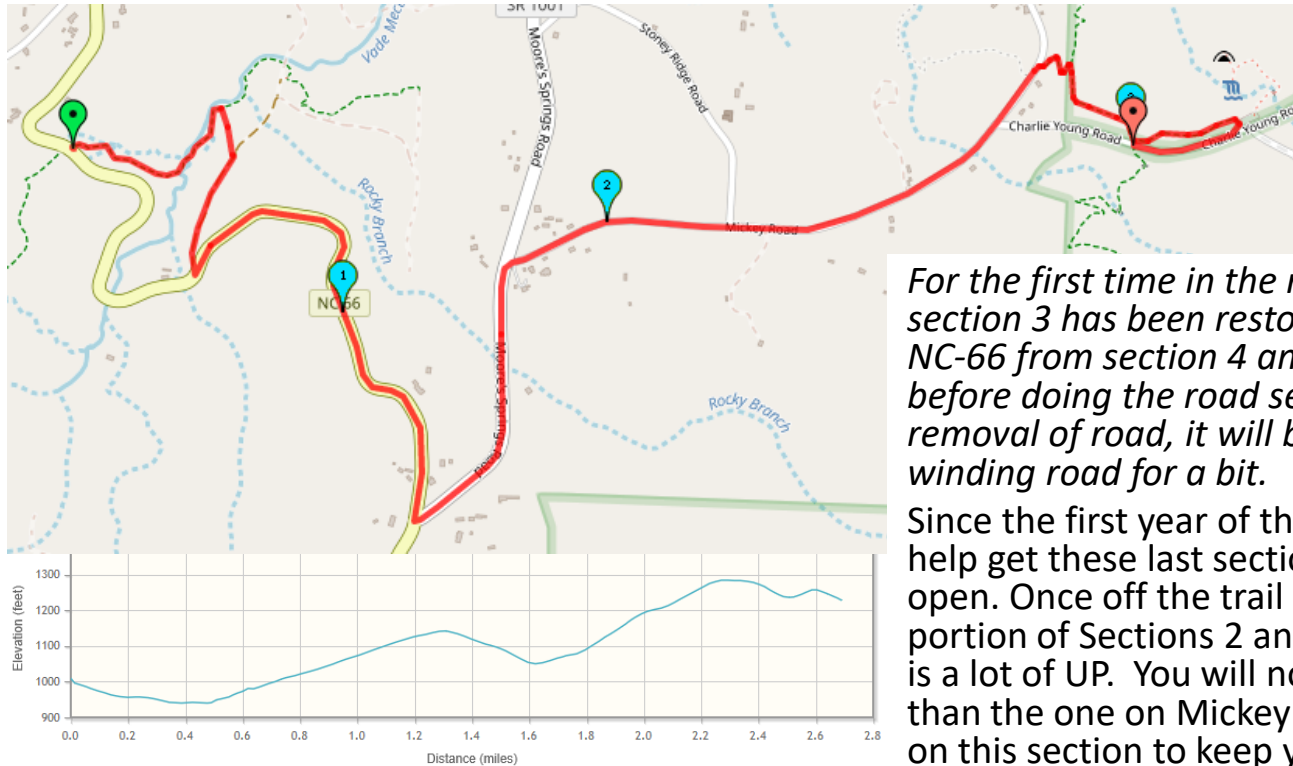
**Section 5** is only .15 miles long and follows the back of a field. It has been mowed way down and should be extremely easy to follow.

**Section 4** (1.2 miles): This is a quick, just over 1 mile section that is your last trail before the road reroute of Section 3 and 2.

[Click here to see this section](#)



# Section 3 and 2

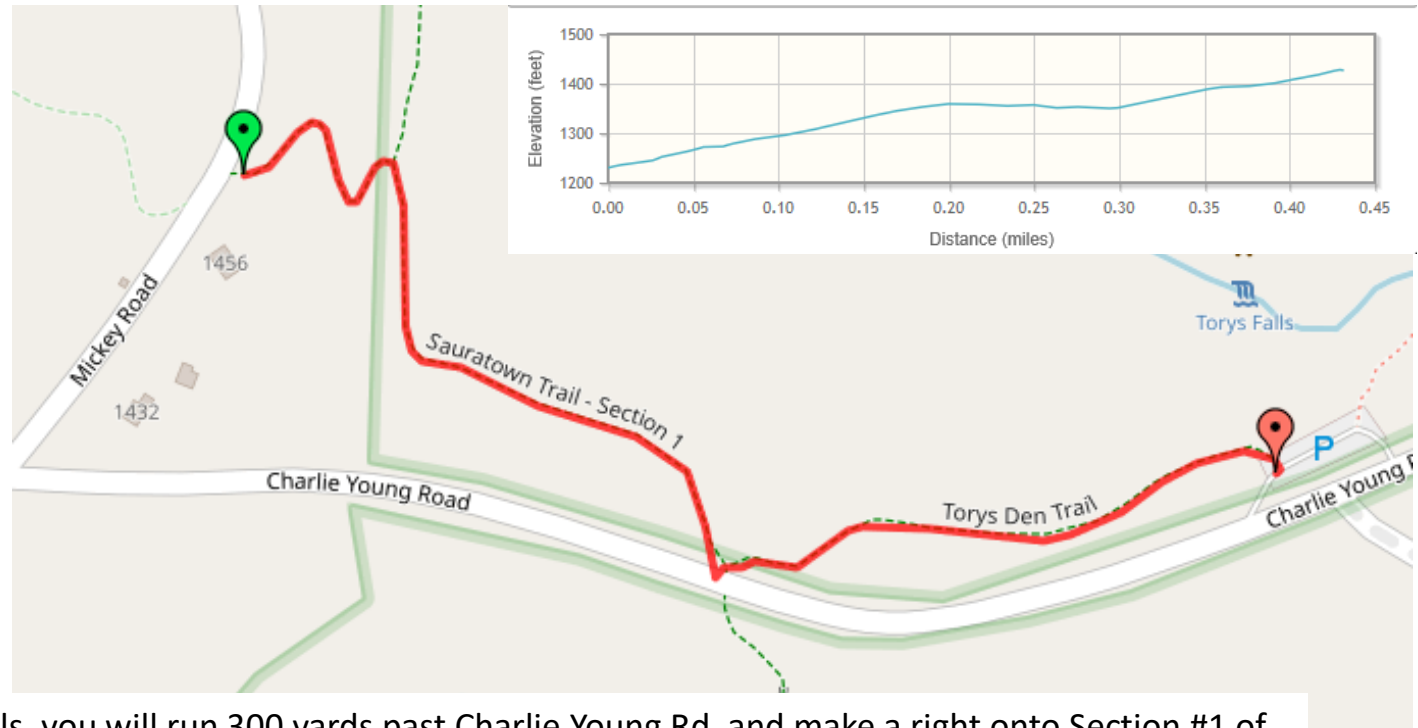


*For the first time in the race's history, some of the closed section 3 has been restored! This means athletes will cross NC-66 from section 4 and head into the trail for a short bit before doing the road section. While this is a small removal of road, it will be much appreciated to get off the winding road for a bit.*

Since the first year of this event, it has been our goal to help get these last sections of the Sauratown Trails back open. Once off the trail be very careful on this road portion of Sections 2 and 3. This 2.4 miles of road section is a lot of UP. You will not get a better 360 degree view than the one on Mickey Rd. We have three police officers on this section to keep you safe.

[Click here to see map of this section](#)

# Section 1



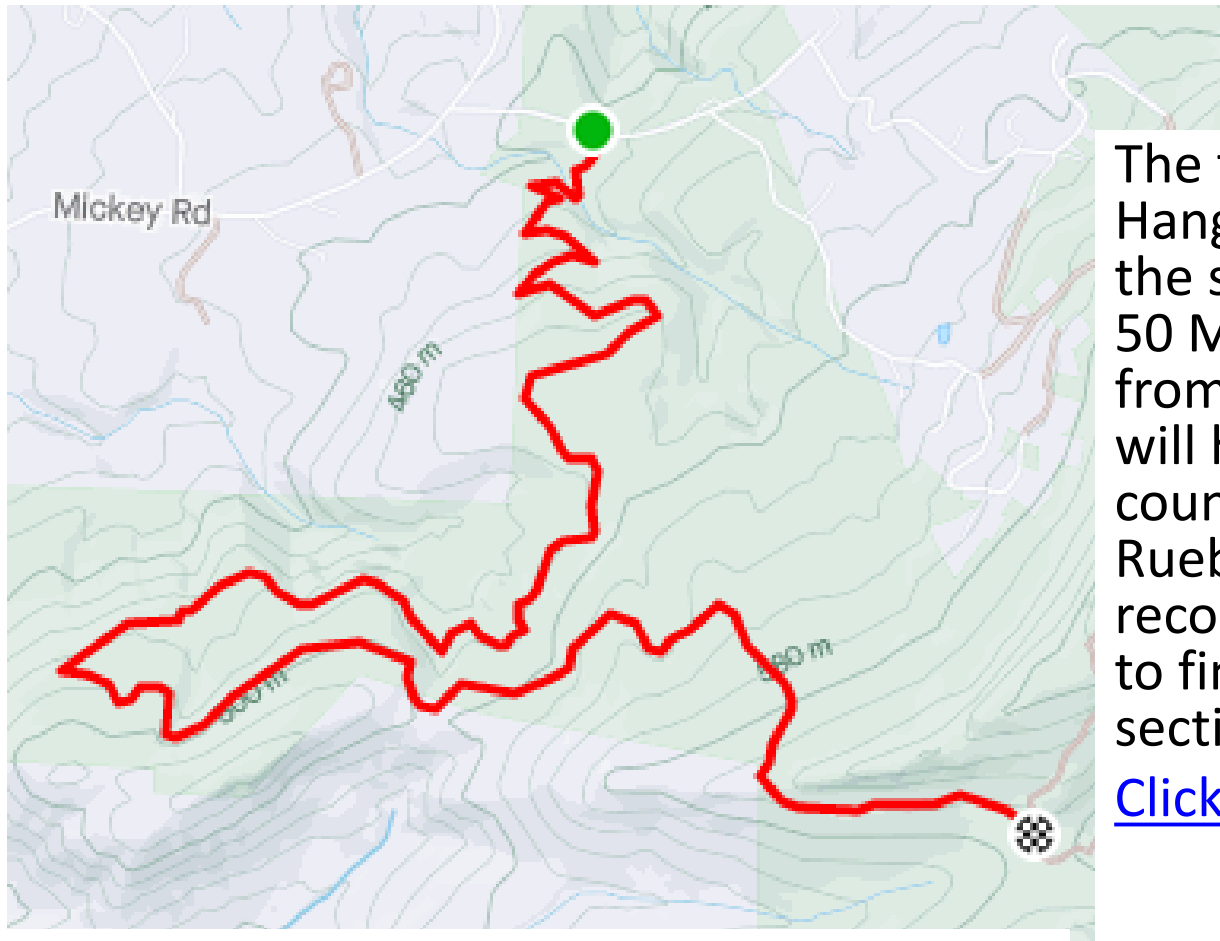
To get back on the trails, you will run 300 yards past Charlie Young Rd. and make a right onto Section #1 of the STA. You will pop out of Section #1 at **Aid station #8** – Tailwind Hydration, water, Fruit, Tortillas with hummus or lunch meat, coke, pickles, and salt tablets.

**4:45 PM CUT OFF!**

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 **4:00 pm you MUST have a headlamp or flashlight to continue.**

[Click here to see this section](#)

# Hanging Rock Tory's Den Section



The first .8 miles of this Hanging Rock section is the same course for both 50 Milers and 50K. BUT from there the 50 Milers will head off to do a counterclockwise loop of Rueben Mountain before reconnecting with the 50K to finish the 2.4 mile section of Tory's Den

[Click here to see section](#)



# Hanging Rock Section 50 Miler

- **Aid Station #9:** (50 milers only) Tailwind Hydration, water, boiled potatoes with salt, jelly beans, huma gels, coke (mile 41.2)
- **Aid Station #10:** Tailwind Hydration, water, PBJ, potato chips, m&ms, bananas, pickles, ginger ale and coke (mile 44.5), **Course cut-off time: 6:45pm**
- **Aid Station #11:** water and Tailwind Hydration (self serve) (mile 46.3)

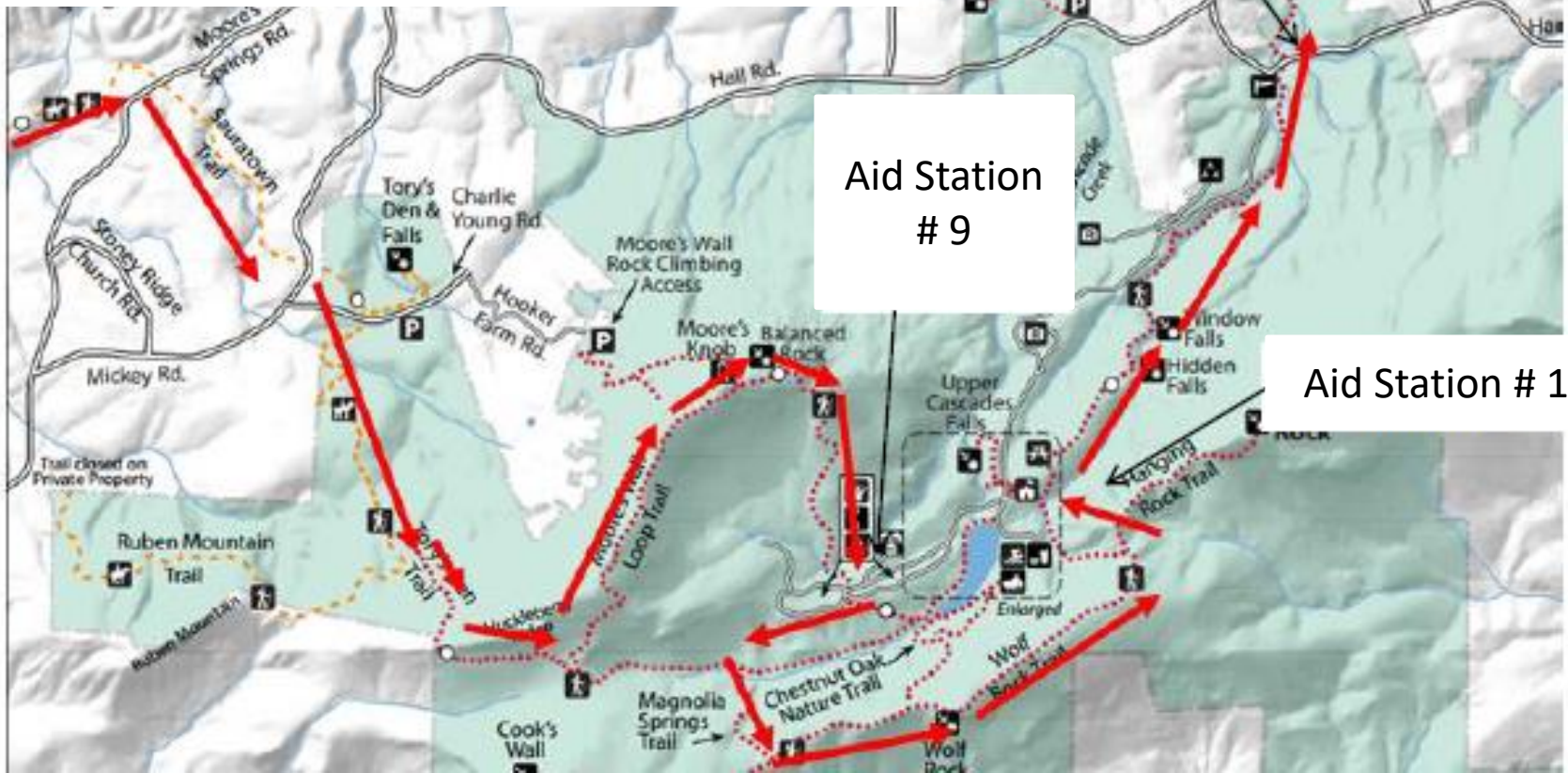


Aid Station # 11



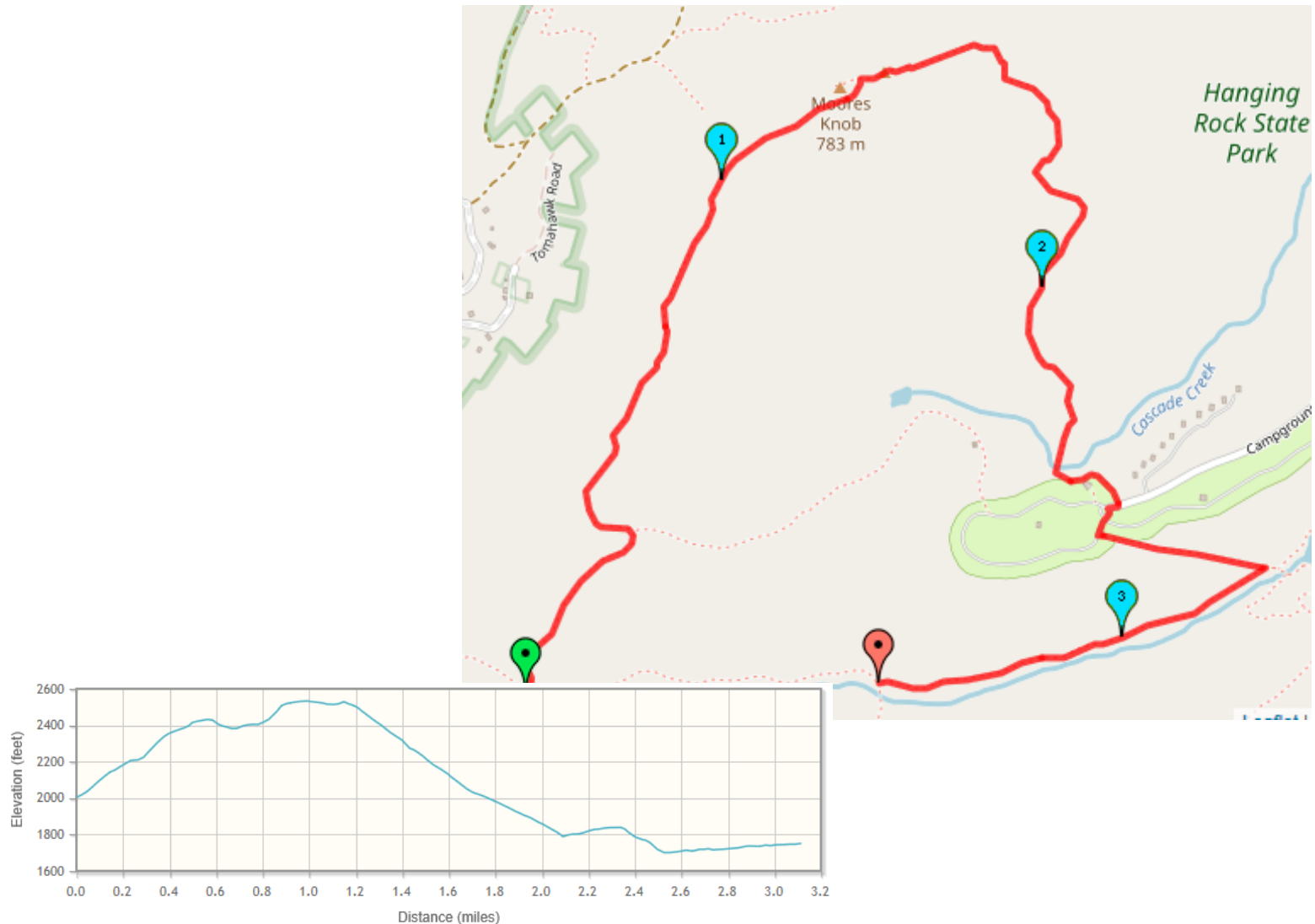
Aid Station # 9

Aid Station # 10



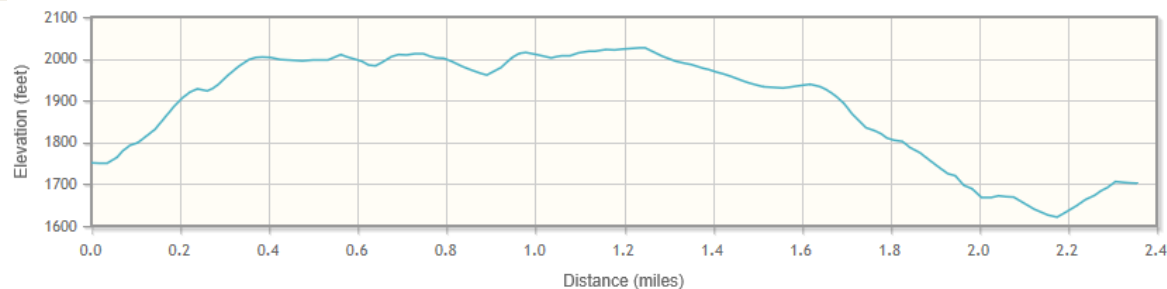
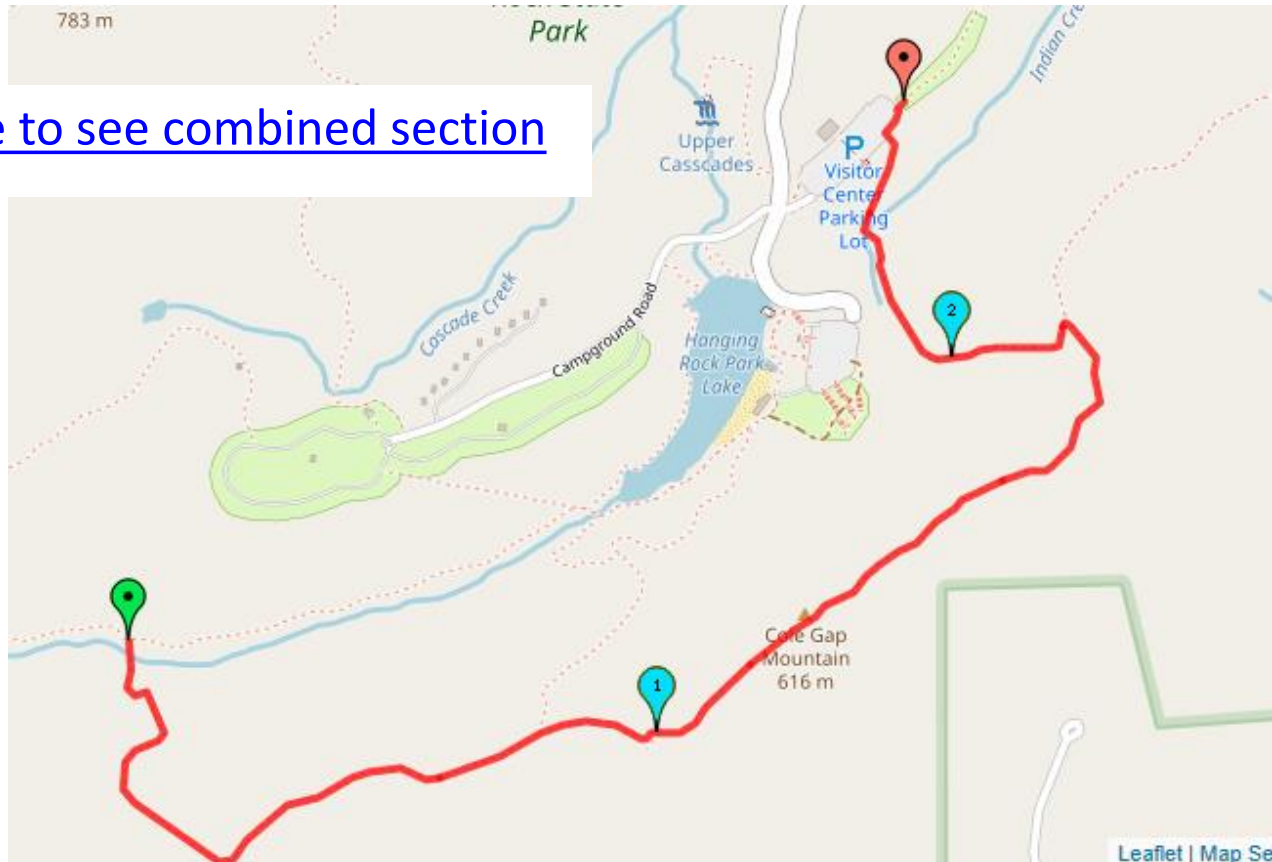
# Hanging Rock Section of 50 Miler

- [Click here for map](#)



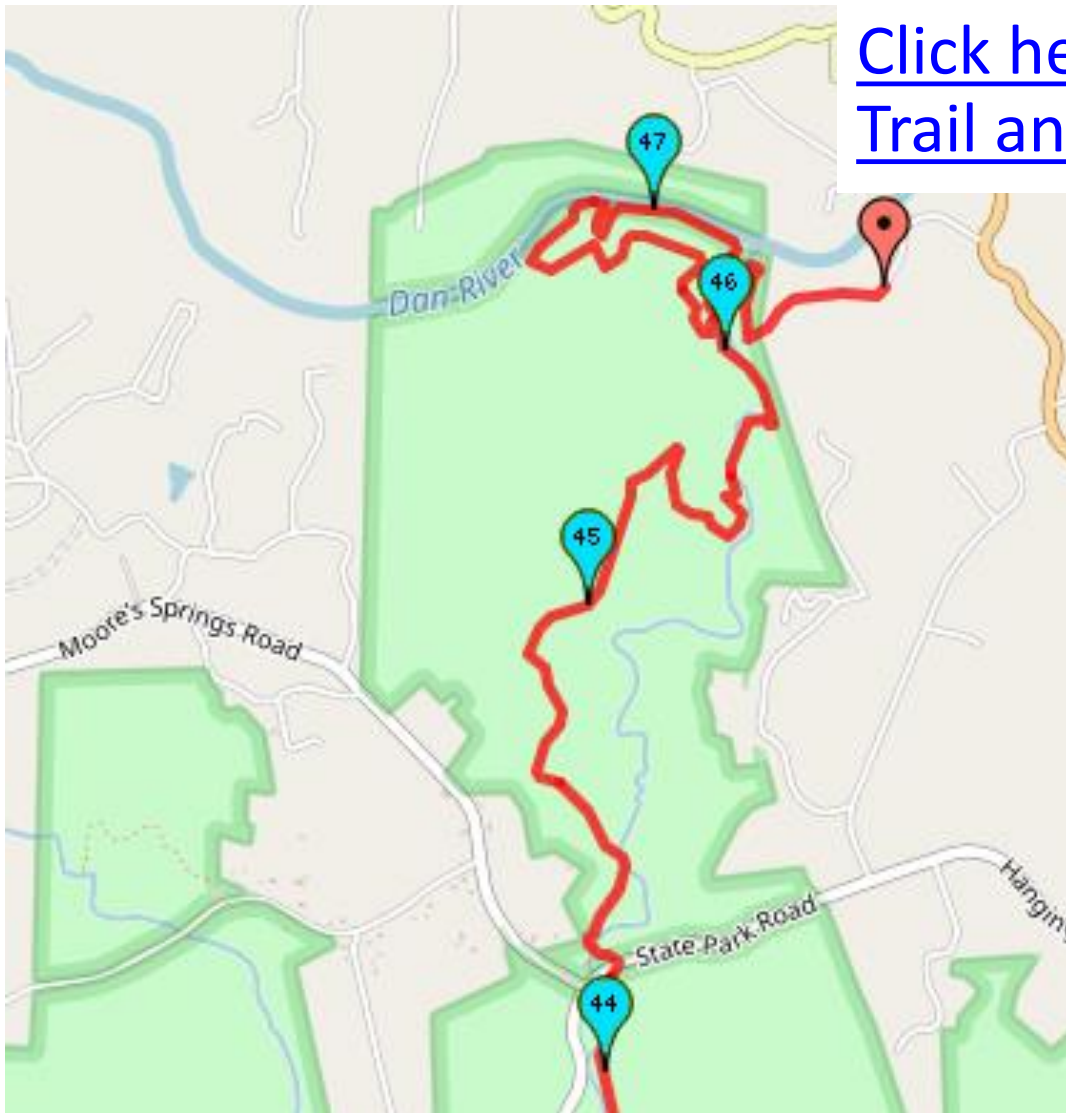
# Combined Section of Hanging Rock State Park

[Click here to see combined section](#)



# Indian Creek Trail and the Finish!

[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 miles with reroutes. 50 Milers will do a **counterclockwise** loop of the bluffs trail! This is a gorgeous and fast section of the course!

Once you exit the trail runners will head up Flinchum Rd to the finish!