

2022
50km
Course
Guide



Important Parking Information and Maps

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

- Danbury Government Center ([1012 Main St., Danbury, NC](#))
 - please follow parking attendant directions on where to park. **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 Km Start Line:** [1459 Pinnacle Hotel 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	1459 Pinnacle Hotel Rd, Pinnacle, NC	Parking in horse trailer parking lot
#2	12.25	n/a	no	Park bathrooms	cheese or PB crackers, pretzels, Huma gels	The top of the State Park, Pilot Knob Park Rd, Pinnacle, NC	parking in State Park public lot
#3	17.5	3.9	yes	n/a	Tailwind Hydration, salt tablets, bananas, fruit snacks	1604 Old Winston Rd, Pinnacle, NC	parking in horse trailer parking lot
#4	20	6.4	no	n/a	Tailwind Hydration, boiled potatoes, cookies, Huma gels, coke	On Brims Grove Rd just north of Volunteer Rd, Pinnacle, NC	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	Intersection of Old Mill Rd and Mazie's Ln, Pinnacle, NC	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, Checked bags will be available at this stop	Intersection of Flat Rock Rd & Thore Rd, Pinnacle, NC	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	Just east of 2407 Rockhouse Rd, Pinnacle, NC	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,	Parking lot on Charlie Young Rd at Tory's Den Rd, Walnut Cove, NC	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	Hanging Rock State Park Campground Parking Lot	Parking for Relay Teams Only at designated camp sites
#10	44	25.6	no	Park bathrooms	Tailwind Hydration, PB&J, potato chips, m&ms, bananas, pickles, coke, ginger ale	Hanging Rock State Park, Indian Creek Trail, just outside of parking lot	parking in State Park Visitor Center parking lot
#11	46.1	27.3	no	n/a	water/Tailwind Hydration	Just northeast of the intersection of Moore's Springs Rd and Hanging Rock State Park Rd	limited parking on NW Side of Hanging Rock State Park Rd
FINISH	50 Miles!	31.1 Miles!	no		Beer and a hot meal!	Green Heron Ale House - 1110 Flinchum Rd, Danbury, NC	Parking in designated lots

50 K Full Map

Please [click here](#) to see the 50 K full interactive map. You can view the course and download a GPX file for your watch on Strava [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.

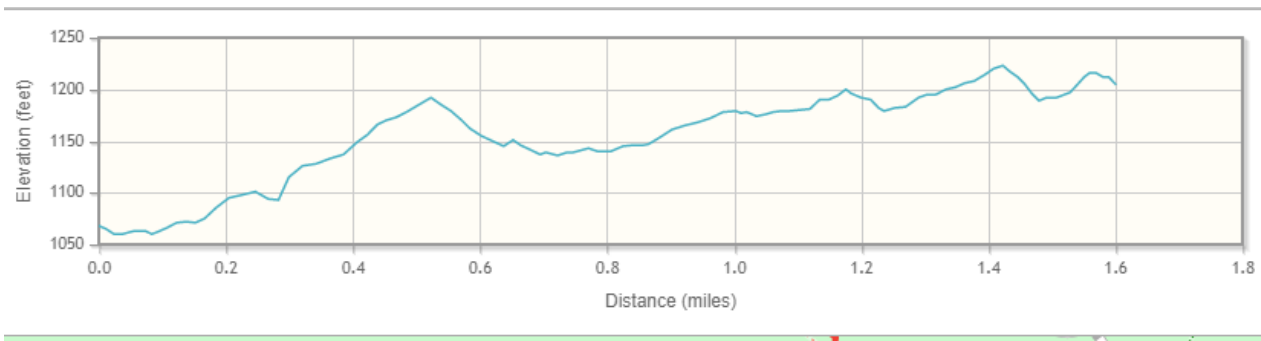
Note that distances by GPS will be off due to the heavy tree cover, winding trails, and elevation changes. We have used a wheel, and GPS to get our distance on each section of these trails and are confident in the race distances.

50 K Elevation Graph



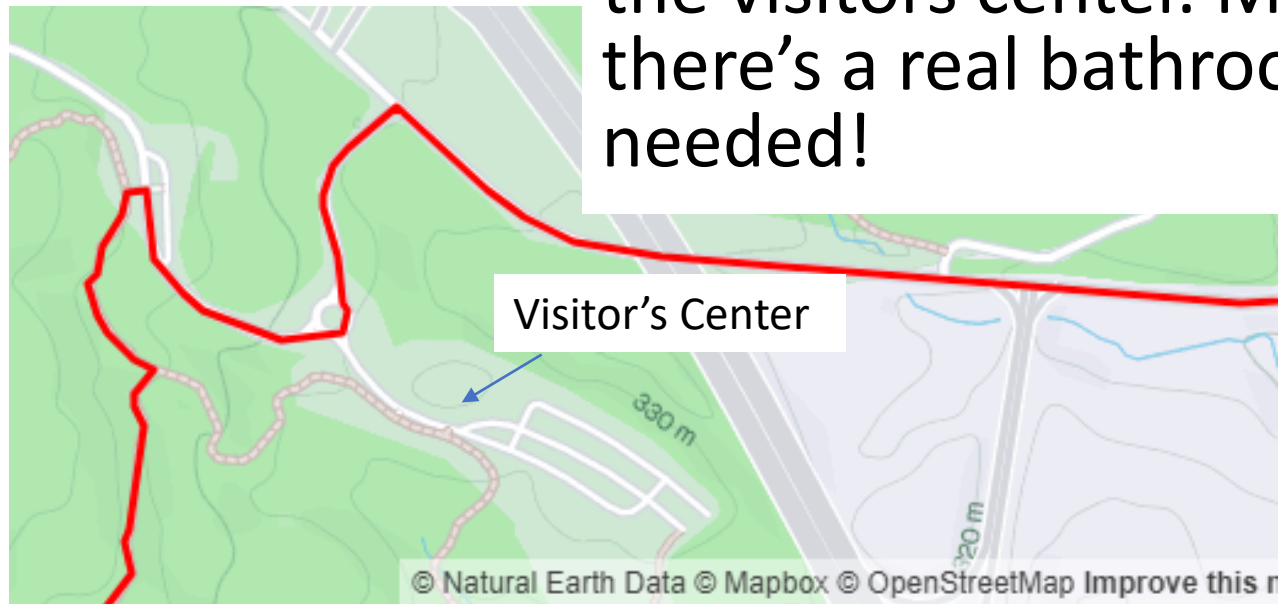
Pilot Mountain Section of 50K

- Runners will start on Culler Rd and head across the street to get on the Mountain Trail.
- [Click here to see Pilot Section of 50K](#)



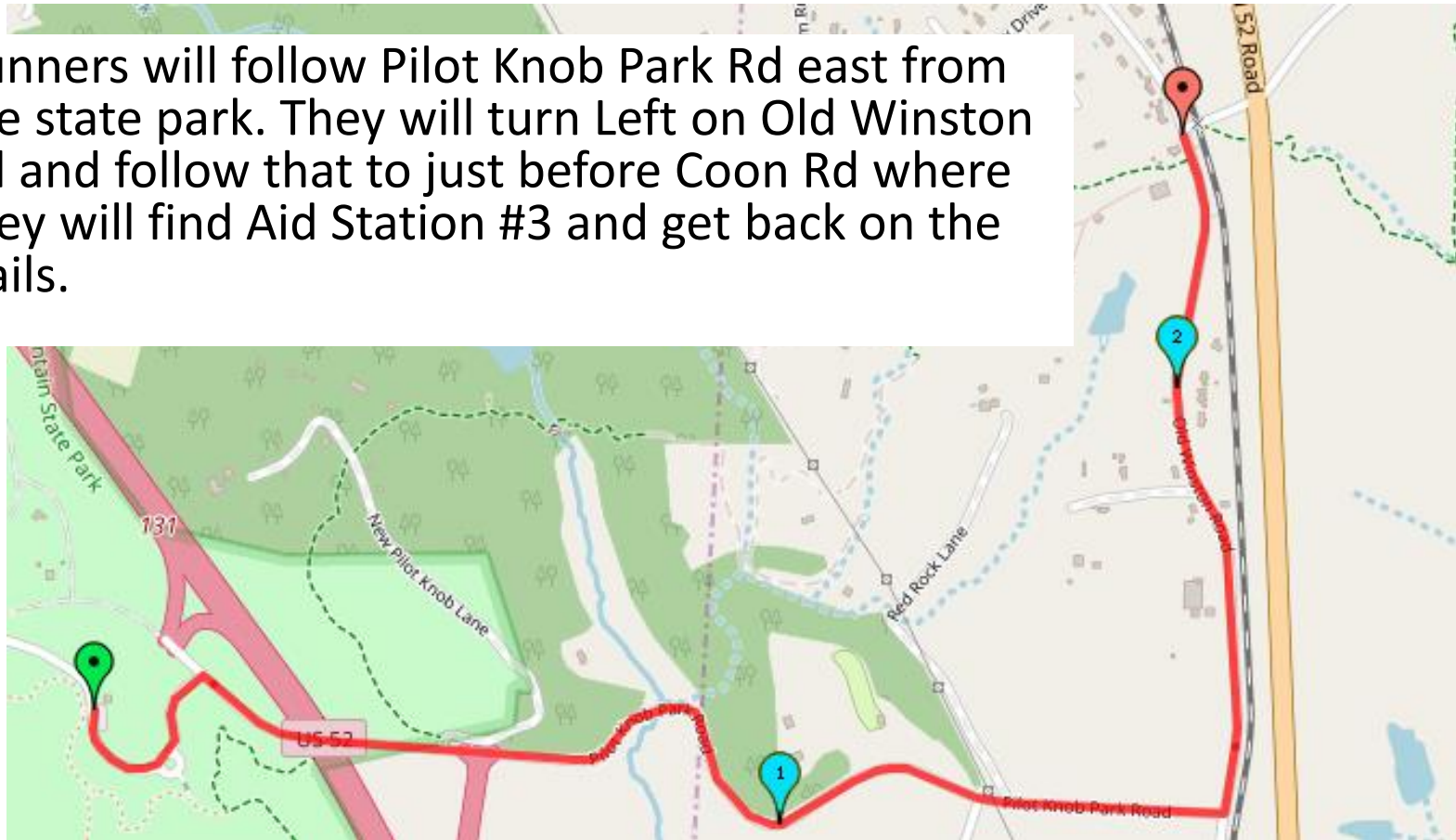
50 Km between Pilot Mountain Trail and Sauratown Trail

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



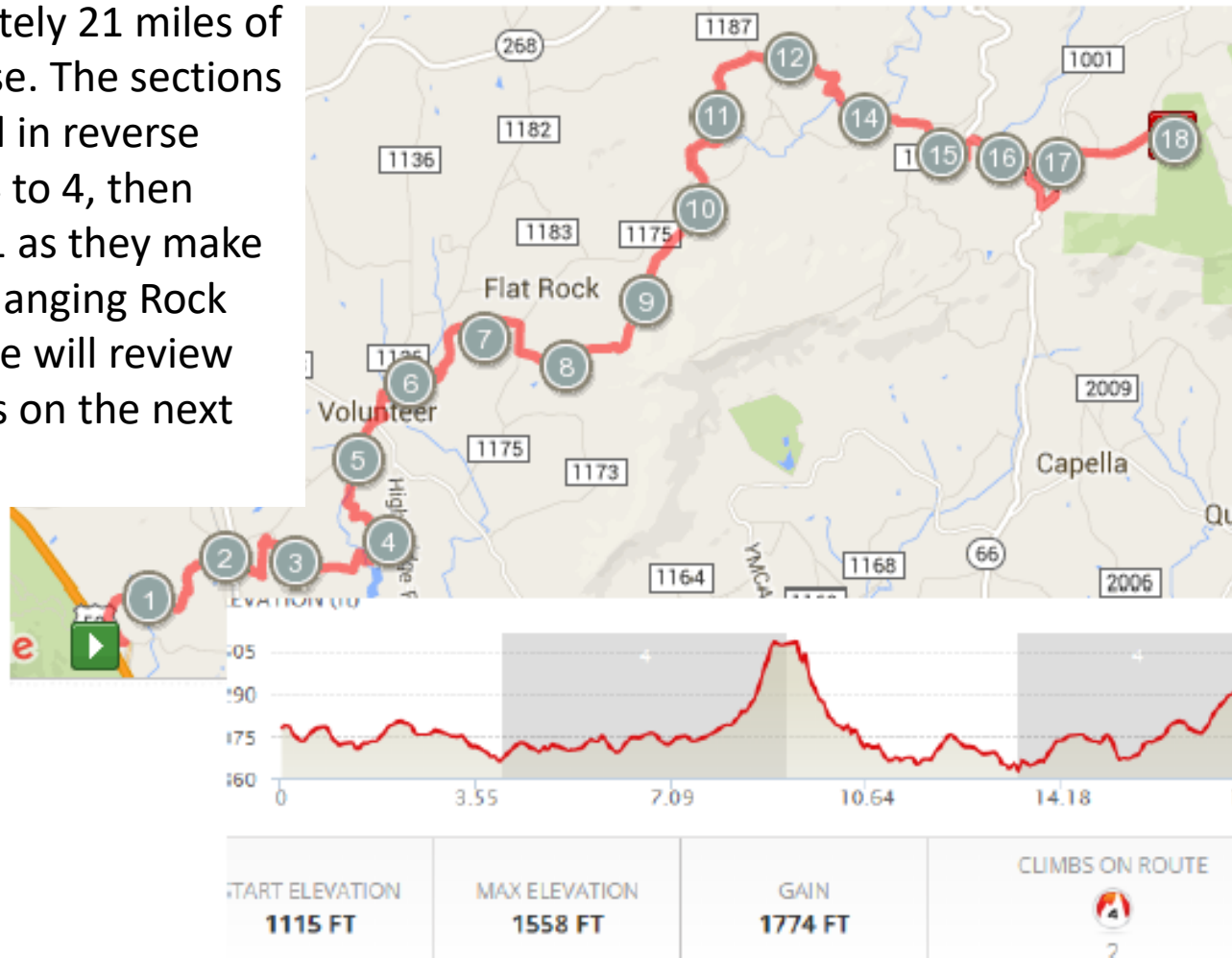
50 Km between Pilot Mountain Trail and Sauratown Trail

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

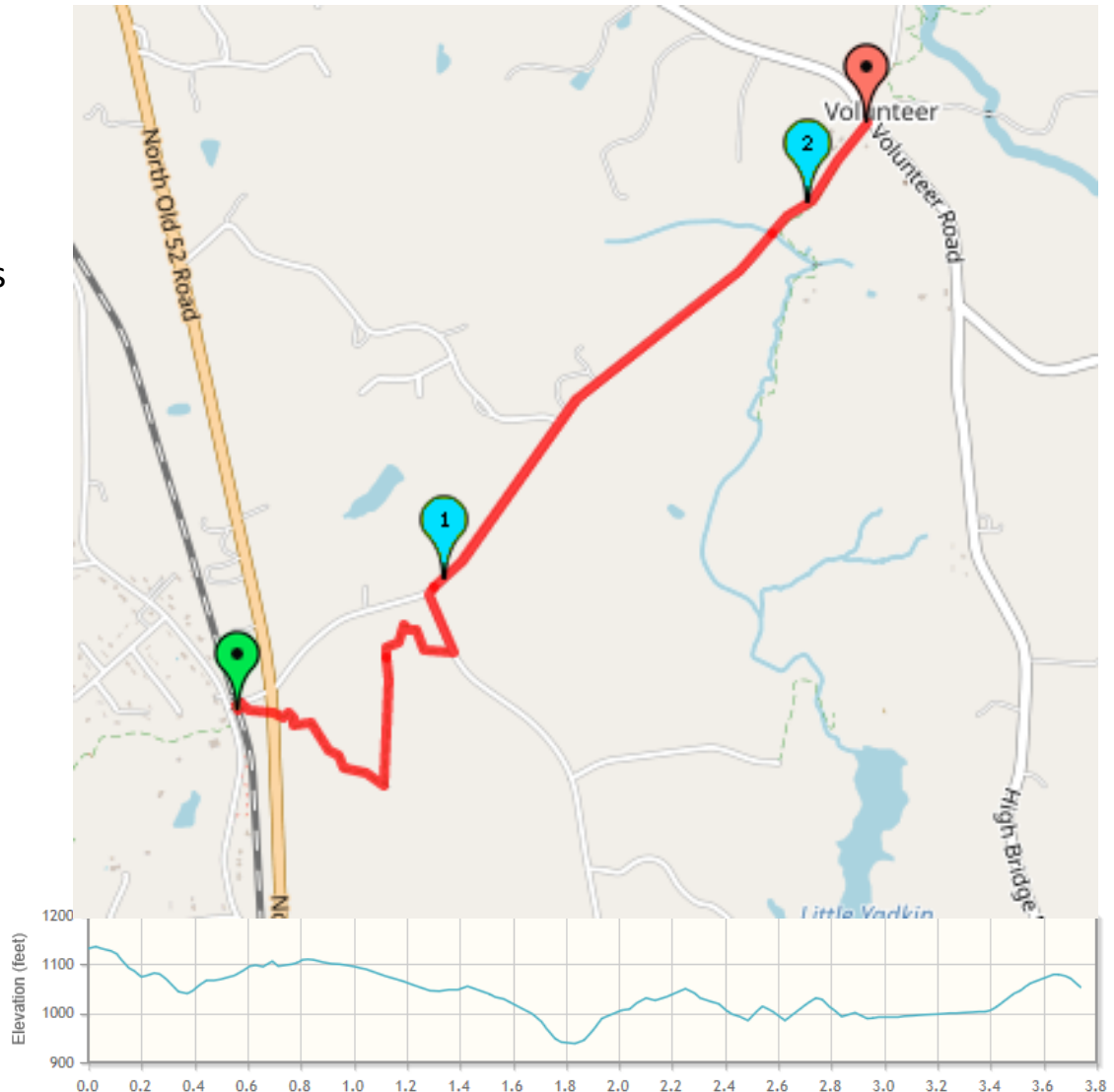
This is by far the flattest part of the race. The STA makes up approximately 21 miles of the race course. The sections are numbered in reverse order from 14 to 4, then onto section 1 as they make their way to Hanging Rock State Park. We will review those sections on the next pages!



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](#)

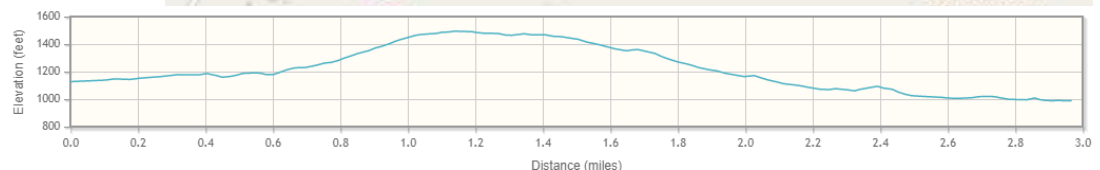
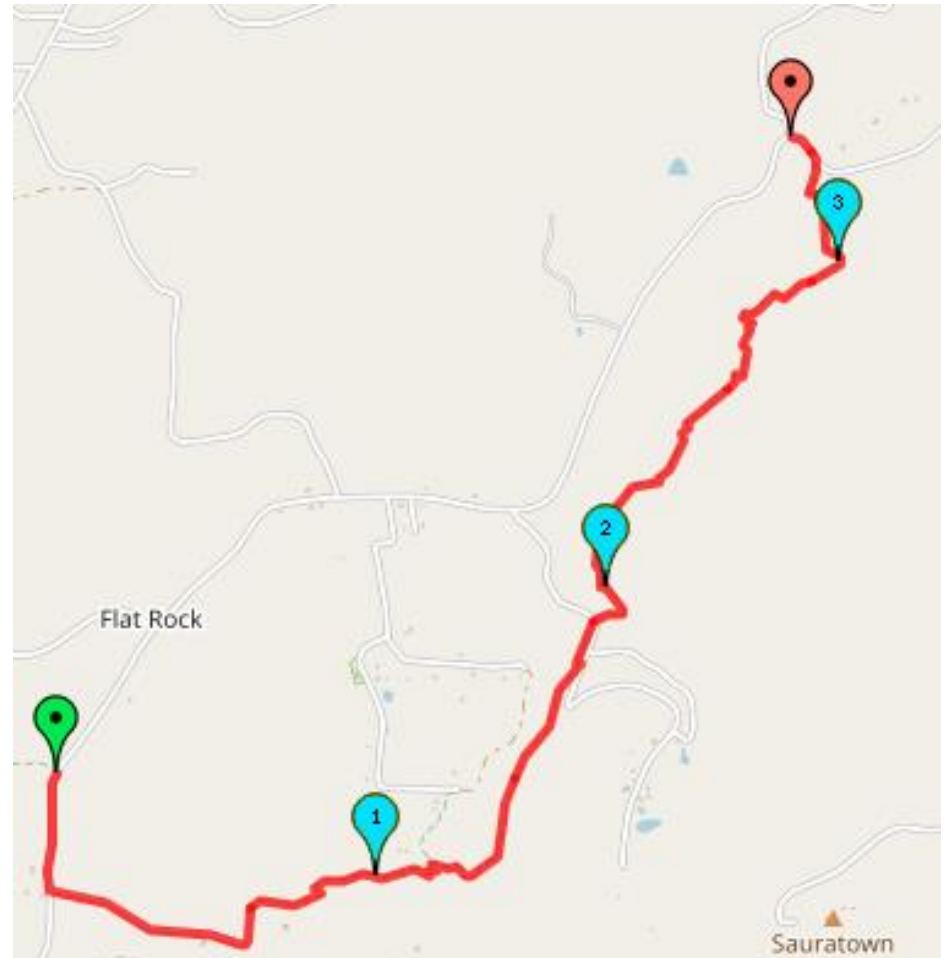


Section 10 and 9

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](#)



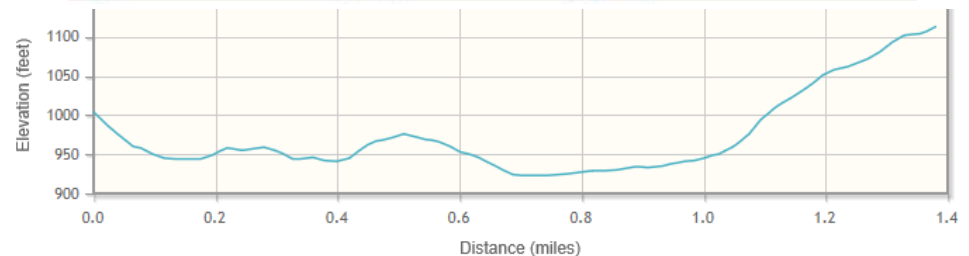
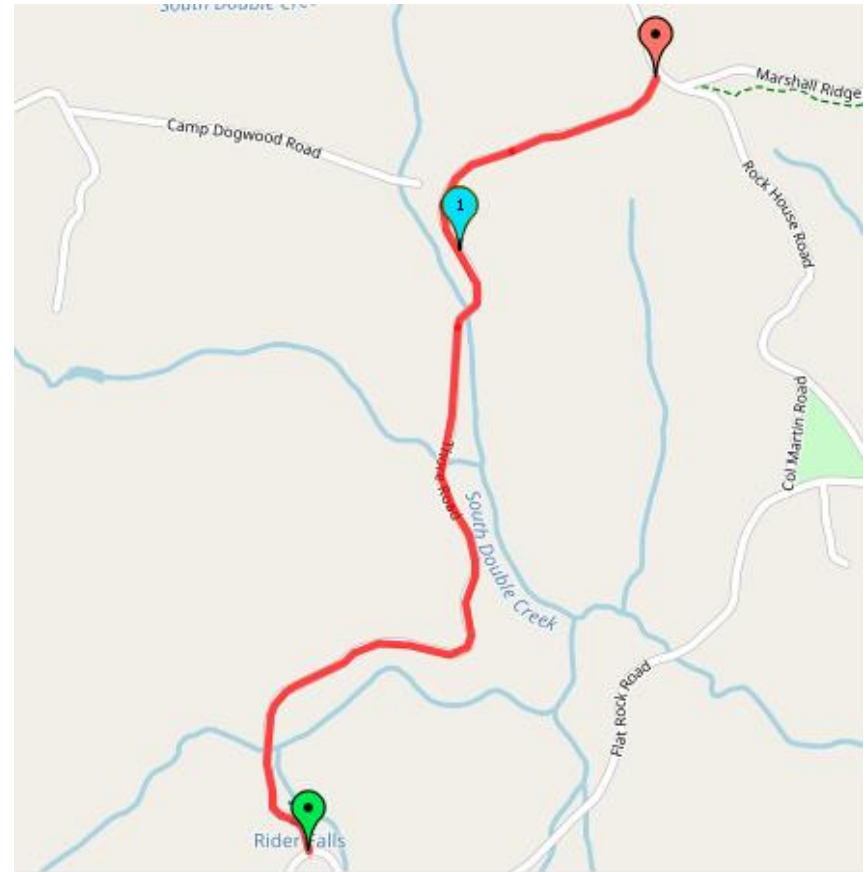
Section 8

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](#)



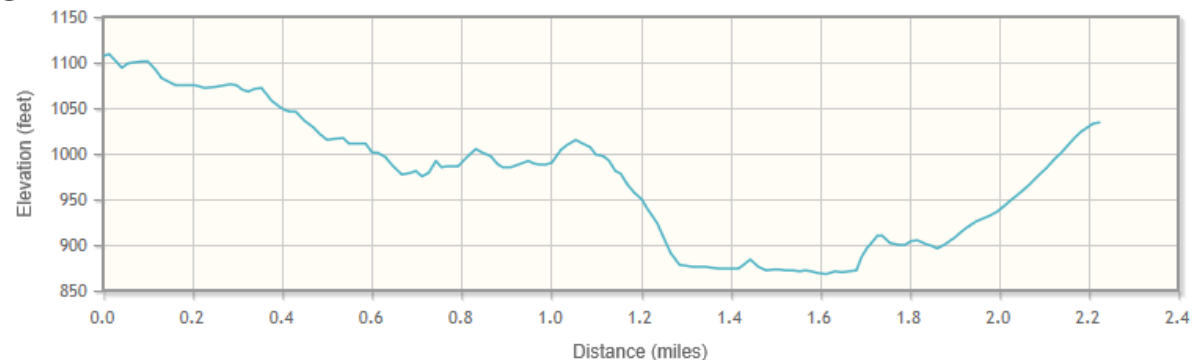
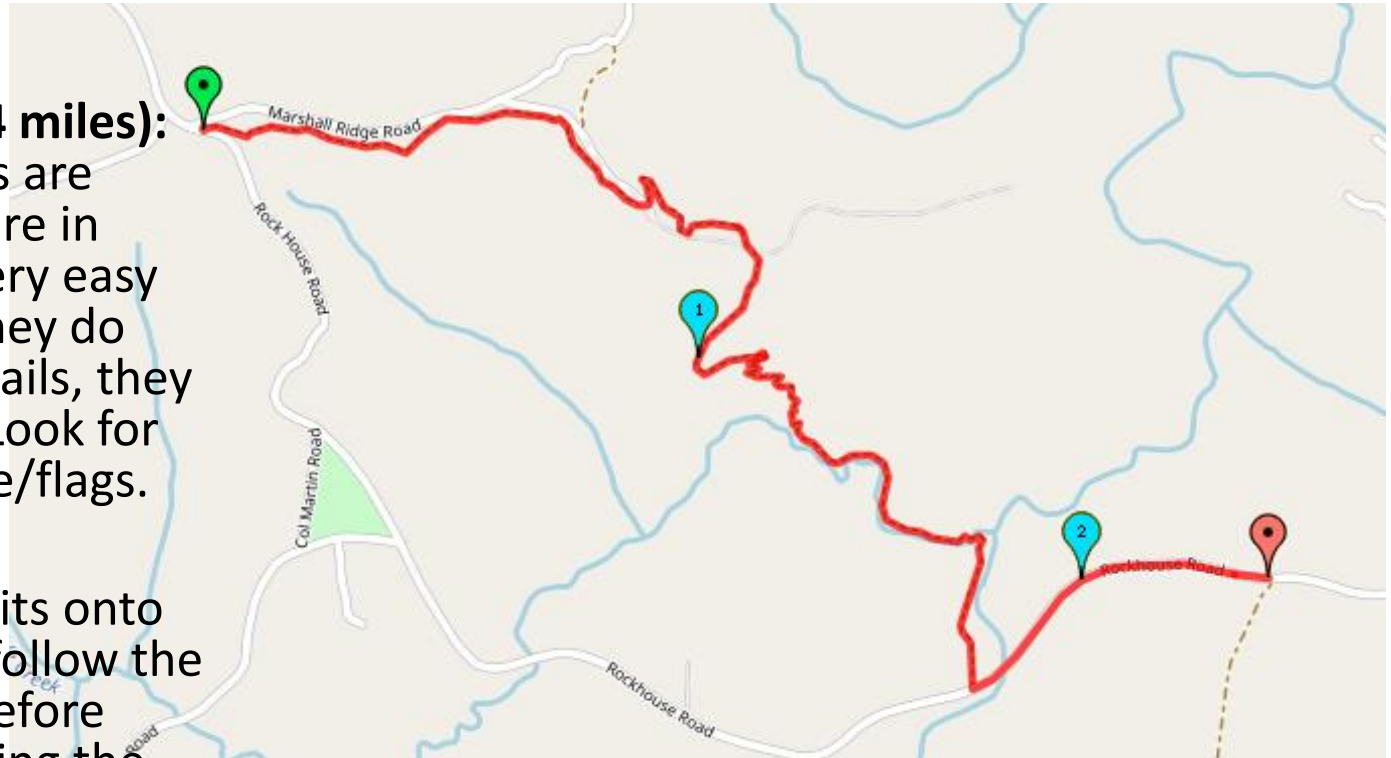
Section 7 and 6

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](#)



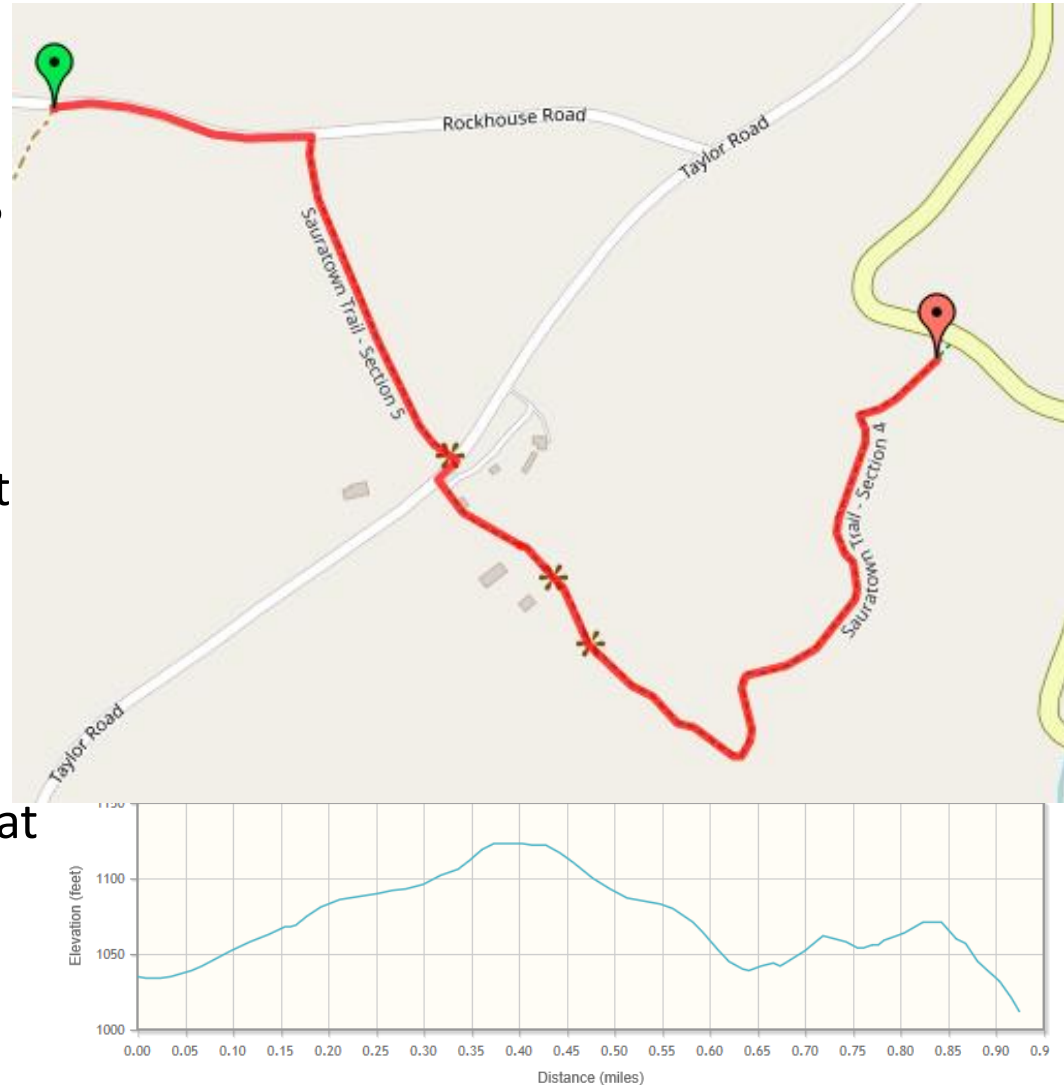
Section 5 and 4

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.

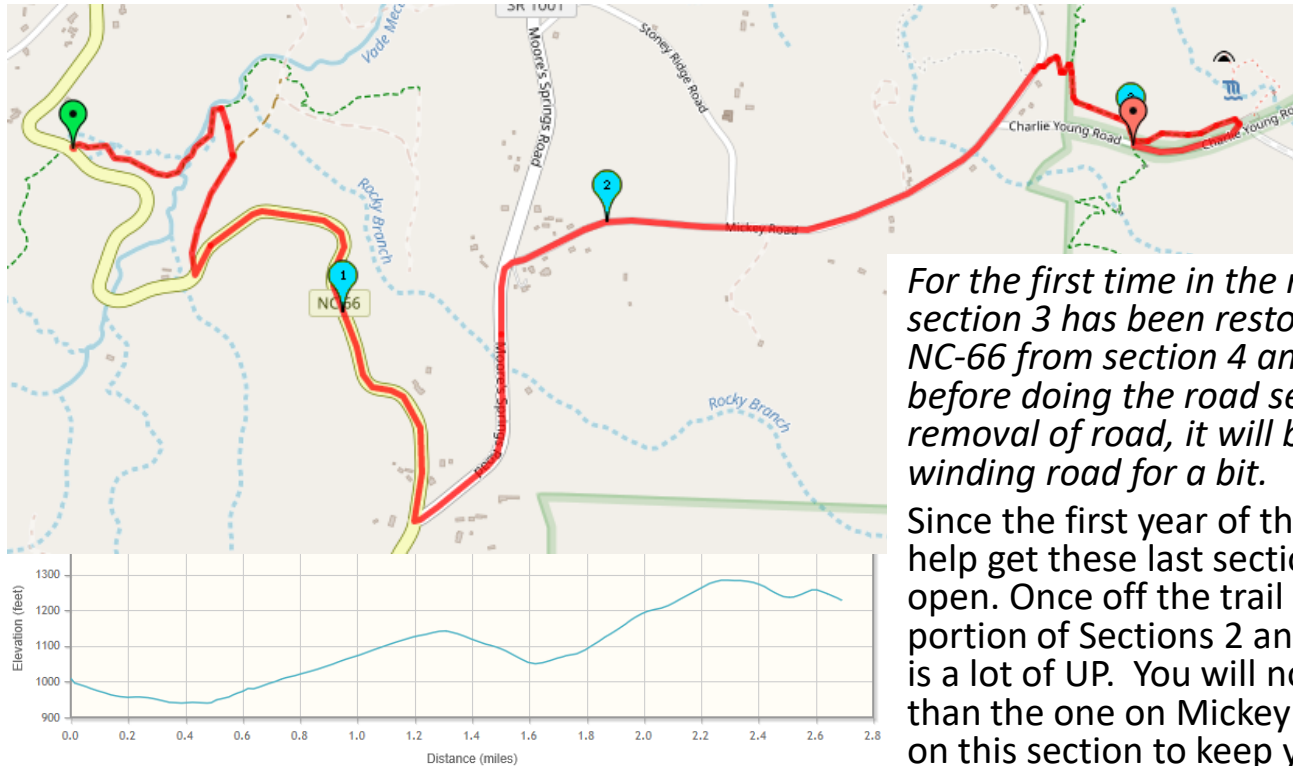
Section 5 is only .15 miles long and follows the back of a field. It has been mowed way down and should be extremely easy to follow.

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

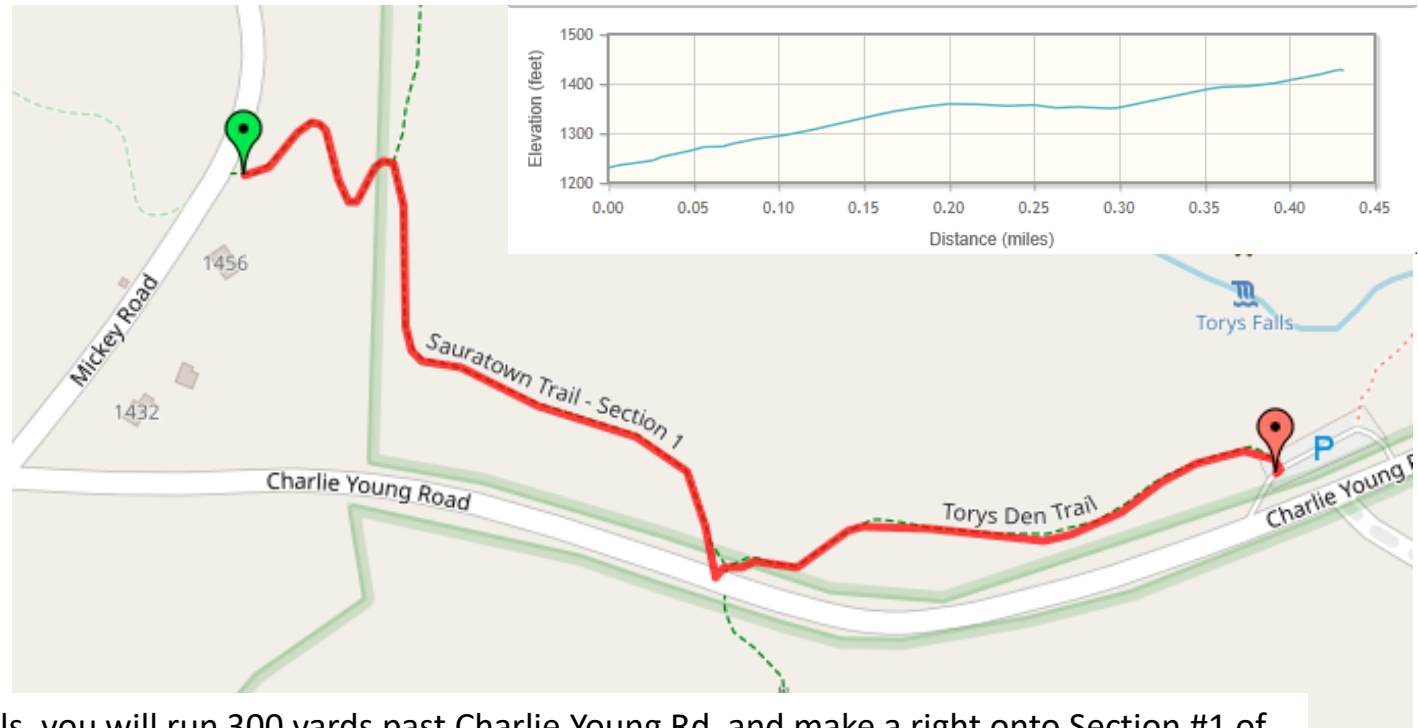


For the first time in the race's history, some of the closed section 3 has been restored! This means athletes will cross NC-66 from section 4 and head into the trail for a short bit before doing the road section. While this is a small removal of road, it will be much appreciated to get off the winding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



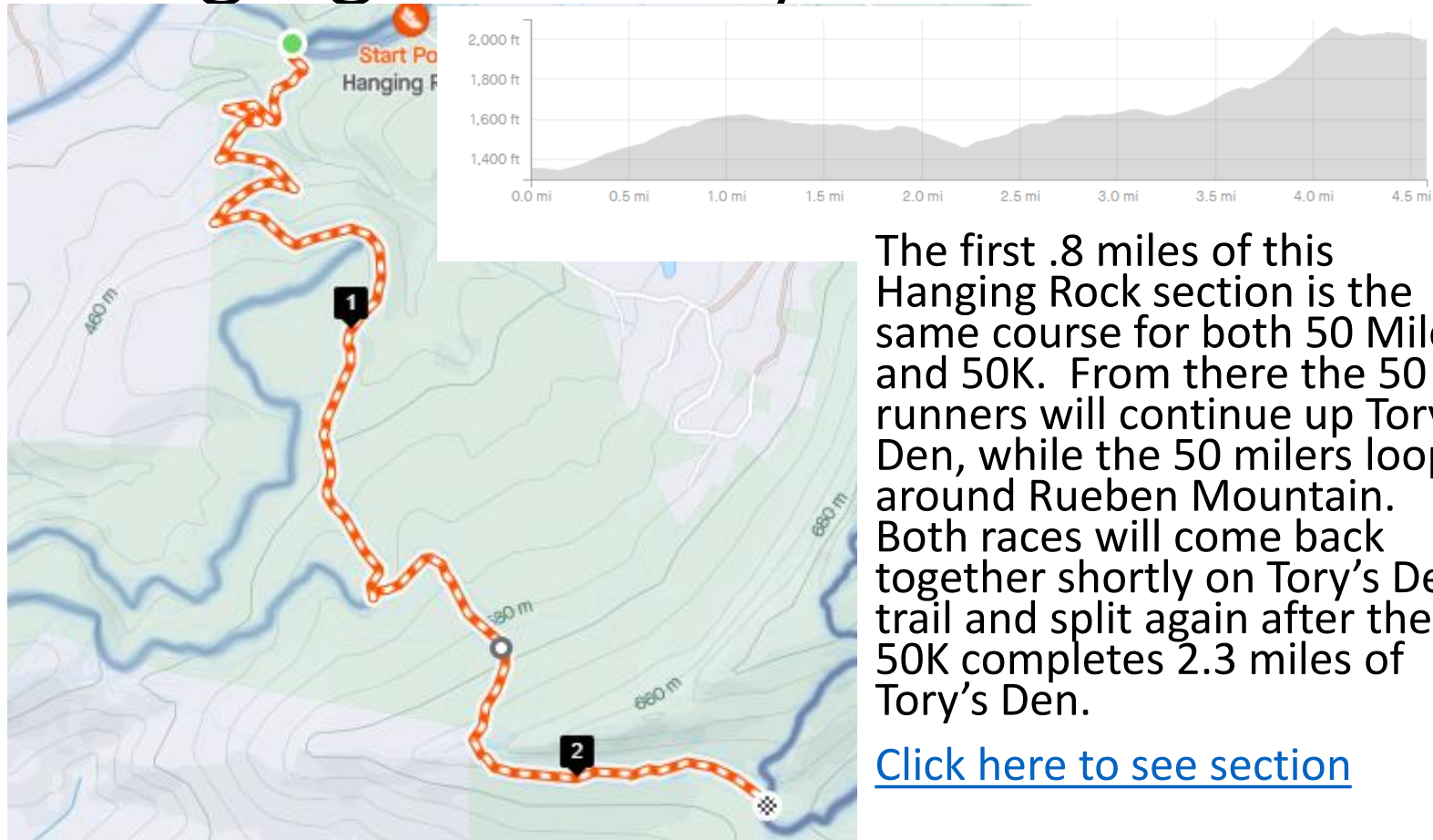
To get back on the trails, you will run 300 yards past Charlie Young Rd. and make a right onto Section #1 of the STA. You will pop out of Section #1 at **Aid station #8** – Tailwind Hydration, water, Fruit, Tortillas with hummus or lunch meat, coke, pickles, and salt tablets.

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. From there the 50 K runners will continue up Tory's Den, while the 50 milers loop around Rueben Mountain. Both races will come back together shortly on Tory's Den trail and split again after the 50K completes 2.3 miles of Tory's Den.

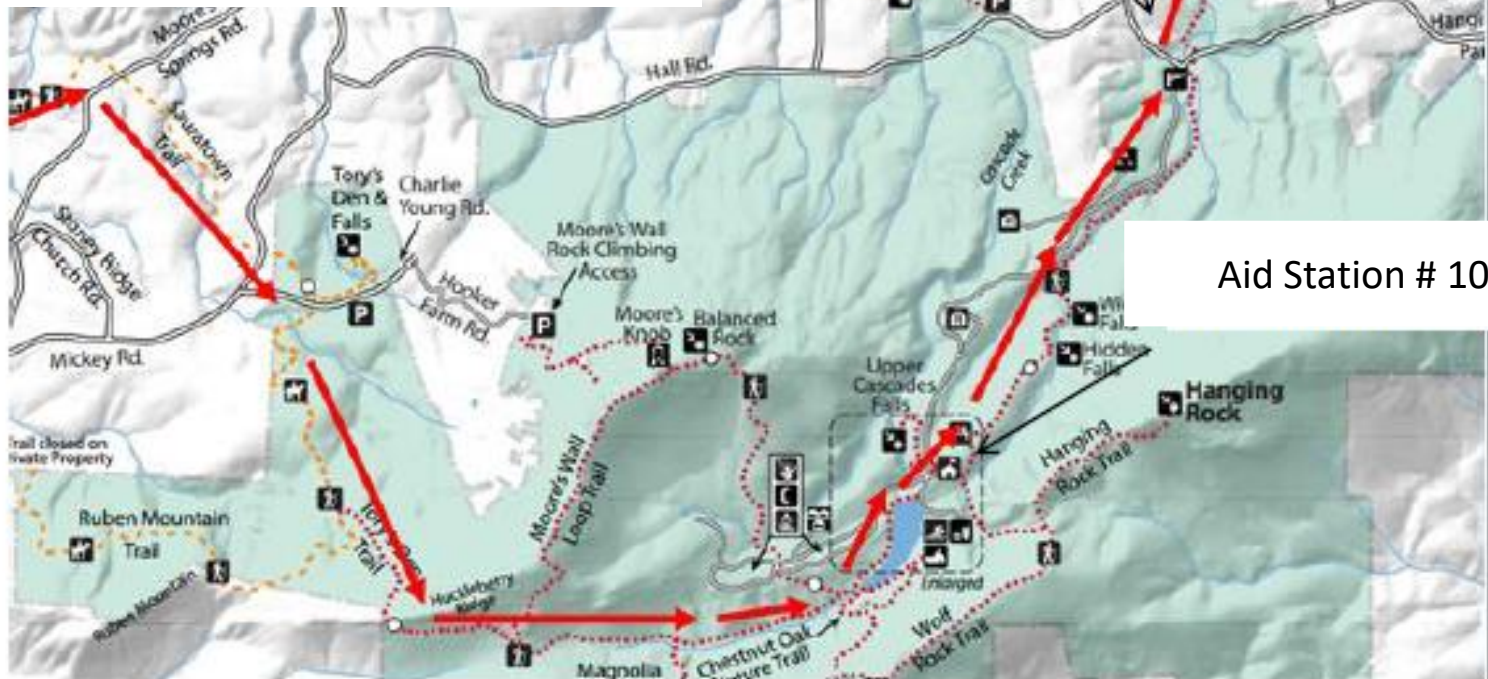
[Click here to see section](#)

Hanging Rock Section of 50K

- **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)



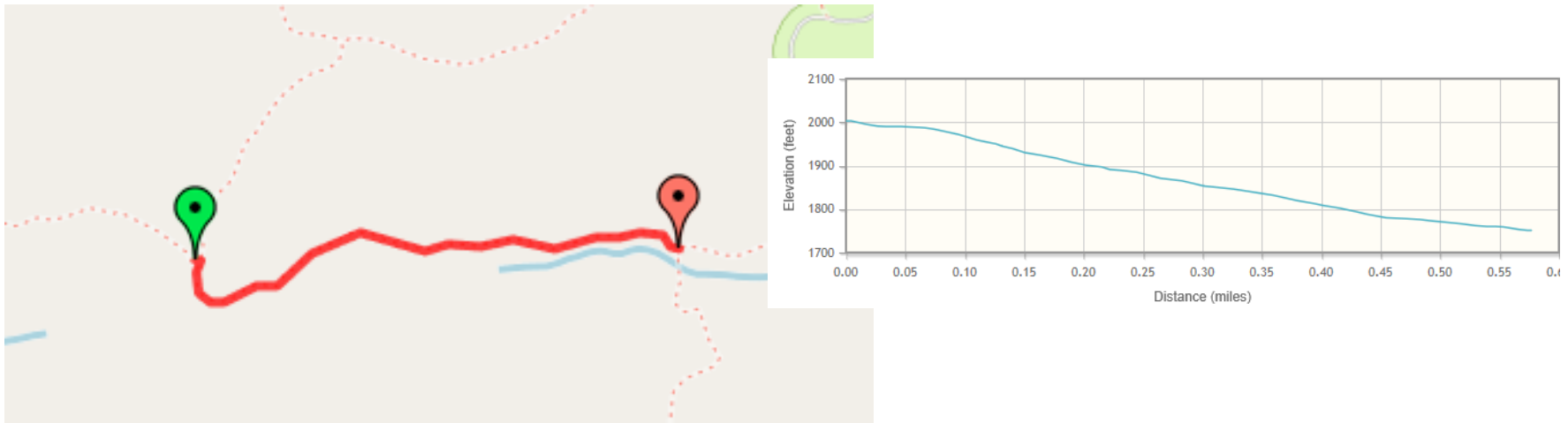
Aid Station # 11



Aid Station # 10

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](#)



Indian Creek Trail and the Finish!



Both the 50 Mile and 50K will do the same course from Aid Station #10 on. This means that the 50K will do the Riverbluff Loop Trail **counterclockwise** this year!

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

