

Aid station	GPS	50 Mile Distance	50k Distance	Relay Exchange	Drop Bags	Toilets	Parking	Beverage	Food	Supplies
#1	1459 Pinnacle Hotel Rd, Pinnacle, NC	6.5	-	yes		Port-a-Potty	No Parking - for relay teams only	Water, Tailwind - Mandarin	Bananas, Trail Mix, Huma	Med Kit, Feminine Products, Salt Tabs, Vaseline
#2	The top of the State Park, Pilot Knob Park Rd, Pinnacle, NC	12.25	-	no		Park bathrooms	parking in State Park public lot	Water, Tailwind - Raspberry (C)	Cheese/PB Crackers, Mandarin Oranges, Huma	Med Kit, Feminine Products, Salt Tabs, Vaseline
#3	1604 Old Winston Rd, Pinnacle, NC	17.5	3.9	yes		n/a	Parking in gravel lot	Water, Tailwind - Naked	Pickles, Hummus Wraps, Bacon, Gummy Bears, Huma	Med Kit, Feminine Products, Salt Tabs, Vaseline
#4	On Brims Grove Rd just north of Volunteer Rd, Pinnacle, NC	20	6.4	no		n/a	limited parking in gravel lot on opposite side of road from aid station	Water, Coke, Tailwind - Mandarin	Pretzels, Mixed Candy, Perogies, Grapes, huma	Med Kit, Feminine Products, Salt Tabs, Vaseline
#5	Intersection of Old Mill Rd and Mazie's Ln, Pinnacle, NC	22.2	8.7	yes		Port-a-Potty	limited parking in front of barn at aid station	Water, Coke, Tailwind - Raspberry (C)	Potato Chips, Dried Fruit, Rice Krispy Treats, Huma	Med Kit, Feminine Products, Salt Tabs, Vaseline
#6	Intersection of Flat Rock Rd & Thore Rd, Pinnacle, NC	25.3	11.8	no	50M Drop Bag	n/a	limited parking on east side of Thore Rd, no parking on Flat Rock Rd	Water, Tailwind - Dauwatermelon	PB&J, pickles, gummy bears, bacon, bananas, huma	Med Kit, Feminine Products, Salt Tabs, Vaseline
#7	Just east of 2407 Rockhouse Rd, Pinnacle, NC	29.2	15.7	yes	50K Drop Bag	n/a	limited parking in mowed grass on side of Rockhouse Rd	Water, Ginger Ale, Tailwind - Mandarin	PB/Cheese Crackers, Oreos, jelly beans, Perogies, huma	Med Kit, Feminine Products, Salt Tabs, Vaseline
#8	Parking lot on Charlie Young Rd at Tory's Den Rd, Walnut Cove, NC	33.5	20.1	no		Port-a-Potty	limited parking in trail lot, no parking on Charlie Young Rd	Water, Coke, Tailwind - Raspberry (C)	Trail mix, gummy bears, Beans and Cheese Wraps, broth, huma	Med Kit, Feminine Products, Salt Tabs, Vaseline
#9 (unmanned)	Hanging Rock State Park Campground Parking Lot	40.8	n/a	no		n/a	No Parking	water, tailwind - Da	Huma, granola bars	Med Kit, Feminine Products, Salt Tabs, Vaseline
#10	Hanging Rock State Park Lake	41.8	n/a	yes		Park bathrooms	Parking in State Park Lake Parking Lot	Water, Ginger Ale, Tailwind - Raspberry (C)	Potato Chips, Fruit Cups, M&Ms, Hummus Wraps, Huma	Med Kit, Feminine Products, Salt Tabs, Vaseline
#11	Hanging Rock State Park, Indian Creek Trail, just outside of parking lot	44	25.6	no		Park bathrooms	parking in State Park Visitor Center parking lot	Water, Coke, Tailwind - Mandarin	PB&J, Pickles, Gummy Bears, Broth, Bananas, Huma	Med Kit, Feminine Products, Salt Tabs, Vaseline
#12 (unmanned)	Just northeast of the intersection of Moore's Springs Rd and Hanging Rock State Park Rd	46.1	27.3	no		n/a	limited parking on NW Side of Hanging Rock State Park Rd	Water, Tailwind - Naked	Huma	Med Kit, Feminine Products, Salt Tabs, Vaseline
FINISH	Green Heron Ale House - 1110 Flinchum Rd, Danbury, NC	50 Miles!	31.1 Miles!		Drop Bag for 50k & 50 Mile	Port-a-Potty	No Parking- Park at Danbury Gov't Center and use shuttle	Water, Coke, Chocolate Milk, Sprite	Burrito Bowls and Snacks	Med Kit, Feminine Products, Salt Tabs, Vaseline