

Aid station	GPS	50 Mile Distance	50k Distance	Relay Exchange	Drop Bags	Toilets	Cutoff	Parking	Beverage	Food	Supplies
#1	607 Hauser Rd, Pinnacle NC	3.5	-	yes		Port-a-Potty		Limited Parking in State Park Lot	Water, Tailwind Flavor:	Bananas, Trail Mix, Huma	med Kit, Feminine Products, Salt Tabs, Vaseline
#2	1459 Pinnacle Hotel Rd, Pinnacle, NC	10	-	yes		Port-a-Potty		No Parking - for relay teams only	Water, Tailwind Flavor:	PB pretzels, pickles, candy, huma	Med Kit, Feminine Products, Salt Tabs, Vaseline
#3	The top of the State Park, Pilot Knob Park Rd, Pinnacle, NC	15.75	-	no		Park bathrooms		parking in State Park public lot	Water, Tailwind Flavor:	Cheese/PB Crackers, Mandarin Oranges, Huma	Med Kit, Feminine Products, Salt Tabs, Vaseline
#4	1604 Old Winston Rd, Pinnacle, NC	21.1	3.7	yes		n/a		Parking in gravel lot	Water, Tailwind Flavor:	Pickles, Hummus Wraps, Bacon, Gummy Bears, Huma	Med Kit, Feminine Products, Salt Tabs, Vaseline
#5	Intersection of Old Mill Rd and Mazie's Ln, Pinnacle, NC	26	8.4	yes	50 Mile Drop Bags	Port-a-Potty	1:16 PM	limited parking in front of barn at aid station	Water, Coke, Tailwind. Flavor:	Potato Chips, PB&J Sandwich, Dried Fruit, Rice Krispy Treats, Huma	Med Kit, Feminine Products, Salt Tabs, Vaseline
#6 (unmanned)	Intersection of Flat Rock Rd & Thore Rd, Pinnacle, NC	29	11.5	no		n/a		limited parking on east side of Thore Rd, no parking on Flat Rock Rd	Water, Tailwind Flavor:	water & tailwind	Med Kit, Feminine Products, Salt Tabs, Vaseline
#7	Just east of 2407 Rockhouse Rd, Pinnacle, NC	32.75	15.3	yes	50k Drop Bags	n/a		limited parking in mowed grass on side of Rockhouse Rd	Water, Ginger Ale, Tailwind Flavor:	PB/Cheese Crackers, Oreos, jelly beans, Perogies, huma	Med Kit, Feminine Products, Salt Tabs, Vaseline
#8	Stoney Ridge Rd & Mickey Rd	36	18.7	yes		Port-a-Potty at Tory's Den not at Aid Station	4:05 PM	Parking at Stoney Ridge Church on Stoney Ridge	Water, Coke, Tailwind. Flavor:	Trail mix, gummy bears, Ham/turkey & cheese tortillas, broth, huma	Med Kit, Feminine Products, Salt Tabs, Vaseline
#9 (unmanned)	Hanging Rock State Park Campground Parking Lot	41.5	n/a	no		n/a		No Parking	water, tailwind	Huma, granola bars	Med Kit, Feminine Products, Salt Tabs, Vaseline
#10	Hanging Rock State Park Lake	42.6	23.6	yes		Park bathrooms		Parking in State Park Lake Parking Lot	Water, Ginger Ale, Tailwind Flavor:	Potato Chips, Grapes, M&Ms, Bacon, Hummus Wraps, Huma	Med Kit, Feminine Products, Salt Tabs, Vaseline
#11	Hanging Rock State Park, Indian Creek Trail, just outside of parking lot	45.1	26.25	no		Park bathrooms	6:38 PM	parking in State Park Visitor Center parking lot	Water, Coke, Tailwind. Flavor:	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	46.6	27.75	no		n/a		limited parking on NW Side of Hanging Rock State Park Rd	Water, Tailwind Flavor:	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		Burgers & Hotdogs	