

The Forth Annual
Pinhoti 100
Endurance Run
November 5 and 6, 2011



Runner Information and Instructions

Schedule of Events

Friday, November 4

Check-in/ Packet Pick up and drop bag drop
off.
3:00pm – 8:00pm CST

Pasta Buffet
5:00 – 7:00 pm CST
Pre Race Briefing
5:30pm CST

Saturday, November 5

All packets must be picked up on Friday between the hours of 3:00p.m. and 8:00p.m. CST. NO Saturday morning packet pick up.

Buses to depart from Finish area (Sylacauga Parks and Rec.) for Start Line.

4:00am CST

Report In at Start Line. All runners must check in.

5:30am CST

Packet Pick up for PRE APPROVED runners at Starting line area.

5:30am CST

Race Starts 6:00am CST

Sunday, November 6

Open Breakfast/Brunch Begins
6:00am CST

Race closes/ Awards
12:00pm CST

Thank you

ARC- Anniston Running Club. www.annistonrunners.com



www.rrca.org

US Forest Service- www.fs.fed.us



Hammer Nutrition- www.hammernutrition.com



ENDURANCE FUELS
& SUPPLEMENTS



www.alapark.com

Runner Instructions

Race Starts at the Pine Glen Camp ground in the Choccolocco Wildlife Management Area off FS500. (See directions at the end of the instructions). Race finishes at the Sylacauga High School Football Stadium located just across from the Sylacauga Parks and Recreation Dept.

General Information

Please see the Pinhoti 100 website www.pinhoti100.com for any updated information. I will email all participants on all updates or changes.

Runners Must

- Check In at the Start Line on race day between 5:15 and 5:45am CST.
- Wear Bib number at all times where visible.
- Check In and Out of each Aid Station and make sure your Bib Number and Time is recorded by aid station Volunteers.
- Properly mark/tag drop bags with Bib no. and Aid Station no.

- All marked drop bags to be turned in during Friday night packet pick up from 3:00p.m.CST till 8:00p.m.CST
- No Littering
- Notify Aid Station Volunteers if you must drop out of race.
- Each runner must complete entire course under their own power.

Pacer Information

- No Mountain Bikes or Four Wheelers or any motorized vehicles are allowed on trails at anytime.
- Aid cannot be given from any moving vehicle.
- It will be the responsibility of the runner to arrange their pacers. We will not have transportation available for pacers.
- Pacers cannot help carry supplies for the runner.
- Pacers should carry an extra light source.
- All runners may have ONE pacer at a time beginning at Aid Station 7 (Bald Rock- 40.94 miles).
- Other Pacer access areas:
 - Aid Station 8 (Silent Trail-mile 45.25)
 - Aid Station 10 (Adams Gap-mile 55.34)
 - Aid Station 11 (Clairmont Gap-mile 60.29)
 - Aid Station 12 (Chandler Springs-mile 65.44)
 - Aid Station 13 (Porters Gap-mile 68.78)
 - Aid Station 16 (Bulls Gap-mile 85.63)
 - Aid Station 17 (Rocky Mt Church-mile 89.63)
 - Aid Station 18 (Watershed 609/609A-mile 95.21)
 - Multiple family members and friends may join the runner during the last mile to the finish line.

Aid Stations

There will be 18 Aid Stations on the course from start to finish. The longest distance between aid stations is approx. 7 miles. The following are some of the supply that will be found at the 18 manned aid stations.

- Hammer Nutrition will supply Heed as the official Sports drink.



- Water
- Bananas, PBJ, chips, pretzels, candy, hammer gel and more including Hot Soup at 40 miles and later.
- Ibuprofen and limited First aid supplies. Bug Spray and Sunscreen.
- Remember to place any special items you may need in drop bags.
- Runners cannot accept any aid of any kind from anyone AWAY from an aid station.



Course Markings

Sentries will be used at all paved road crossings for safety. However it is the responsibility of the runner to use safety while crossing any roadway. Always look both ways and make sure it is clear to cross.

Ground Markings- **Orange** Lawn Sprinkler Flags will be placed on the Right hand side of the trail. White Painted Arrows will also be used for direction at turns.

Other Markings- The Pinhoti Trail is marked with Blue Blazes on trees. The Silent Trail and Skyway Loop Trail will be marked with White Blazes on trees.

Orange Reflective Tape- This reflective tape will be placed on tree trunks and limbs at eye level at frequent intervals.

Sign Markers- Signs with arrows and signs with reflective directional arrows (for night time) will also be used.

Glow Sticks- Used during night time for direction.

Cut Off Times

If a Runner reaches an Aid Station after the cut off time for that Aid Station that runner cannot continue the race. 30 hr cut off times are listed in the Aid Station/Cut off Chart. Sweepers will continue to follow last runner and pick up all markings.

Crews

- Crews must obey all traffic laws.
- See Aid Station Cut off/Splits/Crew Access Chart for crew access aid stations. Also see “Directions from Start to Finish and all Aid Stations in Between” for navigation.
- Crews may only visit designated Aid Stations.
- NO Crew Access to Aid Station #5 (Lake Morgan/ Cty Rd 24) Do NOT drive to this aid station.
- PAY State Park Fee (Donation) when entering Bald Rock Parking!!

Medical Information

- Volunteer Medical will be on course throughout the duration of the race to assist with all basic medical needs.
- If you are allergic to bee stings, mark this on your Bib Number.

Drop Bags

- Drop Bags must be brought to the Sylacauga Parks and Recreation Dept. on Friday night no later than 7:00pm CST.
Mark each drop bag with Bib Number and Aid Station Name:
Example; #53 “Adams Gap”.
- Do not use Black Garbage bags for Drop Bags. We may mistake for waste. Use White Garbage bags only or any other small bags.
- All drop bags are the responsibility of the runner. Volunteers or the Pinhoti race commission are not responsible for any lost or stolen items.
- Don't forget your belongings. Any items left behind will not be mailed.

Temperatures

- You must carry at least one Water Bottle at all times while on the course. Two is highly recommended.
- Average High in November in Alabama is 67 and Average Low is 44.
Record High - 83degrees (1975) – Record Low – 24 (1967)
- Extra Clothing for night time may be essential.

Volunteers

Remember to thank all Volunteers for giving their time to help you succeed!!

Awards

All Finishers will receive a unique Belt Buckle. Age Group Award TBD.

Lodging

**The Host Hotel is the Jameson Inn of Sylacauga:
89 Gene Stewart Blvd
Sylacauga Al 35151
256-245-4141**

Jameson Inn

They are offering a rate during race weekend of \$50.00 per night. They have 62 rooms available. First come first serve basis only.

**Also available in Sylacauga is the Holiday Inn Express:
[**Holiday Inn Express Hotel and Suites**](#)**

Camping is available in the Choccoloco Wildlife Management Area with in the Talladega National Forest:

Pine Glen is the location of the Race Start. Camp ground is closed for bridge construction. The US Forest Service will open road for Saturday morning access only.

Coleman lake is located only about 6 miles from the race start and has very nice camping facilities. Full Hot showers and pull through camp sites.

Please Click on the Picture below for full details for both camp sites.



or go to:

<http://www.forestcamping.com/dow/southern/tallcmp.htm>

Directions

**Directions To Sylacauga Parks and Recreation
J Craig Smith Community Center
2 West 8th Street
Sylacauga AL 35150
256-249-8561**

From Birmingham:

Take Hwy 280 East approximately 51 miles.
Turn Left on W Fort Williams Street at Traffic Light.
Go approximately 1.5 miles and turn Left on Broadway (hwy21).
Go to the 5th light and turn left on W 8th Street.
We are on the Right corner.

**To Start From Birmingham/ Anniston/ Oxford area
(GPS – N33.72485 W85.60149)**

Travel on I20E to Exit 191, Hwy431/ Hwy78 (Talladega Scenic Byway).
Go up ramp to stop sign.
Turn Left and go approx .5 miles to stop sign.
Turn Right on Hwy 78E
Go 5.6 miles and turn Left on Ramp to Hwy281 (Scenic Drive).
Go up ramp to stop sign.
Continue Straight across and downhill on FS500.
Cross R&R tracks and stay left on FS500.
Continue for approx. 7 miles to stop sign and continue down hill .5 miles to Pine
Glen
Camp Ground and race start.

To Aid Station #1 (High Rock) From Anniston/ Oxford area (GPS – N33.68410 W85.63366)

Travel on I20E to Exit 191, Hwy431/ Hwy78 (Talladega Scenic Byway).
Go up ramp to stop sign.
Turn Left and go approx .5 miles to stop sign.
Turn Right on Hwy 78E
Go 5.6 miles and turn Left on Ramp to Hwy281 (Scenic Drive).
Go up ramp to stop sign.
Continue Straight across and downhill on FS500.
Cross R&R tracks and stay left on FS500.
Go 2.35 miles on FS500 and turn Left on FS531.
Go .9 miles to Pinhoti Trail Crossing and Aid Station #1 (High Rock).

To Aid Station #2 From Anniston/ Oxford area (GPS – N33.64881 W85.63138)

Travel on I20E to Exit 191, Hwy431/ Hwy78 (Talladega Scenic Byway).
Go up ramp to stop sign.
Turn Left and go approx .5 miles to stop sign.
Turn Right on Hwy 78E
Go 5.6 miles and turn Left on Ramp to Hwy281 (Scenic Drive).
Go up ramp to stop sign.
Continue Straight across and downhill on FS500.
Cross R&R tracks turn Right in to parking area to Aid Station #2 (Shoal Creek Hwy78).

To Aid Station #3 I20 Overpass (GPS – N33.62041 W85.65656)

Travel on I20E to Exit 191, Hwy431/ Hwy78 (Talladega Scenic Byway).
Go up ramp to stop sign.
Turn Left and go approx .5 miles to stop sign.
Turn Right on Hwy 78E
Go 5.6 miles and turn Left on Ramp to Hwy281 (Scenic Drive).
Go up ramp to stop sign.
Turn Right on Hwy281 and go 3.4 miles to Aid Station #3 (Horseblock, I20 Overpass).
“NO on or off ramps here.”

To Aid Station #4 Hwy431 (GPS – N33.59133 W85.69065)NO CREW ACCESS****

Travel on I20E to Exit 191, Hwy431/ Hwy78 (Talladega Scenic Byway).
Go up ramp to stop sign.
Turn Right on 431S.
Go 2.8 miles and turn Right on to FS585.
Go .2 miles to end to Aid Station #4 (Hwy431).

Aid Station #5 Lake Morgan/ Cty Rd 24. **NO CREW ACCESS No one but aid volunteers are allowed at this aid station.**

To Aid Station #6 Blue Mtn CC Rd **NO CREW ACCESS* (GPS – N33.52675 W85.78785) then .4 to trail crossing.

Take Hwy21S out of Oxford passing by the Anniston Metro Airport.

Continue Approx 3 miles and turn left on McIntosh Rd (Cty135).

Go 5.25 miles and turn Right on CC Road.

Pavement turns to dirt road.

Go for another couple of miles till road ends.

NOTE: Aid Station #6 (CC Rd) will have no vehical access. Cars must be parked at the

end of the dirt road. The walk in to the Pinhoti Trail Crossing is .4 miles.

To Aid Station #7 Bald Rock (GPS – N33.49191 W85.81067)

Travel on I20E to Exit 191, Hwy431/ Hwy78 (Talladega Scenic Byway).

Go up ramp to stop sign.

Turn Right.

Go 3.6 miles and turn right on Hwy 281, (Just after going under overpass).

Go to stop sign and turn left.

Go 12 miles to State Park.

There will be Cheaha State Park Signs the whole way.

Turn Right in to Cheaha State Park on Bunker Loop Rd. This is a one-way Rd.

Follow the Bald Rock signs to Bald Rock parking area.

To Aid Station #8 Silent Trail (GPS – N33.44970 W85.84249)

From Oxford:

Take Hwy 21S to Munford.

Turn Left on Cedars Rd (See Munford Post Office on Left and High School on Rt)

Follow Cedars Rd to Dead End.

Turn Left on 281 (Cheaha Rd)

Go several miles and go through Camp Mac and Cross Dam. Pass by Cheaha Lake on left, continuing on to stop sign.

Turn Right going down hill for approx. 2 miles +/-.

You will see a small parking area on the left and a dirt road on the right.

Turn Right on to this dirt road FS600-1

Go .4 miles to Aid Station #8 Silent Trail. Just past the Trail Crossing.

To Aid Station #9 Hubbard Creek **NO CREW ACCESS
(GPS – N33.42582 W85.86496) then go 1 mile to trail crossing.**

From Oxford:

Take Hwy 21S to Munford.

Turn Left on Cedars Rd (See Munford Post Office on Left and High School on Rt)

Follow Cedars Rd to Dead End.

Turn Left on 281 (Cheaha Rd)

Go several miles and go through Camp Mac and Cross Dam. Pass by Cheaha Lake on left, continuing on to stop sign.

Turn Right and go Approx. 2 miles +/- and turn Right on FS633.

Go 1.5 miles to Trail Crossing and Aid Station.

Note: Road is marked. You will go 1.5 miles through a small farm, private land.

**To Aid Station #10 Adams Gap
(GPS – N33.40413 W85.87446)**

From Oxford:

Take Hwy 21S to Munford.

Turn Left on Cedars Rd (See Munford Post Office on Left and High School on Rt)

Follow Cedars Rd to Dead End.

Turn Left on 281 (Cheaha Rd)

Go several miles and go through Camp Mac and Cross Dam. Pass by Cheaha Lake on left, continuing on to stop sign.

Turn Right on 281 going down hill 5 miles to END281 to Adams Gap and Aid Station 10.

The Pavement ends going straight. The Aid Station will be located on the right hand side in Parking area.

**To Aid Station #11 Clairmont Gap
(GPS – N33.36080 W85.93188)**

Exit I-20 at AL 21 in Oxford.

Go south 14.3 miles to CR 321. Turn left.

Go 5.7 miles to AL 77. Turn left.

Go 5.7 miles to East Cty 209.

Turn Left.

Go 3.3 miles to Clairmont Rd/Cty 12. (You will see a Brown sign with white letters that reads :High Falls Trail Head)

Turn Left.

Go 3.6 miles to Clairmont Springs Baptist Church on the left.(This is a Red Brick Church w/ a Green Roof)

Continue on Clairmont Rd/Cty 12 for .7 of a mile to Gunterstown Rd.

* (Here you will see two signs on the right side of the road. One reads "Providence Baptist Church" and one reads "Clairmont Springs Baptist".
Turn left and go up hill for 1 mile to Aid Station #11 Clairmont Gap.
Skyway Motor Way dirt road crosses at top of Mtn. Aid Station on Right.

To Aid Station #12 Chandler Springs (GPS – N33.32831 W85.99141)

Exit I-20 at AL 21 in Oxford.
Go south 14.3 miles to CR 321. Turn left.
Go 5.7 miles to AL 77. Turn left.
Go 5.7 miles to East Cty 209.
Turn Left.
Go 1.4 miles to Skyway Drive.
See White Church on Left and turn left just past church.
Go .5 miles to Aid Station #12 Chandler Springs located just before R&R Tracks.

To Aid Station #13 Porters Gap (GPS – N33.33348 W85.02579)

Exit I-20 at AL 21 in Oxford.
Go south 14.3 miles to CR 321. Turn left.
Go 5.7 miles to AL 77. Turn left.
Go 4.3 miles to the trailhead, on the left, just past the 55 mile marker.

From Talladega Wal Mart Parking Lot:

Turn Left out of Parking lot on to Hwy77E and go approx .5 miles to Stop sign.
Turn Left on to Hwy77E and go 8 miles to Porters Gap Trail Head parking lot on left.

To Aid Station #14 The PinnacleVERY ROUGH ROAD** NO CARS, Only 4X4 (GPS – N33.31589 W86.05957)**

Exit I-20 at AL 21 in Oxford.
Go south 14.3 miles to CR 321. Turn left.
Go 5.7 miles to AL 77. Turn left.

Go 5.65 miles to Skyway Motorway. (Horn Mtn Rd/ FS600)

Turn Right on to Skyway Motorway Dirt Road.

Go 2.9 on dirt/rocky road and turn right.

Go less than a .10 of a mile to aid station.

NOTE: Very rough dirt road. At least a small truck or small SUV would be best to navigate this road.

To Aid Station #15 Power Line **NO CREW ACCESS (GPS – N33.26332 W86.08431)**

From Sylacauga:

From Broadway “Downtown Sylacauga”. This is also Hwy 21.

Go East on Hwy 148 11.35 miles to top of Mtn. and turn Left on 2nd Dirt Road 600-1

(Skyway Motorway).

Go approx 5 +/- 1 mile to Power Line Crossing.

To Aid Station #16 Bulls Gap (GPS – N33.19663 W86.06551)

From Sylacauga:

From Broadway “Downtown Sylacauga”. This is also Hwy 21.

Go East on Hwy 148 11.30 miles to top of Mtn. And turn Left on to 1st dirt road.

Go .1 miles to Bulls Gap Aid Station.

To Aid Station #17 Rocky Mt Church (GPS – N33.21072 W86.12507)

From Sylacauga:

From Broadway “Downtown Sylacauga”. This is also Hwy 21.

Go East on Hwy 148 11.30 to top of Mtn and turn Left on 1st dirt road.

Go 4 miles passing by Rocky Mt Church on Right to Aid Station 17.

To Aid Station #18 Watershed 609/609A (GPS – N33.18881 W86.18455)

From Sylacauga:

From Broadway “Downtown Sylacauga”. This is also Hwy 21.

Go East on Hwy 148 3.3 miles and turn Left on FS601 (Wiregrass Rd).

Go 1.1 miles and go Left on FS609.

Go .9 miles and turn Left on 609A to Aid Station 18 (Watershed).

Directions From Sylacauga To Porters Gap Aid Station #13 (GPS – N33.33348 W85.02579)

From Broadway/Hwy21 downtown Sylacauga, take 148E for 12.3 miles.
At the bottom of Mtn turn Left on Cty7 and go 5.7 miles to stop sign.
Turn Left to stay on Cty7 and go 2.5 miles to stop sign.
Turn Left on Hwy77N and go 2.4 miles to Porters Gap Trail Head on Right.

Directions From Sylacauga To Aid Station #14 The Pinnacle (GPS – N33.31589 W86.05957)

From Broadway/Hwy21 downtown Sylacauga, take 148E for 12.3 miles.
At the bottom of Mtn turn Left on Cty7 and go 5.7 miles to stop sign.
Turn Left to stay on Cty7 and go 2.5 miles to stop sign.
Turn Left on Hwy77N and go 1.1 miles and turn left on Skyway Motorway Dirt Road
Go 2.9 miles and turn Right on dirt Road.
Go less than a .1 to end and Aid Station #14 (Pinnacle).

Directions From Talladega Wal Mart to Porters Gap Trail Head Aid Station #13 (GPS – N33.33348 W85.02579)

Turn Left out of Parking lot on Hwy77E and go .5 miles to Stop sign.
Turn Left on Hwy77E and go 8 miles to Porters Gap Trail Head on the Left.
**You will see Trail Head Parking on Left side of road.

Directions From Start To Finish and All Stations in Between

Turn Right out of Pine Glen Camp Ground and go .5 miles to Stop Sign.
Go Striaight and continue to FS531 and turn right and approx .9 miles to Aid Station #1 (High Rock Lake).
Turn around and go .9 miles to stop sign.
Turn Right on FS500 and go 2.35 miles to Aid Station #2 (Shoal Creek, Hwy78).
Continue on FS500 across R&R tracks and go up hill to paved Rd (Hwy281).
Turn Left on Hwy281 Scenic Byway.
Go 3.4 miles to Aid Station #3 (Horseblock, I20 Overpass). "NO on or off ramps here."
Continue on Hwy281 over I20 Bridge for 3.6 miles to Hwy431/131/I20 Sign and turn left here if volunteer. *** (No Crew Access) NO Crew access at Aid #4 (Hwy431). *** Crews should continue on Hwy281 and continue all the way to Cheaha State Park (NO CREW ACCESS at Aid Staion #5 Lake Morgan/Cty 24

***NOTE: Aid Station #6 (Blue Mtn, CC Road) is NO Crew Access.
Go 9.75 miles on Hwy281 to Cheaha State Park.

Turn Right to enter State Park gate. ***Pay State Park Fee to enter park and continue on Bunker Loop Road following signs to Bald Rock Parking Lot. This is a one-way road. Aid Station #7 (Bald Rock).

Leave Bald Rock Parking lot and continue on one-way road to exit. Note: You will end up at the same entrance you came in.

Come to stop sign and turn Right on Hwy281.

Go 3.25 miles down the Mtn. and turn Right on FS600-1.

Go .4 miles to Aid Station #8 (Silent Trail)

Go back the way you came in .4 miles to stop sign.

***Turn Right and go 3.7 miles to END281.

No Crew Access to the following aid station #9. Directional Purposes Only, for Communications and Emergency

Turn Right and go 2.20 miles to FS633 and turn Right

Go 1.5 miles to Aid Station #9 (Hubbard Creek)

Go back the way you came in 1.5 miles

Turn Right and go 1.5 miles to END281.

This is Aid Station #10 (Adams Gap) Just over half way at Approx 54 miles.

Turn Left at Adams Gap where the pavement ENDS going straight. The race participants will continue on the dirt road but vehicles are not allowed. Vehicles MUST turn left away from dirt road.

Go down hill 1.60 miles and turn Right on Blue Ridge Rd.

Go 1.35 miles and turn Right on Clairmont Springs Rd.

Go 2.60 miles and turn Right on Gunter Town Rd.

Go up hill 1 mile to Skyway Motorway dirt Rd crossing. Aid Station #11 (Clairmont Gap) will be on the right hand side.

Go back the way you came, down hill for 1 mile.

Turn Right on Clairmont Springs Rd.

Go 4.45 miles to Stop Sign.

Turn Right on Cty307 (Iron Mtn Rd) and go 2 miles to Skyway Drive.

Turn Right on Skyway Drive and go approx .5 miles to Aid Station # 12 (Chandler Springs) located just before R&R Tracks.

Go back the way you came in to stop sign.

Turn Right on Cty307 (Iron Mtn Rd) and go 1.4 miles to stop sign.

Turn Right on Hwy77W and go 1.25 miles to Porters Gap Trail Head on Right.

Aid Station #13 (Porters Gap).

Go back the way you came on Hwy77. Now going East.

Go 1.20 miles to Skyway Motor Way Dirt Road.

Turn Right and go 2.9 miles and turn Right on dirt Road.

Go less than a .1 to end and Aid Station #14 (Pinnacle).

***NOTE: This dirt road is very rough in places. A small truck or SUV would be best. I have this as a NO crew access but it is drivable.

Go back the way you came in 2.9 miles to Hwy77.

Turn Right on Hwy77E and go 1.1 miles and turn Right on Hwy7.

Go 2.45 miles and turn Right to stay on Hwy7.

Go 5.7 miles to stop sign.

Turn Right on Hwy148. Go to top of Mtn 1.05 miles to 2nd dirt road on right.

Go .1 miles to Aid Station #16 (Bulls Gap).

***NOTE: 1st dirt road you see is for aid station #15 (power line). This is a NO crew access. Please do not attempt to travel this road.

Continue down Mtn 4 miles passing by Rocky Mt Church to Aid Station #17 (Rocky Mt Church).

Go back the way you came for 4 miles back up to Bulls Gap.

Turn Right on to Hwy148 and go 8 miles and turn Right on to FS601 (Wiregrass).

Go 1.1 miles and turn Left on FS609.

Go .9 miles and turn Left on FS609A to Aid Station 18 (Watershed 609/609A).

Go back the way you came in: Go .9 miles on FS609.

Stay Right on go 1.1 miles on FS609 to Hwy148.

Turn Right on Hwy148 and go 3.3 miles to Sylacauga.

Come to 2nd Light and turn Right on Broadway/ Hwy21N.

Go across R&R Tracks and travel a couple of blocks and you will see the Sylacauga High School Football Stadium on your Right. You are now at the finish line.

Course Description

Pinhoti 100 Course Description

The race starts at the Pine Glen Camp Ground (Choccolocco Management Area) in Heflin AL. Run east out of camping area and turn Right on FS500. Go 50yds and turn Right on the Pinhoti Trail. Continue on the Pinhoti Trail on Brymer Mtn, passing by Highrock Lake and crossing FS531 on to the second crossing of FS531. There you will find Aid Station 1 at a total of 6.7 miles.

Continue on the Pinhoti crossing FS500 and continuing 6.57 miles on to the Shoal Creek Trail Head Parking and Aid Station 2. Total mileage here is 13.27mi.

Take the FS500 up hill for .2 mi and turn Left on Hwy281 (Skyway Motorway). Go over bridge and turn Right to get back on the Pinhoti. Travel over Horseblock Mtn crossing over Hwy 281 on to Aid Station 3. 5 miles between aid stations and a total of 18.27 miles.

Turn left on Hwy 281 (Skyway Motorway) and go across the I20 overpass. Just across the bridge you will turn Left and get back on the Pinhoti Trail. Continue through Horseblock Mtn till you come to the Hwy 431 crossing. Cross over Hwy 431 (being very careful to look for traffic in both directions) and go up dirt road to Aid Station 4. 4.4 miles between aid stations and a total of 22.71 miles.

Take the Pinhoti Trail in the back of the parking area and continue on crossing over Strickland Motorway and big waterfall. Pass by Morgan Lake on to County Rd 24 and Aid Station 5. 4.95 miles between aid stations and a total of 27.66 miles.

Cross over County Rd 24 using extreme caution! (Look for traffic in both directions). Continue immediately on the Pinhoti Trail. Travel through Hillabee Creek, cross Power Line on to Blue Mtn and CC Road and Aid Station 6. 6.9 miles between aid stations and a total of 34.56 miles.

Continue directly on the Pinhoti traveling through Blue Mtn and on to the Bald Rock Trail detour. Continue on the Bald Rock Trail, climbing to the top (not a significant rocky section like the west side, Much easier!) of Alabama at Cheaha State Park. This is the highest point in Alabama at 2407 ft. Continue following course markings along wooden boardwalk for .25 miles on to Aid Station 7, Bald Rock Parking Lot. 6.38 miles between aid stations and a total of 40.94 miles.

Travel through the Bald Rock parking lot following course markings, down Bunker Loop Rd .82 miles, passing camp ground on left and Pulpit Rock parking lot on right. Make a Hard Right just past the Ranger House. Continue to end of Rock Garden Parking Lot and take the Steep Lake Trail (Better Known as BLUE HELL from the Mount Cheaha 50K race, coming from the opposite direction) down the mountain .80 of a mile. Exit trail at the bottom of the mountain and follow course markings around Cheaha Lake. Turn Right on Hwy 281 (Cheaha Rd) and go 1.2 miles. Turn Left on FS600-3 and go 1.3 miles to Aid Station 8 and Entrance to the Silent Trail. 4.31 miles between aid stations and a total of 45.25 miles.

Turn Right on the Silent Trail and go 3.19 miles crossing over Cheaha Creek and travel along side Chinnabee Creek. Turn Left on the Skyway Loop Trail immediately crossing Chinnabee Creek and continue 3.63 miles to Aid Station 9 near Hubbard Creek. 6.82 miles between aid stations and a total of 52.07.

Continue on Skyway Loop Trail on to the split of the Skyway Loop and Pinhoti Trail. Stay Left and go .18 miles through rocky section to Aid Station 10 and Adams Gap. 3.27 between aid stations and a total of 55.34 miles. (Just over HALF WAY!)

Turn Right and Take FS600 (Skyway Motorway) 4.9 miles to Aid Station 11, Clairmont Gap. 4.96 miles between aid stations and a total of 60.29 miles.

Take the FS600 (Skyway Motorway) 2.25 miles and turn left to get back on the Pinhoti Trail. Go 1.38 miles and cross over Jeep Road. Stay on the Pinhoti for 1.30 miles. Turn Right on Jeep Road and go .22 miles, crossing over bridge and

R&R tracks (trains can be moving fast here. Be careful!) , arriving at Aid Station 12, Chandler Springs. 5.15 miles between aid stations and a total of 65.44 miles.

Continue on paved road .15 mile and turn Right on to the Pinhoti Trail. Go 3.19 miles through Chandler Gap on to Porters Gap and Aid Station 13 at Hwy 77. This is located approx 10 miles east of Talladega Al. 3.34 miles between aid stations and a total of 68.78 miles.

Continue across Hwy 77 using extreme caution for Hwy traffic east and west bound. Pass by Scott's Lake and then climb Horn Mtn 900' in 1.15 miles to the Pinnacle, Aid Station 14. 5.75 miles between aid stations and a total of 74.53 miles.

Exit aid station and turn Right on to Horn Mtn jeep Rd Go .65 miles and turn Right on to the Pinhoti Trail. Go 3.55 miles and Turn Right on to FS600 and go another .80 miles to Power Line and Aid Station 15. 5 miles between aid stations and a total of 79.53 miles.

Continue on FS600 Jeep Rd 3.9 miles across Horn Mtn. Turn Right following course markings 20yds down hill and turn Left on to the Pinhoti Trail. Go 2.2 miles to Aid Station 16, Bulls Gap. 6.1 miles between aid stations and a total of 85.63 miles.

Turn Right on to FS607 and go 4 miles, passing by Rocky Mtn Church to intersection of Forest Service Roads to Aid Station 17. 4 miles between aid stations and a total of 89.63 miles.

Take a Left here on to FS601 (Wiregrass Rd) Go 3.66 miles and turn Right on to FS601D. Go .45 and turn Right to Watershed #2. Go .45 and turn Left on Jeep Trail. Go .40 and turn Left on FS609. Go .62 to Aid Station 18 (FS609 and FS609A). 5.58 miles between aid stations and a total of 95.21 miles.

Turn Right on to 609A and go 1.05 miles. Turn Left an Hickman Quarry Trail and go 1.23 miles to metal gate. Follow course markings around gate and continue straight .45 mi. Go Left on to Old Field Rd (paved). Go 1.9 miles. Go Left on to Old Talladega Rd for .60 miles. Go Left on to North Main Ave for short distance and Right (following course markings) to back side of Sylacauga High School Football Stadium. Make one half loop around track to FINISH LINE!!! 5.38 miles from last aid station and a grand total of 100.59 miles!

Aid Station CUTOFF/ SPLITS/CREW ACCESS

<http://www.pinhoti100.com/course/CutoffSplitsB2PDF.pdf>

PINHOTI 100 MILE ENDURANCE TRAIL RUN										
	AID STATION	DISTANCE	COURSE MILE	STATION READY BY	15HR PACE	24HR PACE	CUTOFF 30HR PACE	CREW/ BAG DROP	PACER	
	Pine Glen Camp Ground	0	0					C		
1	Highrock, FS531	6.7	6.7	6:45am	7:00 am SAT	7:36 am SAT	8:00 am SAT	C		
2	Shoal Creek, Hwy 78	6.57	13.27	7:45am	7:59 am SAT	9:10 am SAT	9:57 am SAT	C		
3	Horseblock, I20 Overpass	5	18.27	8:30am	8:43 am SAT	10:22 am SAT	11:27 am SAT	C		
4	Hwy 431	4.44	22.71	9:15am	9:23 am SAT	11:25 am SAT	12:46 pm SAT			
5	Lake Morgan, Cty 24	4.95	27.66	10:00am	10:07 am SAT	12:36 pm SAT	2:15 pm SAT	BD		
6	Blue Mtn, CC Rd	6.9	34.56	11:00pm	11:09 pm SAT	2:15 pm SAT	4:18 pm SAT			
7	Bald Rock	6.38	40.94	12:00pm	12:06 pm SAT	3:46 pm SAT	6:12 pm SAT	C, BD	Y	
8	Silent Trail	4.31	45.25	12:30pm	12:45 pm SAT	4:48 pm SAT	7:30 pm SAT	C	Y	
9	Hubbard Creek	6.82	52.07	1:30pm	1:46 pm SAT	6:26 pm SAT	9:32 pm SAT			
10	Adams Gap	3.27	55.34	2:00pm	2:15 pm SAT	7:12 pm SAT	10:30 pm SAT	C, BD	Y	
11	Clairmont Gap	4.95	60.29	2:45pm	2:59 pm SAT	8:23 pm SAT	11:59 pm SAT	C	Y	

12	Chandler Springs	5.15	65.44	3:30pm	3:45 pm SAT	9:37 pm SAT	1:31 am SUN	C	Y			
13	Porters Gap	3.34	68.78	4:00pm	4:15 pm SAT	10:25 pm SUN	2:30 am SUN	C, BD	Y			
14	The Pinnacle	5.75	74.53	5:00pm	5:06 pm Sat	11:47 am SAT	4:13 am SUN					
15	Power Line	5	79.53	5:45pm	5:51 pm SAT	12:59 am SUN	5:43 am SUN					
16	Bulls Gap	6.1	85.63	6:45pm	6:46 pm SAT	2:26 am SUN	7:32 am SUN	C, BD	Y			
17	Rocky Mt Church	4	89.63	7:15pm	7:21 pm SAT	3:24 am SUN	8:43 am SUN	C	Y			
18	Watershed, 609 & 609A	5.58	95.21	8:00pm	8:11 pm SAT	4:43 am SUN	10:23 am SUN	C	Y			
19	Finish, Sylacauga Stadium	5.38	100.59		9:00 pm SAT	6:00 am SUN	12:00 pm SUN	C, BD				
<p>Y= YES</p> <p>C= CREW ALLOWED</p> <p>BD= BAG DROP</p>												



