

# PILOT MOUNTAIN PAY BACK

It's about time....

Runners,

Hopefully this package reaches you all well and excited about the 2013 race. The following pages include information about aid stations, the course, and parking. Please use included maps in conjunction with the written narratives about the course and driving directions to the start/finish area. Thank you in advance for your support and interest in this year's race. We look forward to seeing you.

***Race Date:*** 2/16/13

***Check-in:*** 8:00 am

***Race Start:*** 9:00 am

***Star/Finish Location:*** Yadkin River Park (north Section)

**105 Yadkin River Park Trail, Pinnacle, NC 27043**

-From 52 take the Pinnacle Exit

-West on Perch Rd (3.7 miles)

-Turn Right on Hauser Rd

-Continue on Hauser Rd (2.7 miles)

-Hauser Rd turns left towards Horne Creek Farm

-Turn Left on Hauser Rd

-Follow Hauser Rd (0.9 miles)

-Yadkin River Park entrance is on your left.

-Enter the park; follow the dirt road through 2 stream crossings.

-Start/Finish area is straight ahead

***Parking:***

There will be volunteers directing traffic; however please be mindful of the park and the surrounding areas. There are 3 parking areas:

- 1). Lot across from Start/Finish area: small grassy parking lot
- 2). On the Shoulder of the Park Rd (***Between 2<sup>nd</sup> creek crossing and Start/Finish Area Only***): Please do not park in the road. Other park visitors as well as those attending the race will still need access
- 3). On the Shoulder of the Park Rd (***After Start/Finish & 3<sup>rd</sup> Creek Crossing Area Only***): Please do not park in the road. Other park visitors as well as those attending the race will still need access
- 4). Hauser Road Parking Lot: this parking lot is east of the Yadkin Park Entrance and is a 0.5 mile walk to the Start/Finish.

# PILOT MOUNTAIN PAY BACK

## **Roads/Road Crossings**

Both the Heavy Half and Full Marathon will cross several roads. There will be 4 cones at each crossing, and signs on the road ¼ mile away (each direction) warning cars that runners are ahead. ***However, roads will not be closed and each runner needs to be mindful of passing cars.***

## **Horses**

Pilot Mountain is a public park and is open to all. The Corridor trail attracts many hikers and many horse back riders. We've tried our best to alert riding groups and clubs about this weekend's event. Hopefully our attempts, coupled with race day traffic will keep horse volume to a minimum. Just be aware, there may be a horse or two on the trail.

### **Advise for Passing Horses:**

- Notify horse rider "runner approaching"
- Wait for acknowledgment of horseback rider from approaching runner.
- Ask if "you can pass"?
- Wait/Look for acknowledgment from rider that it is safe to pass.

## **Hikers & Rock Climbers (Marathoners)**

Again, Pilot Mountain is a public park and this weekend's weather will probably bring out quite a few hikers and rock climbers. Rock Climbers will only be on the Ledge Spring Trail around the Summit. There will be signs posted that runners will be passing through, but please be aware Rock Climbers and hikers will be out on the trails.

## **Bears**

No need to worry about those but I wanted to make sure you were still reading. Last year however, a few runners came around a corner to a guy with a few Llamas. Yeah...it was pretty random.

## **Trash/No Trace**

Pilot Mountain State Park is extremely generous in allowing us to have this event. The best thing we can all do is leave the park in the exact condition we found it or better. While we have sweepers and volunteers who will aid in this effort, please do your part in helping us minimize our impact.

Again, thank you for your interest in this year's race. Pilot Mountain State Park and your support are entirely responsible for making this event possible. See you Saturday!

Thanks,

Abran Moore  
336-462-4124

# PILOT MOUNTAIN PAY BACK

## *Half Marathon*

*Course :*( please see map)

*Distance:* 14.50 (that's right, I'm a little heavy on this distance, but the extra is free of charge)

*Stream/Water Crossings:* 12 (6 each way). Up to 6 inches deep

*Elevation gain/loss:* 2,000' cumulative gain/loss

*Terrain:* 1.5 miles of dirt road; 13.0 miles of trail

- 1). Half marathoners will head directly south on the Park dirt road. The first water crossing is within 50 yards of the start.
- 2). Climb the dirt road and follow until Corridor trail turn-off (0.75 miles)
- 3). Turn right (north) on Corridor trail and follow until the dirt road
- 4) Continue north on the Park dirt road, cross one stream and turn left following the trail (and signage) across the stream.
- 5) Follow the trail, cross HAUSER RD and continue on the Corridor Trail until you reach the Pinnacle Hotel Road Aid Station (turnaround).
- 6) Follow the Corridor trail back to Yadkin River Park.
- 7) Once back in the Yadkin River Park, follow the Park dirt road until the finish.

Half Marathoners will cross 4 roads heading each way. Please be mindful of passing vehicles.

***Aid Stations:***

For the half marathon, there are a total of 3 aid stations; 1 will be unmanned, with water only, the other two will be manned and be fully stocked.

***Hauser Rd:***

Mile: 2

Aid: Water Only

***Stony Ridge Rd Aid Station:***

Mile: 5

Aid: Water, Gatorade, Fruit (oranges/bananas), Pretzels, Cookies, Potato Chips, Vaseline

***Pinnacle Hotel Rd aid station (turnaround)***

Mile: 8

Aid: Water, Gatorade, Fruit (oranges/bananas), Pretzels, Cookies, Potato Chips, Vaseline

***Stony Ridge Rd Aid Station (2<sup>nd</sup> Time):***

Mile: 11

Aid: Water, Gatorade, Fruit (oranges/bananas), Pretzels, Cookies, Potato Chips, Vaseline

***Hauser Rd (2<sup>nd</sup> Time):***

Mile: 14

Aid: Water Only

***Finish Line***

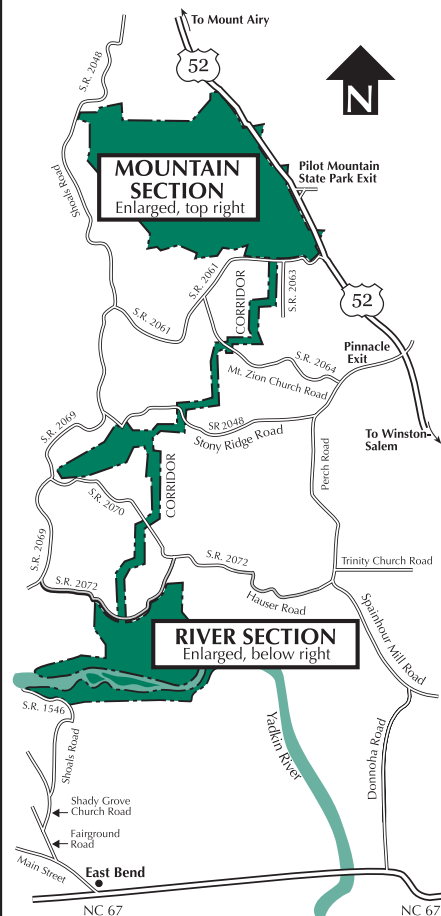
Mile: 14.5

Aid: Water, Soda, Fruit (oranges/bananas), Pretzels, Cookies, Potato chips

***Course Markings:***

The Course will be marked with orange flags and PMPB signage (see sample attachment). These will be shown again in the Race Briefing at 8:45 am.

***Additional Info:*** While on the corridor trail, there are wooden posts every ¼ miles that indicate a cumulative mileage. The mileage shown on these posts does not apply to this race.



**FROM THE MOUNTAIN SECTION**

- **To River Section North (Surry County) — 10 miles**  
From US 52, take the Pinnacle exit and follow the signs to Horne Creek Farm. The park entrance is approximately .4 miles past Horne Creek Farm.
- **To River Section South (Yadkin County) — 20 miles**  
Take NC 67 to the town of East Bend. From Main St., turn right on Fairground Rd. Turn right on Shady Grove Church Rd. Turn right on Shoals Rd. and follow it to the park.



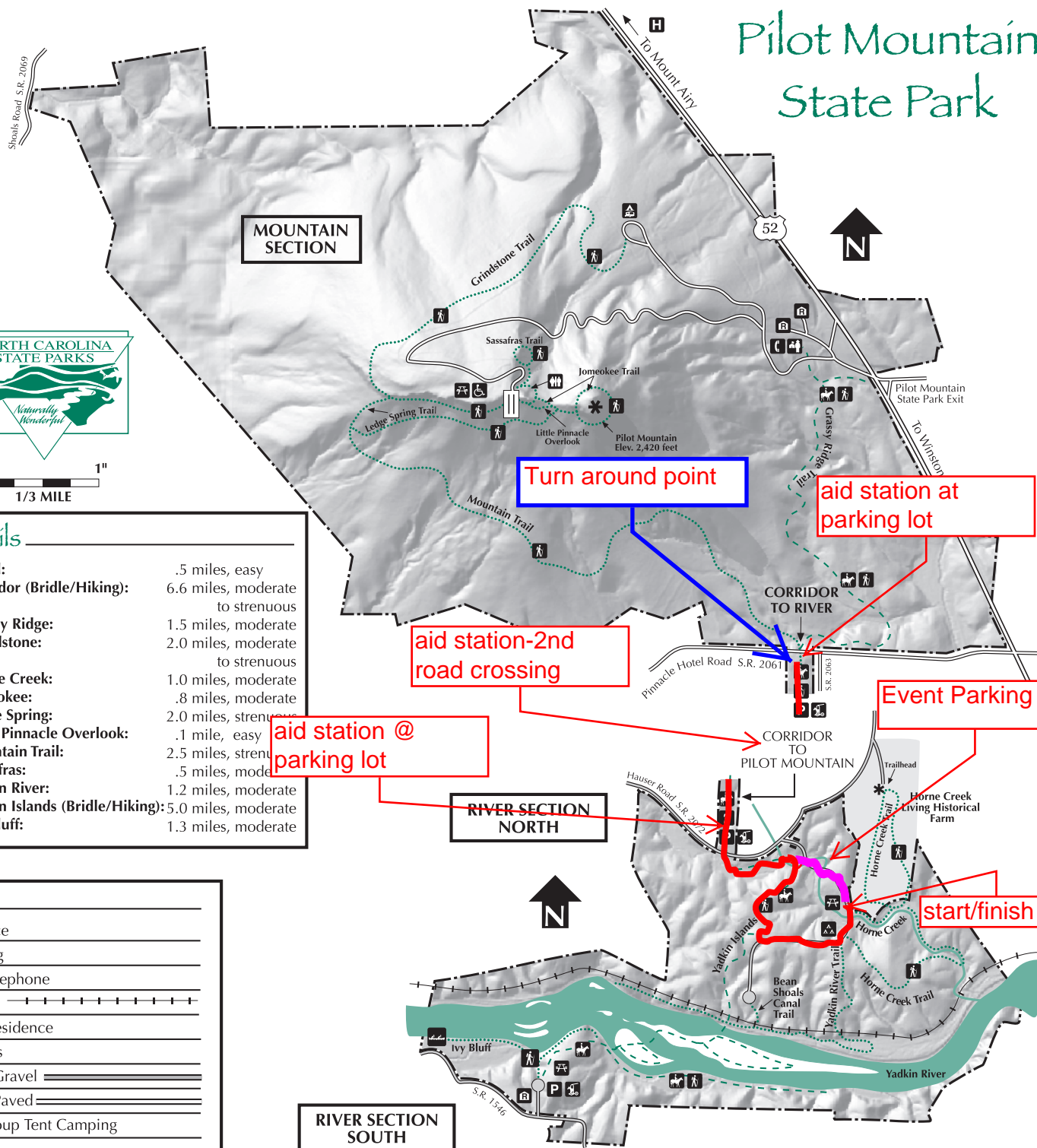
0 1"   
 1/3 MILE

### Trails

Canal:	.5 miles, easy
Corridor (Bridle/Hiking):	6.6 miles, moderate to strenuous
Grassy Ridge:	1.5 miles, moderate
Grindstone:	2.0 miles, moderate to strenuous
Horne Creek:	1.0 miles, moderate
Jomeokee:	.8 miles, moderate
Ledge Spring:	2.0 miles, strenuous
Little Pinnacle Overlook:	.1 mile, easy
Mountain Trail:	2.5 miles, strenuous
Sassafras:	.5 miles, moderate
Yadkin River:	1.2 miles, moderate
Yadkin Islands (Bridle/Hiking):	5.0 miles, moderate
Ivy Bluff:	1.3 miles, moderate

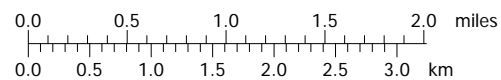
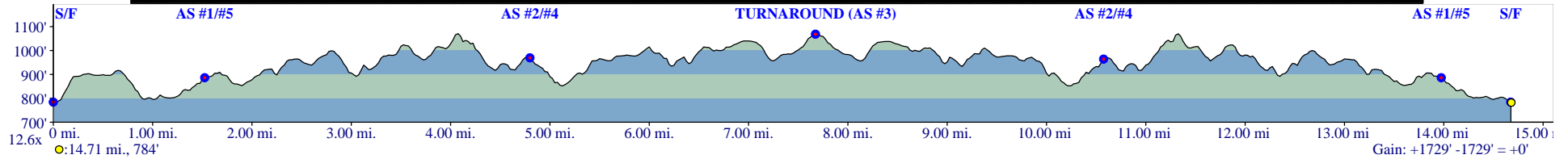
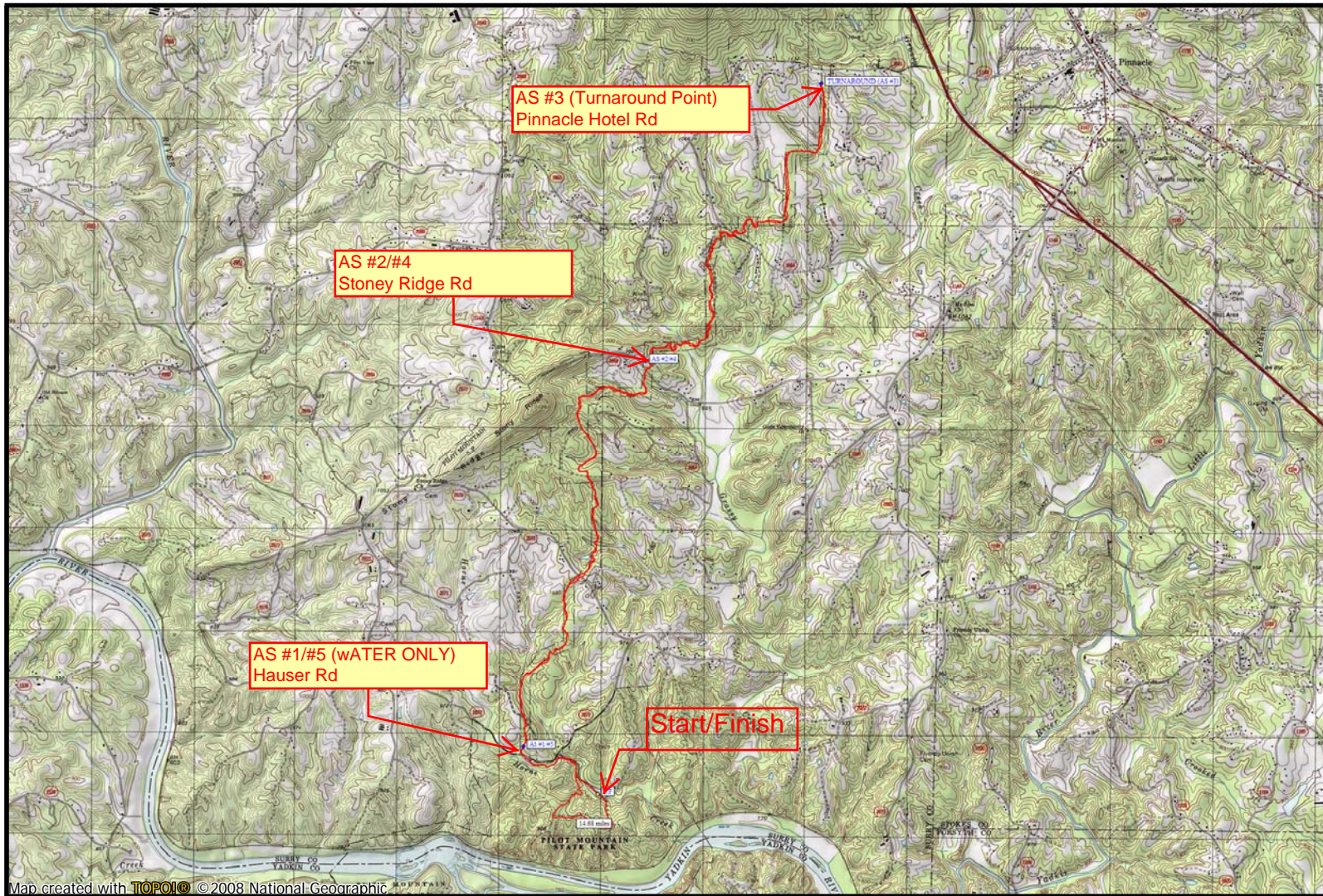
### Legend

Accessible	Park Office
Boundary Line	Picnicking
Bridle Trail	Public Telephone
Canoe Launch	Railroad
Family Camping	Ranger Residence
Hiking Trail	Restrooms
Horse Trailer Parking	Road — Gravel
Hospital-Northern Surry (336) 789-9541	Road — Paved
	Youth Group Tent Camping





# PMPB HEAVY HALF



Gain: +1729' -1729' = +0'  
MN ↑ TN  
8°  
11/10/10

# PILOT MOUNTAIN PAY BACK

## Marathon

**Course:** (please see map)

**Distance:** +/-26.2 (This one's pretty close)

**Stream/Water Crossings:** 12 (6 each way). Up to 6 inches deep

**Elevation gain/loss:** 4,100' cumulative gain/loss

**Terrain:** 1.5 miles of dirt road; 24.7 miles of trail

1). Marathoners (same as half to Pinnacle Hotel Rd Aid station) will head directly south on the Park dirt road. The first water crossing is within 50 yards of the start.

2). Climb the dirt road and follow until Corridor trail turn-off (0.75 miles)

3). Turn right (north) on Corridor trail and follow until the dirt road

4). Continue north on the Park dirt road, cross one stream and turn left following the trail (and signage) across the stream.

5). Follow the trail, cross HAUSER RD and continue on the Corridor Trail until you reach the Pinnacle Hotel Road Aid Station

6). Cross Pinnacle Hotel Road and take the Mountain Side Trail to the Summit Parking Lot

7). Once off of the Mountain Side trail follow turn left and follow the pebbled path

8). After 0.3 miles turn sharp right (follow signs to the Summit) and continue pebble path to the Summit Parking Lot (1<sup>st</sup> time)

*\*\*It is important to follow signs to the Summit. The Summit Aid Station serves as the only Checkpoint for the Race\*\**

9). After the Summit Aid Station follow the sidewalk/signs to the Jomeokee Trail.

10). Follow Jomeokee Trail (east) around the Pilot Knob

11). Once you have circled the Knob, turn left (west) back on to the Jomeokee Trail.

12). Turn Left at the Ledge Spring Trail

13). Stay on the Ledge Spring Trail and continue on to the Grindstone Trail

*\*\*This is the 2<sup>nd</sup> and final time you will visit the 0.3 mile trail between Ledge Spring and Grindstone\*\**

14). Stay Straight onto the Grindstone Trail (do not turn right to the Summit the 2<sup>nd</sup> time).

15). Grindstone Trail will take you all the way to the Visitor Center Aid Station. You will cross Pilot Knob Park Rd once.

16). From the Visitor Center turn left (south) on the Grassy Ridge Trail and follow the Pinnacle Hotel Rd Aid Station.

17). From the Pinnacle Hotel Rd Aid station, follow the Corridor trail back to Yadkin River Park.

18). Once back in the Yadkin River Park, follow the Park dirt road until the finish.

Marathoners will cross 6 roads heading each way. Please be mindful of passing vehicles.

***Course Markings:***

The Course will be marked with orange flags and PMPB signage (see sample attachment). These will be shown again in the Race Briefing at 8:45 am.

*Additional Info:* While on the corridor trail, there are wooden posts every ¼ miles that indicate a cumulative mileage. The mileage shown on these posts does not apply to this race.



***Aid Stations:***

For the full marathon, there are a total of 5 aid stations; 1 will be unmanned, with water only, the other 4 will be manned and be fully stocked. Please notice the cut-off times and pace accordingly.

***Hauser Rd:***

Mile: 2

Aid: Water Only

***Stony Ridge Rd Aid Station:***

Mile: 5

Aid: Water, Gatorade, Fruit (oranges/bananas), Pretzels, Cookies, Potato Chips, Vaseline

***Pinnacle Hotel Rd aid station (turnaround)***

Mile: 8

Aid: Water, Gatorade, Fruit (oranges/bananas), Pretzels, Cookies, Potato Chips, Vaseline

***Summit Parking Lot Aid Station: Closes at 1:30 pm***

Mile: 12.5

Aid: Endurolytes, Hammer Gels, Gu's, Bagels, Coke, Mountain Dew, Water, Gatorade, Fruit (oranges/bananas), Pretzels, Cookies, Potato Chips, Vaseline

***Visitor Center Aid Station: Closes at 2:30 pm***

Mile: 17.5

Aid: Endurolytes, Hammer Gels, Gu's, Bagels, Coke, Mountain Dew, Water, Gatorade, Fruit (oranges/bananas), Pretzels, Cookies, Potato Chips, Vaseline

***Pinnacle Hotel Rd aid station (2<sup>nd</sup> time): Closes at 3:00 pm***

Mile: 19.5

Aid: Endurolytes, Hammer Gels, Gu's, Bagels, Coke, Mountain Dew, Water, Gatorade, Fruit (oranges/bananas), Pretzels, Cookies, Potato Chips, Vaseline

***Stony Ridge Rd Aid Station (2<sup>nd</sup> time): Closes at 4:00 pm***

Mile: 22.5

Aid: Endurolytes, Hammer Gels, Gu's, Bagels, Coke, Mountain Dew, Water, Gatorade, Fruit (oranges/bananas), Pretzels, Cookies, Potato Chips, Vaseline

***Hauser Rd (2<sup>nd</sup> Time):***

Mile: 25.5

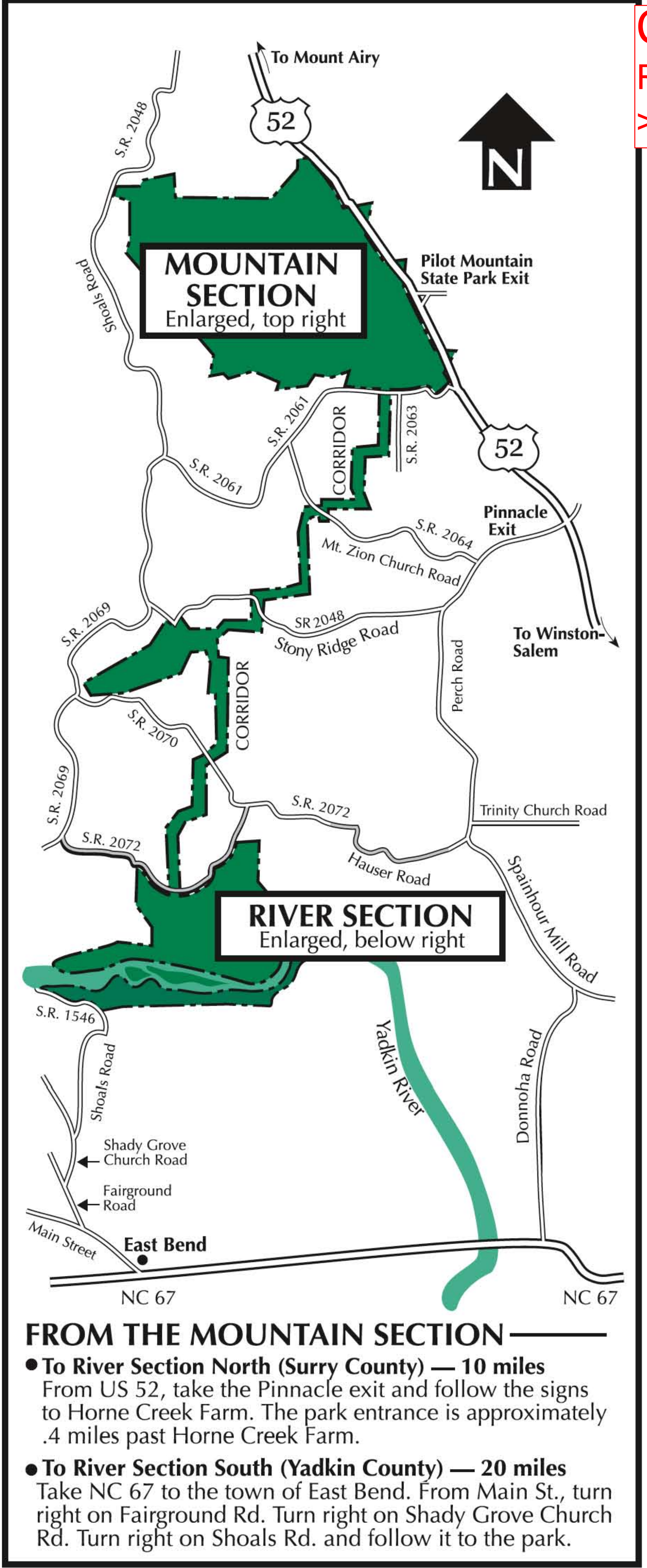
Aid: Water Only

***Finish Line***

Mile: +/-26.2

Aid: Water, Soda, Fruit (oranges/bananas), Pretzels, Cookies, Potato chips





**Course Flow Legend:**  
 Red->Blue->Pink->Red->Blue->Red->Purple->Blue-Orange->Red->Pink->Finish

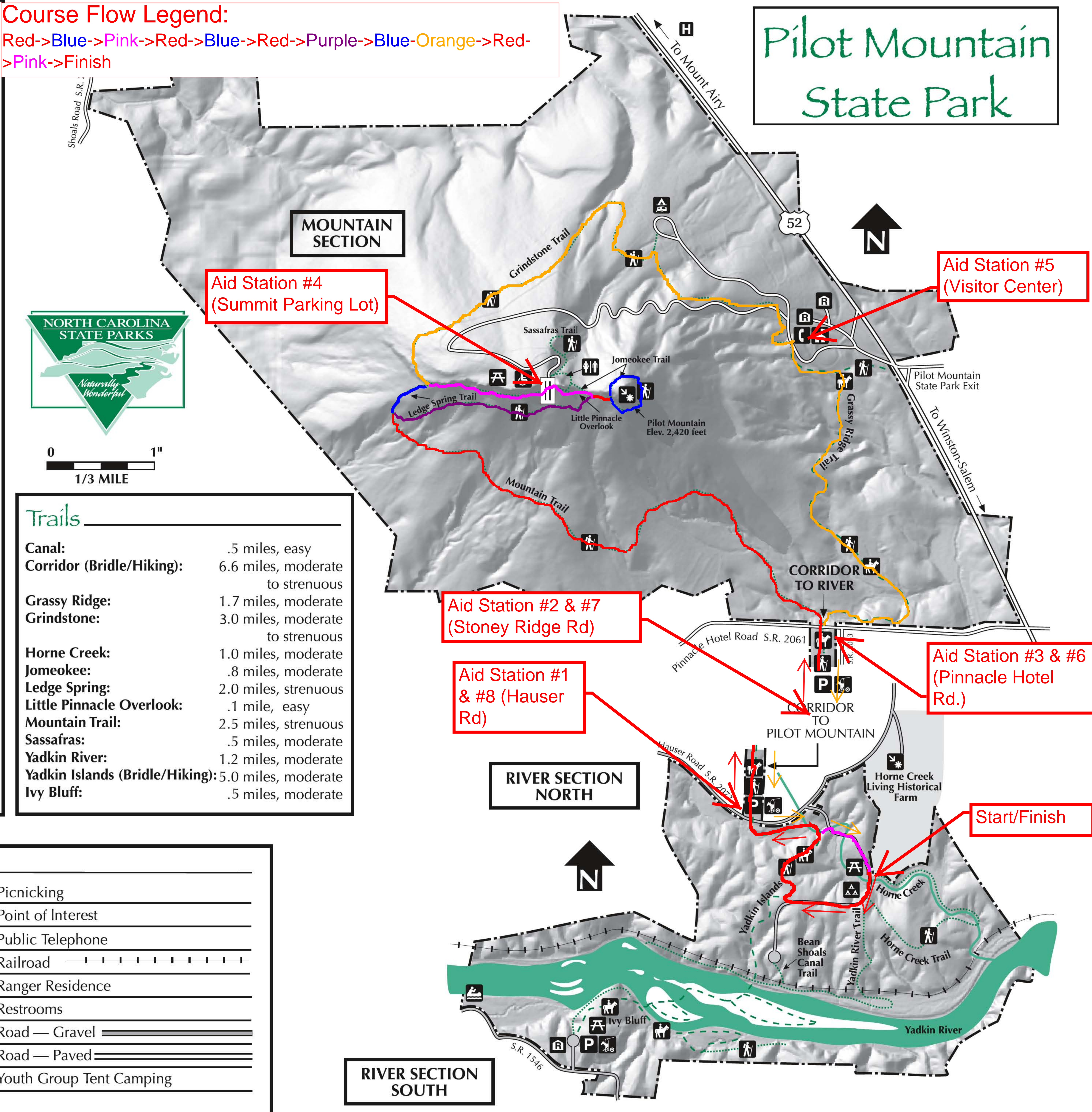


**Trails**

<b>Canal:</b>	.5 miles, easy
<b>Corridor (Bridle/Hiking):</b>	6.6 miles, moderate to strenuous
<b>Grassy Ridge:</b>	1.7 miles, moderate
<b>Grindstone:</b>	3.0 miles, moderate to strenuous
<b>Horne Creek:</b>	1.0 miles, moderate
<b>Jomeokee:</b>	.8 miles, moderate
<b>Ledge Spring:</b>	2.0 miles, strenuous
<b>Little Pinnacle Overlook:</b>	.1 mile, easy
<b>Mountain Trail:</b>	2.5 miles, strenuous
<b>Sassafras:</b>	.5 miles, moderate
<b>Yadkin River:</b>	1.2 miles, moderate
<b>Yadkin Islands (Bridle/Hiking):</b>	5.0 miles, moderate
<b>Ivy Bluff:</b>	.5 miles, moderate

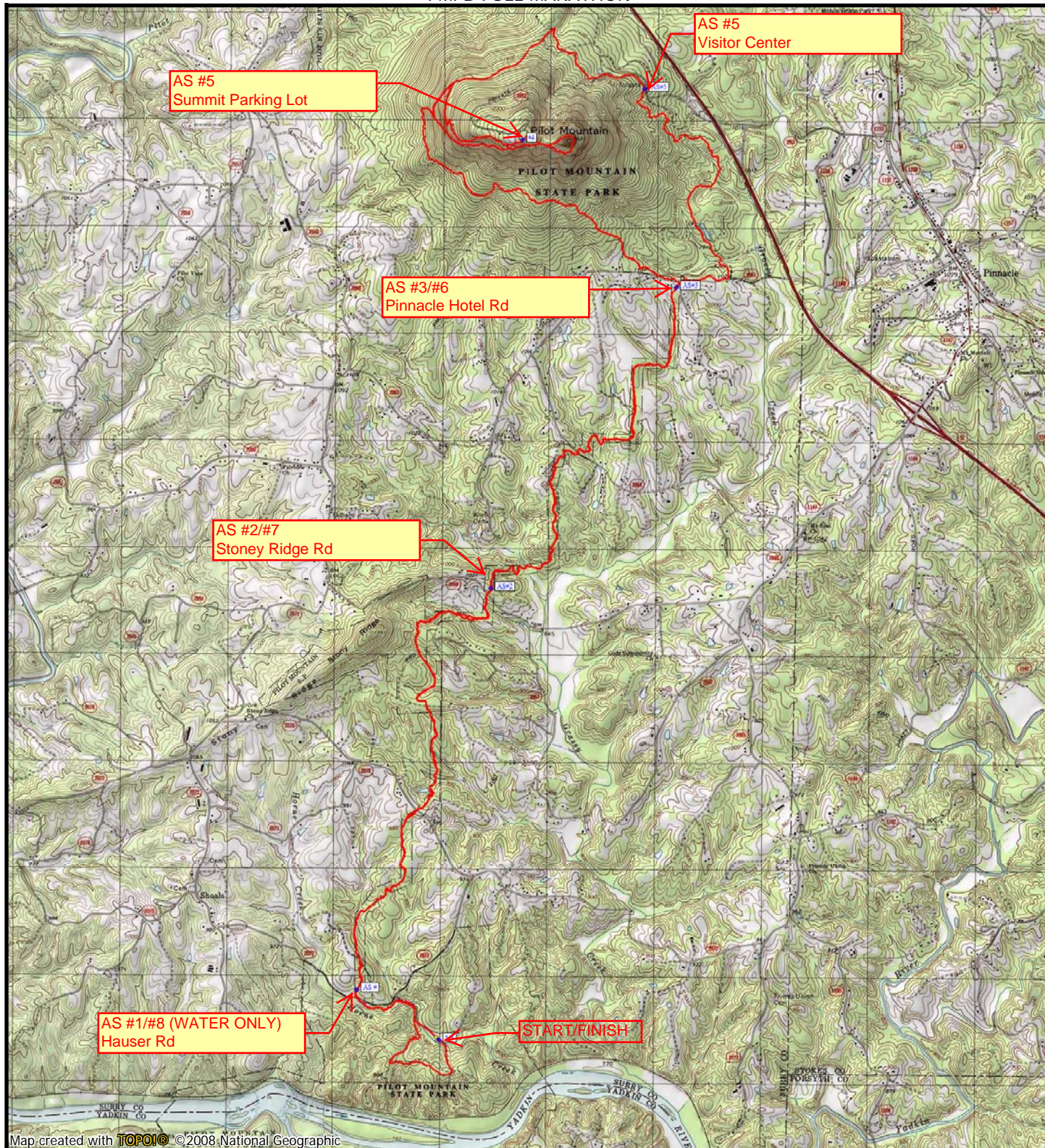
**Legend**

Accessible	Picnicking
Bridle Trail	Point of Interest
Canoe Launch	Public Telephone
Family Camping	Railroad
Hiking Trail	Ranger Residence
Horse Trailer Parking	Restrooms
Hospital-Northern Surry (336) 789-9541	Road — Gravel
Parking	Road — Paved
Park Boundary	Youth Group Tent Camping
Park Office	

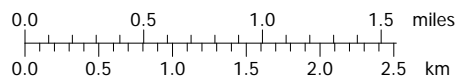
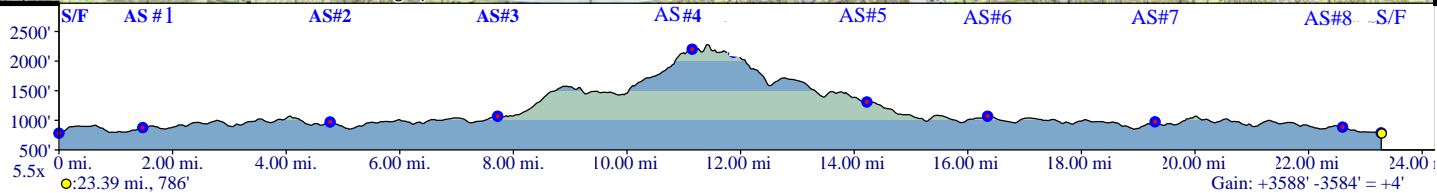




# PMPB FULL MARATHON



Map created with **TOPOI** © 2008 National Geographic



11/22/10





Sample

**GRINDSTONE**  
**TO**  
**AID STATION #5**



Sample

**PMPB**

