Odyssey Trail Running Rampage Different LOOP DESCRIPTION For 50K Race Starts @ Discovery Center.

The 50k Ultra runners will run **2 of the Half Marathon loops** (listed below) **first** and **1 of the 6 Miler loop last**. Check in at the entrance to the TA after each loop. There will be an aid station here. 50K Ultra runners are able to access their supplies for the next loop(s) in the

There will be 3 pieces of flagging/survey tape before and after every trail intersection. Stay on the trails marked with the flagging/survey tape.

ALL RUNNERS WILL NEED TO CHECK IN AT THE CABIN ON THE TUSCARORA TRAIL AND AT THE START / TRANSITION AREA ON EVERY LOOP. FAILING TO DO SO WILL MAKE YOU UNOFFICIAL.

Half Marathon Loop

- Take Blue Suck Falls Trail to Tuscarora Trail.

TA

- Take Left onto Tuscarora Trail. Continue on the Tuscarora Trail.
- At intersection of the Tuscarora Trail and the Tuscarora Overlook Trail, take a left and go to the overlook and check in at the cabin. Mile 3.5. *Very* limited water and food for emergencies here.
- Turn around and go back to the intersection of Tuscarora Overlook Trail and Tuscarora Trail
- Take a left onto Tuscarora Trail. Continue on Tuscarora Trail to Stony Run Trail.
- Take Left on Stony Run Trail. Continue on the Stony Run Trail to Locust Gap trail.
- Take Left onto Locust Gap trail. Continue on the Locust Gap trail to Beards Gap Hollow Trail.
- Take Right onto Beards Gap Hollow Trail. Continue on the Beards Gap Hollow Trail.
 Aid station at the end of the Beards Gap Hollow Trail at park service gravel road. Mile
 9.
- Take gravel road to SR 629. At SR 629 take a left, run on the road to access Wilson Creek Trail.
- Take Right, access Wilson Creek Trail at old chimney stack.
- Take Left at old chimney stack onto Wilson Creek Trail. Continue on Wilson Creek Trail to SR 629 at the entrance to the Cabins.
- Take Right on SR 629. Take SR 629 to Beaver Dam Campground "B".
- Take Left into Beaver Dam Campground "B", go to end of campground to access Salt Stump Trail. Aid station at the beginning of the Salt Stump Trail. Mile 11.25.
- Take Salt Stump to Backway Hollow Trail.
- Take Left onto Backway Hollow Trail. Continue on Backway Hollow Trail to Huff Trail.
- Take Left onto Huff Trail. Continue on Huff Trail to Middle Hollow Trail.
- Take Left onto Middle Hollow Trail. Continue on Middle Hollow Trail to Heron Trail.
- Take right onto Heron Trail. Continue on Heron Trail.
- Cross the bridge at the intersection of Heron Trail and Blue Suck Trail.
- Take left to head back to Start/Finish/Transition Area(TA).

50K runs this loop twice, then the 6 Miler loop (listed below)

6 Miler Loop

- Take Blue Suck Falls Trail to Tobacco House Ridge Trail.
- Take Left onto Tobacco House Ridge Trail. Continue on the Tobacco House Ridge Trail.
- At intersection of the Tobacco House Ridge Trail and the road leading into White Oak Campground, take a right on road.
- Follow road to SR 629. The aid station will be a 0.1 mile before SR 629. This aid station is at mile 1.
- Take a left at SR 629, run on the road to access Wilson Creek Trail.
- Take Right, access Wilson Creek Trail at old chimney stack.
- Take Left at old chimney stack onto Wilson Creek Trail. Continue on Wilson Creek Trail to SR 629 at the entrance to the Cabins.
- Take Right on SR 629. Take SR 629 to Beaver Dam Campground "B".
- Take Left into Beaver Dam Campground "B", go to end of campground to access Salt Stump Trail. Aid station at the beginning of the Salt Stump Trail. Mile 3.4.
- Take Salt Stump to Backway Hollow Trail.
- Take Left onto Backway Hollow Trail. Continue on Backway Hollow Trail to Huff Trail.
- Take Left onto Huff Trail. Continue on Huff Trail to Middle Hollow Trail.
- Take Left onto Middle Hollow Trail. Continue on Middle Hollow Trail to Heron Trail.
- Take right onto Heron Trail. Continue on Heron Trail.
- Cross the bridge at the intersection of Heron Trail and Blue Suck Trail.
- Take left to head back to Start/Finish.

www.OARevents.com