

## 2020 Blood Rock 100 and 50 Mile Course Description

### **The 50 and 100 mile Cabins Start to North Trailhead Aid Station #1 - 2.1 Miles:**

The start will be at the Cabins on Tranquility Lake. The race will start on the road in front of the meeting center at the cabins. Runner will follow the road for about 200 yards before turning left onto the Red "Chimney Trail" for a few hundred yards. They will then take a cut through trails that leads over the Light Trail. Runners will follow the Light Trail to the Campground then following the road angling to the right on the paved road. After 200 yards turn right running past the campground office and store. Continue up the hill about 50yds and turn left, off the paved road onto the trail leading to the North Trailhead. Continue straight ahead through the NTH Parking Lot and cross Findley Dr and go through the gate. This is the location of the North Trailhead Aid Station #1. (Refill your bottles here before heading into the backcountry.)

### **Billy Goat Gruff Bridge Aid Station #1 (Bridge AS) - 7.1 Miles, 9.2 Miles Total:**

Follow the bike trail that leads off to the left paralleling Findley Dr. Just past the First bridge turn right onto the "Far End Back Trail." This trail is one of the old backcountry trails that are no longer maintained but it is well used. Follow the trail along a creek for about 1/2 mile to where the trail turns right and heads uphill. This is the start of the first significant climb up to the top the Northwest Ridge of Double Oak Mountains. Once you reach the top on some very steep, very rocky terrain, the trail follows the ridge about 1/2 mile then turns left downhill. From there, runners climb over another rugged and down a long hill. Stay on the trail down to an old road angling left for a short distance before climbing up a shot hill to the "Kings Chair" Trail.

You are now on the old abandoned "Rim Walk East Trail." Runners will continue along the far southeast ridge of Double Oak Mountain for a couple of miles on some short but steep climbs and descents. This is where things start to get interesting. You will cross over the ridge to the back side of Double Oak Mountain. As you continue along the east side of the ridge the trail becomes much steeper going downhill to a small creek. As you cross the creek, look up above you. This rather imposing hill is what we affectionately call "Barkley Hill" named after the infamous Barkley Marathons. This is also where we run 600 ft. of rope up a section of the hill. If it doesn't rain the rope isn't necessary. If it does rain, this climb without ropes would be just about impossible! This section will be much easier to negotiate if you have trekking poles. The top of the hill is guarded by the Barkley Demon! As you approach the ridge, look up to your right to see this rather imposing stone figure looming above.

Once you reach the ridge (after a short recovery) you will follow a fairly easy section of trail for about 1/4 mile along the southeast side of the ridge to where the old wagon road cuts through a very rocky section of the ridge. Continue straight ahead on the old wagon road as it drops down the back side of Double Oak Mtn into the "Outback." The old road zigzags down the back side of the mountain for about 1/2 mile, then makes a sharp right and traverses along a series of rocky ledges for less than a mile. This old road is steep in some places but fairly easy to run. If you look carefully you can still see the parallel ruts of the road. Eventually the trail drops sharply downhill through a rock band, turning left then back right. Watch for the old wagon wheel rim and bearing case as the trail levels out. Just past the remains of the wheel, the trail again turns left through another rocky area and continues downhill to an old sunken road.

Go right on the old road and continue until just before the park boundary. There you turn right off the road and begin the long climb up "Topless Hill." If you go too far, you will come to the park boundary

and a No Trespassing Sign. The trail slowly winding up the side of the mountain. Cross a small creek and follow the trail up the back side of the southeast ridge of Double Oak Mountain. This is a long climb and there are a few very steep sections. This hill is called "Topples Hill" and gains 550 ft. in 0.45 Miles. At the top, turn left along the ridge to an overlook where the trail leaves the ridge to the right and connects into the Blue Trail. Go right on the Blue Trail to the South Red/Blue Connector and turn left, downhill to the Red Bike Road. This is the location of the Billy Goat Gruff Bridge Aid Station #1 (Bridge AS)

**North Trailhead Aid Station #2 - 3.3 Miles, 12.5 Miles Total:**

Cross the bridge and angle right continuing downhill on the bike road for about 3/4 miles to the North Red/Blue Connector. Watch for the kiosk on the right. Runners will turn right at the connector and climb up to the Blue Trail. At the "T" and big pile of rocks, (sort of a giant cairn) turn right again on Blue for about 100 yards, then make a sharp left up the steep climb to Eagles Nest Overlook. Continue to the ridge crest and follow the trail along the ridge heading northeast. Runners will again enter the Far End Back Trail still heading northeast and continue straight ahead. Stay on the trail along the ridge, then angle left across a small valley and up to the next ridge. As you reach the ridge, follow the trail around to the right for a short distance. Turn left off the ridge heading steeply down the west side of the ridge. The old trail "Ts" into the Blue Trail. Turn Right on Blue and continue for less than 1/2 mile to the North Trailhead Aid Station #2.

**50 and 100 Mile Runners - North Trailhead to Bridge AS #2 - 3.3 Miles, 15.8 Miles Total:**

Turn around at the NTH Aid Station #2 and go back exactly the way they come. Climb back up Blue to the Far End Back Trail. Turn left off Blue and climb up to the ridge. Go right on the Far End Back Trail returning to Eagle Nest Overlook, then the steep descent to Blue. Go right on Blue for 100yds and turn left at pile of rocks/cairn in the middle of the trail on the North Red/Blue Connector. Continue down to the Red Bike Road and turn left. Go up the Red Bike Road for 3/4 mile, returning to the Bridge AS #2.

**Bridge AS #2 to North Trailhead Aid Station #3 - 7.1 Miles, 22.9 Miles Total:**

After the aid station, leave the bike road going left and climb up to Blue on the South Red/Blue Connector. Go right on Blue for one mile to the left turn heading up and the along the southeast ridge of Double Oak Mountain. Turn right along the ridge for a short distance, then follow the trails down into the backcountry. You will run down "Topless Hill," turn left on the "Sunken Road" then go left again, climbing up to the "Rim Walk East" trail. Stay on the southeast side (right side) of the ridge. Go back down "Barkley" then return to the ridge following it northeast to Kings Chair Overlook. Continue along the ridge for 100 yards past Kings Chair and turn left heading back on the "Far End Back Trail. Stay on the FEBT over two ridges then take the steep descent back down the mountain and through the old quarry. Follow the trail along the creek for a short distance to where it turns right across the creek. Continue to the Bike Trail where you turn left. Follow the bike trail for 0.7 miles to the North Trailhead Aid Station #3.

**North Trailhead AS #3 to Cabins Aid Station #1 - 2.8 Miles, 25.7 Miles Total:**

After the NTH AS go left up the bike road for 100 yards to the Yellow/ White Trail and turn right. Follow the Yellow Trail to Maggie's Glen. DO NOT cross the creek. (Maggie's Glen has a kiosk and several benches along the creek.) Turn right at Maggie's. on the White Trail following the creek. Where the White Trail turns right going back to the North Trailhead, Runners will continue straight ahead on the Cabins Trail. After about 1/3 mile the trail crosses a small bridge and turns to the left. You will see the lighted arch at the Cabins Aid Station straight ahead.

### **Cabins Aid Station to Terrace Drive Aid Station – 7.3 Miles, 33 Miles Total:**

Leave the aid station continuing straight ahead (to the southwest) into the woods on Yellow for about 2/3 mile to the intersection with the Red Bike Trail and a Horse Trail. Do not cross the wooden bridge. Go left on the horse trail across the creek and climb slowly on gentle trails up through the ruins of Camp Tranquility along the top of the ridge. Most of the cabins are now ruins. The old chapel is the largest set of ruins with only the chimney and foundation remaining.

*About the old Camp: This camp was built by the WPA in the mid-1930s. The buildings included a Rock Lodge, Dining Hall, Chapel, four Unit Lodges, Program Huts, Infirmary and upwards of 30 cabins. The cabins were in four areas located along three ridges overlooking a new lake – Lake Tranquility. Lake Tranquility is a 14-acre lake built below the Camp. (It's now known as the OLD LAKE) The views from camp looking back to the east over the lake were panoramic. From 1937 to 1972 it hosted mainly Boy Scouts for Summer Camp and other activities. Local Church organizations also used the Camp for their youth. The majority of cabin sites at Camp Tranquility ceased to be used around 1972. Today only a few of the cabins remain, including The Camp Office known as the "Rock Leader Lodge". The Dining Hall that once entertained Scouts, Youth and Religious groups from the area burned down when struck by lightning.*

Continue along the trail through the camp and take the short connector to the left over to another section of horse trail. Turn right, and continue on the trail up the hill to the ruins of the old Chapel. Turn right on the old gravel road and follow it past a "chain across the trail." Continue on the maintained gravel road through the cabins that are now being renovated by scouts. Continue straight ahead up the hill and under the large overhead "Camp Tranquility Sign" at the top of the hill. Continue straight ahead down the mountain on the "Group Camp Road" for a little over a mile on the gravel road. At the Yellow/White Connector Trail and kiosk, turn left off the road and follow the Yellow/White Connector for a about 300 yards on flat ground. Then begin the long climb to the top of West Ridge of Double Oak Mountain. At the top of the ridge, the Y/W Connector "T's" into the White Trail. Turn Right on White. and follow white for about 50 yards down a very rock section to the Red Bike Road.

**\*\*\* Exercise caution here. 50K runners go LEFT at this intersection. 50 & 100 Milers go right. Be sure you pay close attention to the signs.**

Continue straight ahead (angling slightly to the right) following the bike road for about 1.5 miles. Watch for the right turn at a kiosk and benches, angling steeply downhill on the Green Trail. Follow Green for a little over a mile, almost to "Terrace Dr" (The paved road you will see just ahead) and turn left on the Yellow/Green Connector for about 1/3 mile. Follow the trail that angles to the right into a large field and the Terrace Dr Aid Station.

### **Terrace Dr AS to Peavine Falls Aid Station #1 - 5.2 Miles, 38 Miles Total:**

Leave the aid station heading to the left (Southeast) from the aid station itself toward the back of the open filed. At the treeline, go right into the woods continuing on the Yellow/Green Trail. When the Y/G Trail "Ts" into the Yellow Trail, go right, cross Peavine Falls Rd and cut over to Mr. Toad Bike Trail. (Watch for Cars as you cross the Paved Road.) Follow Mr. Toad, then Foreplay Bike Trail until it crosses the paved road again and enters the Johnson Mountain Trail. Climb up the Johnson Mountain Trail for about 0.4 mile and watch for the signs direction you to leave the bike trail continuing straight ahead on an old abandoned bike trail. Stay on the old trail for 0.5 mile to High Hampton Road in the High

Hampton Subdivision. Just before reaching the road, you leave Oak Mountain State Park. *Runners will be in a private neighborhood and on private land for the next mile. Please do not litter or make excessive noise in this area at night.* Turn left and follow the paved road for about 0.4 mile. Watch for a small park with benches on your left. High Hampton residents provided an aid station, usually unmanned, at this park. Turn left just before the benches and enter the "Power Line Easement." Follow trails up, first in the easement, then angling left into the woods then back into the easement at the top of the mountain. Near the top you climb up a steep rocky section on down-sloping rocks. Be careful here. Turn left along the ridge going past the Cell Tower on the service road. Continue down the hill and past the gate. Turn Right on the paved road, (Peavine Falls Rd) and follow it up the hill and along the crest of the ridge. Stay on Peavine Road, for about 1/2 mile. Just past the overlook and straight ahead, you will see an iron gate across a gravel road with the "Stop" sign attached. At the gate, turn right up the hill to the connector Trail. At the ridge, the trail "Ts" into the Green Trail. Go right and follow Green a few hundred yards down to the Peavine Falls Parking Lot. As you reach the parking lot, turn right to the Peavine Aid Station #1. The aid station is located in the pavilion. There is a bathroom across the parking lot from the trailhead.

### **Peavine Falls AS #1 to Peavine Falls Aid Station #2 - 6.5 Miles, 44.5 Miles Total:**

Leave the Peavine AS and go back exactly the way you came. Cross the parking lot, go left on Green up the hill, then left down the hill on the connector back to the iron gate. Go left on the Peavine Falls Rd back to where you left the power line easement earlier. Cross the road "cautiously" and re-enter the service road up to the Cell Tower on the ridge. Continue past the tower to where the trail turns right and drops down the easement. (Again, be very careful on the down-sloping rocks along the ledge.) Continue down the easement to the paved road. (High Hampton Rd) Turn right on the road for 0.4 miles to where the course leaves the road in re-enters Oak Mtn State Park. Watch for the trail split 300 or 400 yards past where you turn off High Hampton Rd. (The split is at a different location than in 2017 and 2018.) Go right at the split for a few hundred yards, back to the Johnson Mountain Bike Trail. At the bike trail angle right. Follow the bike trail down to the Peavine Falls Road, cross the road and start the long but gentle climb up the BUMP trail. Near the top you will come to a very rocky section of trail. This is "Blood Rock," name-sake of the race. A short way past the "Blood Rock," runners will angle to the left at a trail split staying on the BUMP Trail. At the gravel road go left about 100 yards and watch for the trail going right up the hill to the ridge. This trail connects into the Green Trail. Go right on Green for about 1/3 mile to the Green/White Connector Trail. This trail is easy to miss. It droops steeply down the hill to the left and is often overgrown with vegetation. Follow the trail down the mountain on a steep, rocky trail to where the trail "T" into the White trail at upper Peavine Creek. Go right on White for a short distance to a footbridge over the creek. Go left across the bridge and stay to the right side on very rocky trails all the way to the bottom of Peavine Gorge. This is another area runners need to be cautious, especially after many hours of running. The trail into the gorge is along a cliff face with the potential for a 50 or 60 ft fall. The trail is wide and runners would almost have to try to fall off the cliff. The worst danger is just falling on the very rocky, "rooty" and steep trail. I wouldn't kill you, but it would sure hurt and might end your race.

Descend to the pool at the bottom of the falls. Cross straight across the creek to the left bank (south side of the creek) just below the falls. Go back left away from the falls, follow Lower Peavine Creek heading downstream staying on what is now the right side. Cross over to the left side of the creek at the signs and flags and continue along the creek past more falls for about 1/4 mile. Cross the creek again to the right side and climb out of the gorge on steep trails. At the two benches at the top of the gorge,

continue straight ahead. Continue on the wide gravel trail for 1/2 mile to the Peavine parking lot and the Aid Station which will be to your left. (You will pass directly behind the bathroom on the parking lot.)

**Peavine Aid Station #2 to Cabins Aid Station #2 and 50 Mile Finish - 7.1 Miles, 51.6:**

Go through the aid station, leaving out the back and head directly into the trail. Follow a winding trail down the hill then traversing to the left across the hill for about 2/3 mile. Watch for a trail leading off to the right. Go right, follows a ridge for about 300 yards then angles right down the hill and crosses a small creek. About 50 yards past the creek turn left on another trail and continue for about 1/3 mile to the creek crossing of Lower Peavine Creek. Immediately past the creek go left following the creek upstream. (These trails are all "bandit" neighborhood trails.) The trail will turn steeply uphill and join another trail along the ridge way above the creek. Go past the old shelter/overlook on the left and continue to the high point of the trail. At the "high point," take the faint trail that turns right off the overlook trail. This is the "Rim Walk East Trail." After a rocky and steep, but short climb, head north along the relatively flat trail for almost 2.5. When you see the Blue Blazes, continue along the ridge following the blue blazes. After 1/3 mile the trail runs left downhill and connects into the Blue Trail. Go right on Blue for a little over 1/3 miles to the Orange Trail. Go left on Orange heading downhill. Cross the Red Bike Road and continue on Orange, up the hill to the White Trail. *Please note, this is where the 50K course rejoins the 50 and 100 mile course. Don't be distracted if you trail marking to your left at the intersection, or other runners coming in from the left.*

Go right on White, following the ridge past Shackelford Point for about a mile. The trail turns left off the ridge and continues downhill to where it intersects with the Yellow Trail. Turn Right at the "T" and go about 150 yards and cross the foot bridge to Maggie's Glen. This should look familiar. Runners came through Maggie's at about mile 23 headed to the Cabins. Turn left at Maggie's on the White Trail following the creek. Where the White Trail turns right going back to the North Trailhead, Runners will continue straight ahead on the Cabins Trail. After about 1/3 mile the trail crosses a small foot bridge and turns to the left. You will see the lighted arch at the Cabins Aid Station straight ahead.

*Please note: You may encounter runners coming in from your left as you pass through Maggie's. This is the trail the runners leaving the North Trailhead use to get back to the Cabins Aid Station at mile 25.*

This is the finish for the 50 Mile and halfway point for 100 Milers. Hundred milers, start over at the top of the page and do it all again!