

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

The start will be at the Redbud Pavilion by the BMX track on Tranquility Road. The race will start following the Red "Chimney Trail" then take 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 50 yds 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 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 This trail is one of the old backcountry trails that are no longer maintained but it is well used.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 of one of Double Oak Mountains ridges. Once you reach the top on some very steep, very rocky terrain, the trail follows the ridge for a short distance then turns left downhill, then over another rugged and down a long hill. Stay on the trail down to an old road and go 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 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. The old road zigzags down the back side of the mountain for less than a mile, then makes a sharp right and traverses along a series of rocky ledges for about 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 east 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 Trial Head 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 Trial Head Aid Station #2.

**25K Runners only - Redbud Pavilion Finish - 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 through Maggie's Glen, across the creek and continue on Yellow all the way back the Redbud Pavilion Aid Station. After about 2 miles on gentle trails, turn left at a kiosk and benches. Immediately cross a footbridge and continue along the southern shore of Tranquility Lake. As you pass the lake, the trail descends along the dam on tricky ground. Continue along the trail for a few hundred yards and watch for the Redbud Pavilion to your right across the creek. Cross the footbridge and you are at Redbud.

**50K Runners - 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.

**North Trailhead Aid Station #3 - 7.1 Miles, 22.9 Miles Total:**

After the aid station, leave the bike road and climb up to Blue on the South Red/Blue Connector. Go right on Blue for one mile to the left turn heading back up to the east 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 back left climbing up to the "Rim Walk East" trail. Stay on the east 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 to the North Trailhead Aid Station #3.

**Redbud Pavilion 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 through Maggie's Glen, across the creek and continue on Yellow all the way back the Redbud Pavilion Aid Station. After about 2 miles on gentle trails, turn left at a kiosk and benches. Immediately cross a footbridge and continue along the southern shore of Tranquility Lake. As you pass the lake, the trail descends along the dam on tricky ground. Continue along the trail for a few hundred yards and watch for the Redbud Pavilion to your right across the creek. Cross the footbridge and you are at Redbud.

**Redbud Pavilion 50K Finish – 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" and 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 left on White.

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

AGAIN - Turn left on White and follow it all the way down the west ridge of Double Oak Mountain. After a couple of miles, the trail angles left and continues down the mountain and eventually "Ts" into the Yellow Trail. Go left on Yellow for about 1 mile to a Kiosk and benches. At the benches, the Yellow Trail turns left across a foot bridge and continues around the left side of Tranquility Lake. The trail descends along the dam on tricky ground the levels out at the bottom. Follow the trail for a couple of hundred yards and cross the narrow footbridge leading back to the finish at Redbud Pavilion Finish.