

Farm to Trail Runners a Message from Don Burkett! 30K Course will be Marked in Pink, 11K Course will be Marked in Green! It will be each runners responsibility to familiarize themselves with the course prior to the race. The course will be marked with pink (30K) and green (11K) ribbon. Turns will be marked with ribbon, flagging and signage. Please be observant at each intersection for markings. 30K Runners will encounter two way traffic on several sections of the trails. Please be courteous to your fellow runners when meeting them in these areas.

Both the 11K and 30K will start together and will stay together until the Deep Gap Parking Lot. Start at Charlie Creek Farms heading southwest on Snake Nation Rd to Camp Morganton Rd. (1 mile) turn right on Camp Morganton Rd. follow Camp Morganton Road to the T intersection and turn left at the T. Follow this gravel road staying to your right side (driveways and roads to your left are private property). Stay straight on gravel road and it will enter National Forest Service property. This old logging road and ultimately primitive trail will climb and snake toward Scroggin Knob. This trail will dead end into the Benton MacKaye Trail (2 miles). Runners will turn left (south) on the Benton MacKaye trail (white diamond blazes) and follow the Benton MacKaye to it dead ends into Stanley Gap Trail (1.25 miles). Turn left heading east on Stanley Gap Trail and follow to Deep Gap parking lot (aid station) (1.50 miles). At this point the 11K and 30K will split.

11K will leave Deep Gap parking lot (aid station) and turn left (north) on Aska Road (Runners must stay on the left shoulder of roadway as this is a well traveled highway—use caution at all times) run on Aska Rd. shoulder to Crabapple Drive (turn left) (1 mile). Crabapple Drive to Charlie Creek Crossing to finish at Charlie Creek Farms (1/4 mile).

30K will leave Deep Gap parking lot (aid station) and proceed east across Aska Rd. (Runners must use extreme caution crossing Aska Rd. as it is a well traveled highway). On other side of Aska Rd. runners will tap into Lower Green Mountain Trail. Follow Lower Green Mountain Trail to the top of Green Mountain (1.25 miles). At the top of Green Mountain stay right and down on the Lower Green Mountain Trail and follow Trail to the Long Branch Connector Trail (1/2 mile) (turn right) and follow the Long Branch Connector to the Long Branch Loop (1/2 mile) (stay straight). This is an oval loop so Runners will traverse this loop (2.1 miles) in a clockwise direction and must not take any side trails especially at the Shady Falls Parking Lot Trail so stay to your right on the loop until you come back to the Long Branch Connector (turn left). Follow Long Branch Connector back to the Lower Green Mountain Trail (1/2 mile) (turn left) to top of Green Mountain(1/2 Mile) (stay left and down). Lower Green Mountain Trail to Aska Road (1.25 miles) (use extreme caution crossing Aska Road). After crossing Aska Rd. 30K runners will enter Deep Gap parking lot (aid station) then continue straight up the hill then staying left to the Flat Creek Connector. You will stay on the Flat Creek Connector (1/2 mile) until it reaches the Flat Creek Loop on the left. Runners will traverse the Flat Creek Loop (5.1 miles) in a clockwise direction. Follow the Flat Creek Loop until it ends back at the Flat Creek Connector (turn right). Take the Flat Loop Connector back to the Deep Gap parking lot (1/2 mile) (aid station).

30K Runners will turn left on the left shoulder of Aska Rd. (Runners must stay on the left shoulder of roadway as this is a well traveled highway—use extreme caution at all times) and head north to Crabapple Drive (1 mile) (turn left) follow Crabapple Drive to Charlie Creek Crossing to finish at Charlie Creek Farms (1/4 mile). I will be sending a runner confirmation email on Wednesday of this Week! Thanks for Running with Us! Tim