

50 Mile Relay Sections

Relay Leg	Distance	Description
1	6.5 Miles	The first leg of the relay will be light in comparison for elevation gain, but it will be done mostly in the dark. This section is entirely on the Pilot Mountain Corridor Trail.
2	11.25 Miles	Up a mountain, around and down. You will get the pain of climbing Pilot Mountain, but you will also get to see the sunrise as you circumnavigate the pinnacle. Your run will continue with a long downhill and the first section of the Sauratown Mountain Trail
3	6.25 Miles	This is the most tame section of the relay. Not much in the way of elevation gain and only light stream crossings. This is a good place for the team to make up some ground.
4	7.6 Miles	Hope you don't mind your feet wet for this section. You will have 5 small creek crossings on this section. If rain is light, hop skip and jump your way through. If the rain has been heavy, you may get calf deep a few times! You will also be dealing with a bit of climbing as your section starts with switchbacks halfway up Sauratown Mountain!
6	10.1 Miles	Pick the badass from your group for this leg. You will either be climbing up Moore's Wall or descending hundreds of stairs on your way to Hanging Rock Campground. This Section is not for the weak of legs!
7	8.3 Miles	Time to bring it home. Not much climbing left and only a few creek crossings near the end. The closer on your team gets a lot of the glory and not a lot of the elevation gain.