

Course Preview

Highball to Thurmond 50K

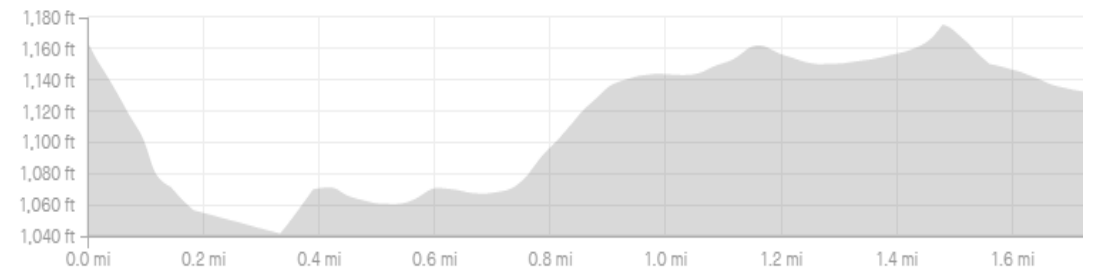


The Course

- This is an out and back course along the New River.
 - Total Distance: 50 Kilometers (31.1 Miles)
 - Total Elevation Gain: 2,055 Ft.
 - Terrain: 28.2 miles of trail and 2.9 miles of paved road (first and last 1.45 miles of the course)

The Start – 1.45 miles

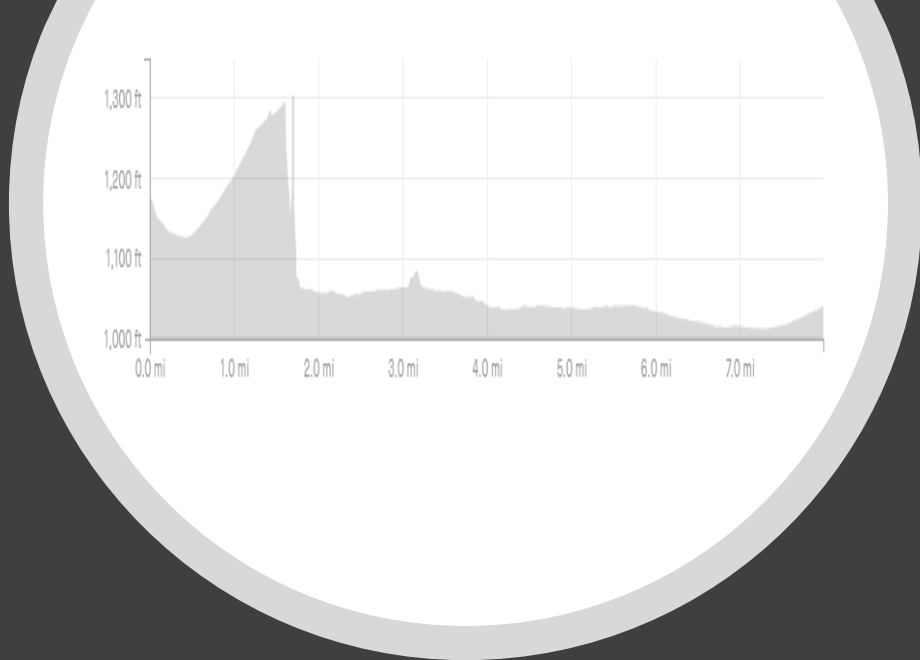
- The 50 Kilometer athletes will start at the Thurmond bus station and immediately cross the bridge over the New River. From there athletes will run 1.3 miles to the terminus of the Rend Trail. This is on a narrow, paved road along a tributary river to the New River. As you can see there are a few small hills but not much on this section



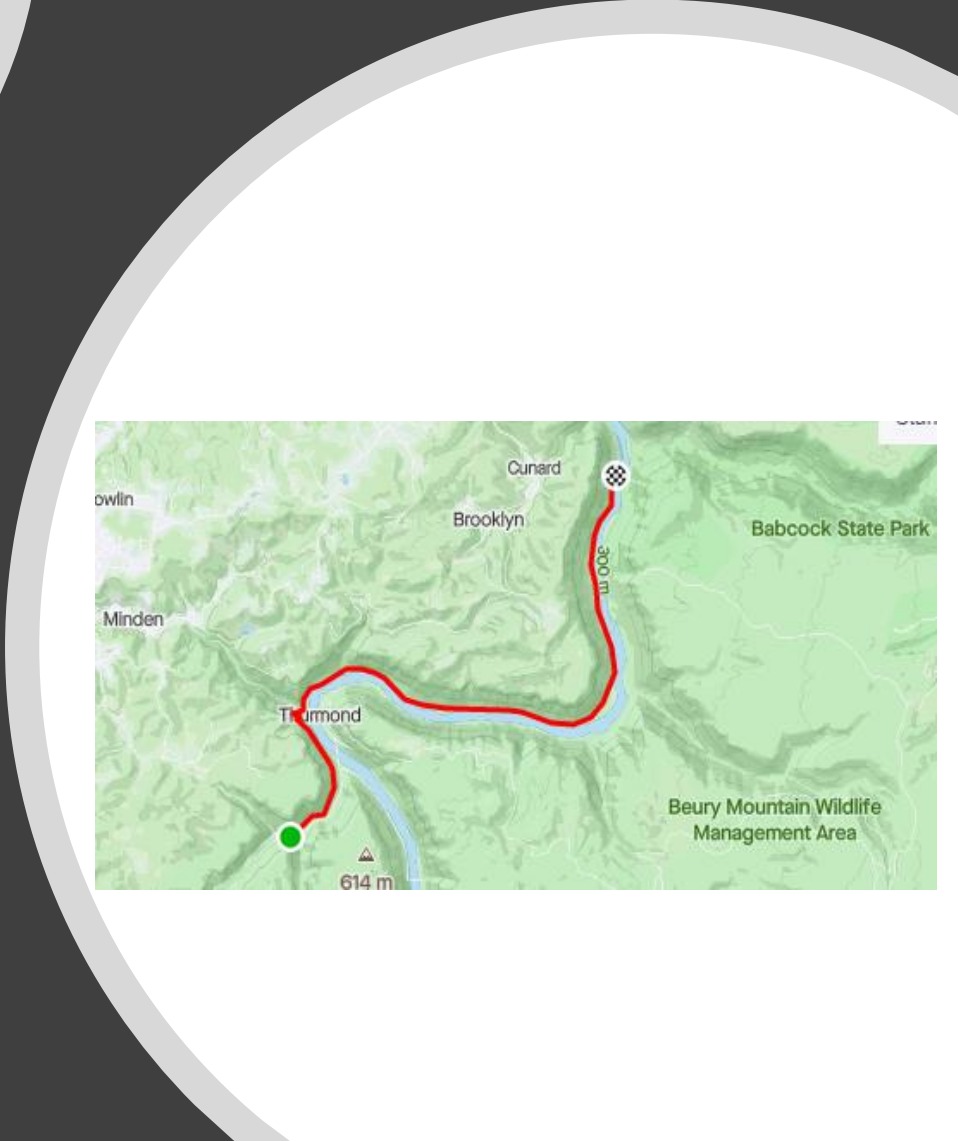
Mile 1.45 – Mile 9.45 (outbound)
and
Mile 21.8 – Mile 29.7 (return)

- This section is an extremely smooth and well-groomed trail. Other than a 0.3 mile section in which athletes descend quickly down stone steps to switch onto the Southside Trail, this is a nearly flat trail with rock formations on one side and picturesque views of the New River on the other.
- Similarly, on the way back on this section it will be flat with another quick jump up from Southside Trail onto Rend Trail





Mile 1.45 – Mile 9.45 and
Mile 21.8 – Mile 29.7

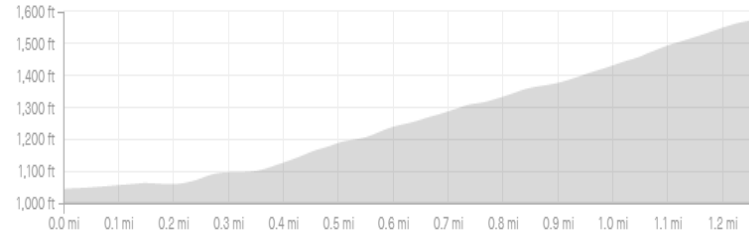


Mile 9.45 – Mile 10.6 and Mile 20.6 – Mile 21.8

- The Southside Trail changes names to the Brooklyn Trail and will let out at a campground and boat launch. From here athletes will jump on the road for 1.3 miles to access the Kaymoor Trail. On the way out this section is mostly climbing and on the way back this will be a fast descent.



Mile 9.45 – Mile 10.6



Mile 10.6 – Mile 20.6

- The Kaymoor Trail Section has a few more ups and downs than the Southside/Brooklyn Section. On this trail you will be above the New River on one side with a rock wall on your other side. This is still a very well-maintained and wide trail. Athletes will reach the turn around where a race representative will write down their number and send them back to Thurmond!



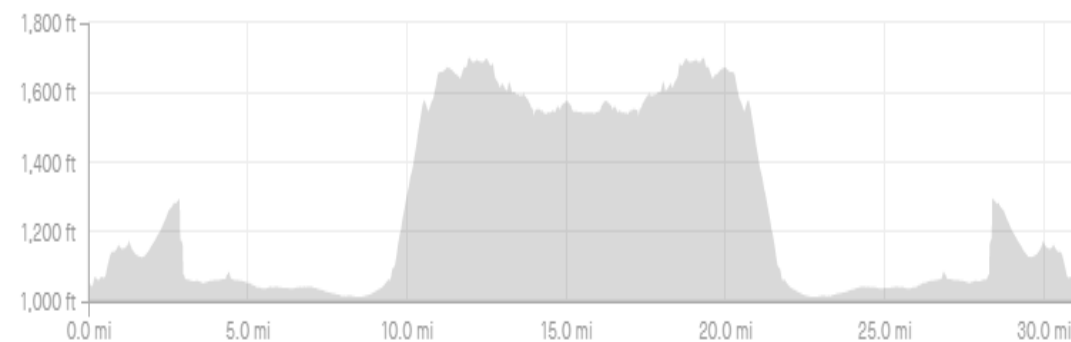
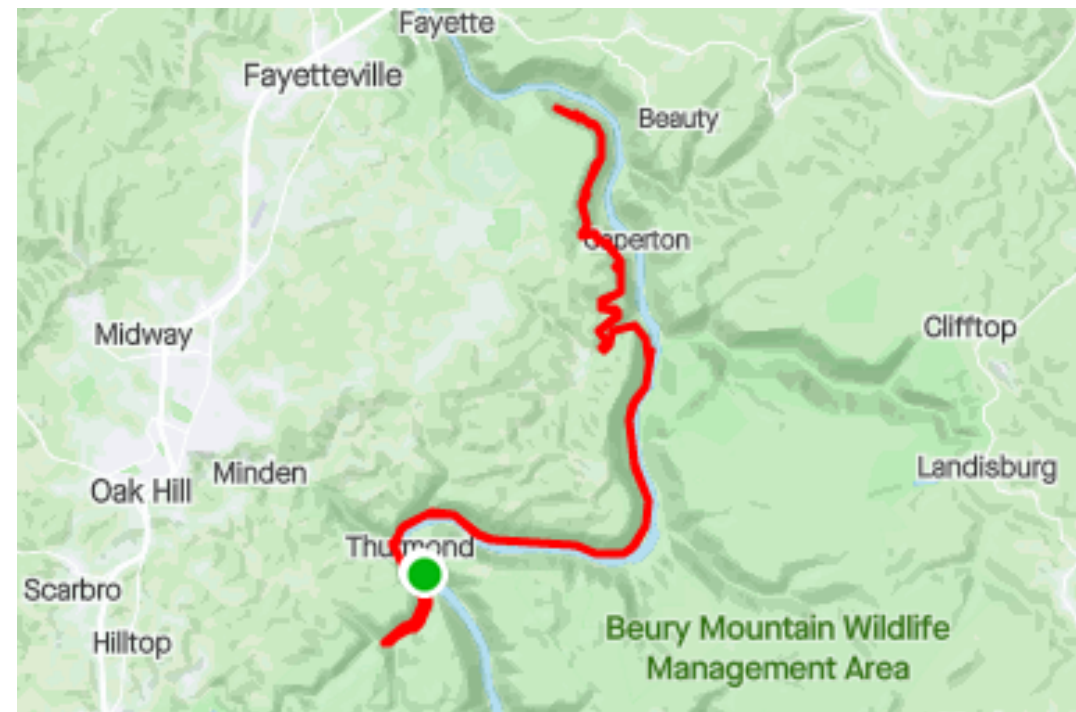


The Finish

- Athletes will leave Rend Trail with 1.45 miles to go. Once on the road they will be able to make a quick descent into Thurmond by crossing the New River and into the Thurmond Train Station finish line!

50K Full map and Elevation

- Strava Map:
- <https://www.strava.com/routes/2772509326479596918>



Aid Station Locations

- Aid Station #1 - Mile 5.5
 - Aid Station #2 - Mile 10.6
 - Aid Station #3 - Mile 15.5
 - Aid Station #4 - Mile 20.6
 - Aid Station #5 - Mile 25.6
- All aid stations will have water. Other aid stations will have fun treats like pickles, rice crispy treats, potatoes, etc. We will be surveying athletes to see what they want throughout the next few months. We will be looking to add aid stations, but access to the course is limited in many locations.