

0.50	Right	Raccoon Run Trail								
0.74	Straight	Raccoon Run Trail								
0.94	Left	Heron Circle across bridge								
1.03	Straight	Heron Circle Trail								
1.07	Straight	Possum Run Trail								
1.39	Left	Flat-Tail Trail								
1.47	Straight	Flat-Tail Trail								
1.81	Left	Flat-Tail Trail across bridge								
1.85	Right	Swamp Rabbit Trail North								
2.18	Right	Swamp Rabbit Trail North								
2.59	Right	Swamp Rabbit Trail North at kiosk through parking lot								
2.61	Left	Exit Conestee Park on SRT Henderson Ave. (Follow white marking on Road)								
2.70	Right	Chatham Dr. staying on SRT (Follow white marking on Road)								
3.07	Left	Churchill Circle staying on SRT (Follow white marking on Road)								
3.26	Right	SRT North entrance (Follow white marking on Road)								
4.28	Right	SRT North (Follow white marking on Road)								
4.32	Left	SRT North (Follow white marking on Road)								
4.89	Straight	SRT feeds into Parkins Mill Road (S-23-218)								
5.43	Left	Parkins Mill Road								
5.92	Left	Betty Spencer Drive continue to South Pleasantburg Dr.								AID STATION
6.10	Right	South Pleasantburg Drive, continuing on to Cleveland Street								
6.51	Left	Cleveland St. / SRT North on right side								
7.56	Right	East Farris Rd. / SRT North on left side								
7.73	Left	SRT North								
8.51	Left	Woodland Way / SRT North on right side								
8.55	Right	SRT North past dog park								
8.83	Straight	SRT North								

9.16	Right	SRT North over stone bridge & Under McDaniel Ave.						
9.25	Right	SRT North over steel bridge by airplane						
9.31	Left	SRT North past airplane on left						
9.68	Straight	On Road at traffic circle up and continue up the hill						
9.85	Right	SRT North						
9.88	Right	SRT North (do NOT go up the steps)				(Rest Room @ Shops 9.98)		
10.20	Straight	Cross River St. onto Reedy View Dr.						
10.28	Left	SRT North under Acedemy St Bridge @ Linky Stone Park					AID STATION	
10.47	Straight	SRT North across Westfield St.						
10.68	Straight	SRT North across Hudson St.				(RestRoom @ Swamp Rabbit Cross Fit 10.80)		
11.17	Straight	SRT North across Willard St.						
11.67	Straight	SRT North across Bramlett Rd.; Pick up SRT after RR Tracks						
12.08	Straight	SRT North across Washington St.						
12.31	Straight	SRT North across Hampton Ave.				(RestRoom @ Swamp Rabbit Café 12.32)		
13.10	Straight	SRT North across W. Blue Ridge Dr.				(Rest Room @ Breakers Gas off trail)		
14.42	Straight	SRT North across Sulphur Springs Rd. (White Railroad Car)						
15.55	U-Turn	Turn around & retrace course before Watkins Bridge Rd.					AID STATION	

*Emergency Contact: Steve Baker 864-325-8303 or Joe Lanahan 864-303-0744

**Medical Emergencies Dial 911

***Course subject to change without notice as necessary.