



The 12<sup>th</sup> Annual  
Pinhoti 100  
November 2<sup>th</sup> and 3<sup>rd</sup>, 2019  
**Runners Manual**

Pine Glen Camp – Heflin AL to Sylacauga AL

# Runner Information and Instructions

## Schedule of Events

### Friday November 1st

Packet Pick Up and Bib # Pick Up/ Crew vehicle display card pickup.  
Crew cars Must have Display Card and One Per runner.

Drop Bag drop off. Drop bags are accepted here only.

3:00pm – 8:00pm CST

Sylacauga Parks and Recreation Dept

2 W 8<sup>th</sup> Street, Sylacauga Al 35150

**You cannot pick up Bib # or packets for any other runner. You must show ID to receive you Bib # and packet.**

5:00pm – 7:00pm CST / Pasta Buffet. Meals are included for

Registered runners. \$10 each for extra meal tickets

5:30pm – Pre Race Briefing (meal tickets available Friday)

All packets must be picked up on Friday November 1st between the

hours of 3:00pm and 8:00pm CST. No Saturday morning packet

Pick-up (\***There are no options for picking up Bib #'s or Crew Vehicle display card. We will NOT have Bib pick up or Crew Vehicle display card pick up Saturday morning.**)

### Saturday Nov 2nd

Buses will depart Sylacauga Parks and Recreation Dept at **4:30am**

sharp. Buses will load in the rear parking lot located behind the

Sylacauga Parks and Recreation Dept (Park your car here as well)

**There is a \$10 bus transportation fee.** If you have not already purchased your bus ticket you need to do so in advance. If you need bus transportation from Sylacauga to the Start Line please Log in to UltraSignUp and order bus ticket there.

**ALL runners MUST check in between 6am and 6:45am**

**7:00am CST – RACE START – Daylight Start – No headlamps**

### Sunday Nov 3rd

Water, Coke, fruit, eggs, bacon breakfast and BBQ will be available at the Finish area for all runners to help aid in recovery.

Starting at approx. 12am full breakfast will be served under stadium.

Runners family and crews are all welcome.

1:00pm CST – Races Closes

1:30pm-Awards ceremony - All jackets awarded to 10 time finisher, 5 time finishers and all series race finishers this year.

Race Starts at the Pine Glen Campground in the Choccolocco Wildlife Management area off FS500. (For Runners who will have crews transport them to start – See directions to Start at the end of the instructions). Race Finishes at the Sylacauga High School Football Stadium located just across the street from the Sylacauga Parks and Recreations Dept.

**\* NO dogs allowed inside stadium area.**

Please see the Pinhoti 100 website for <http://www.pinhotitrailseries.com>  
We will email all participants with any updates or changes.

### **Runners Must**

- Check-in at the Start Line on race day between 6:00am and 6:45am CST.
- **Daylight start at 7:00am. No Headlamps needed**
- Wear Bib number at all times where visible to Aid Station and Finish Line volunteers
- **There will be a RFID Chip applied to the back of your BIB #. Do NOT bend RFID CHIP.**
- Check-in at each Aid Station and make sure your Bib # and time is recorded by Aid Station Volunteers
- Properly mark all drop bags with Bib# and Aid Station Name (Ex. 23 Bald Rock)
- All drop bags must be turned in on Friday November 1st between 3pm and 8pm at the Sylacauga Parks and Rec Dept located at 2 W 8<sup>th</sup> Street, Sylacauga AL 35150. Drop bags are not accepted at any other time or location
- No littering
- Notify Aid Station volunteers if you must abandon the race. You must turn in your bib # at the Aid Station. Runner MUST leave Aid Station before posted Cut-off time.
- Remember to thank all volunteers as they have given many hours to help you succeed
- No cutting course. This will result in DQ. If you get off course for some reason, you may return to where you made mistake and continue
- Enjoy the day and the awesome fall colors. 10 out of 11 years have been rain free.
- Extra clothing for night time may be essential as temps can drop, especially on Horn Mtn just past the Pinnacle Aid Station. We have seen temps as low as 27 with 20-30mpg wind gust

## Pacer Information

- All pacers must check in at Aid Station where they will begin pacing their runner. This is important for us to know what runners have pacers
- Pacers are allowed access to Aid Station nutrition
- No mulling (helping carry supplies for runner pacing). This will result in DQ
- There is only One pacer allowed per runner beginning at Aid Station #7(Bald Rock 40.94 miles)
- You may have more than one pacer during the race but ONLY one pacer per runner between Aid Stations
- Other pacer start points
  - Aid Station #8 (Silent Trail)
  - Aid Station #10 (Adams Gap)
  - Aid Station #12 (Chandler Springs)
  - Aid Station #13 (Porters Gap)
  - Aid Station #14 (Pinnacle)
  - Aid Station #15 (Wormy Pulpit/Powerline)
  - Aid Station #16 (Bulls Gap)
  - Aid Station #17 (Watershed 609/609A)
- It is the responsibility for the runner to arrange their pacers. We do not have transportation available for pacers

## Aid Stations

There will be 17 Aid Stations along the course from start to finish. All will be manned. The longest distance between Aid Stations is 7.5 miles. This is between AS#5 (Morgan Lake) and AS#6 (Blue Mtn, CC Rd). Two bottles or hydration pack should be preferred.



- All Aid Stations will have GU Energy Gels and GU Roctane Mix
- Water
- Coke
- Bananas, PBJ, Chips, pretzels, candy, oranges and more including soup, coffee and many other dishes start at 40 miles and later. Aid Station Captains and volunteers get very creative in the later miles. Remember to thank them for their efforts!
- First Aid Supplies
- Runners may accept any aid by crews within 1000ft of Aid Stations
- Aid Station supplies are for runners and pacers only. No children or dogs allowed near aid station food. I love candy too so I usually try to stay at least 10ft away...

## Course Markings



Sentries will be used at all paved road crossings for safety. However, it is the responsibility of the runner to use safety while crossing any roadway. Always look both ways and make sure it is clear to cross.

Ground Marking – **Blue** lawn flags will be placed on the side of trail

Big directional arrow signs will be used along the course

The Pinhoti Trail is marked with turkey tracks as seen above and blue blazes. The Chinnabee Silent trail and Skyway loop are marked with white blazes on trees but we will have the Blue lawn flags and directional arrow signs along the entire course

Reflectors on lawn flags will be very visible during night time navigation

Reflectors on directional arrows will be used at night as well

## Cut-off Times

If a runner reaches an Aid Station after the posted Cut-off time for that Aid Station that runner cannot continue the race. Also, runners must leave Aid Station before Cut-off time as well. 30hr Cut-off times are listed in the Aid Station Locations/Cut-off Chart.

## Medical Information

Volunteer Medical will be on course throughout the duration of the race to assist with all medical needs. Although we don't see bees or yellow jackets much this time of year if you are allergic to bee stings, mark this on your Bib number.

## Drop Bags

- Friday, November 1st between 3pm and 8pm. No exceptions. Mark each drop bag with Bib # and Aid Station Name: Ex. #53 – Adams Gap
- Do not use black garbage bags for drop bags as these can be mistaken for waste. Use White Garbage Bags if using garbage bags. No backpacks. Drop bags should not be any larger than 18" x 24". **We will NOT accept backpacks or any bags larger than 18"x24"**
- All Drop Bags and contents are the responsibility of the runner. Volunteers or the Pinhoti race commission are not responsible for any lost or stolen items.
- **ALL Drop Bags** will be brought back to Finish Line at the Sylacauga High School Football Stadium as Aid Stations close. Drop bags will be located under the stadium near the finish line area.
- If you DNF during the race and have a crew you are welcome to pick up your Drop bags at Aid Station. Otherwise you will need to come to Sylacauga and pick up.
- No items will be mailed so please be certain that you have all your belongings before you travel back home

## Temperatures

Record high – 83degrees (1975) and Record low – 24 (1967). Basically we have had beautiful fall weather 10 of 11 years! Rain all day and night for the 2015 race.

## Awards

We will award the top 3 males and top 3 females as well as 1<sup>st</sup> Male Master (40 to 49) and 1<sup>st</sup> Female Master (40 to 49) and 1<sup>st</sup> Male and Female Grand Master 50 and up. All finishers will receive the unique Pinhoti 100 Belt Buckle.

## **CREW INFORMATION- VERY IMPORTANT**

- **Only One Crew Vehicle** is allowed per runner. If you have a crew you will receive one card to be displayed in plain view on the dash of the crew vehicle. They must be picked up Friday evening at the Sylacauga Rec Dept in Sylacauga. **NO CREW CAR EXCHANGES AT OR NEAR AID STATIONS.** We have been working with the US Forest Service and they have required that we reduce the amount of traffic on course roadways. This is mainly due to blocking traffic of other drivers that are just trying to go to or from work or going about their daily business and don't have any idea about our race. Also, the US Forest Service can issue tickets to vehicles parked on side of roadways where all four tires are not completely off roadway. They love to have folks visiting from other areas and have never issued a ticket to anyone during our race (have only warned) but will this year if the laws are not obeyed they WILL ticket.
- **Remember** all four tires completely off roadway at any accessible Aid Station
- **Crews** may only visit designated Aid Stations listed on the Aid Station Locations/Cut-off/Crew Access & Drop Bag document
- To access the Bald Rock Aid Station in Cheaha State Park you must pay fee when entering the gate. Warning: It will be very congested in this area so be patient. Many people from all over like to visit this time of year to see the beautiful fall foliage.
- **NEW THIS YEAR – 2019** Only Crew cars with an odd number BIB# runner is allowed at Aid Station #1. If you have a runner with an odd number bib number, you are not allowed to stop and crew at aid station #2. Drive past AS2 and continue to AS3. Only Crew cars with an even number BIB# runner is allowed at Aid Station #2. If you have a runner with an even number bib number, you are not allowed to stop and crew at aid station #1. Drive past AS! And continue to AS2. This odd/even process continues through other aid stations as well.

### **Lodging**

The Host Hotel is the **Quality Inn (Formerly Jameson Inn) of Sylacauga:** 89 Gene Stewart Blvd, Sylacauga AL 35151. 256-245-4141 They are offering a discounted rate for race weekend. They have 62 rooms and will fill fast.

**Holiday Inn Express of Sylacauga** – 40743 US 280, Sylacauga AL 35150- 256-207-1511

**Sylacauga Parks and Recreation Dept** will have rooms available to sleep male and female separately Friday night. \$10 each and payable when you arrive. Plenty of room so no need to reserve. There will be room for you. Arrive no later than 8pm. Showers are available. Bring a sleeping bag and blow up mattress of some type.

Camping is available in the Choccolocco Wildlife Mgt Area within the Talladega National Forest. Pine Glen primitive campground which is the location of race start. This is a primitive camp. No showers. Restrooms are available.

Coleman Lake Campground is located only about 6 miles from Pine Glen and has full hook up camping facilities. Bath house with hot showers. <http://www.forestcamping.com/dow/southern/tallcmp.htm>

No camping near the Sylacauga area.

Additional Accommodations near Heflin AL:

Cahulga Creek Park [343 Mountain Street, Heflin, AL](#) - Permit required, but FREE primitive camping for Pinhoti 100 racers - no shower, but public restroom - Call City Clerk Shane Smith at 256-463-2290 for permit

America's Best Value Inn - [1957 Almon Street, Heflin, AL](#) - 256-463-2900 Call for Pinhoti 100 Discount

Southern Brew Trading Company - Heflin, AL - Primitive Camping Available in downtown Heflin - Call Kenny at 1-561-670-4660

Cane 9 Creek RV Park - [5002 Highway 46, Heflin, AL](#) RV Park with full hookups Phone 256-463-2602

Georgia - Bama RV Park [2196 Almon Street, Heflin, AL](#) RV Park with Full hookups, restaurant on site - 256-453-1561

## **Directions**

### **Directions To Sylacauga Parks and Recreation**

**J Craig Smith Community Center**

**2 West 8<sup>th</sup> Street**

**Sylacauga Al 35150**

**256-249-8561**

### **From Birmingham:**

Take Hwy 280 East approximately 51 miles.

Turn Left on W Fort Williams Street at Traffic Light.

Go approximately 1.5 miles and turn Left on Broadway (hwy21).

Go to the 5<sup>th</sup> light and turn left on W 8<sup>th</sup> Street.

We are on the Right corner.



**To Start From Birmingham/ Anniston/ Oxford area  
(GPS 33.718688 -85.600267)**

Travel on I20E to Exit 191, Hwy431/ Hwy78 (Talladega Scenic Byway).

Go up ramp to stop sign.

Turn Left and go approx .5 miles to stop sign.

Turn Right on Hwy 78E

Go 5.6 miles and turn Left on Ramp to Hwy281 (Scenic Drive).

Go up ramp to stop sign.

Continue Straight across and downhill on FS500.

Cross R&R tracks and stay left on FS500.

Continue for approx. 7 miles to stop sign.

Turn left and line up on right side of FS531

Wald back to stop sign and turn left in direction you were originally driving and continue downhill .5 miles to Pine Glen Camp (Race Start) No cars to drive down to Pine Glen

**To Aid Station #1 (High Rock) From Anniston/ Oxford  
area (GPS 33.68410 -85.63366)**

Travel on I20E to Exit 191, Hwy431/ Hwy78 (Talladega Scenic Byway).

Go up ramp to stop sign.

Turn Left and go approx .5 miles to stop sign.

Turn Right on Hwy 78E

Go 5.6 miles and turn Left on Ramp to Hwy281 (Scenic Drive).

Go up ramp to stop sign.

Continue Straight across and downhill on FS500.

Cross R&R tracks and stay left on FS500.

Go 2.35 miles on FS500 and turn Left on FS531.

Go .9 miles to Pinhoti Trail Crossing and Aid Station #1 (High Rock).

**To Aid Station #2 (Shoal Creek, Hwy78) From Anniston/ Oxford area  
(GPS 33.64881 -85.63138)**

Travel on I20E to Exit 191, Hwy431/ Hwy78 (Talladega Scenic Byway).

Go up ramp to stop sign.

Turn Left and go approx .5 miles to stop sign.

Turn Right on Hwy 78E

Go 5.6 miles and turn Left on Ramp to Hwy281 (Scenic Drive).

Go up ramp to stop sign.

Continue Straight across and downhill on FS500.

Cross R&R tracks turn Right in to parking area to Aid Station #2 (Shoal Creek Hwy78).

**To Aid Station #3 I20 Overpass  
(GPS 33.62041 -85.65656)**

Travel on I20E to Exit 191, Hwy431/ Hwy78 (Talladega Scenic Byway).  
Go up ramp to stop sign.  
Turn Left and go approx .5 miles to stop sign.  
Turn Right on Hwy 78E  
Go 5.6 miles and turn Left on Ramp to Hwy281 (Scenic Drive).  
Go up ramp to stop sign.  
Turn Right on Hwy281 and go 3.4 miles to Aid Station #3 (Horseblock, I20 Overpass).  
“NO on or off ramps here.”

**To Aid Station #7 Bald Rock  
(GPS 33.49191 -85.81067)**

Travel on I20E to Exit 191, Hwy431/ Hwy78 (Talladega Scenic Byway).  
Go up ramp to stop sign.  
Turn Right.  
Go 3.6 miles and turn right on Hwy 281, (Just after going under overpass).  
Go to stop sign and turn left.  
Go 12 miles to State Park.  
There will be Cheaha State Park Signs the whole way.  
Turn Right in to Cheaha State Park on Bunker Loop Rd. This is a one-way Rd.  
Follow the Bald Rock signs to Bald Rock parking area.

**To Aid Station #8 Silent Trail  
(GPS 33.44970 -85.84249)**

**From Oxford:**

Take Hwy 21S to Munford.  
Turn Left on Cedars Rd (See Munford Post Office on Left and High School on Rt)  
Follow Cedars Rd to Dead End.  
Turn Left on 281 (Cheaha Rd)  
Go several miles and go through Camp Mac and Cross Dam. Pass by Cheaha Lake on left, continuing on to stop sign.  
Turn Right going downhill for approx. 2 miles +/- . You will see a small parking area on the left and a dirt road on the right. Turn Right on to this dirt road FS600-1 Go .4 miles to Aid Station #8 Silent Trail. Just past the Trail Crossing.

**To Aid Station #10 Adams Gap  
(GPS 33.40413 -85.87446)**

From Oxford:

Take Hwy 21S to Munford.

Turn Left on Cedars Rd (See Munford Post Office on Left and High School on Rt)

Follow Cedars Rd to Dead End.

Turn Left on 281 (Cheaha Rd)

Go several miles and go through Camp Mac and Cross Dam. Pass by Cheaha Lake on left, continuing on to stop sign.

Turn Right on 281 going downhill 5 miles to END281 to Adams Gap and Aid Station 10.

The Pavement ends going straight. The Aid Station will be located on the right hand side in Parking area.

**To Aid Station #13 Porters Gap  
(GPS 33.33348 -86.02579)**

Exit I-20 at AL 21 in Oxford.

Go south 14.3 miles to CR 321. Turn left.

Go 5.7 miles to AL 77. Turn left.

Go 4.3 miles to the trailhead, on the left, just past the 55 mile marker.

From Talladega Wal Mart Parking Lot:

Turn Left out of Parking lot on to Hwy77E and go approx .5 miles to Stop sign.

Turn Left on to Hwy77E and go 8 miles to Porters Gap Trail Head parking lot on left.

**To Aid Station 14 The Pinnacle  
(GPS 33.3165798 -86.0590826)**

Exit I-20 at AL 21 in Oxford.

Go south 14.3 miles to CR 321. Turn left.

Go 5.7 miles to AL 77. Turn left.

Go 5.65 miles to Skyway Motorway. (Horn Mtn Rd/ FS6 00)

Turn Right on to Skyway Motorway Dirt Road.

Go 2.9 on dirt/rocky road and Aid Station is to right. Park on Road. Do NOT turn in to Aid Station. Be sure trail crossing is not blocked. Be sure road is not blocked.

**To Aid Station #16 Bulls Gap  
(GPS 33.19663 -86.06551)**

**From Sylacauga:**

From Broadway "Downtown Sylacauga". This is also Hwy 21.

Go East on Hwy 148 11.30 miles to top of Mtn. And turn Left on to 1st dirt road.

Go .1 miles to Bulls Gap Aid Station.

### **To Aid Station #17 Watershed 601D**

**(GPS 33.185329 -86.166451)**

#### **From Sylacauga:**

From Broadway "Downtown Sylacauga". This is also Hwy 21.

Go East on Hwy 148 3.3 miles and turn Left on FS601 (Wiregrass Rd/Reserve Rd).

Go 2.6 miles and go Left on FS601D. Go short distance to Aid Station 18 (Watershed). You can drive past AS and go to end of road to turn around.

### **Crew Directions From Start To Finish**

(GPS 33.718688 -85.600267) =START

To AS#1- High Rock (GPS 33.68410 -85.63366)

Turn Right out of Pine Glen Camp Ground and walk .5 miles to Stop Sign.

Turn Right to get to your car. Go 4.45 miles to Aid Station #1 (High Rock Lake).

**(When parking be 100% sure cars can pass. If not, drive further down rd and walk back to Aid Station- Do NOT block traffic)**

To AS#2- Shoal Creek, Hwy78 (GPS 33.64881 -85.63138)

Continue .9 miles to stop sign.

Turn Right on FS500 and go 2.35 miles to Aid Station #2 (Shoal Creek, Hwy78).

**(When parking be 100% sure cars can pass. If not, drive further down rd and walk back to Aid Station- Do NOT block traffic)** Parking is allowed at Ranger Station as well.

To AS#3- I20 Overpass / Horseblock (GPS 33.62041 -85.65656)

Continue on FS500 across R&R tracks and go up hill to paved Rd (Hwy281).

Turn Left on Hwy281 Scenic Byway.

Go 3.4 miles to Aid Station #3 (Horseblock, I20 Overpass). "NO on or off ramps here."

**(This is a highway- be sure ALL four tires are completely off roadway)**

To AS#7- Bald Rock (GPS 33.49191 -85.81067)

Continue on Hwy281 over I20 Bridge for 3.6 miles to Hwy431/131/I20 Sign (There is a gas station off this ramp if needed.\*\*\*Crews should continue on Hwy281

Go 12.5 miles on Hwy281 to Cheaha State Park.

Turn Right to enter State Park gate. \*\*\*Pay State Park Fee to enter park and continue on Bunker Loop Road following signs to Bald Rock Parking Lot. This is a one-way road.

Aid Station #7 (Bald Rock). **(Very busy here this time of year. Be patient)**

To AS#8- Silent Trial (GPS 33.44970 -85.84249)

Leave Bald Rock Parking lot and continue on one-way road to exit. Note: You will end up at the same entrance you came in.

Come to stop sign and turn Right on Hwy281.

Go 3.25 miles down the Mtn. and turn Right on FS600-1.

Go .4 miles to Aid Station #8 (Silent Trail)

(Be sure when park on side of dirt rd that cars can pass and you are not blocking traffic)

To AS#10 Adams Gap (GPS 33.404130 -85.874460)

Go back the way you came in .4 miles to stop sign.

\*\*\*Turn Right and go 3.7 miles. AS#10- Adams Gap will be on your Left. Continue past Aid Station on to dirt road and park.

Do not block dirt road. All Crew cars must park on dirt road. Pull on dirt road and turn around facing the way you came in.

To AS#13- Porters Gap (GPS 33.33348 -86.02579)

Leave AS#10- Adams Gap and turn right going downhill 1.60 miles and turn Right on Blue Ridge Rd.

Go 1.35 miles and turn Right on Clairmont Springs Rd.

Go 7 miles to stop sign

Turn Right on Cty307 (Iron Mtn Rd) and go 3.4 miles to stop sign.

Turn Right on Hwy77W and go 1.25 miles to Porters Gap Trail Head on Right. Aid Station #13 (Porters Gap). (Larger parking area here. Some gravel and some dirt. If you must park on side of hwy 77 be sure tires are in grass)

To AS#14- Pinnacle (GPS 33.3165798 -86.0590826)

Go back the way you came on Hwy77. Now going East.

Go approx 1.5 miles on Hwy77E and turn right on 600-7/307. This FS road has been improved for driving

Go approx. 3mi to Pinnacle AS#14. AS will be .10 down road to the right. Leave vehicle parked on FS road. Do not turn on jeep road to AS. Do not block road. Do not block trail crossing as runners will be crossing road.

To AS#16- Bulls Gap (GPS 33.19663 -86.06551)

Turn around at AS#14- Pinnacle and go approx. 3 miles back to Hwy77E. Turn right on to Hwy77E and go approx. 1 mile to turn right on Hwy7

Go 2.45 miles and turn Right to stay on Hwy7.

Go 5.7 miles to stop sign.

Turn Right on Hwy148. Go to top of Mtn 1.05 miles to 2nd dirt road on right.

Go .1 miles to Aid Station #16 (Bulls Gap). (Small parking area on left. Do NOT drive to or through Aid Station and don't block throughway)

\*\*\*NOTE: 1st dirt road you see is very rough Please do not attempt to travel this road.

To AS#17- Watershed/FS601D (GPS 33.185329 -86.166451)

Turn Right heading West on Hwy148 and go 8 miles and turn Right on to FS601 (Wiregrass).

Go 2.6 miles and turn Left on FS601D.

Go short distance (.20 of a mile) to Aid Station 17 (Watershed). You can drive past to turn around at end of road about a ½ mile or so.

To Finish Line- Legion Field Football Stadium (GPS 33.176078 -86.250178)

Go back the way you came in, 2.6 miles to Hwy148.

Turn Right on Hwy148 and go 3.3 miles to Sylacauga.

Come to 2nd Light and turn Right on Broadway/ Hwy21N.

Go across R&R Tracks and travel a couple of blocks and you will see the Sylacauga High School

Football Stadium (Legion Field) on your Right. You are now at the finish line. (Big Ole Parking lot here –

**Come out and cheer finishing runners)!!**