

## Detailed Course Information for the 2012 Harbison 50K:

Link to map: <http://harbison50k.com/Harbison50KMap.pdf>

[Elevation Profile](#) (Click To View)

**All course description information is for ONE LOOP. The Harbison 50K will require TWO LOOPS to complete the course.**

The race will start at the Gazebo Shelter located at parking lot #2 and near the "W" trailhead.

Runners will proceed up the gravel road for approximately ¼ mile to parking lot #4 and turn left onto the Firebreak Trail at the "B" trailhead. Continue for approximately ¼ mile along this wide section of trail and go straight through the trail intersection and across the paved 2-lane road (Lost Creek Dr.) onto the Lost Creek Trail at "AA".

Once on the Lost Creek Trail, bear to the left and continue following the entire trail in a clockwise direction for another 5.3 miles of gently rolling single track with lots of tight turns, roots and rocks. In addition to following the course markers, the course is marked with alphabetical double letter trail markers, i.e. "AA", "BB", "CC" ...with "KK" being the last one. Aid-Station #1 is located at mile 3.5 at "FF". On the first loop, this aid-station MAY be unmanned, but it will be stocked with water and GU Brew, should anyone need it. However, on the second loop, it will be fully stocked with food, GU, hot soup, water and GU Brew.

After leaving A/S #1, continue on the Lost Creek Trail. After passing "KK", bear to the left to exit the Lost Creek Trail and cross the paved 2-lane road (Lost Creek Dr.) to the Aid Station #2 at approximately 5.8 miles. A/S #2 will be fully stocked and manned for both loops.

From Aid Station #2, take the cross connector trail at "Y" to the Stewardship Trail at "X". This is a 0.9 mile section of mostly gently rolling trail. The trail will dead-end at the Stewardship Trail where you will turn left at "X" at approximately 6.7 miles.

Continue along the Stewardship Trail. At approximately 8 miles you'll come to a fork in the trail where you will bear to the left and cross two small streams. These are normally either dry or no more than ankle deep, but can be knee deep after heavy rain. At 9.3 miles, turn left onto the Middle Connector Trail. The Middle Connector Trail is only about .15 mile in length where it dead-ends on the Midland's Mountain Trail immediately after crossing through a stream (same details as above). Aid Station #3 will be at the trail intersection on the other side of the stream crossing at approximately 9.4 miles. A/S #2 will be fully stocked and manned for both loops.

After leaving AS #3, runners will cross the wooden bridge and continue on the Midland's Mountain Trail and up the switchbacks before turning left onto the Spiderwoman II Trail at approximately 9.8 miles.

For this race, the Spiderwoman II Trail is 2.9 miles of technical single track with several short, steep hills. It is, without a doubt, the most challenging portion of the course. At approximately 11.2 miles, make a sharp right turn onto the 0.75 mile "inner loop" of the Spiderwoman. At approximately 11.9 miles, runners will turn right to rejoin the main Spiderwoman II Trail. Pay VERY CLOSE ATTENTION to course markers since there are several locations to get off track in this area. Once arriving at the Broad River, bear to the right where runners will go straight up the hill on the "service road" for about 40 yards instead of taking the switchbacks (Rock Garden). Turn left as soon as this "service road" crosses a trail. Continue for another 0.75 miles to the end of the Spiderwoman II Trail where you will find Aid Station #4 at approximately 12.8 miles.

After leaving AS #4, turn left back onto the Midland's Mountain Trail. Go about 0.1 miles and bear right at the split onto the "bike section". Continue for another 0.75 miles and bear right where the trail rejoins the main Midland's Mountain Trail at approximately 13.3 miles. The section of trail for the next 200 yards is very prone to being quite muddy during wet weather and is sometimes flooded; although usually not more than ankle deep for 10-20 yards. However, it's been very dry lately and is not the least bit wet as of mid-December 2011.

At approximately 13.7 miles, at the top of the hill, turn right and continue straight along the wide trail/forest service road for approximately  $\frac{1}{2}$  mile until reaching the trail intersection at "J" where you will turn right at approximately 14.2 miles. Runners will continue along the combined Midland's Mountain/Firebreak Trail, mostly flat or downhill, until turning left at "F" at approximately 14.6 miles. You will now be on the Firebreak Trail where you'll continue for about  $\frac{1}{4}$  mile to a stream crossing at the bottom of the hill. (Same stream details as before) After crossing the stream, you'll cross a gravel road and start up the last steep hill at "E", at the top of  $\frac{1}{4}$  mile hill at "D", turn left and continue on the loose gravel service road for  $\frac{1}{4}$  mile until turning left on the Eagle Trail at "C". From here, continue for approximately .2 to the Gazebo Shelter for a total loop mileage of 15.5 miles.