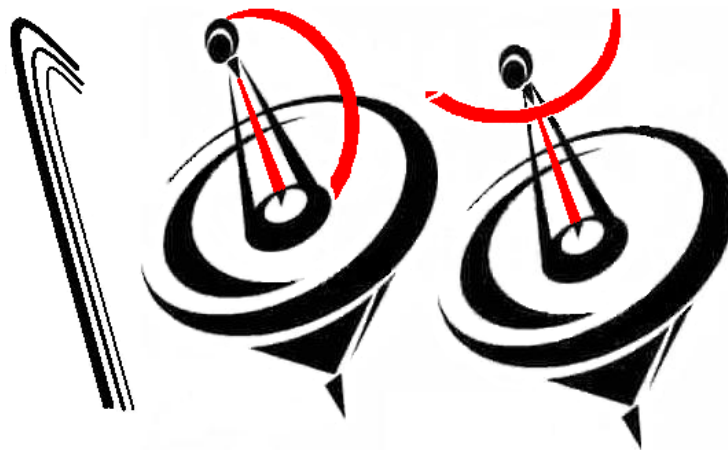


DoubleTop 100

Trail Runs

March 3 & 4, 2012



DoubleTop 100

Runner Information and Instructions



Appendix A – 100M Course Description

DoubleTop 100 Mile

Course Layout Description:

Drop bag locations at Double Top, Old Tearbitches, and Walosi-Unulisdi'yi aid stations. Quitter locations at Double Top and Walosi-Unulisdi'yi aid stations. And pacer pick up at crew accessible aid stations beyond the Walosi-Unulisdi'yi aid station (turn around point).

Start: Ft Mountain State Park. Start at lakeside in front of the group shelter.

Aid Station 1: (6.9 miles) **Bearpen.** Junction of Pinhoti Connector and Peeples Lake Road. No crew access at this aid station.

Aid station 2: (13.3 miles) **Cohutta Overlook.** Near Cohutta Overlook on Highway 2/52.

Aid station 3: (17.7 miles) **Conasauga Three Forks.** At the three forks of Conasauga Creek on Mulberry Gap Road.

Aid station 4: (21.7 miles) **Double Top.** At the junction of FS 90 and 90B. Drop bag location.

Aid station 5: (26.6 miles) **'Usti-Yona.** Near Betty Gap on FS Road 64. No crew access at this aid station.

Aid station 6: (32.7 miles) **Top of Pinhoti.** At Buddy Cove Gap close to the parking area for the Mountain Creek Trail northern trailhead.

Junction of Pinhoti Trail with South Jack Fork Trail (35.3 miles). Stay right on Pinhoti Trail and continue south to Pate Gap.

Pate Gap (35.6 miles): Junction of Pinhoti Trail with the Benton Mackaye Trail. Turn right onto BMT and continue south.

Aid station 7: (37.9 miles) **Old Tearbitches.** Near Dyer Gap, trailhead of Old Tearbitches trail, and entrance to FS Rd 64. Continue on BMT. The BMT follows FS Road 64B and then exits onto a forest trail in approximately 0.3 miles.

Water Point: (41.3 miles) Double Hogpen Water Hole. Junction of forest trail into fireroad. Turn right onto fireroad.

Fowler Mtn (44.6 miles): Corner point of BMT as it circuits Cashes Valley. Follow trail as it continues to the east.

Water Point: (45.9 miles) Hatley Gap Water Point. Along south ridgeline of Cashes Valley with a view to Elijah. Continue on BMT on other side of clearing.

Aid station 9: (48.6 miles) **Bear Den (Hudson Gap).** At a clearing of a crossover point of FS 793. Exit from the BMT and continue downhill on FS 793.

Junction of FS Rd 793 with Bushy Head Gap Rd. Turn left on Bushy Head Gap Rd. Walosi-Unulisdi'yi aid station should be in view. Use care at this junction because of road traffic.

Aid station 10: (51.8 miles) **Walosi-Unulisdi'yi (turn-around).** Near the bridge over Fightingtown



Creek on Bushy Head Gap Rd. This is the turn around point. Drop bags location. Pacers may join their runners. Quitter point.

Junction of Bushy Head Gap Rd with FS Rd 793. Turn right onto FS Rd 793. Continue uphill.

Aid station 11: (55.1 miles) **Bear Den** (Hudson Gap). After entering clearing where FS 793 crosses ridgeline, start on BMT westbound.

Water Point: (57.8 miles) Hatley Gap Water Point. Along south ridgeline of Cashes Valley with a view to Elijah. Continue on BMT on other side of clearing.

Fowler Mtn (59.1 miles): Corner point of BMT as it circuits Cashes Valley. Follow trail as it continues to the northwest.

Water Point: (62.4 miles) Double Hogpen Water Hole. Junction of fireroad with forest trail. Turn left onto forest trail.

Aid station 12: (65.8 miles) **Old Tearbritches**. Near Dyer Gap, trailhead of Old Tearbritches trail, and entrance to FS Rd 64. Continue on BMT. The BMT follows FS Road 64 for about 0.1 miles and then exits to the right onto a forest trail. Drop bag location.

Pate Gap (68 miles): Junction of Pinhoti Trail with the Benton Mackaye Trail. Turn left onto Pinhoti Trail and continue north.

Junction of Pinhoti Trail with South Jack Fork Trail (68.3 miles). Stay left on Pinhoti Trail and continue south to Top of Pinhoti.

Aid station 13: (70.9 miles) **Top of Pinhoti**. At Buddy Cove Gap, close to the parking area for the Mountain Creek Trail northern trailhead.

Aid station 14: (77 miles) **'Usti-Yona**. Near Betty Gap on FS Road 64. Continue south on FS 68/64.

Aid station 15: (81.9 miles) **Double Top**. At the junction of FS 90 and 90B. Continue south on FS 90B. Drop bag location. Quitter point.

Aid station 16: (85.9 miles) **Conasauga Three Forks**. At the three forks of Conasauga Creek on Mulberry Gap Road.

Aid station 17: (90.3 miles) **Cohutta Overlook**. Near Cohutta Overlook on Highway 2/52.

Aid station 18: (96.7 miles) **Bearpen**. Junction of Pinhoti Connector and Peebles Lake Road. Continue up Pinhoti connector trail to the entrance of the Ft Mtn State Park.

Finish: Ft Mountain State Park. On the beach in front of the group shelter.



Appendix B – 100k Course Description

DoubleTop 100 km

Course Layout Description:

Drop bag location at Double Top aid station. Quitter location at Double Topaid station. And pacer pick up at crew accessible aid stations beyond the Double Top aid station (~mile 42).

Start: Ft Mountain State Park. Start at lakeside in front of the group shelter.

Aid Station 1: (4.6 miles) **Bearpen.** Junction of Pinhoti Connector and Peeples Lake Road. No crew access at this aid station.

Aid station 2: (11.1 miles) **Cohutta Overlook.** Near Cohutta Overlook on Highway 2/52.

Aid station 3: (15.5 miles) **Conasauga Three Forks.** At the three forks of Conasauga Creek on Mulberry Gap Road.

Aid station 4: (19.5 miles) **Double Top.** At the junction of FS 90 and 90B. Drop bag location.

Aid station 5: (24.3 miles) **'Usti-Yona.** Near Betty Gap on FS Road 64. No crew access at this aid station.

Aid station 6: (30.4 miles) **Top of Pinhoti .** At Buddy Cove Gap. close to the parking area for the Mountain Creek Trail northern trailhead. Continue downhill to turn around marker.

Turnaround: At a checkpoint approximately 0.6 miles north of the Top of Pinhoti aid station. Take a marker and return to the Top of Pinhoti aid station.

Aid station 7: (31.9 miles) **Top of Pinhoti .** At Buddy Cove Gap. close to the parking area for the Mountain Creek Trail northern trailhead. Continue west around knob on FS 68/64.

Aid station 8: (38.1 miles) **'Usti-Yona.** Near Betty Gap on FS Road 64. Continue south on FS 68/64.

Aid station 9: (43.1 miles) **Double Top.** At the junction of FS 90 and 90B. Drop bag location. Pacers may join runners at this location. Quitter point.

Aid station 10: (47.1 miles) **Conasauga Three Forks.** At the three forks of Conasauga Creek on Mulberry Gap Road.

Aid station 11: (51.5 miles) **Cohutta Overlook.** Near Cohutta Overlook on Highway 2/52.

Aid station 12: (57.9 miles) **Bearpen.** Junction of Pinhoti Connector and Peeples Lake Road. Continue up Pinhoti connector trail to the entrance of the Ft Mtn State Park.

Finish: (62.3 miles) **Ft Mountain State Park.** On the beach in front of the group shelter.



Appendix C – Ring-of-Power Challenge Description

The Power Line. Four hours. Up and down, again and again. Drop bags and aid at the bottom. No pacers. Quitter point at the bottom.

Cash purses (% of total)

Place Overall	Male	Female
1st	$(30 + 10 \times (\text{Under/Total})) \times (\text{Males/Total})^3 + 0.5 \times (\text{Remainder})$	$(30 + 10 \times (\text{Under/Total})) \times (\text{Females/Total})^3 + 0.5 \times (\text{Remainder})$
2nd	$20 \times (\text{Males/Total})^3 + 0.5 \times (\text{Remainder})$	$20 \times (\text{Females/Total})^3 + 0.5 \times (\text{Remainder})$
3rd	$10 \times (\text{Males/Total})^3 + 0.5 \times (\text{Remainder})$	$10 \times (\text{Females/Total})^3 + 0.5 \times (\text{Remainder})$
Master		
1st	$(20 + 10 \times (\text{Over/Total})) \times (\text{Males/Total})^3 + 0.5 \times (\text{Remainder})$	$(20 + 10 \times (\text{Over/Total})) \times (\text{Females/Total})^3 + 0.5 \times (\text{Remainder})$