

Turn Directions – PB&J 50K Race

Start in the Telegraph Pavilion parking lot.

- Head out on the Laurel Loop Trail to suspension bridge over Quantico Creek (1.4 mile)
- Left after bridge crossing on Orenda Road (0.2 mile)
- Left onto South Valley Trail (6.2 miles – crossing paved Scenic Drive in this section)

Aid Station #1 located at the South Valley Trail and Mawavi Road intersection

- Right on South Valley Trail (2.3 miles)
- Right on Oak Ridge Trail (1.6 miles – crossing paved Scenic Drive in this section)
- Right on Old Black Top Road to TREC (1.4 miles)

Aid Station #2 at Turkey Run Education Center (TREC)

- Left out of TREC parking lot (0.1 mile)
- Left on Turkey Run Ridge Trail (1.4 miles – crossing Scenic Drive in this section)
- Left on South Valley Trail (0.8 mile)
- Right on Orenda Road (0.2 mile)
- Right across bridge and back up Laurel Trail (1.4 mile)

Return to the Start/Finish area at Telegraph Pavilion

Total loop distance: ~16 miles

Lather, Rinse, Repeat – total distance now 50K

Lost? Call Lauren (732) 691-7742 or Maria (571) 245-0371