

**PB&J 25k + 50k Turnsheet**  
**October 2024**

**Telegraph Road (Start) to Mawavi Aid Station**

- Take *The Crossing* trail about .65 miles until it hits the *Laurel Loop* trail
- Turn right onto the *Laurel Loop* trail
- Stay on the *Laurel Loop* trail by bearing left at all intersections until you reach the suspension bridge at mile 1.3
- After crossing the bridge, turn left onto North Orenda Road
- Stay on North Orenda Road for about a quarter of a mile
- Turn left onto the *South Valley Trail*
- Stay on the *South Valley* trail until you hit Mawavi Aid Station at mile 6.8. You will hug the water for most of this trail - do not turn right onto other trails.

**Mawavi Aid Station to TREC Aid Station**

- Continue on *South Valley* trail for another 2.2 miles
- Turn right onto the *Oak Ridge* trail
- Stay on *Oak Ridge* trail for 1.65 miles until you hit a gravel fire road
- Turn right onto the *Old Blacktop* fire road
- Stay on the fire road for about 1.5 miles
- You will enter the Turkey Run Campground and the aid station will be on your left

**TREC Aid Station to Telegraph Road (Finish)**

- Stay on the blacktop road for .15 miles
- Turn left onto *Turkey Run Ridge* trail and stay on it for 1.35 miles
- Turn left onto *South Valley* trail and stay on it for .85 miles
- Turn right onto North Orenda Road and stay on it for .25 miles
- Turn right to cross the suspension bridge
- Turn left to enter the Laurel Loop Trail and bear right at every intersection to stay on the Laurel Loop trail for .65 miles
- Turn left onto the Birch Bluff trail which turns into The Crossing trail to return to Telegraph Road Aid Station