

**Promise Land 50k++ Turn Sheet**

Direction	Cumulative	Continue For	More Details
Head toward gate	0	0.07	
<b>Left</b> onto Wheats Valley Rd	0.07	0.10	
<b>Straight</b> onto Overstreet Creek Falls Rd	0.17	2.56	Pass by the famous squirrel
<b>Aid Station 1 – Overstreet Creek Falls</b>	<b>2.73</b>		<b>Fluids Only Aid Station</b>
<b>Right</b> onto <b>Glenwood Horse Trail</b> , aka GHT (orange blazes)	2.73	1.63	Turn directly before Overstreet Creek Falls
<b>Left</b> (stay on GHT)	4.36	0.19	
<b>Right</b> at field clearing, continue on GHT	4.55	0.29	Slight uphill at end up to grassy road
<b>Right</b> onto grassy road (FSR 45)	4.84	5.00	
<b>Straight</b> to gate	9.84	0.05	
<b>Aid Station 2 – Reed Creek Gate</b>	<b>9.89</b>		<b>Don't cut the course – all the way to gate</b>
<b>Double back</b>	9.89	0.05	
<b>Right</b> onto White Oak Ridge (WHOR) Loop	9.94	0.15	WHOR Loop not blazed
<b>Left/Straight</b> , continue on WHOR Loop	10.09	0.78	
<b>Right</b> , continue on WHOR Loop	10.87	0.89	
<b>Left</b> toward Blue Ridge Parkway (BRP)	11.76	0.3	
<b>Cross BRP</b>	12.06	0.04	
<b>Left</b> onto Access Road	12.1	1.69	Road parallels BRP
<b>Aid Station 3 – Sunset Field</b>	<b>13.79</b>		<b>BRP Overlook, Mile Marker 78.4</b>
<b>Continue</b> on Apple Orchard Falls Trail	13.79	0.76	
<b>Left</b> onto Cornelius Creek	14.55	1.18	
<b>Stay straight</b> onto Cornelius Creek Trail	15.73	0.16	
<b>Switchback</b> downhill	15.89	2.15	Enjoy beautiful creek side running
<b>Aid Station 4 – Cornelius Creek</b>	<b>18.04</b>		<b>Around 8 mile loop back to here again</b>
<b>Follow</b> FSR 59	18.04	2.08	Downhill. Drop the hammer!
<b>Right</b> onto Whitetail Trail (yellow diamonds)	20.12	0.06	
<b>Left</b> , heading uphill	20.18	0.12	
<b>Straight</b> , following signs for Long Loop	20.30	0.65	
<b>Left</b> toward Colon Hollow	20.95	0.18	Skirt field directly after the left turn
<b>Aid Station 5 – Colon Hollow</b>	<b>21.13</b>		
<b>Right</b> onto Colon Hollow Road (FSR 782)	21.13	1.52	
<b>Pass gate, Left</b> onto FSR 768 (head uphill)	22.65	0.51	
<b>Right/Straight</b> past gate onto FSR 3036	23.16	2.6	Section usually overgrown
<b>Right</b> , heading downhill	25.76	0.49	Cross shin-deep water. Feet WILL get wet
<b>Right</b> across bridge toward Cornelius Creek	26.25	0.18	
<b>Aid Station 6 – Cornelius Creek</b>	<b>26.43</b>		<b>Marathon down, 8 more miles to go!</b>
<b>Double back</b> on Apple Orchard Falls Trail	26.43	0.18	
<b>Straight</b> , stay on Apple Orchard Falls Trail	26.61	1.06	
<b>2<sup>nd</sup> bridge</b> , follow Apple Orchard Falls Trail	27.67	1.32	Enjoy the Falls and all the steps!!
<b>Straight</b> , stay on Apple Orchard Falls Trail	28.99	0.76	Retracing steps back up to Sunset Field. 0.2 miles from the last sign!
<b>Aid Station 7 – Sunset Field</b>	<b>29.75</b>		<b>It's (almost) all downhill from here!</b>
<b>Cross Parkway, veer left</b> onto trail	29.75	0.45	
<b>Straight</b> across field, follow GHT uphill	30.2	0.25	
<b>Right</b> , following GHT downhill	30.45	1.59	Pass by Overstreet Creek Falls near end
<b>Left</b> onto Overstreet Creek Falls Road	32.04	2.52	DOWN!! Squirrel means 1/3 mile to go!
<b>Left</b> onto Wheats Valley Road	34.56	0.1	
<b>Right</b> through gate, to the finish	34.66	0.07	
<b>FINISH LINE!</b>	<b>34.73</b>		<b>Give Horton a hug and soak in the creek!</b>