

# Cumberland Trail 50k



**Date:** October 10, 2009

**Distance:** 50k

**Benefits:** Proceeds from the race benefit the [Cumberland Trail Conference](#), a nonprofit organization which seeks to encourage the development and land acquisition for the Cumberland Trail State Park to meet the recreational needs of park visitors and area residents. When completed, the Justin P. Wilson Cumberland Trail State Park will be the state's only linear park -- 300 miles long, cutting through 11 Tennessee counties from the Cumberland Gap National Historic Park on the Tennessee-Virginia-Kentucky border, to the Signal Point near Chattanooga.

**Qualifications:** Runners registering must have finished, within the past two years, either a 50k in under 8 hours or a longer ultra race. Those demonstrating no such previous endurance activities will be denied entry. All entries will be subject to race director's discretion.

**Registration:** There is a limit of 100 runners. There will be no waiting list, so enter early!

- \* Pre-registration - \$45 before September 19
- \* Late registration - \$55 from September 20 through October 3.
- \* Registration deadline - October 3. There will be no race day registration.
- \* Refunds: No refunds or transfer of entry fees for any reason.

**Times:** There is a strict 10-hour limit and cutoffs will be strictly enforced. Runners must leave the aid stations before the cutoffs to be allowed to continue.

- \* Check-in: Begins at 5:00 a.m. You must check in at the start even if you have picked up your race packet the day before.
- \* Pre-race briefing (mandatory): 15 minutes before race start.
- \* Start: 6:00 a.m. You will need a headlamp!
- \* Turnaround cutoff: 11:30 a.m. (5.5 hours, 15.6 miles)
- \* Cross Mountain cutoff (return): 2:15 p.m. (8.25 hours, 25.7 miles)
- \* Finish cutoff: 4:00 p.m. (10 hours). The picnic area gate will close at 7:00 p.m.

**Post-Race Picnic:** On Saturday, there will be food at the finish line picnic shelter for runners.

**Packet Pick-Up:** Packets can be picked up from 4:00 p.m. to 7:00 p.m. on Friday, October 9 at Picnic Shelter #3 in Cove Lake State Park. They may also be picked up race-day morning starting at 5:00 a.m. in the pool parking lot area where the race will start.

**Course Overview:** The race takes you on a challenging, out-and-back route on the rugged New River section of the Cumberland Trail. This section crosses the high point of the trail, Cross

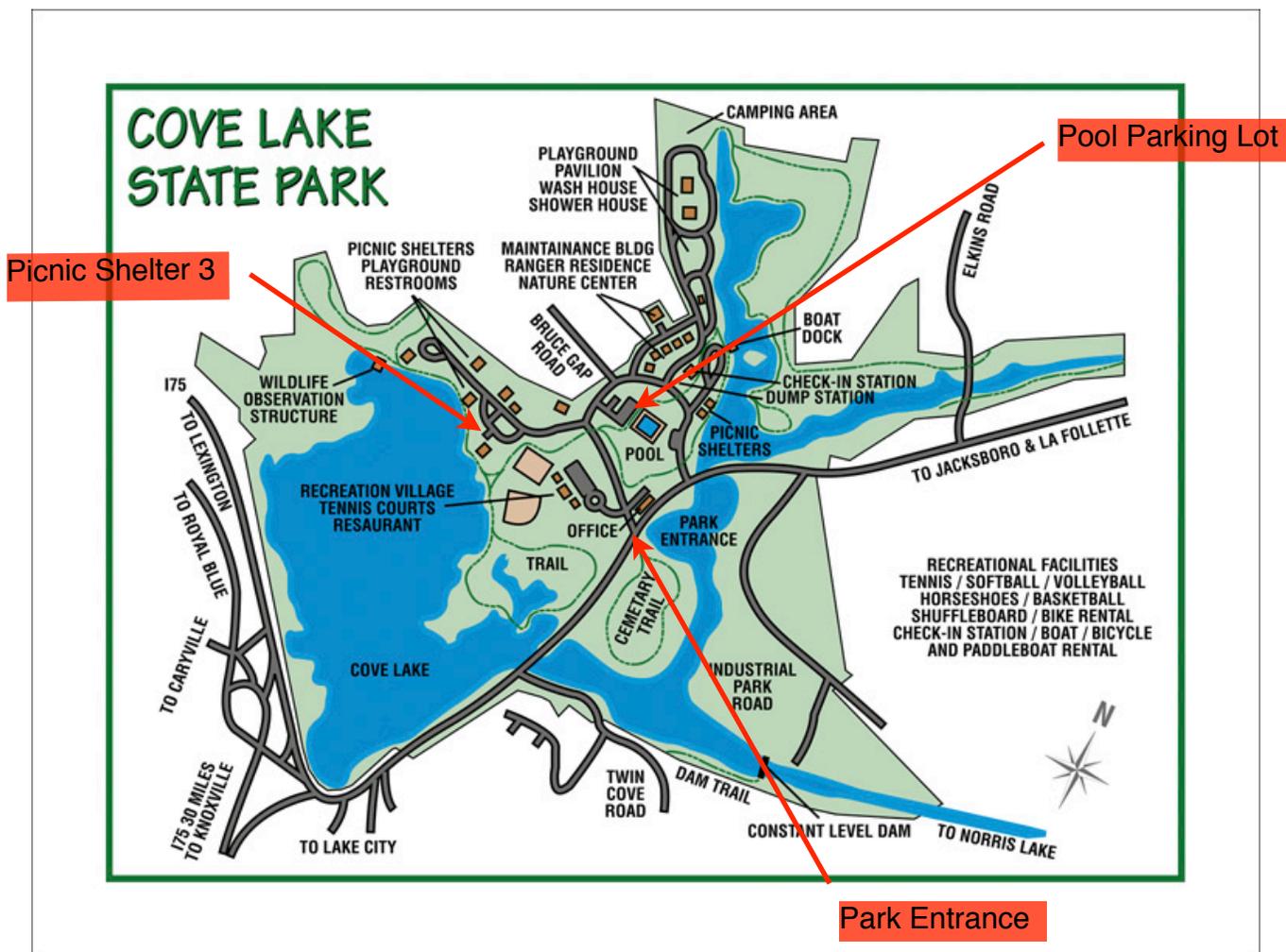
Mountain, at over 3000'. Be prepared - this course could take up to twice your PR for a 50k. The climb up Cross Mountain is steep and will be slow.

The course is 80% single-track trail and 20% gravel road. The race course starts through Cove Lake State Park, then uses approximately 9.3 miles of the Cumberland Trail before diverging off the trail and onto ATV and gravel road the rest of the way to the halfway point. It returns to the finish using the same route.

This is a remote area so it is extremely important that you understand the navigation landmarks and the trail description! The race route will be marked with flagging. While on the trail, from the trailhead at Bruce Gap Road to where the race route diverges from the trail near Greens Branch bridge, you can also follow the white blazes.

**Start/Finish Location:** The course starts and finishes in beautiful Cove Lake State Park. The race will start at the pool parking lot and finish at Picnic Shelter #3. Parking for both start and finish is at the pool parking lot. Please do not park in the picnic area, since people are using the other picnic shelters and the parking capacity here is limited.

Cove Lake is located in East Tennessee's Campbell County, 30 miles northwest of Knoxville, on U.S. 25W and I-75 between LaFollette and Lake City. From I-75, take Exit #134, travel 0.5 miles on Veterans Memorial Highway and take the first left turn.



**Course Detail:** The race will start in Cove Lake State Park at the pool parking lot. It will follow paved greenway trail through the park, past the picnic area where you will finish, then cross Bruce Gap Road into the Cumberland Trail trailhead parking lot. Shortly past the parking lot, the trailhead access path goes through a wooden gate, and joins the Cumberland Trail at a kiosk on the other side. The race follows the trail here to the left!

Follow the old road a short distance to the I-75 Cove Creek overpass, cross under I-75, then bear right, and continue NW 0.5 miles to the 88-ft Cove Creek Bridge. After crossing the bridge, turn left, go a short distance and cross the paved road (old Hwy 63). Climb to the railroad tracks, turn right and follow the tracks 200 feet to a left turn up rock stairs into the woods. NOTE: This is an active railroad line - use caution and stay clear of the tracks closest to the woods until you are ready to cross up into the woods. The trail will then switchback uphill through woods to reach Adkins Branch Falls at mile 2.7.

Climb through a rock garden to a ridge top covered with mountain laurel and ending at Adkins Branch. Rock hop across the branch, climb a rock staircase, and come to the Royal Blue Road Aid Station at mile 3.0.

Now begins the climb up Cross Mountain. Leave the aid station and go straight ahead on the dirt road for 175 feet, then make a 90-degree right turn back into the woods, soon reaching a set of water bar steps and make a 90-degree right turn onto the old Royal Blue Cable railroad bed. You will see evidence of old coal mining activities in this area.

Follow the old rail bed for 0.3 mile and make a 90-degree left turn into the woods. After a series of switchbacks and steps, you will reach Duncan Falls at mile 4.7. Look for Panther Rock at the base of Duncan Falls. You will continue to climb up switchbacks to Overhang Rock at mile 4.9 and the Tennessee Coal Dunes (remnants of an old strip mine) at mile 5.0. The trail crosses a small stream and switchbacks up to a dirt road at mile 5.3. Just below the crest of Cross Mountain, the trail makes a right turn onto a dirt road at the Cross Mountain Aid Station (mile 5.5).

Leave the aid station by ascending a short rock staircase on the left to return to the trail. You have now climbed 1900' and reached the highest elevation on the Cumberland Trail as you cross the 3,000' elevation mark. The trail continues to wind along the ridge for another 0.4 mile, goes across the crest of Big Bruce Ridge and down through another rock garden. After descending a rock staircase, the trail makes a 90-degree right turn onto Mine #10 Road at the Montgomery Fork Aid Station (mile 7.1).

From the aid station, travel right up the gravel road 100 feet, and make a 90-degree left turn back down into the woods to negotiate another descent down a strip mine cut through dry woods towards Montgomery Fork. Pass the Montgomery Fork campsite side trail at mile 8.2.

Continue on down to the Montgomery Creek Bridge at mile 8.3. Continue across Montgomery Fork, climb a bit, and then turn right to begin paralleling Montgomery Fork until turning up and descending back down to the Spring Branch Bridge at mile 8.9.

Cross Spring Branch, ascend to the 1,700' contour, and again parallel far-off Montgomery Fork, passing through another rock garden, to the Greens Branch Bridge at mile 10.8.

After crossing Greens Branch, you will ascend up through a short series of switchbacks to an ATV road. Take the ATV road to the left, uphill. After a short climb, you will see the trail turn off the ATV road to the right. **This is where the race course diverges off the trail. Do not follow the trail to the right!** Instead, continue following the ATV road uphill approximately 1 mile. Near the top of the hill, the ATV road will curve to the right and climb a short, steep rise to the junction with Mine Road #10 at the Greens Branch ATV Aid Station (mile 13.6).

From the aid station, there are three road options, so be sure you know which one to follow before leaving the aid station! Of the two downhill gravel road options, you will be taking the one to the right. After the downhill, the road climbs back up to an clear area with an elk feeding field in an old mine high-wall on the right side and logging on the left side. You may see trail blazes through the elk field because the Cumberland Trail passes through this field. However, stay on the road.

Continue along the dirt/gravel road. The road heads downhill again, around a mountaintop removal area that is also an elk feeding field. On the far side of the mountaintop removal, the Cumberland Trail will join the road from the right side. Continue on the road to the Turnaround Aid Station, shortly ahead on the gravel road (mile 15.6).

Return to the finish using the same route. Once back in Cove Lake State Park, the course finishes at the picnic area in front of Shelter #3.

**Aid Stations:** There are five aid stations. Since this is an out-and-back course, you will see four of these aid stations twice. There will be a variety of food and drink. In keeping with the environmentally-conscious design of the trail, we will be making efforts to minimize waste and there will be no cups at the aid stations - bring a water bottle or hydration pack! Unfortunately, we can't make provisions for drop bags.

Name	Mile	Section	Cutoff Time	GPS
Cove Lake State Park - Pool Parking Lot)	0	0		N36 18.564 W84 12.811
Royal Blue Road	3.0	3.0		N36 18.597 W84 14.541
Cross Mountain	5.5	2.5		N36 18.224 W84 16.481
Montgomery Fork	7.1	1.6		N36 18.437 W84 17.137
Greens Branch ATV Road	13.6	6.5		N36 18.073 W84 19.508
Turnaround	15.6	2.0	11:30 a.m.	N36 18.672 W84 21.078
Greens Branch ATV Road	17.6	2.0		N36 18.073 W84 19.508
Montgomery Fork	24.1	6.5		N36 18.437 W84 17.137
Cross Mountain	25.7	1.6	2:15 p.m.	N36 18.224 W84 16.481
Royal Blue Road	28.2	2.5		N36 18.597 W84 14.541
Cove Lake State Park - Picnic Shelter	31.2	3.0	4:00 p.m.	N36 18.502 W84 12.984

**Crew/Pacers:** Please do not plan on having a crew. The roads are narrow and rough in places, and there are no designated parking areas at the aid stations; we need the available parking for race staff. There will be no pacers.

**Race Rules and Etiquette:** We are fortunate to have outstanding cooperation from the Cumberland Trail State Park, Tennessee Wildlife Resources Agency, Cove Lake State Park, and the Knoxville Track Club. For this inaugural race to be a success and continue next year and for this to be safe and fun for everyone, we need to respect the rules and the trail. This means:

- \* Absolutely no littering. Leave your trash at the aid stations.
- \* Give downhill runners the right of way. The trail is narrow, with difficult footing in spots.
- \* Let runners ahead of you know before you pass them so they can provide some room.
- \* On bridges, returning runners have the right-of-way. Only one person at a time on log bridges.
- \* No headphones, headsets or earphones on the course. You will be disqualified if you are wearing them. No exceptions.
- \* No bicycles, strollers, rollerblades, or pets on the course.
- \* No alcohol consumption or display of these containers is allowed in the park.
- \* And though we hope never to do this, we reserve the right to disqualify anyone who exhibits unsportsmanlike conduct or is abusive to volunteers.

**Lodging:**

- \* Hampton Inn - 423-562-9888
- \* Super 8 Motel - 423-562-8476
- \* Cove Lake State Park - Camping is available at Cove Lake State Park on a first-come, first-served basis. For more information call 423-566-9701 or go to <http://www.tennessee.gov/environment/parks/CoveLake/>

**Area Information:** Cove Lake State Park's 673 acres are situated in a beautiful mountain valley setting on the eastern edge of the Cumberland Mountains. There are scenic nature trails and bike trails leading through the open grasslands and woodlands. Boating and fishing are available. In the winter, several hundred Canada Geese make this lakeshore their home.

The nearby Cumberland Trail wanders among the remnants of the Cumberland Mountains that once rose as high as the Rockies. The trail represented a barrier to all who dared push through storied gaps westward onto and over the Cumberland plateau. It provides a linkage north to south, forming natural connections and opportunities to see scenic vistas and curious geological formations. The race course runs through an area recently repopulated with elk. You may see evidence of the elk and if you're lucky, you'll spot one!

The Cumberland Trail is designed for trail users by trail users. The long distance trail provides access to some of Tennessee's most stunning landscapes: waterfalls, gorges, four bird and wildlife rich Tennessee Wildlife Management Areas, a National Park Wild and Scenic Area, two State Parks, two protected State Natural Areas, and two National Parks. The CT is primarily a hiking trail, designed and built to minimize the potential environmental impact on sensitive wildlife habitat, unique aquatic or terrestrial habitats, or endangered/threatened species.

Designed as a sustainable single file backcountry-hiking trail, part of the [Great Eastern Trail](#), the Cumberland Trail's environmentally conscious footprint on the land provides the runner with numerous picturesque waterfalls, scenic overlooks, and a wilderness experience rare in the eastern US. Due to its location in more remote areas of the Appalachians, the [Great Eastern Trail](#) will provide runners with a more primitive backcountry experience, an alternative to the relatively crowded Appalachian Trail.

The Cumberland Trail has been and continues to be constructed largely by volunteers from many walks of life. This volunteer construction effort is managed by the [Cumberland Trail Conference \(CTC\)](#), a non-profit organization supported by tax deductible donations from supporters like you. **Please consider donating to the CTC to help the trail finish completion!**

Cumberland Trail: <http://www.tennessee.gov/environment/parks/CumberlandTrail/>

Cumberland Trail Conference: <http://www.cumberlandtrail.org/>

Cove Lake State Park: <http://www.tennessee.gov/environment/parks/CoveLake/>

Friends of the Cumberland Trail: <http://www.friendsofthecumberlandtrail.org/>

**Updates:** Nothing will be mailed out before the race. All information can be found on the Knoxville Track Club website at [ktc.org](http://ktc.org).

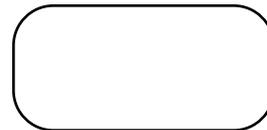
**Contact:** Susan Donnelly by phone at 865-696-4106 or email at [susan.donnelly@comcast.net](mailto:susan.donnelly@comcast.net) for more information.

**Sponsors:** Please thank our sponsors for their support - they help make this race possible!



# 2009 Cumberland Trail 50K Application

(please print clearly)



Bib Number

NAME \_\_\_\_\_

AGE ON RACE DAY \_\_\_\_\_

ADDRESS \_\_\_\_\_

SEX \_\_\_\_\_

City

State

Zip

PHONE: Work (    ) \_\_\_\_\_ Home (    ) \_\_\_\_\_

IN CASE OF EMERGENCY CALL: \_\_\_\_\_ at \_\_\_\_\_

E-MAIL (*print clearly!*) \_\_\_\_\_

QUALIFYING ULTRA FINISH & DATE: \_\_\_\_\_

T-SHIRT SIZE (*circle one*):    S            M            L            XL

## ATHLETE'S RELEASE (PLEASE READ, TO RUN THE RACE, YOU MUST SIGN AND DATE IT):

I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in the Cumberland Trail 50k unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running and /or volunteering to work in the aforementioned race, including but not limited to falls, contact with other participants, the effects of weather, including high heat or humidity, ice and snow, the condition of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application, I for myself, and anyone entitled to act on my behalf, waive and release KNOXVILLE TRACK CLUB, RUNNERS MARKET, BLUE RIDGE MOUNTAIN SPORTS, THE CITY OF CARYVILLE, CUMBERLAND TRAIL STATE PARK, COVE LAKE STATE PARK, TENNESSEE WILDLIFE RESOURCES AGENCY, THE CUMBERLAND TRAIL CONFERENCE, THE STATE OF TENNESSEE, RACE SPONSORS, any and all members thereof, and all further sponsors, their representatives, successors, from all claims or liability of any kind arising out of my participation in the aforementioned event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I also grant permission to all the foregoing to use any photograph, motion pictures, recordings, or any other record of this event for any legitimate purpose.

\_\_\_\_\_  
Athlete's Signature

\_\_\_\_\_  
& if under 18, parent's signature

\_\_\_\_\_  
Date

Make checks payable to The Knoxville Track Club (no refunds)

Mail entry completed form and entry fee to:

Susan Donnelly, Cumberland Trail Race  
116 Everest Cir., Oak Ridge, TN 37830