

Turn Directions – PB&J 50K Race

Start near a pavilion adjacent to the main Pine Grove parking lot.

Laurel Trail to suspension bridge over Quantico Creek (0.5 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)

Right up Mawavi Road to Aid Station #1 (0.4 mile)

Return down Mawavi Road to South Valley Trail (0.4 mile)

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)

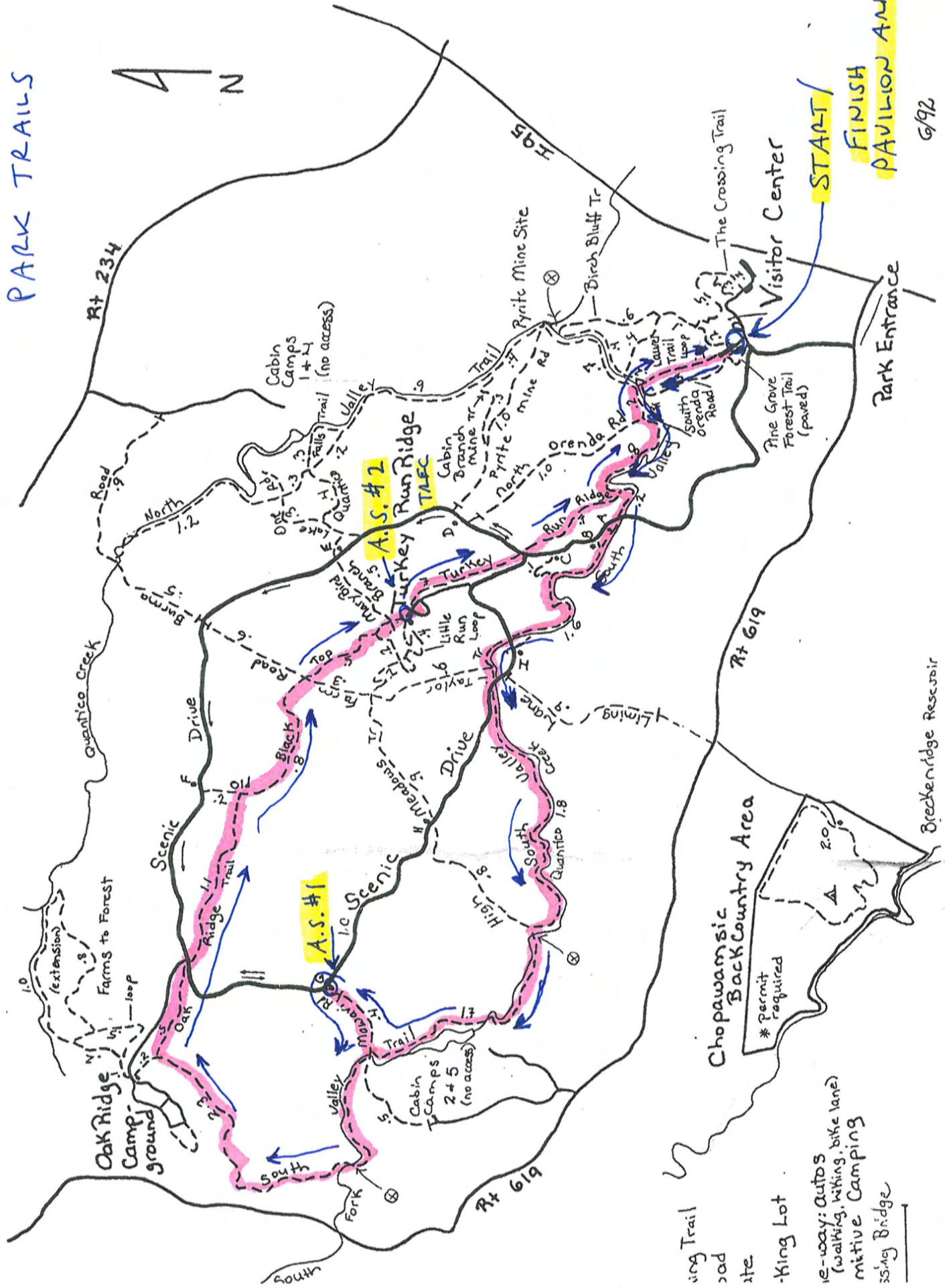
Right across bridge and back up Laurel Trail (0.5 mile)

Return to the Start/Finish pavilion - total distance approximately 16 miles

Lather, Rinse, Repeat – total distance now 50K (approximately 32 miles)

PB+J SOK - 2 Loop course

PRINCE WILLIAM FOREST PARK TRAILS



START / FINISH PAVILION AREA

6/92