

Volunteers Directions to Aid Stations

#1 (Mile 5.89) & #6 (Mile 29.72) Near O'Shaughnessy Point

VOLUNTEERS ONLY MAY DRIVE: From Monte Sano Lodge – turn RIGHT on Nolen. At the fork in the road go to the RIGHT. The road will become a dirt road but keep going. This is the South Plateau Trail marked with white blazes on trees. The aid station is at O'Shaughnessy Point. You may park at the Hiker's Parking Lot and walk on the South Plateau Trail counter-clockwise (leaving to the RIGHT from the parking lot) following white blazes on trees 1.5 miles to O'Shaughnessy Point. **CREWS MAY NOT DRIVE TO THIS AID STATION**

#2 Intersection of North Sinks and Mountain Mist Trail (Mile 11.84)

From Monte Sano Lodge – turn RIGHT on Nolen. At the fork in the road go to the LEFT. Park at the next parking lot on the right, there is a large pavilion here and camp store across the street with limited parking for campers only. For more parking, back track to the Hiker's Parking Lot which is back at the fork (go RIGHT at fork if coming from the Lodge and the Hiker's lot is just to the RIGHT). From the pavilion, hike down the road to the overlook (there is limited parking here as well). At the overlook continue to the left past the closed gate and down the old road. After about 1/10 of a mile or so, look to the right as the road bends to the left. Look for a wooden post in the ground that has a metal marker indicating the Sinks Trail. Follow this trail (red blazes on trees) steeply downhill, switch-backing, for about ¼ mile to intersection with Mountain Mist Trail. This is the location of Aid Station #2. This is the shortest route to Aid Station #2.

#3 Oak Park (Mile 15.75)

From Monte Sano Lodge – turn LEFT on Nolen and RIGHT at the next stop sign (Fearn Ave). Drive down the mountain, Fearn Ave turns into Bankhead Parkway. Approximately 3.6 miles from the Lodge take a RIGHT onto Oak Park Drive. Take next RIGHT onto Chambers Drive. Turn RIGHT onto Oakwood Ave and Oak Park is on the right with ample parking. The Aid Station #3 will be located at the Oak Park Trailhead which is at the back of the park between two baseball fields. Follow the asphalt path past the restrooms to find the aid station.

#4 Land Trust (Mile 21.61)

From Monte Sano Lodge – turn LEFT on Nolen and RIGHT at the next stop sign (Fearn Ave). Drive down the mountain, Fearn Ave turns into Bankhead Parkway. About 3.1 miles from the Lodge turn LEFT into the Land Trust Parking Lot. Walk to the bottom end of the parking lot and proceed on the gravel trail to the RIGHT, aid station is a short distance away.

#5 Monte Sano Blvd (Mile 25.44)

From Monte Sano Lodge – turn LEFT on Nolen and then turn LEFT onto Monte Sano Blvd. About 2.7 miles from the Lodge the Trough Springs Trailhead and parking are on your left. You will not be able to park in this parking lot. **DO NOT BLOCK THE ROAD PARKING ON MONTE SANO BLVD.**

Finish Line

The finish line is behind the Monte Sano Lodge.

There is another Aid Station (#6 Mile 29.72), follow the Aid Station #1 instructions to find the aid station about ¼ mile before O'Shaughnessy Point at the intersection with McKay Hollow Trail.