



SOUTHERN STATES 200

APRIL 2024



2024 Runner Manual

Run Start: Friday, April 12th, 2024, at 12:00 Noon

Finish: Tuesday, April 16th at 4PM

100-hour cutoff - (4 days, 4 hours)

Distance: 201.03 Miles

Elevation Gain: 27,682 ft

Watch for updates with the most recent run details and event changes due to weather conditions and permitting changes. Please join our Facebook group for run updates: [Southern States 200 Facebook Page](#)



The Southern States 200 takes place on National Forest Lands. The run will cross through the Chattahoochee National Forest in Georgia and Talladega National Forests in Alabama.



The Southern States 200 finishes in Cheaha State Park, on top of Mt. Cheaha, Alabama's highest point. The run finish is just steps from the Cheaha Inn.



SOUTHERN STATES 200

Welcome to the Southern States 200 Endurance Run

Join us for an amazing journey through some of the most beautiful sections of the Pinhoti Trail.

The Southern States 200 was designed from the ground up to ensure your success. No 200 mile run is easy. The Southern States 200 will certainly be difficult. The run starts in the mountains of north Georgia and has some significant climbs. Virtually the entire Alabama section is on single track trails or gravel forest roads. The mid-section of the run will be more forgiving. The section after the High Point Aid Station to Huffaker Rd Aid Station is almost all on rails to trails (all is single or double track – none is paved) The section from Coosa to Cave Spring is on back roads. A couple of miles out of Cave Spring, it's back to mountain trails.

We have placed aid stations at strategic locations along the course. Each aid station will be serving an amazing selection of made to order food along with more standard aid station fare. We will serve Breakfast, Lunch and Dinner. All night hot food will be available. Five of the aid stations will also be sleep stations. They will be located at mile 69.31, 97.21, 118.31, 154.24 and 180.26. All Sleep Stations have enclosed, heated tents, with sleeping pads and sleeping bags. As you enter, tell the volunteer how long you want to sleep, and they will send you on your way at the designated time.

Our goal is your success. We promise to do everything in our power to help you accomplish your goal. We pledge to make your 200 mile run an experience you will never forget. We hope your run will be Fun! However, all those beautiful hills become steeper and longer with each successive mile. Those gentle rails-to-trails paths will become endless. That final climb to Cheaha may feel like you are climbing Everest. If you have put in enough training miles, if you have mentally prepared yourself for the demand this run will put on your body, you can do it.

We will encourage you, push you, help you, and even yell at you if necessary, to get you to the end. We might even let you rest occasionally. If you are ready, you can do it. For experienced 100 mile runners, the Southern States 200 is no "Walk in the Park." Just think about the last 100 you ran. Now imagine turning around at the end and running back to the start. That's exactly what you are doing!

The Southern States 200 is an Endurance Adventure

The Southern States 200 is not a race. We want to emphasize that this is an awe-inspiring journey where the focus is on personal challenge, camaraderie, and self-discovery, rather than a traditional race with a competitive spirit. As you venture through the scenic and rugged landscapes, we encourage you to savor every moment, taking in the beauty of nature, pushing your limits, and supporting your fellow runners along the way. It's about testing your endurance, mental strength, and perseverance rather than striving for victory or rankings. Embrace the joy of running, embrace the journey, and remember that it's not about who finishes first, but rather the shared passion for exploration and the bond that forms between runners as they tackle this incredible adventure together. Let the trail guide you to new heights and may the memories you create on this trail run last a lifetime.

The run is 200 continuous miles.

This is not a stage race. When the run starts Friday, April 12th at noon, runners have 100 hours to finish. We will have 15 full aid stations along the way. Five of the aid stations will be Sleep Stations. The run is a true test of one's endurance.



SOUTHERN STATES 200

Runner's Manual Index

Updates
SS200 is Cupless
Runner Rules
Pacer Rules
Crew Rules
Course Navigation
Weather
Drop Bags
Awards
Race Week Schedule
Schedule – Cheaha State Park
Lodging at Cheaha State Park
Lodging near Cheaha
Schedule - Dalton
Check-in Mill Creek in Rocky Face
Dalton Hotels
Lodging Along Course
Route Finding
Trail Marking
Required and Recommended Gear
Refund & Transfer Policy
Date Change-Cancellation Policy
Volunteer Credits
Aid Station Menus
DB & Crew Access Aid Stations
Pace Chart

Driving Directions to Aid Stations
Do you need a Crew or Pacers?
Take Care of Your Crew
Course Map
Course Elevation Profile
Milage and Elevation Chart
Course by Section
Start - Mill Creek in Rocky Face, GA
Section 1 - Mill Creek to Snake Gap
Section 2 - Snake Creek to John's Mtn
Section 3 - John's to Dry Creek (was E Armuchee)
Section 4 – Dry Creek to Mack White
Section 5 - Mack White to High Pt. GA
Section 6 - High PT to Huffaker Rd
Section 7 - Huffaker to Cave Spring
Section 8 - Cave Spring to Jackson Chap
Section 9 - Jackson to High Pt, AL
Section 10 - High Pt to Low Point
Section 11 - Low Point to Hill Top Blue
Section 12 - Hill Top to Coleman Lake
Section 13 - Coleman Lake to Highrock
Section 14 - Highrock to Fay's Blowdown
Section 15 – Fay's Blowdown to Lost Gulch
Section 16 – Lost Gulch to Bald Rock Lodge Cheaha
Cheaha State Park Race Route



SOUTHERN STATES 200

Update: 3/30/2024 – Course Change – Section 12

We thought we were through with course updates. Nature decided otherwise! I had planned to use a FS road that led off FR 540 to get runner back on the Pinhoti Trail after the Duggar Mountain Wilderness Area. I marked the old forest road over to within 200 yards of the Pinhoti Trail. What I encountered could only be described as a “Treepocalypse.” Five or six huge trees had been blown down in the bottom of a very narrow, steep gorge. (Trees 3 to 4 ft. in diameter) The forest service had cut the trunks into sections but without a large bulldozer there would be no way to move them. I think they just gave up. So did I.

We rerouted the course, staying on FR 540, (known as Forty-Seven Summits) for an additional 2 miles to where it crosses the Pinhoti. Everyone will need to delete the old course GPX files from their GPS device and download the revised course. This adjustment does not make a significant difference in the aid station times or distances. The aid station files have not been updated.

Update: 3/24/2024 – Location changes for the last 3 aid stations

Our Talladega National Forest contact was not able to get permission to use the parking area at Morgan Lake overnight for the aid station location. It is a day use area, but the problem is safety. Apparently there is frequent “illegal activity” that goes on at night in this remote parking lot. This area is ¼ mile from the Pinhoti Trail. The advantages of the changes are that the final segment, to the top of Cheaha is now 9.04 Miles and the distance between all of these last 3 aid stations, are now more balanced.

Here are the Changes:

Pine Glen was moved to Highrock on FR 531, 14.18 miles from Coleman Lake at mile 168.72.

Shoal Creek was moved to Fay’s Blowdown at 1-20. Fay’s is 11.54 miles from Highrock, at mile 180.26.

Morgan Lake was moved to Lost Gulch. This is 11.7 miles from Fay’s at mile 191.99.

The finish at Bald Rock is 9.04 miles from Lost Gulch at mile 201.03.

Update: 1/9/2024 – The Narrows Picnic Aid Stations

We are adding an aid station. Previously I thought there was no access to the Pinhoti Trail between East Armuchee, and High Point Chattahoochee, a 20.3-mile-long section. Yes, I know there is West Armuchee Rd, but that’s only 6 miles past the E Armuchee Aid Station. We found a decent dirt road up to the Pinhoti Trail that will allow us to have an aid station between E Armuchee and High Point. It will be called the Narrows Picnic Aid Station, located at mile 47.4. It may be water only or possibly a minimal aid station. It will break up a very long stretch of trail.

Update: 12/20/23 – The Finish at Bald Rock Lodge

We have some exciting news. We have reserved the Bald Rock Lodge, at Cheaha State Park, located just steps from the end of the Bald Rock Boardwalk in Cheaha State Park. This beautiful, historic stone building will be a wonderful place for the end of the race. The finish will be steps from the front door, or the back patio, of the lodge. The Lodge has a large meeting room with a huge fireplace and, if the weather is nice, a very nice patio. The lodge also has a large commercial kitchen that will allow us to prepare some awesome post-race meals.

The lodge has 11 lodge rooms available for runners to rent. We have reserved the lodge for three nights, starting Sunday, April 14th through Wednesday, April 17th. The room diagram is shown below. It can also be viewed on the Cheaha State Park website. We will rent all rooms except room 201. The rooms can only be rented for all 3 nights at \$135.00 per night, or \$405.00 total. There are no additional fees or taxes. Your crew can use the room before you arrive, or if you are fast, you can just hang out a day or two to recover and cheer in finishers. Your crew will also have 24 hour access to Cheaha State Park as you finish those last miles.

SOUTHERN STATES 200

All rooms will be rented first-come, first-served. If you would like to reserve a room at the finish, let us know. We will send you a rental agreement with rooms still available and payment instructions. There are photos of the lodge below. I could not find any photos of the lodge rooms. The rooms are small but very nice and clean. Each room has a private bath. If you would like to reserve one of the 11 rooms, please contact us by the link below.



The Bald Rock Lodge

The Southern States 200 is a Cupless Event

We will not provide “Cold Cups” at any aid station for any cold drinks. That includes drinks such as water, Tailwind, cokes, pickle juice, etc. We will provide “Hot Cups” for hot soup, broth, coffee, hot chocolate, etc. There are a variety of easy to carry, lightweight cups available. The easiest to use are those soft cups with a ring on one side so they can be attached to a carabiner on your pack. We will have some collapsible cups available for sale at the start. It’s best to bring your own.





We recommend soft cups like those in the picture above, from Tailwind. We will have these available for \$5 each, before the race. It's easy to attach them to your vest or pack with a tiny carabiner. They are always easily accessible. Of course you can use anything you like.

Aid Stations

There will be 15 Full aid stations and one minimal or water only stop, along the course. They will provide a variety of "real" made-to-order food at all these aid stations. Of course, there will also be standard aid station food for those who love chips, cookies, gels and candy. The race is sponsored by Tailwind so we will be serving Tailwind Hydration drinks at all aid stations. We will also have water, cokes, sprite, ginger ale and coffee.

200 Finishers

All finishers get a beautiful 200 Mile buckle and other finisher items. The top 3 male and female finishers receive special awards in addition to finisher's awards.

Difficulty of the SS200

While the Southern States 200 is not as difficult as some 200 milers, it's still going to be tough! Much of the course is on rugged single-track trails. Runners will climb over 27,000 feet along the way. You will need to put in some long hours of training and preparation to be ready to complete this adventure. If you are not willing to make the investment in sweat and time, don't register. If you are, this will be an adventure you will never forget. That's our promise to you.

In reality, anyone that can finish a 100 mile race can finish the SS200. There are a few key elements necessary to make the transition.

1. **Slow down** - That sounds simple, but it is critical. Don't get carried away in the beginning. Stay at a comfortable "SLOW" pace the first half of the race. Alternate running and hiking.
2. **Train by hiking** - Train by hiking as much as running. Maybe more.
3. **Train by eating** - Yes, you read that correctly. There are long gaps between aid stations in the SS200. As far as 16 miles. You need to learn what food you can carry with you to snack on every hour. You should consume some calories every hour. Don't try to go from one aid station to the next without consuming a bunch of calories. Find out what works for you.
4. **Sleep** - Very few runners can complete a 200 mile race without sleeping. Average runners will need to sleep at most or all sleep stations. Sleep longer at the first two or three. I suggest 3 to 5 hours. Sleep less later if you feel like you can get away with it.
5. **Stay Hydrated** - Nothing will run your race quicker than getting dehydrated. "Period!"
6. **Stay Fueled** - Like Hydration, if do not eat "real food" along the way, it's likely you will not finish.
7. **Fix problems when they start** - Don't try to run-through issues like blisters or muscle pain. Have someone at the aid stations do necessary repairs before you had back out.
8. **Most Important, enjoy the experience.** You will NEVER forget it.



We will start with a few basic rules form the Southern States 200

Yes, I know this is a lot of rules for a trail run, but this is not your standard ultra. Due to the very nature of a run spread over 200 miles, it's necessary to maintain a high degree of control for everyone's safety. Please bear with us and carefully read and understand all this. If you have questions, contact us.

1. All decisions of the Race Directors are final. Aid Station Captains have the authority to act as on-location race directors, but the RDs have final say on all decisions.
2. You may not cut the course. There are NO "bushwhacking" sections. You must stay on the marked trails at all times. It's your responsibility to know and stay on the course. The course is very well marked. If you do not run the course as marked you will not be considered a finisher. Be sure your GPS tracking device has the course downloaded and says charged. There are NO time adjustments for getting off course.
3. You must complete the course on foot, with no assistance from vehicles, bicycles or other runners and no Skateboards on road sections. *(Is it really necessary to add this?)*
4. Headphones: Headphones are acceptable while on the trails. Do not wear them on any of the road sections or when crossing roads. Remove your headphones when approaching an aid station. We can't communicate if you can't hear us.
5. Road Sections: Run TOWARDS ONCOMING TRAFFIC on all road sections. (On the left side of the road.) Run on the shoulder if the road has a shoulder. Stay close to the edge of the road or in the grass if there is no shoulder. Run single file, at all times, on all road sections.
6. Reflective Clothing or Reflective Gear, or a Headlamp with a rear red light: Runners are required to wear reflective gear at night on all road sections. A rear facing, red headlamp is also acceptable. Runners not having reflective gear or rear light may be immediately disqualified. Plan ahead!
7. Crew Access Aid Stations: Your Crew may meet you at all crew accessible aid stations. Your crew MAY NOT provide aid or assistance of any kind outside the aid station location.
8. Your Crew: You are responsible for the behavior of your crew! Your crew MUST follow the directions of the aid station captain. Aid station food and shelter is for runners and pacers ONLY!! Be sure your crew understands they may not remove food or drink from the aid station. Your crew may NOT enter the aid station without YOU. They may accompany you into the aid station and assist you while there.
9. Young Children ARE NOT ALLOWED in any actual aid station tent or pavilion, at any time. Aid stations will be very busy with runners, volunteers, pacers, and crew members working to get everyone taken care of as efficiently as possible. If you have small children with you, please keep them outside of the actual aid station so they don't get "knocked over" in the hustle and bustle.
10. Your crew may get your drop bag before you arrive at the aid station to have your supplies ready for you. Drop Bags will be on a tarp or under a tent away from the aid station tent or pavilion.



SOUTHERN STATES 200

11. Trekking Poles: Poles are allowed for all runners. In fact, we encourage all runners to use them. Some sections of trails are very steep. The poles help maintain stability and prevent you from sliding backward, especially on muddy trails. When not in use, close or fold them to their smallest size and stow them in a pack if possible. This is for the safety of others. When you are not using the poles, DO NOT Run with the poles fully extended! Poles may be left at an aid station and placed in your drop bag to be picked up later.

12. Pacers: All runners may have pacers starting at High Point Chattahoochee Aid Station at mile 66.7. Pacers may only start pacing at Crew Accessible aid stations. Pacers must stop pacing at crew accessible aid stations. Any runner 65 years of age or older, may have a pacer the entire race. Pacers for those 65 and over may start at any crew accessible aid station.

13. Medical Assistance: If you require an IV or oxygen at any point during the race, your race is over. (Yes, that includes those little oxygen things you can buy at gas stations. If you are caught with one of those, you will be immediately disqualified.

14. If medical personnel determine that you are not physically able to safely continue the race you must stop immediately. Aid Station Captains and Medical Staff decisions are final. Do not argue. That could change a DNF to DISQ!

15. Rude Behavior: Being rude, discourteous, or otherwise irritating race volunteers or staff is grounds for disqualification. Being rude or annoying to other runners or anyone else on the course, such as bicyclists, horseback riders and hikers will not be tolerated. Some sections of the Pinhoti in Georgia allow horses. They are not allowed on the Pinhoti in Alabama, but we will use several trails before reaching Coleman Lake Aid Station. Be courteous please. Remember, horses always have right-of-way.

16. No littering: Ever. Immediate disqualification!!! If you leave an aid station with a cup, carry it to the next aid station. Littering will not be tolerated!

17. Stashing Food: DO NOT allow your crew to stash food, drink or other supplies anywhere along the course. Aid may only be given in Aid Stations.

18. Crew Vehicles: All crew vehicles must display a Southern States 200 Crew Car Pass on the dash of the car, at all times. It must be clearly visible and must show the name and number of the runner they are crewing. Cars not displaying the Car Pass will not be allowed in aid stations.

19. Dogs are not allowed to run with any runner or pacer at any time during the run. There are no exceptions.

20. Pets are not allowed in ANY AID STATION tent or pavilion. If your crew has a dog with it, the dog MUST stay in the crew vehicle or near your personal aid station or with a crew member on a leash. Pets must not be allowed to roam unattended in the aid station area.

22. Crew Parking: Crew vehicles may park at any Crew Accessible Aid Station. Early aid stations will have a volunteer directing your crew where to park. Be sure they park as directed.

23. CREWS, do not arrive at the aid station parking area or trailhead more than 30 minutes ahead of your Runner. Use live tracking and estimate when to arrive. If you do reach the area early, which is a good idea, find a safe place to park, away from the aid station, and wait.

24. Enjoy the Adventure: Smile, have fun, enjoy the amazing trails of North Georgia and Alabama, no matter how rotten you feel. Please remember, the volunteers have given up an entire day, many an "entire week" to help YOU



SOUTHERN STATES 200

finish this run. Be nice to everyone. If you are not happy with something, do not discuss it with volunteers. EVER! If you feel you must complain about something, find one of the Race Directors. AFTER THE RUN!

25. Government ID: All runners must provide a government issued photo ID at check-in to prove age and gender. If you do not have an ID, you will not start!

26. All Runners must run as the gender specified on their Legal ID.

27. LEAVING THE COURSE: Runners may leave the course, without being disqualified, in three ways.

a) Runners may leave the course, at an aid station, "on foot" to go to a crew car to sleep. Before continuing the run, you must return to the aid station and check out.

b) Runners may also leave the course and walk to the store, restaurant or hotel along the course, with no crew aid or assistance.

c) Runners may leave the Aid Station in a crew vehicle in the following way. The runner must "check-out" with the aid station captain. You must leave your SPOT Tracker and your bib with the aid station captain. When you return, you must check back in with the aid station captain and pick up your bib and SPOT Tracker before resuming the run.

Rules for Pacers

As previously stated, all runners may have pacers starting at High Point (Georgia) Aid Station at mile 66.7. Pacers may only start pacing at Crew Accessible aid stations. Pacers must stop pacing at crew accessible aid stations.

1. Pacer Must wear the "Pacer Bib" while pacing. Runners will be given ONE pacer bib at check-in. This bib must be passed from pacer to pacer if you have multiple pacers.
2. Pacers must sign a "Pacers AGREEMENT OF RELEASE AND WAIVER OF LIABILITY" before pacing. All Crew Accessible aid stations will have the release forms available for pacers.
3. Pacers must notify the appropriate aid station personnel (The Volunteer checking runner in and out) when they start pacing and again, when they stop pacing. Failure to do so may result in the disqualification of your runner. (We must know where everyone on the course is at all times.)
4. Runners and pacers MUST stay together. If your pacer is having trouble keeping up, you, the runner, must slow down and stay with your pacer. Pacers must stay with the runner they are pacing.
5. Pacers are required to carry all the Mandatory Runner Gear at all times when packing. Pacers are subject to random gear checks, same as are the runners.
6. Pacers may run ahead of the runner they are pacing as they approach aid stations to gather supplies needed and get the runners gear ready. To run ahead, pacers must be in site of the next aid station and no more than two hundred to three hundred yards out.
7. Any runner over 65 years of age may have a pacer the entire race. Their pacers must start and stop at crew accessible aid stations.

RULES YOUR CREW MUST FOLLOW

1. Your Crew may meet you at all crew accessible aid stations. *That makes perfect sense.*
2. Your crew MAY NOT provide aid or assistance of any kind outside the aid station location.



SOUTHERN STATES 200

3. You are responsible for the behavior of your crew!
4. Your crew must not arrive at an aid station more than 30 minutes ahead of you, their runner. Be sure they know how to keep up with your progress on live tracking and how to estimate when to arrive. If your crew does reach the aid station area early, which is a good idea, they should find a safe place to park, away from the aid station, and wait.
5. Your crew is to remember, some of those volunteers have been working for DAYS. Many will work the duration of the run. Your crew is not to Complain or argue with volunteers or the Aid Station Captain. If your crew has a “problem with something” they are to contact the Race Directors, AFTER THE RACE.
6. When you pick up your crew “Car Pass” you must sign an AGREEMENT OF RELEASE AND WAIVER OF LIABILITY for your crew. You, being the representative of your crew, will be responsible for making sure they understand the waiver.

Course & Navigation

The mountains in the Southeast may be small, but they are rugged. Single track trails require your full attention to avoid falling on your face. The course will be marked with flagging with reflective tape, flags with reflective tape, and arrow signs at intersections. We thoroughly mark 100% of the course. Theoretically, you should not need any navigation aids to finish. Unfortunately, things happen. Storms, animals damage marking. People sometimes mess with course marking. Sometimes intentionally alter course marking. Know how to use Gaia or other GPX navigation aids.

GPS has limitations, especially under a tree canopy as most of the Pinhoti Trail is. If you are on a distance trail, but the GPS track on your navigation device shows the trail to one side or the other, you are likely on the correct trail. However, if you are headed north and GPS track is heading off to the west, you may have missed a turn. If you have not seen any flags lately, you are on the wrong trail.

Some sections of the Pinhoti trail have multiple routes. DO NOT download any Pinhoti GPX files to your navigation device except the file provided on the Southern States 200 webpage or FB page. Be sure you have downloaded the latest GPX track posted by the Southern States 200. Whatever your GPS device shows, if you are still seeing flags, you are on the correct route.

Weather

The Georgia and Alabama area can exhibit extreme weather - heat, cold, wet, dry, high winds, hail, sleet, rain severe thunderstorms, tornadoes. Mountain storms in Georgia and Alabama mountain can be frightening. The temperature drops dramatically. You can easily become hyperthermic with no aid station for miles. That’s why we require a rain jacket.

A little weather example - The 2023 Lake Martin 100, Late March - Many tend to underestimate the potential for bad weather in the Southeast. Let me provide an example, The following is the weather we encountered over a single 32 hour period. The race started Saturday at 6:30 AM, in a narrow gap between severe thunderstorms. The high Saturday approached 90 deg. Saturday night, at about 1:30 AM runners were hit by a hailstorm. At about 3:00 AM they were hit by a second hailstorm. This one was bad. Every car at the start area was damaged. Sunday morning, a little after sunrise, between 8 and 12 inches of rain fell over about 2 hours. This is not an exaggeration. At least it was warm.



SOUTHERN STATES 200

Storms in the Georgia mountains are another story. Even in May and July, storms come from out to nowhere with no warning. Temperatures can go from the 90s to 50s in minutes with frighteningly high winds, rain and hail. Ask anyone that has run the Cruel Jewel 100 in May or Merrill's Mile on July 4th weekend. They will tell you just how bad it can get.

Drop Bags

Runners may have drop bags at all Drop Bag Aid Stations. (*That makes sense too.*) We will accept drop bags up to 12" X 16" X 24." Ice chests, anything made of Styrofoam, and large tubs will not be accepted. "Dry bags" make great drop bags, maybe the best. We will accept Dry Bags up to 50L. We will try to keep drop bags out of the weather, but storms or other conditions may make that impossible. Anything in your drop bag that needs to stay dry should be protected.

PLEASE don't use trash bags as drop bags. Someone could confuse your DB with "Trash" and throw it out. Trash bags are also prone to tearing while being moved around. Small bins and boxes are OK, but the lid should be securely taped. If your crew is parked in the aid station, you are welcome to use the crew car as a personal aid station. You **MUST** check-in with the aid station personnel before going to your car, and again when leaving the aid station.

A word of caution, due to any number of causes, your crew may not arrive at every aid station ahead of you. They may not arrive at all. It's best to send drop bags with our team of volunteers to the aid stations, not with your crew. All Drop Bags must be labeled correctly. They must have the following information "CLEARLY" printed on the drop bag in an easy to find location.

The runners Name, The runners BIB number, The Aid Station the drop bag is to go to.

Awards

Although the Southern States 200 is not a race, we want to recognize amazing accomplishments. All finishers will receive beautiful 200 mile buckles. We will also give awards to the first 3 finishers in each gender group. In order for any gender group to receive awards, there must be 25 runners in the group.



RUNNER CHECK-IN THURSDAY AFTERNOON

All Runners have two options for Thursday Afternoon Check-in. You may check in at the finish in Cheaha State Park in Alabama, or at the start in Dalton, Georgia. Choose which works best for you.

CHEAHA STATE PARK CHECK-IN, SOUTHERN STATES 200 - RUN WEEK SCHEDULE

Lodging at the start: The Cheaha Inn has 30 lodge rooms available. Cheaha State Park also has cabins and chalets runners can reserve near the finish. Runners planning to ride the bus to the start in Rocky Face, GA will need to stay at the Cheaha State Park Thursday night.

Temporary Day Time Parking: For those staying in the park, you cannot leave your car at the hotel or campsite for the duration of the race unless you have reserved the room or campsite for the duration of your race.

Long Term Overnight Parking: Overnight parking is available near the Alexander Activity Building. This is near Bald Rock.

Thursday April 11th - 3:00 PM to 5:00 PM

Runner Check-in – Runner Check-in 3PM to 5PM ONLY. Runners staying at Cheaha State Park Thursday. Runners riding the bus MUST check-in Thursday at Cheaha Inn. (Exact location to follow)

Mandatory Medical Check – You will meet with our medical staff. This is so we are aware of any medical problems or issues we need to know about. It is not to prevent you from running.

Mandatory GPS Check- You must show us the course track on a navigation device and know how to use it. We recommend the Gaia app on your phone.

Mandatory Pre-run Photo – We need a photo for our records and social media.

Drop Bag Drop Off – We must have your drop bags no later than 5:00 PM for those checking in at Cheaha. If you miss the 5PM deadline, your crew may take your bags to the start at Rocky Face Friday morning. Drop Bags will NOT be allowed on the bus to the start.

Mandatory Run Meeting or final email – We will have a run briefing Thursday afternoon or send out a detailed email with all the final key information. Be sure you have access to your email account.

Friday April 12th - About 6:00 – 6:30 AM

Runners will load buses at the long-term parking area. Cars may not be left at the Inn unless you have a room reserved for the duration of the run. We will have information on where to leave cars. The buses load designated overnight parking area at Cheaha.

Friday April 12th – 10:00 Arrive Rocky Face, GA (Mill Creek Start)

Final check-in - for the run to confirm you are running.

Everyone MUST check-in before the start, or you will be considered a DNS.

Pick up SPOT Tracker devices. SPOT Tracker will only be given at the race start.

Friday April 12th - 12:00pm (Noon) - Southern States 200 Endurance Run begins!



Cheaha State Park Hotel and Parking
Hotel, Cabins & Camping on Cheaha near Finish
Accommodations near the finish

[Cheaha State Park Hotel](#)
[Cheaha State Park 2 Bedroom Chalets](#)
[Cheaha State Park 1 Bedroom Cabins](#)
[Cheaha State Park Camping](#)
[Lodging in Oxford](#) (This is a 20 mile- 30 Minute Drive)

Southern States 200 - Headquarters at the Finish – Mt Cheaha

Location: Bald Rock Lodge, 19644 Hwy 281, Delta, AL 36258 (GPS 33.491418, -85.810484)

This will be the finish location for the race. There are rooms available for runners to reserve at the lodge. They are rented on a first come, first served basis. Details and reservations on Ultrasignup. (Use the “Store” icon along the top menu bar.)

RUNNER CHECK IN DALTON – THURSDAY AFTERNOON

Thursday April 11th - 3:00 PM to 5:00 PM – Race Start location in Rock Face, Georgia in the community of Mill Creek. We will be setup in the parking lot adjacent to the “Need Too Feed” café and store. (Near Dalton)

Runner Check-in – Runner Check-in 3PM to 5PM ONLY. Runners staying in Dalton, GA Thursday night, MUST check-in Thursday at Mill Creek.

Mandatory Medical Check – You will meet with our medical staff. This is so we are aware of any medical problems or issues we need to know about. It is not to prevent you from running.

Mandatory GPS Check- You must show us the course track on a navigation device and know how to use it. We recommend the Gaia app on your phone.

Mandatory Pre-run Photo – We need a photo for our records and social media.

Drop Bag Drop Off – 5:00 PM is the final cut off for the Southern States 200. Please have your drop bags with you at check-in at Dalton. If you miss the cutoff you must bring your bags to the start before 11AM.

Mandatory Run Meeting – We will have a run briefing Thursday afternoon or send out a detailed email with all the final key information, or have the briefing as a live stream. Be sure you have access to your email account in Dalton. We may need to send out an email instead of having a briefing.

RUNNER FINAL CHECK IN AT START – ROCKY FACE, GEORGIA

Friday April 12th - 8:00AM - 11:00 AM (All runners must check in Friday before the start)

Final check-in - ALL RUNNERS must check in Friday morning at the start to confirm you are running.

Everyone MUST check-in before the start - or you will be considered a DNS.

ALL RUNNERS – Must Pick up SPOT Tracker devices at the start.

ALL RUNNERS - DROP BAG drop-off - 8:00 AM to 11:00 AM.



SOUTHERN STATES 200

Friday April 12th - 12:00 PM (Noon) - Southern States 200 Endurance Run begins!

Tuesday, April 16th – 4:00 PM - Southern States 200 Race Cut Off, 100 Hours After Start. Come to the finish Tuesday afternoon and cheer in the last finishers. Hang around for the Awards presentations and dinner.

Hotel in Dalton, Georgia near the Start

Accommodations near the start

[Hilton Garden Inn in Dalton](#)

[Other Dalton Hotels near the start](#)

Lodging Along the course

[Lodging in Rome, GA – Near Big TEX and Cave Spring Aid Stations](#)

[Cave Spring Lodging at Rolater Park – Hearn Inn at the bottom of the page](#)

[Lodging in Jacksonville, Alabama – Near Chief Ladiga & Coleman Lake Aid Stations](#)

[Heflin, Alabama Lodging – Near Shoal Creek at Cleburne Aid Stations](#)

[Cheaha State Park – Near Shoal Creek, Cleburne and Morgan Lake Aid Stations](#)

Route finding

The Southern States 200 course is a “Closed Course” run. This is a run not an orienteering adventure. The trails are very well marked with flags, signs and perhaps a few chalk arrows. There is no place where it is OK to cut over to another trail. There are no “Bushwhacking” sections. If you find yourself off in the woods without a trail, turn round and go back. If any runner is caught cutting the course, they will be immediately disqualified.

Trail Marking

We will use a combination of Yard Flags, Flagging attached to clothes pins, Arrow Signs and Wrong Way Signs.

We will alternate between the Flags and Flagging depending on what is best of the specific sections.

1. We use BLUE 3 x 5 YARD FLAGS to mark trails where possible. Virtually all flags used on the Southern States 200 course will have DOT prismatic reflective tape attached. These flags are easily spotted 200 or 300 yards away at night. (When we refer to flags, we are talking about both Flags and Flagging.)
2. We will place about 5 flags per mile along trails that are easy to follow and there is no place to make a wrong turn. On sections where the trail is indistinct, flags will be closer together. In confusing areas, flags may be line of sight. If you go more than 800 yards and don't see a flag or flagging, check your GPS navigation device to see if you are still on course. If you think trail marking has been removed, please try to contact us with one of the emergency numbers on your bib to let us know.
3. Most of the Pinhoti Trail is under a canopy of trees. This seriously limits the effectiveness and accuracy of GPS navigational devices. Keep in mind that the device may show inaccurate locations at times.
4. Trail intersections will have multiple flags showing the way.
5. We place 9 X 12 Blue and White” Arrow Signs” at all trail changes. The signs will have Yellow DOT Reflective Tape within the white arrow on the signs. You can't miss them. Trails that “T” into another trail will not have signs. Flags will show the correct direction. Follow the Flags!
6. Turns that may be easy to miss may have a Red & White 9 X 12 Wrong Way sign a short distance beyond the turn.



SOUTHERN STATES 200

7. All trail changes and places that might be confusing have multiple flags visible as you approach the area. If you see 3 or 4 or more flags close together, wake up!! Something is about to happen.
8. In places where it is difficult to follow the trail such as very rocky areas, there will be multiple flags close together.
9. Flags are places where they do the most good. They will usually be on the uphill side of the trail where they are most visible. Sometimes, they are simply “where we can get them in the ground” or where there is a bust to attach flagging.
10. If a line of flags crosses the trail in front of you, that means “don’t go that way!” Consider 3 or more flags in a row to be a razor wire fence. There is ONE RULE above all others for the SS200 runners, FOLLOW THE FLAGS!!!! Where the flags go, you go.
11. There is a second rule that goes along with “Follow the Flags.” Don’t blindly follow the runner in front of you. You may both end up lost!

Required Gear

Each runner is required to carry the following items with them at all times during the SS200 run. When you check in at the start we will check to see that you have this stuff with you! Runners will also be subject to spot checks at any time during the run. If you do not have these items with you, you will likely be disqualified.

- 1) Water filter bottles such as Katadyn's BeFree, LifeStraw, or Salomon's Soft Flask XA Filter.
- 2) 32 oz of water at the start of all sections. Minimum.
- 3) 400 extra Calories
- 4) Electrolytes
- 5) A light rain jacket.
- 6) Space Blanket
- 7) Collapsible Cup
- 8) Cell Phone and a method of charging (battery packs)
- 9) GPS Enabled Device with the course file loaded. Since you already have to carry a smartphone, that's the simplest option.
- 10) Headlamp w/ extra batteries or method of charging
- 11) Whistle, most running vests have one attached.
- 12) Warm hat or buff
- 13) Long sleeve top
- 14) gloves
- 15) SportTracker (we provide)

Depending on the weather and forecast the following items might be added to the required list. Have them available, just in case.

- 16) Upper insulated layer (Fleece)
- 17) Long rainproof lower layer
- 18) Rain jacket with hood



We do not require you to carry an excessive amount of water on the run. There is an abundance of creeks and streams all along the course. The exception is along ridges. Keep your bottles topped off for the first 65 miles of the run. Much of this section of the Pinhoti trail follows ridgelines.

Recommended Gear

1. Gaiters
2. Trekking poles
3. Cap or sunhat
4. Sunglasses

In your pack:

1. A change of Socks
2. Toilet Paper in a zip lock baggie
3. Alcohol wipes
4. Extra zip locks for phone, trash, etc
5. Long Pants
6. Long sleeve layer
7. Anti-Chafe cream
8. Moleskin or other tape
9. Driver's License & Emergency contact list

In your dropbags:

With 12 dropbag aid stations, we recommend having a variety of potentially critical items in each bag.

1. Dry long and short sleeve tops
2. Towel and washcloth
3. Alcohol wipes
4. Long Pants
5. Rain Jacket with hood
6. Extra Fleece layer
7. Sunscreen
8. Anti-chafe cream
9. Medications
10. Extra contact lenses
11. Extra Batteries and charging cord
12. Extra Toilet Paper in a baggie
13. Extra zip locks for phone & trash



Southern States 200 Refund and Transfer Policy – Please Review Before Registering.

It is very important that you read and understand the Southern States 200 refund and Transfer policy before registering. The Southern States 200 is a very difficult and expensive race to put on. Our expenses start months ahead of the race. These expenses are based on the number of runners. The costs are NOT recoverable if you drop. Therefore, we cannot give full refunds. We do offer partial refunds up to 30 days before the race. We also allow runners to receive a 100% transfer credit for the following year's race up to 30 days before the race. We cannot give refunds or credits the final 30 days leading up to the race.

Southern States 200 Refund and Transfer Policy”

The Southern States 200 (SS200) does not give full refunds. If you cancel your Southern States 200 entry and request a refund or transfer to the 2025 run, the amount of the refund or transfer will be based on the Southern States 200 three-tiered refund and transfer schedule shown below.

Tier One:

If you cancel your 2024 Southern States 200 registration before January 12, 2024, and request a refund, you will receive 75% of the Registration Fee. The refund does not include Taxes and Fees collected by Ultrasignup, our registration company.

If you cancel your Southern States 200 registration before January 12, 2024, and request a Transfer to the 2025 SS200, your entry will be rolled over to the 2025 Southern States 200. There will be no additional fees.

Tier Two:

If you cancel your 2024 Southern States 200 registration between January 12, 2024, and March 12, 2024, and request a refund, you will receive 50% of the Registration Fee. The refund does not include Taxes and Fees collected by Ultrasignup, our registration company.

If you cancel your 2024 Southern States 200 registration between January 12, 2024, and March 12, 2024, and request a Transfer to the 2025 SS200, your entry will be rolled over to the 2025 Southern States 200. There will be no additional fees.

Tier Three:

If you cancel your 2024 Southern States 200 registration after March 12, 2024 NO REFUND or CREDIT will be given.



Southern States 200 Date Change and Run Cancellation

Southern States 200 reserves the right to CHANGE the run date or CANCEL the run due to conditions beyond our control. Such conditions are: Acts of God, Pandemics, Other extreme conditions such as fire danger, landslides, or flooding on or near the course, Date changes or cancellation required by the permitting agencies granting the SS200 use of the National Forests, trails, State Parks or other agencies. If a date change or run cancellation is made after registration opens, no refunds will be given. For DATE CHANGES, all registered runners will be automatically moved to the new run date. Runners that are not able to run on the new run date, may request that their entry be transferred to the 2025 Southern States 200 run. In the event of RUN CANCELLATION, all registered runners will be rolled over to the 2025 Southern States 200 run.

If the 2024 Southern States 200 is cancelled due to circumstances beyond the control of the Southern States 200, no refunds will be given. All entries will be automatically rolled over to the 2025 run.

If the date of the 2024 Southern States 200 run must be changed, no refunds will be given. All entries will be automatically transferred to the new run date. Runners not able to run on that date may request to be transferred to the 2025 run.

Volunteer Credits

Volunteer Credits are good for one year. Volunteers that meet the requirements for the 2024 Southern States 200 will earn credit that will be applied to the 2025 Southern States 200. Volunteer Credits may be transferred to other runners if you, the volunteer, choose not to use the credit. Volunteer credits may also be exchanged for Southeastern Trail Runs and Running Lane races . You must contact us by email within two weeks of the run for which you volunteered, to request transferring your volunteer credits to another person.



Aid Station Menus

“Runners can just eat so much stale, cold Ramen Noodle soup.” There is nothing worse than coming into an aid station in the middle of a very cold, rainy night to find the aid station has nothing hot to eat or drink, no Coffee, no hot water to make tea or hot chocolate, no soup, nothing. And if there is hot soup, it’s scorched Ramen Noodle that is inedible after sitting on the stove for hours. Sometimes there is not even Coke or Mountain Dew, the bananas are mush, sandwiches have been sitting out for hours and cookies are mushy from the humidity or “who knows what” spilled on them. Maybe it’s because “some of us” are always back in the pack, or maybe it’s because the AS crews aren’t Ultrarunners and just don’t understand or care. Either way, there is just no excuse. We will have fresh food at our aid stations all day and all night. We will keep some things made in advance for those that are in a hurry. If you have time, tell us what you want and we will fix it while you recover and rest, ~~24/7~~. OK, 24/5

We will serve Breakfast Each Morning. We will have gluten free, veggie and vegan options available.
Grab and run Breakfast: Fried Eggs, Bacon, Sausage, Pancakes, Pancake Rollups, Hashbrowns, Breakfast Burritos, Breakfast Rollups, Coffee and Tea.
Cook-to-order Breakfast: Eggs to order, Bacon, Sausage, Pancake plates, Hashbrowns, Oatmeal, Muffins. (w/Veggie options) and more plus, served on a plate. Coffee and Tea always.

Lunch will be served through midday. We will have gluten free, veggie and vegan options available.
Grab and Run Lunch: Hamburgers, Hotdogs, (with all the accoutrements) Various types of Sandwiches and Rollups, Quesadillas, Hot soup or mashed potatoes in a cup, chips, nachos-to-go, and desert all served to go.
Cooked-to-order Lunch: Hamburgers, Hotdogs, (with all the accoutrements) Various types of Sandwiches and Rollups, Quesadillas, Hot soup, mashed potatoes, chips, nachos, and dessert, all served on a plate.

Dinner and overnight will be served through late night. We will have gluten free, veggie & vegan options available.
Grab and Run Dinner: Hamburgers, Hotdogs, (with all the accoutrements) Various types of Sandwiches and Rollups, Quesadillas, Hot soup or mashed potatoes in a cup, chips, nachos-to-go, and desert all served to go. Other options will be available.

Cooked-to-order Dinner: Hamburgers, Hotdogs, (with all the accoutrements) Various types of Sandwiches and Rollups, Quesadillas, Hot soup, mashed potatoes, chips, nachos, and desert all served on a plate. If you don’t see what you want, ask. If we can “create it” we will.

We will have cook-to-order food served all night at every aid station. Bacon, eggs, pancakes, sausage, hamburgers, and hotdogs Most items available in the day will be available at night. We will keep hot soup warming all night. We will have Grab and Run available as well.



SOUTHERN STATES 200

Night and day we will have a wide variety of standard aid station food such as chips, pretzels, cookies, candy gels, mashed potatoes, grilled cheese sandwiches, a variety of soups, a variety of quesadillas and rollups, broth, bananas and Oranges. We always have Tailwind. We will always have veggie or beef bouillon, coffee, hot chocolate, cokes, ginger ale, and Mountain Dew. We will have a variety of vegan and vegetarian options, as well as gluten-free items. Selections may vary from one aid station to another.

Drop Bags and Crew Accessible Aid Stations:

Section	Aid Station	Miles Between	Cumulative Distance	Crew Accessible	Drop Bags Allowed	Aid Station Description
	Mill Creek Start	0.00	0.00	Crew	Drop Bag	
1	Snake Creek Gap Trailhead	16.20	16.20	Crew	Drop Bag	Full Aid Station
2	John's Mountain Overlook	9.71	25.91	NO	NO	Full Aid Station
3	Dry Creek - East Armuchee	13.20	39.11	Crew	Drop Bag	Full Aid Station
4	The Narrows Picnic	12.40	51.51	NO	NO	Water Only/Unstaffed
5	Mack White Gap Trailhead	8.30	59.81	NO	Drop Bag	Full Aid Station
6	High Point Trailhead, Georgia	9.50	69.31	Crew	Drop Bag	Full Aid & Heated Sleep Station
7	Big Tex at RailTrail	11.90	81.21	No	Drop Bag	Full Aid Station
8	Cave Spring - Rolater Park	16.00	97.21	Crew	Drop Bag	Full Aid & Sleep Station
9	Old Jackson Chapel Trailhead	8.30	105.51	NO	NO	Minimal Full Aid Station
10	High Point Trailhead, Alabama	12.80	118.31	Crew	Drop Bag	Full Aid & Heated Sleep Station
11	Low Point AS at CR 94	7.83	126.14	NO	NO	Minimal Full Aid Station
12	Hill Top Blue Trail at CR 500	13.50	139.64	NO	Drop Bag	Full Aid Station
13	Coleman Lake Campground	14.60	154.24	Crew	Drop Bag	Full Aid & Heated Sleep Station
14	Highrock-FRS51	14.48	168.72	NO	Drop Bag	Full Aid Station
15	Fay's Blowdown	11.54	180.26	Crew	Drop Bag	Full Aid & Sleep Station
16	Lost Gulch	11.73	191.99	NO	Drop Bag	Full Aid Station
Finish	Bald Rock Lodge Finish	9.04	201.03	Crew	Drop Bag	Full Aid Station
		201.03				

Aid Station Fastest Possible Times – Cutoff Times (All times are Eastern Standard Time)

Aid Station Place Chart - Fastest Possible Time and Cutoff Times

Aid Station	Aid Stations	Cumulative Miles	Miles Between	Fastest Possible Time				Cutoff Pace			
				Time Between Aid Stations	Cumulative Hours	1st Runner Time	1st Runner Day	Time Between Aid Stations	Cumulative Hours	Cutoff Time	Cutoff Day
Start	Mill Creek Start	0.00	0.00					0.0	0.0	12 Noon	Friday 4/12
1	Snake Creek Gap Trailhead	16.20	16.20	2.7	2.7	2:42 PM	Friday 4/12	8.1	8.1	8:30 PM	Friday 4/12
2	John's Mountain Overlook	25.91	9.71	1.6	4.3	4:18 PM	Friday 4/12	4.9	13.0	1:20 AM	Saturday 4/12
3	Dry Creek - East Armuchee	39.11	13.20	2.2	6.5	6:30 PM	Friday 4/12	6.6	19.6	8:00 AM	Saturday 4/13
4	The Narrows Picnic	51.51	12.40	2.1	8.6	8:36 PM	Friday 4/12	6.2	25.8	1:48 AM	Saturday 4/13
5	Mack White Gap Trailhead	59.81	8.30	1.4	10.0	10:00 PM	Friday 4/12	4.2	29.9	6:00 PM	Saturday 4/13
6	High Point Trailhead, GA	69.31	9.50	1.6	11.6	11:36 PM	Friday 4/12	4.8	34.7	10:50 PM	Saturday 4/13
7	Big Tex-Huffaker Rd	81.21	11.90	2.0	13.5	1:30 AM	Saturday 4/13	6.0	40.6	4:45 AM	Sunday 4/14
8	Cave Spring - Rolater Park	97.21	16.00	2.7	16.2	4:12 AM	Saturday 4/13	7.3	47.9	12:00 PM	Sunday 4/14
9	Old Jackson Chapel Trailhead	105.51	8.30	1.4	17.6	5:36 AM	Saturday 4/13	4.2	52.0	4:15 PM	Sunday 4/14
10	High Point Trailhead, Alabama	118.31	12.80	2.3	19.9	7:54 AM	Saturday 4/13	6.4	58.4	10:30 PM	Sunday 4/14
11	Low Point AS at CR94	126.14	7.83	1.4	21.3	9:24 AM	Saturday 4/13	3.9	62.3	2:20 AM	Monday 4/14
12	Hill Top Trail (Blue) at CR 500	139.64	13.50	2.5	23.8	11:48 AM	Saturday 4/13	6.8	69.1	9:10 AM	Monday 4/15
13	Coleman Lake Campground	154.24	14.60	2.9	26.7	2:42 PM	Saturday 4/13	7.3	76.4	4:30 PM	Monday 4/15
14	Highrock - FR 531	168.72	14.48	2.9	29.6	5:36 PM	Saturday 4/13	7.2	83.6	12:00 AM	Tuesday 4/16
15	Fay's Blowdown @ I-20	180.26	11.54	2.3	31.9	7:54 PM	Saturday 4/13	5.8	89.4	6:45 AM	Tuesday 4/16
16	Lost Gulch	191.99	11.73	2.6	34.5	10:30 PM	Saturday 4/13	5.9	95.3	11:30 AM	Tuesday 4/16
Finish	Finish - Bald Rock Lodge	201.03	9.04	2.0	36.5	12:30 AM	Sunday 4/14	4.5	99.8	4:00 PM	Tuesday 4/16
		201.03		36.5				99.8	Hours		

- Sleep & Aid Stations with Heated Sleeping Tents
- Minimal Full Aid Station
- Unstaffed - Water Only



Crew Accessible Aid Station – Driving Directions

Driving directions are from each aid station to the next aid station. We have added map links to nearby towns with lodging and food.

[To Start at Mill Creek \(From Dalton, GA\)](#) 4.1 Miles – 7 minutes

[To Start at Mill Creek \(From Mt Cheaha, AL\)](#) 121 Miles – 2:30 Minutes

[Start to Snake Creek Gap – Aid Station #1](#) (6.3 Miles – 10 Minutes)

[Dalton to Snake Creek](#) (10 Miles)

[Dalton to Dry Creek Trailhead or Start to Dry Creek – Aid Station #3](#) (29 miles - 35 minutes)

[Snake Creek Gap to Dry Creek TH](#) (12 Miles - 19 minutes)

[Rome, GA to High Point Chattahoochee – Aid Station #5](#) (33 Miles – 40 Min.)

[Dalton, GA to High Point -Aid Station #5](#) (39.0 Miles – 50 Minutes)

[Cedartown, GA to Cave Spring Park – Aid Station #7](#) (9.6 Miles – 20 minutes)

[Cave Spring from Rome, GA](#) (15 Miles – 17 minutes)

[Cedartown, GA to High Point Talladega Sleep Station](#) (16.9 Miles – 21 Minutes)

[Jacksonville, AL to High Point Talladega Sleep Station](#) (23.0 Miles – 27 Minutes)

[Piedmont, AL to High Point Talladega Sleep Station](#) (9.4 Miles - 15 Minutes)

[Oxford, AL to Coleman Lake Campground – Aid Station # 12](#) (31.8 Miles – 41 Minutes)

[Hotel near Tallapoosa, GA on I-20 at GA 100 to Coleman Lake](#) (37.6 Miles – 37 Minutes)

[There is a campground at Coleman Lake](#) (Check the Recreational Fee Schedule for prices)

[Heflin, AL to Coleman Lake](#) (20.1 Miles – 30 Minutes, Small hotel - America's Best Value Inn.)

County Road 500 Between Dugger Mountain Rd and Coleman Lake is closed to all Crew Cars.

[\(Map of Closed Section - Dugger Mtn Rd to Coleman Lake\)](#)

Runners are on County Rd 500 for several miles. The road is gravel. STAY OFF!

[Heflin to Fay's Blowdown Aid Station #15](#) (6.8 Miles – 11 Minutes)

[Cheaha State Park Inn to Fay's Blowdown # 15](#) (19.7 Miles – 29 Minutes)

[Oxford, AL to Fay's Blowdown Aid Station](#) (14 Miles – 16 Minutes)



Do You Really Need a Pacer or Crew?

Many run 100s races and now 200s, without any crew or pacers. Some just like to stay focused on the race. There actually are several reasons you might not want a crew. There are also several very good reasons why a crew might be responsible for your finishing the 200.

The Negatives: A crew can actually slow you down. Let's suppose your crew is your wife. You know she spent an hour or more in the middle of the night getting to a particular aid station to help me. For fear of being late, she always arrives at the next AS hours ahead of schedule and sits in the freezing car or stands out in the cold waiting. Runners usually want to get through the aid station as quickly as possible to stay safely ahead of the cutoffs or to lose as little time as possible, or maybe you are just trying to stay with the competition. When you do get to the aid station, you feel bad just rushing through and leaving her in just a few minutes after she has spent hours just to help you. You may hang out too long. Be sure your crew understands in advance, their job is to get in and out of the aid station as quickly as possible and still meet all your needs.

Another Negative, Aid Stations are often very difficult to find. Some are virtually impossible. If I know my wife is wondering around in the middle of nowhere by herself, especially at night, You are going to be worrying about her when you should be focused on the race.

The Positives: Sometimes things aren't going well in an ultra, never mind a 200. You feel bad, you are exhausted, maybe dehydrated. Your crew can calm you down, get you eating and drinking so you can get some energy back. They may know what you need better than you do, especially late in a race. They may "make" sit and rest a while when you wanted to go make up lost time. That extra rest might be the difference between a DNF and finishing.

Positive #2: This sounds like the Negative. You know your crew has spent hours, or days in the case of the Southern States 200 supporting you, helping you, feeding you, just being there for you. Your crew had made a huge effort and contribution to your race. You DO NOT want to let them down. The thought that they are there waiting at the end for you might be the single element that gets you through to the finish.

Take Care of Your Crew

Sometimes we forget that our crew doesn't really understand what they are getting into or what they are going to have to deal with. This is especially true if this is their first "Crewing Experience." They may be cold, rained on, windblown, sleep deprived, spend hours sitting around waiting with, no food, no water, no lights, no Coffee! Don't let that happen. If your crew is new to all this madness, be sure they are prepared. You, the runner should provide the crew with just about everything they will need during the race.

- 1) Find out what your crew likes to eat and drink and stock the car. Have lots of snacks and substantial food they can eat anytime.



- 2) Find out where the closest fast-food restaurants and real restaurants are located along the course. They can even bring you late-night Whopper!
- 3) Find out where all the “Dollar General” stores and grocery stores are located and provide map links.
- 4) Be sure to have a cooler with ice, water, cokes, iced tea, Gator Ade, maybe even a couple of beers. (Go light on the “Fireballs.”) If they like coffee, see if they would like some of those Starbucks Coffee drinks.
- 5) Bring a thermos, they can refill at a gas station or restaurant. You could even bring a Coleman Stove, a pot and instant coffee.
- 6) Locate hotels along the course at strategic locations. Rent a room for them when possible.
- 7) Provide a camping tent and sleeping bags if your crew do not have them. You might even want to rent a campsite at the campgrounds along the course.
- 8) Provide a pop-up tent and folding chairs so they can get out of the sun during the day if it’s hot, or out of the rain if necessary. Maybe an extra chair for you.
- 9) Be sure your crew knows to bring extra dry clothes, jackets, hats, gloves, warm base layers, and several pairs of shoes. They may also need ponchos and anything else you can think of. Check the forecast the day before the race.
- 10) DO NOT believe any forecast!
- 11) It would be a good idea to grab some of those chemical hand warmers and an umbrella too. You might want to stick a set in your drop bags too. (Hand warmers, not an umbrella.)
- 12) Bring a backpack or bag for your crew to load your stuff into. You can preload that backpack so everything you might need is readily available. Be sure to put a large towel in there too. Great way spread out all your supplies.



SOUTHERN STATES 200

ELEVATION PROFILE



Course Milage and Elevation

Southern States 200 - Distance and Elevation

Section	Aid Station	Distance Between	Cumulative Distance	Elevation Gain	Elevation Loss
	Mill Creek Start	0.00	0.00	0.00	0.00
1	Snake Creek Gap Trailhead	16.20	16.20	2,400.00	2,111.00
2	John's Mountain Overlook	9.71	25.91	1,927.00	1,171.00
3	Dry Creek - East Armuchee	13.20	39.11	1,151.00	2,240.00
4	The Narrows Picnic	12.40	51.51	na	na
5	Mack White Gap Trailhead	8.30	59.81	2,894.00	2,680.00
6	High Point Trailhead, Georgia	9.50	69.31	1,467.00	1,730.00
7	Big Tex - Simms Mtn	11.90	81.21	484.00	638.00
8	Cave Spring - Rolater Park	16.00	97.21	598.00	557.00
9	Old Jackson Chapel Trailhead	8.30	105.51	758.00	554.00
10	High Point Trailhead, Alabama	12.80	118.31	2,586.00	2,620.00
11	Low Point AS at CR 94	7.83	126.14	1,454.00	1,454.00
12	Hill Top Blue Trail at CR 500	13.50	139.64	2,699.00	2,232.00
13	Coleman Lake Campground	14.60	154.24	1,843.00	1,922.00
14	Highrock-FR531	14.48	168.72	630.00	858.00
15	Fay's Blowdown	11.54	180.26	1,751.00	1,759.00
16	Lost Gulch	11.73	191.99	2,149.00	2,327.00
Finish	Bald Rock Lodge Finish	9.04	201.03	2,837.00	1,435.00
		201.03		27,628.00	26,288.00

The Course, by Section - Start

The Race Start - Rocky Face, Georgia in the community of Mill Creek

The start is in the community of Mill Spring. The race will start in the parking lot of the Baptist Church directly across from the [“Need Too Feed” Café and Deli](#). The start is exactly 4 miles from the Hilton Garden Inn just off College Drive in Dalton. The Hilton will probably be the race headquarters. There are a total of 12 major hotels within a mile of the Dalton Convention Center and the Hilton.

[MAP - HILTON TO START](#)

Getting to the Start: To get to the start from the Hilton Garden on College Dr. in Dalton, turn left out of the parking lot heading south on College Dr. 0.3 mile to the light. Stay in the left lane. Turn left on Doug Gap Battle Rd and continue for 3.3 miles over the top of the ridge and back down the other side. Continue straight ahead on Hurricane Rd. for 0.8 mile. The road “T” into Mill Creek Rd at the start. The red arrows show the race route after the start.

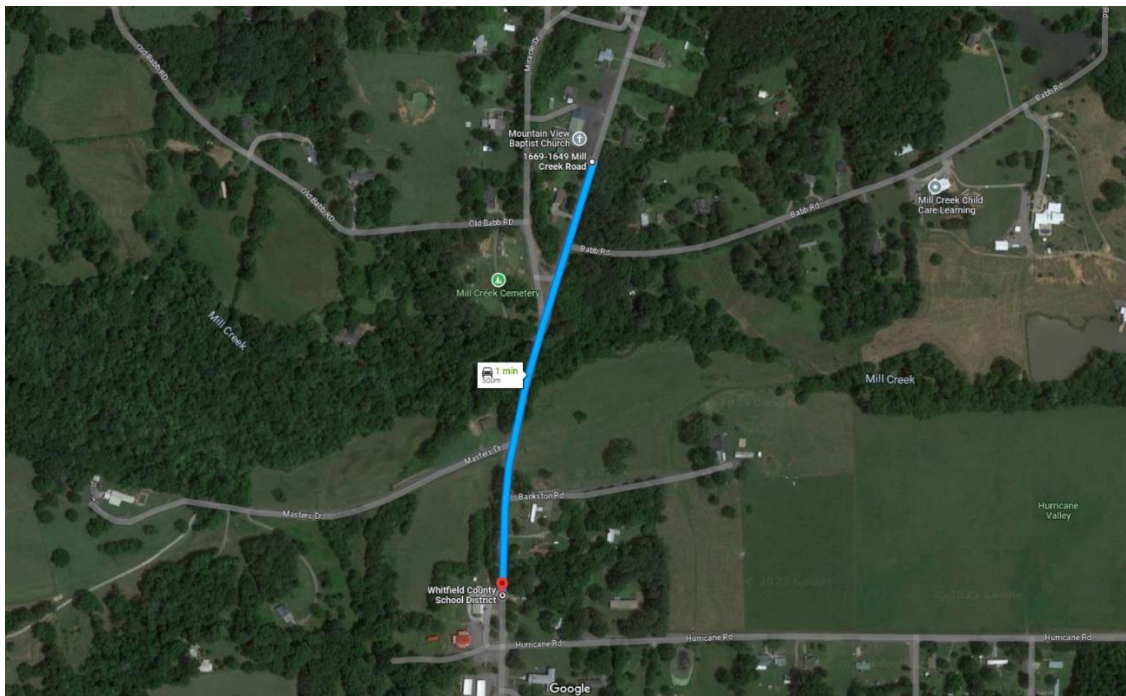


NO CARS WILL BE ALLOWED TO PARK IN FRONT OF THE “NEED TOO FEED” CAFE AND DELI. THAT PARKING IS FOR CUSTOMERS ONLY! (BTW, THE SPELLING IS CORRECT. IT IS “TOO”)

Parking at the Start: Parking will be extremely limited at the start. If it rains, we will not be able to use the grassy areas behind Need Too Feed. That would eliminate most of the parking leaving only the parking area next to Need Too Feed and Mill Creek Baptist Church across the street. At this time, we have not been able to talk with the county commission about parking . If they will allow parking on the street, that will help. If necessary we will provide a shuttle from the Hilton, or the Convention Center to the start and back.



NO CARS MAY BE LEFT AT MILL CREEK AFTER THE START!



Additional Parking:

There is another Baptist Church 500 meters down the road. We will get in touch with the pastor and see if the church will allow crew members to park at the church and walk to the start. Crews will be allowed to drop runners and drop bags off at the start before parking at the church.



SOUTHERN STATES 200

Course Measurement

A word about the measurements used in the next section and how they were derived.

We have tried to be as accurate as possible with all the distances in the next section. We used a combination of sources to get the numbers we needed in the calculations. The three primary sources were the “FarOut” app with the official Pinhoti course downloaded to it. Second, We used Garmin Connect, FarOut and CalTopo to measure sections and get an accurate elevation profile. We also used “TrailForks” with the Official Pinhoti Trail downloaded. Needless to say, they all provide different information, distances and elevations. They even show different routes in places. We did our best to merge the information and get distances as close as possible. You will notice that sometimes numbers just don’t add up! They are close though. Over the next months we will try to run every section of the course to get what will be the “OFFICIAL” course and distances. We will update the files as we go.

I also want to thank Jeff Williams, aka Honcho of Dalton, GA. Jeff is the Event Director Trans North Georgia Adventure (TNGA) a 350 mile mountain bike ride from South Carolina to Alabama. Some of the ride is on the Georgia section of the Pinhoti Trail. Jeff was and is a huge help. He knows every rock and root on the course.

Thank you Jeff for all the help and especially, you time.



SOUTHERN STATES 200

Section 1 – Mill Creek in Rocky Face start to Snake Creek Gap – 0.0 to 16.20 Miles

The Start: The race will start in front of the Mill Creek Baptist Church under the timing arch. Runners will follow Mill Creek Road for about 200 yards before angling to the left onto Hurricane Road. Runners will follow Hurricane Rd for 1.3 miles. Turn right onto Franklin Hill Rd for another 0.5 mile. Turn left on the gravel road Ash Way for 0.4 miles. The road (using the word “road” here is questionable at best) ends at an old, unused forest road.

The initial climb from the start is 1,117 feet. After that, there is a long descent followed by one more climb. The total elevation gain for the first 16.20 miles is 2400.0 ft. The first half of this section of the Pinhoti Trail is on single-track trails. At about mile 8.5, there is about a 1/2 mile stretch of packed gravel road before you are back on single track heading down to Swamp Creek. From there the Pinhoti stays on mostly single-track trails to the aid station.

Snake Creek Gap is located at a large trailhead. There is plenty of parking at the trailhead. This aid station will be very busy being so close to the start. We will have volunteers supervising parking. Your crew must use live tracking to know when you will arrive at the aid station. Your crew may not arrive at Snake Creek Gap more than 30 minutes before you, the runner, arrives.

If you arrive in the area early, find a safe place, away from the trailhead to park. There is a small Baptist Church about 1.4 miles north of the trailhead on GA 136. That’s the only place I see on Google Maps with a parking lot anywhere close by.

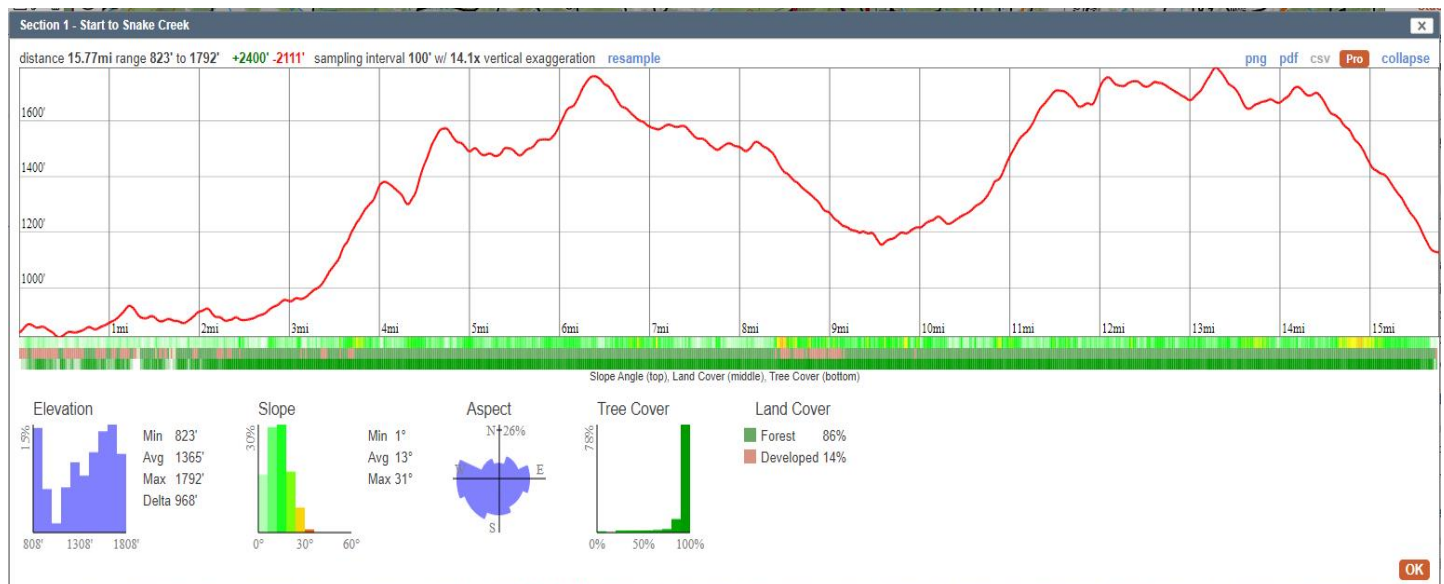
Distance Between Start and Snake Creek: Start to Snake Creek – 16.20 miles

Elevation Change: Ascent – 2,400 ft., Descent – 2,111 ft.

Paved Roads: 1.7 miles

Dirt/Gravel Roads: 0.4 miles

Single-track trails or abandoned roadway: 14.1 miles





SOUTHERN STATES 200

Section 2 – Snake Creek Gap to John’s Mountain Overlook – Mile 16.20 to Mile 25.91

Runners leave Snake Creek Gap at mile 16.2, cross GA 136 and continue for the next 10.5 miles on mostly single-track trails. At about mile 21.9 runners reach Pocket Rd. Turn left on the paved road for 0.1 mile, then back right on Keown Falls Road for 0.6 mile. At mile 22.5 you cross John’s Creek and begin a 1.6 mile, 900 ft. climb to the ridge above. In route, the Pinhoti Trail passes under Keown falls.

After the falls, the trail continues climbing for two miles along the ridgeline to John’s Mountain Overlook. The aid station has amazing views of the valley below. There is a vault toilet just before runners reach the aid station. If you reach the aid station before dark, take a minute to enjoy the view. If you arrive at sunset, it should be amazing. The overlook faces west.

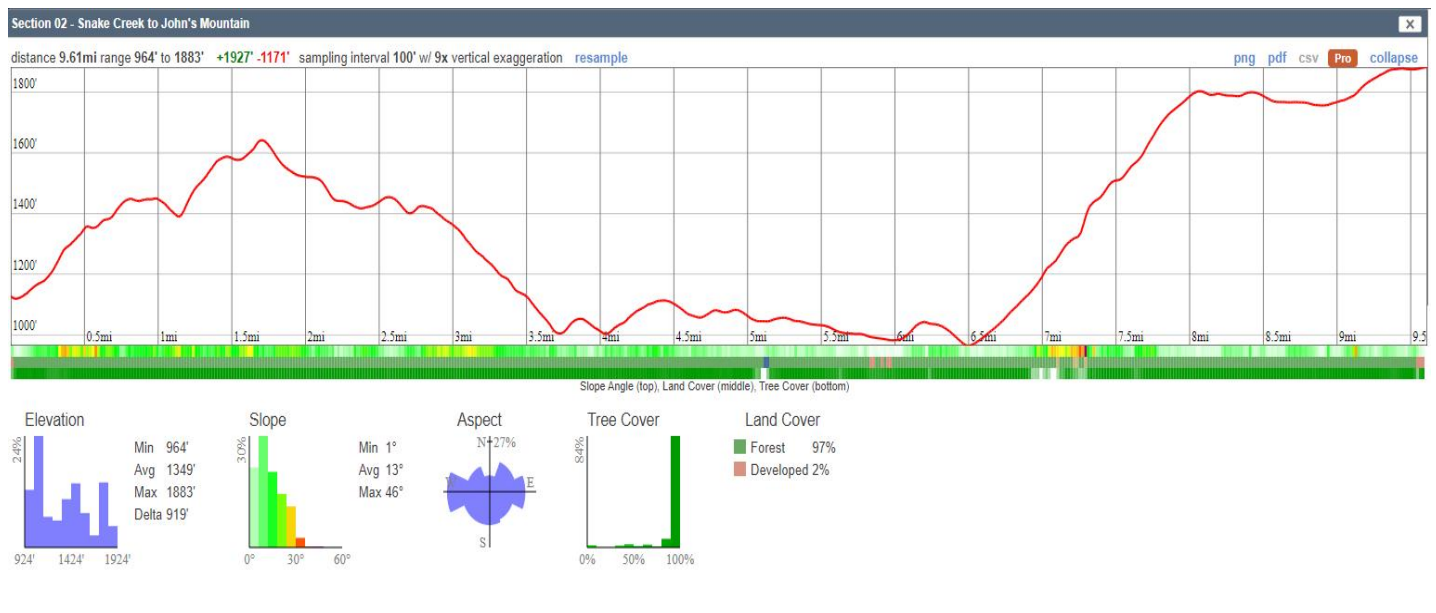
There is no crew access to John’s Mountain Aid Station.

Distance Between: Snake Gap to John’s Mtn. Overlook AS – 9.71 Mile. Cumulative Distance in race – 25.91 Miles.

Elevation Change: Ascent - 1,927 ft., Descent – 1,171 ft.

Packed Dirt/Gravel Road: 1.56 Miles

Single Track Trails: 8.15 Miles





SOUTHERN STATES 200

Section 3 – John’s Overlook to The Dry Creek Trailhead Aid Station – Mile 25.91 to Mile 39.11

Leave the John’s Mountain aid station heading north on the gravel road. Follow the road downhill for 1.5 miles down the mountain. The Pinhoti trail leaves the road heading to the left. Runners will be on single-track trails for the next 2.5 miles then switch to double track for 1.5 miles. At about mile 32, you will enter a section of mixed-use trails for mountain bikes and hikers/runners for the next 2 miles. These trails are single-track or double-track trails. At mile 39.11, you will reach the Dry Creek Trailhead Aid Station. The aid station will be located at the equestrian trailhead in the pavilion on the left.

Distance Between: John’s Mtn and Dry Creek Trailhead – 13.20 Miles, Cumulative Miles – 39.11 Miles

Elevation Change: Ascent – 1,151 ft., Descent – 2,240ft.

Packed Gravel/Dirt Double-Track: John’s Mountain - 1.5 Miles, Near mixed section - 1.6 miles. Total 3.1 miles

Single-track Trails: 10.1 miles.





SOUTHERN STATES 200

Section 4 - The Dry Creek Trailhead to Mack White Gap Aid Station – Mile 39.11 to Mile 59.81

Please note: The Narrows Picnic Aid Station is located within Section 4 at mile 51.51.

After the aid station, continue on trails for 2.71 miles to East Armuchee Road. Turn left for 0.34 mile, then turn right on Manning Mill Rd for 0.8 mile. (East Armuchee and Manning Mill Rd are paved.) Take the gravel road leading off to the left and immediately cross West Armuchee Creek at a water crossing with cement blocks for steps. Be careful here, the blocks may be slippery. The Pinhoti goes left about 50 yards past the creek. Runners will be on single-track trails for the next 3.3 miles. There the trail switches to closed double-track for one mile to West Armuchee Rd. at about mile 43.

At W. Armuchee, go left (south) down the paved road for 0.2 mile. Turn right onto The Narrows Road and immediately cross a bridge over Ruff Creek. After 1.8 miles on the paved road, the pavement ends and runners will continue on packed dirt/gravel for 1.5 miles. At the split, go left on an old dirt road for 0.2 mile. The single-track Pinhoti goes to the right, leaving the dirt road. The Pinhoti trail stays on single-track trails for the next 2.8 miles. There runners will enter a one mile stretch of closed forest road, then back to single-track for 2 miles. Six miles past West Armuchee Rd runners will reach the **Narrows Picnic Aid Station**. It will be a water only or possibly a minimal aid station. Runners then switch to another closed forest road for 1.5 miles to where you pass through gate and follow a packed gravel/dirt road for about one mile. From there, the trail is single-track to Mack White Gap Trailhead.

Mack White Gap TH is a crew accessible aid station. Space is limited and we may restrict parking.

Distance Between: E. Armuchee and Mack White Gap TH – 20.26 Miles, Cumulative Miles - 57.2 Miles

Elevation Change: Ascent - 1,9651 ft., Descent - 1,790 ft.

Paved Road: East Armuchee Rd 0.3 Miles, Manning Mill Rd - 0.8 mile, W. Armuchee - 0.2, The Narrows Rd - 1.4 miles. Total Paved Miles- 2.7 miles

Packed Gravel/Dirt Double-Track: The Narrows Rd 1.4 Miles, to W. Armuchee - 1 mile, to Mack White - 4 miles.

Total Gravel/Dirt - 6.5 Miles

Single-track Trails: 8.4 miles.





SOUTHERN STATES 200

Section 5 – Mack White Gap to High Point Trailhead, Georgia (Aid & Sleep Station) – Mile 59.81 to Mile 69.31

Leave Mack White Aid Station heading southeast up a gravel road for 1/2 mile to the split. Go left up another gravel road for 0.4 mile to the fire tower. Go left into the single-track trail at the tower. Runners will be on the single-track trails all the way to the High Point Chattanooga Aid and Sleep Station at mile 66.7. There are two short double-track sections along the ridge, about 1 mile total.

High Point will be the first Sleep Station runners will reach. We will have a heated 10X20 tent with sleeping pads and blankets. Drop Bags are available for all Sleep Stations and we highly recommend packing a sleeping bag in your dropbag if you plan to sleep in the sleep station. The blankets provided may not be sufficient to keep you warm.

High Point Chattahoochee TH Aid and Sleep Station is a crew accessible aid station.

Distance Between: Mack White Gap and High Point - 9.29 Miles, Cumulative Miles – 64.81 Miles

Elevation Change: Ascent - 712 ft., Descent - 934 ft.

Packed Gravel/Dirt: Total – 0.9 miles

Single-track Trails: Total – 8.3 miles





SOUTHERN STATES 200

Section 6 - High Point, Georgia Trailhead to Big Tex Aid Station – Mile 69.31 to Mile 81.21

Leave the High Point Chattahoochee Aid and Sleep Station heading west, straight across Georgia 100. The trail begins directly across from the trailhead. The next 12 miles to Huffaker Rd is on a hard-packed dirt trails. Follow a single-track trail for 1.1 miles to where it joins a Rail-Trail section. Runners will be on the double-track Rail-Trail for the next 11.3 miles. The Pinhoti Trail joins the Simms Mountain Rail-Trail at about mile 79. The Simms Mountain Rail-Trail ends when it connects into Huffaker Road, 0.7 mile past the Big Tex aid Station. The aid station is at mile 81.21.

The Big Tex Aid Station will be located where the Simms Mtn. Rail-Trail crosses Big Texas Valley Rd. The Aid Station will be on your left after crossing the road.

Distance Between: High Point and Big TEX Aid Station - 11.90 Miles, Cumulative Miles - 81.21 Miles

Elevation Change: Ascent - 484 ft., Descent - 638 ft.

Packed Dirt Rail-Trail: Total - 10.8 miles

Paved Road: 0.0 Miles

Single-track Trails: Total - 1.1 miles



SOUTHERN STATES 200

Section 7 – Big Tex to Cave Spring’s Rolater Park Aid Station – Mile 81.21 to Mile 97.21

Leave the aid station and continue 0.7 mile on the Simms Mtn. rail/trail. Turn right on Huffaker Rd for 2.7 Miles to the intersection of GA 20, The Alabama Highway. Continue straight across GA20 and turn right. Runners must cross over GA 20 at the intersection of Huffaker Road and GA20. DO NOT continue down the right side of GA 20. Use caution crossing GA20. This is the only busy, Four-lane Road you will encounter in the SS200. After crossing the highway go right (west) facing oncoming traffic, for 3/4 mile. At GA 100, Foster’s Mill Rd. Turn left and cross the long bridge over the Coosa River.

Just before reaching GA20, you will see “Even’s Deli and Auto Parts” on your right. I am not kidding! The deli is supposed to have good food and they are very “hiker friendly.” Your crew might want to grab a sandwich there. If you need any supplies is a good option since it’s just steps off the course. It is OK for runners to stop by a store or restaurant. It is not OK for your crew to pick up supplies for you. That is, of course, unless they bring the supplies to Cave Spring for you. That’s OK.

Continue on GA 100 for 6 miles to Black’s Bluff Rd. Turn Left heading east for 200 yards, then turn right (south) on Spout Springs RD. Continue on Spout Sprints for 2.4 miles to a split. Go right at the split on Mills Rd SW for 2 miles. You are now in Cave Spring. Turn left on US 411 - Georgia Ave. Stay on Georgia Avenue through town to the stoplight. Continue straight ahead past the Cave Spring General Store on Georgia AV. (See the pictures below.) Stay on Georgia AV for 100 yds. and turn right into Rolater Park. Follow the road along the large swimming pool to your right, then angle right to the aid station. The aid station will be on your left in the Childers Pavilion.

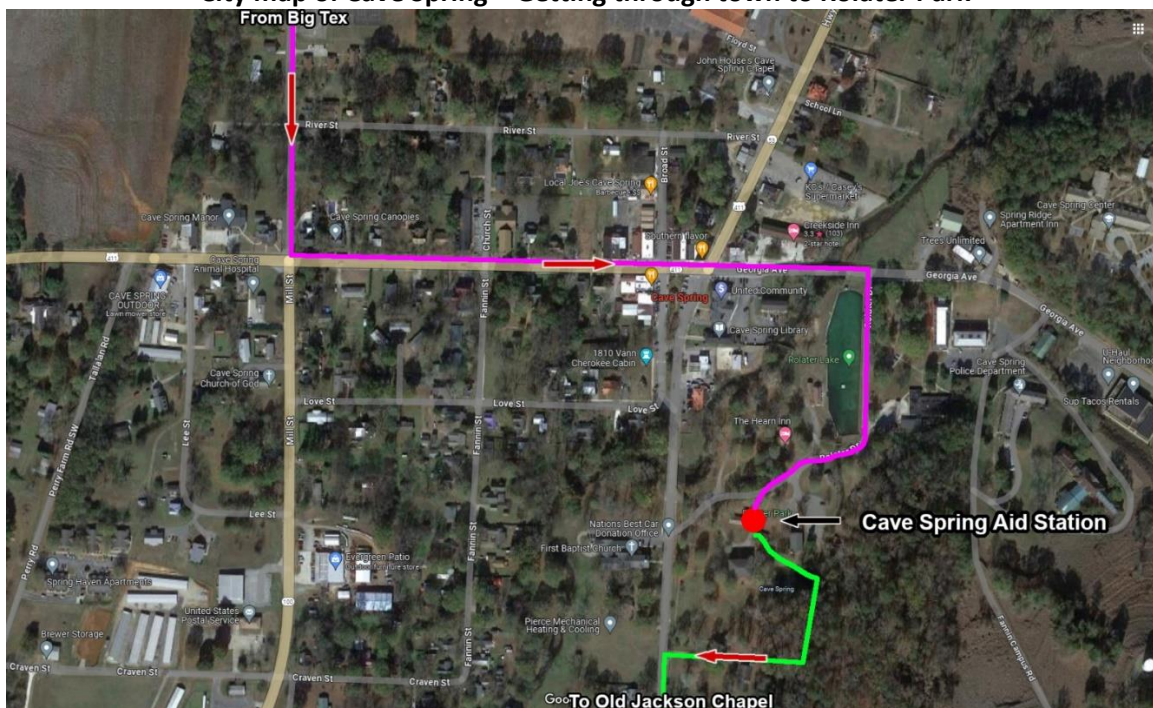
The Cave Spring Aid and Sleep Station. This will be a full sleep station in a 10 X 20 heated tent. Cave Spring is a crew accessible aid station. You may not get to enjoy Cave Spring, but your crew will!

Distance Between: Big Tex and Cave Spring Aid Station - 16.00 Miles, Cumulative Miles - 97.21 Miles

Elevation Change: Ascent - 700 ft., Descent - 751 ft.

Paved Roads: Total - 16 miles

City map of Cave Spring – Getting through town to Rolater Park





Turn left off Mill Street on Alabama St (US 411)



Continue straight ahead, past the signal light and Cave Spring General Store onto Georgia Ave for about 100 Yards.



After 100/150 Yards on Georgia Avenue, turn right into Rolater Park.



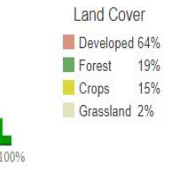
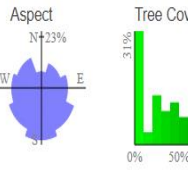
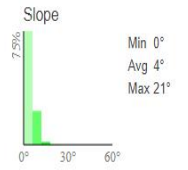
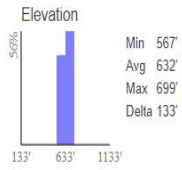
Follow Rolater Dr for about 150 yards along the pool, then angle right to the aid station.



SOUTHERN STATES 200

Section 7 Huffaker to Cave Spring X

distance 12.91mi range 567' to 699' **+598'** **-557'** sampling interval 100' w/ 84.1x vertical exaggeration [resample](#) [png](#) [pdf](#) [csv](#) [Pro](#) [collapse](#)



OK



SOUTHERN STATES 200

Section 8 – Cave Spring Park to Jackson Chapel Trailhead - Mile 97.21 to Mile 105.51

Runners will leave the Aid Station and follow the path through the park and turn left on Cave Springs RD (Old Cadartown Rd) for 2.3 miles. At the large trailhead on your right, turn right through the trailhead and onto single-track trails for 5.9 miles to the Jackson Chapel Aid Station. This is the final aid station before reaching the Georgia/Alabama line. The state line is 2.6 miles past the aid station. This will be a minimal aid station since it is only 7.9 miles from Cave Spring.

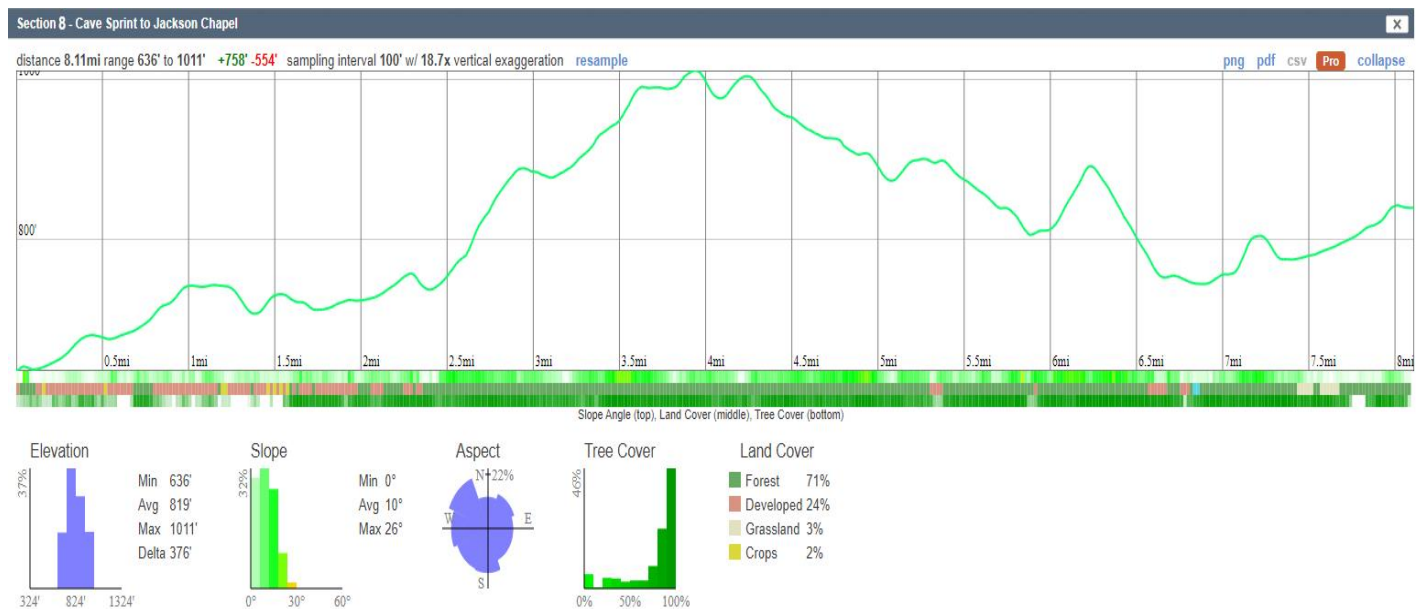
There is no crew access at Old Jackson Chapel Aid Station.

Distance Between: Cave Spring to Old Jackson Chapel Aid Station – 8.30 Miles, Cumulative Miles - 105.51 Miles

Elevation Change: Ascent - 758 ft., Descent - 554 ft.

Paved Road: Total - 2.3 miles

Single-track Trails: Total - 5.9 miles





SOUTHERN STATES 200

Section 9 – Jackson Chapel Trailhead to High Point Talladega - Mile 105.51 to Mile 118.31

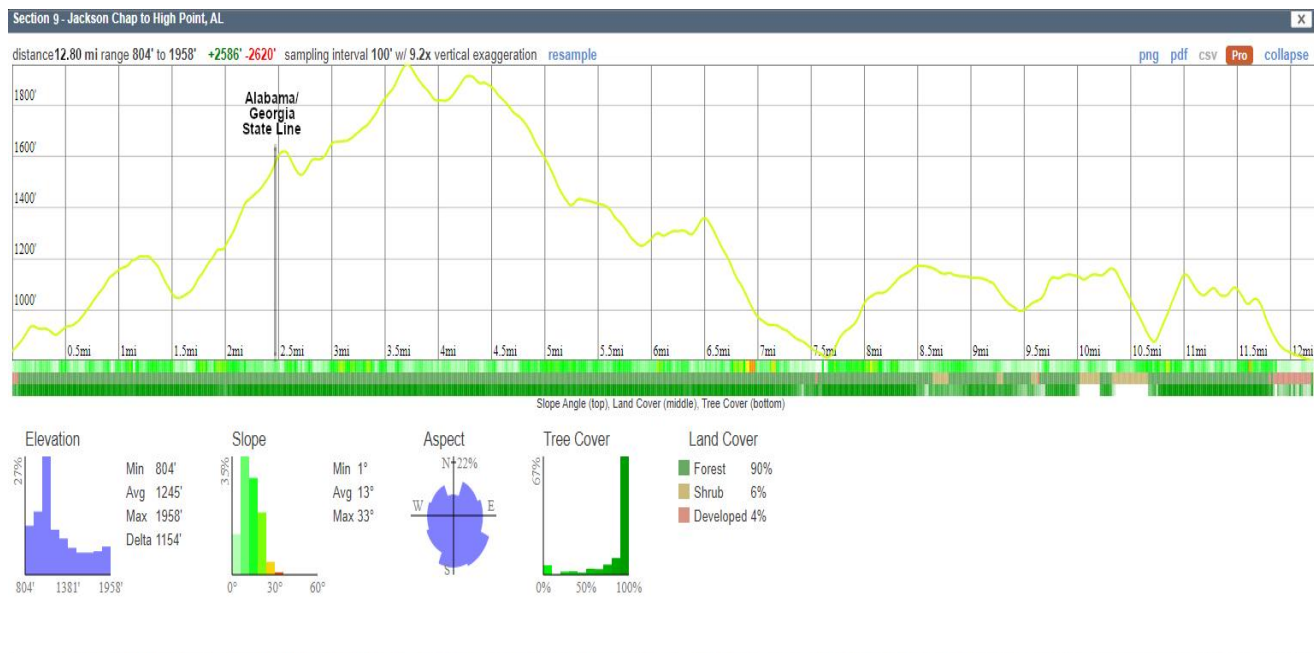
The ALABAMA/GEORGIA State Line – Mile 104.7

Runners will leave the aid station going due west. After 2.6 miles, mile 106.3, you will cross the Alabama/Georgia line and enter Alabama. Runners will be on single-track trails for the next 13.2 miles. As soon as you leave the aid station you start the 1,136 ft. climb to the top Flag Mountain. You will be back in the mountains for the next 45 miles.

Distance Between: Jackson Chapel Aid Station and High Point Talladega - 12.80 Miles, Cumulative Miles - 118.31

Elevation Change: Ascent - 2,586 ft., Descent - 2,620 ft.

Single-track Trails: Total - 12.80 miles





SOUTHERN STATES 200

Section 10 – High Point Talladega to “Low Point” Aid Station at CR94 - Mile 118.31 to Mile 126.14

Right out of the High Point aid station runners will start a 4.3 mile climb to the top of Augusta Mine Ridge. Then you start a 1.5 mile descent to CR 70. Cross the road and start a ½ mile, 270 foot climb over another ridge. Then drop down to County Road 94 and the Low Point Aid Station. This section is all single-track trails. Cross the road and the aid station will be in the CR 94 right-of-way.

Distance Between: High Point Talladega and Low Point, CR 94 - 7.83 Miles, Cumulative Miles – 126.14

Elevation Change: Ascent – 1,454 ft., Descent – 1,454 ft.

Single-track Trails: Total – 7.9 miles





SOUTHERN STATES 200

Section 11 – Low Point Aid Station to Hill Top Blue Trail at CR 500 - Mile 126.14 to Mile 139.64

Runners will leave the Low Point Aid Station heading south. After about 100 yards go right on the Chief Ladiga Trail. The Chief Ladiga is a paved Rail-Trail. Follow Ladiga southeast for 0.5 miles. The Pinhoti Trail turns off to the left, leaving the paved trail. The next 8 miles should be single-track trails.

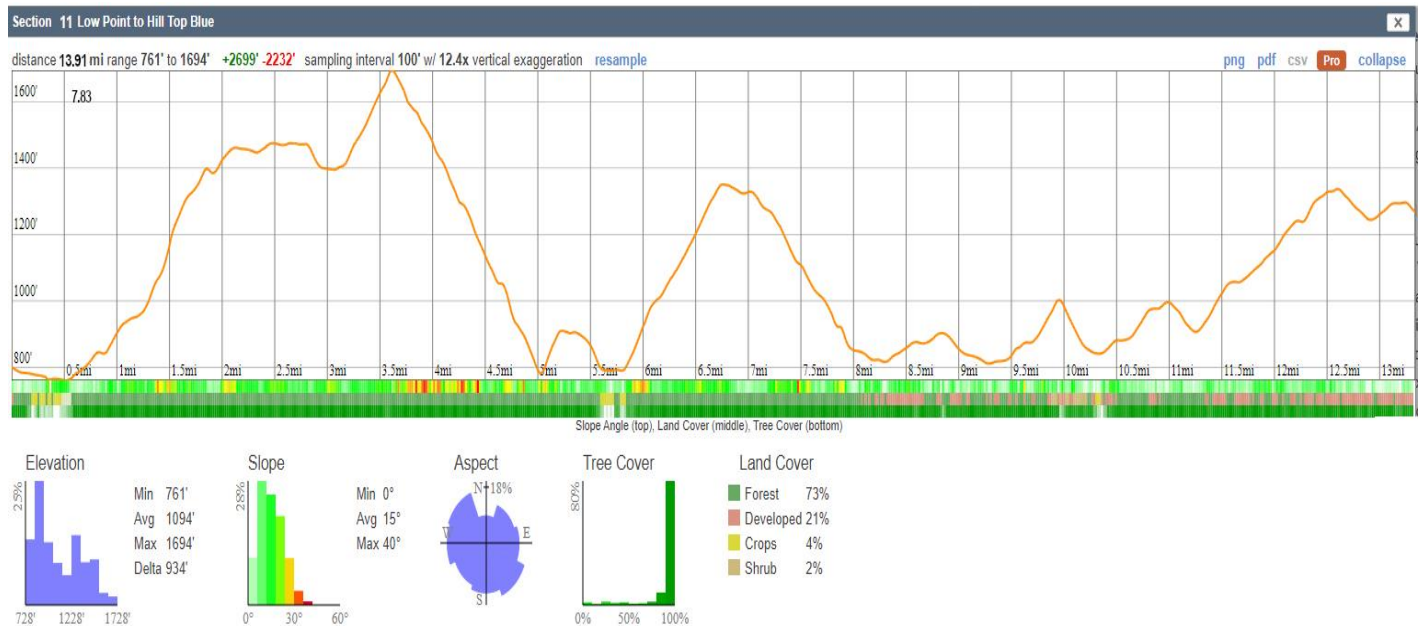
Distance Between: Low Point, CR 94 to Hill Top Blue Trail at CR500 – 13.50 Miles, Cumulative Miles – 139.64

Elevation Change: Ascent – 2,699 ft., Descent – 2,232 ft.

Hard Packed Dirt/Gravel Roads – 5.6 miles

Single-track Trails: Total – 7.4 miles

Paved – Chief Ladiga Trail - 0.5 miles





SOUTHERN STATES 200

Section 12 - Hill Top Blue Trail to Coleman Lake Aid & Sleep Station - Mile 139.64 to Mile 154.24

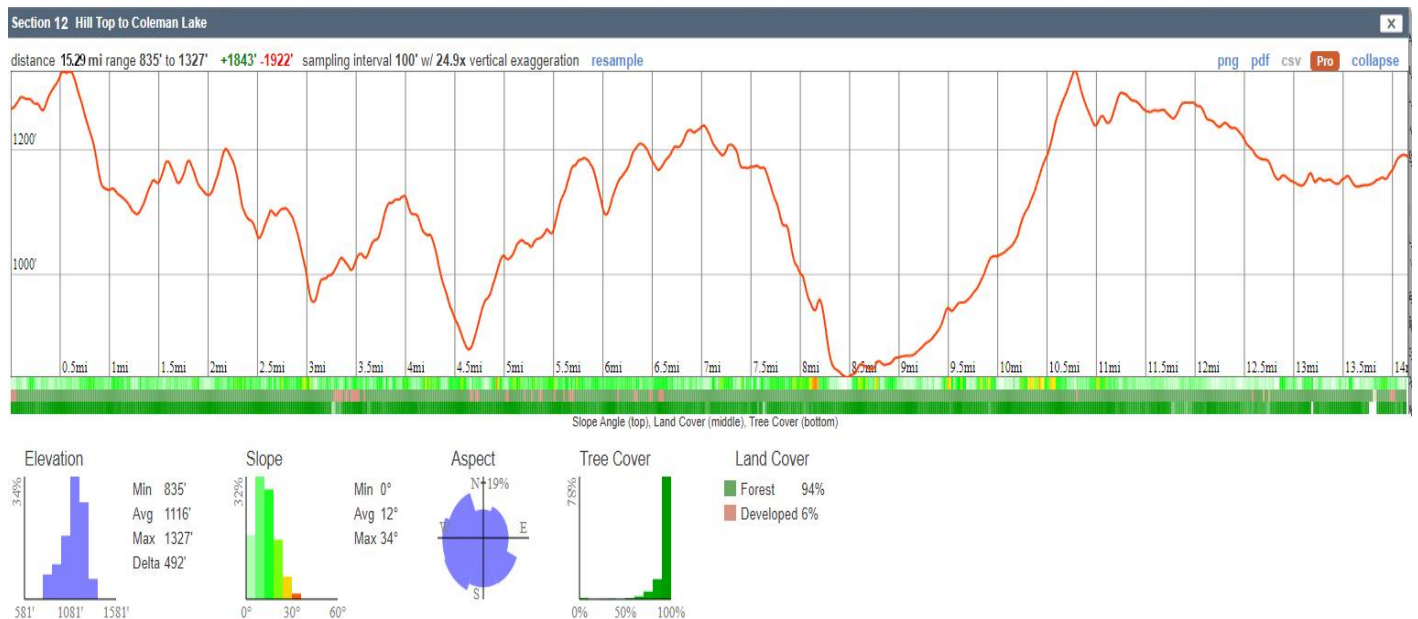
Leave the aid station heading up the Blue Trail to the northwest. You will be on hardpacked dirt and gravel roads for the next 8.4 miles. The Hill Top Blue trail continues northwest for 3.34 miles. The FR "Ts" into FS 540. Go around the gate and turn left on 540, known as "Forty-Seven Summits." Stay on RS 540 for 3.21 Miles to where the Pinhoti Trail crosses the road. Turn left on the Pinhoti and Follow it 2.41 miles. To your left, downhill you will see the bridge over Coleman Lake. Descend the trail to the bridge and cross over the lake. Follow the trail along the lake shore for just over a mile along the west side of lake. The lake trail ends at a boat ramp. Turn left and following signs and flags 200 yards to the Aid Station in the pavilion.

Distance Between: Hill Top Blue Trail to Coleman Lake Aid & Sleep – 14.60 Miles, Cumulative Miles – 154.24

Elevation Change: Ascent – 1,843 ft., Descent – 1,922 ft.

Hard Packed Dirt/Gravel Roads – 2.3 miles

Single-track Trails: Total – 12.3 miles





SOUTHERN STATES 200

Section 13 - Coleman Lake to Highrock-FR 531 Aid Station - Mile 154.24 to Mile 168.72

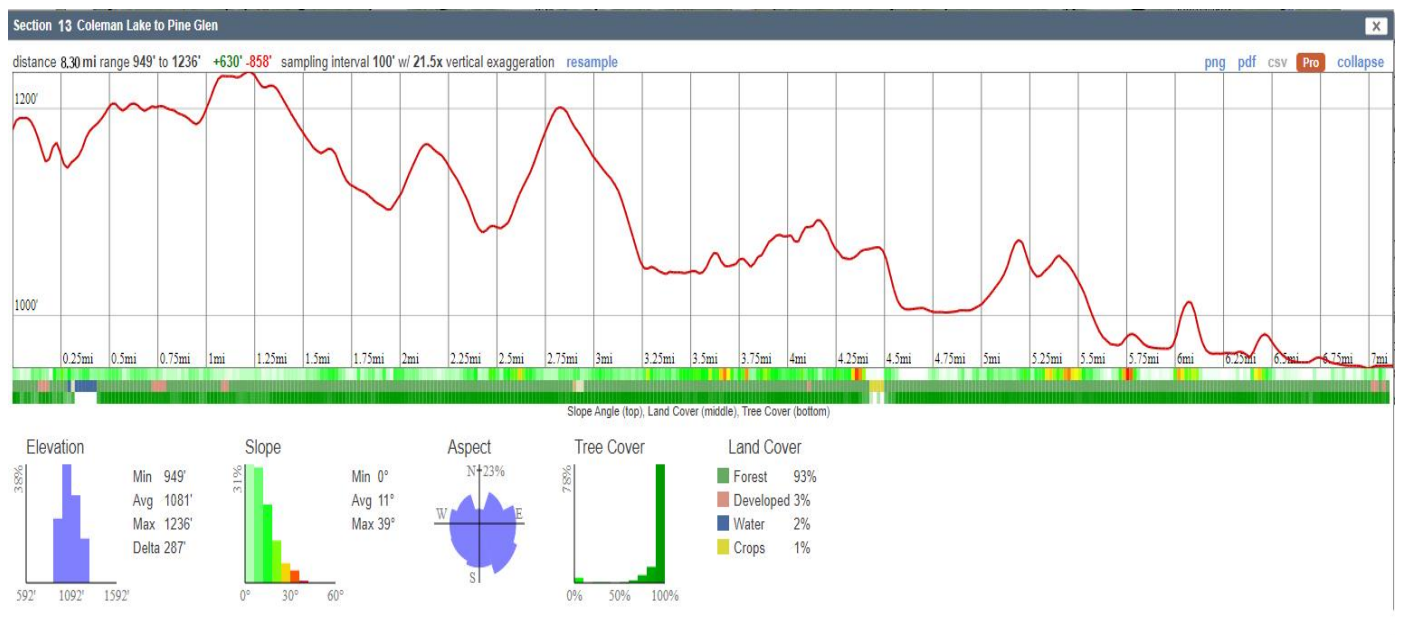
Leave the aid station, head back to FR 553D and turn left for 100 yards. Enter the Coleman Lake Loop Trail to the Left. Cross the dam and circle around the south end of the lake. The lake will be on your right. The trail connects back into the Pinhoti Trail. Runners will continue on single-track trails all the way to Highrock Aid Station.

Distance Between: Coleman Lake to Highrock – FR 531 Aid Station – 14.48 Miles, Cumulative Miles – 168.72

Elevation Change: Ascent – 630 ft., Descent – 858 ft.

Hard Packed Dirt/Gravel Roads – 0.1 miles

Single-track Trails: Total – 14.38 miles





SOUTHERN STATES 200

Section 14 – Highrock Aid Station to Fay’s Aid & Sleep Station - Mile 168.72 to Mile 180.26

The section between Highrock and Fay’s Blowdown is all on single-track trails except for about 200 yards on a gravel road and 200 yards on pavement at Pine Glen Ranger Station and Trailhead. Immediately past Pine Glen Trailhead runners will cross railroad tracks. Be careful here. Trains come through here at high speed. Follow the gravel road for 200 yards then turn left on Hwy 281 (Skiway Mountain way) for about 200 yards. Immediately after crossing over Hwy 78, runners climb over the guardrail to continue on the Pinhoti Trail. After an additional 4.72 miles, runners reach Fay’s Blowdown Aid Station.

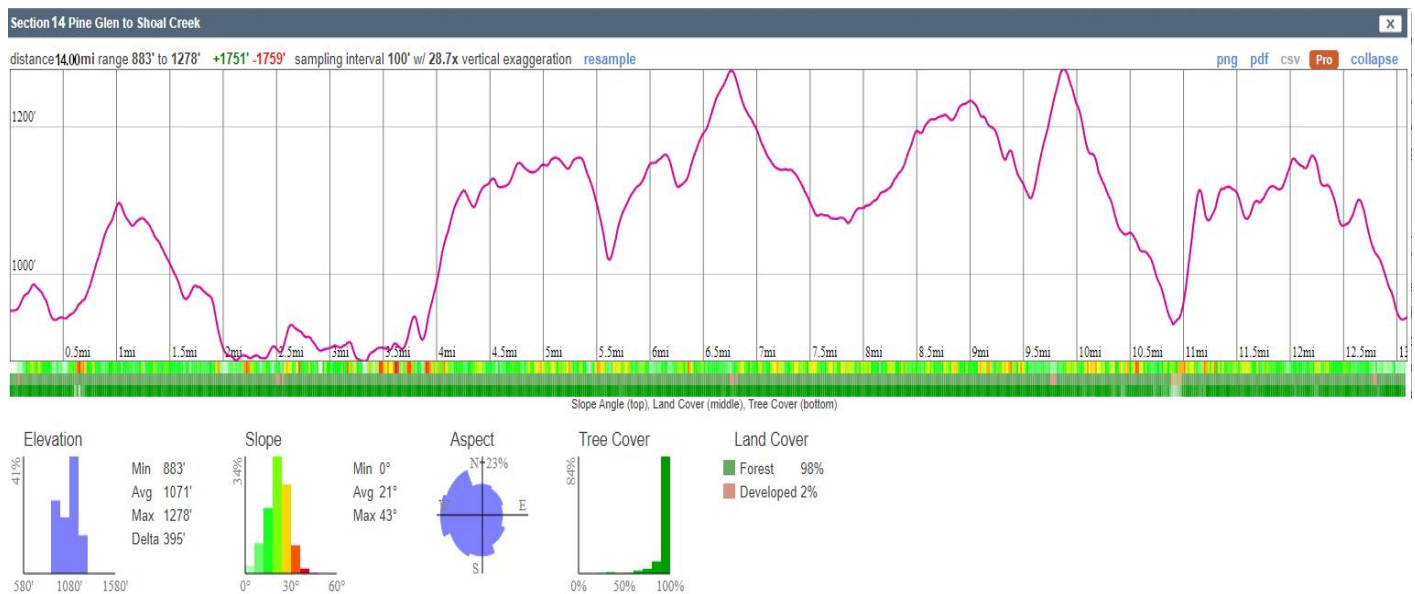
Distance Between: Highrock to Fay’s Blowdown Aid & Sleep – 11.54 Miles, Cumulative Miles – 180.26

Elevation Change: Ascent – 1,750 ft., Descent – 1,759 ft.

Single-track Trails: Total – 11.44 miles

Gravel Rd: 200 yards

Paved Rd: 250 yards





SOUTHERN STATES 200

Section 15 – Fay’s Blowdown to Lost Gulch Aid Station - Mile 180.26to Mile 191.99

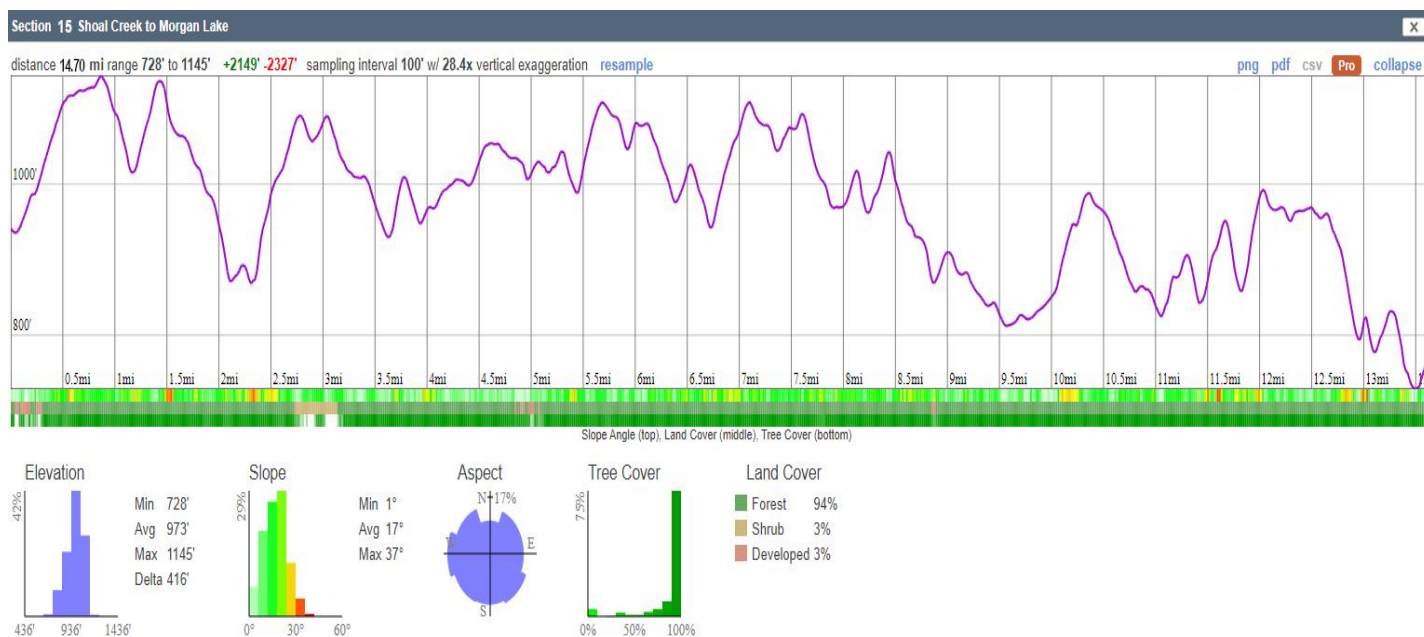
Leave Fay’s Blowdown Aid Station heading south on Hwy 281. Cross over Interstate-20 and continue for 200 yards and follow signs directing you back onto the single-track trail on your right. After 4.1 miles, the Pinhoti crosses US Hwy 431. This is a busy road with cars traveling 40 to 50 MPH as they pass the trail crossing. The crossing is also between two curves in the road. BE CAREFUL. Cross 431 and go to your right, continuing along the paved road for perhaps 100 feet, then turn left up to the trailhead on a dirt road for about 200 yards. The trail continues straight ahead.

After about 5 miles, the trail crosses County Rd 24. This road also crosses between two sharp turns on a downhill grade. This is a tricky area for drivers. They are focused on the road not hikers or runners. Be cautious here. At CR 24, go left about 50 ft. then back right into the woods on the Pinhoti Trail. After 1.9 miles, follow signs directing you down an old abandoned road to the left, 450 yards to the Lost Gulch Aid Station.

Distance Between: Fay’s Blowdown to Lost Gulch Aid Station – 11.73 Miles, Cumulative Miles – 191.99

Elevation Change: Ascent – 2,149 ft., Descent – 2,327 ft.

Single-track Trails: Total – 11.23 miles





SOUTHERN STATES 200

Section 16 – Lost Gulch to the FINISH at Cheaha State Park - Mile 191.99 to Mile 201.03

Follow the old, abandoned road back the way you came for 450 yards to the Pinhoti Trail. Go left for 7.55 miles to a trail split. This is where the Bald Rock Trail leaves the Pinhoti Trail. The Bald Rock Trail is 0.5 Miles long and climbs 320 feet. It ends at the 1,500 foot long Bald Rock Boardwalk. Go under the boardwalk and climb the stairs to the boardwalk. When you reach Bald Rock, take a moment to look around. The view off to the west is amazing. The banner photo we use for the Southern States 200 was taken from Bald Rock.

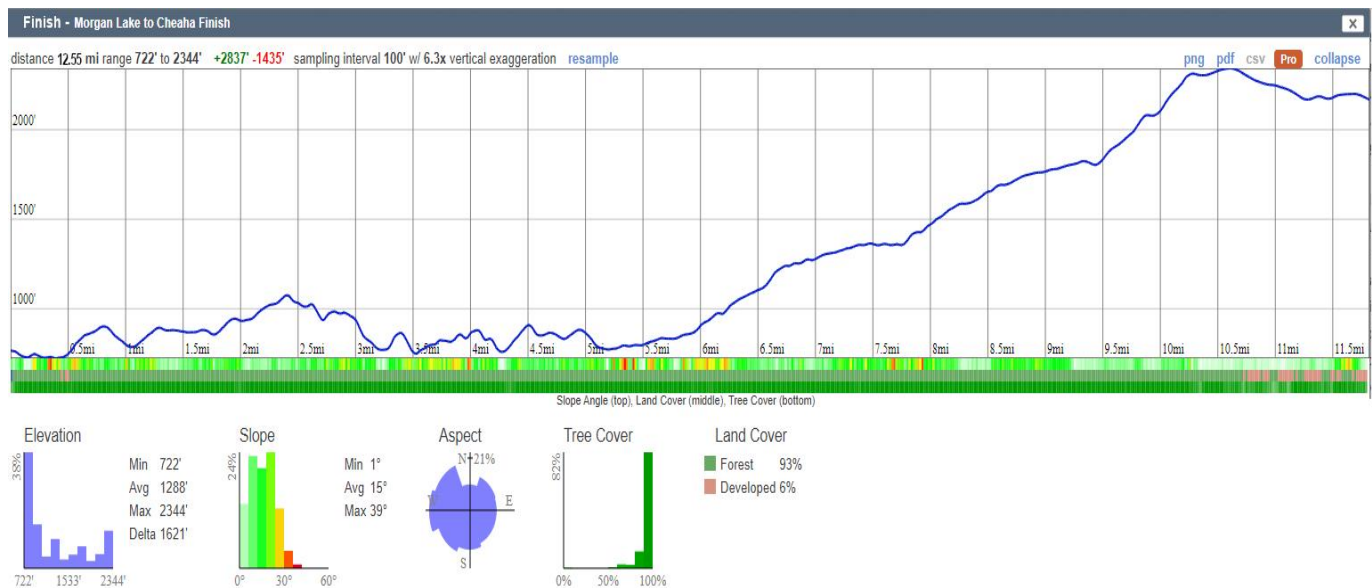
Follow the boardwalk to the southwest to where it ends at the Bald Rock Lodge on your left, bathrooms are on your right. The finish is at the Bald Rock Lodge.

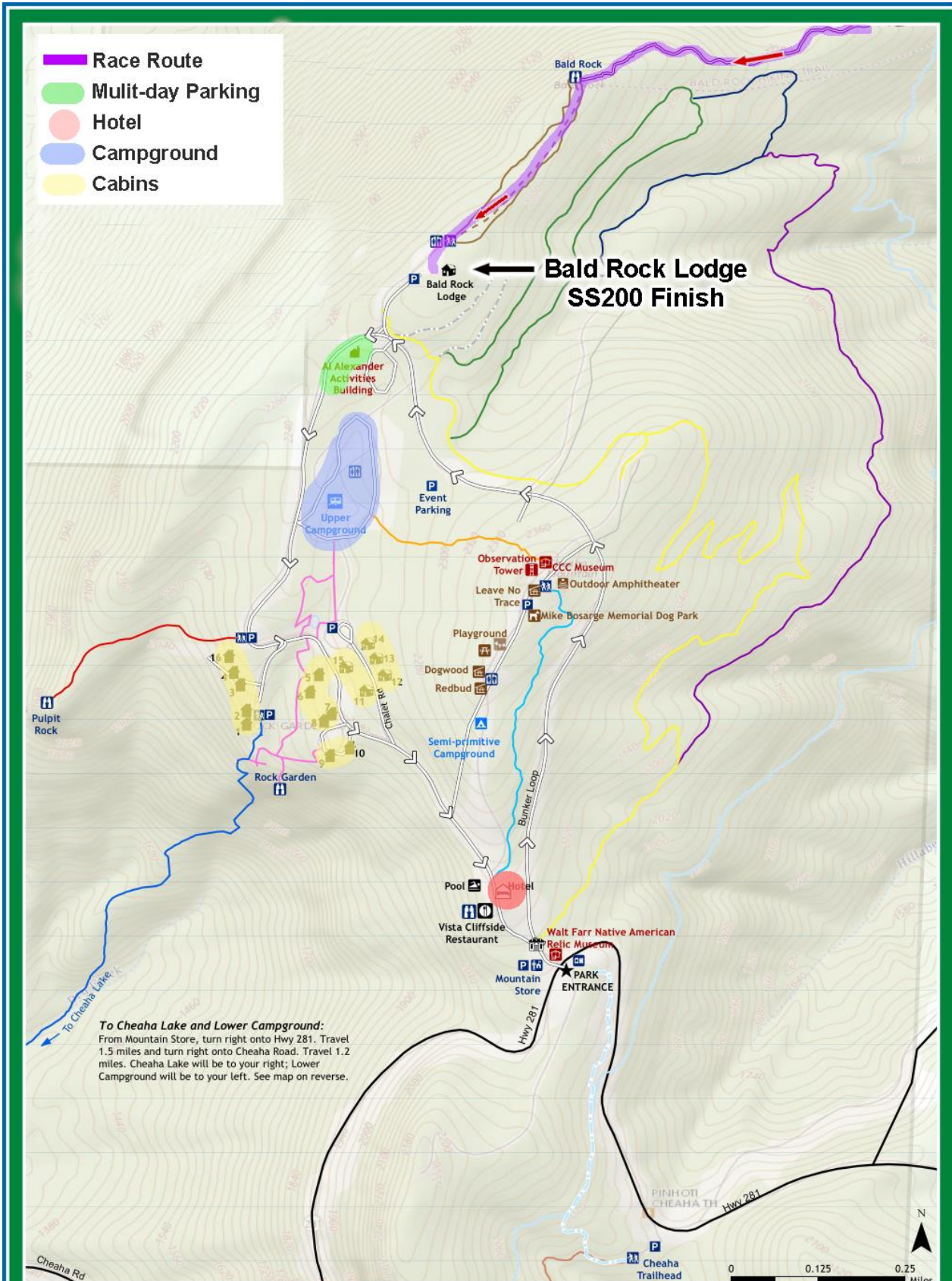
Distance Between: Shoal Creek to Morgan Lake Aid Station – 9.04 Miles, Cumulative Miles – 201.03

Elevation Change: Ascent – 2,837 ft., Descent – 1,435 ft.

Boardwalk: 1,500 ft.

Single-track Trails: Total – 8.59 miles





Map of Cheaha State Park and the Southern States 200 Finish