

Uwharrie Mountain Run

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RACE LOGISTICS

Location • The race is run on the Uwharrie Trail in the Uwharrie National Forest. All races begin at the northern trailhead on State Road (SR) 1306, two miles east of Ophir, NC

Parking • Parking at the start is limited. **Please try to car pool.** Do not arrive before your scheduled race check-in. In the event that off-site parking nearby is necessary, shuttle service will be provided to the start.

Check-in • Pick up your race number and t-shirt at the pasta dinner or at check-in prior to the start of your race.

Shuttle Service • Transportation will be provided back to the start area for 8-mile and 20-mile runners without crews. Please be prepared to wait for the van that will take you back. If you do not wish to wait, please bring your own support crew! We will provide maps to crew members.

Bag Check • Bag check will be provided for all runners. Turn in a bag of dry clothes at the start and it will await you at the finish, and at the 40-miler turn-around.

Aid Stations • Aid stations are situated at the 5, 8, 11, 14, 17, 20, 23, 26, 29, 32, 35 and 38-mile points. Water, Gatorade, Mountain Dew, Coke, cookies, and chips are provided at all aid stations. Soup is available at the 32-mile point. Soup will be served at the 40-mile finish.

Crew Access • Crews may access their runners at the 8, 11, 20, 29, 32 and 38 mile points. Driving directions are listed below and can also be picked up at registration.

DIRECTIONS TO THE START

DRIVE CAREFULLY!! Uwharrie roads are narrow. It is easy to swerve into the wrong lane if you are going too fast on a curve. Remember, the race is on the trail, not on the roads.

Coming from the west through Albemarle take Hwy 24/27 across the Pee Dee River, turn left at the intersection with SR 1150 (across from the Uwharrie Sportsmen store), proceed to the village of Uwharrie, veer left on Hwy 109, turn right on SR 1303 at Uwharrie Volunteer Fire Department/Ophir 5 sign, arrive in booming downtown Ophir (pronounced O-fer), turn right on SR 1306 at Flint Hill 5 sign just past the Ophir United Methodist Church and cemetery, northern trail head starting point is 1.9 miles down 1306 on your right just past a small bridge.

Coming from the east take Hwy 24/27 to Troy, turn right on Hwy 109 (either Business 109 at the downtown stoplight or the shorter Bypass 109 route at McDonalds), proceed to the village of Uwharrie, turn right on SR 1303 at the Uwharrie Volunteer Fire Department, proceed to Ophir, turn right on SR 1306 at Flint Hill 5 sign, stay on 1306 for 1.9 miles where you will find the northern trail head/race start on your right.

Coming from the northeast: from Hwy 64, take Hwy 220S toward Rockingham. Take Exit 51/ Hwy 134S (right off ramp, then quick left). Turn right at intersection with SR 1311 (Abner Rd, see white bldg on the corner.) Turn Left on SR 1306 (Flint Hill Rd), stay on 1306 to northern trail head/race start on your left –total of 6.3 miles from Hwy 134.

Coming from the northwest, two possibilities confront you from Hwy 109. Adventurous drivers can turn left in Blaine on SR 1300 (dirt, New Hope 6 sign), turn right on the paved SR 1301 toward Eldorado then take a left at the next intersection to Ophir (still 1301 but dirt, take care on the one lane bridge over the Uwharrie River) then right on the paved SR 1134 (Uwharrie 6 sign). Turn left on SR 1306 in Ophir and travel 1.9 miles to the trailhead on your right. Conventional drivers can enter the suburbs of the village of Uwharrie, take a sharp left on SR 1303 at the Volunteer Fire Department station, proceed to Ophir, take a right on SR 1306 at the Flint Hill 5 sign, northern trail head/start will be 1.9 miles down the road on your right.

DIRECTIONS TO CREW ACCESS POINTS

2/38 mile access point - from start, return to Ophir on SR 1306, turn left at T junction (Methodist church on your left), take quick left 2/10 mile from junction on dirt road (SR 1134 NC 109 4 sign), trail crossing is flagged.

8/32-mile access point - from start return to village of Uwharrie (Mullinex Grocery), continue on Hwy 109 for 2 miles. Look for trail crossing sign on highway, parking lot is located on left.

11/29 mile access point - return to village of Uwharrie (Mullinex Grocery), turn left on SR 1150, proceed 2.5 miles, turn left on Dusty Level Road (dirt FR 1146) just past Yates Place 3 Mi sign, trail crossing is 2.4 miles down dirt road at aid station.

20 mile turnaround access point - return to SR 1150, turn left, proceed to intersection with Hwy 24/27. Turn left on Hwy 24/27, southern trailhead is 1 mile ahead on your left.

LODGING

***Race HQ - Hampton Inn - Asheboro** 800.426.7866
1137 East Dixie Dr (Jct Hwys 220/64) 336.625.9000
Request Uwharrie Mountain Run rate: \$65 double

Holiday Inn Express - Asheboro 800.HOLIDAY
1113 East Dixie Dr (Jct Hwys 220/64) 336.636.5222
Rates: \$65-149

DAYS INN - Asheboro 800.222.0519
901 Albemarle Rd/Hwy 49, nr Jct Hwys 220/64 336.629.2101

Comfort Inn - Albemarle 800.221.2222
Hwy 24/27 704.983.6990

Lions Inn Motel -Albemarle 704.982.8194

Days Inn – Biscoe 800.329.7466
Hwy 220, Jct. Hwy 24/27 910.428-2525

Uwharrie Mountain Lodge – Troy Hwy 24/27 910.572.3701