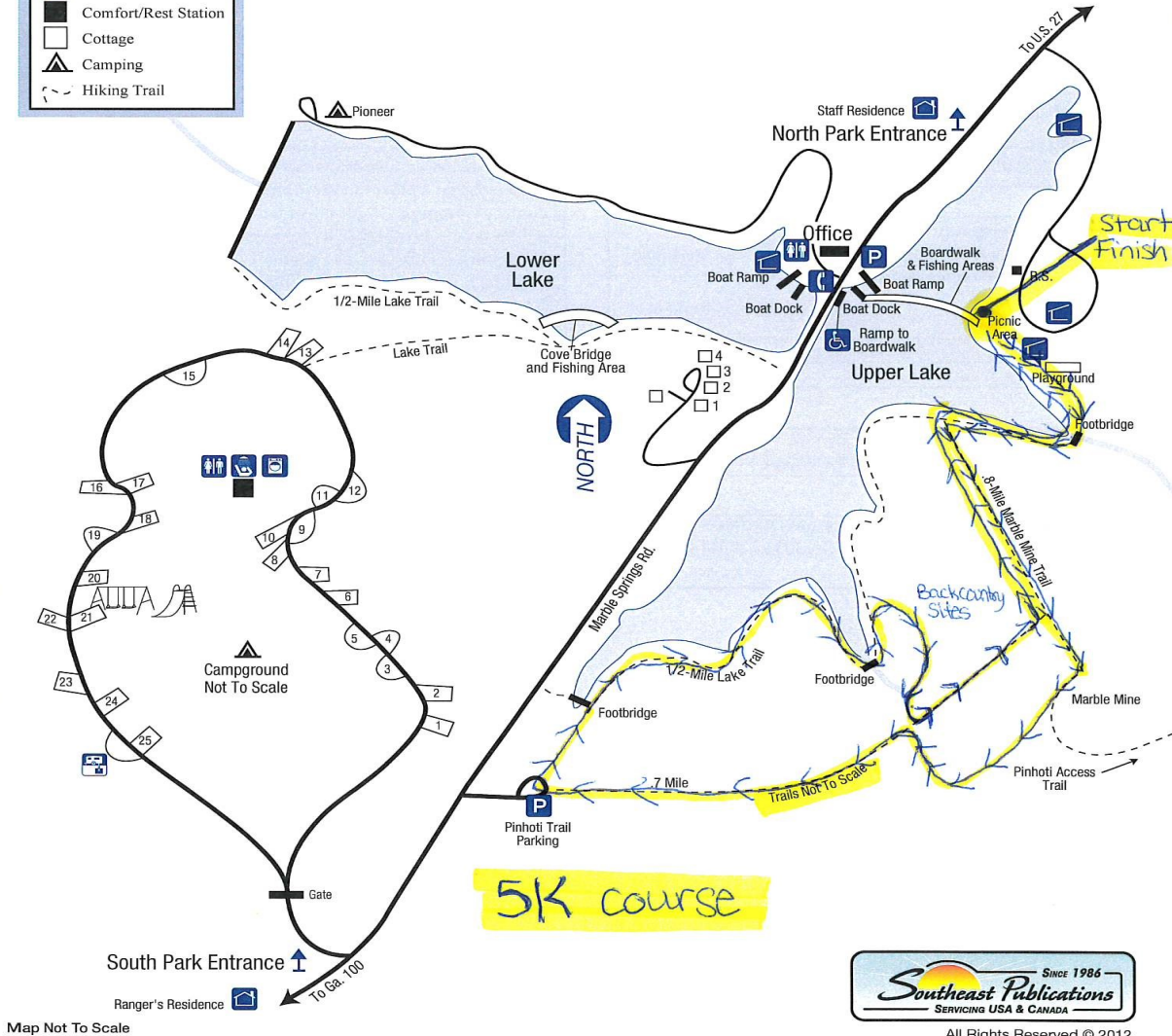


James H. "Sloppy" Floyd State Park

(706) 857-0826
www.gastateparks.org



Legend	
	Restrooms
	Showers
	Laundry
	Parking
	Picnic Shelter
	Handicap Accessible
	Comfort/Rest Station
	Cottage
	Camping
	Hiking Trail



Twisted Ankle



Trail Race

In the event of emergency call
911

Park Office number

706-857-0826

Twisted Ankle Trail Race 5K (3.1 miles) Course Details

****You must be fully self supported with your own hydration and fuel needs****

There are no aid stations

DO not litter!

5K Runners will be following the red arrows on the course

Leave the start /finish towards the woods, (lake on your right) and make a right towards the Marble Mine Trail. At the intersection just in to the woods, you will turn left to go towards Marble Mine.

You will continue straight up to the Marble Mine. Once at the top you will stay right to the end of the trail. You will take a right (down hill) to a T intersection. All 5K runners will turn right and head DOWNHILL.

At the bottom of the hill, you turn left towards Jenkins Gap Parking Lot.

At Jenkins Gap Parking Lot, you will go straight through the parking lot towards the lake. Once you pop out of the woods you will go right (lake on your left) back into the woods.

You will cross a footbridge, and the next trail to your right will be to the backcountry campsites. Take this trail, and follow it through the woods. You will come to another footbridge to your right, you will follow the trail over the foot bridge.

You will come out of the woods at a T intersection. Here you will take a left, heading back towards the Marble Mine Trail. At the Marble Mine Trail intersection, you will go left back towards the lake. DO NOT go back up to Marble Mine.

You will take a right back to the trail you started on and retrace your way to the finish.

You will be following red arrows. Yellow ribbons are telling you to stay on this course. Side trails are not closed, nor are they marked. If you see yellow ribbons, that means follow them. You should see some kind of course marker at least every 1/4 of a mile.

Don't get lost. We will check course markers multiple times a week, but we cannot guarantee they won't be tampered with.

PLEASE take a map!