

# 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



In the event of emergency call  
**911**  
Park Office number  
**706-857-0826**



## **Twisted Ankle Trail Race Ten Mile Course Details**

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

**There are no aid stations**

The ten mile course includes a significant and steep climb. We love Becky's Bluff!

DO not litter!

### **Ten Mile Runners will be following the blue arrows on the course**

Leave the start finish towards the woods, (lake on your right) and make a left up the hill to the parking area. At the top of the parking area go right and follow the road to the main entrance and take a left. ROADS ARE NOT CLOSED. Run against traffic and be aware!

Turn right at the office, and take the dirt road to the right after the office. Follow the road along the lower lake and across the levee. Continue left around the lower lake to the Cove Bridge and take a right up to the campground.

Coming in to the campground stay to your right on the road. At the top of a hill there is a little trail to your left "Blueberry Thicket". Take that trail and when you pop out the other end you will take a right down the road to the main campground entrance. Stay to your left, and take a left on to the main road. You will quickly see Jenkins Gap Parking Lot on your right. As you enter the parking lot, stay to your left and pick up the Upper Lake Trail. As you pop out by the lake, take a right to wards the woods. Stay on the Upper Lake Trail as it brings you around the upper lake to the Marble Mine Trail. Go straight at the intersection to the Marble Mine.

From the Marble Mine stay to your right , you will intersect another trail and go right, you will be heading down hill to a T intersection.

**TRICKY SPOT**— You will see this intersection twice. **VERY IMPORTANT**—The first time you come to this T you will take a left. This will send you UPHILL to Becky's Bluff. At the top of Becky's Bluff you will go LEFT. It is about 1/2 mile on the ridge, (Pinhotti Trail system) and you will take a left to go back down the Marble Mine Trail. If you miss this turn you will be on the ridge for MILES AND MILES!!

Coming down from the ridge, you will encounter the Tricky Spot T intersection for the second time. **THIS TIME** take a right to go DOWNHILL. Once down the hill you will take a right.

You will again come to the Marble Mine intersection and stay to your left. **DO** not go back to the Marble Mine. You will be heading in the opposite direction on the Upper Lake Trail you were on earlier (lake will be on your right this time). You will come to the Backcountry Camping sites trail which will be on your left. You will take that left .

Going through the Backcountry sites you will stay to your right to cross the foot bridge and come to a T at the end of the trail. You will go right and to the Jenkin's Gap parking lot. Once at the parking lot, you will go left towards the main road and take a left once at the main road towards the campground.

You will head right up towards the campground, staying to the right on the road. Blueberry thicket will be on your left at the top of the hill, head through the little trail, and you will pop out and take a right to go through the campground. Follow the road staying to your left until you see the signage for the Lake Trail. You will head back down to the lake. At the Cove bridge, take a left to head to the levee and once across the levee turn right on the road.

You will take a left off of the road up a hill where it will bend t o the right and let you out by the office. **WATCHING FOR TRAFFIC**, cross the road and run across the bridge with the Rocky Theme bursting in your heart. **YOU ARE DONE!**

**You will be following blue 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 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!**