

2017 Twisted Ankle 10 Mile Course



The Twisted Ankle 10-mile course will begin at the upper lake, follow the road to the lower lake, run through the campground to Jenkins Gap Parking Lot. There runners will take a left and pick up the upper lake loop all the way to Marble Mine Trail and on up to Marble Mine. Once at Marble Mine, runners will be directed to the right for a short way before making the left to Becky's Bluff. Once the enjoyment of climbing Becky's Bluff is finished, runners will head left to the Marble Mine Trail head from the Pinhoti Trail. Once back down the ridge, runners will take a right this time running the Marble Mine Trail in the opposite direction heading towards the Upper Lake Trail where they will then take a left on to the primitive campground access trail. Once through the campground, runners will take a right back towards Jenkins Gap Parking lot and back to the same way you got there, with the grand finale across the bridge!