

## **Martha Moats Baker Memorial 50K**

Start in Wild Oak Trail parking lot.

Proceed counterclockwise on the Wild Oak Trail up Chestnut Ridge to Little Bald Knob. Continue straight (north) on Bald Road (427) past the first bar gate (2.1 miles) to the MMB marker at the north end of the wildlife clearing on the right.

(Inscription: Martha Moats Baker

Born 1880

Froze TO Death Near This

Spot On Brushy Mt.

January 1925

Found Aug.30, 1925)

Continue another 2.3 miles to FDR 85.

Turn right and run 1.2 miles to a masonry spring, which will be flagged.

Cut right on the trail to Reddish Road and continue on to the top of Reddish. (12 miles and aid).

Descend the road to the bottom of the guard rail on the right and turn right onto the Timber Ridge Trail (431). Go 4 miles to a signpost which says "Reddish Knob 4 miles" ( which is pointing behind you) and "Tillman 3 miles" (ahead of you). There is a trail to your right at this point. Bear right on that trail which is a continuation of Timber Ridge. Drop down to a dirt road (Tilghman Road).

Turn left on Tilghman Road and run a mile up to the dog graveyard. (20 miles and aid).

Cut right at the aid station, do the short grunt and continue for a mile and a quarter on newly graded terrain. Watch closely for a very small trail on your right.

Turn right and go 50 yards to a signpost with "Cookie Trail" at the top. It's crossed out and "Tower Trail" is etched underneath it. Go right (south) past the tower, and about another quarter mile almost to the top of a small hill where, again, there's a signpost on the right which says "Tillman Trail 439".

Turn right and drop a mile to the Tilghman Road.

Turn left on the road and run 1.3 miles to the Grooms Ridge Trailhead. (24 miles and aid).

Turn right and climb for 4 miles up yellow blazed Grooms Ridge (424) to the intersection with white blazed Wild Oak (716).

Turn left and descend 4 miles to the finish at the parking lot where you started.

Note I: After you leave the dog graveyard and run 1.25 miles, if you miss the small right hand trail, you'll barge on ahead to a dead end (about 2/3 mile).

Reverse course and concentrate on finding an uphill trail on your left side which will lead to the "Cookie Trail/Tower Trail" signpost. Follow the above directions from that point.

Note II: If you miss the signpost on the Timber Ridge Trail and run absentmindedly past it, you'll be on the Sand Spring Mountain Trail (423) and will bottom out on Tilghman in 3 miles in which case you should turn right and run uphill for a half mile to the dog graveyard.