

# Martha Moats Baker 50 km



Take **white** blazed **Wild Oak Trail** (716) from North River Gap parking lot. After 0.15 miles, turn **RIGHT** onto **white** blazed **Wild Oak Trail** for 6.6 miles to top of Little Bald.

**RIGHT** (north) on **Bald Mt. Road (FDR 427)** for 4.4 miles. *Pass memorial to Martha Moats Baker after 2.3 miles.*

**RIGHT** at junction with dirt road, **FDR 85** (just past second bar gate). Follow road for for 1.2 miles.

**RIGHT & UP** at **Masonry Spring** (it will be flagged) to top of Reddish Knob and the **first aid station** at mile 12.5.

Exit on north side of parking area, on rocky trail, across paved road and go **STRAIGHT** across on **yellow** blazed **Timber Ridge Trail** (431) for long 7 mile descent. After 3.1 miles stay **LEFT** on **Sand Springs Trail** (432).

**RIGHT** on gravel **Tillman Road** for 0.1 mile.

**LEFT** at Narrowback Trail head (432) and down into **The Slab**, the **second aid station** at mile 19.5.

**LEFT** onto **yellow** blazed **Narrowback Trail** (432). Follow for 0.5 miles to near top of ridge.

**RIGHT** at intersection with **Tower Trail** (432A). Follow Tower Trail for 1.0 miles.

**RIGHT** on **Tillman Trail** (West) for 2.2 miles down to Tillman Rd.

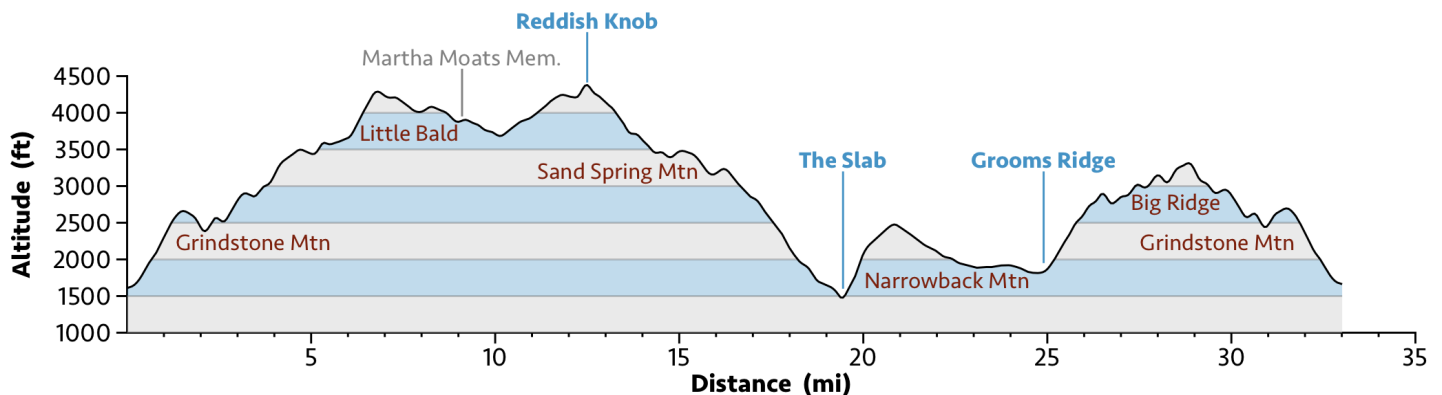
**LEFT** on **Tillman Rd** for 1.6 miles to Grooms Ridge Trail head, the **third aid station** at mile 24.9.

**RIGHT & UP** on **yellow** blazed **Grooms Ridge Trail** (424) for 4.0 miles

**LEFT** at intersection with **white** blazed **Wild Oak Trail** (716) and follow, mostly downhill, for 4.0 miles. At the bottom, take a **LEFT** onto the short spur trail to **Finish** at North River Gap parking lot.

## Essential Info

Date	Sat Aug 10, 2019
Start time	7:00 a.m.
Start/finish	North River Gap (38.367°N, 79.164°W)
Distance	33.0 miles
Total ascent	7,850 feet
Aid stations	1. Reddish Knob (mi. 12.5) 2. The Slab (mi. 19.5) 3. Grooms Ridge (mi. 24.9)
In charge	Quatro Hubbard (804) 254-7825





# Martha Moats Baker 50 km

**Reddish Knob A.S.**  
**mile 12.5**

**Martha Moats Memorial**  
**mile 9.1**

**The Slab A.S.**  
**mile 19.5**

**Grooms Ridge A.S.**  
**mile 24.9**

**Start/Finish**

**Kath Knipling**  
**August, 2014**

