

Big Frog 50K Crew Instructions

Aid 1: Boyd Gap Parking Lot – Mile 9 for runners

Turn RIGHT and head south on US 64 from the Ocoee Whitewater Center parking lot. Begin driving uphill. US 64 will go uphill, then be flat/downhill for a bit, then begin climbing again. Turn RIGHT onto driveway for Boyd Gap Overlook approximately 2 miles from the Ocoee Whitewater Center. This will be the second paved road on the right. DO NOT turn on Number 3 Dam Road. Aid station will be set up in the grass at the far (southern) end of the parking lot.

Aid 2: Start of Bear Paw Trail Near Bridge – Mile 12.7 for runners

From Aid 1, turn LEFT and drive back down US 64 to the Ocoee Whitewater Center. Park near the Ocoee Whitewater Center building and walk across the bridge that is just south of the Whitewater Center. Once you cross this bridge, you will see a dirt trail that goes to the left and a concrete path that heads right. The aid station will be set up on the right on the concrete path. Runners will be coming across the bridge towards the aid station and are then taking a left onto the dirt trail.

Aid 3: Base of ThunderRock Trail and FS 45 intersection – Mile 17.9 for runners

From the Whitewater Center parking lot, turn LEFT on US 64 and head north for approximately 1 mile. Turn left onto FS 45, which will initially be a bridge over the river. There is a funky uphill left turn lane that you'll need to pull into to make this turn. There should also be a sign for Thunder Rock Campground at this intersection. Cross the bridge, pass the Ocoee Powerhouse, drive past the Thunder Rock Campground entrance and go less than a quarter mile to a gated gravel road that comes in from the left. The aid station will be set up on the side of FS 45. Runners will be approaching from the gated road.

Aid 4 and 5: FS 221/Chestnut Mtn Trail/Quartz Trail Intersection – Mile 20.7 and 27.6 for runners

From Aid 3, continue up FS 45 approximately 3 miles until it intersects FS 221. Turn LEFT on FS 221 and drive approximately a quarter mile to the aid station which will be on your left. Runners will pass by this aid station twice.

RULES FOR CREW:

Crews may only assist at Aid Stations and may not follow runners along gravel road sections or provide assistance other than at Aid Stations.

RACE DIRECTOR'S SAGE ADVICE!!

If your support crew is not familiar with this area, do them a solid and go through these directions with them while looking at aerial photos of the areas on google maps so they know what to expect. The aid stations will be hard to miss as they will have big orange 10 gallon coolers on the tables. If they do not see an aid station set up, your crew is likely either super early in getting there or they are not in the correct location.