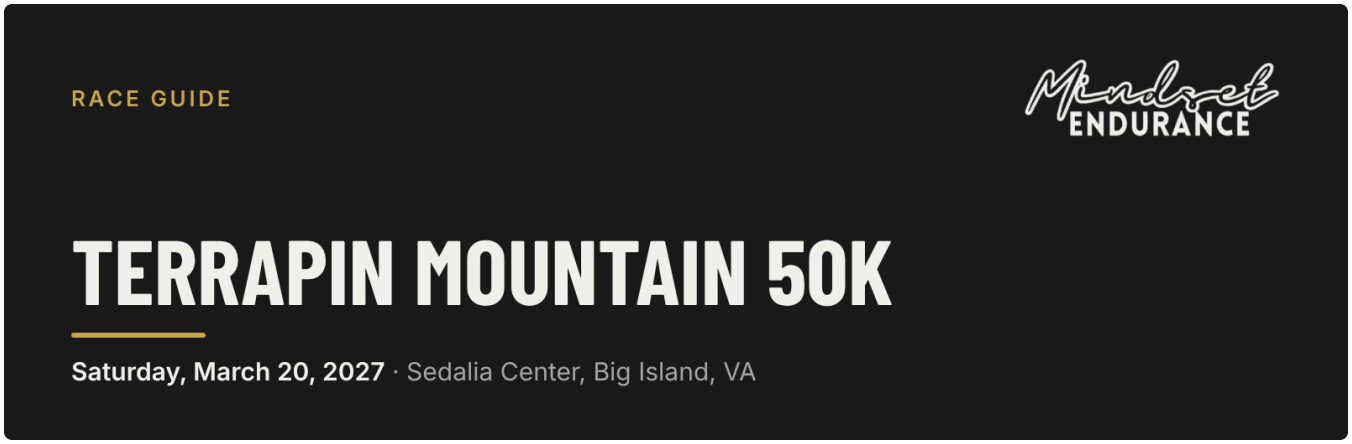
Terrapin Mountain 50K Race Guide



https://www.windingwayrunco.com/terrapinmountain

Winding Way Run Co.

Terrapin Mountain is organized by Winding Way Run Co., which took over the race in 2024. Race director Brian Million started running at 40, planning on one marathon, and found his way into ultrarunning. He built the company to give runners a supportive place to chase their goals and find out they can do more than they think.

The company calls its race culture "the vibe": runners who want their rivals to race well and who stay to cheer for others, whether they won, struggled or didn't finish. Most of its events offer more than one distance, and Terrapin pairs the 50K with a half-marathon.

Winding Way also puts on the Haunts & Hallows Half Marathon at First Landing State Park in Virginia Beach. Terrapin Mountain is part of the Lynchburg Ultra Series, and its half-marathon is part of the new Blue Ridge Trail Series.

Website: windingwayrunco.com · **Instagram:** @windingwayrunco · **Email:** windingwayrunco@gmail.com

At a glance

Race Date: Saturday, March 20, 2027

Location: Sedalia Center, 1108 Sedalia School Rd., Big Island, VA 23526, next to the George Washington National Forest (Pedlar District)

Race Distance: 50K (31.1 miles), about 7,000 ft of gain and 7,000 ft of loss, 9-hour cap

Race Start Time: 7:00 AM (50K and Half-Marathon start together)

Format: One 31.1-mile loop from the Sedalia Center on paved road, forest service road and singletrack, with three passes through Camping Gap and two through Hunting Creek. Part of the Lynchburg Ultra Series.

Course

The course climbs out of Sedalia to Camping Gap, works through the forest roads to the north and west, then finishes with the technical Terrapin Mountain climb and a runnable return.

Sedalia Center to Camping Gap, miles 0 to 4.1. A short stretch of paved road and jeep road leads to singletrack that climbs about 1,900 ft to Camping Gap. This is the steepest sustained work of the first half.

Camping Gap to Goff Mtn. Rd., miles 4.1 to 9.4. Mostly forest service road descending about 1,900 ft, passing Hunting Creek at mile 7.2. It runs fast, so hold back here.

Goff Mtn. Rd. to Camping Gap, miles 9.4 to 16.4. The long climb of the day: about 2,600 ft on forest roads back through Hunting Creek (mile 13.3) to Camping Gap.

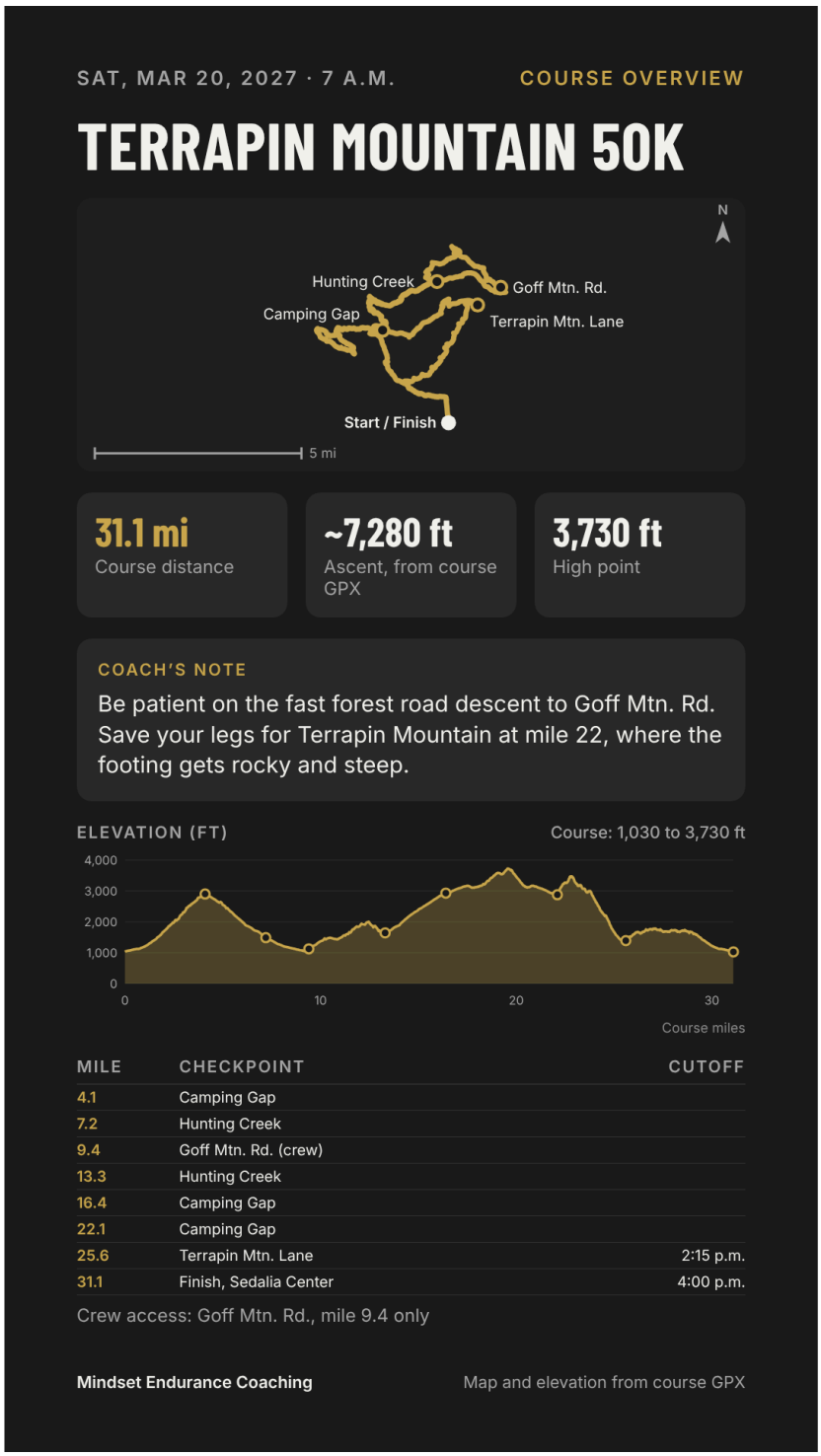
Camping Gap loop, miles 16.4 to 22.1. A loop west of Camping Gap that reaches the course high point of about 3,700 ft near mile 19.6, with roughly 1,000 ft up and 1,000 ft down before you return to Camping Gap.

Terrapin Mountain, miles 22.1 to 25.6. A rocky, technical climb of about 700 ft to the Terrapin Mtn. summit and ridge, with hand-and-foot sections. The descent drops about 1,800 ft to the Terrapin Mtn. Lane aid station, with loose rock and scree on grades up to 30% in its second half. Earlier course descriptions also note an 18-inch gap in a rock wall on this descent.

Terrapin Mtn. Lane to the finish, miles 25.6 to 31.1. A short out-and-back retraces part of the descent, then Lower Reed Creek brings rolling, runnable trail with repeated small ravines and a couple of creek crossings. The last stretch finishes on paved road at the Sedalia Center.

Miles are the race's published aid station miles. Climbing figures are from the course GPX, which records 30.4 miles and about 7,300 ft of gain against the published 31.1 miles and 7,000 ft; the slides scale the GPX to 31.1 miles.

Course map, elevation profile and checkpoints, from the course GPX:



Schedule and cutoffs

You have 9 hours to finish, with one hard cutoff at Terrapin Mtn. Lane (mile 25.6) at 2:15 PM.

Day and time	Event	Hours from start
Fri, Mar 19, 5:00 to 9:00 PM	Packet pickup at Sedalia Center (optional pre-race pizza)	
Sat, Mar 20, 5:30 to 6:30 AM	Check-in at Sedalia Center, required for every runner	
Sat, 6:45 AM	In-person pre-race briefing	
Sat, 7:00 AM	50K and Half-Marathon start	0:00
Sat, 2:15 PM	Hard cutoff at Terrapin Mtn. Lane aid station, mile 25.6	7:15
Sat, 4:00 PM	Course closes for both races	9:00

You must check in Saturday morning even if you picked up your packet Friday. The race director may pull a runner before a cutoff if it's clear they can't finish within 9 hours. A pre-race briefing also goes out by email before race weekend.

Aid stations

Seven aid stops sit at four named locations, with the longest gaps on the Camping Gap loop (5.7 miles) and from Terrapin Mtn. Lane to the finish (5.5 miles).

Location	When you pass it	What's there	Crew access
Camping Gap	Mile 4.1 (4.1 mi from start)	Fully stocked aid	No
Hunting Creek	Mile 7.2 (3.1 mi gap)	Fully stocked aid	No
Goff Mtn. Rd.	Mile 9.4 (2.2 mi gap)	Fully stocked aid	Yes, the only crew point
Hunting Creek	Mile 13.3 (3.9 mi gap)	Fully stocked aid	No
Camping Gap	Mile 16.4 (3.1 mi gap)	Fully stocked aid	No

Location	When you pass it	What's there	Crew access
Camping Gap	Mile 22.1 (5.7 mi gap)	Fully stocked aid	No
Terrapin Mtn. Lane	Mile 25.6 (3.5 mi gap)	Fully stocked aid, hard cutoff 2:15 PM	No
Finish, Sedalia Center	Mile 31.1 (5.5 mi gap)	Finish area	Yes

The race doesn't publish a per-station menu. In earlier years, stations carried electrolyte drink, soda, water and a variety of food. Plan to carry enough for the two longest gaps.

Crew access

Crew can meet 50K runners at one point on course, the Goff Mtn. Rd. aid station at mile 9.4.

- **Goff Mtn. Rd., mile 9.4:** The only crew point for the 50K. It comes right before the long 2,600 ft climb back to Camping Gap, so it's the place to swap bottles, restock fuel and drop layers.
- **Start and finish:** Crew and family can wait at the Sedalia Center, where the race starts and finishes.
- **Camping and parking:** Free car and tent camping is available in the open field and parking area at the Sedalia Center. RV spots with electricity are booked through the Sedalia Center.
- **Pacers and drop bags:** The race hasn't posted a policy on either. Email the race director at windingwayrunco@gmail.com with "Terrapin Mountain Question" in the subject line.

Weather

Typical March conditions at nearby Lynchburg are a high of 58°F and a low of 35°F, with the ridges around 9°F cooler than the valley. Check the NWS point forecast for Big Island 7 to 10 days out.

Window	Time	Typical temperature	Light
Start, Sedalia Center (about 1,000 ft)	7:00 AM	Mid-30s°F	Twilight; sunrise is 7:21 AM
Camping Gap and the high loop (2,900 to 3,700 ft)	About 8 AM to early afternoon	Low 30s in the morning to mid-40s°F midday	Daylight
Lower Reed Creek to finish (about 1,000 to 1,800 ft)	Early to mid afternoon, course closes 4:00 PM	Mid-50s°F	Daylight; sunset is 7:29 PM

Temperatures come from NOAA 1991 to 2020 normals at Lynchburg Regional Airport (March average). Ridge temperatures are worked out with a standard cooling rate of about 3.5°F per 1,000 ft of climb. Sunrise and sunset are calculated for the Sedalia Center on March 20, 2027 (Eastern Daylight Time).

Wind: March winds at Lynchburg average about 9 mph. There's no reliable prevailing direction for these dates, and the loop turns through every direction, so plan for wind chill at the high points more than a headwind on any one section.

Gear choices: You start in the mid-30s in twilight, climb 1,900 ft in the first 4 miles and spend the middle of the race near 3,000 ft or higher. Start with a light layer you can stash, plus gloves and an ear cover, and carry a wind or rain shell for the high loop. Lynchburg averages about 3.7 inches of rain and 2.4 inches of snow in March, so snow or ice at elevation is possible. Afternoon temperatures in the 50s mean steady drinking still matters on the final 5.5 miles with no aid.

Gear checklist

Pack for up to 9 hours of technical mountain trail that starts in the mid-30s before sunrise, with one crew stop and a 5.5-mile final stretch without aid. The race hasn't published a mandatory gear list.

Paperwork and race kit

- [ ] UltraSignup confirmation and photo ID for packet pickup and Saturday check-in
- [ ] Bib and safety pins or race belt

- [ ] Watch, charged, with the course loaded
- [ ] Nutrition and hydration for the whole race, plus 20% spare
- [ ] Electrolytes or salt tabs
- [ ] Anti-chafe, sunscreen and lip balm
- [ ] Anti-nausea or antacid medication, plus any personal medications

Run

- [ ] Trail shoes with solid grip for rock, scree and creek crossings
- [ ] Socks, plus a spare pair
- [ ] Hydration vest or handhelds that carry enough for the 5.7-mile and 5.5-mile gaps
- [ ] Poles if you train with them, for the long climbs
- [ ] Hat or visor and sunglasses
- [ ] Blister kit: tape, lube, needle, alcohol wipes
- [ ] Small headlamp or handheld light if you want it for the twilight start

Cold and wet

- [ ] Light long-sleeve or arm warmers for the start
- [ ] Light gloves and an ear cover or buff
- [ ] Wind or rain shell for the high loop near 3,700 ft
- [ ] Ziplock bags for phone and nutrition

Crew at Goff Mtn. Rd.

- [ ] Crew instructions: arrival window at mile 9.4 and what to hand over
- [ ] Refill bottles or flasks and fuel for the 21.7 miles after the crew stop
- [ ] Spare socks, layers and lube
- [ ] Bag for the layers you drop

After the finish

- [ ] Dry clothes, warm jacket and dry shoes
- [ ] Recovery food and drink
- [ ] Tent, sleeping bag and warm layers if camping at the Sedalia Center