

HEAT SEEKER

FUN  RUN

PARIS MTN. STATE PARK

AUG 15, 10:00AM

13.1 / 26.2

**Meet at the
Picnic Flats Parking
Area**

**Heat Seeker begins at
10:30AM**

**Read the rest of this
packet**



What and Why

What is Heat Seeker?

Heat Seeker is a fun run during the hottest time of the year.

Why does Heat Seeker Exist?

Heat Seeker exists to prove that challenging conditions can be embraced as opportunities for growth, rather than obstacles to be avoided.

One More Note

After years of running in the heat, and the cold, and the humidity, and the rain, and the who knows what else, I've learned there are no bad conditions for a run, besides conditions that make running impossible.

Heat Seeker is a celebration of that philosophy.

Heat Seeker is a choice to decide for yourself what to do when the going gets tough. And the “tough” are complaining about how hot, or how cold, or how rainy, or how dark, or how whatever it is outside.

— Mikey Hayes

Please read the following.

You are responsible for your safety.

Heat Seeker is not a sanctioned, sponsored, or registered event.

High temperatures can be dangerous, and should be adequately prepared for.

Heat Seeker is not tied to any registered company, business , or LLC and is not endorsed by Paris Mountain State Park. No emergency medical personnel will be on site, and no aid stations should be expected.

Runners must pack in and out all food, water, and necessary equipment. Runners should know the route for themselves, and feel comfortable navigating the trails of Paris Mountain State Park.

There will be no mileage markers or physical route indicators,

Cell-service is available in most of the park, but is unreliable.

Entry to the park is \$6.00

Estimated time for the half marathon is 3 hours, the marathon could take at least double that amount of time.

Elevation gain is estimated to be 4,500 feet and temperatures will be anywhere between low 80s and high 90s.

Recommended gear is as follows:

At least 64 ounces of water / hydration.

Enough food to eat something every 30 minutes.

Sun protection ie: sunscreen, hats, and glasses.

Running shoes / trail running shoes.

Charged and functional cell phone.

PDF download of the Paris Mountain State Park Trail system.

GPS application such as AllTrails or Strava.

Route	Approx. Mileage
Meet at Picnic Flats Parking Area	0.00 - 0.00
Lake Placid to Mountain Creek	0.00 - 0.70
Mountain Creek to Sulphur Springs Hikers Only	0.70 - 1.91
Sulphur Springs Hikers Only to Fire Tower	1.91 - 3.34
Fire Tower to Kanuga (Intersection)	3.34 - 3.54
Kanuga Left to North Lake	3.54 - 4.75
North Lake to Pipsissewa (Intersection)	4.75 - 5.60
Pipsissewa (Intersection) to North Lake	5.60 - 5.80
North Lake to Pipsissewa (Intersection)	5.80 - 6.0
Pipsissewa to Brissy Ridge	6.0 - 7.0
Brissy Ridge to Brissy Ridge Hikers Hikers Only	7.0 - 7.47
Brissy Ridge Hikers Only to Sulphur Springs	7.47 - 8.36
Sulphur Springs to Sulphur Springs Hikers Only	8.36 - 9.45
Sulphur Springs Hikers Only to Mountain Creek	9.45 - 10.86
Mountain Creek to Lake Placid	10.86 - 12.09
Lake Placid to Picnic Flats Parking Area	12.09 - 13.1

Route Write Up

Meet at the Picnic Flats Parking area, it's on the left-hand side and directly in front of the bathrooms.

From Picnic Flats Parking Area we will proceed to Lake Place Trail and run 2/3 of a loop around Lake Placid. We'll then proceed to Mountain Creek Trail.

After arriving at the end of Mountain Creek Trail we'll have to cross a paved road to proceed to Sulphur Springs Hikers Only. The Sulphur Springs Trail Head is noticeable and Sulphur Springs Hikers Only is probably the hardest climb of the run.

After reaching the top of Sulphur Springs Hikers only we turn left on to Fire Tower. We'll only be on Fire Tower for .20 of a mile before we arrive at the Kanuga Intersection and take Kanuga Left. Which will descend us to the North Lake Trail Head.

From here we head left on to North Lake until we arrive at the Pipissewa Intersection. For mileage sake we run .20 more on North Lake then turn back and take Pipissewa.

Pipissewa is filled with up hill and down hill sections until it leads us to the Brissy Ridge Intersection. To stay on route, we need to make a sharp left turn, do not go straight here.

After a bit of a descent we cross a paved road to Brissy Ridge Hikers Only. This is where the climb back up to Picnic Flats begins in earnest.

After a difficult trudge, we will reach the top of Brissy Ridge Hikers Only and see the parking lot for Brissy Ridge. At the trail head we'll take a left turn on to Sulphur Springs and complete a mile of mostly flat running.

Once we reach the intersection, which should look familiar, we'll proceed to Sulphur Springs Hikers only and re-trace our initial route back to The Picnic Flats Parking Area.

This route is traced on the official trail system map from Paris Mountain State Park and should give an accurate impression of the route we'll be running.

<https://southcarolinaparks.com/paris-mountain/maps-and-brochures>.





**For any questions or comments
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