

Please note MY GPS went on various adventures when I stopped so the mileage is a bit long in my estimation

2 Ribbons before return, pink arrows, chalk and some yellow NO arrows

Start 50K	Description	From Start 50K	Significant Gain	Significant Descent/FT
50k Only	1 Gallon Zip lock bags or small bags take on bus			
Watch for other hikers/bikers				
Woods creek RD	Start and Woods creek Rd decent			450
Lower North Ridge Trail	Right Turn	1.5	450	
Aid Station 1/top of Lower Northridge	Left Turn on Watershed Rd	3.7		
Eastridge Trail/Watershed Rd	Right Turn onto East Ridge trail	6.8	800	
Gate and Checkpoint/ East Ridge Requires you to go around the left side of a yellow gate and turn right and up east ridge trail	Spectators can park at Connors camp and walk up to see the event, Parking			
East Ridge Trail (Steep drop off)	Dangerous rocks!	6.8		1200
East Ridge to Summit Trail	Hard Left Turn	8.9	1100	
Summit road to Trail Marys Peak Summit	The top with amazing views from Bench	9.5	200	
West Summit from the Top	Follow Summit Trail to Meadowview and exit trail from summit to Cross	9.8		
West Summit to Aid 2	Cross over Rd and run up to West Summit	10.2		
Aid station 2	Lance County Search and rescue	10.2	1806	
Across Parking lot to Northridge	Steep/rooty/georgous	10.2-13.7		4-5 large trees to crawl over in 2016
Aid Station 3	Same as Aid 1	13.7		2000

Lower Northridge	Backwards on the first trail you ran on in the am left turn from aid station 3	13.7		
Exit Lower Northridge	Turn left at exit onto Woods creek Rd	<u>15.8</u>		400
Entrance to Starker Forest Cut off 2pm	Blue Gate	<u>16.1</u>		
25 K start at Drop off point heading down Lower Northridge trail turning left onto the trail	2 Miles of mostly downhill trail to start your 25K	0.1		450
Exit Lower Northridge and left turn up Woods creek		16.9/2.0		
Entrance into Starker Forest	Right turn off road through orange gate	17.3/2.4	450	
Path of Imagination	Rugged trail	18/3.1	200	
Tough Road Climb		19.3/4.2	300 in less than a mile	
Aid Station 4/1 (25K) Exit Supertree trail and Aid 2 25K	Radio Checkpoint 4	20.7/5.5	Please hydrate	
Bailout point Aid 4/1 up and out Albertson Gate	Supertree aid go up and out to Tum tum rd 3 miles to school downhill	1 Gallon Zip lock bags dropped in	If you do DNF make sure to	Please check in
Gravel road for a mile or so				
Entrance to access rd to Root Down Trail Turn Right	TOUGH uphill road to Contour Rd, new for 2016l	21.4/6.9		2 Miles
Root Down	Actually it pitches up after contour rd through overgrown rd (Grass			2 Miles
Trail characteristics	One steep trail!		500	

<i>Neutral Water</i>	Exit of Root down uphill	23.4/7.7		
Root Down Trail Exit turn right on logging road	Trees down	22.8/7.7		
Logging road to Carls ADVENTURE			300	
Carls adventure/Sidehill trail	UP! And dark and kinda spooky	23.8/8	200	
Side Hill		24.2/8.5		
Mohawk	Nice views of Marys Peak new section	24.6/8.7		Rugged footing
Relentless	Down!	25.4/9.3		Ditches!
Trail of Ferns turn right off of rd to left hand sweeper	Old 2 track to trail 1 Tree down larger in size	26.4/10.3		
Trail of Ferns exit turn left onto logging rd		26.9/11		
More trail to aid 5/2	New section!	27.3/11.2		
Aid 5/2 top of collarbone alley		27.5/11.4		Downhill over logs
Collarbone Alley	left turn after first section	27.5/11.6		
Collarbone Sweeps left to rd to Upper Panama canal Trail		29/13		Open Double track down a Skid rd
Panama Exits left to right down Chunky Monkey rd	Horrible RD....3 inch rock	30.2/14.00		Good trail, rooty
1.7 Miles open County Rds, be cautious of randon vehicles				
Harris and Tum Tum Rd to Finish/Turn Right at end of Harris RD and head to finish	1.8 miles long flat logging road with 1/4 mile uphill finish	Finish 32 miles but it is 31 or maybe slightly under		

Aid station Food				
PB/Jam, nuetella, chips, Coke,Chips, potatoes Salt tabs, HEED and other elecrolye drink. Water! Also some special treats along				
Aid station distances between 50K	50K			
50K	Aid 1	3.7		
Aid 1 3.7	Aid 2	10.2		
Aid 2 6.4	Aid 3	3.5		
Aid 3 3.5				
Neutral Aid 1 Starker forest gat 2.4				
Aid 4 and bailout 4 This is where it gets tough!	Aid 4 and bailout	7		
Neutral aid #2 2.5	Neutral aid #2	2.5		
Aid 5 Collarbone 4	Aid 5	4		
FINISH 4.5 MILES	FINISH	4.5 MILES		
25K				
AID 1 BASE OF SUPERTREE TRAIL 5.5	25K			
Neutral aid #2 2.4 Miles	Neutral Aid 1 Starker forest gate	2.4		
AID 2 collarbone alley 4 Miles	AID 1 BASE OF SUPERTREE TRAIL	4		
This is where it gets tough!	Neutral aid #2	2.4		
	AID 2	4		
	FINISH	4.5 MILES		