



## Course Description - 2011

### Start to Aid 1

1. Start at the Cool Fire House
2. Run down blacktop (Dam Road) ~1.4 miles.
3. Turn left on the Olmstead Loop. Marked with Greenish/Blue Carsonite (Wig Wag) signs
4. Proceed down and up crossing Knickerbocker Creek ~1 mile
5. Turn right on single track (Secret Trail) - This can be easily missed. Look for the small drainage after the downhill section from Knickerbocker Creek
6. Follow the Secret Trail to the Mine Trail split. Go Right.
7. Follow Mine Trail for ~3/4 of a mile
8. Go left at the end. In ~1/10 of a mile turn left on the Olmstead Loop (Green/Blue Carsonite Signs)
9. Follow Olmstead for ~4/10s of a mile
10. Turn Right on the Lake Trail. This can be easily missed. Look for the single track trail just past the short climb on the Olmstead Loop Trail
11. Follow the Lake Trail to Knickerbocker Lake. Cross the spillway and veer right. Follow this primary 2 track for ~3/10 and make a hard left followed shortly by a hard right. Follow this trail and you'll cross Knickerbocker Creek for the second time.
12. After crossing the creek follow the single track to your right (staying left) for about 3/10s of a mile. You'll cross a small creek and come to an intersection. Go left and proceed about 3/10s of a mile to the Cool Firehouse (you'll cross another creek)

Note: On race day we will have footbridges on Knickerbocker. If it is high water it will be roped and monitored by race personnel.

## **Aid 1 to Aid 2 (Lower Quarry)**

1. From the Fire House in Cool. Go Counter Clockwise on the Olmstead Loop. Towards Auburn. Follow the signs towards the Western States Trail (WST)
2. Go left at the WST trail sign (Pointed Rocks Meadow) ~ 6/10ths from Cool
3. Follow WST to the Lower Quarry/Highway 49 Turn Off ~ 2.3 miles. Turn right and cross HW49

## **Aid 2 to Aid 3 (Maine Bar)**

1. Follow the Quarry Trail to Maine Bar ~5.6 Miles
2. Turn Right at Maine Bar and proceed towards Ball Bearing/Maine Bar

## **Aid 3 to Aid 4 (Auburn Lake Trails -- ALT)**

1. At the base of Ball Bearing. Make a left on the Waterfall/American Canyon Trail. Follow this for ~1.2 miles. Crossing the creek and proceeding uphill towards the Dead Truck/American Canyon Trail Split. Go Right or forward at this split
2. Follow this slightly uphill trail to Hobeken Creek. Continue uphill to the Robie Trail.
3. Go Right on the Robie Trail (Brown Carsonite Signs). You are now doing the old course in reverse. Follow this trail to ALT Aid ~2 miles

## **Aid 4 to Aid 5 Goat Hill**

1. You are now on the old course. Identically section from this point on
2. Continue on Robie Trail ~5 miles
3. Turn left after the foot bridge (still Robie Trail)
4. After 3/10s of a mile turn right (still Robie Trail) up Goat Hill
5. Goat Hill Aid ~3/10s

## **Aid 5 to Aid 6 Upper Quarry Highway 49/Finish**

1. Follow the Robie Trail Signs to Upper Quarry ~2.5 Miles
2. Cross HW 49
3. Follow Robie Trail signs back to Pointed Rocks meadow
4. Split off the WST and Robie Trail and veer left towards the Cool Fire House. Same 5/10s of a mile section you did after leaving Aid 1