



## Course Description - 2018

### Start to Mile 8 (Cool Fire Station Aid #1)

1. Start at the Cool Fire Station on St. Florian Ct. and Hwy 49.
2. Run down paved road (St. Florian Ct., sometimes called the Dam Rd.) for 1.4 miles.
3. After 1.4 miles, veer to the left (East) onto the Olmstead Loop and go South for ~0.4 miles to Knickerbocker Creek.
4. Cross Knickerbocker Creek and after a ~0.6 miles downhill section, at the small drainage turn right onto the single track Rim Trail. It is also called the Secret Trail because this turn can easily be missed.
5. At a total of ~4.5 miles, turn left (North) onto the Olmstead Loop Trail.
6. At a total of ~5.2 miles, the Olmstead Loop Trail veers to the left, but stay to the right on the Lake Trail and go North. This is a single track trail just past the short climb on the Olmstead Loop Trail.
7. Continue 0.5 mile to a spillway between two ponds.
8. Cross the spillway, and turn left, then head North away from the ponds. Turn right to follow the trail North. At a total of ~6.2 miles you will reach Cave Valley Rd.
9. Turn left onto Cave Valley Rd. and then immediately turn right onto the single track trail. Travel North ~0.7 miles.
10. At ~6.9 total miles is the second crossing of Knickerbocker Creek, located just across from St. Florian Ct.
11. After crossing the creek turn right and continue to follow the single track trail back to the Cool Fire Station Start/Finish area near ~mile 8.

**Note:** On race day there will be footbridges on Knickerbocker Creek crossings. If it is high water, it will be roped and monitored by race personnel.

### Mile 8 (Cool Fire Station, Aid #1) to Mile 13 (Quarry/WST, Aid #2)

1. From the Cool Fire Station cross St. Florian Ct. to head North onto the Olmstead Loop Trail. The trail makes a sharp left at ~mi. 8.2. Then you will turn right at ~ mi. 8.3.

*\*\* Distances will vary according to the type of GPS device, its settings, and the way the course is run.*

2. At ~8.6 miles make a sharp left. You will pass by Pointed Rocks Meadow, and at mile 8.9 veer to the right as you head North on the Western States Trail
3. Follow the WST for ~ 2 miles to Highway 49 Crossing #1. Turn right and cross Hwy. 49 into the Quarry Rd. Trail parking lot at ~10.9 total miles.
4. Follow the Quarry Rd. Trail ~2.1 miles to the WST/Quarry Aid #2.

### **Mile 13 (Quarry/WST, Aid #2) to Mile 20.5 (Auburn Lake Trails, Aid #3)**

**Important Note:** *The next aid station is ~7.5 miles. Be sure to have your fluid and food supplies well stocked.*

1. From the WST/Quarry Aid #2 at mile 13, stay on the Quarry Rd. Trail for ~3.4 miles at Maine Bar (~16.4 miles total). Make a sharp right turn up the hill, and after 0.1 mile make a sharp left turn onto the WST/American Canyon Trail. After 0.5 mi. stay to the right past two left turns to Poverty Bar for the WST Trail used by the Tevis riders.
2. Continue on the American Canyon Trail. After 0.4 miles stay to the right past two left turns on for "Dead Truck Trail" access.
3. Continue for ~1 mile where the Wendell T. Robie Trail joins the American River Canyon Trail. Stay to the left and make a sharp turn back to the left to leave the American Canyon Trail. You are now on the Wendell T. Robie Trail. Total mileage at the turn is ~18.5.
4. Stay on the Wendell T. Robie Trail for 2 more miles. The Auburn Lake Trails Aid Station is at mile 20.5.

### **Mile 20.5 (Auburn Lake Trails, Aid #3) to Mile 26 (Goat Hill, Aid #4)**

1. Continue on the Wendell T. Robie Trail for ~5 miles to the footbridge that crosses the Brown's Bar Trail. Turn left.
2. After 0.2 mile turn right and begin the climb up Goat Hill. Celebrate this climb when you reach the summit at the Goat Hill Aid Station (~ Mile 26).

### **Mile 26 (Goat Hill, Aid #4) to Mile 30 (Highway 49 Crossing #2, Aid #5) and Mile 31.1 the Finish! (Cool Fire Station, Aid #6)**

1. Follow the well-traveled Wendell T. Robie Trail for ~3.8 Miles to the Teichert Quarry.
2. Cross Hwy 49 to access the Hwy 49 Crossing #2 Aid at Mile 30.
3. Leave the aid station and follow Wendell T. Robie Trail back to the Olmstead Loop Trail and the finish, retracing your steps taken when you left the Cool Fire Station at Mile 8.