



Course Description

In order to give you an idea of what to expect, below are descriptions of the course, broken down into 8 sections. Generally, we believe this to be a fast and fun, mostly rolling singletrack course - like a twisty, curvy roller-coaster ride through the woods. We expect some very fast times will be posted by the speedsters and a lot of fun will be had by all!

1. Through the gate and on to Ant Hill (1.5 miles)*

A smooth and level warm-up section, you won't hit any hills of note until you reach the actual "ant hill" about .8 miles into this section. A few switchbacks wind you up the "ant hill". It's fun to watch other runners as they scurry around the mound. Down the other side of the mound takes you back into the trees and some level, winding single track.

2. Just how many darn humps are there, anyway?? (0.9 miles)**

After a short stretch of double track to stretch your legs, you head onto Holy Roller, a short rolling single track on the edge of an open field. Reaching the end of the field, you will come back around on the opposite side over the multiple-humped Whoops trail. You might want to watch what you eat before navigating those humps! You'll then head back into the woods on some level single track to complete this section.

3. Over the creek and through the Skull, then up the hill you go! (1.2 miles)****

This section consists of a bit larger ups and downs to get the heart pumping. It starts with a small creek crossing, usually small enough to leap over, so you shouldn't get too wet. You'll then climb up and enter Skull, where you will run along the ridge-line on one side before descending into the valley for another creek crossing and ascend the other side. You'll have some nice views as you run along the ridge-line on the far side and then head down Onion (a short, but treacherous descent that has the potential to bring tears to your eyes if you are not careful). Some doubletrack leads you to the bridge leading to the West side of the park.

4. Cross the bridge & take a ride on the wild side! (0.9 miles)*****

After crossing the bridge, there's a short climb before turning into Thrillville. You'll want to pace yourself as you navigate through the twisty ups and downs of this trail. Thrillville is aptly named. Coming out of Thrillville, you'll hit some doubletrack with some fairly challenging hills (especially right after Thrillville) that will take you up and around to the first Aid Station (at about mile 4.5).

5. Find your Zen (0.7 miles)*

After refreshing yourself at the Aid Station, this section provides a little more time to recover from the previous section. You'll run a bit of level doubletrack which will lead you into the tranquil Tunnels singletrack trail. Most of this trail is cushioned by a soft bed of pine needles which will make for a very comfortable run through this tunnel of trees. Let your mind relax and find your Zen here as this may be the calm before the storm!

6. Watch your step! (1.5 miles)*****

The first thing you'll notice as you descend into Rad is the abrupt increase in the technical level of the trail. For the local trail runners who like a more technical trail, this is one of the favorites in the park. There are quite a few ups and downs with many roots to manipulate along the way. It's definitely still quite runnable, but will require much more focus and attention to your footing. A few wooden bridge crossings add to the fun. Coming out of Rad, you'll hit Missing Link which is not quite as technical, but still requires your attention as you will be running along the ridge with a substantial drop-off on your immediate left. The views down to the creek below are awesome, but you'll need to pay attention to the trail so you don't have a closer view of it than intended! After Missing Link, you'll hit a short but fun descent that will bring you out and back down to the bridge to cross back to the East side of the park.

7. Back to the other side, but not there yet! (0.5 miles)***

Upon crossing the bridge, you will climb back up the other side on one of the more challenging climbs of the course. After climbing the hill, you'll take the Eagle trail (smooth and level) about 1/4 mile back to the gate where you entered the park. But don't be deceived, this is not the end of the loop!

8. You can almost taste the Oreos (0.7 miles)**

When you come out of the Eagle trail, you'll take a sharp left onto Fence Trail. You'll run along this trail with the fence between you and the Aid Station area. This may feel like a tease, but just know that you only have about 3/4 mile left for the loop. After running a bit on Fence Trail, you'll head back into the woods for a final bit of running on Mind Games. This is a fun "roller-coaster" type singletrack that will take you up, down, and around to the back gate of the start/finish area, which you'll run through and head to the Finish Line/Aid Station (depending on what distance you are running and what loop you have completed).

Notes:

1. One loop for 12.5K, two loops for 25K, four loops for 50K.

2. * Indicates level of difficulty. One * is easiest and five ***** are most difficult. This rating is only relative to each section on this course. It is not in comparison with any other trail racing venue.

3. Distances for each section are approximate and rounded to the nearest 1/10 mile. Actual total distance for each loop is 7.75 miles (12.5K).