

Race Course:

The course is marked with orange ribbons and flags. **Turns will be marked with an orange flag at ground level.** If you think you are lost, wait for another runner or go back to the previous intersection.

The course proceeds around the perimeter of Haw Ridge in a clockwise direction, making **LEFT TURNS AT MOST INTERSECTIONS**. Loop length is approximately 8 miles. Please stay on the course so that we will be able to keep track of all runners.

If you get lost, go back the way you came. If you get injured, stay where you are and tell the next runner that you need help. If you decide to end your run mid-course, do not go off-course to shorten your trip to the aid station.

Starting from the Life Development Center at the end of Old Edgemore Road:

- Go toward the river on closed portion of Old Edgemore Road 0.22m
- Go Right on East Edge Trail 0.95m
- Go Left on East Shore Trail 0.77m, taking Lefts at all intersections
- Go Left on Isthmus Trail to Pond Trail 0.5m
- Go Left on South Shore Trail 0.77m, gradually working around the outer edge of the peninsula
- Go Left on Easy Trail 0.48m
- At intersection with Briar Loop Trail, take next Right on unmarked trail that goes down into an old swampy area.
- Veer Left as you enter the swampy area, following a faint unmarked trail. Follow this trail 0.3m to intersection with Red Hill Trail. Look for the **WATER STATION** at the lake edge. Blue Jugs and orange Igloo coolers.
- Go Left at intersection with Red Hill Trail, crossing over a log bridge.
- Go Left on unmarked trail, seventy-five feet beyond log bridge. Follow this unmarked trail as it meanders along the lake, crossing numerous foot bridges. Unmarked trail emerges after 0.5 miles onto Lake Road.
- Go left on Lake Road for fifty feet to intersection with Twister Trail.
- Go Left on Twister Trail 0.4m
- Go Left on Lake Road 0.4m
- Go Left on West Shore Trail 0.85m, follow trail up inlet, then stay Left at switchback, continuing back down other side of inlet
- Follow West Shore Trail to intersection with Lake Road
- Go Left on Lake Road for 0.2m
- Go Left on Soccer Trail 0.8m, staying along the water's edge
- Pass by a wooden bridge and continue on Soccer Trail as you parallel new Edgemore Road
- Follow Soccer to "barren area", then proceed to the Right up a wide, low angle rocky area, following the trail 0.2m to Ridge Trail
- Go Left on Ridge Trail 0.1m
- Go Left on Saddle Trail 0.4m, down to intersection with Old Edgemore Road
- Go Right on Old Edgemore Road for 0.34m to Life Development Center (end of loop)

REPORT TO AID WORKERS BEFORE CONTINUING ON AND/OR LEAVING THE EVENT.