

\*RESET YOUR ODOMETER EACH LEG!!!\* BATHROOMS: Start Leg 1, Start Leg 3, Start Leg 11, After Leg 15

Runner Name: \_\_\_\_\_

Leg #	Leg Name	Distance	Total Climbing	Difficulty Rating
1	The One at the Start of Day 1	5.18	203 ft	1

Directions	Runner Description
Start at Indian Creek Campground. <b>BATHROOM HERE!</b> Left out of campground, straight past Mountain View Mobile Home (green storage units), Right at stop sign and pavement, Watch for traffic crossing Broadway, Left on Jack Farm Lane/D Street, stay right on Jack Farm Lane at Y (don't go up the hill on left).	Big views of Townsend agriculture. Be sure to wave at the cowboys as you roll through town! Mostly paved, enjoy the flat speed while you can!

Handoff #	Handoff Description
1	Intersection of Jack Farm Road and Lower Deep Creek

Runner Name: \_\_\_\_\_

Leg #	Leg Name	Distance	Total Climbing	Difficulty Rating
2	The One that is the Last Flat Leg of the Day	4.1	223 ft	1

Directions	Runner Description
Left on Lower Deep Creek Road, Stay right at Y at .3 miles, Stay right at second Y at .4 miles, Left on Deep Creek Cemetery Road at .9 miles, Right on Flynn Lane at 2.1 miles	Very casual rolling run through Montana farmland. Finish with an uphill; because you can.

Handoff #	Handoff Description
2	Intersection of Flynn Lane and Dry Creek Road. Under powerlines. <b>BATHROOM HERE!</b>

Runner Name: \_\_\_\_\_

Leg #	Leg Name	Distance	Total Climbing	Difficulty Rating
3	The One that is a Little Rolly at the Start of the Day	4.06	312 ft	3

Directions	Runner Description
Left on Dry Creek Road, Stay straight on this main road	Moderate to easy uphill throughout the leg. Some small downhill mixed in.

Handoff #	Handoff Description
3	Cattleguard, Sign says "Caution Livestock on road"

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Leg #	Leg Name	Distance	Total Climbing	Difficulty Rating
4	The One that Starts to Go Uphill at the Start of the Day	2.9	538 ft	4

Directions	Runner Description
Left after cattleguard, Road curves to right near old schoolhouse, Left at Y and head uphill at 1.8 miles (you are turning left off the "main" road so pay attention for the turn - turn is shortly after the Davis Ranch on your right), Right at T at 2.3 miles (there is a corral at the T also but that is not the handoff.	Mostly flat for the first two miles with some steeper hills in the last mile. Nice views of mountains and open fields

Handoff #	Handoff Description
4	Cattleguard and corral, Private Land signs so stay on/near road as much as possible

Runner Name: \_\_\_\_\_

Leg #	Leg Name	Distance	Total Climbing	Difficulty Rating
5	The One that is One Mile Pretty Much Straight Up	1.1	476 ft	7

Directions	Runner Description
Stay on road	She may be small but she is fierce. Great views at the end though!

Handoff #	Handoff Description
5	Cattleguard

Runner Name: \_\_\_\_\_

Leg #	Leg Name	Distance	Total Climbing	Difficulty Rating
6	The One with the Lake & Big Belt Views	2.6	482 ft	4

Directions	Runner Description
Stay on road, Cross cattleguard at 1.2, Views of Canyon Ferry Reservoir and Big Belts to the North	Nice and rolling! Enjoy being alone with your thoughts and the whispering hum of the power lines.

Handoff #	Handoff Description
6	Road on left. Up on top of hill with views. (Stay straight when you leave)

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Leg #	Leg Name	Distance	Total Climbing	Difficulty Rating
7	The One with a Little Bit of Downhill at the End Early in the Day	2.5	272 ft	2

Directions	Runner Description
Stay straight on road, Cross cattleguard at .4	Fast and fun leg. Mostly downhill with a few rolling ups.

Handoff #	Handoff Description
7	Road on left, Green powerbox, Just after cattleguard.

Runner Name: \_\_\_\_\_

Leg #	Leg Name	Distance	Total Climbing	Difficulty Rating
8	The One with Wall Mountain & Bridgers Views	2.15	581 ft	5

Directions	Runner Description
Stay straight on road, Pass road on right at .6 miles, Stay straight at .9 miles, Cross cattleguard at 1.1 miles, Look right at 1.4 for view of Wall Mountain with Bridgers behind, Pass road on left at 1.7	A real mix tape. Rolling & flat then steady up then rolling & flat then steady up. Road a bit rutted and rocky.

Handoff #	Handoff Description
8	Cattleguard, National Forest Sign

Runner Name: \_\_\_\_\_

Leg #	Leg Name	Distance	Total Climbing	Difficulty Rating
9	The One with the Big Downhill through the Mossy Trees	7.3	305 ft	4 then 1

Directions	Runner Description
Stay straight on road, Pass road on left at .4, Pass Road 583108 on right at .5, View of Wall Mountain and Bridgers straight ahead, Stay straight to pass roads on right and left at .7, Cattleguard at 1.2, Pass Road 583065 on right at 2.5, <b>Turn Left onto Sulphur Bar Road 147 at 2.6 (pay attention for the sign on your left - you see the back of it from your direction until you make the turn)</b> , Stay right at 3.6, Stay straight at 4.3, Stay straight past Indian Trail sign on left at 5.1. <b>IT MIGHT BE HELPFUL TO GET AHEAD OF YOUR RUNNER ON THIS LEG - it is tight and they could be moving quickly.</b>	Rolling uphill until Sulphur Bar Rd, then perfect rolling downhill. Let it fly.

Handoff #	Handoff Description
9	Corner where road curves back right, Road 147C1 on left

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Runner Name: \_\_\_\_\_

Leg #	Leg Name	Distance	Total Climbing	Difficulty Rating
10	The One Where You Run Down to the Highway	4.07	98 ft	1

Directions	Runner Description
Stay on main	Easy Peezy! Perfect downhill grade to keep the flow going. You can relax and take it easy or fly down the road. Fun leg.

\*Start a timer at Handoff #10 and all runners go in vehicles down highway\*

Handoff #	Handoff Description
10	End of road, at brown signs before highway BUT please try to park in the pullout area ahead of the bridge instead of up close to the highway and try to stay to the right side of the road so cars can get by (SHUTTLE – turn left on highway, drive 0.5-0.6 miles, turn right at red roof cabin at bridge, stay straight past immediate road on right and go about 0.5 miles, Leg 11 will start just past the porta potty at the road Y)

Record drive time HERE: \_\_\_\_\_ (Leg 11 Runner starts after SHUTTLE)

**CONCURRENT LEG INFO (if you are averaging 11 minutes per mile or greater) for starting Leg 11** – The cutoff to begin Leg 11 and NOT do concurrent legs for the remainder of the day is 12:30 pm (averaging 11 minute miles or less should get you there in time). We'll visit with those ahead of time that think they might be in a spot to do concurrent legs and will get you a sheet with instructions for the remainder of the day.

Runner Name: \_\_\_\_\_

Leg #	Leg Name	Distance	Total Climbing	Difficulty Rating
11	The One Where You Head Back Uphill after the Highway	3.3	603 ft	5

Directions	Runner Description
<b>BATHROOM HERE!</b> Start of leg is at the Y, go right at that Y, Go through a gate and past "rough road" sign	Fairly flat first half mile then pretty steady gradual uphill with a couple downhills and flats sprinkled in. You can be fast if you're willing to grind.

Handoff #	Handoff Description
11	Grassy opening on left, if you hit 423 B-1 on right you went too far.

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Runner Name: \_\_\_\_\_

Leg #	Leg Name	Distance	Total Climbing	Difficulty Rating
12	The One that is the First Short One on the Way Up to the Run Across	2.4	600 ft	6

Directions	Runner Description
Stay left on main road at 423 B-1, Pass roads on left at 2.1 miles but stay on main road	Climb on!

Handoff #	Handoff Description
12	Where road curves back to the left, at juniper tree on right

Runner Name: \_\_\_\_\_

Leg #	Leg Name	Distance	Total Climbing	Difficulty Rating
13	The One that is the Second Short One on the Way Up to the Run Across	2.8	823 ft	8

Directions	Runner Description
Stay on main road, at 0.8 miles there is a spur road on the right that is closed but the main road is open so stay left there	You guessed it. More climbing.

Handoff #	Handoff Description
13	Road 423F on right. <b>Only Vehicle 1 follows runner after this handoff AND needs to have Leg 15 runners with them!!!! Vehicle 2 takes runners for Leg 16, 17, 18.</b>

Runner Name: \_\_\_\_\_

Leg #	Leg Name	Distance	Total Climbing	Difficulty Rating
14	The One before the Run Across	2.2	794 ft	8

Directions	Runner Description
<p><b>VEHICLE 1 and RUNNER: Vehicle 1 needs to have Leg 15 runner also.</b> Turn right on Road 423F, Check out Tobacco Root views on the left at 1 mile and views of Crazies on right, Stay on Main Road. After dropping runner at handoff 14 (Leg 15 runner) return the way you came. Turn right on main road and follow directions below for "Getting to the Finish."</p> <p><b>VEHICLE 2: Do not follow runner on Leg 14. Follow directions below for "Getting to Start of Leg 16." Vehicle 2 needs to have runners for Legs 16, 17, 18.</b></p>	Some good climbing here, and great views! A welcome reprieve during mile 2, then a big bunny hill climb before heading down to the exchange.

Handoff #	Handoff Description
14	Trailhead, jackleg fence

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\* Teams may choose NOT to send a runner on Leg 15 (the Run Across) for an automatic 3.5 hr time addition. For this option, please start a timer from finish of leg 14 to start of leg 16 and record HERE: \_\_\_\_\_\*

\*Teams may choose to send two runners together on the Run Across for a bonus time subtraction of 10 minutes. Runners must finish leg 15 together for the bonus...if runners are not together the handoff takes place with the SECOND of the two runners to arrive\*

\*There is a cut off time of 3:00 pm for leaving for Leg 15 (the Run Across), otherwise the team must do the automatic time addition\*

Runner Name(s): \_\_\_\_\_

Leg #	Leg Name	Distance	Total Climbing	Difficulty Rating
15	The One Where You Run Across Baldy Basin	12.4	1,755	9 then 3

Directions	Runner Description
Must check out the map and Relive ahead of time. Must carry water. Must have a charged GPS watch to measure mileage. Start on Trail 152 up switchbacks to top of ridge at 2.2 miles. Drop down into Baldy Basin. Edith Lake at 3.5 miles on left. Turn left on Trail 150 at 4.2 miles. Stay right at 5.6 on main trail (you'll see trail sign on tree here). Hidden Lake on left at 5.9 miles. Stay right at 7.3 miles on Trail 150 (NOT left uphill on Trail 151 switchbacks). Straight across meadow at 10.7 – look back & check out Baldy Basin! When you pop out of trees at 11.7 run left across parking lot at the end of trail to cattleguard. Go right over cattleguard, After several hundred yards stay right on single track with sign for scenic overlook, follow trail down and around Gypsy Lake staying to the right of the lake until reach road and parking lot, Continue on road to bathroom.	So lucky. The coolest leg of the relay! You are definitely out in the mountains (which is awesome) and have to make a couple turns on trails, so it is good to have someone that has at least some confidence there even though it is fairly simple. Gain 1,400 feet in the first 2.2 miles, so that is definitely a tough section. Lose around 1,000 feet in the next 1.3 miles so that can require a little care also. After that the rest of the way is pretty much downhill, flat, or gradual uphill, so fairly easy.

Handoff #	Handoff Description
15	At bathroom in parking lot next to Gypsy Lake. <b>BATHROOM HERE!</b>

### VEHICLE 2 → Getting to Start of Leg 16 (Handoff 15)

VEHICLE 2 (with Leg 16, 17, 18 Runners) → RESET YOUR ODOMETER. From Handoff 13 go straight past Road 423F continuing on initial main road in opposite direction of where we originally came from (away from legs 11-13 so we don't have traffic going towards runners). You will continue all the way back to the highway by staying on this main road. There is a **BATHROOM** on the right at 5.7 miles. At 7.1 miles go left. At 7.6 miles the road curves sharply to the right. After the road makes that sharp turn, take the first left which is at about 7.8 miles (barn and farm equipment will be on your right after the turn, so you'll see them ahead of you before you turn). At 10 miles turn left on highway (US-12). Go 30.5 more miles then turn left on W Main St in White Sulphur Springs. In 1.8 miles keep left onto Birch Creek Rd. Continue toward Gypsy Lake Campground staying on main road and in 15.3 miles turn left at brown Gypsy Lake Day Use Area Sign. Drive down the hill .9 miles to bathroom and parking lot next to the lake.

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**VEHICLE 1 → Getting to the Finish**

After picking up Leg 14 runner and dropping off Leg 15 runner, return the way you came. Turn right on main road (you are back at Handoff 13) which will take you away from legs 11-13 so we don't have traffic going towards runners. RESET YOUR ODOMETER AT THIS TURN. You will continue all the way back to the highway by staying on this main road. There is a **BATHROOM** on the right at 5.7 miles. At 7.1 miles go left. At 7.6 miles the road curves sharply to the right. After the road makes that sharp turn, take the first left which is at about 7.8 miles (barn and farm equipment will be on your right after the turn, so you'll see them ahead of you before you turn). At 10 miles turn left on highway (US-12). Go 30.5 more miles then turn left on W Main St in White Sulphur Springs. In 1.8 miles keep left onto Birch Creek Rd. Continue toward Gypsy Lake Campground staying on main road and in 3.2 miles reach the finish line and wait for your team to arrive.

Runner Name: \_\_\_\_\_

Leg #	Leg Name	Distance	Total Climbing	Difficulty Rating
16	The One after the Run Across Where You Leave the Lake OR The Split Leg on Day 1	4.6	0 ft	1

Directions	Runner Description
Go back downhill on the main road towards the direction you drove up in your car (back towards White Sulphur Springs. Stay straight to pass Thompson Station Road on left, Follow main road.	Fast! Pretty much all downhill. Fast, fast and fast. OR Split this leg between TWO runners HOWEVER you want. Will it be an even split? Or will it be 800 repeats? Or?????

Handoff #	Handoff Description
16	Cattleguard

Runner Name: \_\_\_\_\_

Leg #	Leg Name	Distance	Total Climbing	Difficulty Rating
17	The One that is Another Downhill Before the Last One	4	23 ft	1

Directions	Runner Description
Stay on main road	Keep cruising on down through grazing land out of the mountains and into the valley!

Handoff #	Handoff Description
17	Main intersection with big house on hill up ahead

Runner Name: \_\_\_\_\_

<b>Leg #</b>	<b>Leg Name</b>	<b>Distance</b>	<b>Total Climbing</b>	<b>Difficulty Rating</b>
18	The One Where You Run a 5k to the Finish	3	108 ft	1

<b>Directions</b>	<b>Runner Description</b>
Stay on main road	Fast little downhill jaunt to the finish!

<b>Handoff #</b>	<b>Handoff Description</b>
Finish	Top of hill

**Day 1 Total Mileage ~71 miles**