







## 32 KM — **START TIME: 10:00AM**

Aid Station:

**FOLLOW:** 



## **CATEGORIES**

U30 (29 or younger)

30 - 39

40 - 49

50 - 59

60 - 69

70 or older

## This is NEW route combining the previous 30KM and 34KM routes into ONE 32 KM LOOP.

Straight up METFORD ROAD

Right onto BILBO'S BOG

Left around ERMINE FROLIC LOOP

Left on REINO'S RUN following COTTONWOOD CUTOFF

(Aid Station at South Hub, 6 km)

Straight on LARCH HILLS ROAD and PLANTATION PLACE

Continue on LARCH HILLS ROAD to CEC's Cabin

Left on ALDER LANE and Right on SKY TRAIL

Right onto LARCH HILLS ROAD

(AID STATION at Cec's Cabin, 12 km)

Left on LARCH LAKE LOOP and then Left onto the WHOOPEEs

Left at PANORAMA and Left onto BABY MOONWALK

Left at WILLOW SWITCH and then Right onto EAST DALES

Straight onto LARCH HILLS ROAD

(AID STATION at South Hub, 20 km)

Left onto FRODO'S BOG and then Right onto STIG'S LOOP

Right onto LARCH HILLS ROAD and Left on GULLAN'S GULLY

Left down ARWEN'S DREAM and Left on ERMINE FROLIC

Straight onto LARCH HILLS ROAD, staying Right

(AID STATION at Stadium, 25 km)

Straight up METFORD ROAD

Stay Left at BILBO'S BOG

Straight onto SENTINEL, staying Right at SENTINEL CUTOFF

Left onto WOODLOT RAMBLE

Through the Stadium to the FINISH

