

COURSE DIRECTIONS 100 mile :

Section 1: Start at the Grand Mesa Lodge and go east on the service road and cross Highway 65. Continue on the service road to the parking lot for the west trail head of Crag Crest Trail. Follow trail for a half mile to intersection of the upper and lower loops. Take a right and follow the lower loop trail to the east trail head about 3.5 miles. At the east trail head take a left and begin the climb up to the crest.

The trail will loop around back to the west trail. The upper loop is about 5.5 miles long. Back at the intersection take a right back to the lodge. This section is about 11.5 miles long with 1624' of climbing and 1624' of decent. Time limit is 3 hrs and 15 mins.

Section 2 : Proceed west from aid station on service road and follow FS road 116 around west end of Island Lake to FS road 115. Take a right on FS 115 and stay on main road. There are four stream crossings on this section. The first stream crossing and the second are close together and in an area with many side roads. The first crossing you come to is at the bottom of a small hill there is a to your right, go straight across the stream and follow the road as it turns to the left. The road then turns back to the right and you will come to a wider crossing after you cross the stream there are a couple of roads that take off to the north and the south. Follow the main road that goes to the west. Granby Lake aid station will be at end of road at mile 16.5 of the race. The road from the lodge to Granby Lake starts off as a good gravel road, but becomes quite rough by the time you get to the aid station. From the aid station the road becomes a two track pack trail that is rough in spots. After about 4 miles you will come out on FS road 109 where you will take a left and follow the road to the Flowing Park aid station. This section is about 11.25 miles long with 755 feet of climbing and 1041 feet of decent and a 3hr cutoff time.

Section 3: This section is a loop section about 15 miles long. There will be a limited aid station halfway around. From the aid station you will follow a closed road for about .5 mile where you will come to an intersection. Take a right on to a double track road for a .5 mile where You will go to the left on to a single track trail after another half mile you will come to an interaction you will go left on the Flowing Park trail. You will be doing this loop in a clockwise direction and you will come back to this intersection on the Indian point trail on the right. From here go back to the flowing park aid station . Most of this section is single track and there is very little climbing.

There is 598' gain and 596' of loss This section has a 4hr cutoff time.

Section 4: Back at the Flowing Park aid station you will go back up the Flowing Park road 3 miles where you will take a left on road 109 c this goes west about a 3 tenths of a mile to the Carson lake trail head . The trail starts just off the south side of the road. At the trail sign you will see a nice trail headed south **THIS IS NOT THE TRAIL**. Go about 100 ft down this trail then take a right and head down hill across the meadow aim for the center of the tree line at the bottom of the meadow. As you get near the tree line you will see a 4x4 trail marker from here down to Carson lake there is a well defined trail . At the lake cross the dam to the aid station

Section 5: You will leave the Carson Lake aid station and go back across the dam to the Kannah creek trail head and follow the trail to the lower trail head. The mileage for this section is about 8.5 miles with about 4092' of decent. You may pick up your pacer at Carson Lake. This section has a 3 hr cut off time. This section has a lot of open sections and will be quite hot near the bottom take plenty of water also the lower part of this section and the beginning of the next section can be very muddy if there is a big thunderstorm .

Section 6: This is the crux of the 100 miler. You will leave the Kannah Creek aid station following the road up hill for about 200 yards where you will take a right through a gate and follow the Coal Creek Basin trail up to the Switchback trail. This section is about 5.5 miles long and climbs a little over 4000'. At the top of the Switchback trail you will come out on the Lands End Road. This will be a crew access point. From here follow Lands End Road west for 3 miles to the Lands End aid station. This section is about 8.5 miles and has a 4 hour cutoff time.

Section 7: This section follows FS RD 105 to the northeast and has very little elevation change . You follow the road for about 6 miles until you come to Anderson Lake where there will be an aid station. 2 hour cutoff

Section 8: This section will be an out and back from Anderson lake to Mesa lake. From the aid station you will proceed east around the lake and then head north across a meadow to the tree line about a 1.25 miles at the tree line the trail drops off the mesa and goes down to the lake when you reach the lake take a left and follow the trail around the south and east side of the

lake to the mesa lakes aid station. This section is about 9 miles total.

Section 9: This section takes you from Anderson Lake back to Carson Lake using the Deep Creek Trail. From Anderson Lake you will go south across the top of the mesa to the Reber Cow Camp. At the cow camp cross the road the trail goes east across meadow where it drops of the top of the mesa about a mile after you drop of the top you come to an intersection take a left and go east again about a mile to the aid station. This section is about 5 miles long with 226' of climbing and 721' of decent and a 2 hour time limit.

Section 10: Carson Lake back to Flowing Park same as section 4 only in reverse.

Section 11: Flowing Park back to the Finish line return following section 2 in reverse.

The course will be well marked with surveying flagging and reflective markers and chalk.

The 100 milers will start at 5:00AM , and will have a 34 hr time limit.