

## COURSE DIRECTIONS 37.5 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. 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: Return to finish line doing Section 2 in reverse.  
The 37 mile course uses maps 1 and 2

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

The 37.5 mile will start at 5.30 AM and Have a 14 hour cutoff.