

Course Information:

Course: The course is a 20.07 mile mixture of wide and narrow trails - from rolling hills, dirt, and off camber grass sections. There will be very little road running on the course. The terrain and woods provides protection from the wind. Most of the trails surround many of the lakes in the park.

100 mile runners - Will run five loops on the course

100 k runners – Will run one loop around Sand Lake and three loops on the course

50 mile runners – Will run one 10 mile loop and two loops on the course

The course will be marked with pink flags that will always on your right side when running. Additionally, we have added permanent posts and wood plates with direction arrows at key locations.

Aid stations: Miles 3, 7.7, 12.1, 17.4, and finish line.

Start/Finish: All races start and finish at Sand Lake Beach. The starting time for all three races is 6:00 am on Saturday. Runners will have the following time to complete each race:

100 mile runners – 30 hours

100 k runners – 18.5 hours

50 mile runners – 15 hours

Drop bags: The options for drop bags are at the Start/Finish and Rally (Youth) Campground. For the Rally (Youth) Campground, drop bags will be transported out after the start of the race and will be brought back at the end of the race. Please note that you will be able to go out and get your drop bag from the Rally (Youth) Campground if you are leaving before the end of the race, as it's located near the park exit.

Elevation: Approximately 8,340 feet per 100 miles, or 1,668 feet per loop.

