

Course

Runners will utilize the course trails and 6 total aid stations not including the start finish area during their race. One aid station being utilized 3 times as an access area to other loops of the course (Covered Bridge or A.S. #2).

- Aid Stations will have: We will have water, Heed, pop, PB&J, potatoes with salt, chips, M&M's, fruit. We will add additional items as they become available by sponsorships etc.
- **ONLY PARK IN DESIGNATED AREAS..** We ask that you PLEASE DO NOT PARK at the Class A Pavilion/Shelter (Start Finish). It is best to plan to park at the [mountain bike trail parking area](#) directly across route 3 from the Class A Pavilion/Shelter (Start Finish). (Look for RACE PARKING signs). The participants will follow the signs utilizing [the path under the bridge under route 3](#) to access the start/finish that will be located at the Class A Pavilion/Shelter (Start Finish).

From the [Class A shelter/pavilion \(Start/Finish\)](#) runners will utilize the Orange Trail with a [short \(.25\) road](#) to wide trail access that leads to a single track bike trail that [will immediately start an almost 2](#) mile climb. The runners will enjoy the single-track trail with room to pass. After the 300ft of climb you will be treated to gently rolling trail to the first aid station. You also will be treated to [mile markers posted](#) as part of this bike trail section to help set your pace. Keep in mind that you will have approximately .25 road before starting the mile markers 5.9 mile section with 5.9 miles completed so far.

[A.S. # 1: \(Hickory Ridge\)](#) NO spectators/crew will be permitted to this location. Runners will be treated to a mostly fast pace down hill with exception of a few good hills like mile 7 to [mile 8](#). You will [arrive](#) at Aid Station # 2. Distance: 5.3 Mile section and 11.2 mile completed so far.

[Covered Bridge or A.S. #2:](#) Located at the Covered Bridge parking area and will be utilized three times total by each runner, no spectators/crews will be permitted at this area. Runners will leave A.S.#2 for the first time and will [start the Purple Loop](#) following the Mohican River until a turn sends you up a less traveled path to Little Lyons Falls. From there the runners will be encouraged to not stop to enjoy the scenery and to start their [hand over fist climb up](#) the Little Lyons Falls to follow the trail to the [Pleasant Hill Dam](#). Runners will now have a challenging hill climb and [follow the road](#), watching for traffic (.75 mile), [towards](#) the new trail section or Blue Trail. The Blue Trail offers [lake side views](#) when running towards the Mohican Resort with rolling hills [through the gazebo](#) before [climbing up](#) to the [Resort](#) where families could sit on their balconies and watch the runners go right by to [A.S. #3](#). While this Blue Trail is used by both runners approaching the A.S. #3 and when leaving the A.S. #3 runners will come down the [stairs and turn right](#). **All returning runners SHALL** have right of way. (1.75 miles will be shared trail for access to the A.S.# 3) Distance: This section is 4.9 miles for 16.1 miles completed.

A.S. # 3 will be located at the Mohican State Park Resort upper parking lot. When leaving A.S. #3 ([down stairs turn rt](#)) runners will follow the rolling Blue Trail 2.2 miles and then will connect back on the [Purple Trail](#) and down and through the beautiful Lyons Falls utilizing the sand stone stairs descending quickly. From here you will have 3/4 mile to the river and along the trail you started the Purple Loop to [arrive](#) back to [Covered Bridge or A.S. #2](#). Distance: 4.1 Miles for 20.2 miles completed so far.

[Covered Bridge or A.S. #2](#) Runners leaving A.S. #2 for their second time will follow the [Green Trail](#) towards the [Fire Tower where A.S. #4](#) is located. Most local runners have never run this section of the trail [going this direction](#) but will over the steady “runnable” climb from the

Covered Bridge valley. 2.5 miles to A.S. #4 where you have all but accomplished climbing the majority of the major hills at this point. Distance: 2.5 Miles for 22.7 miles completed.

A.S. # 4 will be located at the [Fire Tower](#). Spectators and Crew, park at the bike trail head parking and walk .50 to the fire tower or the runners will be [coming right by this parking](#) lot if you want to avoid the walk) Thanks. Runners will [leave](#) returning on the Red Trail a new section of bike trail to [Covered Bridge or A.S. #2](#) where they will be treated to some elevation before a steady and fast down hill run [descending to](#) the [A.S. # 2 \(Covered Bridge\)](#) Distance: 4.25 mile section with 27 miles and your almost there!

[Covered Bridge or A.S. #2](#) will be your last aid station before the finish. All that is left is to [follow the Yellow trail](#) for a 4.25-mile fast but technical trail. After an initial 3/4-mile road access along the Mohican River you disappear back into the trail with what may bring sights of eagles and critters ready for summer. You can smile as you run this section knowing that earlier you were 300 ft almost directly above you to your left climbing the hill at mile 7. You will get a bit more of [Mohican Elevation](#) and a final [down hill plunge](#). With a [.25 road access](#) to the [Class A shelter/pavilion \(Start/Finish\)](#). Distance: 4.25 miles for a total of 31.25 miles and a completion.