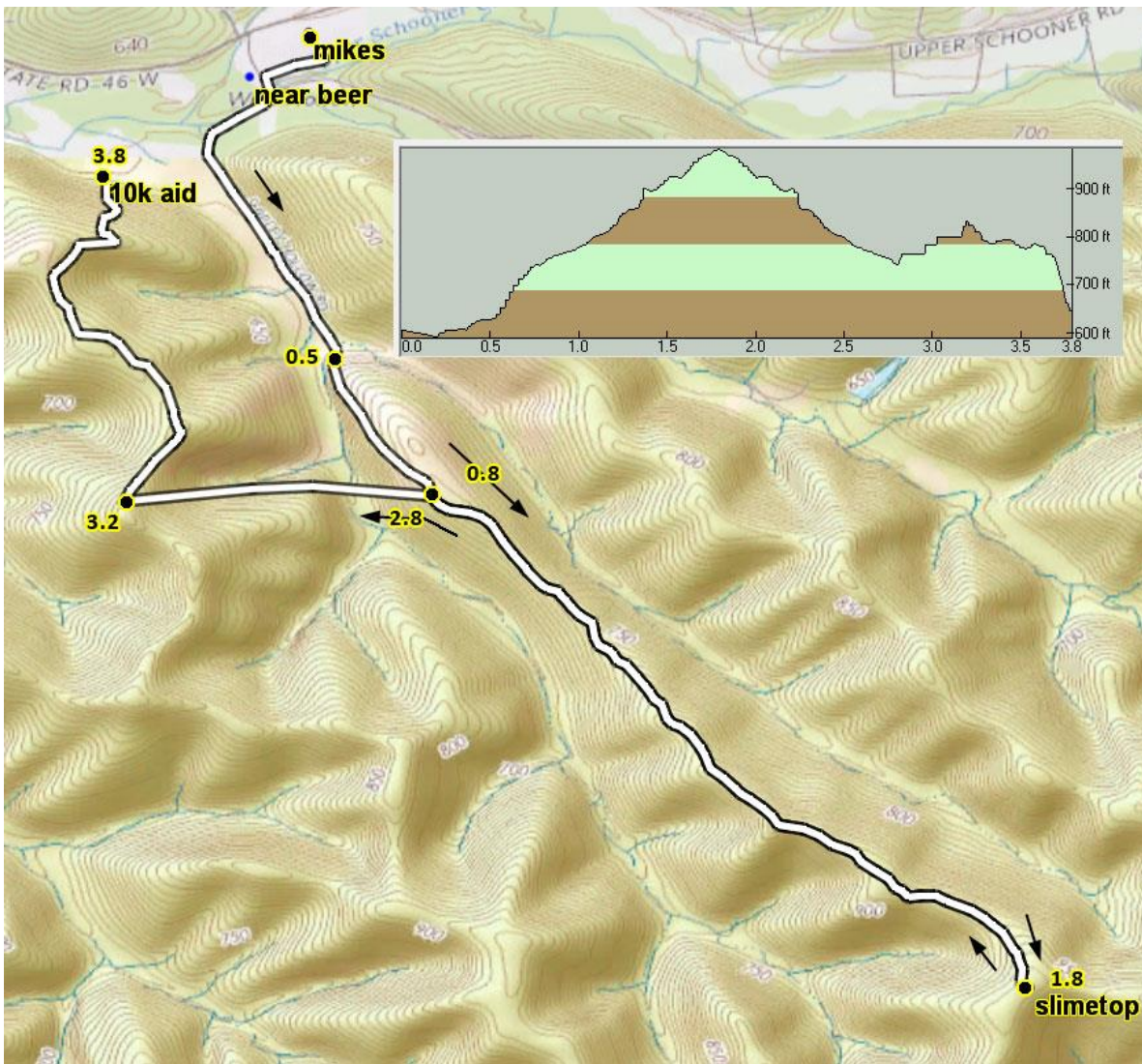
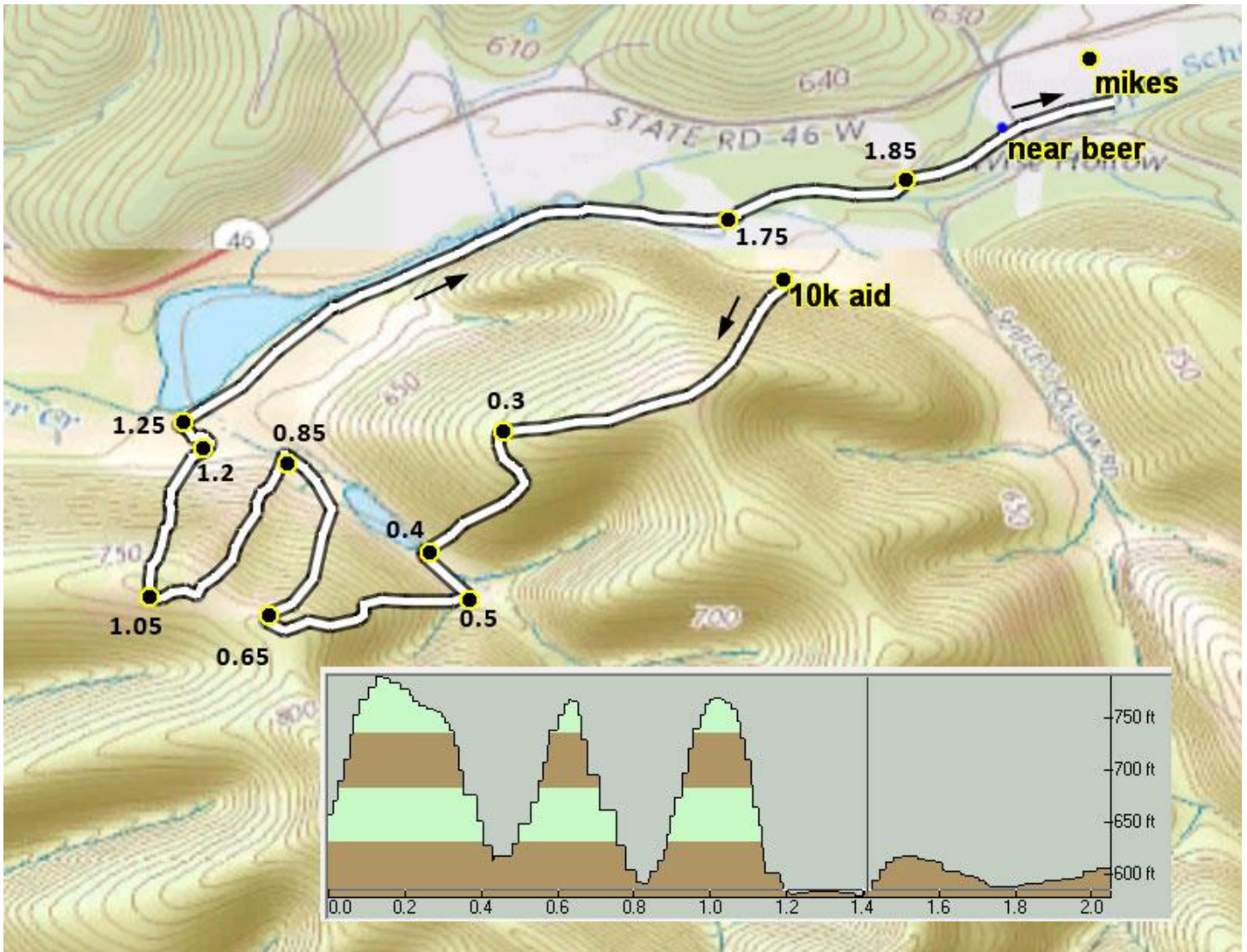


10K Part 1  
3.8 miles  
+520'/-480'



- 0.0 Turn left on gravel road from the start; cross bridge then right on the road
- 0.5 Head up the hill to the right past the house, cross the field at the top and head into horse trail (aka "The Slime")
- 0.8 Continue straight, do not turn right (where the returning runners are heading into the woods)
- 1.8 Turn around, back down the Slime
- 2.8 Left off the Slime into the whack
- 3.2 Climb out of whack, right on much more reasonable single track
- 3.7 Descent on sorta 2-track to aid at bottom of the hills

10K Part 2  
2.1 miles  
+530'/-570'



Head up The Plunge, begin the second part of your misery, cross the top of the hill, head down beginner slope

0.3 left off beginner slope, down the hill, thru the woods

0.4 bottom of the hill, right along the creek

0.5 left up the hill thru the woods

0.65 turn right down the intermediate slope

0.85 back up a different intermediate slope

1.05 cross top of hill to the right & head back down

1.2 left at bottom of slope

1.25 right along the creek on 2-track, some of it clear, some of it not

1.75 left into the creek then right along creek bed

1.85 left out of creek into field, cross field & road to the finish