



Bighorn Mountain Trail 100 – Course Description

Welcome to the wild side! The Bighorn 100 isn't just a race—it's a 100-mile mountain journey across the rugged and breathtaking Bighorn National Forest. You'll get 35 hours to tackle this beast, climbing over **20,500 feet up** and **20,750 feet down**. That means steep ascents, quad-busting descents, and plenty of opportunities to discover just how tough (and stubborn!) you really are.

The route is an out-and-back, mostly on **technical single-track (76 miles)** with some **jeep trail (16 miles)** and **gravel road (8 miles)** sprinkled in. Think of it as a full-body adventure—wildflowers, canyon views, mountain creeks, and yes, the famous Bighorn mud.



Start to Dry Fork (Miles 0–13.5)

- **Start (4,275 ft)** – Just outside Dayton, WY, near the Tongue River Canyon. You'll roll into the canyon on a gravel road, catching your first glimpse of "The Needle."
- **Mile 1.25 – Tongue River Canyon Trailhead (4,240 ft)** – The gateway to the mountains. Limited aid here.
- **Mile 3.5 – Lower Sheep Creek (5,025 ft)** – Supplies packed in by horse and mule. Real old-school mountain aid!
- **Mile 7.5 – Horse Creek Ridge (7,450 ft)** – Your first major climb. It's hot, exposed, and a reminder to pace yourself.
- **Mile 8.5 – Upper Sheep Creek (7,450 ft)** – Expect grass skirts, coconut bras, and good vibes.
- **Mile 13.5 – Dry Fork Ridge (7,480 ft)** – Your first big crew-access station. Drop bags available. Take time here—eat, drink, breathe.



Dry Fork to Sally's Footbridge (Miles 13.5–30)

- Descend red-dirt jeep trail through wide meadows, up and down rollers.
- **Mile 19.5 – Kern's Cow Camp (6,600 ft)** – Home of the "bacon station." Enough said.



- **Mile 26.5 – Bear Camp (6,800 ft)** – Reached after a muddy, rooty trek with creek crossings. Volunteers haul everything in by horse—heroes in their own right.
 - **Mile 30 – Sally’s Footbridge (4,590 ft)** – Major aid, drop bags, and crew. Refuel, re-gear, and get ready for a long, cold climb.
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Sally’s Footbridge to Jaws (Miles 30–48)

- **Mile 33.5 – Cathedral Rock (5,080 ft)** – Soup and smiles. Water filtered by hand.
 - Rugged single-track through canyon walls, Leaky Creek crossing, and endless climbs.
 - **Mile 40 – Spring Marsh (6,920 ft)** – Fresh mountain spring water, possible stormy weather.
 - **Mile 47–48 – Jaws Trailhead (8,800 ft)** – The turnaround point! Full aid, drop bags, crew, pacers, and a camp chef flipping hot food. It’s a party at the top—but bundle up, it gets COLD.
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The Return Trip (Miles 48–100)

From here, you’ll retrace your steps—but trust me, it doesn’t feel the same. Night falls, the climbs feel steeper, and every aid station becomes a beacon of light and laughter.

- **Mile 56 – Spring Marsh (6,920 ft)**
- **Mile 62.5 – Cathedral Rock (5,080 ft)**
- **Mile 66 – Sally’s Footbridge (4,590 ft)** – Drop bag.
- **Mile 69.5 – Bear Camp (6,800 ft)**
- **Mile 76.5 – Kern’s Cow Camp (6,600 ft)**
- **Mile 82.5 – Dry Fork (7,480 ft)** – Drop bag, crew access.
- **Mile 87.5 – Upper Sheep Creek (7,450 ft)**
- **Mile 92.5 – Lower Sheep Creek (5,025 ft)**
- **Mile 95 – Tongue River Canyon Aid (4,240 ft)** – Last trail aid.



🏴‍☠️ The Final Stretch (Miles 95–100)

It's just you, the gravel road, and the promise of the finish.

- **Mile 98 – Home Stretch Aid (4,040 ft)** – Cold otter pops courtesy of the Schwend family.
- Cross one last rustic bridge, then head into Dayton. The finish line awaits at **Scott Park (3,970 ft, Mile 100)** where food, beer, live music, and celebration are waiting for you.

You've just finished one of the most scenic, challenging, and legendary ultras in the world. Sit down, grab a Wyoming burger (or veggie burger), soak in the grass, and let it all sink in—you're officially part of Bighorn history. 🎉



Bighorn 100 – Elevation Journey in a Nutshell

Think of this race as a giant mountain roller coaster: long climbs, quad-busting descents, and just enough flat trail to remind you that you *can* still run. Here's how the ride goes:



Outbound (Miles 0–48)

- **Start (4,275 ft)** → Cruise the canyon, soaking in limestone cliffs.
- **Climb #1:** From mile 1.25 to Horse Creek Ridge (7,450 ft, mile 7.5). Your first big leg-burner.
- **Dip #1:** Drop into Sheep Creek, then climb right back to **Dry Fork (7,480 ft, mile 13.5)**.
- **Roller hills:** From Dry Fork, descend red-dirt jeep roads, bouncing through meadows and short ups/downs.
- **Dip #2:** Steep, muddy descent into Sally's Footbridge (4,590 ft, mile 30). Enjoy it now... you'll climb out later.
- **Climb #2:** From Sally's, it's all uphill—18 miles of canyon, creeks, and single-track. First Cathedral Rock (5,080 ft), then higher to Spring Marsh (6,920 ft).




- **Mega Climb:** Push through Wagon Box and Willow Creek to the turnaround at **Jaws Trailhead (8,800 ft, mile 48)**. You've now climbed over 8,000 ft.
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Inbound (Miles 48–100)

- **Mega Descent:** From Jaws (8,800 ft) all the way back to Sally's Footbridge (4,590 ft, mile 66). That's 4,200 ft down—watch your quads!
 - **Climb #3:** From Sally's, grind back up to Dry Fork (7,480 ft, mile 82.5). It's steep, it's long, and it's soul-testing.
 - **Dip #3:** Cruise back down through Sheep Creek canyon to Tongue River Canyon Trailhead (4,240 ft, mile 95).
 - **Victory Lap:** Just 5 more miles of gravel road, one last aid station with otter pops, and a final emotional push into Dayton (3,970 ft, mile 100).
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The Big Picture

- Total Ascent: **20,500 ft**
 - Total Descent: **20,750 ft**
 - Highest Point: **Jaws, 8,800 ft**
 - Lowest Point: **Dayton Finish, 3,970 ft**
 - Longest Climb: **Sally's Footbridge (mile 30, 4,590 ft) → Jaws (mile 48, 8,800 ft) = 18 miles, ~4,200 ft gain.**
 - Longest Descent: **Jaws (mile 48, 8,800 ft) → Sally's (mile 66, 4,590 ft) = 18 miles down, ~4,200 ft loss.**
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 In short: Up, down, up, down, repeat—with two absolutely monster climbs and descents defining the race. Survive those, and you'll have the finish line in your sights.