

Stowe 100 mile endurance run

Figure 1) RECREATION TRAIL -full 5.3 from Covered Bridge at top of Map to Stowe

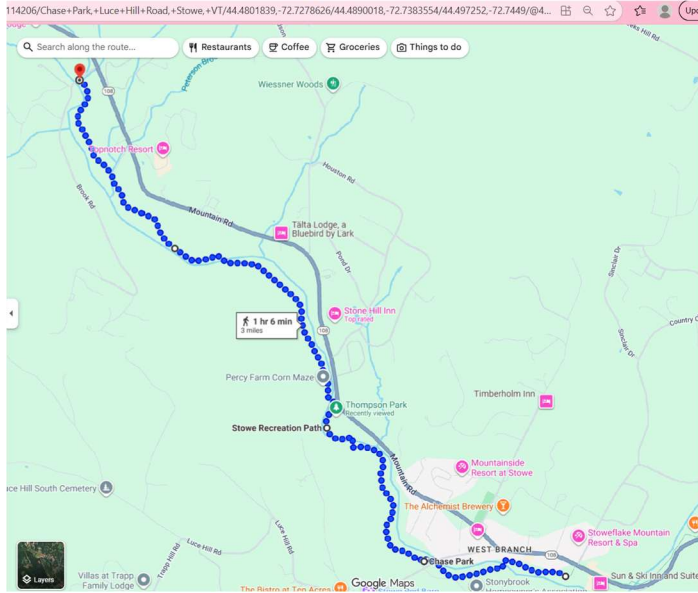


Figure 2) Full information (Day course=RED, PM/overnight course=Yellow)

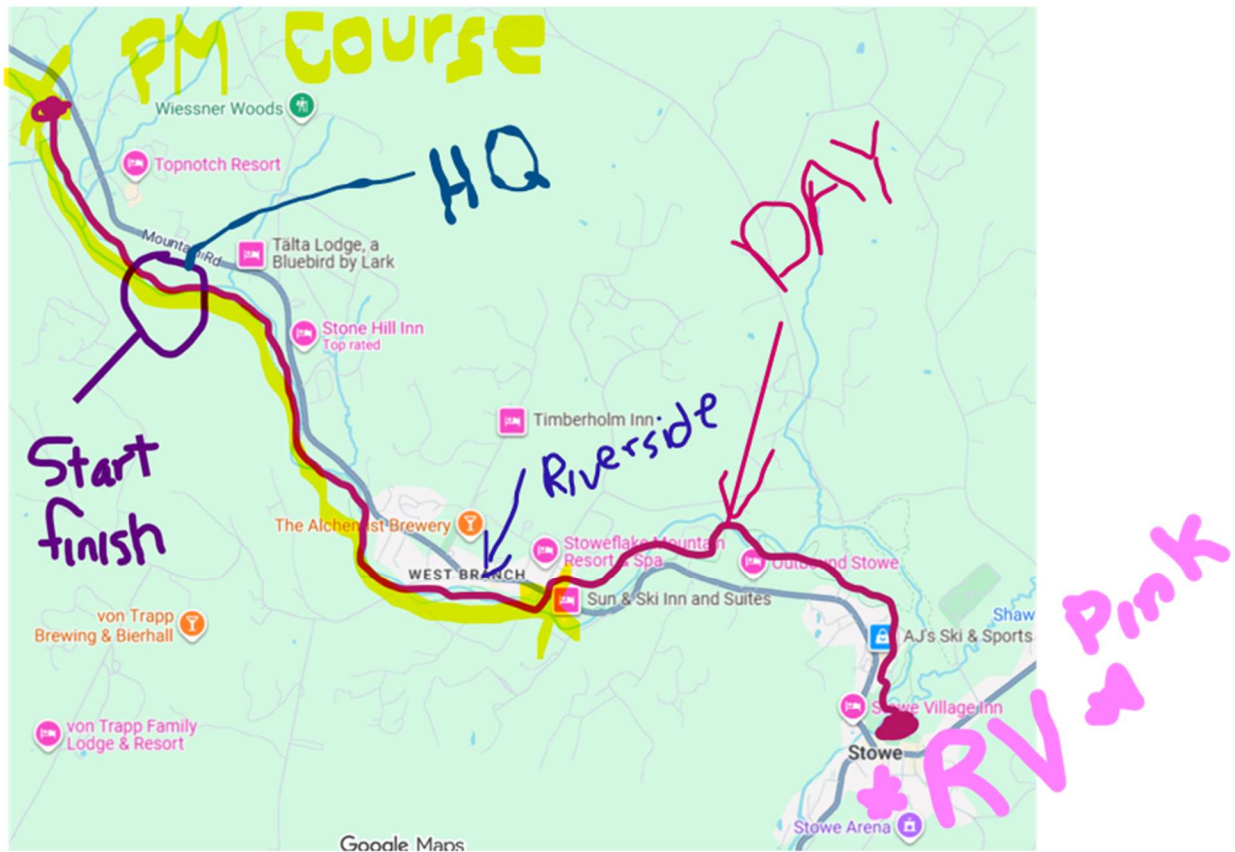


Figure 3) Day Course-full 5.3+ mile Rec Trail (with Race landmarks, note: **DB**=drop bag, **W**=water **)



**note: there are porta potties/bathrooms at Covered Bridge, Headquarters, Riverside Inn and many parks on the rec trail including: Thompson Park, Chase Park and uphill from RV)

Figure 4) Night Course-note there are no road crossings-run entirely on a section of the Rec Trail without crossing any roads



**note: there are porta potties/bathrooms at Covered Bridge, Headquarters, and many parks on the rec trail including: Thompson Park and Chase Park. Riverside Inn has hotel rooms available for runners that include bathrooms with running water and is very climate controlled.

Table 1) Course Information

Information							
SUMMARY OF RACE INFORMATION							
LOCATION	LANDMARK INFO		Bathroom?		Parking?	Neaby River Wading?	Semi-climate controlled: Tent/Roof & Electric
Covered Bridge	Turn Around		Porta Potty		Yes	Yes	No
Start/Finish: Farmers Market Field	Headquarters-BIG Aid Station	Large field with Tent to leave items	Porta Potties-MANY Race	Water	Yes--LOTS	Yes	Yes, Tent with sides and plugs
Thompson Park (*1)			Porta Potty	Water Fountain	Yes	Yes	
Chase Park			Porta Potty	Water Fountain	Yes	Yes	
Riverside Inn	Aid Station	Drop Bag	**Real Bathroom**	Water	Yes	Yes	Room(s) set aside as Aid Station for racers
The Swimming Hole			No	Water Fountain	field yes!		
Stowe Village	Turn Around-Day	Drop Bag-in pink RV (*2 & *3)	Not exactly but close (see *4)	in Pink RV (see *3 or *4)	Yes	Yes	
NOTES							
*1) This is the closest aid station to RD-Tammy's house, which crew/pacers can park in my yard and go into house--but be aware of friendly cats	*2) The RV will have drop bags in it and the door will be unlocked. Getting drop bags will be "self serve"	*3) The RV will have jugs of water and some minimal food for runners within it-that will be "self serve"	*4) There is a real bathroom and water fountain up the stairs in either the vistor center or town hall from 9:30-				
RD Address: 2518 Mountain Road							
****Feel free to use RD house to charge phones, cook items or attend to you/your racers need. Just please try to keep it a bit clean so take off shoes:-)							
****Also if it will keep your runner in the race you can use my washer/dryer (although this is a paved surface race) or if you want to sleep on my floor or set up a tent in my yard pre/during or the night after the race you are welcome to!							

Figure 5) RACE Mileage/Course information

	FULL	Going	Total		Continue	Total
	Long	"Up" First	Mileage		Shorter	Mileage
LEG	Laps			LEG	Laps	
1		0.84		1		0.84
2		0.84	1.68	2		0.84
3		4.5		3		2.2
4	1	4.5	10.68	4	7	2.2
1		0.84		1		0.84
2		0.84	10.68	2		0.84
3		4.5		3		2.2
4	2	4.5	21.36	4	8	2.2
1		0.84		1		0.84
2		0.84	23.04	2		0.84
3		4.5		3		2.2
4	3	4.5	32.04	4	9	2.2
1		0.84		1		0.84
2		0.84	33.72	2		0.84
3		4.5		3		2.2
4	4	4.5	42.72	4	10	2.2
1		0.84		1		0.84
2		0.84	44.4	2		0.84
3		4.5		3		2.2
4	5	4.5	53.4	4	11	2.2
1		0.84		1		0.84
2		0.84	55.08	2		0.84
3		4.5		3		2.2
4	6	4.5	64.08	4	12	2.2
						100.56

The pattern regardless of day/night course is to go

- North to the Covered Bridge
- Head South to the Main Headquarters
- Continue South to the turnaround
DAY-Downtown Stowe (RV)
NIGHT-Just past Riverside without crossing street
- Go North to Headquarters

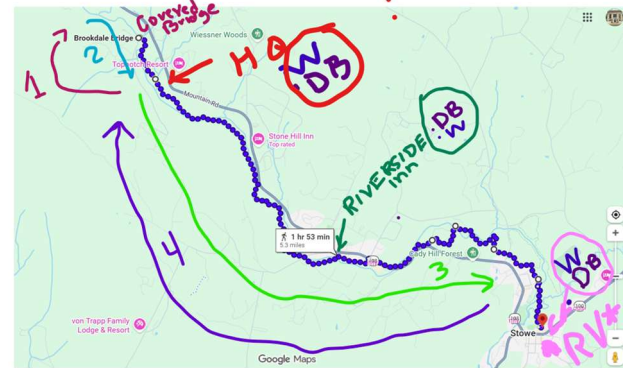


Figure 6) Full Day Course-directions/map

	FULL	Going	Total
	Long	"Up" First	Mileage
	Laps		
LEG			
1		0.84	
2		0.84	1.68
3		4.5	
4	1	4.5	10.68
1		0.84	
2		0.84	10.68
3		4.5	
4	2	4.5	21.36
1		0.84	
2		0.84	23.04
3		4.5	
4	3	4.5	32.04
1		0.84	
2		0.84	33.72
3		4.5	
4	4	4.5	42.72
1		0.84	
2		0.84	44.4
3		4.5	
4	5	4.5	53.4
1		0.84	
2		0.84	55.08
3		4.5	
4	6	4.5	64.08

LEG 1, 2, 3, 4 (going north to covered bridge then going south to Stowe-passing by race headquarters after <2 miles)



Figure 7) Night Course-directions/map

LEG	Continue Shorter Laps	Total Mileage
1		0.84
2		0.84
3		2.2
4	7	2.2
1		0.84
2		0.84
3		2.2
4	8	2.2
1		0.84
2		0.84
3		2.2
4	9	2.2
1		0.84
2		0.84
3		2.2
4	10	2.2
1		0.84
2		0.84
3		2.2
4	11	2.2
1		0.84
2		0.84
3		2.2
4	12	2.2
		70.16
		76.24
		82.32
		88.4
		94.48
		100.56

LEG 1, 2, 3, 4 (going north to covered bridge then going south to just past Riverside Inn to night turn around-passing by race headquarters after <2 miles)



Figure 8) MORE DETAILS and mileage: Full Day Course-directions/map

Long Laps	Going "Up" First Segment Mile	Total Mileage	RIVERSIDE	RV Drop Bag
	0.84	0.84		
	0.84			
	2.2		3.88	
	2.3			6.1
	2.3		8.48	
1	2.2	10.68		
	0.84	11.52		
	0.84			
	2.2		14.56	
	2.3			16.8
	2.3		19.16	
2	2.2	21.36		
	0.84	22.2		
	0.84			
	2.2		25.24	
	2.3			27.5
	2.3		29.84	
3	2.2	32.04		
	0.84	32.88		
	0.84			
	2.2		35.92	
	2.3			38.2
	2.3		40.52	
4	2.2	42.72		
	0.84	43.56		
	0.84			
	2.2		46.6	
	2.3			48.9
	2.3		51.2	
5	2.2	53.4		
	0.84	54.24		
	0.84			
	2.2		57.28	
	2.3			59.5
	2.3		61.88	
6	2.2	64.08		

LEG 1, 2, 3, 4 (going north to covered bridge then going south to Stowe-passing by race headquarters after <2 miles)

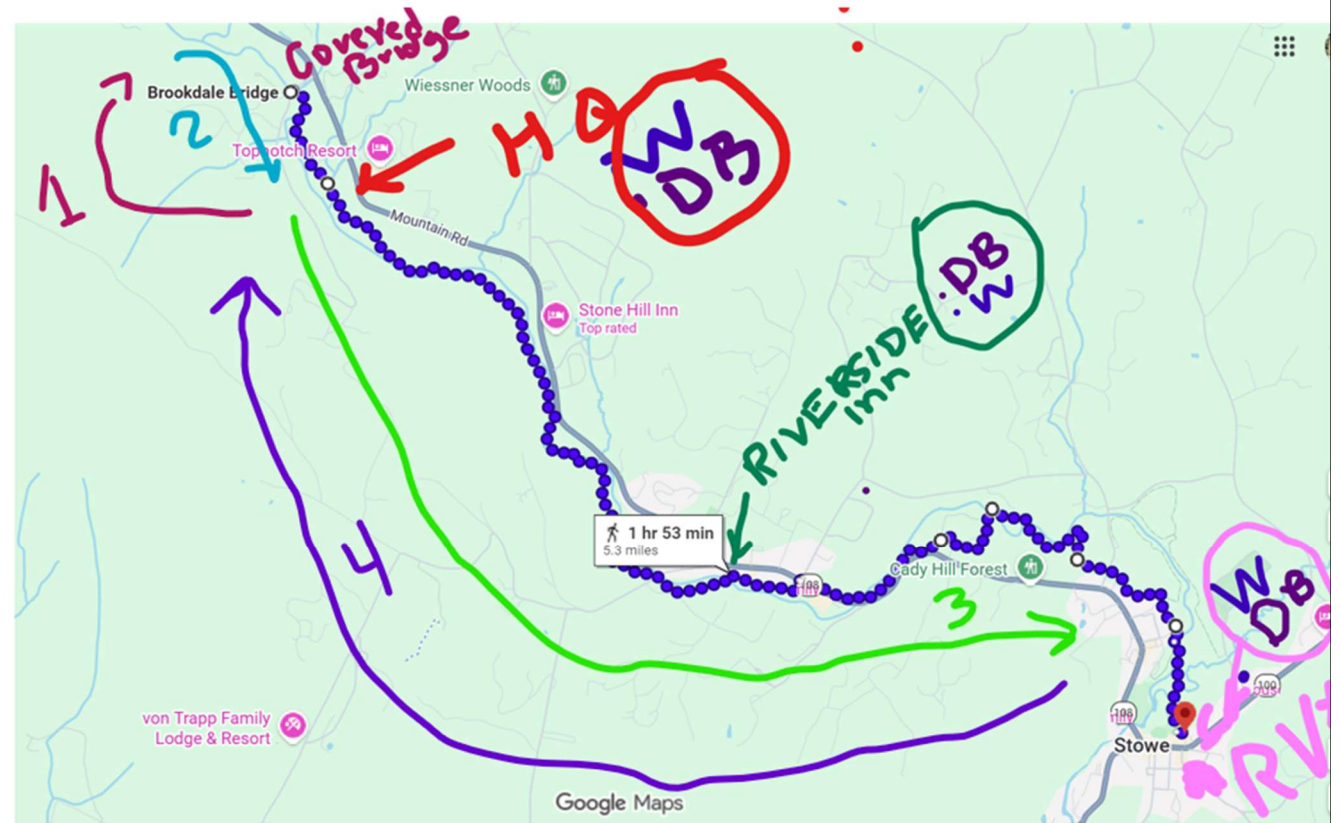


Figure 9) Night Course-MORE DETAILS directions/map and mileage

Short Laps	Going "Up" First Segment Mile	Total Mileage Start/Finish	RIVERSIDE
	0.84		
	0.84	2 65.76	
	2.2		3.0 67.96
	0.125		4.1 68.21
1	2.2	6 70.41	
	0.84	7 71.25	
	0.84		10 74.29
	2.2		10 74.54
2	0.125		
	2.2	13 76.74	
	0.84	14 77.58	
	0.84		17 80.62
	2.2		17 80.87
3	0.125		
	2.2	19 83.07	
	0.84	20 83.91	
	0.84		23 86.95
	2.2		23 87.2
4	0.125		
	2.2	25 89.4	
	0.84	26 90.24	
	0.84		29 93.28
	2.2		29 93.53
5	0.125		
	2.2	32 95.73	
	0.84	32 96.57	
	0.84		36 99.61
	2.2		36 99.86
6	0.125		
	2.2	38 102.06	

LEG 1, 2, 3, 4 (going north to covered bridge then going south to just past Riverside Inn to night turn around-passing by race headquarters after <2 miles)



Figure 10) Headquarters MAP

