

Mountain Bike Lap 26 miles // +3,346 feet

MILE	LEG	START: Dirt Road Behind Olympian Hall / Howelsen Lodge	LEG	MILE	LEG		
LAP 1 WILL START ADJACENT TO HOWELSEN BEACH On Howelsen Parkway Prior to Stables Parking Lot Racers will turn RIGHT on Dirt Access Road just after Yurt			Continued from previous column				
From Start to First Aid Station: 5.3 miles / +1,500 feet			12.0	L	Beall Trail	6.4	
Aid Station #4 - Fully Stocked Food, Water & Hydration Mix Bottle Handups Available From Here to Lap Finish & Next Aid: 7.6 miles / +173 feet			18.4	R	Lane of Pane Road	0.3	
0.0	L	Head NORTHWEST on Dirt Access Road behind Howelsen Lodge	0.1	18.4	R	EPIC HIGH POINT At 8,213 feet above sea level, you are at the highest point in our race. It's all downhill from here... sort of!	
0.1	VL	Continue on Dirt Trail - DO NOT ENTER PARKING LOT	0.2	18.7	L / R	No Mo' Bluez > Root Canal EASY TO MISS - Sharp Left then IMMEDIATE Right	0.5
	0.2	Stay on wider road up hill DO NOT enter singletrack switchbacks		19.2	L	Quarry Mountain Trail	1.3
0.3	R	Connector to Mile Run	0.1	20.5	R	Blackmere Road	0.0
0.4	R	After connecting with Mile Run take IMMEDIATE Right on Connector to Blackmer Dr.	0.1	20.5	L	Lil Moab	0.2
0.5	L	Blackmer Rd.	0.3	20.5	L	SOSI LIL' MOAB DESCENT SEGMENT Don't be afraid to charge down this rocky section. Steamboat Orthopedic & Spine Institute is here to keep You out there!	
0.8	R	Orton Trail	0.6	20.7	R	Lupine Trail	0.5
1.4	CS	MGM	1.0	21.2	L	FIRST Exit on Blackmere Dr.	0.1
2.4	VL	connector to Prayer Flag Road	0.0	21.3	R	Prayer Flag Rd.	0.3
2.4	CS	Prayer Flag Rd.	0.1	21.6	R	Larry's	1.1
2.5	R	Angry Grouse	0.2	21.6	R	ALCHEMY BIKE & BODY CLIMB	
2.7	R	Blair Witch	0.3	22.7	CS	cross Blackmere onto Lupine	0.2
3.0	L	Prayer Flag Road	0.5	22.9	VL	to stay on Lupine	0.4
3.5	R	Stairway to Heaven Connector to No Mo' Bluez and Wild Rose	0.3	23.3	R	to stay Lupine	0.1
3.8	CS	No Mo' Bluez	0.2	23.4	CS	Ricky's Ridge	0.4
4.0	CS	Wild Rose	1.3	23.8	R	Howelsen Meadows	1.1
Aid Station #1 - Fully Stocked Food, Water & Hydration Mix Bottle Handups Available From Here to Next Aid: 4.7 miles / +41 feet			24.9	R	Overlook Trail	0.5	
5.3	CS	Ridge Trail	4.7	25.4	R	Bluff's Trail	0.4
Aid Station #2 - Fully Stocked Food, Water & Hydration Mix From Here to Next Aid: 2.0 miles / +293 feet			25.4 FONT MILES TO GO!				
10.0	L	Cow Creek Rd.	2.0	25.8	L	Exit into Stables Parking Lot and Head Northwest towards Yurt	0.1
	10.0	GLAS DEFFRYN RANCH SPRINT SEGMENT Just like the Scottish Highland Cattle on Glas Deffryn Ranch, you'll find fresh air and wide open spaces on Cow Creek Rd. An ideal place to gain time!		25.9	L	On dirt access road at Yurt	0.1
Aid Station #3 - Fully Stocked Food, Water & Hydration Mix Bottle Handups Available From Here to Next Aid: 6.4 miles / +1,404 feet			SOLO Racers IMMEDIATELY Start Second Lap DUO RACERS ONLY Enter Transition Zone (Untimed up to 5 minutes) Transition from Lap 1 Rider to Lap 2 Rider SAFELY & SLOWLY				
This is not a closed course. Please practice proper etiquette and respect other trail users.			26.0	END			
Aid Station #5 - Fully Stocked Food, Water & Hydration Mix Bottle Handups Available for SOLO RACERS only! From Here to Next Aid: 5.3 miles / +1,500 feet			26.0				