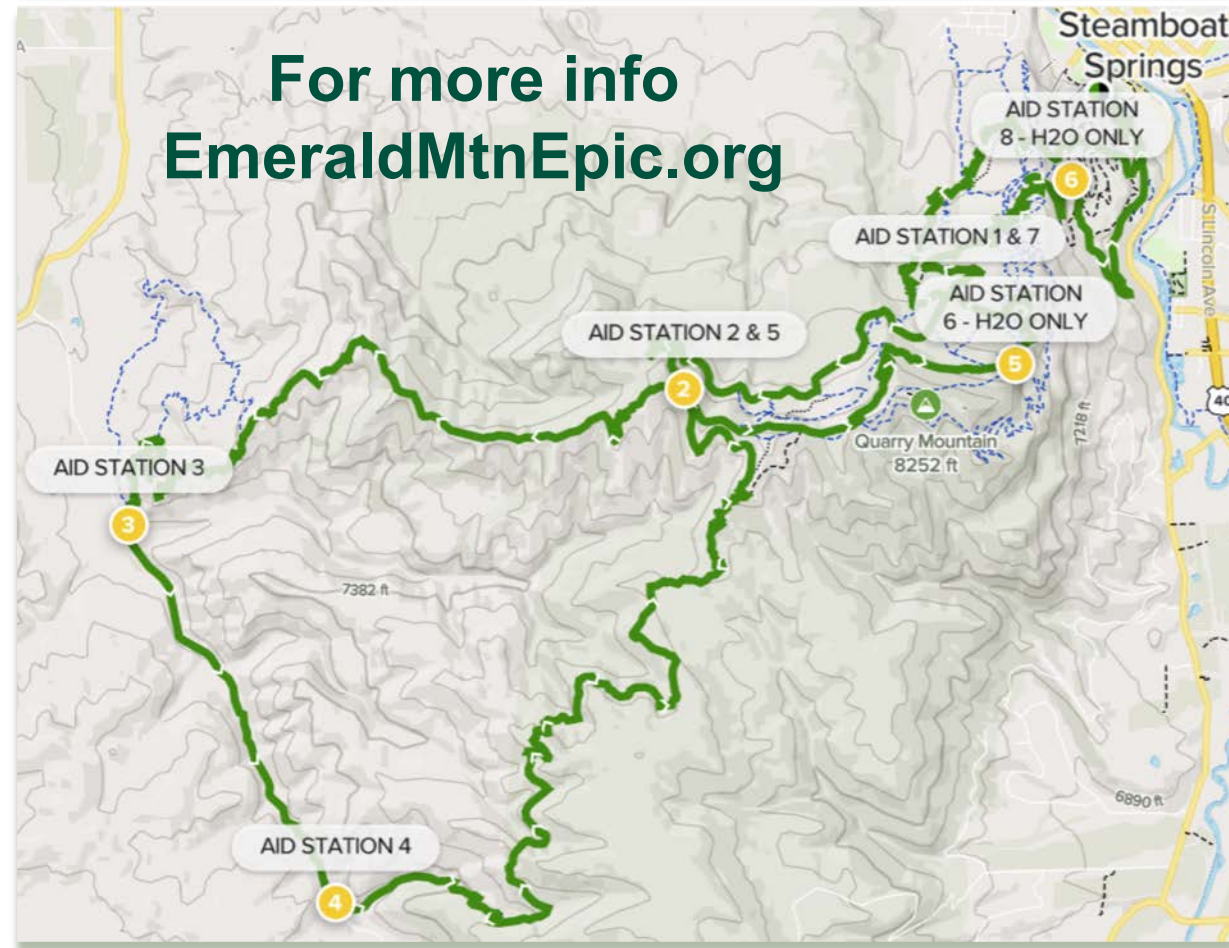


Marathon 26.2 miles // +3,474 feet						
MILE	START: Emerald Mountain Stables Parking Lot			LEG	MILE	LEG
0.0	START	Start at Trailhead Sign and veer right			0.0	6.0 CS Ridge Trail
0.0	L	take SECOND Bluffs Loop trail to left up hill			0.2	10.7 Aid Station #3 - Fully Stocked Food, Water & Honey Stinger Sponsored by Soda Mountain Construction & Design From Here to Next Aid: 2.0 miles / +293 feet
0.3	VL	to continue on Bluffs Loop singletrack			0.2	10.7 L Cow Creek Rd. Start of Road Segment sponsored by Glas Defryn Ranch
0.5	VR	to continue on Bluffs Loop			0.1	12.8 Aid Station #4 - Fully Stocked Food, Water & Honey Stinger From Here to Next Aid: 6.3 miles / +1,404 feet
0.5	VR	to stay on Bluffs Loop			0.1	12.8 L Beall Trail
0.6	CS	on Lupine Trail single track			0.2	19.1 Aid Station #5 - Fully Stocked Food, Water & Honey Stinger From Here to Next Aid: 2.2 miles / +57 feet
0.8	CS	down hill past pond to stay on Lupine Trail			0.1	19.1 R Lane of Pane Road
0.9	VR	to stay on Lupine Trail doubletrack Do Not stay straight on Howelsen Meadows!			0.1	19.5 L / R No Mo' Bluez > Root Canal EASY TO MISS - Sharp Left then IMMEDIATE Right
1.0	VR	to stay on Emerald Service Road Do Not stay straight on Lupine Trail singletrack			0.2	20.0 L Quarry Mountain Trail
1.1	VR	at top of hill, follow road as it U-turns to left, and then briefly veer right on Mile Run			0.0	21.2 R Blackmere Road
1.2	L	on unnamed singletrack connector to Blackmere Rd.			0.2	21.3 Aid Station #6 - Water Only From Here to Next Aid: 1.0 mile / +63 feet
1.4	R	Blackmere Rd.			0.2	21.3 L Lil Moab - Start of Rocky Descent Segment Sponsored By SOSI - Steamboat Orthopedic & Spine Institute
1.6	R	Orton Trail			0.6	21.4 R Lupine Trail
2.2	CS	MGM			1.0	22.0 L exit on Blackmere Dr.
3.1	VL	connector to Prayer Flag Road			0.0	22.1 R Prayer Flag Rd.
3.1	CS	Prayer Flag Rd.			0.2	22.3 Aid Station #7 - Fully Stocked Food, Water & Honey Stinger From Here to Next Aid: 2.3 miles / +1 feet
3.3	Aid Station #1 - Fully Stocked Food, Water & Honey Stinger To Here From Start: 3.3 miles / +945 feet From Here to Next Aid: 2.7 miles / +626 feet				22.3	R Larry's
3.3	R	Angry Grouse - Start of 0.1 mile climb segment			0.1	23.4 CS cross Blackmere onto Lupine
3.4	R	Blair Witch			0.3	23.5 VL to stay on Lupine
3.7	L	Prayer Flag Road			0.5	23.9 R to stay Lupine
4.2	R	Stairway to Heaven Connector to No Mo' Bluez and Wild Rose			0.3	24.1 CS Ricky's Ridge
4.5	CS	No Mo' Bluez Connector to Wild Rose			0.2	24.5 Aid Station #8 - Water Only From Here to Finish: 1.7 miles / +22 feet
4.7	CS	Wild Rose			1.3	24.5 R Howelsen Meadows
6.0	Aid Station #2 - Fully Stocked Food, Water & Honey Stinger From Here to Next Aid: 4.8 miles / +41 feet continued on next column				24.8	CS Bluff's Loop
					26.2	END In Parking Lot by Stables
This is not a closed course. Please practice proper etiquette and respect other trail users.						

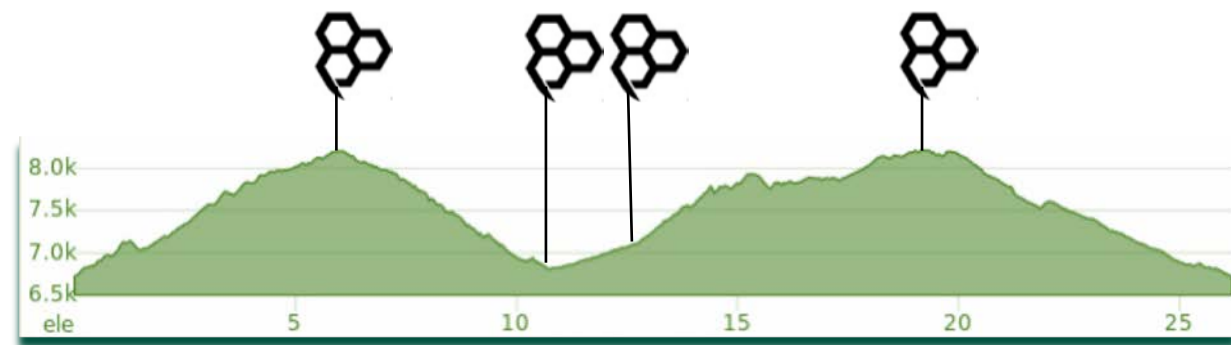
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For more info  
[EmeraldMtnEpic.org](http://EmeraldMtnEpic.org)

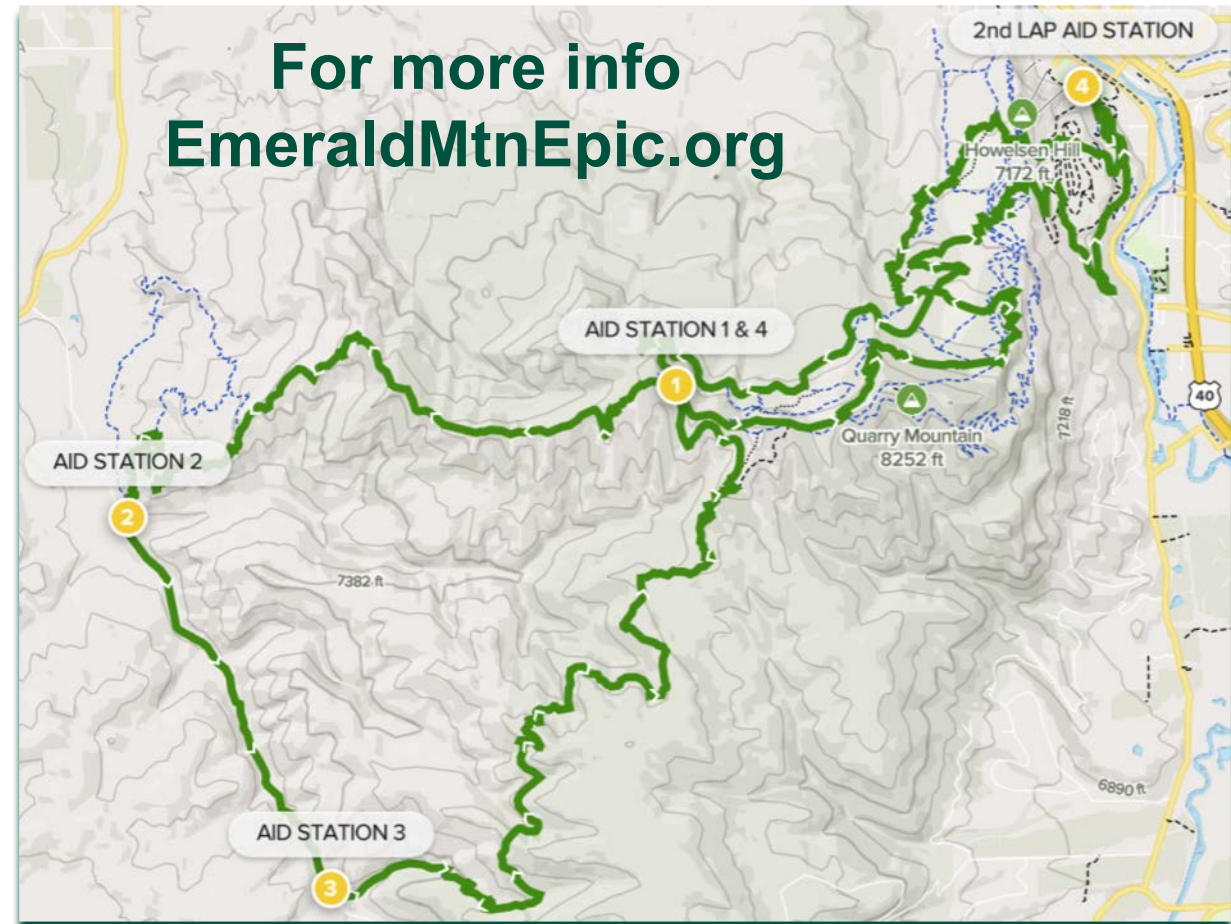
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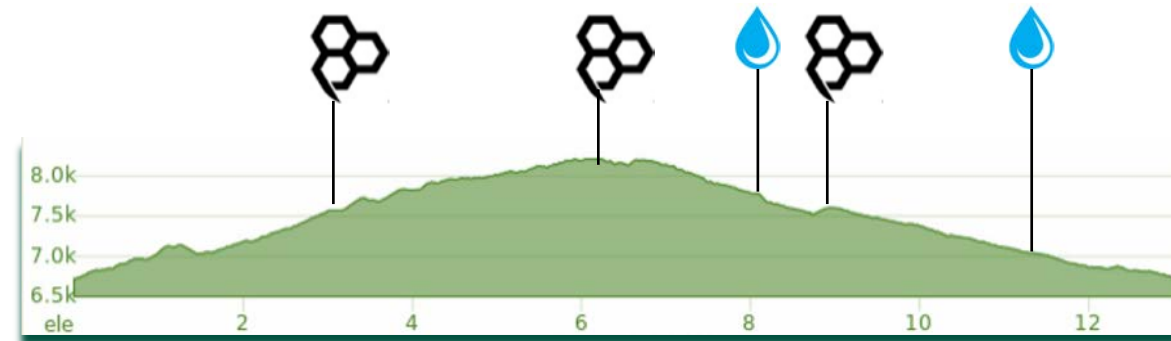
Mountain Bike Lap								
26.2 miles // +3,474 feet								
MILE	START: Emerald Mountain Stables Parking Lot			LEG	MILE			LEG
0.0	START	Start at Trailhead Sign and veer right		0.0	6.0	Aid Station #1 - Fully Stocked Food, Water & Honey Stinger To Here from Start: 6.0 miles / +1,589 feet From Here to Next Aid: 4.7 miles / +41 feet		
0.0	L	take SECOND Bluffs Loop trail to left up hill		0.2	6.0	CS	Ridge Trail	4.7
0.3	VL	to continue on Bluffs Loop singletrack		0.2	10.7	Aid Station #2 - Fully Stocked Food, Water & Honey Stinger Sponsored by Soda Mountain Construction & Design From Here to Next Aid: 2.0 miles / +293 feet		
0.5	VR	to continue on Bluffs Loop		0.1	10.7	L	Cow Creek Rd. Start of Road Segment sponsored by Glas Defryn Ranch	2.1
0.5	VR	to stay on Bluffs Loop		0.1	12.8	Aid Station #3 - Fully Stocked Food, Water & Honey Stinger From Here to Next Aid: 6.3 miles / +1,404 feet		
0.6	CS	on Lupine Trail single track		0.2	12.8	L	Beall Trail	6.3
0.8	CS	dowh hill past pond to stay on Lupine Trail		0.1	19.1	Aid Station #4 - Fully Stocked Food, Water & Honey Stinger From Here to Finish Aid: 7.1 miles / +142 feet		
0.9	VR	to stay on Lupine Trail doubletrack <i>Do Not stay straight on Howelsen Meadows!</i>		0.1	19.1	R	Lane of Pane Road	0.4
1.0	VR	to stay on Emerald Service Road <i>Do Not stay straight on Lupine Trail singletrack</i>		0.2	19.5	L / R	No Mo' Bluez > Root Canal <i>EASY TO MISS - Sharp Left then IMMEDIATE Right</i>	0.5
1.1	VR	at top of hill, follow road as it U-turns to left, and then briefly veer right on Mile Run		0.0	20.0	L	Quarry Mountain Trail	1.2
1.2	L	on unnamed singletrack connector to Blackmere Rd.		0.2	21.2	R	Blackmere Road	0.1
1.4	R	Blackmere Rd.		0.2	21.3	L	Lil Moab - Start of Rocky Descent Segment Sponsored By SOSI - Steamboat Orthopedic & Spine Institute	0.1
1.6	R	Orton Trail		0.6	21.4	R	Lupine Trail	0.5
2.2	CS	MGM		1.0	22.0	L	exit on Blackmere Dr.	0.1
3.1	VL	connector to Prayer Flag Road		0.0	22.1	R	Prayer Flag Rd.	0.2
3.1	CS	Prayer Flag Rd.		0.2	22.3	R	Larry's	1.1
3.3	R	Angry Grouse - Start of 0.1 mile climb segment		0.1	23.4	CS	cross Blackmere onto Lupine	0.2
3.4	R	Blair Witch		0.3	23.5	VL	to stay on Lupine	0.4
3.7	L	Prayer Flag Road		0.5	23.9	R	to stay Lupine	0.1
4.2	R	Stairway to Heaven <i>Connector to No Mo' Bluez and Wild Rose</i>		0.3	24.1	CS	Ricky's Ridge	0.4
4.5	CS	No Mo' Bluez <i>Connector to Wild Rose</i>		0.2	24.5	R	Howelsen Meadows	0.3
4.7	CS	Wild Rose		1.3	24.8	CS	Bluff's Loop	1.4
continued on next column					26.2	END	In Parking Lot by Stables SOLO Racers complete 2 Laps DUO Racers each complete 1 lap in relay fashion	
This is not a closed course. Please practice proper etiquette and respect other trail users.								

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Half Marathon 13.1 miles // +1,733 feet					
MILE	START: Emerald Mountain Stables Parking Lot	LEG	MILE	LEG	LEG
0.0	<b>START</b> Start at Trailhead Sign and veer right	0.0	4.5	<b>CS</b> No Mo' Blue z <i>Connector to Wild Rose</i>	0.2
0.0	<b>L</b> take SECOND <b>Bluffs Loop</b> trail to left up hill	0.2	4.7	<b>CS</b> Wild Rose	1.3
0.3	<b>VL</b> to continue on <b>Bluffs Loop</b> singletrack	0.2	6.0	<b>Aid Station #2 - Fully Stocked Food, Water &amp; Honey Stinger</b> From Here to Next Aid: 2.2 miles / +56 feet	
0.5	<b>VR</b> to continue on <b>Bluffs Loop</b>	0.1	6.0	<b>L</b> Lane of Pane Road	0.4
0.5	<b>VR</b> to stay on <b>Bluffs Loop</b>	0.1	6.4	<b>L / R</b> No Mo' Blue z > Root Canal <i>EASY TO MISS - Sharp Left then IMMEDIATE Right</i>	0.5
0.6	<b>CS</b> on <b>Lupine Trail</b> single track	0.2	6.9	<b>L</b> Quarry Mountain Trail	1.2
0.8	<b>CS</b> down hill past pond to stay on <b>Lupine Trail</b>	0.1	8.1	<b>R</b> Blackmere Road	0.1
0.9	<b>VR</b> to stay on <b>Lupine Trail</b> doubletrack <i>Do Not stay straight on Howelsen Meadows!</i>	0.1	8.2	<b>Aid Station #3 - Water Only</b> From Here to Next Aid: 1.0 mile / +63 feet	
1.0	<b>VR</b> to stay on <b>Emerald Service Road</b> <i>Do Not stay straight on Lupine Trail singletrack</i>	0.1	8.2	<b>L</b> Lil Moab - Start of Rocky Descent Segment Sponsored By <i>SOSI - Steamboat Orthopedic &amp; Spine Institute</i>	0.1
1.1	<b>VR</b> at top of hill, follow road as it U-turns to left, and then briefly veer right on <b>Mile Run</b>	0.0	8.3	<b>R</b> Lupine Trail	0.5
1.1	<b>L</b> on unnamed singletrack connector to Blackmere Rd.	0.2	8.8	<b>L</b> exit on <b>Blackmere Dr.</b>	0.1
1.3	<b>R</b> <b>Blackmere Rd.</b>	0.2	8.9	<b>R</b> <b>Prayer Flag Rd.</b>	0.3
1.5	<b>R</b> Orton Trail	0.6	9.2	<b>Aid Station #4 - Fully Stocked Food, Water &amp; Honey Stinger</b> From Here to Next Aid: 2.3 miles / +1 feet	
2.1	<b>CS</b> <b>MGM</b>	1.0	9.2	<b>R</b> <b>Larry's</b>	1.1
3.1	<b>VL</b> connector to <b>Prayer Flag Road</b>	0.0	10.3	<b>CS</b> cross Blackmere onto <b>Lupine</b>	0.2
3.1	<b>CS</b> <b>Prayer Flag Rd.</b>	0.2	10.4	<b>VL</b> to stay on <b>Lupine</b>	0.4
3.3	<b>Aid Station #1 - Fully Stocked Food, Water &amp; Honey Stinger</b> To Here From Start: 3.3 miles / +945 feet From Here to Next Aid: 2.7 miles / +626 feet		10.8	<b>R</b> to stay <b>Lupine</b>	0.1
3.3	<b>R</b> <b>Angry Grouse</b> - Start of 0.1 mile climb segment	0.1	11.0	<b>CS</b> <b>Ricky's Ridge</b>	0.4
3.4	<b>R</b> <b>Blair Witch</b>	0.3	11.4	<b>Aid Station #5 - Water Only</b> From Here to Finish: 1.7 mile / +22 feet	
3.7	<b>L</b> <b>Prayer Flag Road</b>	0.5	11.4	<b>R</b> <b>Howelsen Meadows</b>	0.3
4.2	<b>R</b> <b>Stairway to Heaven</b> <i>Connector to No Mo' Blue z and Wild Rose</i>	0.3	11.7	<b>CS</b> <b>Bluff's Loop</b>	1.4
continued on next column			13.1	<b>END</b> In Parking Lot by Stables	

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### 10K Loop - For Virtual Event ONLY 6.2 miles // +855 feet

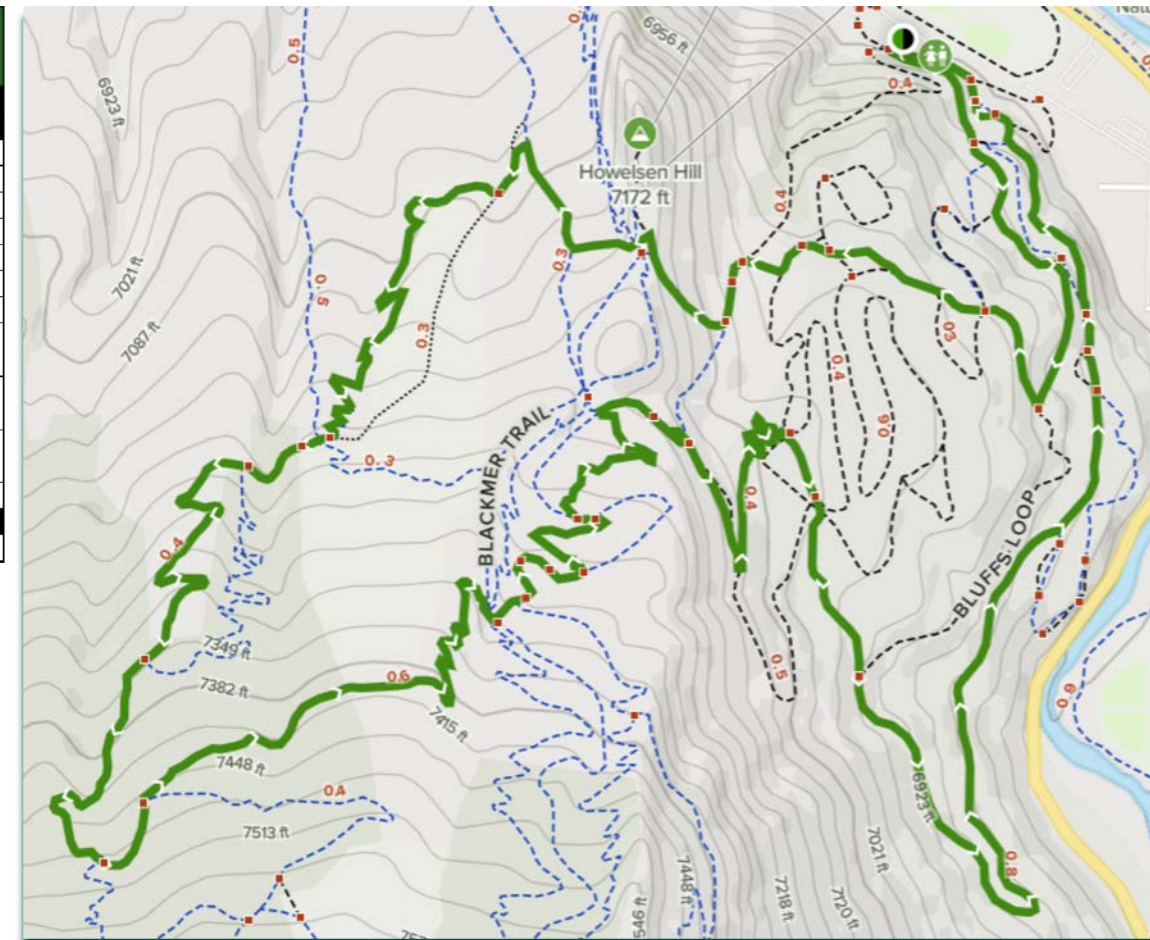
MILE	START: Emerald Mountain Stables Parking Lot	LEG	MILE	LEG
0.00	<b>START</b> Start at Trailhead Sign and veer right	0.02	1.20	R Blackmere Rd.
0.02	<b>L</b> take SECOND Bluffs Loop trail to left up hill	0.23	1.32	R Orton Trail
0.25	<b>VL</b> to continue on Bluffs Loop singletrack	0.20	1.92	CS MGM
0.45	<b>VR</b> to continue on Bluffs Loop	0.05	2.71	L Larry's Connector
0.50	<b>VR</b> to stay on Bluffs Loop	0.13	2.78	L Larry's
0.63	<b>CS</b> on Lupine Trail single track	0.18	3.43	CS cross Blackmere onto Lupine
0.81	<b>CS</b> down hill past pond to stay on Lupine Trail	0.06	3.60	VL to stay on Lupine
0.87	<b>VR</b> to stay on Lupine Trail doubletrack <i>Do Not stay straight on Howelsen Meadows!</i>	0.11	4.00	R to stay Lupine
0.98	<b>VR</b> to stay on Emerald Service Road <i>Do Not stay straight on Lupine Trail singletrack</i>	0.16	4.14	CS Ricky's Ridge
1.14	<b>VR</b> at top of hill, follow road as it U-turns to left, and then briefly veer right on Mile Run	0.01	4.57	R Howelsen Meadows
1.15	<b>L</b> on unnamed singletrack connector to Blacmere Rd.	0.05	4.85	CS Bluff's Loop
<i>continued on next column</i>			6.20	<b>END</b> In Parking Lot by Stables

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Note that these are just “suggested routes”. The beauty of the virtual challenge is that **you can choose any trail literally anywhere in the world, as long as you complete the right lengths for your specific challenge.**

This is a **self-supported event.** For your safety, we recommend riding/running with a partner, carrying a First Aid Kit, carrying plenty of food and water, and making sure you know what to do if you, or someone you’re with, gets hurt!



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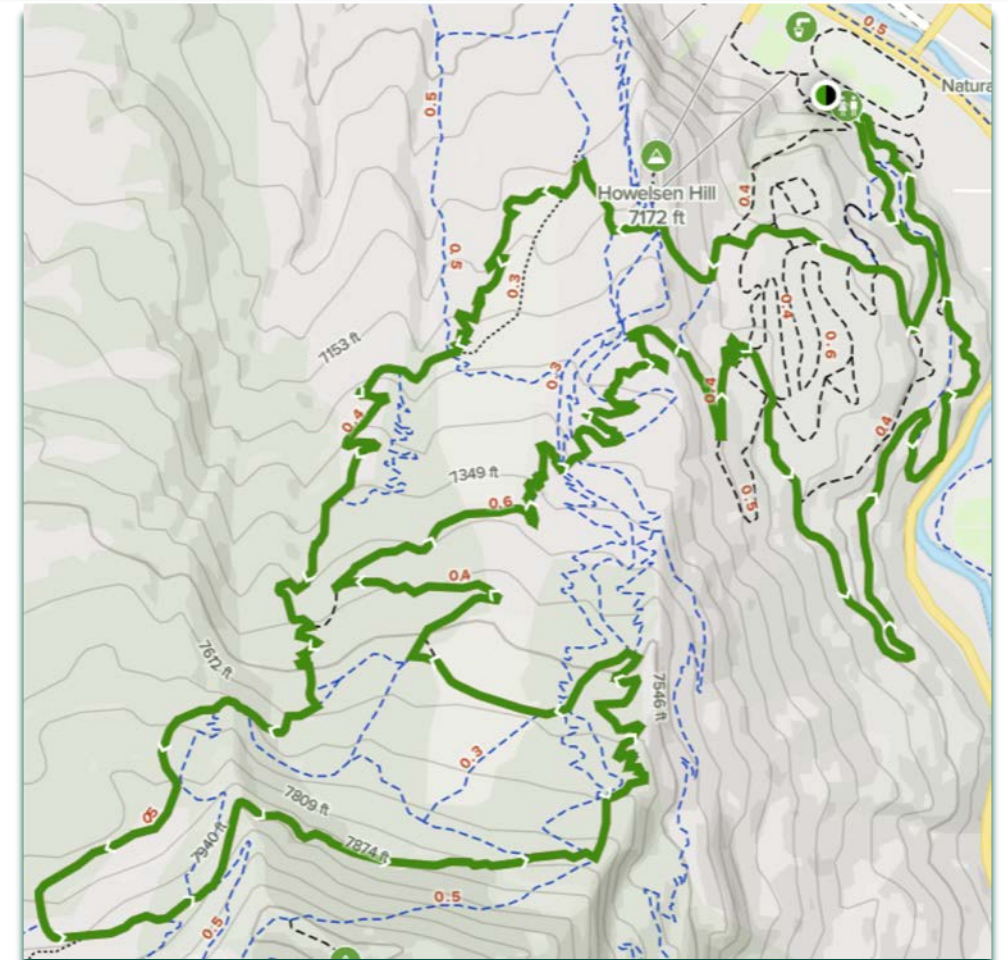


For more info [EmeraldMtnEpic.org](https://EmeraldMtnEpic.org)



### Ten Mile Loop - For Virtual Event ONLY 10.0 miles // +1,472 feet

MILE	START: Emerald Mountain Stables Parking Lot	LEG	MILE	CS	LEG
0.00	START Start at Trailhead Sign and veer right	0.02	3.65	CS	0.30
0.02	L take SECOND Bluffs Loop trail to left up hill	0.23	3.95	CS	0.74
0.25	VL to continue on Bluffs Loop singletrack	0.20	4.69	R	0.02
0.45	VR to continue on Bluffs Loop	0.05	4.71	L	0.11
0.50	VR to stay on Bluffs Loop	0.13	4.82	R	0.52
0.63	CS on Lupine Trail single track	0.18	5.34	L	0.14
0.81	CS down hill past pond to stay on Lupine Trail	0.06	5.48	R	0.28
0.87	VR to stay on Lupine Trail doubletrack <i>Do Not stay straight on Howelsen Meadows!</i>	0.11	5.76	R	1.09
0.98	VR to stay on Emerald Service Road <i>Do Not stay straight on Lupine Trail singletrack</i>	0.16	6.85	CS	0.17
1.14	VR at top of hill, follow road as it U-turns to left, and then briefly veer right on Mile Run	0.01	7.02	VL	0.40
1.15	L on unnamed singletrack connector to Blacmere Rd.	0.05	7.42	R	0.14
1.20	R Blackmere Rd.	0.12	7.56	CS	0.43
1.32	R Orton Trail	0.60	7.99	R	0.28
1.92	CS MGM	0.99	8.27	CS	0.79
2.91	R Prayer Flag Road	0.74	9.06	R	0.45
<i>continued on next column</i>			9.51	CS	0.49
			10.00	END	In Parking Lot by Stables



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