

## 2015 Run for the Hills 30k

Total (miles)	Distance to Next (miles)	Turn, Marker, Type	Marker No.	Marker Name	Directions
0	0.58	Straight	0	Start	Straight on Midge Cramer Path
0.58	0.08	Left	1	Midge Cramer Path Jct.	Turn left towards Reservoir Rd.
0.66	0.56	Right	2	Switch Back Trail Jct.	Turn hard Right on single track. Proceed up hill
1.22	0.19	Right	3	Summit Trail Jct.	Turn Right. Proceed down hill
1.41	0.33	Right	4	Horse Trail Jct	Turn ard Right turn. Proceed down hill
1.74	0.03	Right	5	Trail Jct at Barn	Turn slight Right. Proceed to bike path
1.77	0.13	Left	6	Bike Path Jct. at Barn	Turn slight Left. Proceed along bike path
1.9	0.36	Left	7	Dog Off Leash Trail	Turn hard Left. Proceed over wooden bridge
2.25	0.23	Right	8	Dog Off Leash Aid Station	Turn Right. Proceed to gravel road to Mulkey Cr. Tr.
2.48	0.35	Left	9	Jct w/ Rd. to Mulkey Creek	Turn hard Left on gravel road. Proceed up gradual hill
2.82	0.29	Straight	10	Mulkey Cr. Tr.	Stay Straight only Mulkey Cr. Trail.
3.1	0.8	Left	11	Mulkey Cr. Tr.	Turn Left to stay on Mulkey Cr. Trail
3.9	0.2	Slight Right	12	Lollipop	Turn Slight Right onto Lollipop
4.1	1.25	Right	13	Mulkey Ridge Trail	Turn Right onto Mulkey Ridge Trail
5.35	0.4	Straight	14	End of Mulkey Ridge Trail single track	Stay Straight, proceed on double track
5.75	0.35	Sharp Right	15	Throop Loop	Turn Sharp right, proceed up Throop Loop Trail
6.1	0.1	Straight	16	Top of Single Track	Turn Slight left, proceed to Aid Station
6.2	0.1	Fitton Green Aid		Aid Station	Proceed down to left turn
6.3	0.2	Sharp Left	17	W. Throop Loop Connector Tr. Access	Turn Left, proceed down to Cardwell Fitton Connector Tr.
6.5	0.5	Right	18	Cardwell Fitton Connector Tr.	Turn Right, proceed down to Cardwell Hill Tr.
7	0.2	Straight	19	Single Track jct.	Stay Straight, proceed down to Cardwell Hill. Tr.
7.2	0.3	Straight	20	Unnamed Rd. jct.	Stay Straight, proceed down to Cardwell Hill. Tr.
7.5	0.08	Left	21	Cardwell Hill Rd. Cutoff	Turn left, proceed up to Cardwell Hill Tr.
7.58	0.6	Slight Left	22	Cardwell Hill Rd. jct.	Turn left onto Cardwell Hill Tr.
8.2	0.9	Straight	23	Unnamed Rd. jct.	Stay Straight on Cardwell Hil Tr.
9.1	0.9	Turnaround	24	Wren Gate	Turn around. Proceed east on Cardwell Hill Tr.
10	0.6	Straight	25	Unnamed Rd. jct.	Stay Straight on Cardwell Hil Tr.
10.6	0.08	Right	26	Cardwell Hill Rd. Cutoff	Turn Right, proceed down to Cardwell Fitton Connector Tr.
10.68	0.3	Right	27	Cardwell Fitton Connector Tr.	Turn Right, proceed up Cardwell Fitton Connector Tr.

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10.98	0.2	Straight	28	Unnamed Rd. jct.	Stay Straight on Cardwell Fitton Connector Tr.
11.18	0.42	Left	29	Single Track / Intx	Turn Left, proceed up single track
11.6	0.2	Right	30	Fitton Green Parking Lot	Turn right, proceed thru gate to Throop Loop
11.9	0.1	Left	31	Throop Loop	Turn left, proceed up to Aid Station
12	0.1	Straight		Fitton Green Aid Station	Stay Straight
12.1	0.35	Straight	32	Top of Single Track	Stay straight
12.45	0.4	Sharp Left	33	Throop Loop/Mulkey Ridge Path Intx.	Turn Sharp Left, proceed down Mulkey Ridge Path
12.85	1.25	Straight	34	Mulkey Ridge Trail Single Track	Stay Straight onto Mulkey Ridge Tr. single track
14.1	0.1	Right	35	Lollipop	Turn Right. Proceed around loop
14.2	0.74	Right	36	Mukey Loop End	Turn Right. Proceed back down to bridge
14.94	0.28	Straight	37	Mulkey Cr. Trail	Stay Straight. Proceed back to Bald Hill connector.
15.22	0.34	Straight	38	Gravel Rd	Stay Straight down gravel Road toward Bald Hill Connector
15.56	0.34	Right	39	Mulkey Cr. Bald Hill Connector	Turn hard Right onto trail connector to Bald Hill
15.9	0.15	Water		Dog Off Leash Aid Station	Turn Left on main trail back towards barn.
16.05	0.35	Right	40	Trail Jct. at Barn	Turn hard Right. Proceed up into the trees on nice single track
16.4	0.35	Right	41	Trail Jct.	Turn Right at bench/kiosk onto narrow winding and rolling path
16.75	0.33	Left	42	Trail Jct.	Turn hard Left onto trail to Bald Hill Summit
17.08	0.25	Straight	43	Trail Jct.	Stay Straight (leaving main path). Proceed past the bench
17.33	0.55	Right	44	Switchback Trail Jct.	Turn hard Right and proceed down Switchback Trail
17.88	0.08	Left	45	Bike Path Jct.	Turn hard Left onto bike path. Proceed to Midge Cramer Path
17.96	0.59	Right	46	Midge Cramer Path	Turn Right onto Midge Cramer path.
18.55	0.1	Left	47	Parking Lot	Turn Left into Fairgrounds parking lot and proceed to finish
18.65*		Finish		Finish Line of 30k & 8k	Proceed to refreshments in Floral Courtyard.

\*Estimated from mapping. Final distance will be wheel measured

<b>Aid Station: Fitton Green</b>	<b>6.2 mi</b>	<b>Full Aid--Water, Sports Drink, Snacks</b>
<b>Fitton Green</b>	<b>12 mi</b>	<b>Full Aid--Water, Sports Drink, Snacks</b>
<b>Dog off leash</b>	<b>15.9 mi</b>	<b>Water &amp; Sports Drink</b>