

Run for the Hills 30k Turn by Turn

Turn	Total (miles)	Distance to Next (miles)	Turn, Marker, Type	Marker Name	Directions
0		0.7	Straight	Start	Straight on Midge Cramer Path
1	0.7	0.08	Left	Midge Cramer Path Jct.	Turn left towards Reservoir Rd.
2	0.78	0.56	Right	Switch Back Trail Jct.	Turn hard Right on single track. Proceed up hill
3	1.34	0.19	Right	Summit Trail Jct.	Turn Right. Proceed down hill
4	1.53	0.33	Right	Horse Trail Jct	Turn ard Right turn. Proceed down hill
5	1.86	0.03	Right	Trail Jct at Barn	Turn slight Right. Proceed to bike path
6	1.89	0.13	Left	Bike Path Jct. at Barn	Turn slight Left. Proceed along bike path
7	2.02	0.36	Left	Dog Off Leash Trail	Turn hard Left. Proceed over wooden bridge
8	2.38	0.23	Right	Dog Off Leash Aid Station	Turn Right. Proceed to gravel road to Mulkey Cr. Tr.
9	2.61	0.35	Left	Jct w/ Rd. to Mulkey Creek	Turn hard Left on gravel road. Proceed up gradual hill
10	2.96	0.29	Straight	Mulkey Cr. Tr.	Stay Straight only Mulkey Cr. Trail.
11	3.25	0.8	Left	Mulkey Cr. Tr.	Turn Left to stay on Mulkey Cr. Trail
12	4.05	0.1	Slight Right	Lollipop	Turn Slight Right onto Lollipop
13	4.15	1.15	Right	Mulkey Ridge Trail	Turn Right onto Mulkey Ridge Trail
14	5.3	0.25	Straight	End of Mulkey Ridge Trail single track	Stay Straight, proceed on double track
15	5.55	0.4	Sharp Right	Throop Loop Trail Jct.	Turn Sharp right, proceed up Throop Loop Trail
16	5.95	0.3	Straight	Top of Single Track	Turn Slight left, proceed to Cardwll Fitton Connector
	6.2	0.05	Aid Station	FITTON GREEN AID STATION	
17	6.25	0.15	Right	Cardwell Fitton Connector Tr.	Turn Right, proceed to Fitton Green Parking lot
18	6.4	0.4	Left	Fitton Green Parking Lot	Turn Left, proceed down single track trail
19	6.8	0.1	Right	Single Track jct. Fitton Green N/S Tr.	Turn right and proceed to Fitton Green N/S Tr.
20	6.9	0.4	Straight	Jct w/ Amy's trail	Stay Straight, proceed down to Cardwell Hill. Tr.
21	7.3	0.1	Left	Cardwell Hill Tr. Cutoff	Turn left, proceed up to Cardwell Hill Tr.
22	7.4	0.2	Left	Cardwell Hill Tr. jct.	Turn left onto Cardwell Hill Tr. (road)
23	7.6	0.8	Right	Garryana Ridge Trail	Turn right and proceed up Garryana Ridge Trail
24	8.4	0.5	Right	Cardwell Hill Tr.	Turn right on Cardwell Hill Tr. and proceed to Wren Gate
	8.9	0.9	Turnaround	Wren Gate-Water Aid	Turn around. Proceed back on Cardwell Hill Tr.
25	9.8	0.05	Right	Lower Meadow Rd	Turn Right to River Trail
26	9.85	0.3	Right	River Trail	Turn Right, proceed down to Cardwell Fitton Connector Tr.
27	10.15	0.35	Straight	Lower Meadow Rd Crossing	Cross Lower Meadow Rd. onto Mid Forest Trail
28	10.5	0.25	Straight	Trail Jct.	Stay Straight on Mid Forest Trail
29	10.75	0.15	Straight	Cross High Rd.	Straight across road to say on trail and proceed to Amy's trail
30	10.9	0.05	Straight	Jct. with Upper Forest Trail	Stay Straight to Amy's Trail
31	10.95	0.3	Right	Amy's Trail	Turn Right up Amy's Trail until Fitton Green N/S Tr.
32	11.25	0.1	Right	Jct. w/ Fitton Green N/S Tr.	Turn Right and proceed up hill to Fitton Green
33	11.35	0.4	Straight	Single Track jct. Fitton Green N/S Tr.	Stay straight
34	11.75	0.15	Left	Lower Throop Loop Jc.t	Turn Left
35	11.9	0.1	Right	Upper Throop Loop Trail jct.	Proceed to FITTON GREEN AID STATION
	12	0.2	Aid Station	FITTON GREEN AID STATION	Head Straight on wide road/trail to single track
36	12.2	0.4	Straight	Single Track Trail	Stay Straight onto single track
37	12.6	0.25	Left	Rd. to Mulkey Ridge Trail	Sharp Left on Rd. to Mulkey Ridge Trail
38	12.85	1.15	Straight	Mulkey Ridge Trail	Head onto Mulkey Ridge Trail single track
39	14	0.15	Right	Lollipop	Turn Right. Proceed around loop
40	14.15	0.75	Right	Lollipop end	Turn Right. Proceed back down to bridge
41	14.9	0.4	Straight	Mulkey Cr. Trail/Wynoochee Jct.	Stay Straight. Proceed back to Bald Hill connector.
42	15.3	0.25	Straight	Leave Gravel Rd onto trail	Slight Right onto trail along side road
43	15.55	0.3	Right	Mulkey Cr. Bald Hill Connector	Turn hard Right onto trail connector to Bald Hill
44	15.85	0.2	Aid Station	Dog Off Leash Aid Station	Turn Left on main trail back towards barn.
45	16.05	0.35	Right	Trail Jct. at Barn	Turn hard Right. Proceed up into the trees on nice single track
46	16.4	0.35	Right	Trail Jct.	Turn Right at bench/kiosk onto narrow winding and rolling path
47	16.75	0.3	Left	Trail Jct.	Turn hard Left onto trail to Bald Hill Summit
48	17.05	0.1	Straight	Ball Hill/Bench	Stay Straight (leaving main path). Proceed past the bench
49	17.15	0.5	Right	SE Access Trail	Turn hard Right and proceed down SE Access Trail
50	17.65	0.1	Left	Bike Path Jct.	Turn hard Left onto bike path. Proceed to Midge Cramer Path
51	17.75	0.19	Straight	Switch Back Trail Jct.	Stay Straight to Midge Cramer path
52	17.94	0.55	Right	Midge Cramer Path	Turn Right onto Midge Cramer path.
53	18.49	0.15	Left	Parking Lot	Turn Left into Fairgrounds parking lot and proceed to finish
	18.64		Finish	Finish Line	Proceed to refreshments in Floral Courtyard.