Valley Falls 25K / 50K. Fun Run (Fat A\*\*)

Course Directors: Tom and Nate Mauger

The course is a 7.95 M figure 8 with the center point (and only Aid Station) at the Shelter house at the bottom of the hill next to the parking lot. The course is well maintained trail with considerable elevation change that should be a good challenge for an experienced trail runner. Inexperienced trail runners can shorten the course to one loop (7.95 M) or even stop after the first half of the figure 8 (4.5M). The course will be marked with ribbons and signage. Volunteers will be stationed at the road crossing. The aid station will be stocked with typical trail run selections. There will be no registration fees. Participants will be required to sign a waiver and will be asked to contribute an item for the Aid Station.

Date: August or September?

Rhododendron Trail. 0 - 1.9 M Right Turn

Dogwood Trail. 1.9 – 2.7 M Right Turn

Wild Turkey Trail 2.7 – 3.75M Left Turn

Trail to Picnic Area 3.75 – 4.5M Turn Around

Aid Station (Shelter House)

Trail to Picnic Area 4.5 – 4.62M Right Turn

Cardinal Trail 4.62 – 5.5M Cross Road (Watch out for cars)

Deer Trail 5.5-7.6M Turn Left onto Park Road (Watch out for cars)

Park Road 7.6-7.95

Aid Station (Shelter House)