

## **GLADE TOP TRAIL RUN COURSE DESCRIPTION**

**All three races start and finish at the same line. Just below Wolf Junction Campground area at the junction of 147 and 149 U.S. Forestry gravel roads.**

**The 1 mile fun run stays on the gravel road for ½ mile, runners will turn around there and run back to the finish.**

**The 4.25 Mile trail is a down and back run. Runners go out ¼ mile, cross the cattle guard, then turn onto the BEAR trail on your left. Follow the pink and green trail tape on the right. There are 2 hard corners. The first is at the bottom of the hill at mile 1.6, turn left. the 2<sup>nd</sup> hard corner is 1.7 miles, turn right. Runners will then cross the creek, pass the 2 mile sign and go on to the turn-around marker. There will be a medic there and a photographer. This is also the first water station. 4 mile runners and hikers then come back up the same way they went down. The trail tape is now on the left all the way to the finish at Wolf Junction.**

**The 10.25 mile trail. Runners go out ¼ mile, cross the cattle guard, then turn left onto the BEAR trail. Follow the pink and green trail tape on the right. There is a hard left hand turn corner at the 1.6 mile mark, then at 1.7 a hard corner to the right. You will cross a creek right before the 2 mile sign and then go on past the turn around for the 4 milers. At the 3 mile sign it is a hard corner to your right, then uphill. There is another hard right corner at the 3.6 mile. Run uphill and then at 4 mile it is flat. At 5.1 miles, runners come out on a gravel road. Turn right and go a ¼ mile to the next trail entrance which is the PIG trail. There is a medic there, a porta potty and a water jug. At the 6 mile mark it is flat and then goes steep downhill to a creek. Cross the creek and it is flat there is another creek crossing before the 7 mile sign. There is a hard corner to the right at the 7.1. At the corner there is a big rock hanging in the tree and a big orange arrow. There is a water jug and a medic there also. At the 9 mile sign there will be the last water station. At 9.75, runners come out on the gravel road and turn left. Follow the gravel road all the way to the finish line at Wolf Junction.**