

## Start— Mirror Lake Park

## Mirror Lake Park 23051 Old Glenn Hwy, Chugiak, AK 99567

This is where it all starts! Please arrive at LEAST 30 MINUTES before your start time so you can check in and listen to an important runner briefing.

From Anchorage: Take Glenn Hwy north to Mirror Lake Exit, turn right, park is on your left.

From MatSu and Points North: Take Glenn Hwy south to Mirror Lake exit. Left under freeway and then right on Old Glenn. Park is $1 / 4$ mile down on the left.


## Leg 1 - Chugiak

## Distance: 7.8 Miles

Elev: +790 ft
$-835 \mathrm{ft}$
Difficulty: Very Hard
Exchange
The Sanctuary
14121 Old Glenn Hwy
Eagle River, AK 99577

## Runner Notes

Long leg with some very significant rolling hills.

First 2 miles, run on left shoulder.
Mile 0.5 - Straight at intersection with overpass
Mile 1.4 - Right on Homestead Dr
Mile 1.9-Cross Ski Rd, enter path along Old Glenn.
Mile 3 - Take crosswalk to stay on path, now on right side of Old Glenn.
Mile 7: Path Circles under Old Glenn to left side.

YIELD TO TRAFFIC AT ROAD CROSSINGS.


## Leg 2 - Eagle River

## Distance: 4.1 Miles

Elev: +440 ft
$-275 \mathrm{ft}$
Difficulty: Moderate

## Exchange

Trail Parking Lot
Eagle River Loop \& Hesterberg Rd

## Runner Notes

Through the heart of Eagle River. A shorter leg, but note the major climb on the last mile.

Mile 2.2-Cross Eagle River and left onto path.
Mile 2.3 - Follow path right onto VFW Rd. Mile 4 - Pass entrance to parking area, Right on Eagle River Loop sidewalk.

OBEY ALL TRAFFIC SIGNALS \& YIELD TO TRAFFIC AT ROAD CROSSINGS.



## Leg 3— Glenn Highway



## Leg 4- Chester Creek



## Leg 5- West Anchorage

| Distance: | 6.10 |  |
| ---: | :---: | :---: |
| Elevation: | +40 | Downtown Viewpoint lot. Northern Lights \& Postmark Dr. |
| Rating: | Moderate |  |



## Non-Support

Mile 2.45: Tunnel under Spenard, immediate right and under NB Minnesota. Trail turns left, tunnel under SB Minnesota. Soft left to continue towards lagoon.

Mile 3.15: Turn left at end of lagoon onto Coastal Trail.

To the end of Chester Creek Trail and onto the Coastal Trail with great views of Westchester Lagoon and Cook Inlet.

Fun Fact: This stretch of the Coastal Trail goes through Earthquake Park, a memorial to the 1964 quake. Worth the 2-3 minutes stop if you're not running in THAT much of a hurry.

## Driver Notes

Turn right onto Lake Otis. Left on 15th. 15th ramps down to Minnesota, Right on Northern Lights

Route in Red

Downtown Anchorage Viewpoint
Anchorage, AK 99502

## Leg 6 - Coastal Trail

## Distance: 6.2 Miles

Elev: +350 ft Difficulty: Moderate

## Exchange

Kincaid Park Turnaround 9401 Raspberry Rd
Anchorage, AK 99502

## Runner Notes

Non-Supportable. After Mile 1.2, runners enter park trail system.

WATCH FOR MOOSE - RESPECT THEIR SPACE.

Vans - see next page for driving directions



## Van Route to/from Kincaid



## To Kincaid (Exchange 5 to 6)

0.0 Left out of parking lot, immediate right on Postmark Dr.
2.0 Left on International Airport Rd
2.9 Right on Jewel Lake Rd
4.2 Right on Raspberry Rd
6.3 Raspberry Rd enters Kincaid Park

Exchange is on start of Coastal Trail just past the roundabout

To Downtown Viewpoint (Exchange 6 to 7)
0.0 East on Raspberry Rd
3.9 Left on Jewel Lake Rd
5.2 Left on International Airport Rd
6.0 Right on Postmark Dr.
8.0 Left on Northern Lights / Pt. Woronzof, immediate right into parking lot.

## Leg 7 - Coastal Trail

## Distance: 6.2 Miles Elev: +100 ft Difficulty: Moderate

## Exchange

Downtown Anchorage Viewpoint Northern Lights Rd

## Runner Notes

Non-Supportable.
WATCH FOR MOOSE - RESPECT THEIR SPACE.

Vans - See previous page for Driving Directions.

## Leg 8- West Anchorage



## Leg 9— Chester Creek



## Leg 10- Elmore (Costume Leg)



## Leg 11- Hillside



# Leg 12- Golden View 



## Leg 13 - Outer Bird



## Runner Notes

Leg 13 is an out and back on the northern end of Bird-to-Gird Trail. The path is fully paved and goes under the highway at both crossing points. It is largely viewable from the highway, and there are several small parking lots near the turnaround point that teams can support their runner from.

Mile 0.2 - Turn under highway and up staircase to main trail, turn LEFT.
Mile 1.75 - Trail cloverleafs under highway
Mile 2.7 - Turnaround
Mile 3.65 - Cloverleaf
Mile 5.2 - Descend Staircase and under highway, LEFT to return to parking lot

## Driver Notes

Van 1 Should head to "Bird Creek Trail
Access" lot prior to Van 2 finishing Leg 12.
Don't forget your parking pass for this location and Bird Point.

Leg 13 Runner will be released by race official when Leg 12 is completed. If that runner is not present, the team clock will pause until they depart on Leg 13.

## Leg 14 - Turnagain I



## Leg 15 - Turnagain II

 cross the marsh at the end.

## Driver Notes

Runner unsupportable on Bird-to-Gird path.

Vans should turn LEFT onto
Toadstool Dr (gravel road just before Alyeska Hwy at Girdwood) to reach parking area.

## Leg 16 \& 17 - Girdwood Double Up



## Leg 18 - The Portage Push Time Trial!



## Leg 19 - End of the Arm



## Runner Notes

Flat run around the end of Turnagain Arm.

## Driver Notes

Exchange parking on Left side of highway, large wayside.

Distance: 4.8 Miles Elev: negligible Difficulty: Moderate

## Exchange

Seward Hwy Milepost 75.5

## Leg 20- Ingram Creek



## Leg 21— Turnagain Pass



## Leg 22- Granite Creek



## Leg 23- Sixmile Canyon



## Leg 24 - Hope Hwy



Distance: 4.7 Miles Elev: 130 ft
Difficulty: Moderate

## Exchange

Hope Jct Parking

## Runner Notes

Early Morning down and back on the Hope Hwy. There is not much of a shoulder, but there's also hardly any traffic. Stay on the left shoulder each direction.

## Driver Notes

If you choose to drive down to the turnaround, there is a wayside you can park in. Otherwise enjoy a break and have some coffee and bacon.

## Leg 25-Canyon Creek I



Mile 0.2: Runner crosses Seward Hwy to left shoulder.
WAIT TO BE CLEARED BY STAFF.

And up again. This leg is all up for 3 miles.

## Leg 26-Canyon Creek II

| DISTANCE: | 4.70 | Exchange Notes: |
| :---: | :---: | :---: |
| Elevation: | +660 |  |
| Rating: | Hard |  |
|  |  |  |
|  | UNNER | Driver Notes |
| With the ups and downs, this leg has as much climbing as the Left side pull-off, MP 48 one before it. |  |  |



## Leg 28- Sterling Junction



## Leg 29— Trail Lake



## Leg 30- Moose Pass



## Leg 31- Primrose



## Leg 32- Snow River



## Leg 33- Crest

| Distance: | 4.15 | Exchange Notes: |  |
| :---: | :---: | :---: | :---: |
| Elevation: | +110 | Left-side. Hand Off On Shoulder USE CAUTION CROSSING HWY. |  |
| Rating: | Moderate |  |  |
|  |  |  | Runner Notes <br> Over the crest and down. This is the last leg fully on highway shoulder. <br> Driver Notes <br> This exchange is right after a curve in the highway and is not a big wayside, so please watch your odometer and slow down as you approach 4 miles. <br> MP 8 |

## Leg 34 - Bear Creek

## Distance: 3.3 Miles

## Elev:

## Difficulty: Easy



## Leg 35 - North Seward

Distance: 4.25 Miles
Elev: +100 ft
Difficulty: Moderate

## Runner Notes

Across the Resurrection River and into
Seward proper.
Mile 3.5 - Turn right into tunner under Seward Hwy. Loop up to sidewalk, then cross and right on Resurrection Blvd.
Mile 3.9 Continue straigh thru High
School Lot
Mile 4.1 - ARRIVE

## Driver Notes

Exchange: Seward High School 2100 Swetmann Ave
Seward, AK 99664

After entering Seward, turn right on Sea Lion Ave, take all the way up the hill to Seward High.


## Leg 36 - Resurrection Bay

Distance: 4.0 Miles Elev: +300 ft Difficulty: Moderate

## Runner Notes

The Home Stretch! There's two hills to crest as you move into downtown.

Mile 0.2 - Left on access trail Mile 0.4 - Left on Hemlock Mile 0.7 - Left on Afognak
Mile 1.15 - Right on Dora
Mile 1.45 - Right on Phoenix
Mile 1.6 - Left on Bear Dr.
Mile 1.65 - Right on Resurrection Blvd Mile 1.9 - Right on Alice St.
Mile 1.95 - Follow Crosswalk and Path along Seward Hwy and onto Boardwalk Mile 2.5 - Right on Van Buren
Mile 2.6 - Left on Second Ave
Mile 3.45 - Right on Washington St, left on Brownell St.
Mile 3.6 - Cross and left on Railway Ave sidewalk

Mile 3.7 - Cross plaza to Waterfront Trail


## Driver Notes

Finish Line
Branson Pavilion
220 Ballaine Blvd
Seward, AK 99664
Leave High School via Sea Lion Ave. Right on Seward Hwy. Left on D St, becomes Ballaine Blvd Some parking at Pavilion, otherwise use street parking or city lot on Railway Ave.

