

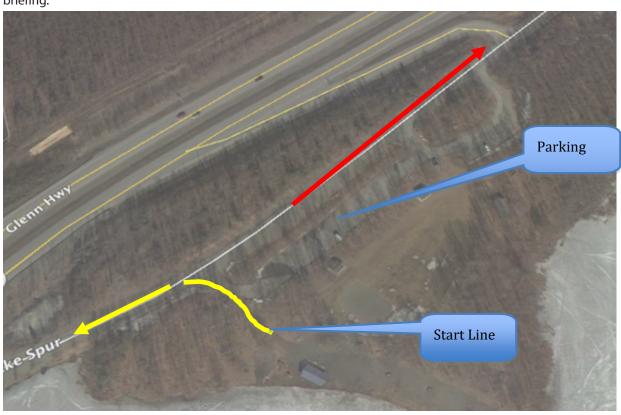
START— MIRROR LAKE PARK

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

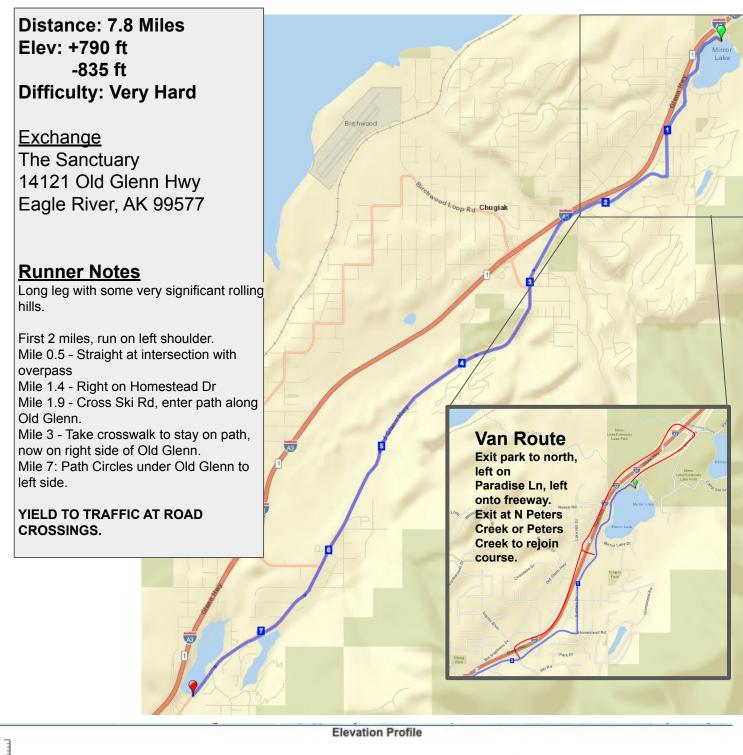
This is where it all starts! Please arrive at LEAST 30 MINUTES before your start time so you can check in and listen to an important runner briefing.

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





Leg 2 - Eagle River

Distance: 4.1 Miles

Elev: +440 ft -275 ft

Difficulty: Moderate

Exchange

Trail Parking Lot Eagle River Loop & Hesterberg Rd

Runner Notes

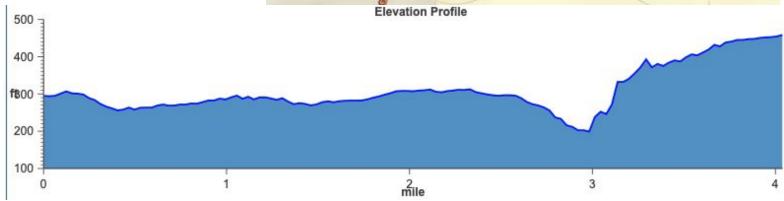
Through the heart of Eagle River. A shorter leg, but note the major climb on the last mile.

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

DISTANCE: 7.50

EXCHANGE NOTES:

ELEVATION:

290+

Bartlett HS

RATING:

Hard

RUNNER NOTES

This is a non-support leg. **ABSOLUTELY NO STOPPING ON GLENN HIGHWAY.**

Runner should be prepared for full exposure to sun and heat for the entire leg.

Mile 0.1: Cross freeway overpass and offramp, left onto Glenn Hwy Path

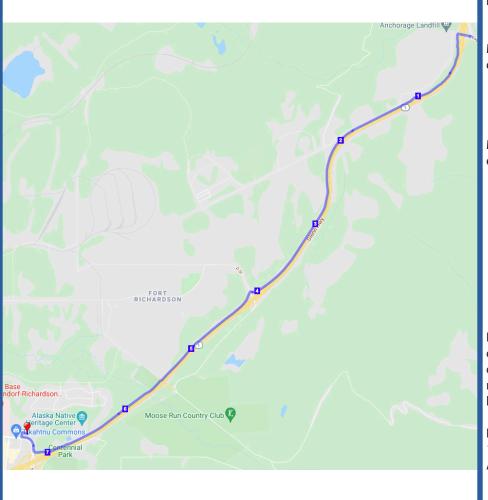
Mile 7.5: Turn right into Bartlett HS entrance.



Follow runner route out to Glenn Hwy onramp towards Anchorage and get on freeway. Take Muldoon Rd exit, keep right. Turn Right at Golden Bear (first light) to enter Bartlett High parking lot.

Bartlett High School 1101 Golden Bear Dr, Anchorage, AK 99504

ABSOLUTELY NO STOPPING ON GLENN HIGHWAY.



Leg 4— Chester Creek

Davenport Baseball Fields

DISTANCE: 6.4

EXCHANGE NOTES:

ELEVATION:

+200

RATING: / Hard

Golf Course

Golf

Runner Notes

Partial Non-Support

Mile 2.0: Glenn Hwy path goes under Boniface Pkwy. Turn Left to follow path up to Boniface sidewalk.

Mile 3.0: Right to enter Russian Jack Park.

Mile 5.0: Overpass over Northern Lights, right at trail junction.

Mile 5.8: 2nd Overpass over Northern Lights

Your first taste of Anchorage's many great forested bike paths, this one through Russian Jack & along Chester Creek. Fun Fact: Russian Jack Park is named for a Russian immigrant from the 20s & 30s who "squatted" on the 320 acre plot that became the park, was a bootlegger, and eventually convicted of murder. But it's a really nice park!

Driver Notes

Left on Muldoon, Right onto Glenn Hwy. Exit at Boniface Pkwy, left onto Boniface.

1st Runner Access area along Boniface between Glenn Hwy and Russian Jack Park.

Continue down Boniface to Northern Lights, turn right. Turn Left on UAA Dr, and immediate left into Goose Lake Park.

2nd Runner Access - Short walk up path to Trail jct at 2nd Northern Lights Overpass.

Exit on Golden Bear, Left on Muldoon, Right onto Glenn Hwy. Take Boniface Exit & Left on Boniface. Runner accessible along Boniface sidewalk. Right on Northern Lights, Right on Lake Otis, Park is on the right.

2201 Lake Otis Pkwy Anchorage, AK 99508

Leg 5— West Anchorage

DISTANCE: 6.10

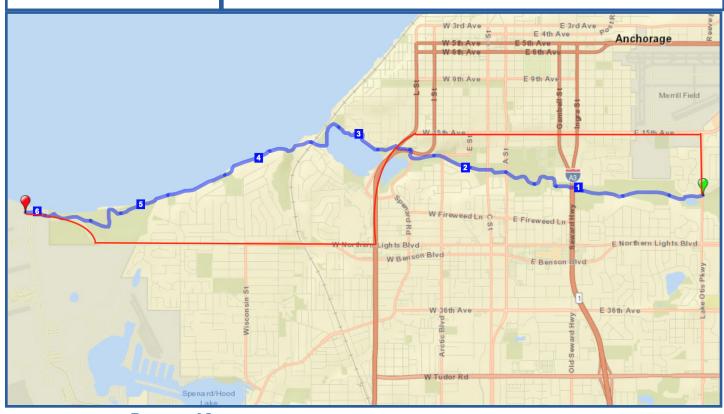
EXCHANGE NOTES:

ELEVATION:

+40

RATING: Moderate

 $Downtown\,Viewpoint\,lot.\,Northern\,Lights\,\&\,Postmark\,Dr.$



Runner Notes

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.

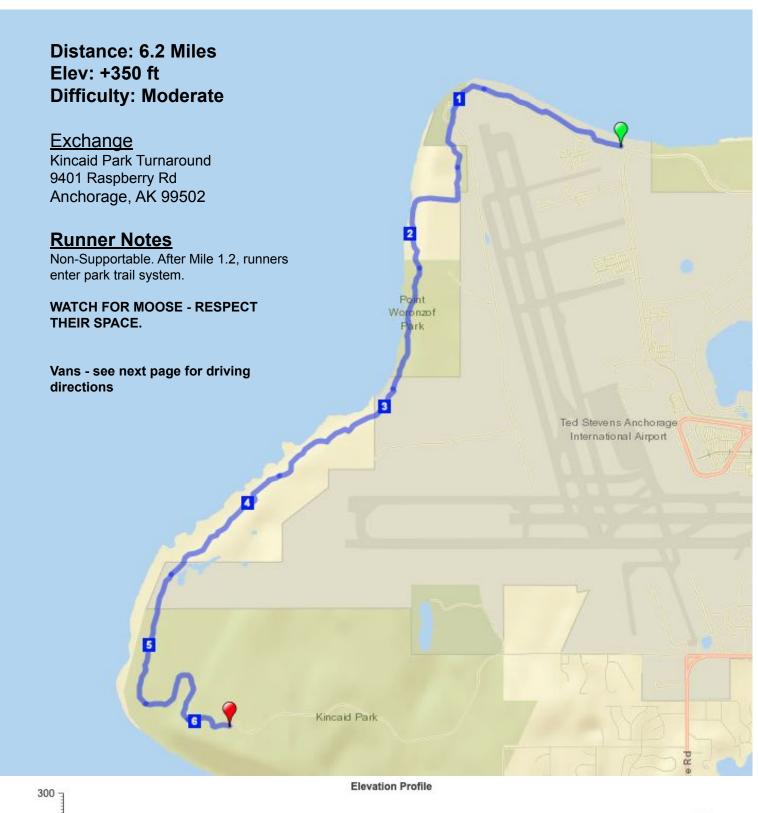
Driver Notes

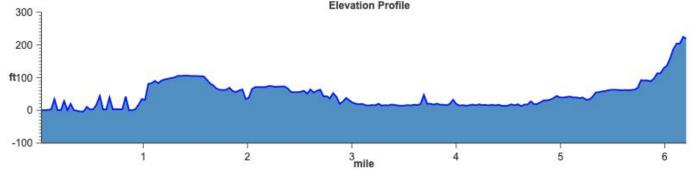
Turn right onto Lake Otis. Left on 15th. 15th ramps down to Minnesota, Right on Northern Lights

Route in Red

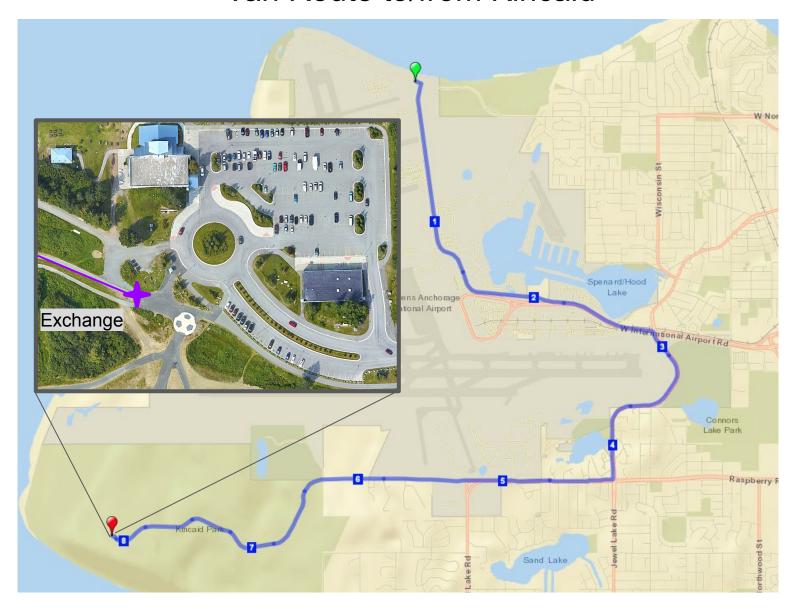
Downtown Anchorage Viewpoint Anchorage, AK 99502

Leg 6 - Coastal Trail





Van Route to/from Kincaid



To Kincaid (Exchange 5 to 6)

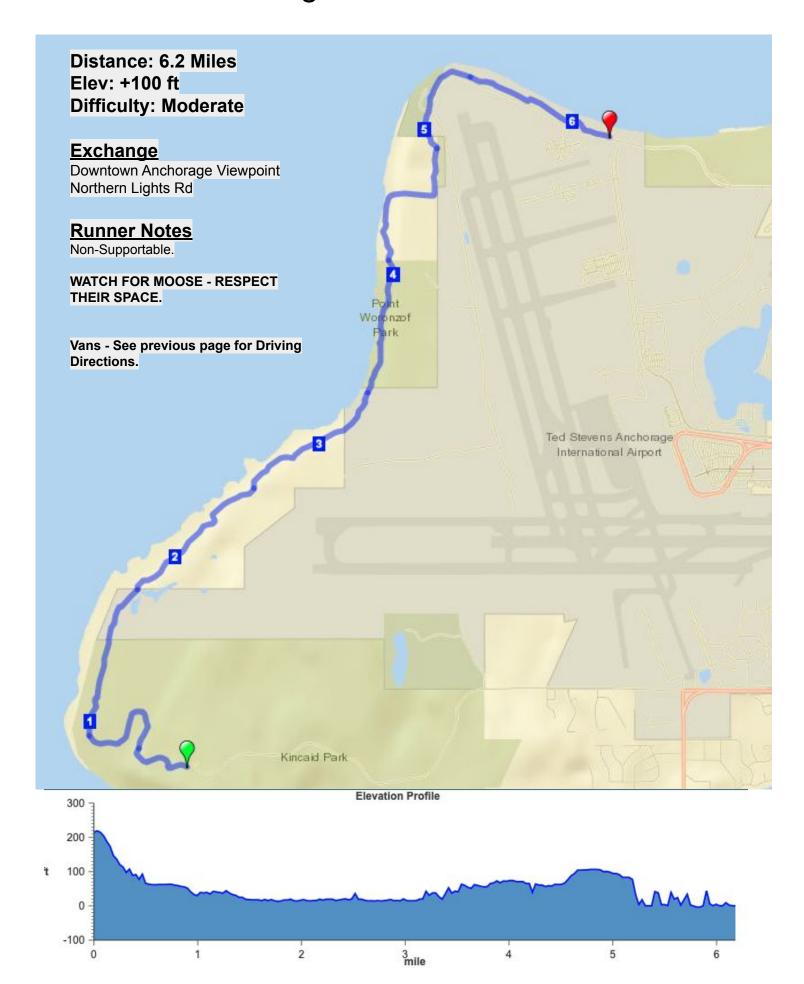
- 0.0 Left out of parking lot, immediate right on Postmark Dr.
- 2.0 Left on International Airport Rd
- 2.9 Right on Jewel Lake Rd
- 4.2 Right on Raspberry Rd
- 6.3 Raspberry Rd enters Kincaid Park

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



Leg 8— West Anchorage

DISTANCE: 6.10

EXCHANGE NOTES:

ELEVATION: +60

Davenport Baseball Fields

RATING: Moderate



RUNNER NOTES

Non-Support

Great Scenic Run along the Coastal Trail and up Chester Creek.

Mile 2.8: Turn right onto Chester Creek Trail (at Westchester Lagoon).

Mile 3.5: Tunnel under Minnesota SB, continue adjacent to NB Minnesota, trail turns into tunnel. Stay to left and through tunnel under Spenard.

Continuing the reverse trek of the Coastal and Chester Creek Trails. Be sure to high-five any relayers you pass!

Fun Fact: The Anchorage Planetary Walk is scaled to a size that a leisurely walking pace is equivalent to the speed of light, thus runners are moving faster then light relative to the planets on the trail (how's that for motivation?). On this leg, Saturn is at Lyn Ary Park (mile 1.8) and Jupiter is at Weschester Lagoon (Mile 2.7).

Driver Notes

Left out of lot, take Northern Lights east, becomes Benson when split to one-way roads.

Left on Lake Otis Pkwy

2201 Lake Otis Pkwy Anchorage, AK 99508

Leg 9— Chester Creek

DISTANCE: 4.10

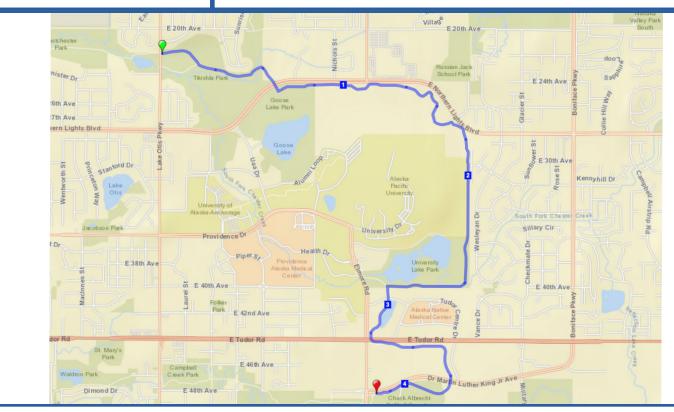
EXCHANGE NOTES:

ELEVATION:

+285

Albrecht Sports Complex. Head to back right corner of parking lot. Runner handoff is adjacent to main bike path.

RATING: Moderate



RUNNER NOTES

Non-Support

Mile 1.5: Stay to right at trail junction by second pedestrian overpass.

The last of the two-way section in Anchorage. Enjoy the solace of the forest in the city.

Driver Notes

Turn Left on Lake Otis

Turn Left on Northern Lights

Right on UAA drive, immediate left into Goose Lake Park.

Runner accessible by short walk down trail.

Left onto UAA Dr.

-Left on Providence Dr.

-Right on Elmore

- Left on Dr. MLK Jr. Albrecht Sports Complex

4781 Elmore Rd,

Park is on right. Anchorage, AK 99507

LEG 10— ELMORE (COSTUME LEG)

Service HS west parking lot.

DISTANCE: 3.7

EXCHANGE NOTES:

ELEVATION: +220

ATION: +220

Runner Notes

Time to play dress-up! Your costume can be relevant to your team name, totally off the wall, even irreverent, just keep it PG (no "I'm Rose from Titanic when she's being painted by Jack" costumes).

We chose the shortest leg in Anchorage for the costume run, but there's still some uphill. Be sure to observe the traffic lights.

Runner returns down path towards Elmore, loops up to main sidewalk on Flmore.

Mile 3.0: Left and cross on Abbott.

Mile 3.7: path turns into Service HS.

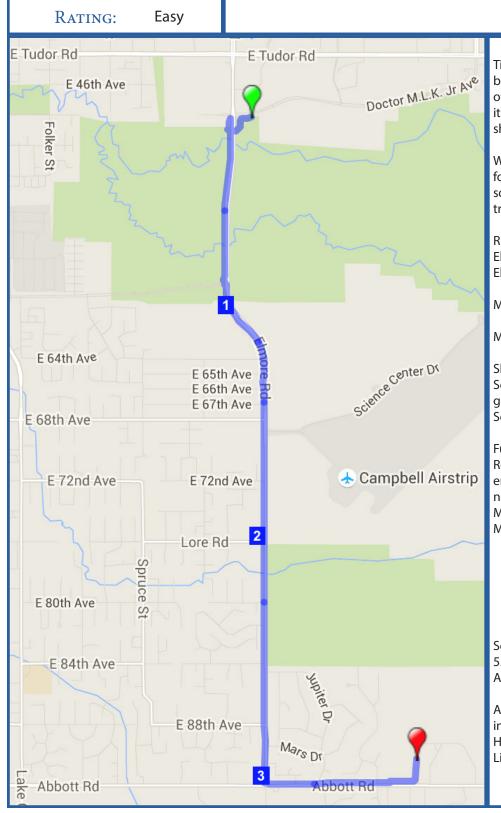
Short run on Anchorage sidewalks to Service High School, named for noted gold-rush era poet of the Yukon, Robert Service.

Fun Fact: Service High is named for Robert Service, a a noted gold-rush era poet of the Yukon. His two most noted poems are "The Shooting of Dan McGrew" and "The Cremation of Sam McGee."

DRIVER NOTES

Service High School 5577 Abbott Rd, Anchorage, AK 99507

Abbott Rd is under construction. Special instructions on entering/exiting Service High may be given at check-in/Start Line.



LEG 11— HILLSIDE

Goldenview Middle School

DISTANCE: 6.7

EXCHANGE NOTES:

ELEVATION:

+910

RATING:

Hard

Runner Notes

Mile 0: Run on Service front driveway, turn left onto Abbott at East entrance.

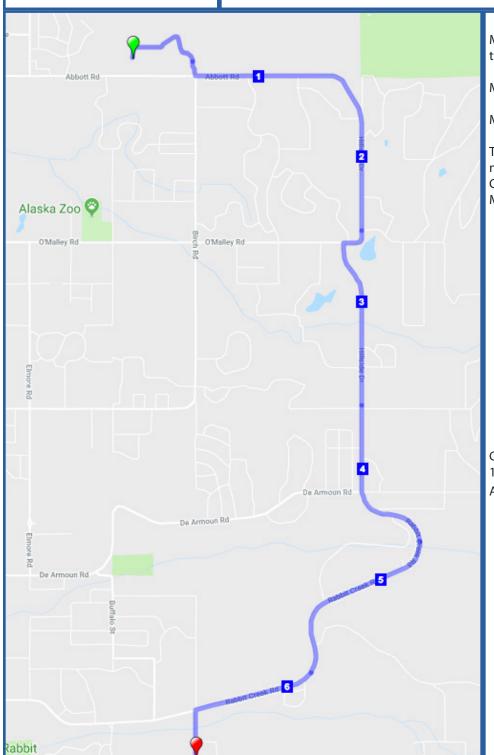
Mile 2.5: Left on Hillside

Mile 6.6: Cross and left on Goldenview

The climb to Anchorage's Hillside neighborhoods. Great views of the Cook Inlet on the right and the Chugach Mountains on the left.

Driver Notes

Goldenview Middle School 15800 Golden View Dr, Anchorage, AK 99516



LEG 12— GOLDEN VIEW

DISTANCE: 5.40

EXCHANGE NOTES:

ELEVATION: +480

Lot at Old Seward & Potter Valley Rd. Van 1, runner 1, will not be at this location. When Runner 12 reaches leg end, runner 1 will be released by race crew at Bird Creek. Ultra teams will have their race clock stopped here and restarted at 12B when runner departs on leg 13.

RATING: Hard

John Mobile Powrth Sandpipe Sellie Dr. Sandpip

RUNNER NOTES

Goldenview is an apt description of this leg. This is one of the Director's favorite legs for it's expansive view of the water and highway below. Be ready for the 1000 ft descent on the last 2 miles!

Runners and vehicles should use caution on middle section as road is very rough. Runners please stay on left side of roads turning off Goldenview.

Mile 1.4: Left on Romania Dr

Mile 1.95: Road curves right

Mile 2.1: Right on Finland St

Mile 2.2: Straight thru curved intersection (England Ave)

Mile 2.5: Right on Potter Heights Dr

Mile 2.9: Cross and Right to stay on Potter Heights Dr

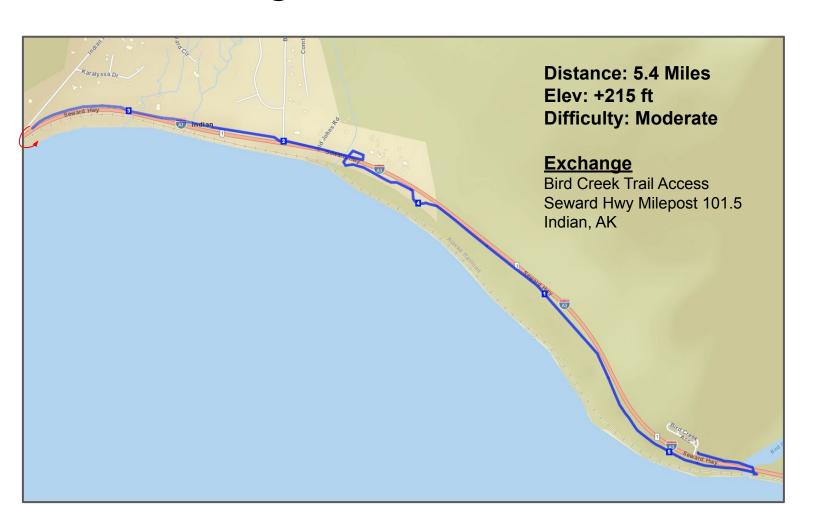
Stay on Left Shoulder for remainder of leg. **DO NOT CROSS LANES TO CUT CORNERS.**

DRIVER NOTES

Old Seward Hwy & Potter Valley Rd, Anchorage, AK 99516

Mile 2.0 - 3.0 has some VERY rough road. We strongly encourage all teams to use the following Van route: 0.0 Left out of Exchange 0.1 Left on Rabbit Creek Rd 2.1 Left on Old Seward Hwy (just before main hwy) 4.3 Right into parking lot at Potter Valley Rd.

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

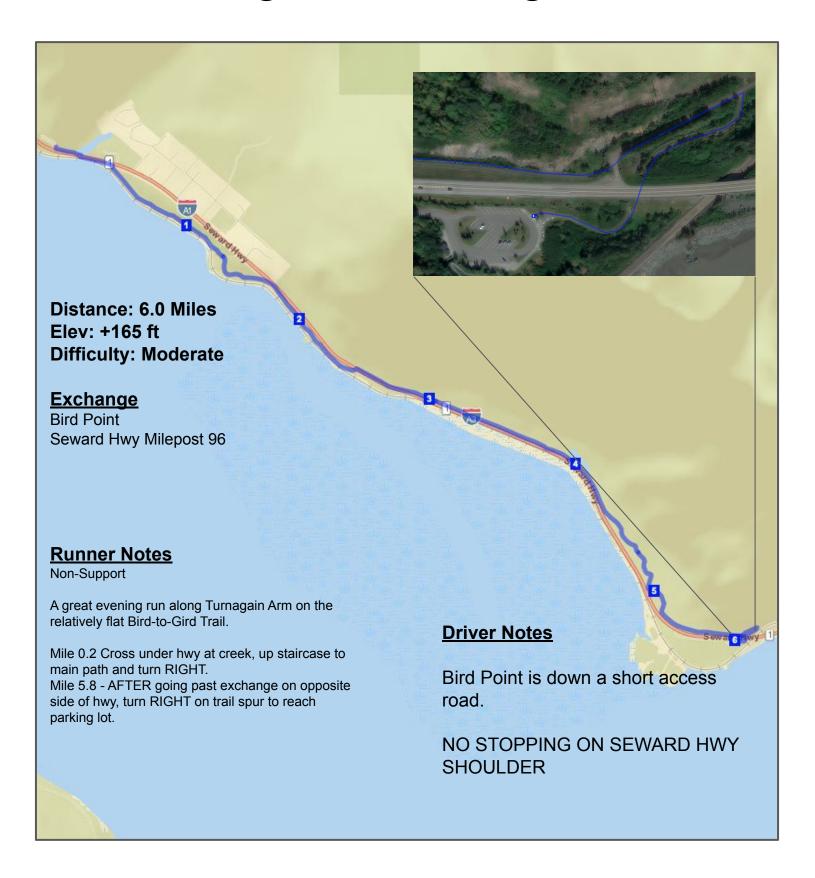
Van 1 Should head to "Bird Creek Trail Access" lot prior to Van 2 finishing Leg 12.

Don't forget your parking pass for this location and Bird Point.

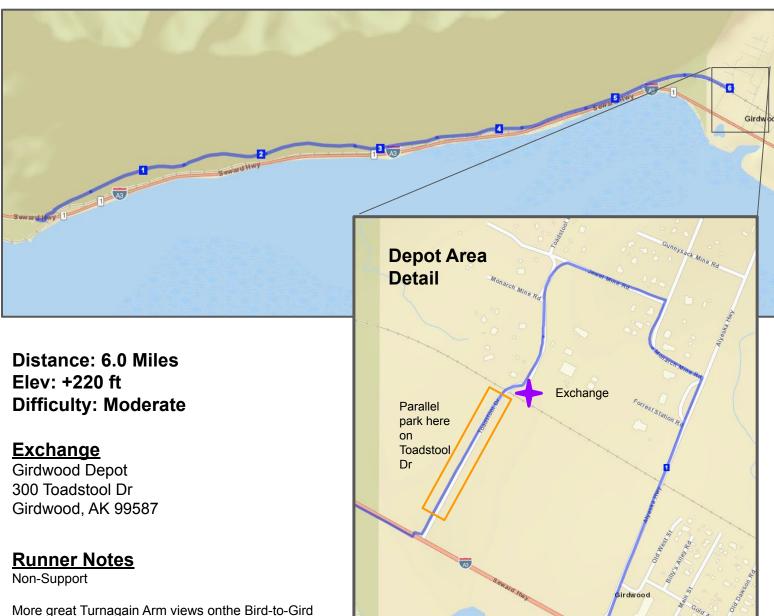
Leg 13 Runner will be released by race official when Leg 12 is completed. If that runner is not present, the team clock will pause until they depart on Leg 13.

NO STOPPING ON SEWARD HWY SHOULDER

Leg 14 - Turnagain I



Leg 15 - Turnagain II



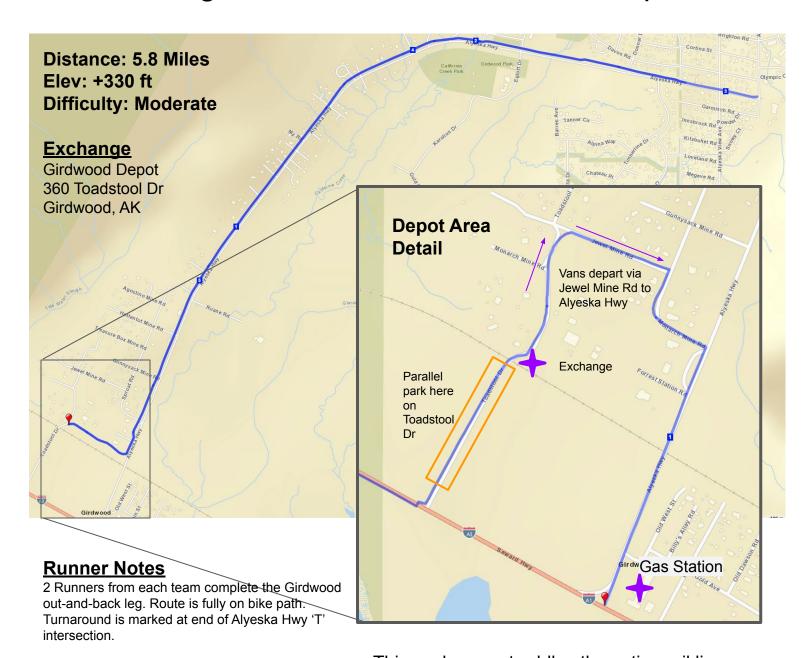
More great Turnagain Arm views onthe Bird-to-Gird trail. A steady climb for the first 1.5 mimles then easy descent down again. Beware the bugs as you cross the marsh at the end.

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



Race Flow Management

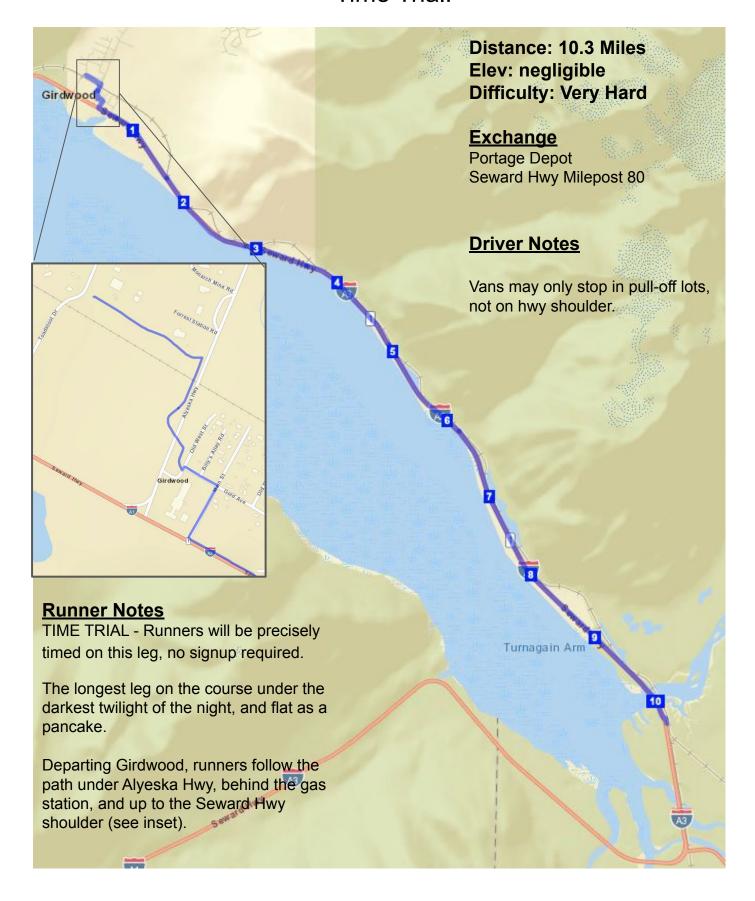
The Girdwood legs are used by the race director to speed up slower teams, and slow down speedy teams so that all teams are relatively close together for the late night portion of the race. Most teams will be allowed to run their two runners simultaneously. Extra speedy teams may be told to run Girdwood separately OR to wait in Girdwood for a time before starting Leg 17. Lagging teams may be told to send runner 17 out simultaneous to their Girdwood runners.

Note: ALL ADJUSTMENTS AT GIRDWOOD ARE ACCOUNTED FOR IN YOUR FINAL TEAM TIME. These are not time penalties.

This exchange straddles the active rail line. The Alaska Railroad has very specific rules for us to use this location. FOLLOW ALL INSTRUCTIONS FROM RACE CREW AT THIS SITE SO WE CAN CONTINUE TO USE IT.

Girdwood has the last on-course gas station before Seward. Fill that tank!

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

DISTANCE: 3.0

EXCHANGE NOTES:

ELEVATION:

+400

Left-side of road.

RATING: N

Moderate



RUNNER NOTES

Driver Notes

Pretty much all uphill, but definitely the easier half of this climb.

Left side vehicle pull-off, MP 72.5

Leg 21 — Turnagain Pass

DISTANCE: **EXCHANGE NOTES:** 4.40 Left-side of road. ELEVATION: +660 RATING: Hard Driver Notes **RUNNER NOTES** Part 2 of the climb to Turnagain Pass. Left side rest area approximately milepost 70.

Leg 22 — Granite Creek

DISTANCE: 6.55

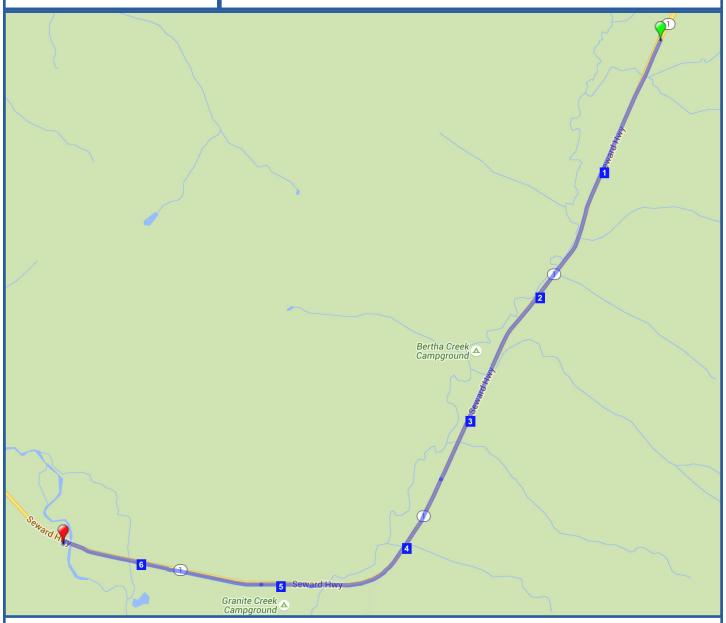
EXCHANGE NOTES:

ELEVATION:

+100

RATING: Hard

Trail cloverleafs under highway at exchange.



RUNNER NOTES

Driver Notes

Mile 4.3: Bike path starts, leave shoulder.

Gravel lot on left side, MP 61.5

Mostly gradual decline along the highway.

Leg 23— Sixmile Canyon

DISTANCE: 5.15

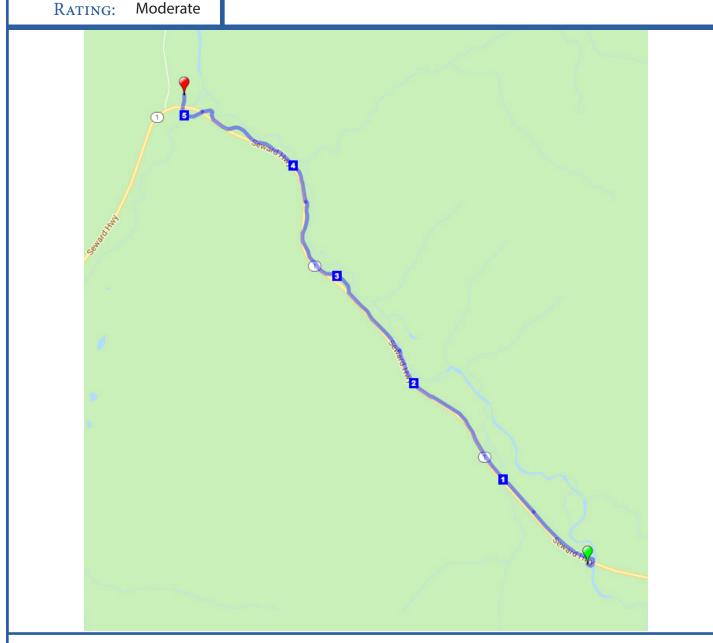
EXCHANGE NOTES:

ELEVATION:

+140

Second designated sleeping area. There will be a designated and supervised area for spreading out gear to sleep.

spreading out gear to sie



RUNNER NOTES

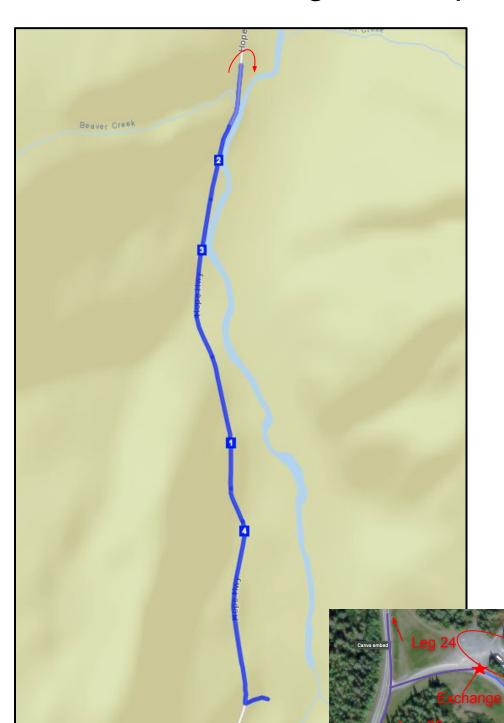
Driver Notes

Runner on path on right side of highway. Path weaves around road pull offs, and small hills.

Turn onto Hope Hwy, large gravel lot on right.

Descent down to Hope Junction. In the last two miles, the path follows the highway's original route including crossing the old bridge.

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

DISTANCE: 3.85 **EXCHANGE NOTES: ELEVATION:** +620 RATING: Hard

RUNNER NOTES

Driver Notes

Mile 0.1: Left on Hope Hwy shoulder

Left side lot at MP 53.5

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 **RUNNER NOTES 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 27— Summit Lakes

DISTANCE: 3.40 **EXCHANGE NOTES:** South End Of Summit Lake **ELEVATION:** +175RATING: Easy Runner Notes The aptly named Summit Lakes will each be on your left for this light morning run. **Driver Notes** Left side pull-off, MP 47.5 Summit Lake Lodge 2

Leg 28— Sterling Junction

DISTANCE: 7.30

EXCHANGE NOTES:

ELEVATION:

+115

Hand-off on left side.

RATING:

Hard

USE CAUTION CROSSING HWY.

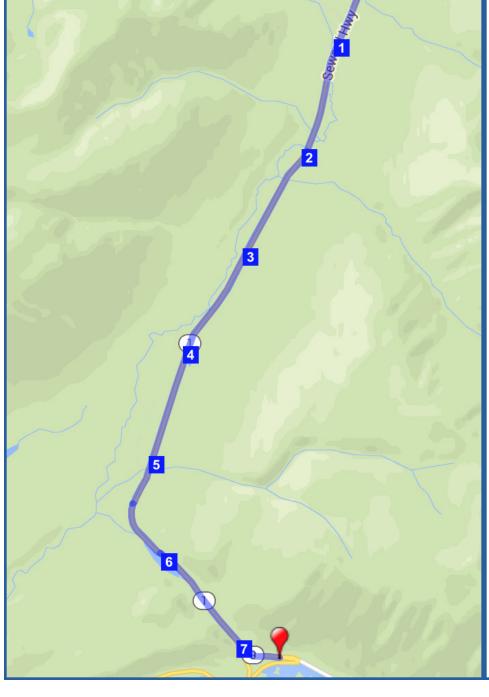
RUNNER NOTES

Mostly light downhill.

Fun Fact: Cooper Landing Brewing's new facility & taproom, opening Spring 2020, is just 7 miles down the Sterling Hwy to the west. Also gas if you didn't plan ahead.

DRIVER NOTES

Pull-off on Right Side, viewpoint above Sterling Jct & Tern Lake

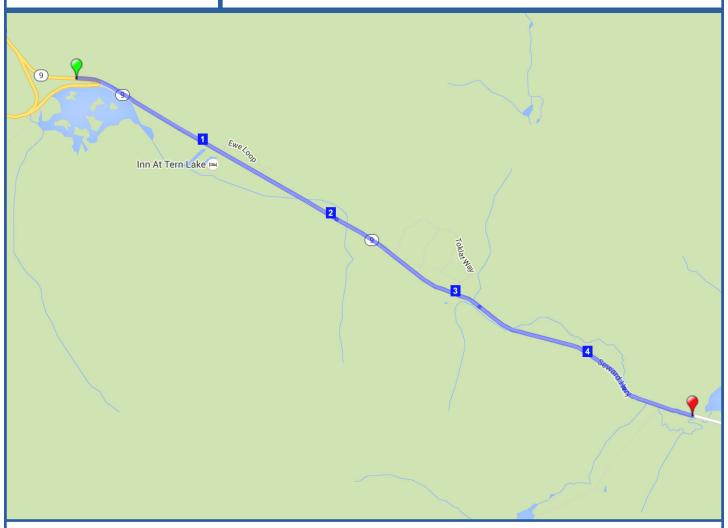


Leg 29— Trail Lake

Distance: 4.80 Exchange Notes:

ELEVATION: +145

RATING: Moderate



RUNNER NOTES

Gradual downhill to the edge of Trail Lake.

Driver Notes

Trail Lakes Hatchery 38164 Seward Hwy, Moose Pass, AK 99631

Leg 30— Moose Pass

DISTANCE: 3.05

EXCHANGE NOTES:

ELEVATION:

+000

RATING: Moderate

-Second Van Leap Location. Runner finishing does not hand off to next runner. Van 2 should wait at X30 until runner comes in and then head to Primrose Campground (X30B) -Trail Lake Lodge will once again have a breakfast buffet available in their pavilion behind the lodge. Whoever ran leg 17 will have a token to get their breakfast comp'd!



RUNNER NOTES

Short run around the point and into Moose Pass.

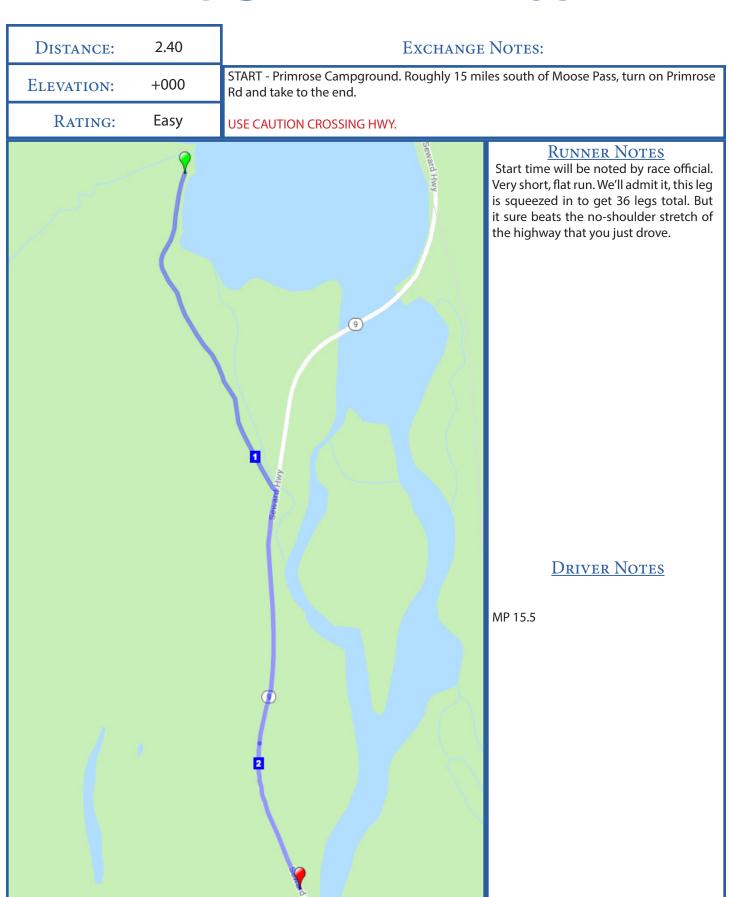
Fun Fact: Moose Pass holds an annual summer solstice festival and it's TONIGHT! Music, food, people. Cause you're not tired yet are you?

Driver Notes

Moose Pass will be bustling getting ready for their Summer Solstice Festival, so you may need to park down the street.

Trail Lake Lodge 33654 Depot Rd, Moose Pass, AK 99631

Leg 31—Primrose

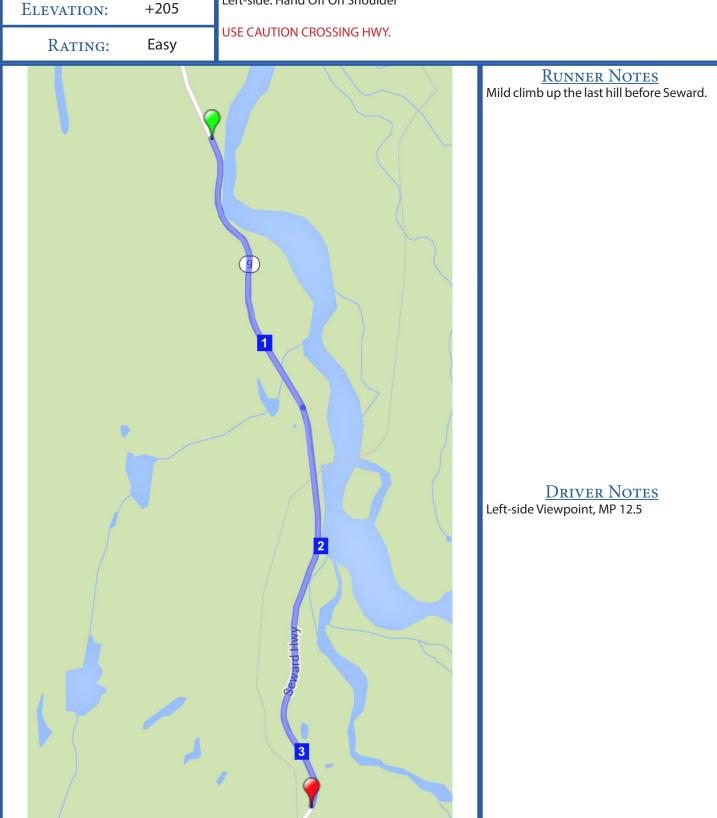


Leg 32— Snow River

EXCHANGE NOTES:

DISTANCE: 3.30

Left-side. Hand Off On Shoulder



Leg 33— Crest

DISTANCE: 4.15

EXCHANGE NOTES:

ELEVATION:

+110

Moderate

Left-side. Hand Off On Shoulder

USE CAUTION CROSSING HWY.

RATING:

RUNNER NOTES

Over the crest and down. This is the last leg fully on highway shoulder.

Driver Notes

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.

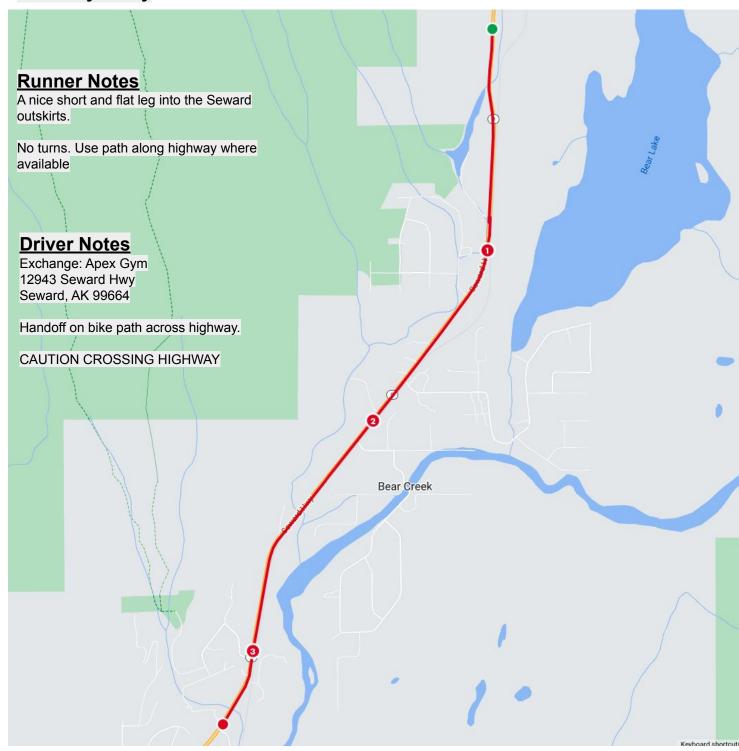
MP8

Leg 34 - Bear Creek

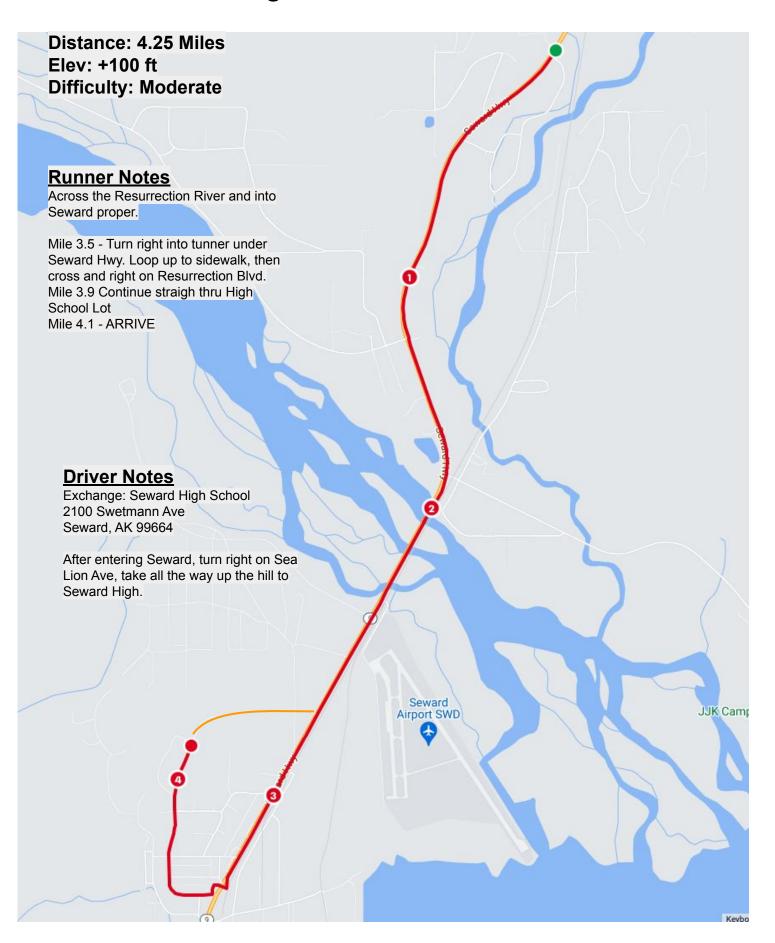
Distance: 3.3 Miles

Elev:

Difficulty: Easy



Leg 35 - North Seward



Leg 36 - Resurrection Bay

