



2023

Race Guide



WELCOME BACK

Welcome to another great year of Alaska Relay! We're glad that you're here to challenge your body and enrich your soul with the experience of a lifetime. Our cover photo is from the end of Leg 22 somewhere around 4am, and I chose it to highlight the incredible dynamic of late night Alaskan running. There's just nothing quite like it.



I'm also thrilled to have our finish line returning at last to the Waterfront Pavilion in Seward. Keep your fingers crossed for sunshine, but expect a beautiful vista at the finish rain or shine.

If you're new to our event, be sure to familiarize yourself with the unique quirks of our course—specifically the two van leaps and the Girdwood Leg. It can be a mental hurdle to the newcomer, but don't worry....my staff and I track each detail and are present along the course to help you through any questions or issues. You'll see me all night, often laptop in hand, getting the data down so that you can focus on running, cheering, sleeping, and experiencing Alaska.

See you out there!

Nathan Luke
Race Director

Our fantastic 2023 sponsors



THE BASICS

The Alaska Relay is an overnight relay running race that highlights some of the beautiful scenery in the 49th state! To the experienced relay runner you might be tempted to skip or skim this section, we ask you take a minute to read this so we are all on the same page. Remember being informed helps everyone have a fun and safe experience!

The Team Captain's Role

Each team must have a designated captain who is the team's point guard and the main team member to receive updates and instructions from NxNW Relays. It is critical for the captain to share pertinent information with team members. If a team must appoint a new captain during the course of the planning, it is mandatory that the "old" captain contact us to request the change of team captain in the database.

Overnight relays are complex events. The team captain is responsible for making sure the team roster is complete; estimated times are submitted; drivers are identified; volunteers are recruited; waivers are signed, and fees are paid. Team captains have a special login under "Form Your Team" on the website to manage their teams. Team captains must gather and submit all team information. Most communication between teams and relay HQ goes through the captain.

Runners — Exchanges & Rotations

A typical overnight relay team consists of 12 runners, with each team member running 3 legs of varying lengths and difficulty. The shortest leg on the course is barely over 2 miles, while the longest measures nearly ten miles. On average, each runner covers a distance of 6 miles per run and 18 in total over the three legs.

Teams collectively cover the 200-mile course by rotating through a total of 36 legs. When a runner completes an assigned leg, he or she is inactive until the entire team has run their assigned legs. The relay has a total 35 exchange points (no exchange at the start or finish line!) Exchanges are the set locations where one runner passes the wristband to the next runner. Examples: Runner #1 will run Leg #1 and hand off at Exchange #1 to Runner #2. Runner #7 will run Leg #19 and hand off to Runner #8 at Exchange #19. The exchange points are the same for everyone and are staffed by race officials recording team numbers and times.

Although 12-member teams are the norm, we also welcome teams with as few as 6 members. The same rotation cycle applies for all teams. Regardless of team size, all teams must be able to average under 10:30 per mile (or a total team time of about 35 hours) in order to reach the finish line before nightfall on day two.

Vehicles — Active & Inactive

Due to the nature of the event, The Alaska Relay teams are largely self-supporting. This means your team provides its own food, water, sports drinks and minor first aid items. While the primary function of your vans is transportation, since there is little time for lingering at the exchange zones your support vehicle is typically the best place to refuel and re-hydrate.

To understand the van thing, think this way: There is One Active and One Inactive. The van with runners actually running is Active; the other is Inactive. While Van #1 is active, there's no time to rest. For example, Van #1 (active) comes to the race start and drops off Runner 1; drives ahead to Exchange #1, parks in the designated area so Runner 2 can warm up. After Runner 1 hands off to Runner 2, Runner 1 cools down and climbs in the van so it can dash ahead to Exchange #2 where Runner 3 warms up while waiting for Runner 2. This continues until Runner 6 finishes and checks in.

Clearly, it takes a lot of time for even the fastest team to muscle through six legs of running. While Van #1 is active, Van #2 is relaxing, sleeping, eating, or enjoying local sights. Before Runner 6 nears the end of his first leg, Van #2 arrives at Exchange #6, where the excitement builds. For the first time in hours, all the teammates are together at this Major Exchange, or Sleepover Area, where a Van-to-Van exchange occurs. As the final runner in Van 1 hands off to the first runner in Van 2, Van 1 now becomes the inactive van. Van 1 runners can eat and relax a few hours ... before starting round 2.

Drivers

The role of driver should not be relegated to whoever isn't napping. This individual should be charged with the important duties of knowing the route, ensuring the team's safety, and serving as protector for all runners on the course. Your tired legs shouldn't be behind the wheel after completing your second leg at 4 in the morning.

Drivers - know the road. Study the maps. Ideally, drive the routes before race day. And, by all means, drive in a manner that ensures everyone's safety. This may be a good time to remind everyone: Despite our awesome beer sponsors, alcohol consumption by any Van Drivers will not be tolerated during The Alaska Relay. Safety is our first concern, so save the drinking for the finish line celebration.

Team Spirit

No matter what we do to provide a great race, most of your experience, good or bad, will come from your own teammates. Overnight relays-part road trip and part road race-are the perfect excuse to have a great time! We encourage you to live it up out there ... responsibly. Although the party doesn't really start until the finish line celebration, you have 200 miles and over 24-36 hours to get warmed up. Decking your van out and wearing crazy costumes is only par for the course. So prepare for the fun. Pick a theme that works with your team name. Go the extra mile and invest in team singlets. Give out an award in each van for the MVP. Gather up those nutty decorations down in the basement and put them to good use. Set team rules like "no sleeping when there is an active runner on the road" and "get out of the van to cheer every time." Bring magnets to "tag" other team vans. Cheer every runner that passes, not just your own.

Running A Leg

Unlike your local 10K, an overnight relay course is never closed to traffic. Except for the portions of the race on trail, you'll share the road with everyone else, including cars and trucks. Therefore, you must follow the rules of the road just as you do when you go

out for an everyday run. For example, unless otherwise noted in the race map, runners run against oncoming traffic. All teams and individual runners are ultimately responsible for staying on the course. Our crew works hard to thoroughly mark the course, but keep in mind that it is impossible to have a sign or a person at every turn in a 200+ mile event. For that reason, take plenty of time before the event to study your individual legs.



COURSE SAFETY & RULES

Safety is our number one priority. We ask that all teams please take appropriate precautions to ensure a fun and safe event. These course safety rules as well as general course rules are designed to help us all have a safe, orderly and fun experience. Please use common sense on the course, error on the side of safety and be a responsible, respectful guest of the communities we run through.

IN THE EVENT OF EMERGENCY CALL 911

Respect Local Residents & Communities

While traveling through the local communities, please remember we are guests and you should treat all residents with courtesy and respect. Going out of your way to thank locals will go a long way in helping the event return each year. The following "Do Not's" are not intended to cover the broad spectrum of issues, so use common sense and courtesy while in residential areas.

—Do not honk horns or yell out vehicle windows during evening, night, and morning hours (10pm – 8am) while in residential areas.

—Do not block any residential or business driveways.

—Do not impede traffic by driving too slowly or by not properly pulling vehicle over to the side of the road when stopping.

Personal Music Devices and Headphones

The use of personal music devices with headphones while running is strongly discouraged. If you still choose to use them, you do so at your own risk and must meet the following requirements:

—You must be able to hear traffic and aware of sounds around you.

—You must be able to hear instructions from course officials when speaking at a reasonable tone (not yelling).

—When running you should be able to hear your own footsteps, if you can't your volume is too high.

Violations will be given out if you are unable to hear instructions. Three violations on any safety rule will result in disqualification for your entire team.

Alcohol (And Other Controlled Substances)

Like pretty much everywhere in this country, it is a crime in Alaska to drive impaired by alcohol or any other substance. It is also a crime to “drive a motor vehicle on a highway or vehicular way or area” with an open container in the vehicle. Any team caught breaking these laws will be immediately disqualified. Make it easy and save the party for the Finish Line!

Be Aware of Traffic and Obey Traffic Laws

Runners are to understand that they do not have exclusive use of the roadway and are required to obey all traffic laws. This includes stopping at traffic lights.

Run Against Traffic And On Proper Surfaces

Runners are to run on the left shoulder of all roads (against traffic), using sidewalks or trails when available, unless signs or maps direct otherwise.

Wildlife

This is Alaska, and wildlife on the course is a reasonable possibility even in Anchorage. Be aware of your surroundings! If you encounter wildlife:

—Stay Calm. Take appropriate steps to avoid provoking the animal, including giving it space and making yourself obvious as appropriate. DO NOT APPROACH A MOOSE THAT IS ON YOUR PATH OR ROAD.

—If the animal is not moving away from the course, or is showing aggression, get your runner off the road and into your support vehicle. The vehicle should drive ahead and let the runner out at a safe and reasonable distance ahead of the wildlife to continue their leg. Keep track of how far your van drives ahead (or portion of trail missed) by .10 of miles as well as the time between pickup and drop off. We will adjust your team’s time accordingly. Only teams that have taken accurate notes will be given official times.

—If an encounter happens on a path away from road support, the runner should call their team and if needed head to the nearest road access point.

—Once the runner is safe immediately notify race officials of any large animal spotted on the course, whether you move your runner or not.

Only Sleep In Designated Sleeping Areas

While the race goes all night, most of us don’t. If looking for a place outside your vehicle to sleep, we strongly suggest using exchanges 18 & 24 where you can safely spread out away from other vehicles. DO NOT SLEEP ON THE GROUND OF AN EXCHANGE PARKING AREA.

Running & Participating at Night (11:00H-0400H)

The following nighttime rules have been developed to help ensure the safety of ALL participants.

—ALL runners must wear night gear during the Official Nighttime Hours: Reflective Vest, Headlamp (or flashlight) and Blinking LED Tailight.

—ALL participants must wear reflective vests during the Official Nighttime Hours if out of the team van anywhere on the course, including exchanges. If you choose to have a van driver, who is not a runner, the driver must also adhere to these safety guidelines.

Pacing and Cyclists

Runners may be accompanied by a teammate or additional support person who is either on foot or riding a bicycle. Any pacer, including cyclists, must wear all necessary nighttime visibility gear if out during night hours (a bicycle’s lights are acceptable)..

No Support Areas

Vans can stop to cheer on teammates at any legal spot along the race route that does not obstruct runners or traffic, AND THAT IS NOT DESIGNATED A NO-SUPPORT STRETCH.

Park Only in Designated Areas

Some exchanges have limited parking and in some cases teams may be required to park along road shoulders. In the event of roadside parking, team vehicles are not allowed to park on the same side of the road 500 feet before and after the exchange. After the exchange point, vehicles can park at any legal roadside that does not impede racers or traffic. Team vehicles should always stay to the right of the white fog-line when parked along the road.

Vehicle Restrictions

A typical team van will be carrying 6 runners (and if you’re lucky, a designated driver), so choose your vehicle to fit your needs of comfort vs economy. We restrict what vehicles may be used on our course to maintain safe parking situations at ALL EXCHANGES.

—**ACCEPTABLE:** Any standard passenger vehicle up to a 15 passenger van. This includes Sprinters and truckbed campers.

—**MOTOR HOMES (Class A & C):** We will allow Motor Homes as NON-ACTIVE VEHICLE. This means it will be allowed at the Major Exchanges (6, 12B, 18, 24, & 30) but not minor exchanges. You will still need a regular vehicle for your active van.

—**TOWED TRAILERS:** Not allowed anywhere on our course.

Van Communication

Once teams leave Turnagain Arm, phone coverage will get spotty. AT&T customers will lose service at exchange 18, from roughly exchanges 21 to 26, and 30B to 33. GCI's coverage map shows the whole highway, but it may be spotty as well. Have a plan for connecting with your other van without phone communication.

Trash

We are providing you with trash bags for your vans. Please carry your trash with you to designated collection points.



COMPETITION RULES

Competing For A Division Title

In the event of an injury, any of the remaining runners in that van can replace the injured runner. You are not allowed to bring in a 13th runner to run the remaining legs for the injured runner. With the exception of the leg in which the runner was injured, legs cannot be split. For example, if runner #3 is injured halfway through their first leg, any SINGLE runner from Van 1 can finish that leg. For the injured runner's remaining legs, any runner from Van 1 can substitute, but each substitute must run a complete leg. If a runner drops out on one of their legs, they may not reenter the race.

If you don't have 12 runners to start the race the same rules apply: any runners from the same van can complete the legs for the missing runner. Each leg must be completed by one runner only. Our relay does not require participants to complete legs in order, thus allowing your team to strategize.

The Beer Garden League

If you do not wish to compete for a Division Title or receive an Official Finish Time.

The most important thing is to have fun and safely finish the race and join us at the finish line! If you are not able to finish all legs, inform a Race Official you are running for fun and are removing yourself from competition. Finish whatever legs you can and join us at the finish line. You will still receive your finishers' shirts, medals & tasting tickets but will not be listed with an Official Time for the race.

Notify the closest Race Official to inform us you are disqualifying your team from competition.

COURSE MAPS

The following pages are maps, directions and Google Earth images outlining in the best detail possible the course run by your team and driven by the support vehicles. We have gone to great lengths to make these directions as clear and simple as possible. If you are confused about our directions ASK A RACE OFFICIAL! Asking is a lot better than getting lost. We also HIGHLY RECOMMEND you use GPS navigation device for driving and have a "navigator" in your support vehicle to help the driver get around.



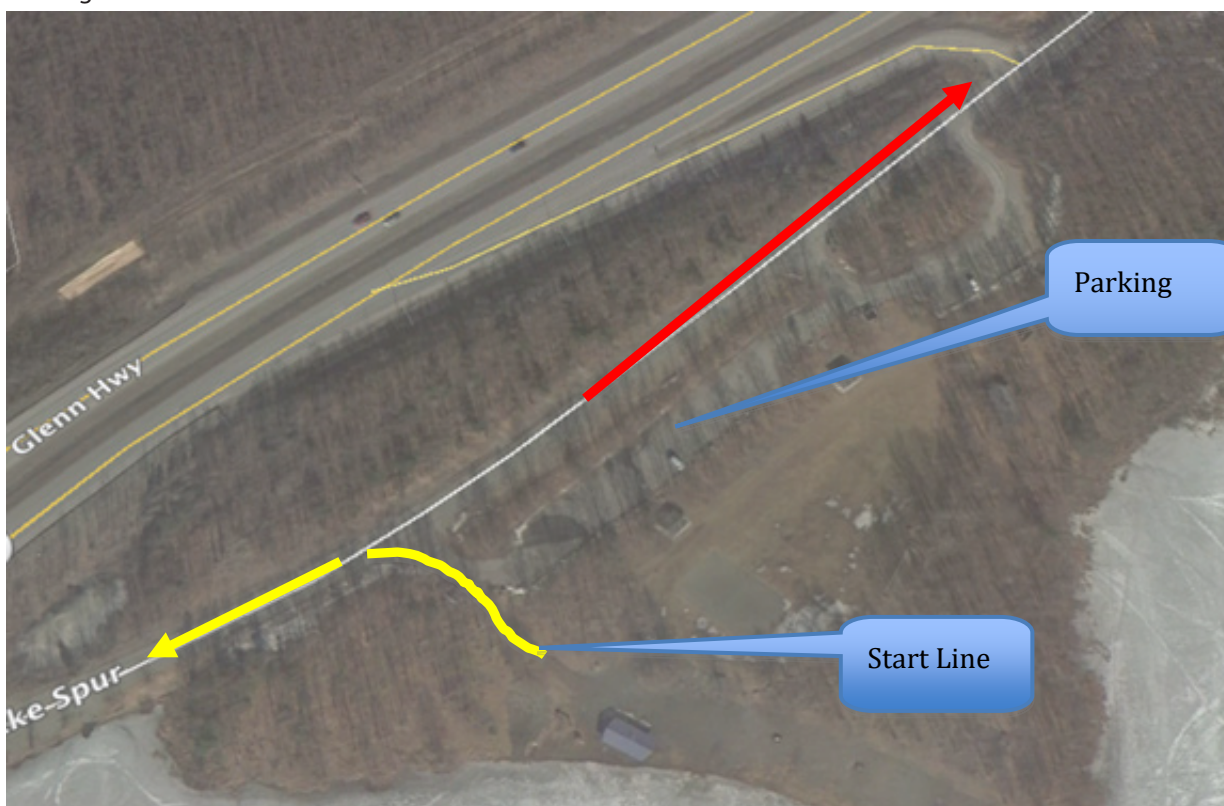
START— MIRROR LAKE PARK

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 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

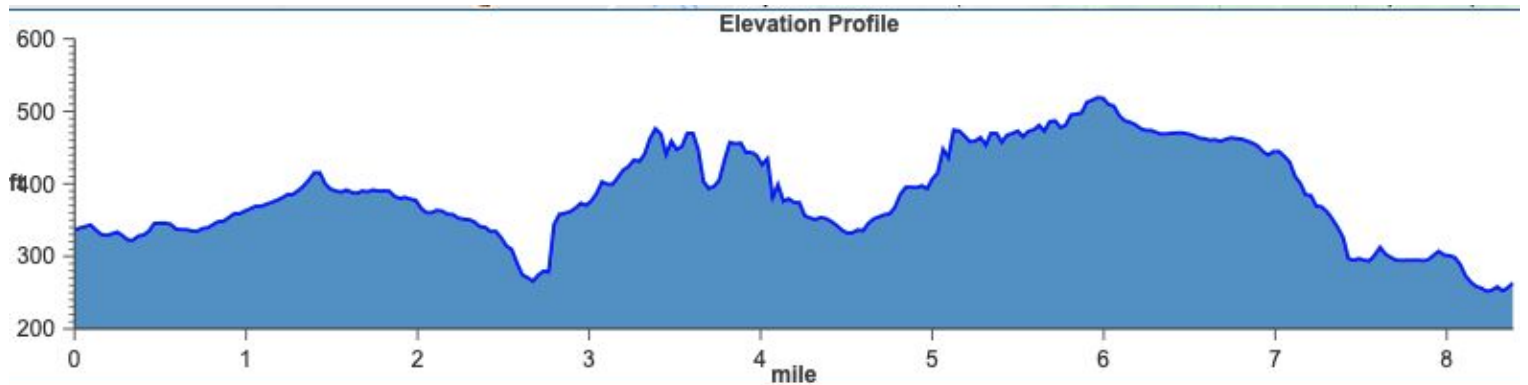
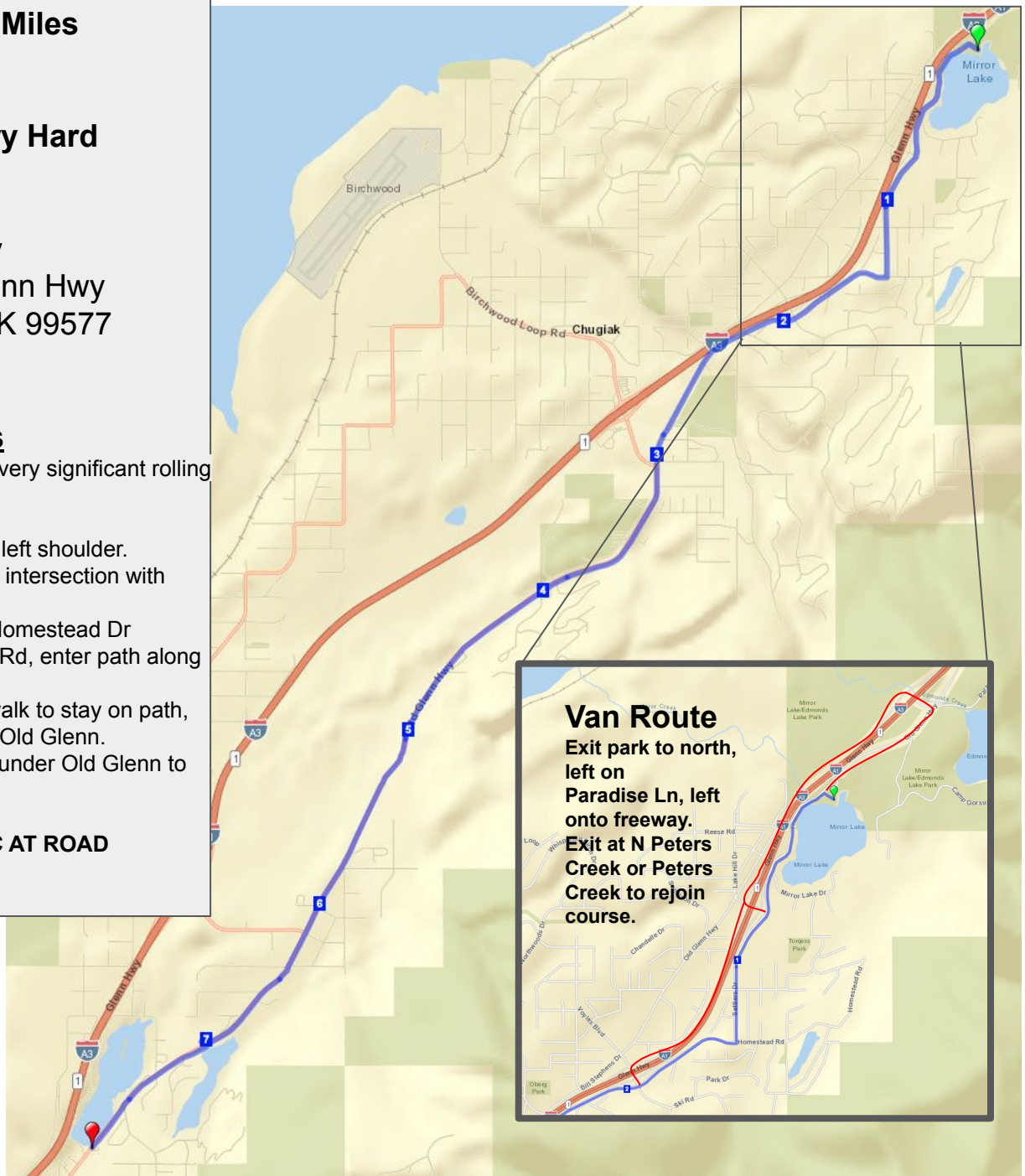
Mile 1.4 - Right on Homestead Dr

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 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.

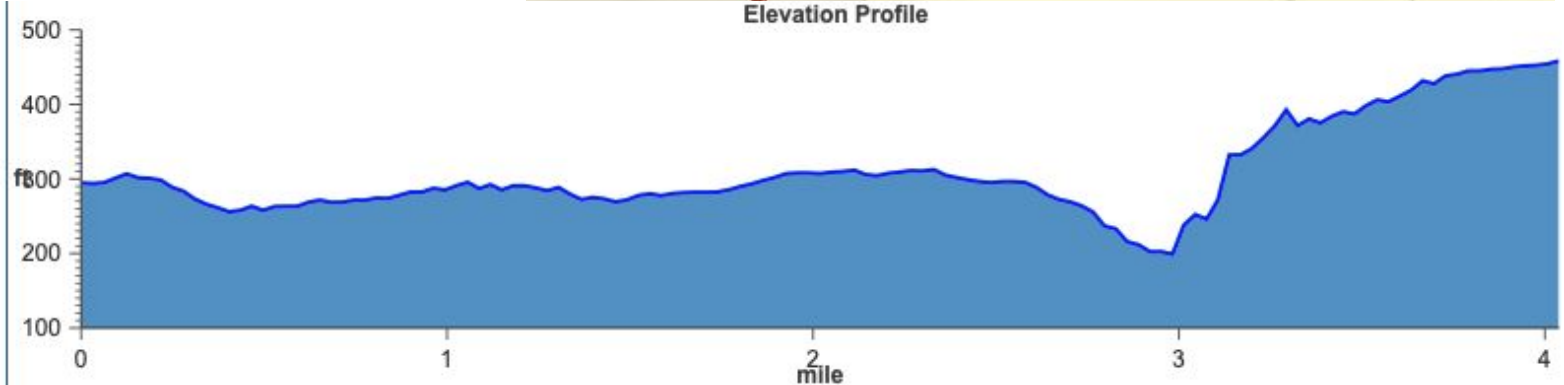
Mile 2.3 - Follow path right onto VFW Rd.

Mile 4 - Pass entrance to parking area, Right on Eagle River Loop sidewalk.

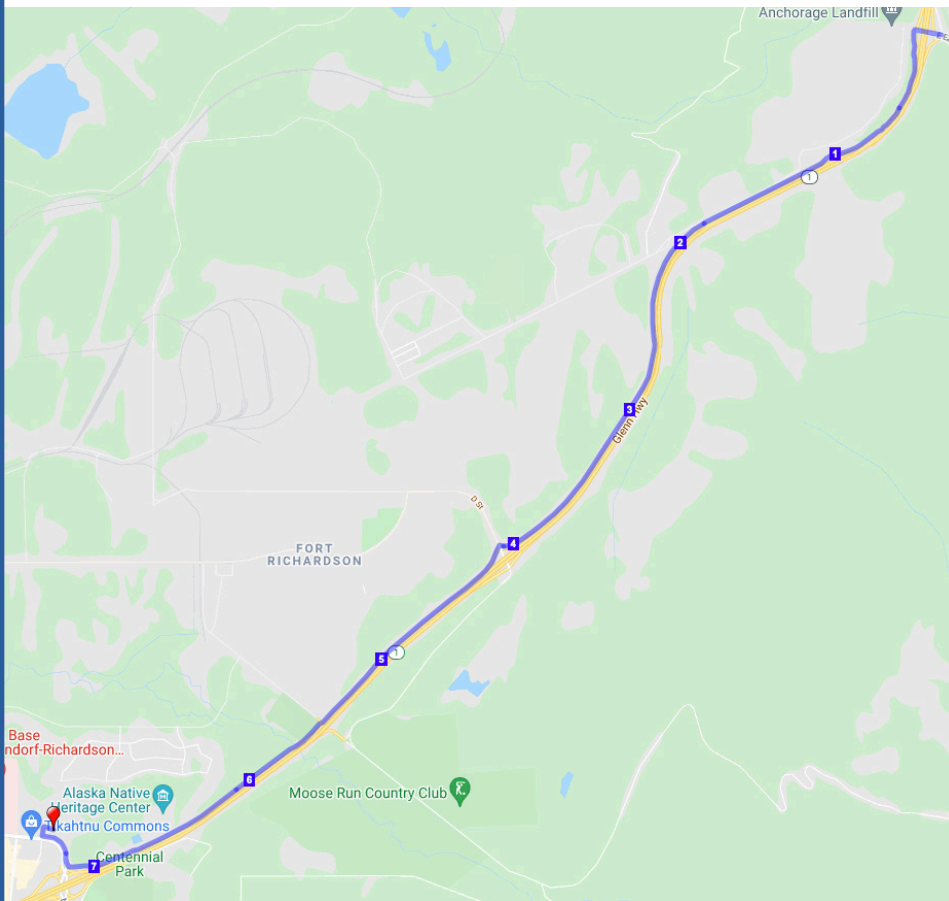
OBEY ALL TRAFFIC SIGNALS & YIELD TO TRAFFIC AT ROAD CROSSINGS.



Elevation Profile

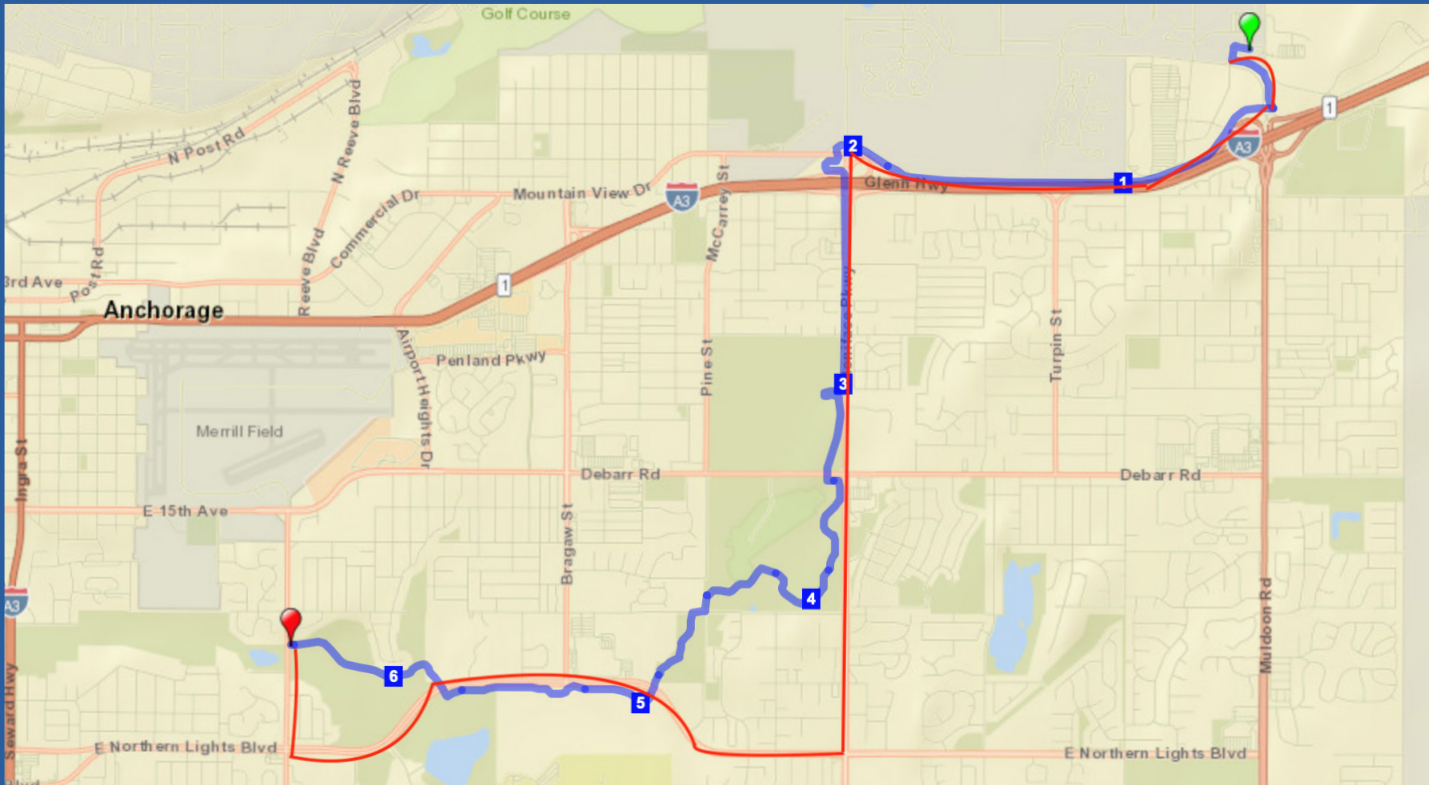


LEG 3—GLENN HIGHWAY

DISTANCE: 7.50	Bartlett HS	EXCHANGE NOTES:
ELEVATION: 290+		
RATING: Hard		
		<u>RUNNER NOTES</u> <p>This is a non-support leg. ABSOLUTELY NO STOPPING ON GLENN HIGHWAY.</p> <p>Runner should be prepared for full exposure to sun and heat for the entire leg.</p> <p>Mile 0.1: Cross freeway overpass and offramp, left onto Glenn Hwy Path</p> <p>Mile 7.5: Turn right into Bartlett HS entrance.</p>
		<u>DRIVER NOTES</u> <p>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.</p> <p>Bartlett High School 1101 Golden Bear Dr, Anchorage, AK 99504</p> <p>ABSOLUTELY NO STOPPING ON GLENN HIGHWAY.</p>

LEG 4—CHESTER CREEK

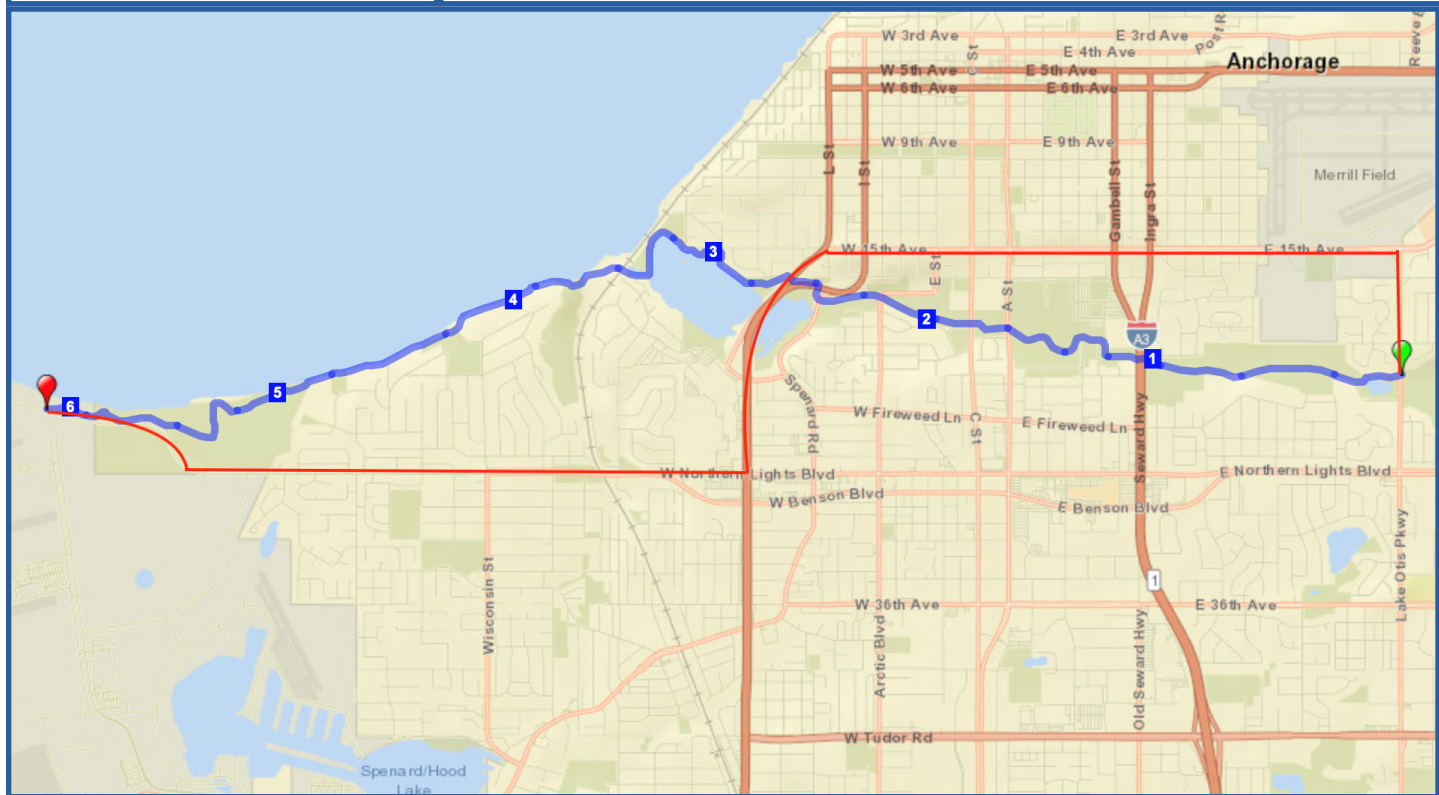
DISTANCE:	6.4	EXCHANGE NOTES: Davenport Baseball Fields
ELEVATION:	+200	
RATING:	/ Hard	



<u>RUNNER NOTES</u>	<u>DRIVER NOTES</u>
Partial Non-Support	Left on Muldoon, Right onto Glenn Hwy. Exit at Boniface Pkwy, left onto Boniface.
Mile 2.0: Glenn Hwy path goes under Boniface Pkwy. Turn Left to follow path up to Boniface sidewalk.	1st Runner Access area along Boniface between Glenn Hwy and Russian Jack Park.
Mile 3.0: Right to enter Russian Jack Park.	Continue down Boniface to Northern Lights, turn right. Turn Left on UAA Dr, and immediate left into Goose Lake Park.
Mile 5.0: Overpass over Northern Lights, right at trail junction.	2nd Runner Access - Short walk up path to Trail jct at 2nd Northern Lights Overpass.
Mile 5.8: 2nd Overpass over Northern Lights	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.
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!	2201 Lake Otis Pkwy Anchorage, AK 99508

LEG 5— WEST ANCHORAGE

DISTANCE:	6.10	EXCHANGE NOTES: Downtown Viewpoint lot. Northern Lights & Postmark Dr.
ELEVATION:	+40	
RATING:	Moderate	



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

Distance: 6.2 Miles
Elev: +350 ft
Difficulty: Moderate

Exchange

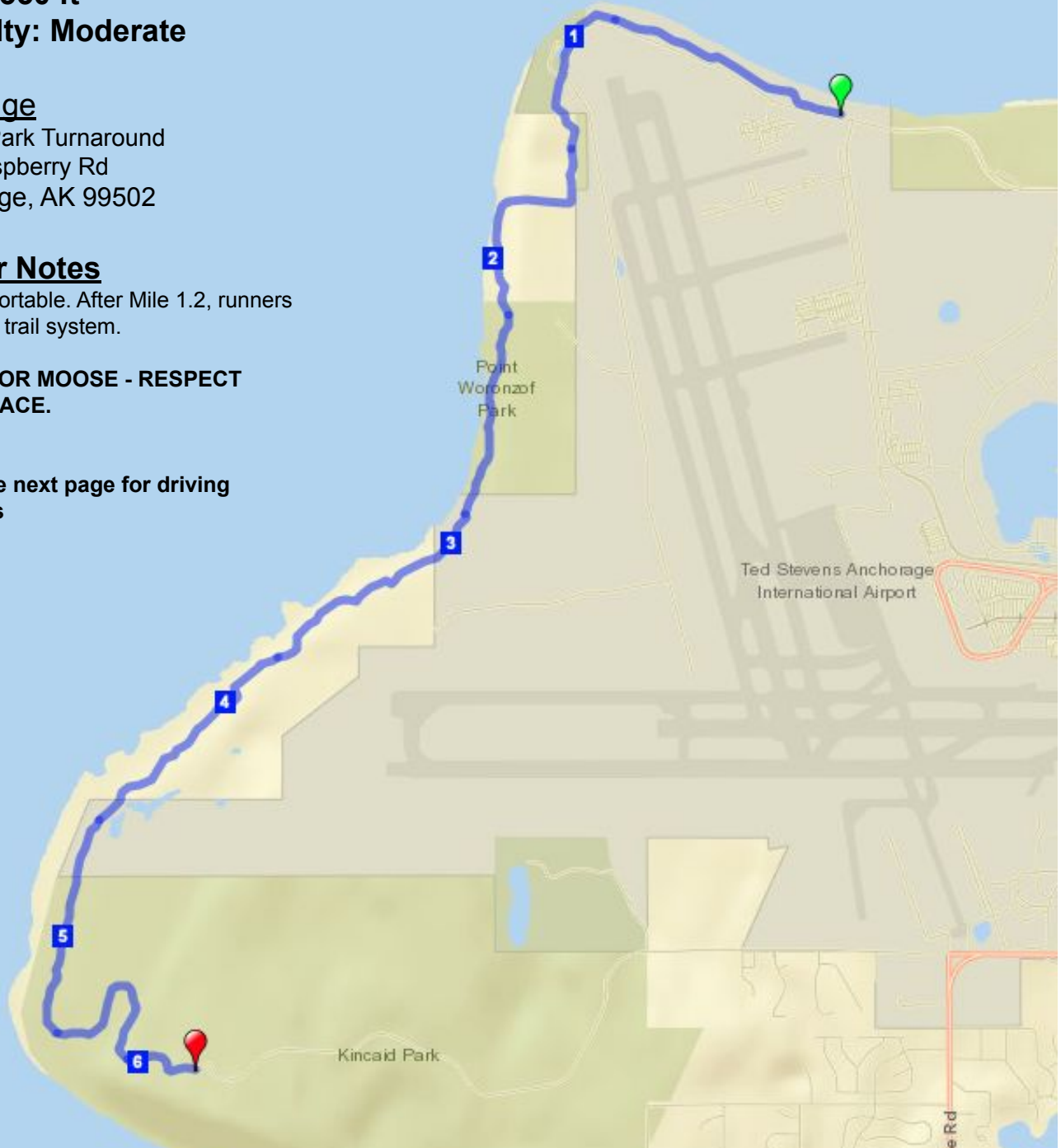
Kincaid Park Turnaround
9401 Raspberry Rd
Anchorage, AK 99502

Runner Notes

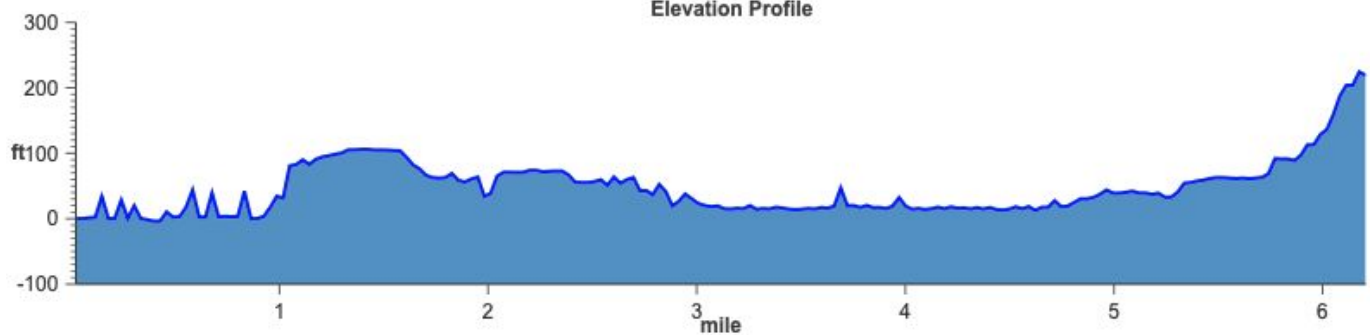
Non-Supportable. After Mile 1.2, runners enter park trail system.

WATCH FOR MOOSE - RESPECT THEIR SPACE.

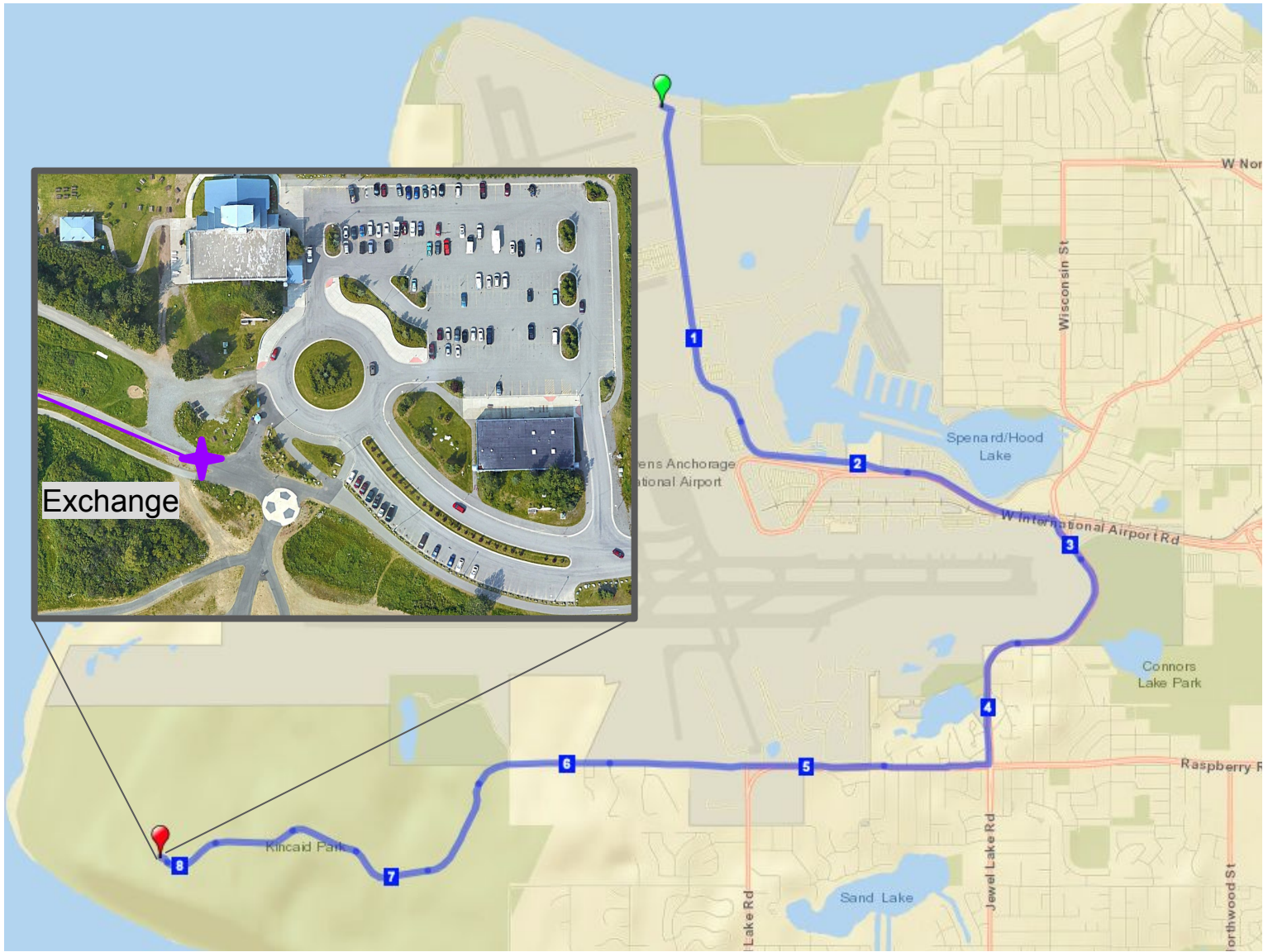
Vans - see next page for driving directions



Elevation Profile



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

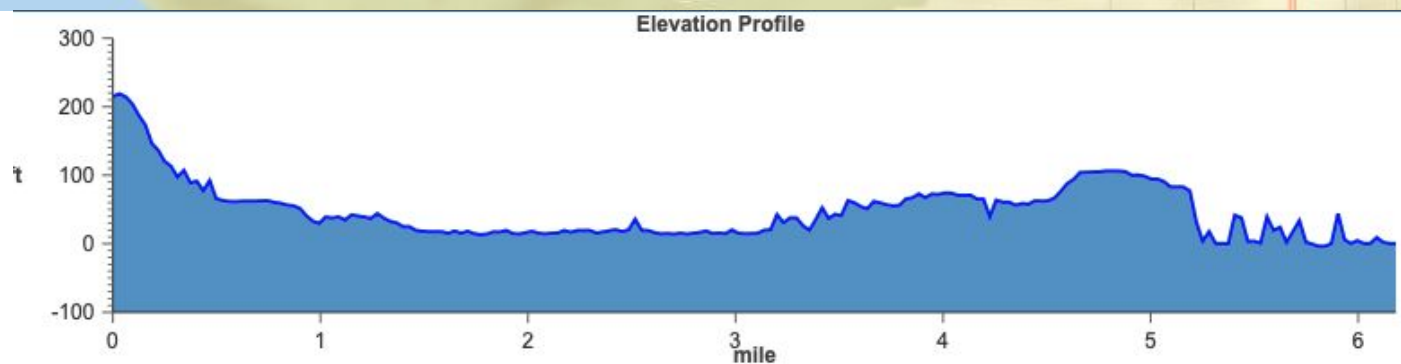
Downtown Anchorage Viewpoint
Northern Lights Rd

Runner Notes

Non-Supportable.


**WATCH FOR MOOSE - RESPECT
THEIR SPACE.**

**Vans - See previous page for Driving
Directions.**



LEG 8— WEST ANCHORAGE

DISTANCE: 6.10	EXCHANGE NOTES: Davenport Baseball Fields
ELEVATION: +60	
RATING: Moderate	

	
<u>RUNNER NOTES</u>	<u>DRIVER NOTES</u>
Non-Support	Left out of lot, take Northern Lights east, becomes Benson when split to one-way roads.
Great Scenic Run along the Coastal Trail and up Chester Creek.	Left on Lake Otis Pkwy
Mile 2.8: Turn right onto Chester Creek Trail (at Westchester Lagoon).	2201 Lake Otis Pkwy Anchorage, AK 99508
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 than 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 Westchester Lagoon (Mile 2.7).	

LEG 9—CHESTER CREEK

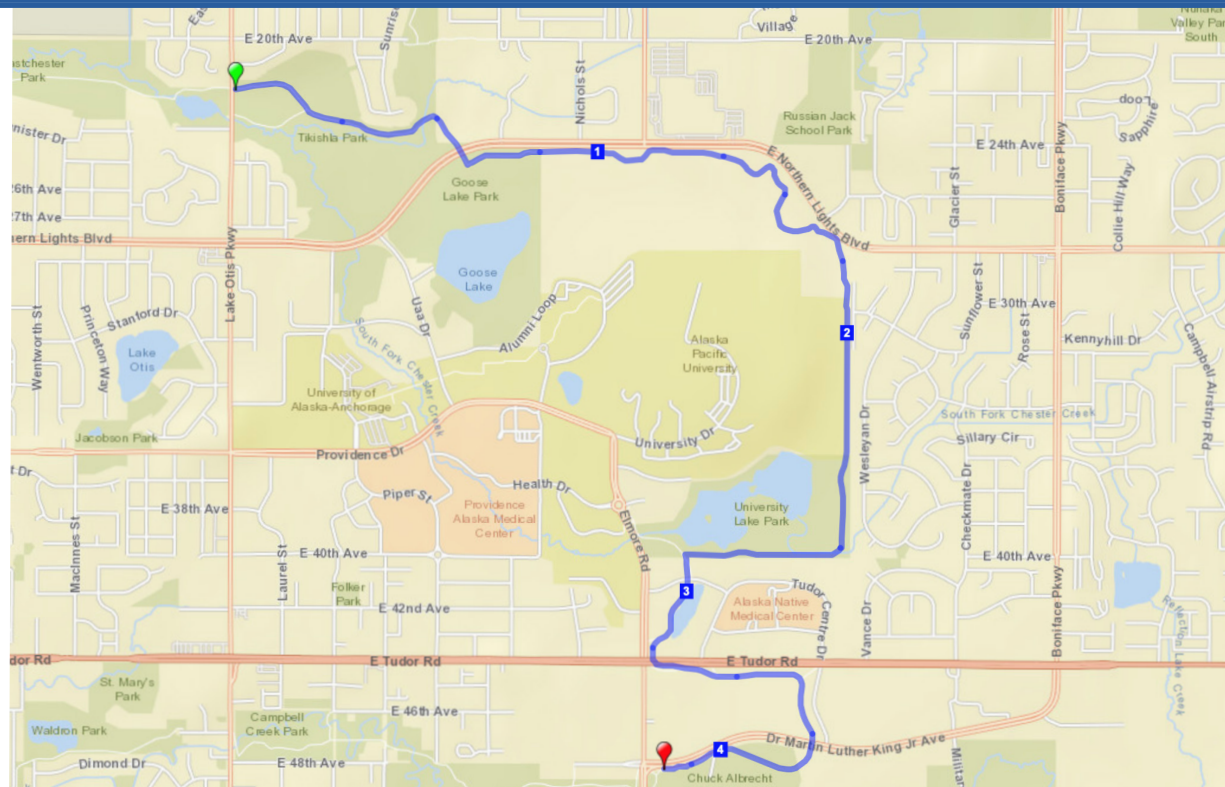
DISTANCE: 4.10

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

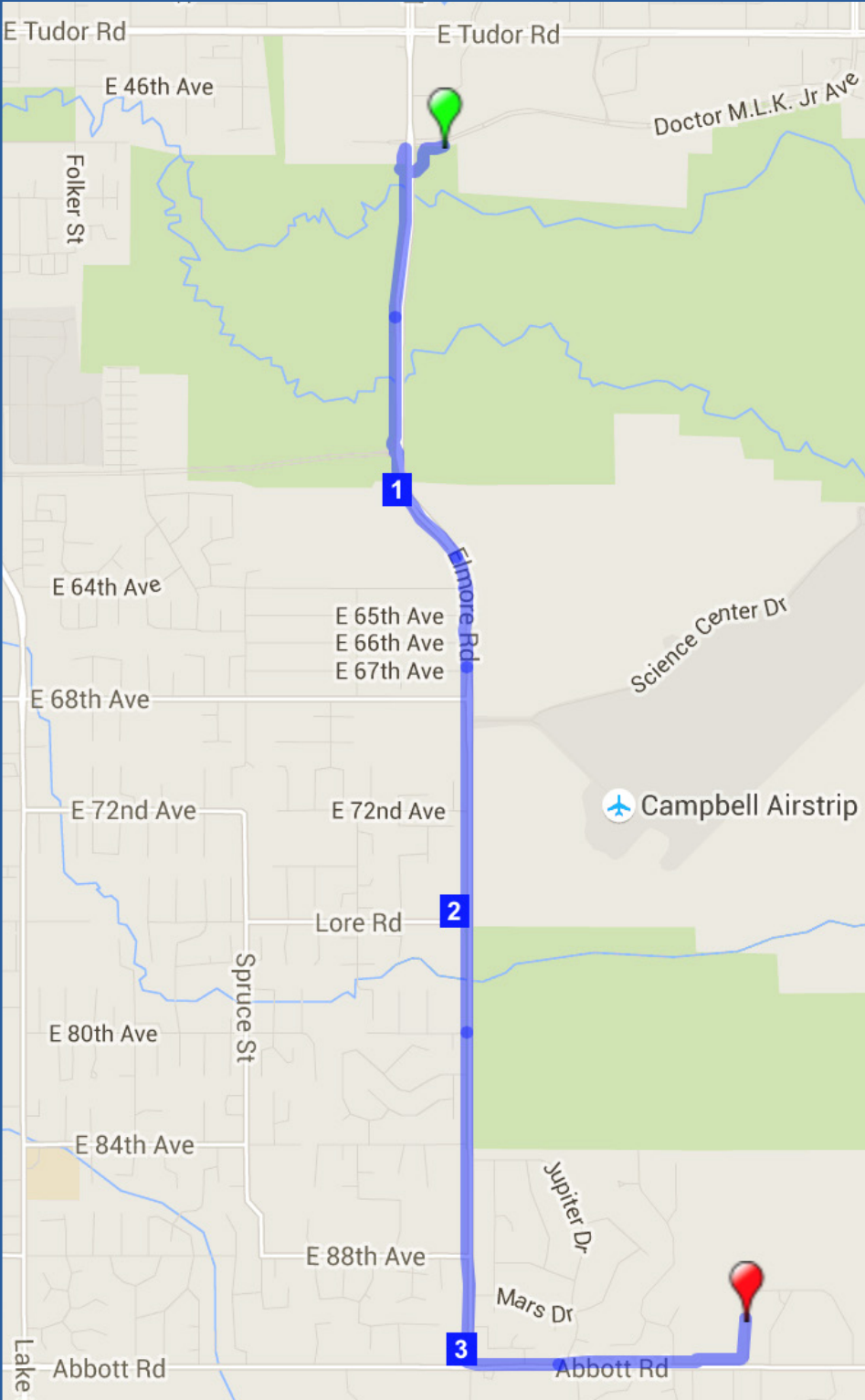
- Left on Dr. MLK Jr.

Park is on right.

Albrecht Sports Complex
4781 Elmore Rd,
Anchorage, AK 99507

LEG 10— ELMORE (COSTUME LEG)

DISTANCE: 3.7	EXCHANGE NOTES: Service HS west parking lot.
ELEVATION: +220	
RATING: Easy	



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 Elmore.

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.

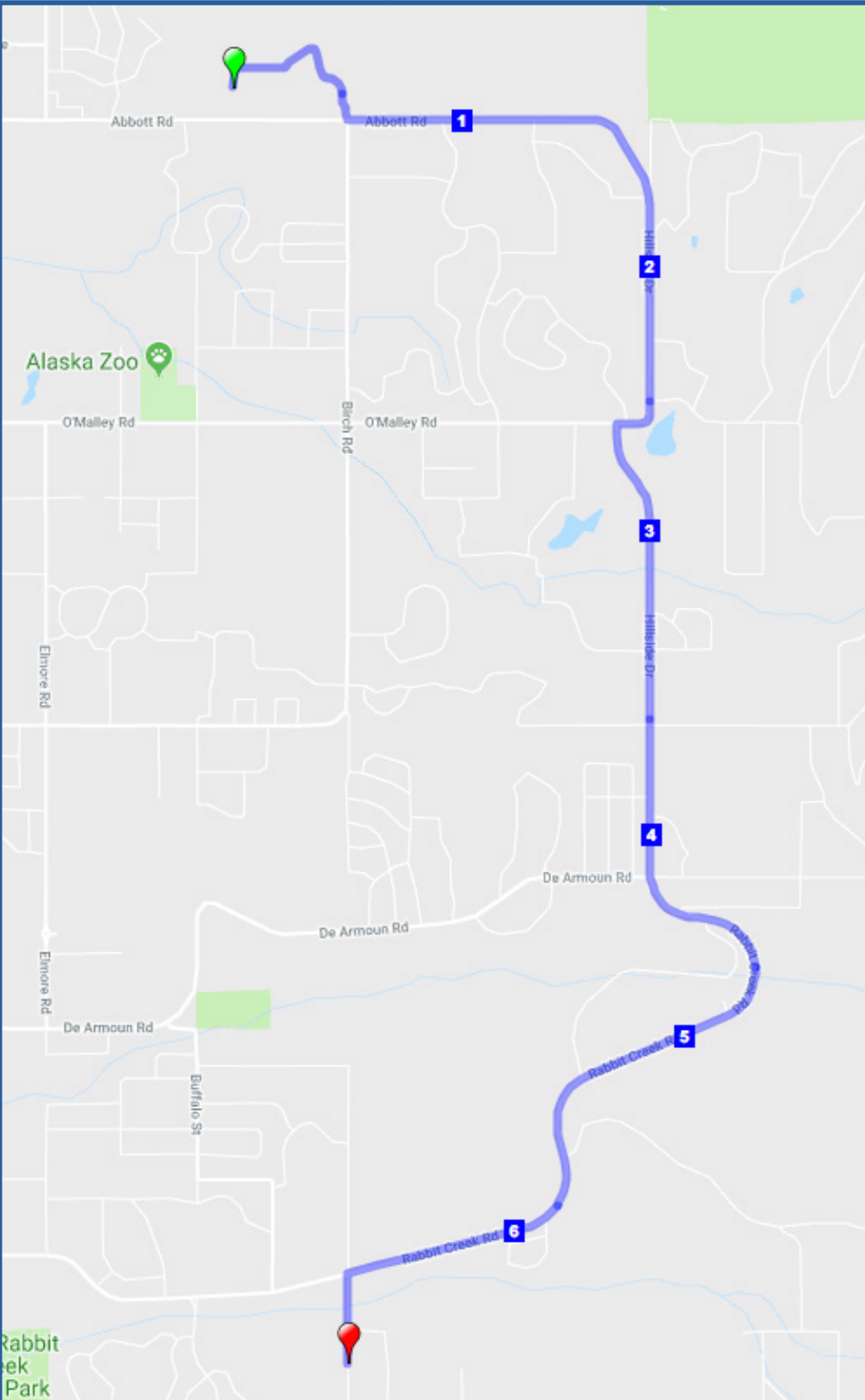
Fun Fact: Service High is named for Robert Service, a noted gold-rush era poet of the Yukon. His two most noted poems are "The Shooting of Dan McGrew" and "The Cremation of Sam McGee." 🍀

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

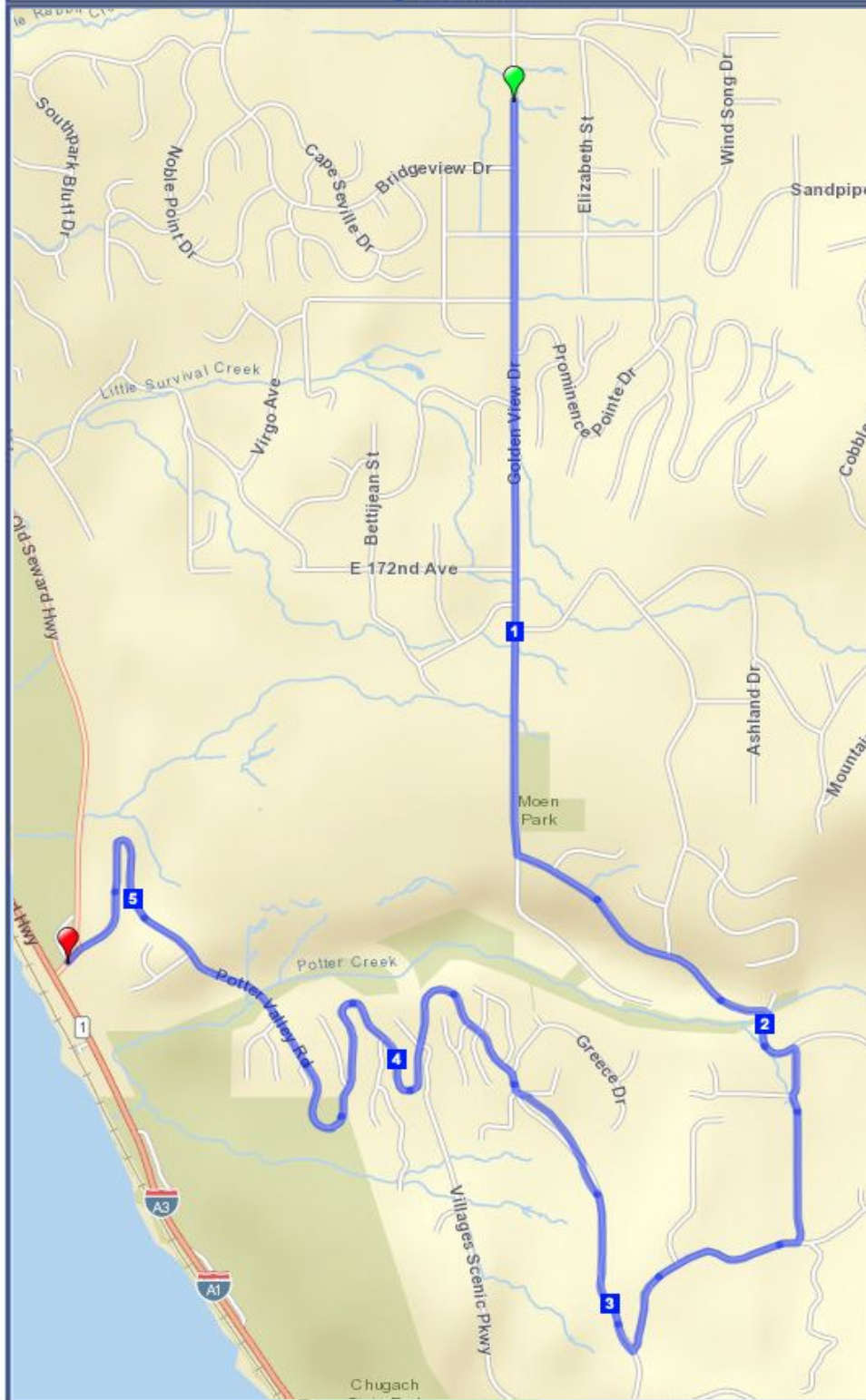
DISTANCE: 6.7	EXCHANGE NOTES: Goldenview Middle School
ELEVATION: +910	
RATING: Hard	
	<p><u>RUNNER NOTES</u></p> <p>Mile 0: Run on Service front driveway, turn left onto Abbott at East entrance.</p> <p>Mile 2.5: Left on Hillside</p> <p>Mile 6.6: Cross and left on Goldenview</p> <p>The climb to Anchorage's Hillside neighborhoods. Great views of the Cook Inlet on the right and the Chugach Mountains on the left.</p> <p><u>DRIVER NOTES</u></p> <p>Goldenview Middle School 15800 Golden View Dr, Anchorage, AK 99516</p>

LEG 12—GOLDEN VIEW

DISTANCE:	5.40
ELEVATION:	+480
RATING:	Hard

EXCHANGE NOTES:

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.



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—TURNAGAIN ARM I

DISTANCE: 5.90

EXCHANGE NOTES:

ELEVATION: +165

START: Van 1 should head to "Bird Creek Access" Parking lot at roughly Seward Hwy MP 101.5. Runner will be released by race official when leg 12 is completed.

RATING: Moderate

Bird Point : Exchange is in Bird Point parking lot. Runner will follow trail under Seward Hwy to reach the parking lot.



RUNNER NOTES

DRIVER NOTES

Non-Support

A great evening run along Turnagain Arm on the relatively flat Bird-to-Gird Trail.

Fun Fact: Turnagain Arm has the USA's largest tidal range, as high as 40 ft. The boretide, a wave leading the incoming tide, can reach up to 10 ft as it moves up the Arm.

Mile 0.1: Cross under hwy at creek and up stairs to main path. From this point, stay right at ALL trail spurs until exchange.

Mile 5.8: AFTER going past exchange on opposite side of hwy, turn right on trail spur to reach parking lot.

Runner mostly unsupportable on Bird-to-Gird Path. The best place to cheer your runner is at pulloffs between Mile 1.5 and 2.5.

**NO STOPPING ON
SEWARD HWY SHOULDER**

DO NOT CROSS HIGHWAY

LEG 14—TURNAGAIN ARM II

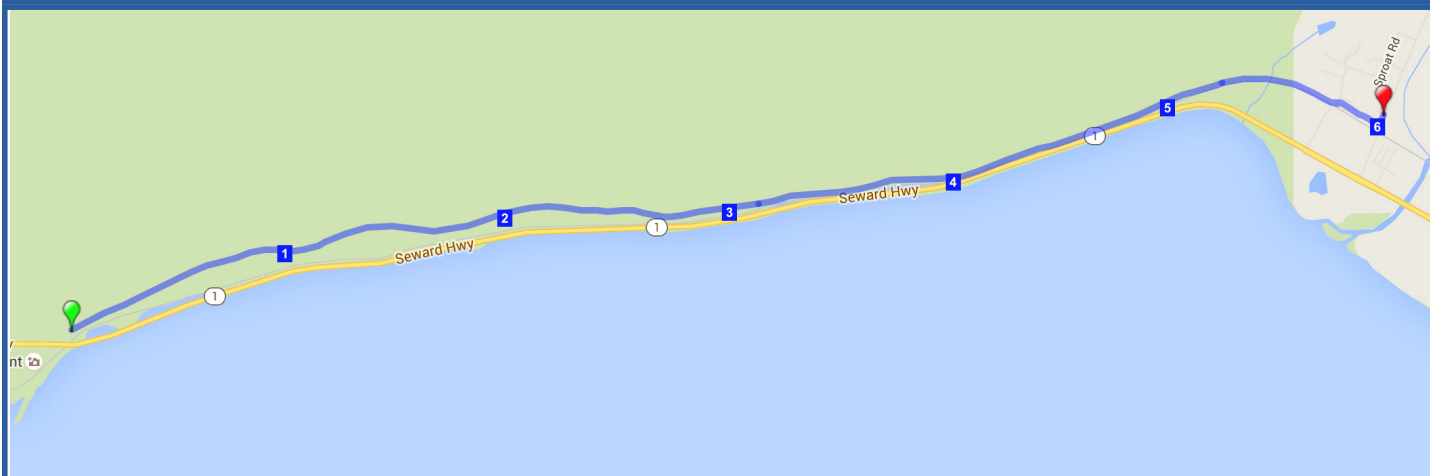
DISTANCE: 6.10

EXCHANGE NOTES:

ELEVATION: +220

USFS Girdwood Office. This will be a cramped, busy location. **RVs WILL NOT BE ALLOWED INTO THIS LOT.** They must park down at the Tesoro station and walk up the trail to the exchange.

RATING: Moderate



RUNNER NOTES

DRIVER NOTES

NON-SUPPORT

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

Mile 5.7: Path crosses open lot at Girdwood Rail Whistlestop (follow signs)

Mile 6.0: Left at path intersection at Alyeska Hwy.

Runner unsupportable on Bird-to-Gird path.

**NO STOPPING ON
SEWARD HWY SHOULDER**

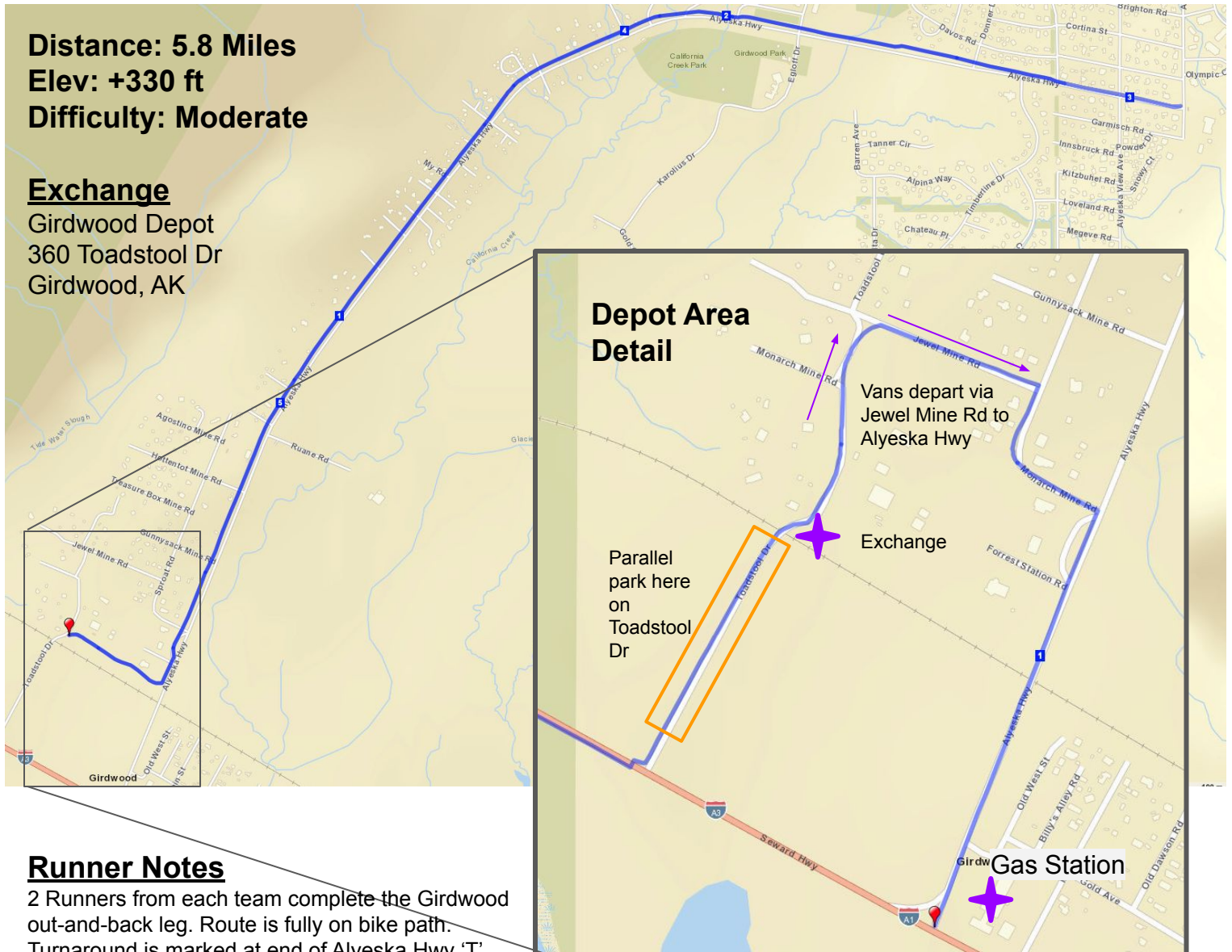
US Glacier Ranger District Office
145 Forest Station Rd,
Girdwood, AK 99587

Leg 15 & 16 - Girdwood Double Up

Distance: 5.8 Miles
Elev: +330 ft
Difficulty: Moderate

Exchange

Girdwood Depot
360 Toadstool Dr
Girdwood, AK



Runner Notes

2 Runners from each team complete the Girdwood out-and-back leg. Route is fully on bike path. Turnaround is marked at end of Alyeska Hwy 'T' intersection.

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 17—THE LONG HAUL

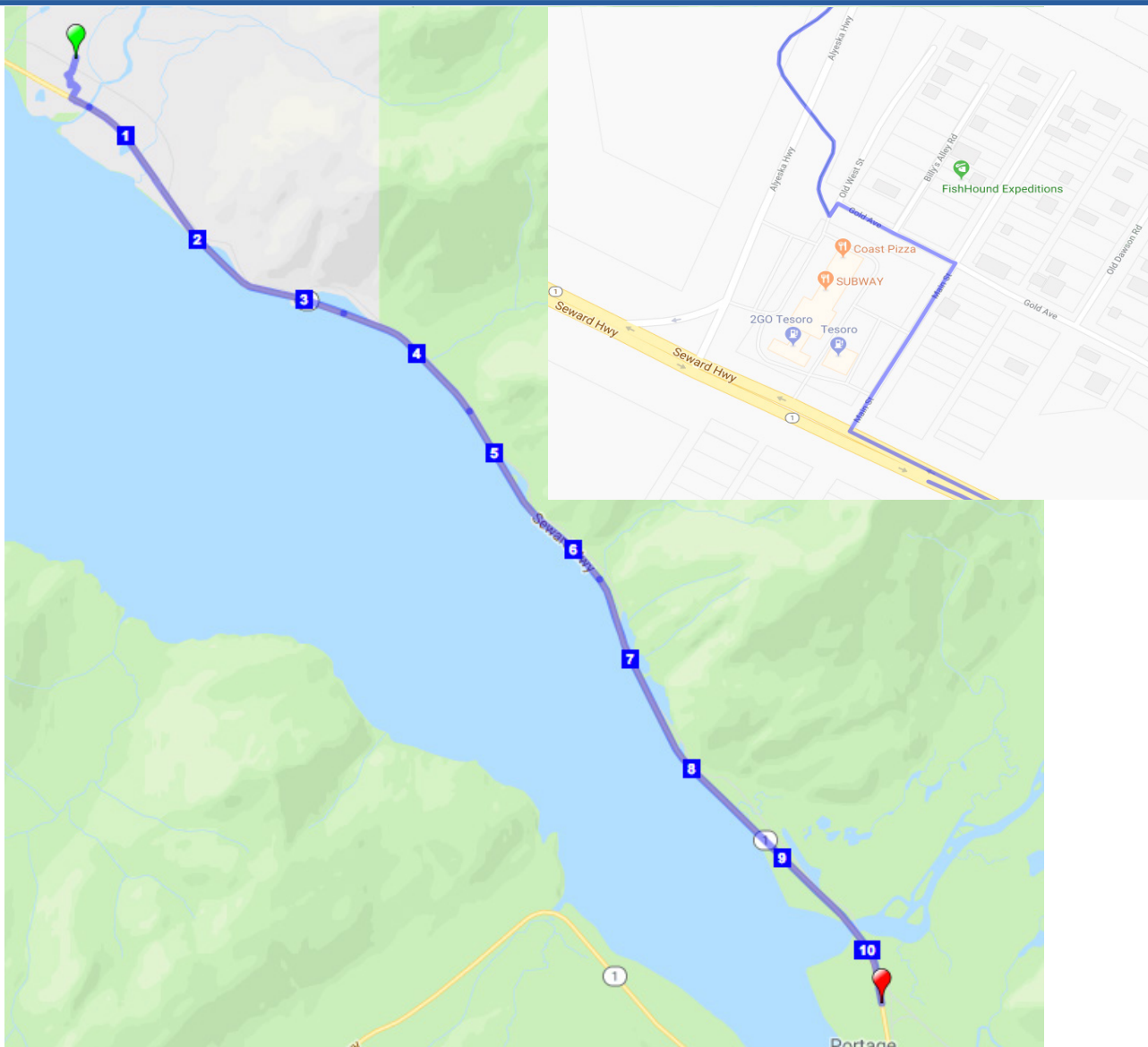
DISTANCE: 10.40

EXCHANGE NOTES:

ELEVATION: Flat

Portage Whistle Stop Lot

RATING: Very Hard



RUNNER NOTES

DRIVER NOTES

VISIBILITY GEAR REQUIRED REGARDLESS OF TIME

Runners follow path under Alyeska Hwy, behind Tesoro Complex, and up to Seward Hwy shoulder (see inset).

Our longest leg, but also flat as a pancake. Be extra careful on the bridges as the shoulder narrows sharply.

Vans may only stop in pull-off lots, not on the road shoulder.

Milepost 80 Seward Hwy.

LEG 18— PORTAGE I (LIGHT UP THE NIGHT)

DISTANCE:	6.8
ELEVATION:	+130
RATING:	Hard

EXCHANGE NOTES:

Begich Boggs Visitor Center. An area will be designated for sleeping (bring your own sleeping bags, pads, etc). Coffee will be available.



RUNNER NOTES

Mile 1.5: Left onto Portage Glacier Rd

Mile 2.8: Pass Exchange 19

Mile 6.7: Follow signs into Begich Boggs Visitor Center Lot

The course takes another out & back up the Portage Valley. This will be the darkest part of the night, so bust out your most festive lights.

DRIVER NOTES

Vans may only stop in pull-off lots, not on the road shoulder.

Portage Lake Loop,
Girdwood, AK 99587

Be extra vigilant for runners running opposite direction on your shoulder.

LEG 19— PORTAGE II

DISTANCE: 4.05		EXCHANGE NOTES: Exchange has moved to gravel lot close to Moose Flats on left side. This is another tight lot and RVs will likely not be allowed in.
ELEVATION: Flat		
RATING: Moderate		

<u>RUNNER NOTES</u> Runner returns up Portage Rd towards Seward Hwy on left side of highway. Partial return to the main highway. Fun Fact: The Portage Glacier Rd is also known as the Trail of Blue Ice for the glaciers visible from it on the mountains on your right.	<u>DRIVER NOTES</u> Moose Flats Day Area
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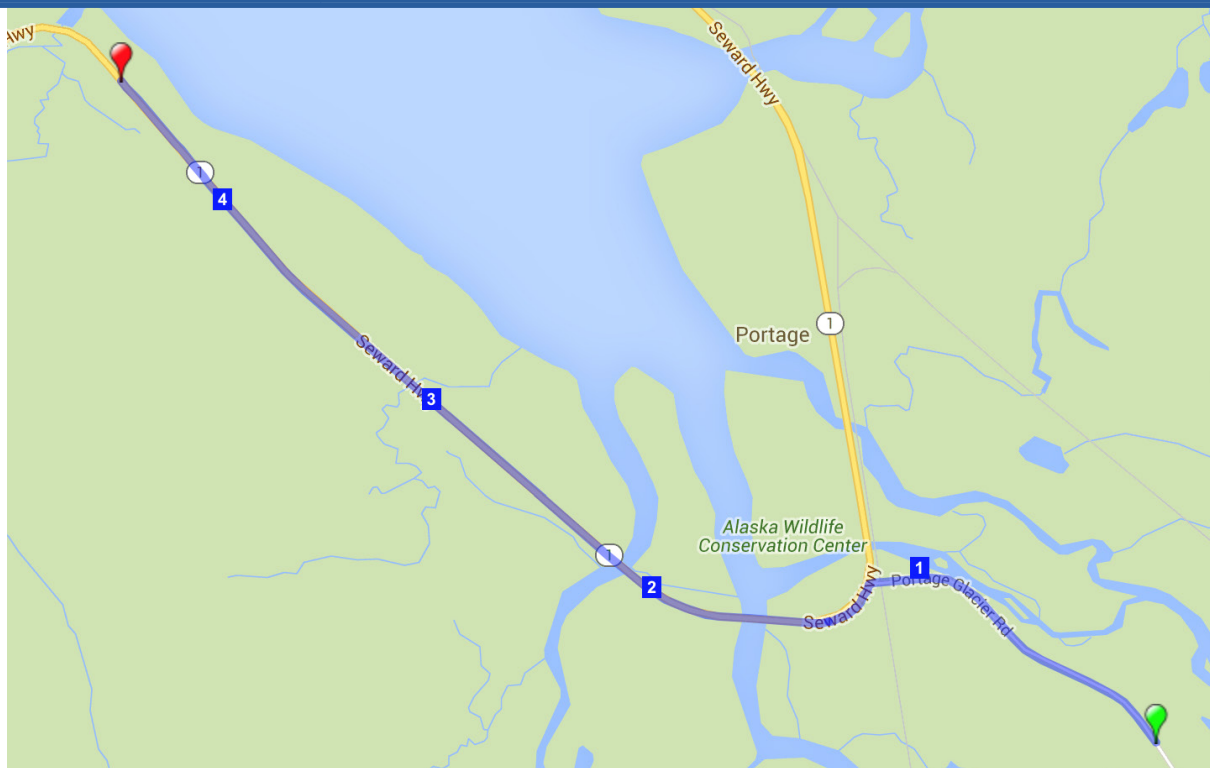
LEG 20— PLACER RIVER

DISTANCE: 4.60

EXCHANGE NOTES:

ELEVATION: Flat

RATING: Moderate



RUNNER NOTES

Mile 1.2: Turn left onto Seward Hwy Shoulder

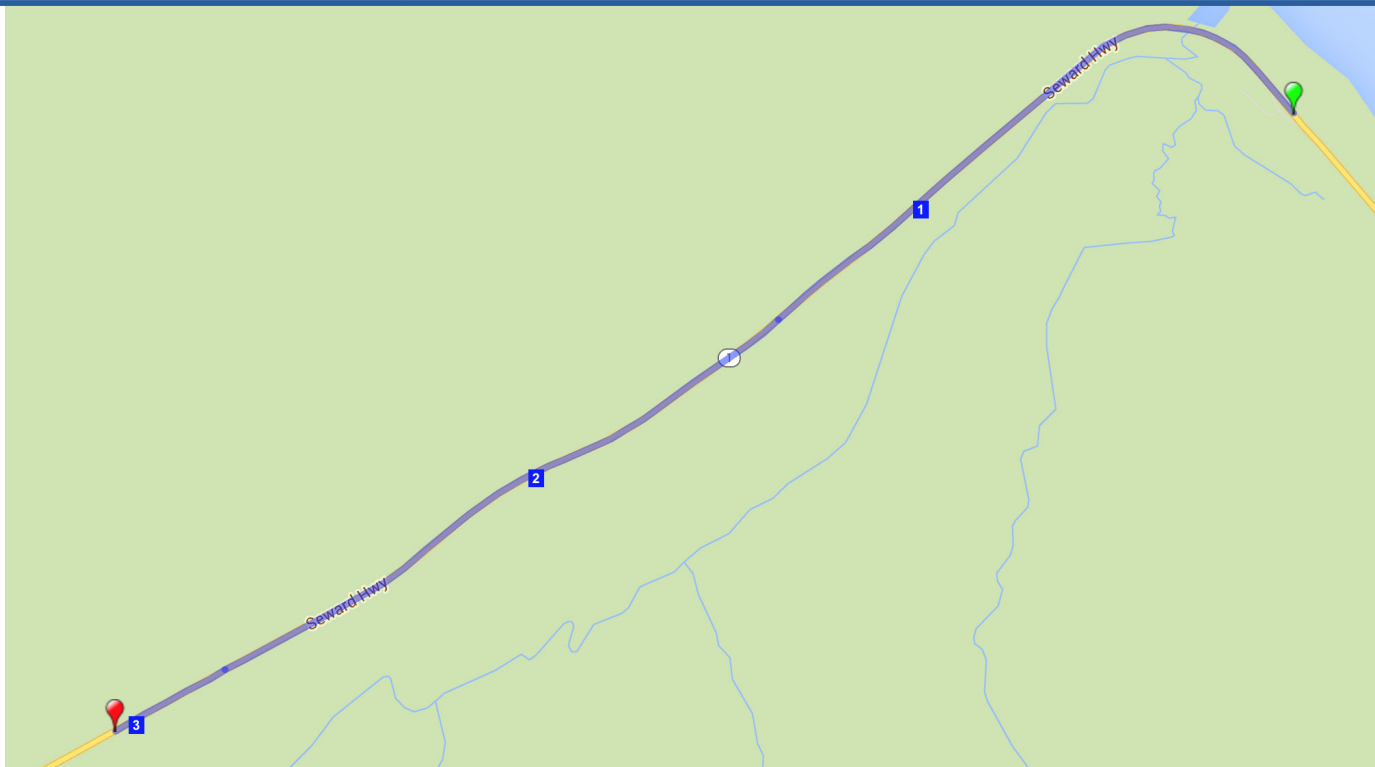
Short flat leg around the south curve of Turnagain Arm.

Fun Fact: The 1964 Good Friday Earthquake dropped much of these flatlands 6 feet, putting much of it suddenly below high tide including the small community of Portage, which was subsequently abandoned.

DRIVER NOTES

Left side vehicle pull-off, MP 75.5

LEG 21 — INGRAM CREEK

DISTANCE: 3.0	EXCHANGE NOTES:	
ELEVATION: +400	Left-side of road.	
RATING: Moderate		
		
<u>RUNNER NOTES</u>		<u>DRIVER NOTES</u>
Pretty much all uphill, but definitely the easier half of this climb.		Left side vehicle pull-off, MP 72.5

LEG 22—TURNAGAIN PASS

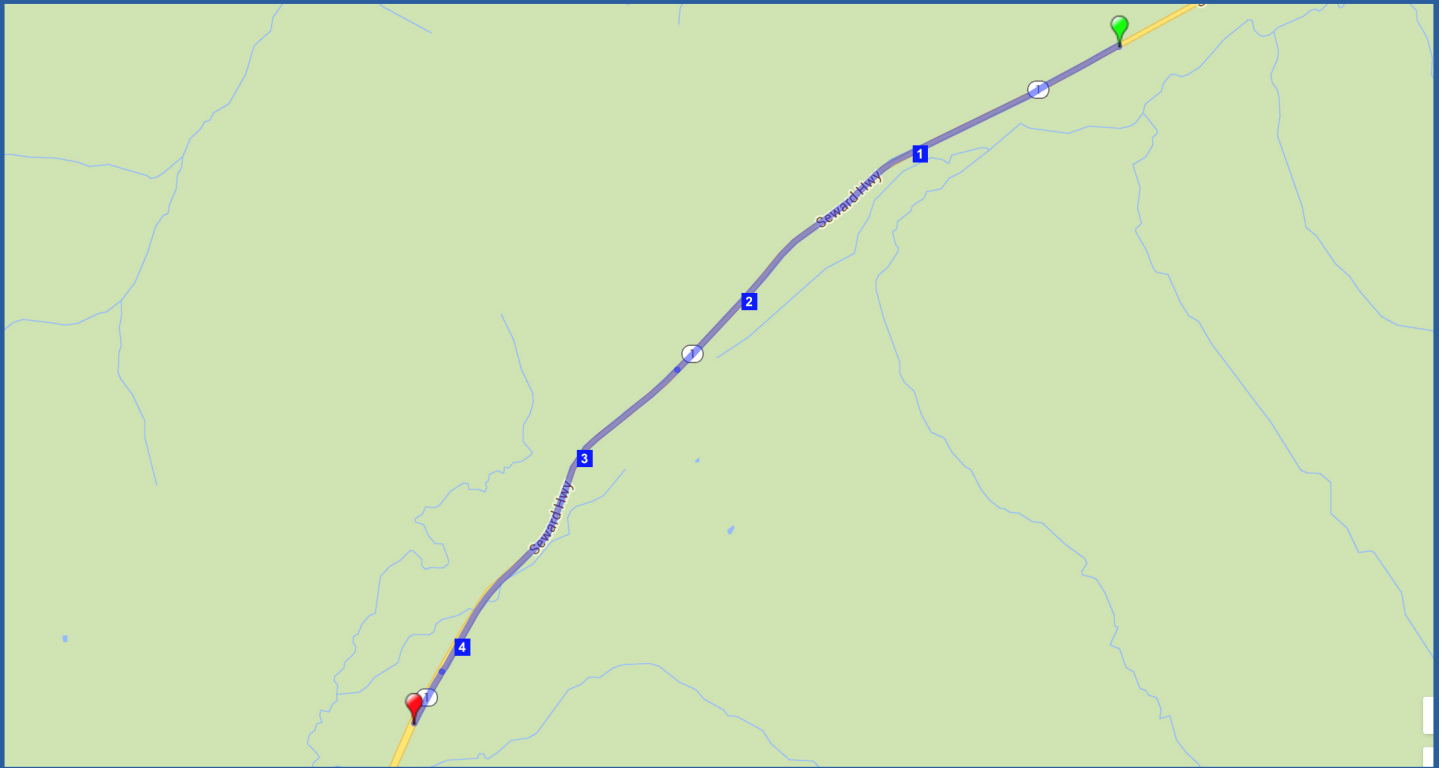
DISTANCE: 4.40

ELEVATION: +660

RATING: Hard

EXCHANGE NOTES:

Left-side of road.



RUNNER NOTES

Part 2 of the climb to Turnagain Pass.

DRIVER NOTES

Left side rest area approximately milepost 70.

LEG 23—GRANITE CREEK

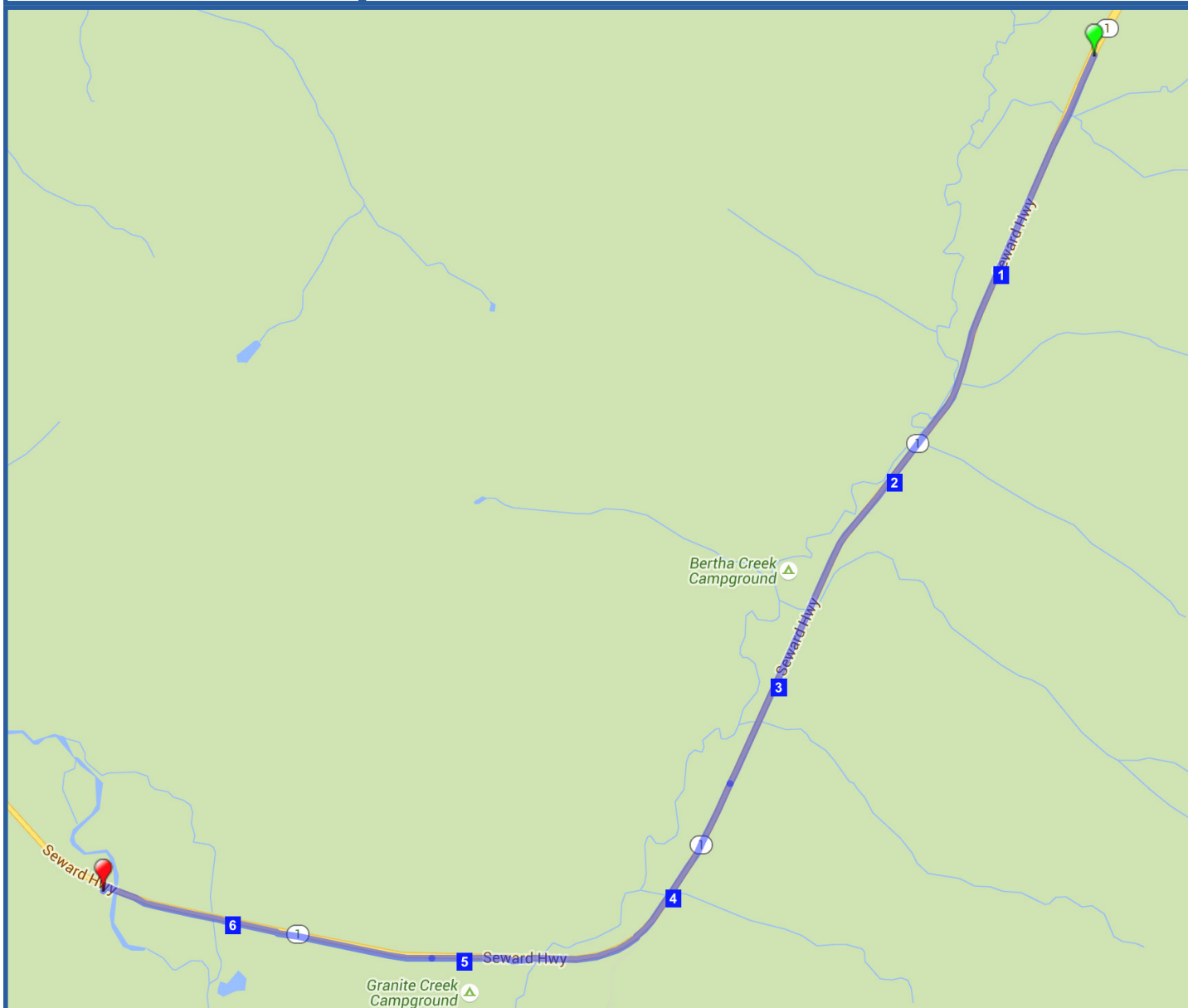
DISTANCE: 6.55

ELEVATION: +100

RATING: Hard

EXCHANGE NOTES:

Trail cloverleaves under highway at exchange.



RUNNER NOTES

Mile 4.3: Bike path starts, leave shoulder.

Mostly gradual decline along the highway.

DRIVER NOTES

Gravel lot on left side, MP 61.5

LEG 24— 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.

RATING: Moderate



RUNNER NOTES

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

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

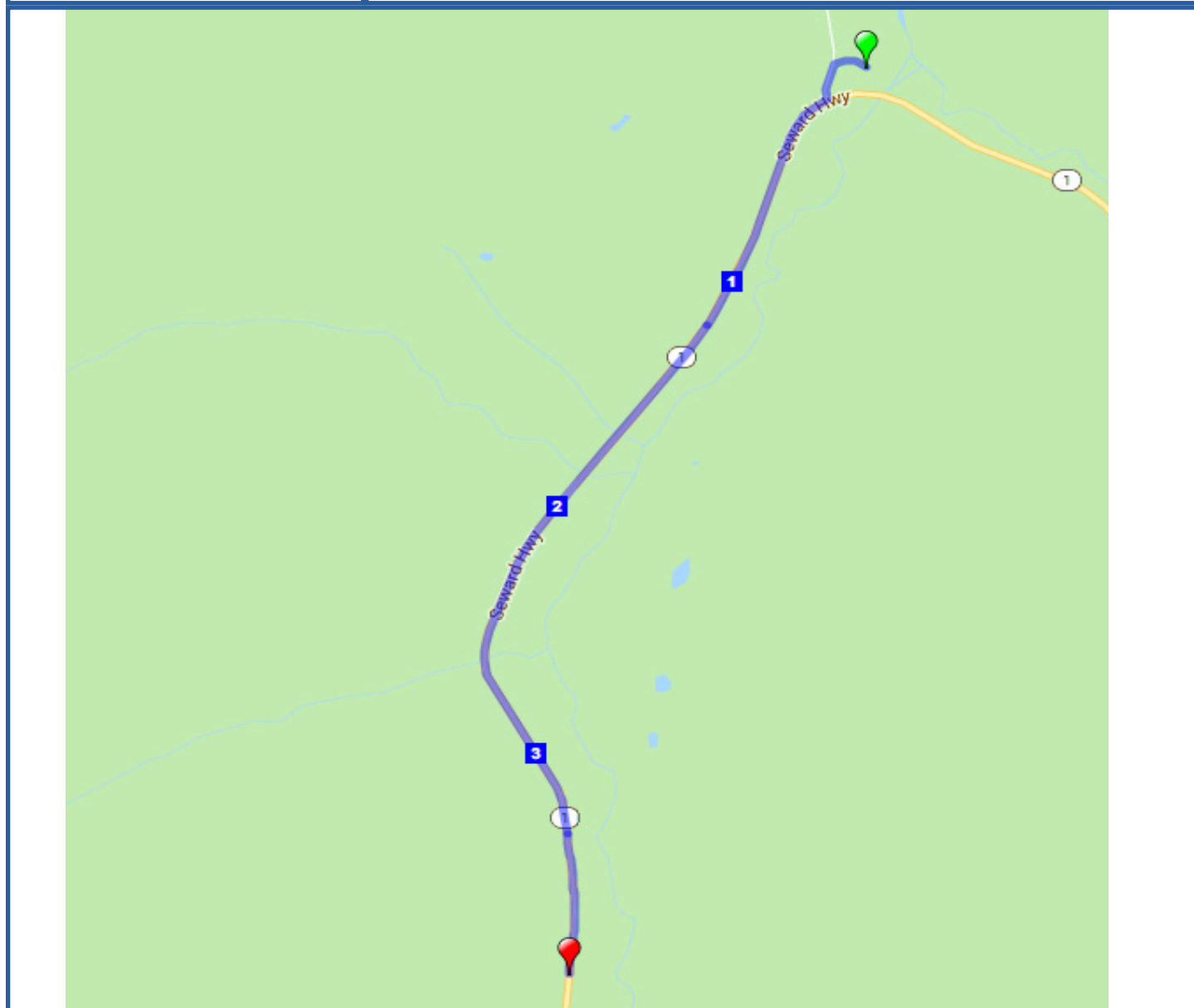


DRIVER NOTES

Turn onto Hope Hwy, large gravel lot on right.

LEG 25— CANYON CREEK I

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



RUNNER NOTES

Mile 0.1: Left on Hope Hwy shoulder

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.

DRIVER NOTES

Left side lot at MP 53.5

LEG 26— CANYON CREEK II

DISTANCE:	4.70
ELEVATION:	+660
RATING:	Hard

EXCHANGE NOTES:



RUNNER NOTES

With the ups and downs, this leg has as much climbing as the one before it.

DRIVER NOTES

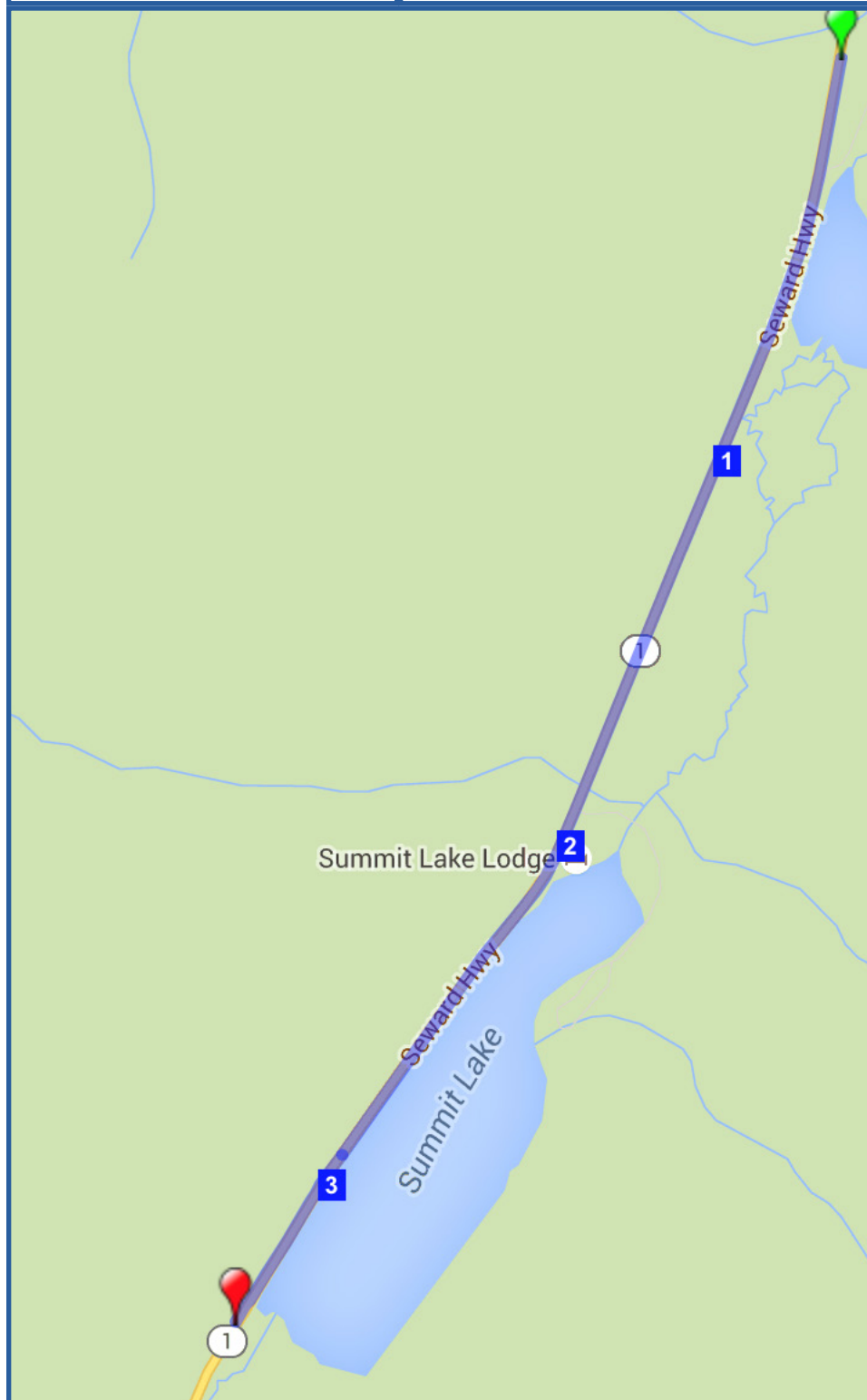
Left side pull-off, MP 48

LEG 27— SUMMIT LAKES

DISTANCE:	3.40
ELEVATION:	+175
RATING:	Easy

EXCHANGE NOTES:

South End Of Summit Lake



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

LEG 28— STERLING JUNCTION

DISTANCE:	7.30
ELEVATION:	+115
RATING:	Hard

EXCHANGE NOTES:

Hand-off on left side.

USE CAUTION CROSSING HWY.

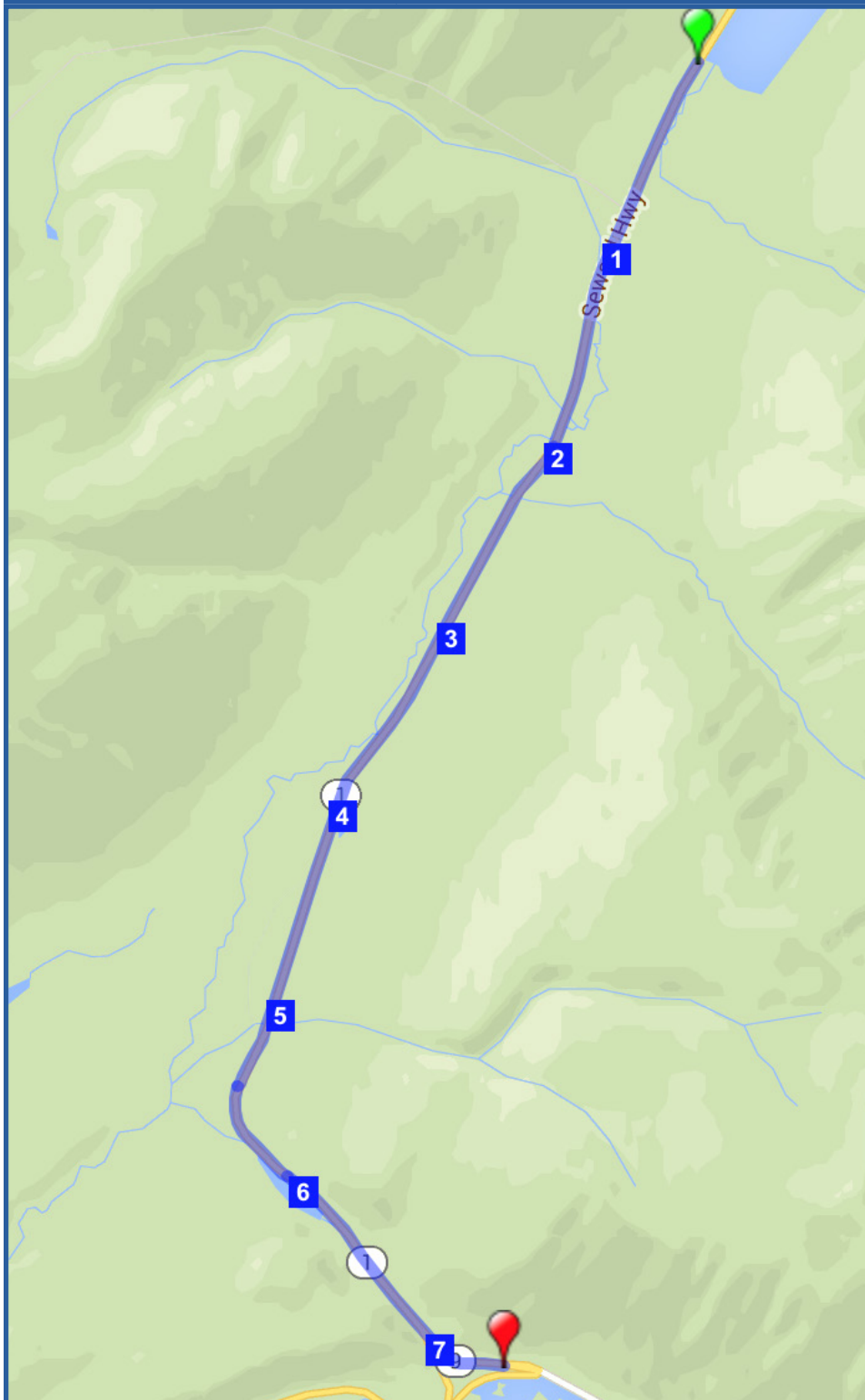
RUNNER NOTES

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



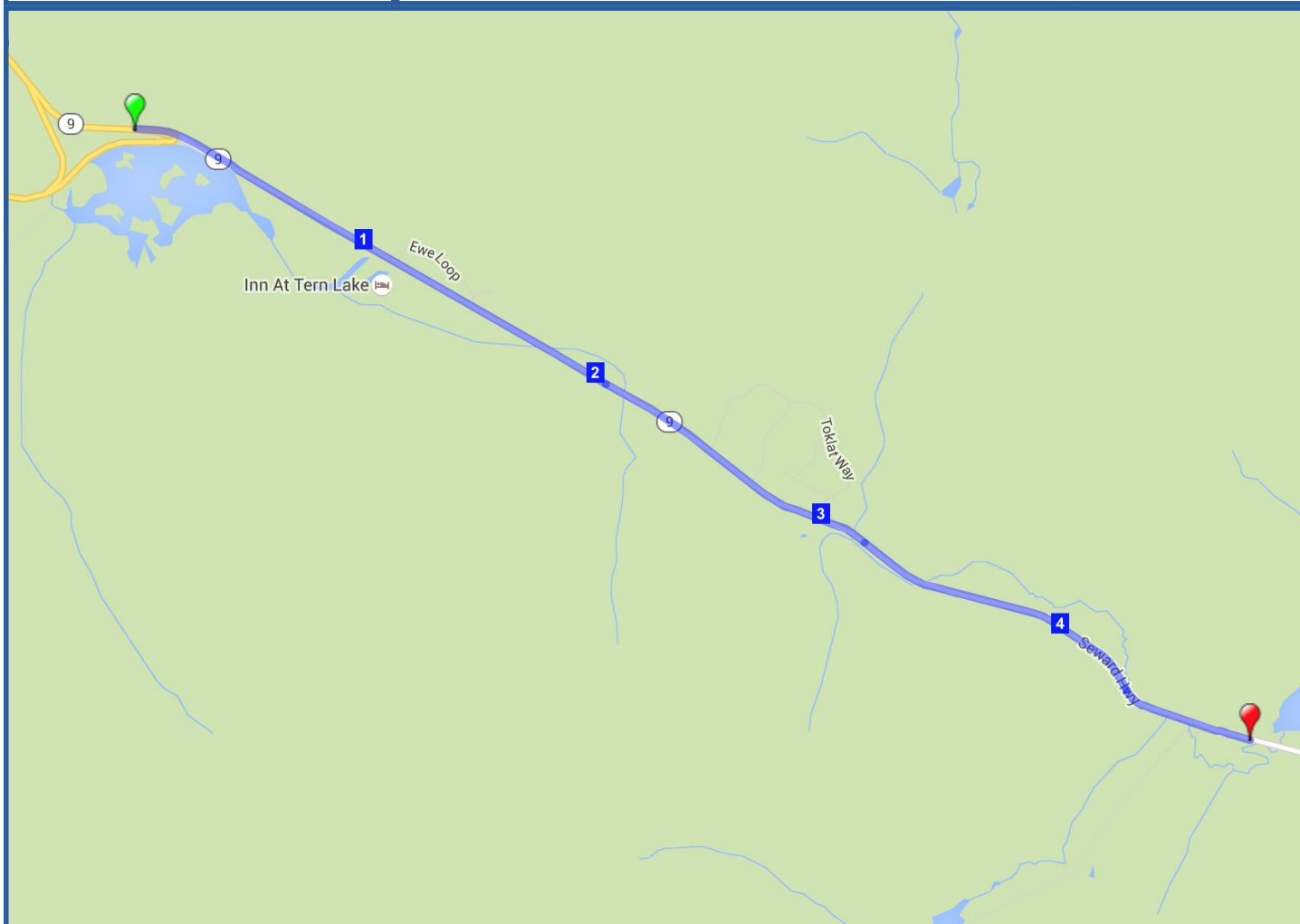
LEG 29—TRAIL LAKE

DISTANCE: 4.80

ELEVATION: +145

RATING: Moderate

EXCHANGE NOTES:



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

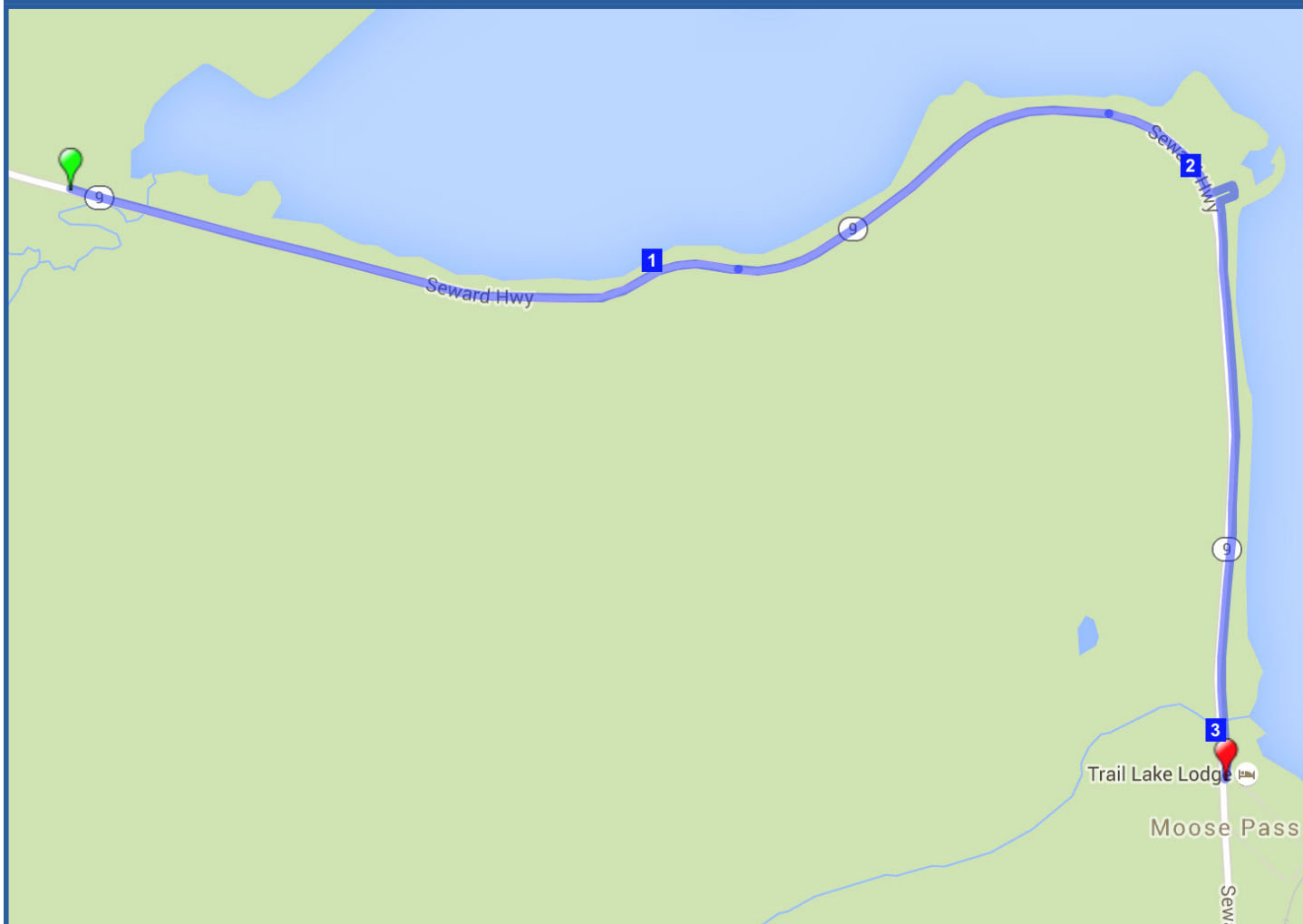
DISTANCE: 3.05

ELEVATION: +000

RATING: Moderate

EXCHANGE NOTES:

-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.

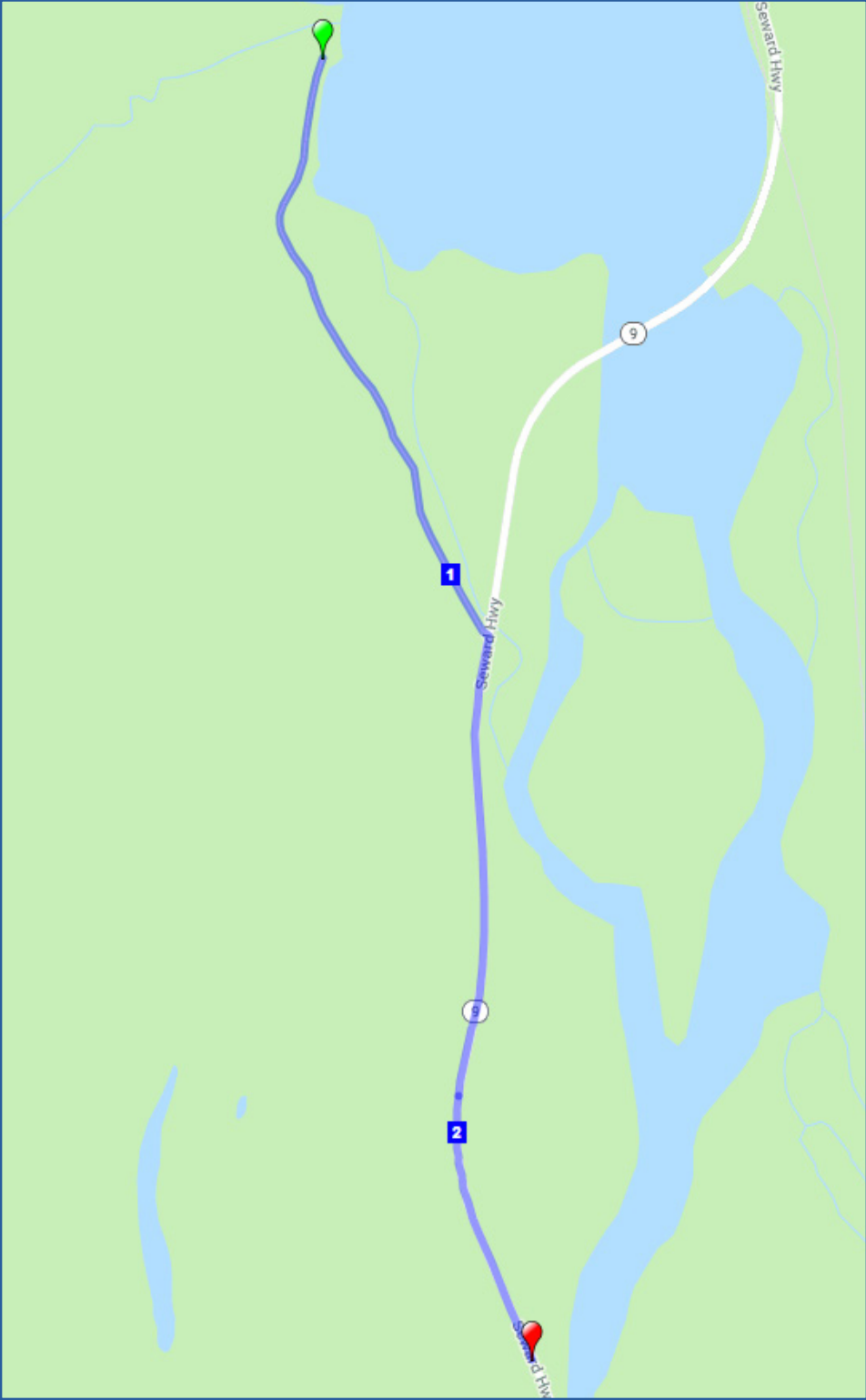
Fun Fact: Moose Pass holds an annual summer solstice festival and it's TONIGHT! Music, food, people. Cause you're not tired yet are you?

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

DISTANCE:	2.40	EXCHANGE NOTES:	
ELEVATION:	+000	START - Primrose Campground. Roughly 15 miles south of Moose Pass, turn on Primrose Rd and take to the end.	
RATING:	Easy	USE CAUTION CROSSING HWY.	
		<u>RUNNER NOTES</u> Start time will be noted by race official. Very short, flat run. We'll admit it, this leg is squeezed in to get 36 legs total. But it sure beats the no-shoulder stretch of the highway that you just drove.	
		<u>DRIVER NOTES</u> MP 15.5	

LEG 32— SNOW RIVER

DISTANCE:	3.30	EXCHANGE NOTES: Left-side. Hand Off On Shoulder USE CAUTION CROSSING HWY.
ELEVATION:	+205	
RATING:	Easy	
		<u>RUNNER NOTES</u> Mild climb up the last hill before Seward.
		<u>DRIVER NOTES</u> Left-side Viewpoint, MP 12.5

LEG 33—CREST

DISTANCE: 4.15	EXCHANGE NOTES:
ELEVATION: +110	Left-side. Hand Off On Shoulder
RATING: Moderate	USE CAUTION CROSSING HWY.
	<u>RUNNER NOTES</u> Over the crest and down. This is the last leg fully on highway shoulder.
	<u>DRIVER NOTES</u> 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. MP 8

LEG 34— BEAR CREEK

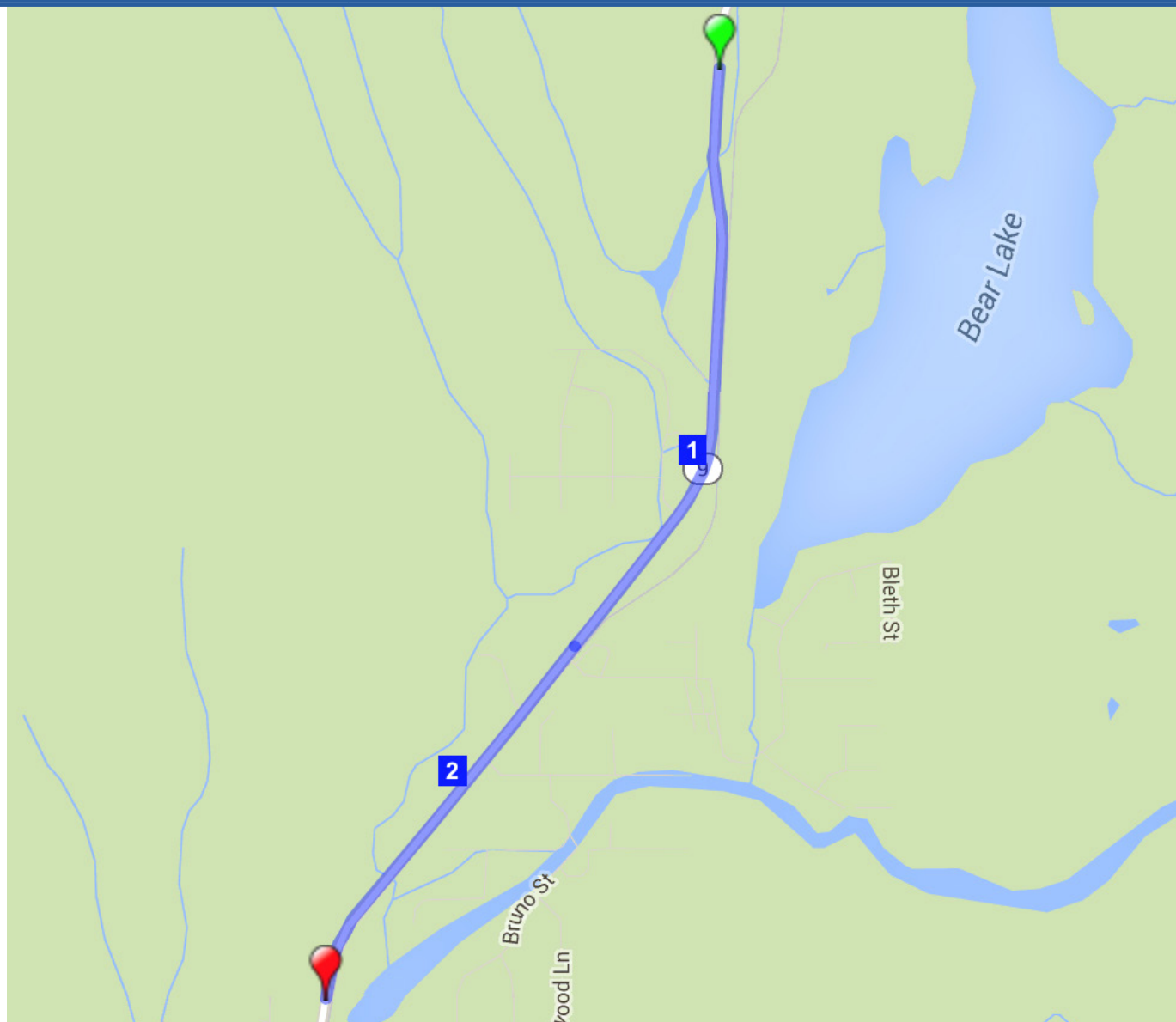
DISTANCE: 2.65

ELEVATION: +000

RATING: Easy

EXCHANGE NOTES:

Bear Creek Fire Station



RUNNER NOTES

Hand-off on left shoulder. **CAUTION CROSSING HWY**

Another short, flat, squeezed-in leg into the Bear Creek outskirts of Seward.

DRIVER NOTES

Bear Creek Fire Station
13105 Seward Hwy,
Seward, AK 99664

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 turner under Seward Hwy. Loop up to sidewalk, then left onto Iron Dr.

Mile 3.8 - Right on Bear Dr, left into alley

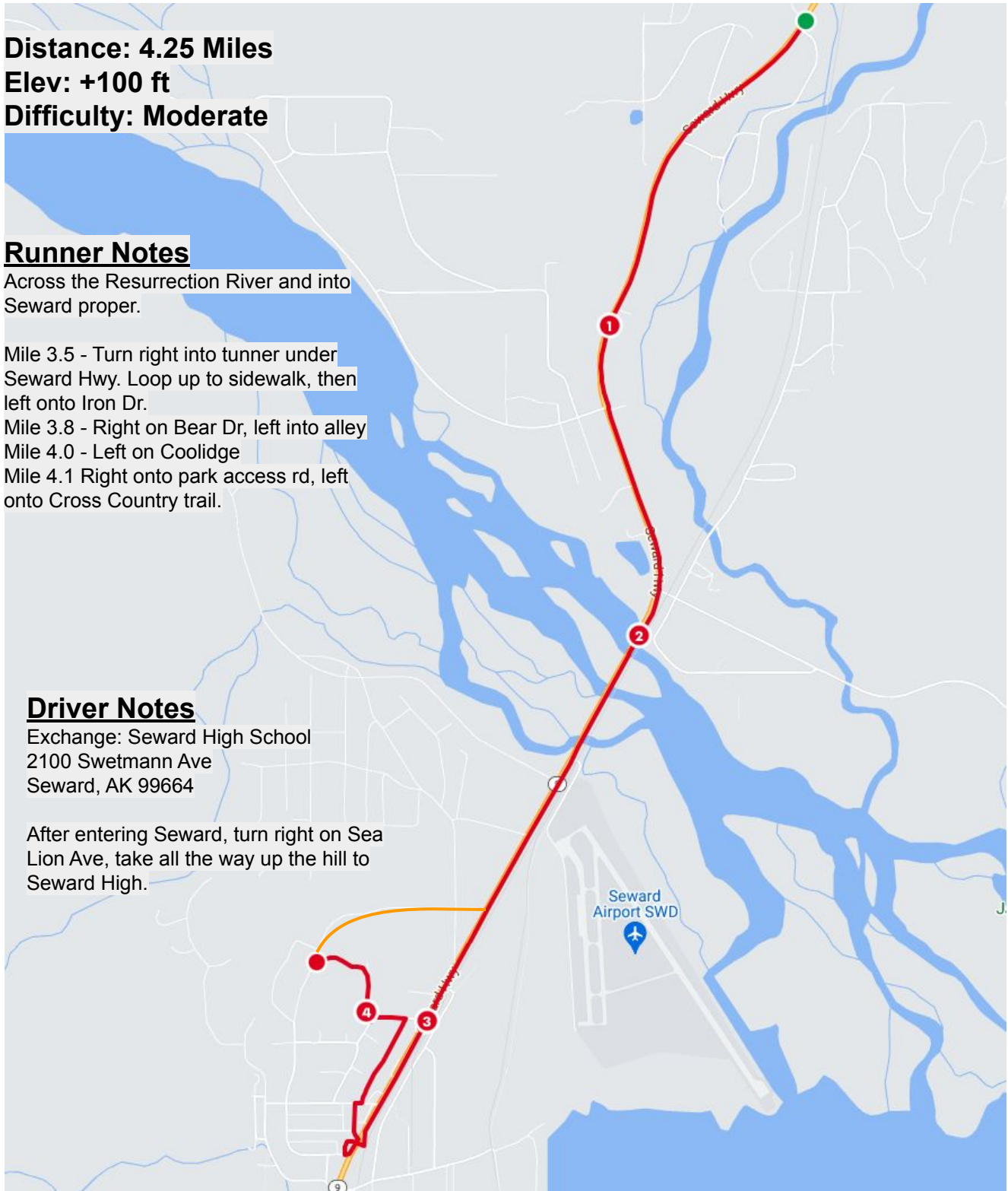
Mile 4.0 - Left on Coolidge

Mile 4.1 Right onto park access rd, left onto Cross Country trail.

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

Plaza Crossing



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.

