



## **Detailed Mountain Bike Route Description: 12.62-miles**

The mountain bike section starts by leaving the Central Transition Area heading west out of the large grassy meadow onto the Mulladay Hollow Trail. After riding under the old stone bridge, riders leave the Mulladay Hollow Trail and cross over the bridge on the park road. Immediately after crossing over the bridge, riders head west up the Miner's Rock Trail. The Miner's Rock Trail gains 240-feet of elevation in the first mile, the next 2-miles are a fun sweeping route that contours along the mountainside, eventually dropping to the valley floor.

Once off the mountain, riders will travel north on the park road for a short distance before heading east onto the Leatherwood Trail. The Leatherwood Trail takes riders south around the Leatherwood Ball Fields and eventually north back to the Central Transition Area. This completes lap 1 of the bike course.

Lap 2 begins by heading north from the Central Transition Area to the Beacham Trailhead. Riders head north on the Beacham Trail for a short distance before leaving the Beacham Trail and heading west up the Overlook Trail. The Overlook Trail climbs steeply at first, 200-feet in .25-miles. Once on top, the trail heads north contouring nicely around the mountainside offering a fun and technical descent back down to the Beacham Trail. Riders travel south on the Beacham Trail to the Fuller Trail Jct. The route doubles back and heads north on the Fuller Trail. The Fuller Trail offers .75-miles of very technical riding. This mostly level section has tight turns, rock shelves and exposed rock and root systems. Riders re-join the Beacham Trail heading north to the Dam.

The Beacham Trail takes riders across the dam and around the backside of Lake Leatherwood in a clockwise direction. This section is mostly level single track with a couple of chunky technical sections. At the Hyde Hollow Trail Jct., riders leave the Beacham Trail and head south on the Hyde Hollow Trail. Riders continue on the Hyde Hollow Trail to the Twin Knobs Trail Jct. Here, the riders begin climbing on the Twin Knobs Trail. This is the longest and most grueling climb on the course, 500-feet in 1.5-miles, to the very top of the mountain.

Once on top, riders follow the Twin Knobs Trail along the ridge, eventually dropping down to the Bench Loop Trail Jct. Riders contour around the mountain on the Bench Loop Trail, eventually re-joining the Twin Knobs Trail. A bomber downhill run on the Twin Knobs Trail takes riders to the Leatherwood Trail Jct. Riders take the Leatherwood Trail north for a flat ride back to the Central Transition Area.

### **Detailed Run Route Description: 5.29-miles**

The trail run section begins at the Central Transition Area and heads north from the grassy meadow to the Beacham Trailhead. The route heads north on the Beacham Trail for a very short distance to the Overlook Trail Jct. Runners head west up the Overlook Trail, climbing steeply, 200-feet in .25-miles. This climb should be familiar, as racers will have covered this ground on the mountain bike section.

At the top of the climb, runners will leave the familiar ground and head south on a spur trail. The trail contours around the mountain gradually losing elevation and eventually ending at the Mulladay Hollow Trail Jct. after several switchbacks.

From the Mulladay Hollow Trail Jct., runners head east on the Mulladay Hollow Trail to the park road intersection. Runners will cross over the old stone bridge on the park road. The route immediately heads west up the Miner's Rock Trail. Runners will shadow lap 1 of the bike route, climbing up onto the mountain and contouring around the ridges and drainages of the mountainside. After dropping back down to the valley floor, runners will join the park road, heading north for a short distance before joining the Leatherwood Trail heading east.

Runners will take a more direct route on the Leatherwood Trail, crossing Leatherwood Creek, taking the wide, flat pathway back to the Central Transition Area and the finish line.