

Run for the Hills Signage 2019
(Turn by Turn)

Turn	Total (miles)	Distance to Next (miles)	Turn, Marker, Type	Marker Name	Directions
0	0	0.58	Straight	Start	Straight on Midge Cramer Path
1	0.58	0.08	Left	Midge Cramer Path Jct.	Turn left towards Reservoir Rd.
2	0.66	0.56	Right	Switch Back Trail Jct.	Turn hard Right on single track. Proceed up hill
3	1.22	0.19	Right	Summit Trail Jct.	Turn Right. Proceed down hill
4	1.41	0.33	Right	Horse Trail Jct.	Turn ard Right turn. Proceed down hill
5	1.74	0.03	Right	Trail Jct at Barn	Turn slight Right. Proceed to bike path
6	1.77	0.13	Left	Bike Path Jct. at Barn	Turn slight Left. Proceed along bike path
7	1.9	0.36	Left	Dog Off Leash Trail	Turn hard Left. Proceed over wooden bridge
8	2.25	0.23	Right	Dog Off Leash Aid Station	Turn Right. Proceed to trail to Mulkey Cr. Tr.
9	2.48	0.35	Left	Jct w/ Tr.to Mulkey Creek	Turn hard Left on gravel trail (merges into road)
10	2.82	0.29	Straight	Mulkey Cr. Tr./Rd.	Stay Straight on Mulkey Cr. Trail.
11	3.1	0.8	Left	Mulkey Cr. Tr.	Turn Left to stay on Mulkey Cr. Trail
12	3.9	0.15	Slight Right	Lollipop	Turn Slight Right onto Lollipop
13	4.05	1.05	Right	Mulkey Ridge Trail	Turn Right onto Mulkey Ridge Trail
14	5.1	0.35	Straight	End of Mulkey Ridge Trail single track	Stay Straight, proceed on double track
15	5.45	0.45	Sharp Right	Throop Loop	Turn Sharp right, proceed up Throop Loop Trail
16	5.9	0.15	Straight	Top of Single Track	Turn Slight left, proceed to Fitton Aid Station
	6.05	0.5	Fitton Aid	Aid Station	Proceed down to right turn
17	6.1	0.25	Sharp Right	Throop Loop Connector Access	Turn Right, proceed to Parking Lot
18	6.3	0.4	Left	Fitton Parking Lot	Turn Slight Left, proceed down to Single Track Tr.
19	6.7	0.1	Right	Cardwll Fitton Connector Tr.	Turn Right, proceed down to Cardwell Hill Tr.
20	6.8	0.3	Straight	Amy's Trail	Stay Straight, proceed down to Cardwell Hill. Tr.
21	7.1	0.1	Left	Cardwell Hill Rd. Cutoff	Turn left, proceed up to Cardwell Hill Tr.
22	7.2	0.65	Slight Left	Cardwell Hill Rd. jct.	Turn left onto Cardwell Hill Tr.
23	7.85	0.9	Straight	Unnamed Rd. jct.	Stay Straight on Cardwell Hill Tr.
24	8.75	0.9	Turnaround	Wren Gate	Turn around. Proceed east on Cardwell Hill Tr.
25	9.65	0.05	Right	Unnamed Rd. jct.	Right Turn into Crestmont Land Trust
26	9.7	0.1	Straight	Trail-Road Jct.	Stay Straight / Slight Right on Lower Meadow Rd.
27	9.8	0.6	Left	Lower Forest Trail	Sharp Left onto Lower Forest Trail
28	10.4	0.15	Straight	Cross High Rd.	Proceed onto Creek Trail
29	10.55	0.05	Left	Creek Rd. / Upper Forest Tr. Jct.	Slight Left to Amy's Trail
30	10.6	0.3	Right	Amy's Trail	Turn Right, proceed up steep hill on Amy's Trail
31	10.9	0.1	Right	Cardwll Fitton Connector Tr.	Turn Right, proceed up Cardwell Fitton Connector Tr.
32	11	0.5	Straight	Single Track / Intx	Stay Straight on Cardwell Fitton Connector Tr.
33	11.5	0.15	Left	Throop Loop	Turn Sharp Left, proceed towards Fitton Aid
34	11.65	0.1	Right	Throop Loop	Turn Right, proceed to Fitton Aid
	11.75	0.15	Straight	Fitton Green Aid Station	Stay Straight
35	11.9	0.45	Straight	Top of Single Track	Stay straight
36	12.35	0.35	Sharp Left	Throop Loop/Mulkey Ridge Path Intx.	Turn Sharp Left, proceed down Mulkey Ridge Path
37	12.7	1.05	Straight	Mulkey Ridge Trail Single Track	Stay Straight onto Mulkey Ridge Tr. single track
38	13.75	0.1	Right	Lollipop	Turn Right. Proceed around loop
39	13.85	0.8	Right	Mukey Loop End	Turn Right. Proceed back down to bridge
40	14.65	0.25	Straight	Mulkey Cr. Trail	Stay Straight. Proceed back to Bald Hill connector.
41	14.9	0.35	Slight Right	Gravel Trail along Rd	Veer onto Trail along Road toward Bald Hill Connector
42	15.25	0.35	Right	Mulkey Cr. Bald Hill Connector	Turn hard Right onto trail connector to Bald Hill
	15.6	0.15	Water	Dog Off Leash Aid Station	Turn Left on main trail back towards barn.
43	15.75	0.35	Right	Trail Jct. at Barn	Turn hard Right. Proceed up into the trees on nice single track
44	16.1	0.35	Right	Trail Jct.	Turn Right at bench/kiosk onto narrow winding and rolling path
45	16.45	0.3	Left	Trail Jct.	Turn hard Left onto trail to Bald Hill Summit
46	16.75	0.25	Straight	Trail Jct.	Stay Straight (leaving main path). Proceed past the bench
47	17	0.55	Right	Switchback Trail Jct.	Turn hard Right and proceed down Switchback Trail
48	17.55	0.08	Left	Bike Path Jct.	Turn hard Left onto bike path. Proceed to Midge Cramer Path
49	17.63	0.59	Right	Midge Cramer Path	Turn Right onto Midge Cramer path.
50	18.22	0.15	Left	Parking Lot	Turn Left into Fairgrounds parking lot and proceed to finish
	18.37*		Finish	Finish Line of 30k & 8k	Proceed to refreshments in Floral Courtyard.

*Estimated from mapping. Final distance will be wheel measured

Aid Station: Fitton Green	6.05 mi	Full Aid--Water, Sports Drink, Snacks
Fitton Green	11.75	Full Aid--Water, Sports Drink, Snacks
Dog off leash	15.6 mi	Water & Sports Drink