



## Superior Fall Trail Race 100, 50 & 26.2 Mile Crew & Spectator Guide

All crews, pacers, family members, friends and spectators of runners that plan to visit the race aid stations / trailheads during the race are **REQUIRED** to print, review and have this document with them / in their vehicles at all times.

**IMPORTANT!** Failure to adhere to the instructions within this document could result in the disqualification of your runner.

ALSO, be sure to review and print resources and information from the "Race Info" and "Maps and Data" sections of our website for additional information that you may want / need in order to effectively crew for or pace your runner. We will not have or provide printed copies of any of these materials on race weekend. Cell coverage at and near most aid stations is limited.  
[www.superiorfalltrailrace.com](http://www.superiorfalltrailrace.com)



**TO: Superior 100, 50 & 26.2 Mile Crews, Pacers, Friends, Families & Spectators**

Welcome Friends,

First and foremost we would like to welcome you; the crews, pacers, friends, families and spectators of the incredible runners who will be participating in this year's Superior Trail Race. We are so glad that you are able to join us in supporting your runner(s) and to contribute to, experience, and enjoy one of the oldest, most historic, and challenging trail races in the country.

A fun and successful event begins and ends with safety, and few other aspects of the Superior Trail Race require as much attention as how runner's crews, pacers, friends, families and spectators interface with the race, the communities we visit, the remote backcountry roads you will navigate, trail crossings, parking areas, trailheads and aid stations. We have created this detailed guide to help you safely navigate the event on race weekend so you can make good, sound, safe and informed decisions along the way. While we like to keep things positive and prefer to not make too many rules, the importance of this issue as outlined above requires us to communicate and place a strong emphasis on the following:

- 1.) All runner's crews, pacers, friends, families and spectators are required to have a copy of this packet on them or in their vehicle at all times - we will not be providing printouts at the race so it is your responsibility to print your own in advance and bring it with you to the race.
- 2.) Failure to follow any of the instructions / directives detailed in this PDF could result in the immediate disqualification of your runner, and for serious or flagrant offenses, a lifetime ban of your runner from our event. While infractions have been infrequent over the years we have penalized and disqualified runners in the past based on the actions of their pacers, crews, friends, families and spectators.

We look forward to having you all at the race, please help us make it the most fun, safe and successful race possible by reviewing and adhering to these printed instructions and directions, additional information on the website, and the directives of volunteers and race officials on race weekend.

Respectfully,

John Storkamp  
Race Director  
Superior Trail Race  
[racedirector@superiortrailrace.com](mailto:racedirector@superiortrailrace.com)

# SUPERIOR TRAIL RACE AID STATION CHART

100 Mile	50 Mile	26.2 Mile	Aid Station Name	Next Aid	Aid Station Setup By	2018 100M CR Pace	Estimated Time Closed	Cutoff	Crew Access	Toilet	Drop Bags	100MI Pacer
0	-	-	Gooseberry (100MI Start)	8.5	-	-	-	-	Yes	Yes	Yes	No
8.5	-	-	Split Rock	10.3	Fri 8:30 AM	Fri 9:07 AM	Fri 11:15 AM	Fri 11:00 AM	No	No	No	No
18.8	-	-	Beaver Bay	4.2	Fri 10:10 AM	Fri 10:37 AM	Fri 2:35 PM	Fri 2:20 PM	Yes	Yes	Yes	No
23	-	-	Silver Bay	10.3	Fri 10:55 AM	Fri 11:28 AM	Fri 4:15 PM	Fri 4:00 PM	Yes	Yes	Yes	No
33.3	-	-	Tettegouche	9.3	Fri 12:45 PM	Fri 1:12 PM	Fri 7:55 PM	Fri 7:40 PM	No	Yes	Yes	No
42.6	-	-	County RD 6	7.9	Fri 2:30 PM	Fri 3:02 PM	Fri 10:55 PM	Fri 10:40 PM	Yes	Yes	Yes	Yes
50.5	0	-	Finland (50MI Start)	7.7 <small>50MI = 7</small>	Fri 3:55 PM	Fri 4:28 PM	Sat 2:25 AM	Sat 2:10 AM	Yes	Yes	Yes	Yes
58.2	7	-	Sonju Lake Road	4.2	Fri 5:20 PM	Fri 5:50 PM	Sat 8:00 AM	No	No	Yes	Yes	Yes
62.4	11.2	-	Crosby-Manitou	9.6	Fri 6:10 PM	Fri 6:37 PM	Sat 9:25 AM	Sat 9:10 AM	Yes	Yes	Yes	Yes
72	20.8	-	Sugarloaf	5.6	Fri 8:10 PM	Fri 8:39 PM	Sat 12:25 PM	Sat 12:10 PM	Yes	Yes	Yes	Yes
77.6	26.4	0	Cramer RD (26.2MI Start)	6.9 <small>26MI = 7.8</small>	Fri 9:10 PM	Fri 9:41 PM	Sat 2:00 PM	Sat 1:45 PM	Yes	Yes	Yes	Yes
84.5	33.3	7.8	Temperance	5.4	Fri 10:35 PM	Fri 11:05 PM	Sat 4:15 PM	Sat 4:00 PM	100M Only	Yes	Yes	Yes
89.9	38.7	13.2	Sawbill	5.5	Fri 11:45 PM	Sat 12:14 AM	Sat 5:55 PM	Sat 5:40 PM	Yes	Yes	Yes	Yes
95.4	44.2	18.7	Oberg	7.5	Sat 12:50 AM	Sat 1:20 AM	Sat 7:25 PM	Sat 7:10 PM	Yes	Yes	Yes	Yes
102.9	51.7	26.2	Caribou Highlands	Finish	Sat 2:20 AM	Sat 2:56 AM	Sat 10:30 PM	Sat 10:00 PM	Yes	Yes	Yes	Yes

100MI Start 8:00AM Friday, 50MI Start 5:15AM Saturday, 26.2MI Start 8:00AM Saturday

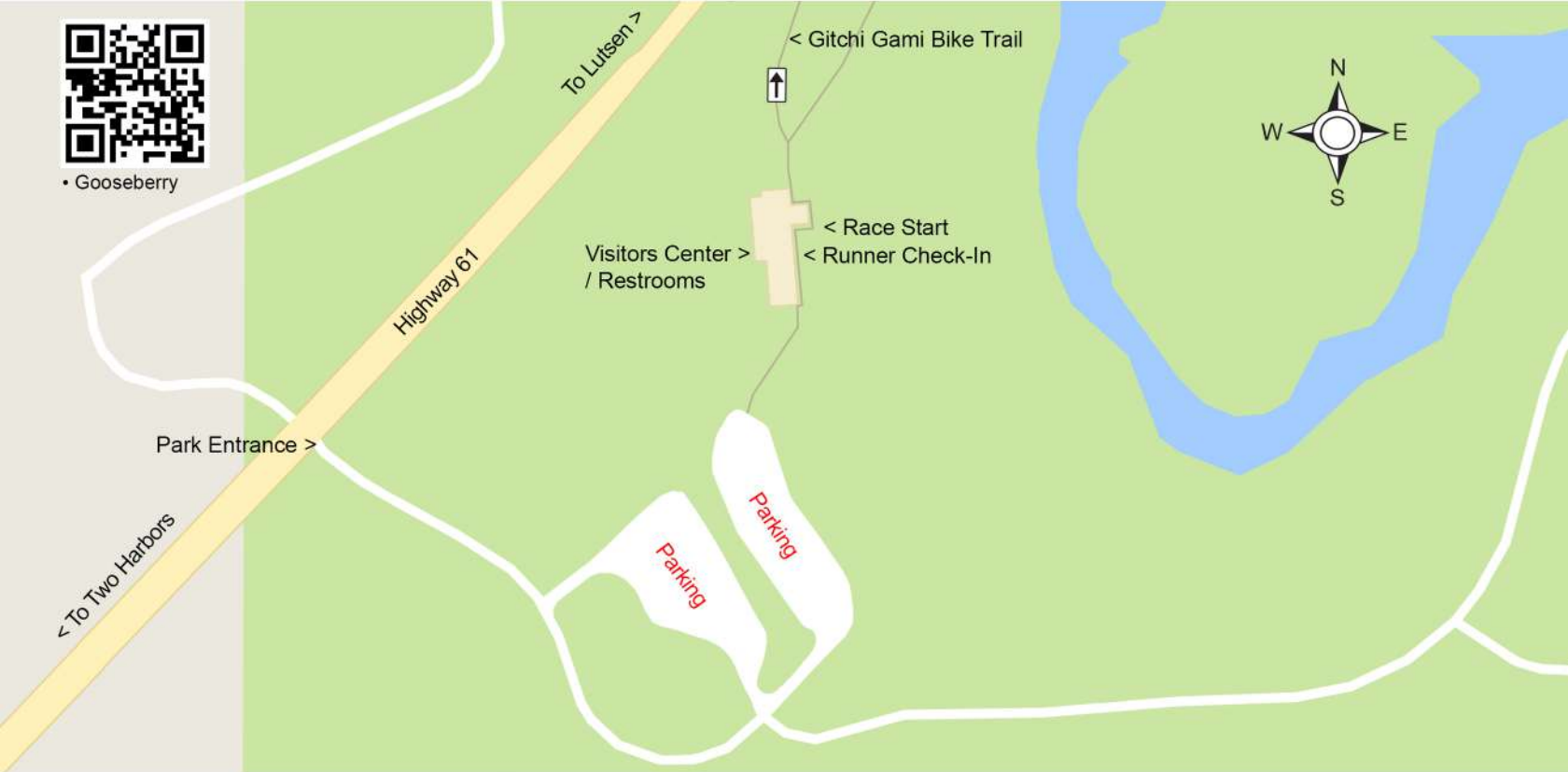
Course record pace is from Neal Collick's 2018 100 mile race where he set the current course record of 18:56:02.

The opening 1.9MI of the 50MI race is on forest roads in order to spread runners out. It reduces the segment distance above (Next Aid) by 0.7 MI

The opening 0.4MI of the 26.2MI race is on the road in order to spread runners out. It increases the segment distance above (Next Aid) by 0.9 MI

# GOOSEBERRY FALLS S.P. | MILE 0

100 Mile Race Start | 8.5MI To First Aid Station (Split Rock / NO CREW ACCESS AT SPLIT ROCK)  
Crew Access: Yes Toilets: Yes Drop Bags: Yes (Warmups to Finish) Pacers: No Cutoff: NA



**!** IMPORTANT - Failure to adhere to these instructions could result in the disqualification of your runner.

## **⊘** Prohibited Activities / Do's & Dont's:

- Do not stop, unload your vehicle or drop off passengers in front of any of the aid stations
- Do not park on two sides of the road, park only on one side of the road / side of the road shown
- Do not park in front of driveways, trails, intersecting roads or directly in front of aid stations
- When walking to the aid station from your car, walk single-file as far off of the roadway as possible
- While waiting for your runner do not sit or stand in the roadway
- Keep children in hand (especially walking to and from aid stations) and dogs on leashes
- Do not speed, the Superior Hiking Trail trail crosses the roads that you will be driving on
- No RVs, campers or trailers unless RV or camper is no larger (length & width) than a full size pickup

## **i** Arriving / Parking at Gooseberry Falls State Park - 100 Mile Race Start, 8:00AM Friday:

Park in the Gooseberry Falls State Park Visitors Center parking lots as illustrated in the map above. Long term parking is not allowed / you may not leave a vehicle at Gooseberry Falls State Park.

## **➔** Departing / Directions to Next Aid Station > Beaver Bay:

SPLIT ROCK IS THE FIRST AID STATION BUT THERE IS NO CREW OR SPECTATOR ACCESS SO YOU MUST GO DIRECTLY TO THE BEAVER BAY AID STATION OR BEYOND. Take Gooseberry Falls park road back to Highway 61 and go right. Drive 12 miles to Highway 4 / Lax Lake Road in Beaver Bay. Turn left on Hwy 4 and go .7 miles to aid station on right side of the road. Park on the right side of the road only (facing away from Lake Superior / Highway 61).




8.5MI From Start (Gooseberry) | 10.3MI To Next Aid Station (Beaver Bay)  
Crew Access: No Toilets: No Drop Bags: No Pacers: No Cutoff: 11:00AM

# NO CREW ACCESS

Crew, Pacer and Spectator Access is Prohibited. Do not visit this aid station.

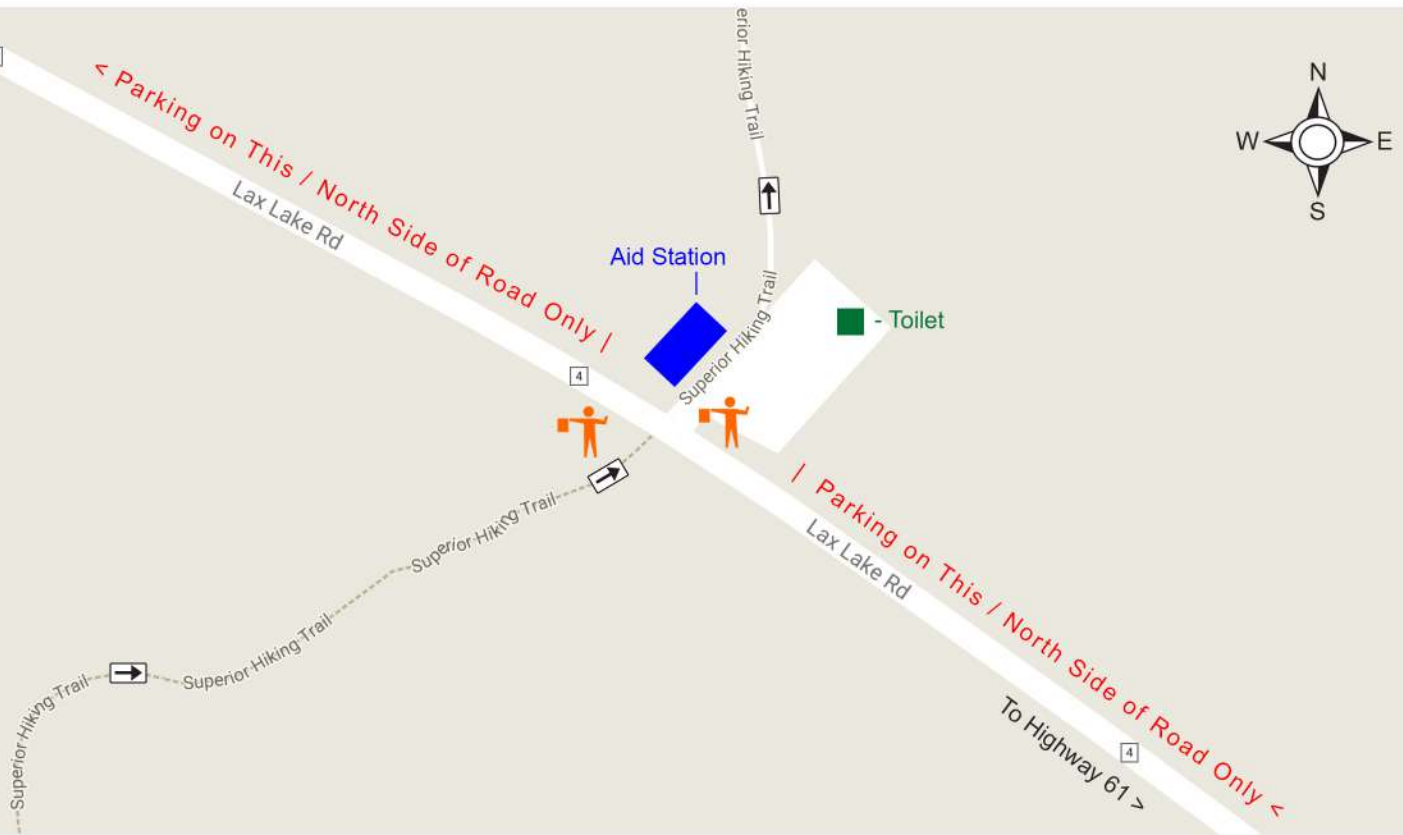
 IMPORTANT - Failure to adhere to these instructions could result in the disqualification of your runner.

 **Prohibited Activities / Do's & Dont's:**

- Do not stop, unload your vehicle or drop off passengers in front of any of the aid stations
- Do not park on two sides of the road, park only on one side of the road / side of the road shown
- Do not park in front of driveways, trails, intersecting roads or directly in front of aid stations
- When walking to the aid station from your car, walk single-file as far off of the roadway as possible
- While waiting for your runner do not sit or stand in the roadway
- Keep children in hand (especially walking to and from aid stations) and dogs on leashes
- Do not speed, the Superior Hiking Trail trail crosses the roads that you will be driving on
- No RVs, campers or trailers unless RV or camper is no larger (length & width) than a full size pickup

# 📍 BEAVER BAY | MILE 18.8

10.3MI From Last Aid Station (Split Rock) | 4.2MI To Next Aid Station (Silver Bay)  
Crew Access: Yes Toilets: Yes Drop Bags: Yes Pacers: No Cutoff: Yes Fri 2:20PM



**!** IMPORTANT - Failure to adhere to these instructions could result in the disqualification of your runner.

## **⊘** Prohibited Activities / Do's & Dont's:

- Do not stop, unload your vehicle or drop off passengers in front of any of the aid stations
- Do not park on two sides of the road, park only on one side of the road / side of the road shown
- Do not park in front of driveways, trails, intersecting roads or directly in front of aid stations
- When walking to the aid station from your car, walk single-file as far off of the roadway as possible
- While waiting for your runner do not sit or stand in the roadway
- Keep children in hand (especially walking to and from aid stations) and dogs on leashes
- Do not speed, the Superior Hiking Trail trail crosses the roads that you will be driving on
- No RVs, campers or trailers unless RV or camper is no larger (length & width) than a full size pickup

## **i** Arriving / Parking at Beaver Bay:

As you near the aid station you will see a line of cars, park behind the last car and walk to the aid station. If it looks like spaces are available ahead you may also drive up and parallel park. Walk single file to the aid station, keep children in hand and pets on leash. Do not park in front of driveways.

## **➡** Departing / Directions to Next Aid Station > Silver Bay:

Return to Hwy 61 in Beaver Bay. Turn left on 61 & drive 3 miles to the stoplight (Lake Cty Hwy 5 / Penn Blvd) & go left. Drive through Silver Bay 2.1 miles. Aid station is on the left. Parking will be just beyond the aid station on the right. If the trail-head parking lot is full, park just past the parking lot pointed away from Highway 61 & Lake Superior. There are other routes that can be taken from Beaver Bay to Silver Bay but you should not take any other route than the route outlined here.



# SILVER BAY | MILE 23

4.2MI From Last Aid Station (Beaver Bay) | 10.3MI To Next Aid Station (Tettegouche)  
Crew Access: Yes Toilets: Yes Drop Bags: Yes Pacers: No Cutoff: Yes Fri 4:00PM



**!** IMPORTANT - Failure to adhere to these instructions could result in the disqualification of your runner.

## **⊘** Prohibited Activities / Do's & Dont's:

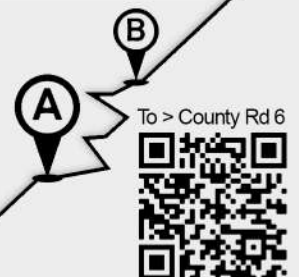
- Do not stop, unload your vehicle or drop off passengers in front of any of the aid stations
- Do not park on two sides of the road, park only on one side of the road / side of the road shown
- Do not park in front of driveways, trails, intersecting roads or directly in front of aid stations
- When walking to the aid station from your car, walk single-file as far off of the roadway as possible
- While waiting for your runner do not sit or stand in the roadway
- Keep children in hand (especially walking to and from aid stations) and dogs on leashes
- Do not speed, the Superior Hiking Trail trail crosses the roads that you will be driving on
- No RVs, campers or trailers unless RV or camper is no larger (length & width) than a full size pickup

## **i** Arriving / Parking at Silver Bay:

Park in the trail head parking lot just to the West of the Aid Station. Once that parking lot is full, park on the shoulder on the North Side of the Penn Blvd only, just to the West of the trailhead parking lot, facing West / away from Lake Superior / Hwy 61.

## **➔** Departing / Directions to Next Aid Station > County Road 6:

TETTEGOUCH IS TECHNICALLY THE NEXT AID STATION ON THE COURSE BUT THERE IS NO CREW ACCESS ALLOWED. Take Penn Blvd back to Hwy 61, turn left and go 11 miles to Co Rd 6. Turn left on Co Rd 6 and drive 2.0 miles to parking lot in the gravel pit on the right hand side of the road. Aid station is .1 miles up the road from the gravel pit on the right. No parking is allowed on the road. Walk single-file to the AS, dogs and children in-hand.



10.3MI From Last Aid Station (Silver Bay) | 9.3MI To Next Aid Station (County Road 6)  
Crew Access: No Toilets: Yes Drop Bags: Yes Pacers: No Cutoff: Yes Fri 7:40PM

# NO CREW ACCESS

Crew, Pacer and Spectator Access is Prohibited. Do not visit this aid station.

 IMPORTANT - Failure to adhere to these instructions could result in the disqualification of your runner.

 **Prohibited Activities / Do's & Dont's:**

- Do not stop, unload your vehicle or drop off passengers in front of any of the aid stations
- Do not park on two sides of the road, park only on one side of the road / side of the road shown
- Do not park in front of driveways, trails, intersecting roads or directly in front of aid stations
- When walking to the aid station from your car, walk single-file as far off of the roadway as possible
- While waiting for your runner do not sit or stand in the roadway
- Keep children in hand (especially walking to and from aid stations) and dogs on leashes
- Do not speed, the Superior Hiking Trail trail crosses the roads that you will be driving on
- No RVs, campers or trailers unless RV or camper is no larger (length & width) than a full size pickup



# COUNTY RD 6 | MILE 42.6

9.3MI From Last Aid Station (Tettegouche) | 7.9MI To Next Aid Station (Finland)

Crew Access: Yes Toilets: Yes Drop Bags: Yes Pacers: Yes Cutoff: Yes Fri 10:40PM



**!** IMPORTANT - Failure to adhere to these instructions could result in the disqualification of your runner.

## **⊘** Prohibited Activities / Do's & Dont's:

- Do not stop, unload your vehicle or drop off passengers in front of any of the aid stations
- Do not park on two sides of the road, park only on one side of the road / side of the road shown
- Do not park in front of driveways, trails, intersecting roads or directly in front of aid stations
- When walking to the aid station from your car, walk single-file as far off of the roadway as possible
- While waiting for your runner do not sit or stand in the roadway
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- Do not speed, the Superior Hiking Trail trail crosses the roads that you will be driving on
- No RVs, campers or trailers unless RV or camper is no larger (length & width) than a full size pickup

## **i** Arriving / Parking at County Road 6:

Park in the County Road 6 Gravel Pit only - there are no other options for parking at this aid station. Walk single-file to the aid station as far off the road as possible. Keep children in hand and pets on leash, County Road 6 is a busy / high speed road! All cars must be out of the parking lot by 11:00PM

## **➔** Departing / Directions to Next Aid Station > Finland:

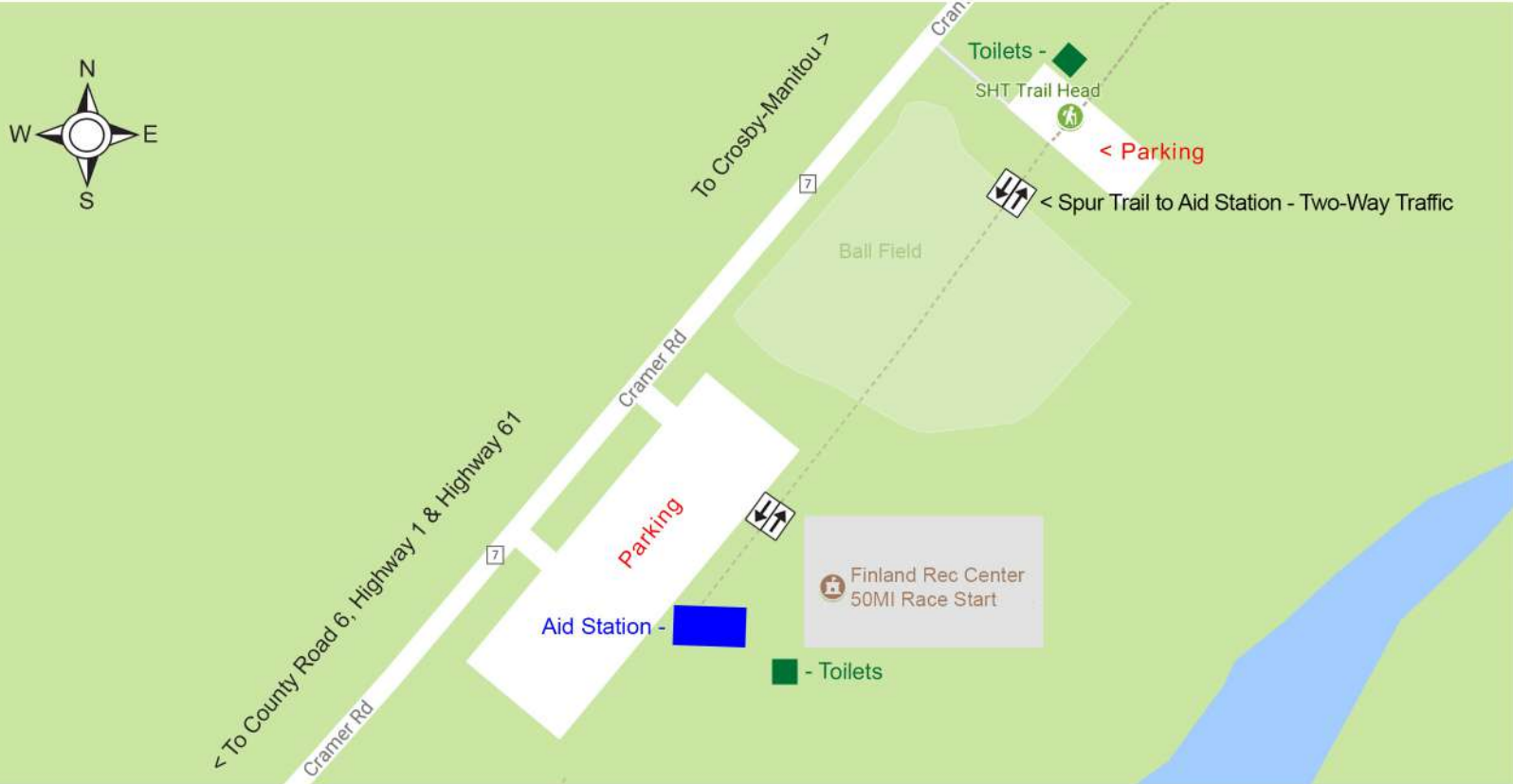
Turn right out of gravel pit on to Co Rd 6 and drive 4.9 miles to MN 1 at Finland. Turn right on MN 1 and go .1 mile to Co Rd 7. Turn right on Co Rd 7 and go 1.1 miles to the Finland Rec Center. No parking on the road - park only in Rec Center Parking Lot or at the trailhead on the other side of the ball fields once the Finland Rec Center Parking Lot is full.





7.9MI From Last Aid Station (County Road 6) | 7.7MI To Next Aid Station (Sonju Lake Road)

Crew Access: Yes Toilets: Yes Drop Bags: Yes Pacers: Yes Cutoff: Yes Sat 2:10AM



**!** IMPORTANT - Failure to adhere to these instructions could result in the disqualification of your runner.

## **⊘** Prohibited Activities / Do's & Dont's:

- Do not stop, unload your vehicle or drop off passengers in front of any of the aid stations
- Do not park on two sides of the road, park only on one side of the road / side of the road shown
- Do not park in front of driveways, trails, intersecting roads or directly in front of aid stations
- When walking to the aid station from your car, walk single-file as far off of the roadway as possible
- While waiting for your runner do not sit or stand in the roadway
- Keep children in hand (especially walking to and from aid stations) and dogs on leashes
- Do not speed, the Superior Hiking Trail trail crosses the roads that you will be driving on
- No RVs, campers or trailers unless RV or camper is no larger (length & width) than a full size pickup

## **i** Arriving / Parking at Finland Aid Station (50 Mile Race Start - 5:15AM Saturday):

Park in the parking lots at the Finland Rec Center - once full, park at the Superior Hiking Trail trail-head parking lot labeled as "overflow parking" in map above. Do not park on road. Aid station is outside, there is no indoor access / access to the building.

## **➔** Departing / Directions to Next Aid Station > Crosby-Manitou:

SONJU LAKE ROAD IS TECHNICALLY THE NEXT AID STATION ON THE COURSE BUT THERE IS NO CREW ACCESS ALLOWED - DO NOT VISIT THE SONJU LAKE RD AID STATION. Leave Finland aid station by turning right on Co Rd 7. Drive Approx 6.2 miles to Bensen Lake Rd or just before, parking behind the line of cars on Cramer Road - park only on one side of the road. Walk on Cramer Road to Benson Lake Road and then 1/2 mile up the road to the aid station.






7.7MI From Last Aid Station (Finland) | 4.2MI To Next Aid Station (Crosby-Manitou)

Crew Access: No Toilets: Yes Drop Bags: Yes Pacers: Yes (through only, no access) Cutoff: No

# NO CREW ACCESS

Crew, Pacer and Spectator Access is Prohibited. Do not visit this aid station.

 **IMPORTANT** - Failure to adhere to these instructions could result in the disqualification of your runner.

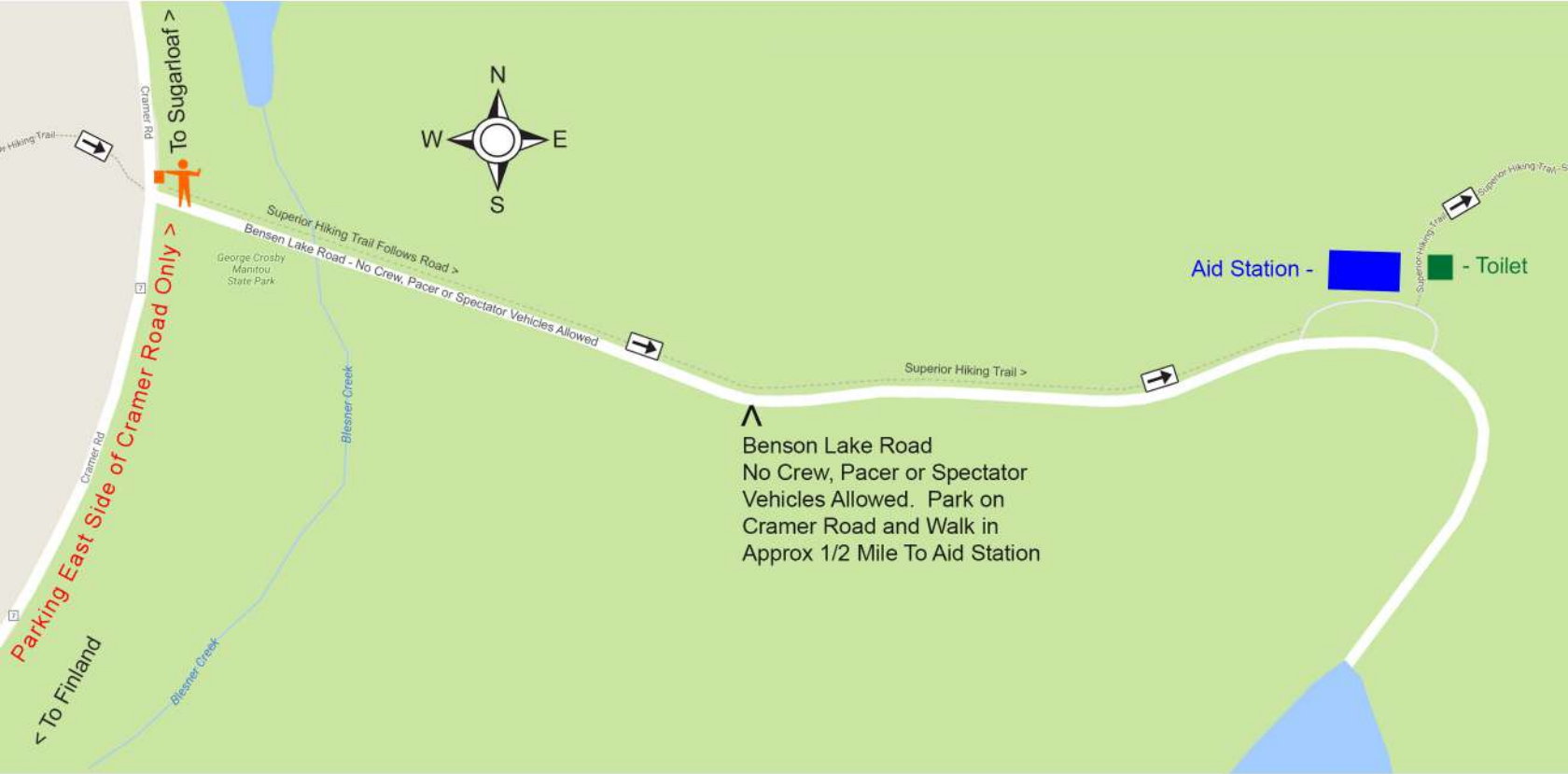
 **Prohibited Activities / Do's & Dont's:**

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- Do not park on two sides of the road, park only on one side of the road / side of the road shown
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- Keep children in hand (especially walking to and from aid stations) and dogs on leashes
- Do not speed, the Superior Hiking Trail trail crosses the roads that you will be driving on
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# CROSBY-MANITOU | MILE 62.4 / 11.2



4.2MI From Last Aid Station (Sonju Lake Road) | 9.6MI To Next Aid Station (Sugarloaf)  
Crew Access: Yes Toilets: Yes Drop Bags: Yes Pacers: Yes Cutoff: Yes Sat 9:10AM



**!** IMPORTANT - Failure to adhere to these instructions could result in the disqualification of your runner.

## **⊘** Prohibited Activities / Do's & Dont's:

- Do not stop, unload your vehicle or drop off passengers in front of any of the aid stations
- Do not park on two sides of the road, park only on one side of the road / side of the road shown
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- When walking to the aid station from your car, walk single-file as far off of the roadway as possible
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## **i** Arriving / Parking at Crosby-Manitou:

Continue on Cramer Road until you see line of cars, park behind last car. Walk on Cramer RD to Benson Lake Road / Crosby-Manitou park entrance, walk road approximately 1/2 mile to aid station. Walk single-file on Cramer Road as far off roadway as possible - people drive very fast on Cramer Road.

## **➔** Departing / Directions to Next Aid Station > Sugarloaf:

Return to Lake Co Rd 7. Turn right on Lake Co Rd 7 and drive 4.0 miles to Cook County Co Rd 8. Turn right on Cook Co Rd 8 (both Co Rd 7 and Co Rd 8 are called Cramer Road) and drive 5.2 miles to Sugarloaf Rd. Turn right on Sugarloaf Rd and drive 2.5 miles to aid station on right. Park only on one side of the road. Narrow road, use extreme caution. Do not sit or stand in the road!



# SUGARLOAF | MILE 72 / 20.8



9.6MI From Last Aid Station (Crosby-Manitou) | 5.6MI To Next Aid Station (Cramer Road)  
Crew Access: Yes Toilets: Yes Drop Bags: Yes Pacers: Yes Cutoff: Yes Sat 12:10PM



 **IMPORTANT** - Failure to adhere to these instructions could result in the disqualification of your runner.

## **Prohibited Activities / Do's & Dont's:**

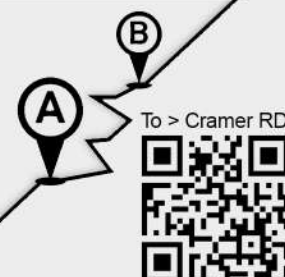
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## **Arriving / Parking at Sugarloaf:**

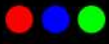
Continue driving on Sugarloaf road until you see line of cars on West side of road / pointed towards Highway 61 / Lake Superior. Park behind last car. Walk to aid station by continuing on Sugarloaf Road towards Highway 61 / Lake Superior.

## **Departing / Directions to Next Aid Station > Cramer Road:**

Continue straight on Sugarloaf Rd 1.2 miles to Hwy 61. Turn left on Hwy 61 and go 5.5 miles to Cramer Rd / Cook Co 1. Turn left on Cramer Rd and drive 3.6 miles to aid station on the right. Park behind line of cars. Do not park beyond aid station. \*There are other routes that can be taken from Sugarloaf Rd to Cramer Rd, but you should not take any other route than the route outlined here.



# 📍 CRAMER ROAD | MILE 77.6 / 26.4 / 0



5.6MI From Last Aid Station (Sugarloaf) | 6.9MI To Next Aid Station (Temperance)  
Crew Access: Yes Toilets: Yes Drop Bags: Yes Pacers: Yes Cutoff: Yes Sat 1:45PM



**⚠️ IMPORTANT** - Failure to adhere to these instructions could result in the disqualification of your runner.

## 🚫 Prohibited Activities / Do's & Dont's:

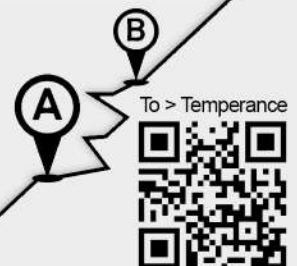
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## 📍 Arriving / Parking at Cramer Road Aid Station & Marathon Race Start - 8:00AM Saturday:

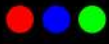
Continue on Cramer Road until you see line of cars and park, facing away from Highway 61 / Lake Superior, on North Side of the road only. Do not park past / West of the aid station / Cramer Rd trailhead.

## 📍 Departing / Directions to Next Aid Station > Temperance

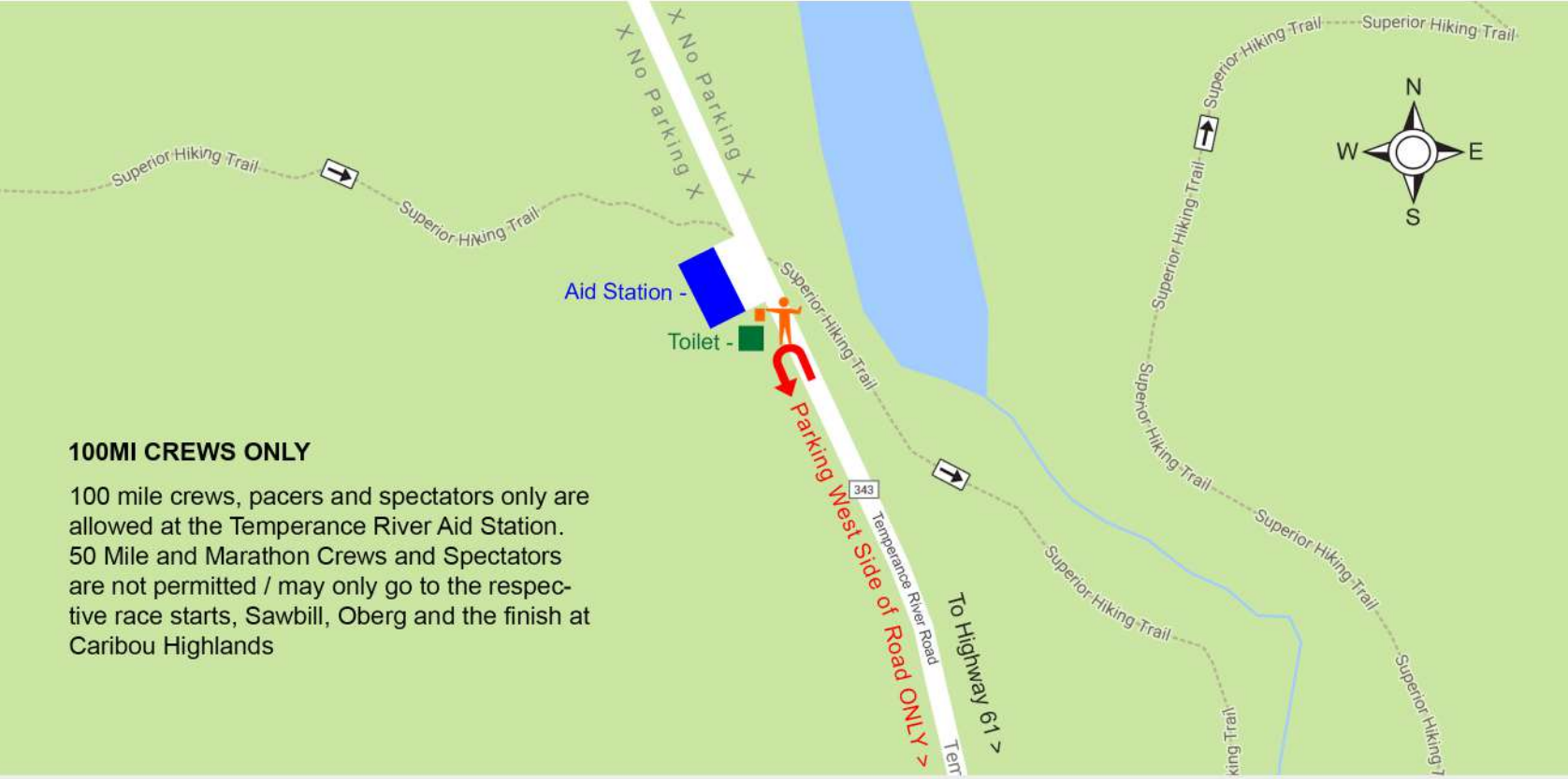
100 MILE CREWS, PACERS & SPECTATORS ONLY - NO 50 OR 26.2MI TRAFFIC ALLOWED AT TEMPERANCE. Go back 3.6 miles on Cramer Road to Hwy 61. Turn left on Hwy 61 and go 1.2 miles to Temperance River Rd. Turn left on Temperance River Rd and go .9MI to aid station - volunteer flagger will direct you to do a u-turn, drive down and park on West side of road only, pointed towards Highway 61 / Lake Superior.



# TEMPERANCE | MILE 84.5 / 33.3 / 7.8



6.9MI From Last Aid Station (Cramer Road) | 5.4MI To Next Aid Station (Sawbill-Britton Peak)  
Crew Access: 100MI Only Toilets: Yes Drop Bags: Yes Pacers: Yes Cutoff: Yes Sat 4:00PM



## 100MI CREWS ONLY

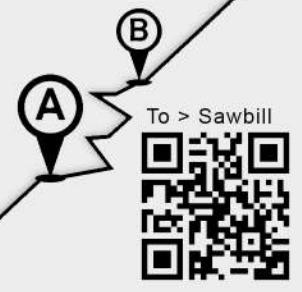
100 mile crews, pacers and spectators only are allowed at the Temperance River Aid Station. 50 Mile and Marathon Crews and Spectators are not permitted / may only go to the respective race starts, Sawbill, Oberg and the finish at Caribou Highlands

**!** IMPORTANT - Failure to adhere to these instructions could result in the disqualification of your runner.

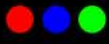
- ⊘ Prohibited Activities / Do's & Dont's:**
- Do not stop, unload your vehicle or drop off passengers in front of any of the aid stations
  - Do not park on two sides of the road, park only on one side of the road / side of the road shown
  - Do not park in front of driveways, trails, intersecting roads or directly in front of aid stations
  - When walking to the aid station from your car, walk single-file as far off of the roadway as possible
  - While waiting for your runner do not sit or stand in the roadway
  - Keep children in hand (especially walking to and from aid stations) and dogs on leashes
  - Do not speed, the Superior Hiking Trail trail crosses the roads that you will be driving on
  - No RVs, campers or trailers unless RV or camper is no larger (length & width) than a full size pickup

**i Arriving / Parking at Temperance Aid Station:**  
Continue on Temperance River Road until you see volunteer flagger, turn around so you are pointed towards Highway 61 / Lake Superior and park (on the West side of the road only).

**➡ Departing / Directions to Next Aid Station > Sawbill:**  
Go back approximately .9 miles to Hwy 61. Turn left on Hwy 61 (note heavy traffic and poor visibility on this section of Highway 61). Go 2.7 miles to Sawbill Trail / Cook Co 2. Turn left on Sawbill trail and go 2.5 miles. Park behind line of cars and walk into aid station. Park on one (North / West) side of the road only facing away from Highway 61 / Lake Superior.

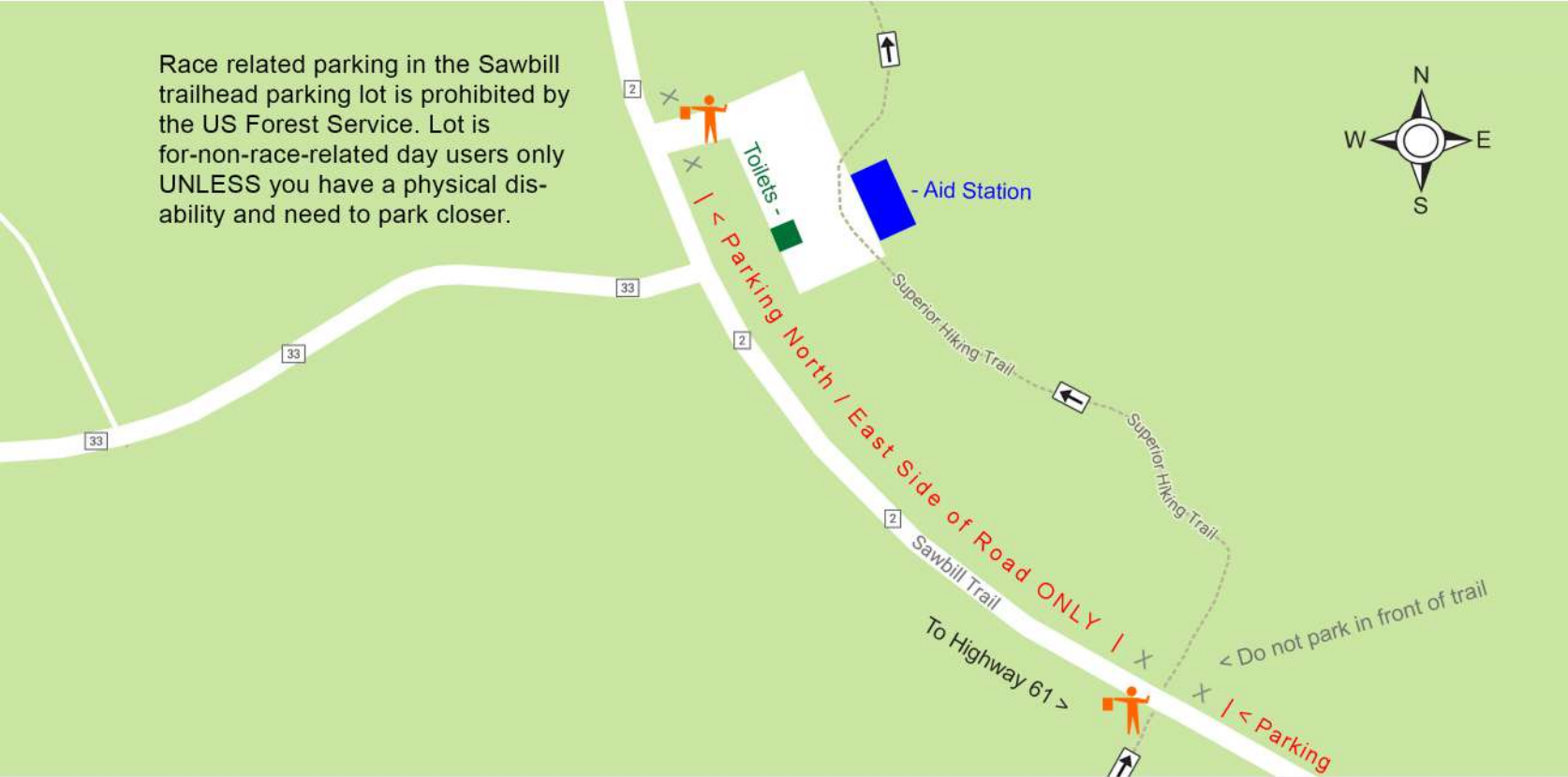


# SAWBILL | MILE 89.9 / 38.7 / 13.2



5.4MI From Last Aid Station (Temperance River) | 5.5MI To Next Aid Station (Oberg Mountain)

Crew Access: Yes Toilets: Yes Drop Bags: Yes Pacers: Yes Cutoff: Yes Sat 5:40PM



**!** IMPORTANT - Failure to adhere to these instructions could result in the disqualification of your runner.

## **⊘** Prohibited Activities / Do's & Dont's:

- Do not stop, unload your vehicle or drop off passengers in front of any of the aid stations
- Do not park on two sides of the road, park only on one side of the road / side of the road shown
- Do not park in front of driveways, trails, intersecting roads or directly in front of aid stations
- When walking to the aid station from your car, walk single-file as far off of the roadway as possible
- While waiting for your runner do not sit or stand in the roadway
- Keep children in hand (especially walking to and from aid stations) and dogs on leashes
- Do not speed, the Superior Hiking Trail trail crosses the roads that you will be driving on
- No RVs, campers or trailers unless RV or camper is no larger (length & width) than a full size pickup

## **i** Arriving / Parking at Sawbill:

Park on the North / West side of the road only / facing away from Highway 61 / Lake Superior. Parking in the Sawbill-Britton Trailhead Parking lot is for non-race-related day users only per the USFS.

## **➡** Departing / Directions to Next Aid Station > Oberg:

Go back approximately 2.5 miles to Hwy 61. Turn left on Hwy 61 and go 4.7 miles to Onion River Rd. Turn left on Onion River Rd and go 2.0 miles or until you see volunteer flagger - flagger will direct you to turn around and park on the side of Onion River Road facing Highway 61 / Lake Superior. Parking in the trailhead parking lot is for non-race-related day users only.



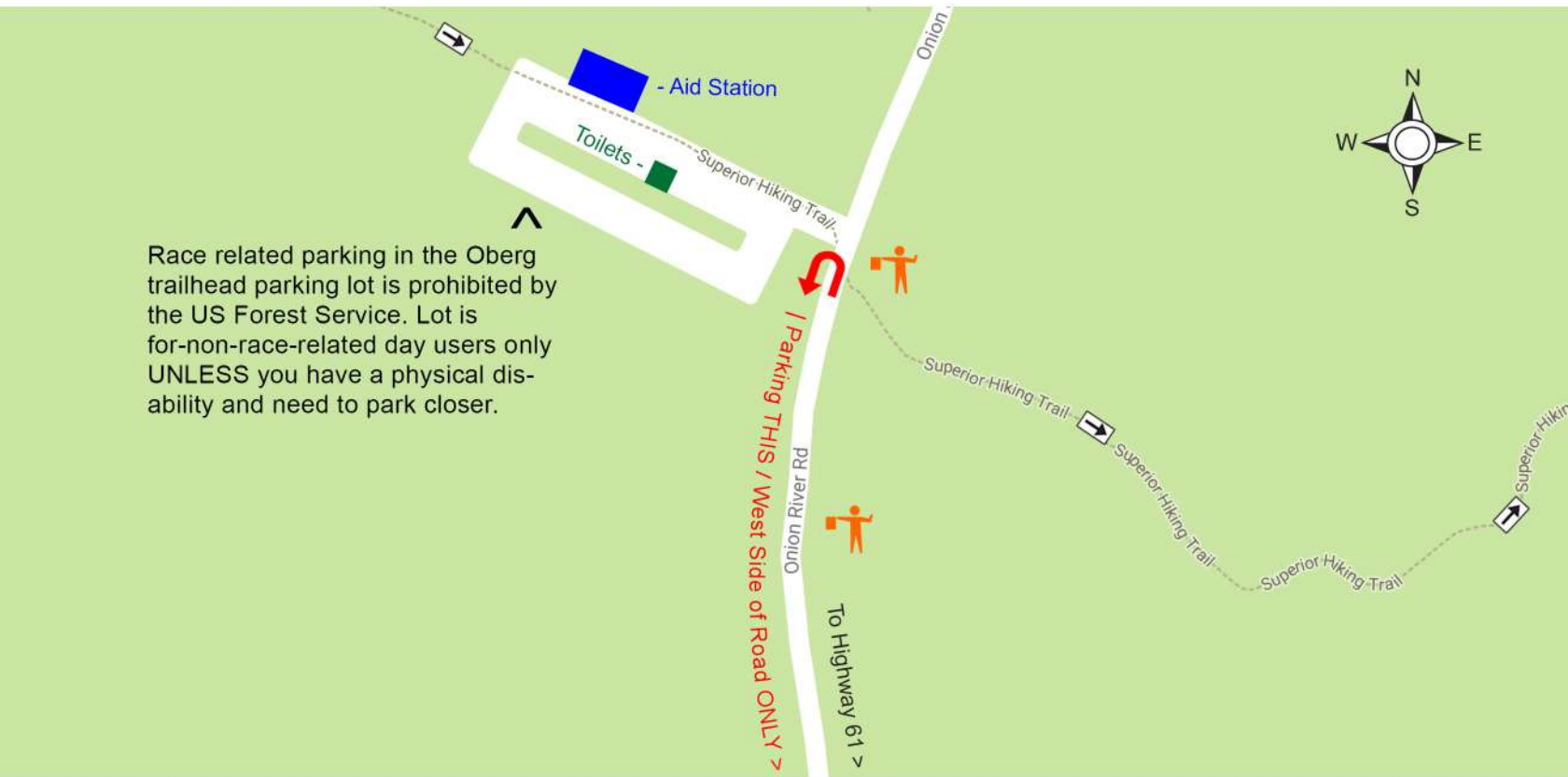


# 📍 OBERG | MILE 95.4 / 44.2 / 18.7



5.5MI From Last Aid Station (Sawbill) | 7.5MI To Finish (Caribou Highlands)

Crew Access: Yes Toilets: Yes Drop Bags: Yes Pacers: Yes Cutoff: Yes Sat 7:10 PM



Race related parking in the Oberg trailhead parking lot is prohibited by the US Forest Service. Lot is for non-race-related day users only UNLESS you have a physical disability and need to park closer.

**⚠️ IMPORTANT** - Failure to adhere to these instructions could result in the disqualification of your runner.

## 🚫 Prohibited Activities / Do's & Dont's:

- Do not stop, unload your vehicle or drop off passengers in front of any of the aid stations
- Do not park on two sides of the road, park only on one side of the road / side of the road shown
- Do not park in front of driveways, trails, intersecting roads or directly in front of aid stations
- When walking to the aid station from your car, walk single-file as far off of the roadway as possible
- While waiting for your runner do not sit or stand in the roadway
- Keep children in hand (especially walking to and from aid stations) and dogs on leashes
- Do not speed, the Superior Hiking Trail trail crosses the roads that you will be driving on
- No RVs, campers or trailers unless RV or camper is no larger (length & width) than a full size pickup

## 📍 Arriving / Parking at Oberg:

Drive down Onion River Road until you see a volunteer flagger, they will ask you to turn around and you will park on the West side of Onion River Road, pointed towards the lake / Highway 61. Parking in Oberg Mountain Trailhead parking lot is for non-race-related trail-head users only per the USFS.

## 📍 Departing / Directions to Finish > Caribou Highlands, Lutsen:

Go back 2.0 miles to Hwy 61. Turn left and go 2.6 miles to Ski Hill Rd. Turn left and go 2.0 miles, parking area is on the right-hand side of Ski Hill Road, across from the Caribou Highlands entrance. Walk across Ski Hill Road to Caribou Highlands - the finish line is around back (look for the party tent).



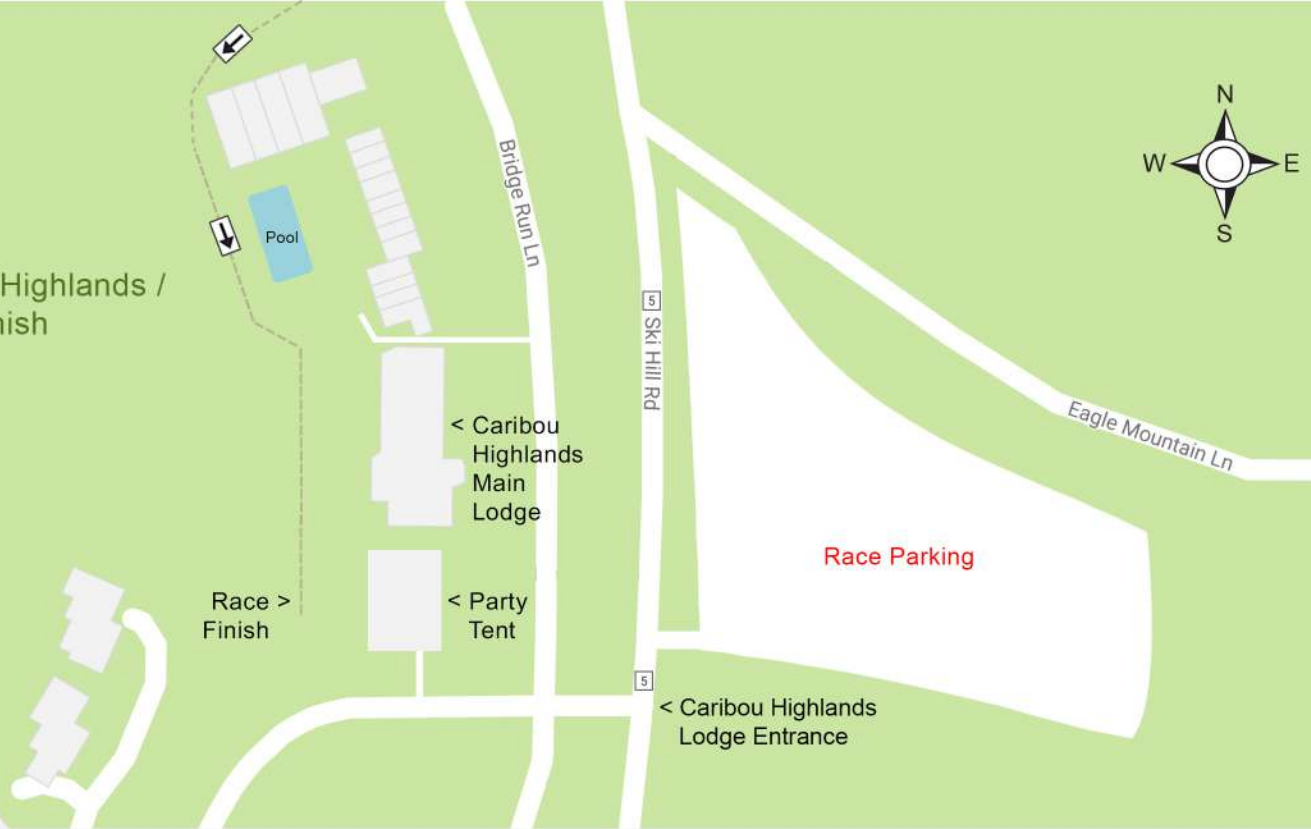
7.5MI From Last Aid Station (Oberg) | 100, 50 & 26.2 Mile Race Finish

Crew Access: Yes Toilets: Yes Cutoff: Yes Sat 10:00 PM



• Caribou Highlands

Caribou Highlands /  
Race Finish



**IMPORTANT** - Failure to adhere to these instructions could result in the disqualification of your runner.



### Prohibited Activities / Do's & Dont's:

- Do not stop, unload your vehicle or drop off passengers in front of any of the aid stations
- Do not park on two sides of the road, park only on one side of the road / side of the road shown
- Do not park in front of driveways, trails, intersecting roads or directly in front of aid stations
- When walking to the aid station from your car, walk single-file as far off of the roadway as possible
- While waiting for your runner do not sit or stand in the roadway
- Keep children in hand (especially walking to and from aid stations) and dogs on leashes
- Do not speed, the Superior Hiking Trail trail crosses the roads that you will be driving on
- No RVs, campers or trailers unless RV or camper is no larger (length & width) than a full size pickup



### Arriving / Parking at Caribou Highlands / Race Finish:

Continue on Ski Hill Road until you come to the entrance for Caribou Highlands - if you are staying at / have a room at Caribou Highlands lodge you may enter and park in your designated spot - if you do not have a room at Caribou Highlands take the first right directly after the Caribou Highlands entrance on Ski Hill Road into the large gravel parking lot and park. Walk across Ski Hill Road onto Caribou Highlands property, walk to the back of the lodge - the finish line is around back (look for the party tent).