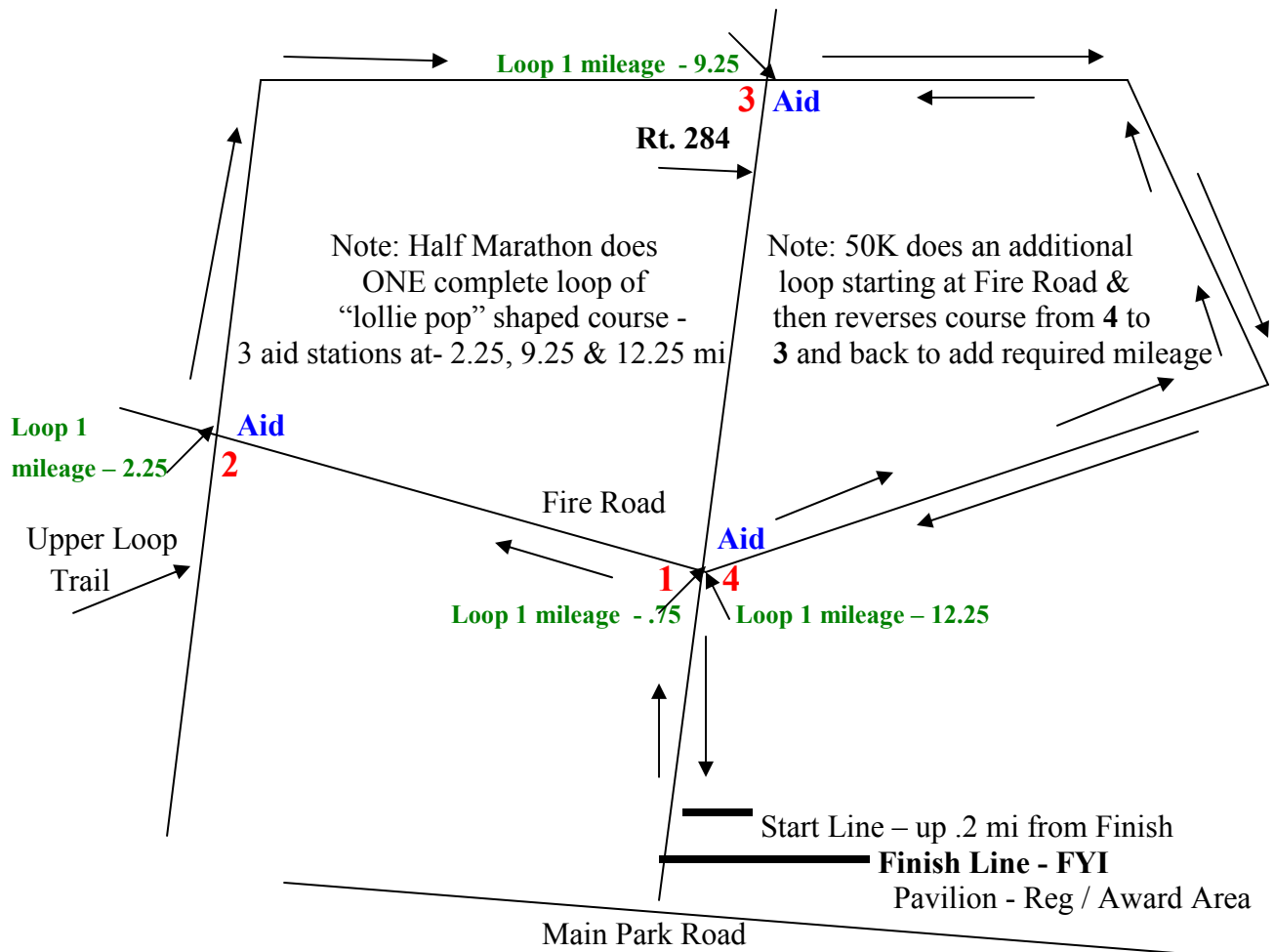


Fall Creek Falls 50K & Half Marathon Course Maps



Course Descriptions: Both distances will begin together just up the road from registration / finish area. The first and last .75 mile will be on Route 284 (paved). Runners will enter the FIRE ROAD (1) to the left for approx. 1.5 miles and turn right onto Upper Loop Trail (2). Runners follow **WHITE BLAZE** markings of Upper Loop trail approx. 7 miles to crossing at Rt. 284 (3). Runners cross bridge and continue on Upper Loop trail 3 miles back to Rt. 284 (4). Half Marathon runners turn left to FINISH on Rt. 284. **50K runners complete a second loop beginning at Fire Road circling back to (4) – 50K runners will then reverse the 3 miles back to (3), return to (4) to cover the additional 6 miles before turning left to FINISH on Rt. 284**

Aid Stations: Located at 2, 3 & 4 on the map, aid stations will have Gatorade, Water, Hammer Gel or GU, flat cola, salty snacks, etc.

50K Time Cut Off: 50K Runners must reach end of second loop (4 second time) by **8 hours** to continue

Awards – Ceremony will begin: **Half Marathon: 11 AM - 50K: 4 PM.** Thank you for helping with our time constraints.