

(Revised: February 9, 2019)

## **Start/Finish**

Inter River Park

## **To Diamond Trail**

- Turn LEFT onto Premier Street.
- Turn RIGHT onto Inter River Drive.
- Turn LEFT onto the path beside Lillooet Rd.
- Keep straight onto old cemetery Rd.
- Take bark mulch trail
- Stay LEFT around parking lot and turn onto Diamond.

## **Baden-Powell & Berm**

- At T-Junction, turn RIGHT onto Baden-Powell.
- Follow to Lillooet Rd & cross road.
- Turn LEFT onto Berm (East side of Lillooet Rd).

## **Twin Bridges**

- At Filtration Ponds head through small parking lot and follow trail around the two ponds.
- At T-Junction, turn RIGHT onto Twin Bridges trail.
- At bottom of hill, cross bridge. **AID STATION**

## **Bridle Path**

- Turn RIGHT after bridge onto Fisherman's trail.
- Take the third LEFT onto Bridle Path trail and begin ascent.
- At top of climb keep LEFT (Bridle and Hyannis become one trail for a short distance).
- At T-Junction (post) turn RIGHT to keep on Bridle Path.
- Follow to junction with Baden-Powell (big sign).

## **Slippery Salamandar (SS)**

- At BP/Bridle/Applicator junction, go straight onto Applicator and *immediately* turn RIGHT to start Slippery Salamandar. Note: SS runs adjacent to Bridle Path for several meters before veering off to the left.
- At junction with Rapid Transit, keep RIGHT and continue down Slippery Salamandar.
- At Bridle Path turn LEFT, then immediately turn RIGHT to continue along Sticks & Stones.

## **Sticks & Stones (1 & 2)**

- Follow Sticks & Stones back to Bridle Path.
- Go straight across Bridle Path to continue on Sticks & Stones.

## **Cardiac Bypass & Academy Climb**

- At T-Junction turn RIGHT onto Cardiac Bypass.
- Almost immediately, turn LEFT onto Academy Climb.
- At top of climb, turn RIGHT onto Rapid Transit.

## **Rapid Transit**

- At first intersection keep straight (across Applicator) onto Rapid Transit Connector.

## **RT Connector to Good Sir Martin**

- At T-Junction turn RIGHT onto C-Buster.
- Keep right onto Pussyfoot (a climbing only bypass that joins back with C-Buster).
- Keep right back onto C-Buster to the junction with Penny/Lane & Shorn Scrotum.
- Turn RIGHT *after Shorn Scrotum* onto Penny Lane.
- Penny Lane crosses Short Scrotum (stay on PL).
- Keep straight at intersection with Severed D to begin Good Sir Martin.

## **Good Sir Martin**

- Stay straight at John Deere and climb to Baden-Powell.
- At T-Junction, turn LEFT onto Baden-Powell.

## **Baden-Powell & Severed D**

- Climb a short distance and turn LEFT at first intersection to stay on Baden-Powell. **AID STATION**
- At next junction, turn LEFT to descend Severed D.
- Stay LEFT at junction with C-Buster.
- Stay RIGHT at John Deere to continue on Severed D until Bridle Path.

## **Bridle Path & Old Buck**

- Turn LEFT onto Bridle Path.
- Stay on Bridle Path.
- At T-Junction, turn LEFT onto Old Buck.
- Follow Old Buck until Bridle Path junction.
- After **AID STATION**, continue up Old Buck.

## **Baden-Powell & Powerline**

- At next junction, turn LEFT onto Baden Powell and follow until junction with Mushroom. **AID STATION**
- Continue straight on Mushroom and take next LEFT to start descent on Powerline.

## **Forever After**

- Turn LEFT onto Forever After (3<sup>rd</sup> left from Mushroom)
- At bottom of descent, turn RIGHT onto Bridle Path.

## **Bridle Path, Hyannis & Powerline**

- Follow Bridle Path to T-Junction with Hyannis.
- Turn RIGHT onto Hyannis.
- At T-Junction with Powerline, turn LEFT.
- Cross footbridge and take next RIGHT onto Greenland.

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## ***Greenland & Bottletop***

- Keep straight at intersection with Ned's Atomic Dustbin.
- Keep straight across connector trail.
- At junction with Bottletop and Ridge Runner, keep RIGHT onto Bottletop.
- Follow Bottle top back to Fisherman's (T-Junction).

## ***Fisherman's***

- Turn RIGHT onto Fisherman's towards the bridge.  
**AID STATION**
- Cross bridge and begin climb up Twin Bridges trail.

## ***To the Berm***

- Watch for first trails on the left.
- Turn LEFT and follow trail around the Filtration Ponds.
- Cross small parking lot and head South on the Berm.

## ***Baden-Powell & Diamond***

- At intersection with Baden-Powell, turn RIGHT and cross Lillooet Rd.
- Continue along Baden-Powell.
- Turn LEFT onto Diamond.

## ***To Finish***

- Follow Diamond to small parking lot (keep right around lot).
- Take bark mulch trail onto cemetery road.
- Follow cemetery Rd onto Lillooet Rd path.
- Turn RIGHT onto Inter River Drive.
- Turn LEFT onto Premier Street.
- Turn RIGHT to finish line.

