

TR3 2011 Detailed Course Description

THE 1st TRAIL RUN

The race will start in the wide section of apron along the road. Run south past the big green gate and into Brownlow Trails on wide track. Take the first right onto another wide track. Follow around the volleyball court area until you have just started down the other side. At this point, the big steel power line tower will be directly on your right. Take the narrow single track on the left that goes away and down. This is the Gunnery Trail.

Stay on this single track until it rejoins the wide track. Go left and down hill on the wide track. Stay on wide track, passing one intersection of another wide track, for approx. 0.4 miles and then go left on the Gas Line wide track. Follow south then go left on the main wide track. When the wide track forks, stay to the right on what looks like double track. You now have half a mile to go. It will then come back together with the double track, just stay on it back to the Brownlow Trails parking area. This is the transition area.

THE MTB TRAIL RIDE

Start at the NW corner of the Brownlow Trail parking area. Follow the wide track around the volleyball area, then before the tower, take the right onto a short single track, go through the metal posts ahead of you and left onto the dirt road and through the gates. Follow this along the powerlines, onto the pavement, staying along the power lines. Through the gate directly ahead of you, then sharp right. Follow along trail and up the hill. Go left onto the wide track, then take the right fork onto wide track and through the Middle Tunnel. Go down the hill on the wide track.

At the bottom of the hill take the Legacy Trail single track on the right. Follow this all the way through the East Tunnel and then back towards the west until it dumps you out onto the wide track above the ball field. Go left on the wide track. Downhill, across the pavement, and continue on wide track, then stay on right side of new parking area. Left beneath the powerlines, then right at first gate. When you go through the gate, look straight ahead and take the same narrow single track that you ran up in the 1st run, the Gunnery Trail.

Follow Gunnery until it rejoins the wide track. Go left and immediately left onto more single track. This is the Ridge Trail. Stay on this past the first junction and then take the right fork. Follow until the next possible right onto more single track. This is the beginning of the Inside Loop Trail. Follow this down and across two small washes. Climb out and snake around staying to the right until you are following a single track up a ridgeline. At about the 4 mile mark, look for another single track that Y's off to the left off of the Inside Loop. Follow it until it dumps you back onto the wide track. Go left down the wide track for approx. 0.5 miles and take the short single track that Y's to the right and then rejoins another wide track. Go right. This is the 10K Loop. After a long straightaway and at about the 5.5 mile mark, the 10K goes left...STAY STRAIGHT on the older wide track. When it rejoins the 10K, go right.

Just past the 6 mile mark you will bear left off the 10K on to a single track that leaves at about a 45° angle from the wide track. This is the Head Ache Trail. Follow it until it dumps you out onto the 10K again. Go left. There is a left hairpin turn on the

10K. Halfway through this turn, look straight ahead for a single track. Follow that single track through the bushes and straight across an old wide track (be careful here). When you get to a second wide track, go left up the hill. You are on the right one if it is filled with rocks! Follow it up the hill until it joins another wide track on top of the ridge. Go right on single track that drops down onto corner of wide track, then go right again. You are back on the 10K loop. Follow down hill, there two very sharp turns near the bottom. Stay on the 10K loop, up The Grind, through the West Tunnel, staying on the 10K loop until about the 9 mile mark where you will go down a rocky hill then take a sharp left onto the Legacy Trail again. When you get back to the 10K Loop, go left again. This time follow it all the way back to where you started the bike leg at the TA.

THE 2nd TRAIL RUN

Start through the big green gate on the southeast corner of the Brownlow Trails parking area. Follow the wide track to the top of the hill, then bear right onto single track. In about 30 meters, stay right on narrow single track. Stay on this as it starts down hill and crosses another single track. At this point, the trail looks more like a drainage than a trail, but stay on it. It will go down hill and cross a wide drainage and then start up hill (this is real trail running!). When it joins another well worn single track, follow it left and up hill. Shortly after this trail tops out and starts down hill, you will come to an intersection. Go left. If this part looks familiar, it is because it is also part of the bike leg. Stay on this single track and take the next right (also part of bike) onto the Inside Loop. Follow this down and across two small washes. Climb out and take the next possible left onto a very short single track that dumps you out onto wide track. Go left. Just over 0.5 miles to go now.... Stay on the wide track back past the TA to the finish line.