

26.2 mi race

August

SE Cougar Mo The Cougar Mountain Park Forest Drive SE SE 65th maintenance office is located at the Harvey Manning Trailhead. Couper Mountain Way Harvey Manning Trailhead Elevation: 1430 ft For trail questions in Bellevue. please call 425-452-7225. Anti-Aircraft Peak gar Mtn. Park boundary Surprise Creek Trail Newcastle Golf Club Road North Fork Falls Red Town Trailhead Elevation: 640 ft 195 m Red Town Manning Klondike **Tibbetts** Sky Country NEWCASTI Trailhead Marsh Marsh Elevation: 1188 ft 362 m Pass Ford Slope Cougar Pass Trai **Finish** Clay Pit Road ■ ←c1 clay pit 26.2mi Aid Station Meadow Cave restoration Mine shaft Cougar Mountain Park boundary Coal Creek Cougar 26.2mi 2nd lap Mountain Regional Wildland Shy Bear Shy Bear Trail +52-Marsh ar Country Lookout Park De Leo W Viewpoint Long Vie Wilderness Main loop (19.5 mi) Cougar Mountain Park boundary Second loop (6.5 mi) No trail access at boundary

26.2 MILE ROUTE

RIGHT on Clay Pit Road LEFT on Klondike Swamp Trail RIGHT on Lost Beagle Trail LEFT on Tibbett's Marsh Trail RIGHT on Shangri La Trail LEFT on Surprise Creek Trail RIGHT on No Name Trail LEFT on Shangri La Trail RIGHT on Bear Ridge Trail RIGHT on W Tibbett's Creek Trail ONTO Tibbett's Marsh Trail LEFT on Harvey Manning Trail LEFT on Cougar Pass Trail RIGHT on Tibbetts Marsh Trail RIGHT on Clay Pit Road ==== AID STATION ===== LEFT on Mine Shaft Trail RIGHT on East Fork Trail LEFT on Fred's Railroad Trail LEFT on Shy Bear Trail ==== AID STATION ===== LEFT on Whittaker Wilderness Peak SOFT RIGHT on Gombu Wilderness Cliffs LEFT on Squak Mtn Connector U-TURN at the bottom of the hill LEFT on Whittaker Wilderness Peak LEFT on Long View Peak ==== AID STATION ===== RIGHT on Deceiver Trail LEFT on Shy Bear Trail LEFT on Far Country Trail RIGHT on Indian Tráil LEFT on De Leo Wall Trail ==== AID STATION ===== STRAIGHT to Marshall's Hill Trail LEFT on Wildside Trail RIGHT on Red Town Trail LEFT on Indian Trail LEFT on Quarry Trail LEFT on Fred's Railroad Trail STRAIGHT to Klondike Swamp Trail RIGHT on Lost Beagle Trail LEFT on Tibbett's Marsh Trail RIGHT on Shangri La Trail LEFT on Surprise Creek Trail RIGHT on No Name Trail LEFT on Shangri La Trail RIGHT on Bear Ridge Trail RIGHT on W Tibbett's Creek Trail LEFT on Tibbett's Marsh Trail LEFT on Harvey Manning Trail LEFT on Cougar Pass Trail RIGHT on Tibbetts Marsh Trail RIGHT on Clay Pit Road ==== AID STATION ===== LEFT on Mine Shaft Trail ONTO East Fork Trail RIGHT on Fred's Railroad Trail LEFT on By Pass Trail ONTO Cave Hole Trail RIGHT on Nike Horse Trail SOFT RIGHT onto the field