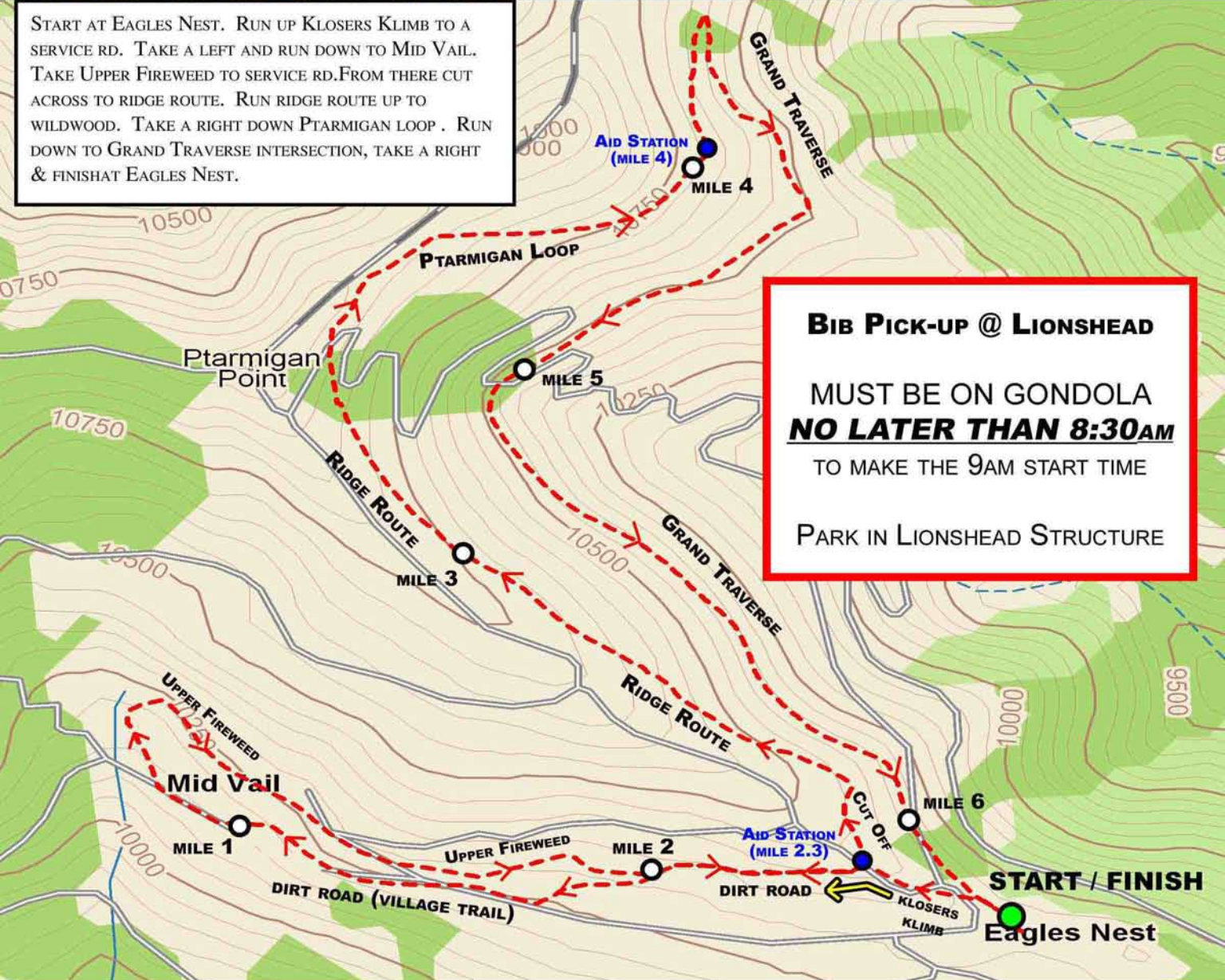


10K @ 10,000 FT



August 16, 2009

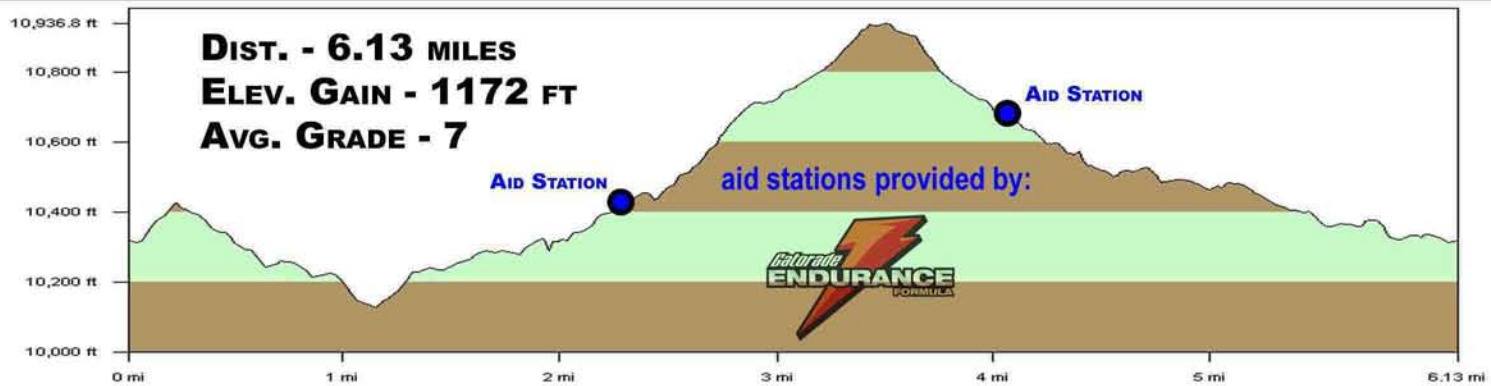
START AT EAGLES NEST. RUN UP KLOSERS KLIMB TO A SERVICE RD. TAKE A LEFT AND RUN DOWN TO MID VAIL. TAKE UPPER FIREWEED TO SERVICE RD. FROM THERE CUT ACROSS TO RIDGE ROUTE. RUN RIDGE ROUTE UP TO WILDWOOD. TAKE A RIGHT DOWN PTARMIGAN LOOP. RUN DOWN TO GRAND TRAVERSE INTERSECTION, TAKE A RIGHT & FINISH AT EAGLES NEST.



BIB PICK-UP @ LIONSHEAD

MUST BE ON GONDOLA
NO LATER THAN 8:30AM
TO MAKE THE 9AM START TIME

PARK IN LIONSHEAD STRUCTURE



0 mi	1 mi	2 mi	3 mi	4 mi	5 mi	6.13 mi
Lin Dist: 6.1 mi	Terr Dist: 6.1 mi	Elev Gain: 0 ft	Avg Grade: 7			
Climb Elev: 1,171.5 ft	Desc Elev: 1,171.5 ft	Max. Elev: 10,936.8 ft	Min. Elev: 10,126.6 ft			
Climb Dist: 3.0 mi	Desc Dist: 3.1 mi					