



# 2024

# OFFICIAL RACE MAP



# MAP LEGEND

*Difficulty Rating - The difficulty ratings were established by taking into account the elevation gain and/or loss of the leg (70%), the length of the leg (20%) and other variables including but not limited to: time of day runner/walker will be on the course, type of road surface and congestion/ruralness of the area (10%). The ratings are highly subjective and correspond to an approximate 10% increase in difficulty from one rating to the next. (E - Easy. M - Moderate. H - Hard. VH - Very Hard.)*



**Peak Symbol** - The "Peak" symbol is used to identify those legs of the course that a reasonable person would regard as "scenic" and/or "beautiful." Although many conversations have been had about what actually constitutes as "scenic" and/or "beautiful," the end result is a somewhat telling example of the diverse beauty and splendor of Central Oregon.



**Mosquito Symbol** - The "Mosquito" symbol is used to identify those legs of the course where it would be prudent to wear bug/insect/mosquito repellent if you would rather not be carried away to your death by gigantic, fire-breathing, spear-like piercing mosquitos. This goes for anyone who will be exposed to the air outside of their vehicle.



**Water Symbol** - The "water" symbol is used to identify where water will be provided free of charge from our sponsors. Water will be available in the form of 5-gallon jugs, so please **bring a water bottle or re-usable container to fill up as we are making new efforts to reduce waste from many needless plastic bottles!**



**Bed symbol** - The "Bed" symbol is used to identify where accommodations can be purchased from community providers.



**Gas symbol** - The "Gas" symbol is used to identify where gas can be purchased from community providers.



**Food symbol** - The "Food" symbol is used to identify where food & coffee can be purchased from community providers



**Arrow symbol** - When you come to an intersection and there are no arrow signs, you should continue straight. When there is an intersection where you should turn, you will see a directional CLR arrow.



**CLR Shield** - Exchange point



Emergency Communication teams will be stationed at the following exchange points where there is a lack of cell reception. If you have a medical emergency AND don't have cell reception to call 911 AND the injured runner is capable of transporting in your van, please drive to the nearest Emergency Communication Station (ECS). These Emergency Communication Stations (ECS) will have ability to communicate with 911 Dispatch, local EMS agencies, Air-Link, and the Cascade Relays Medical Team. ECS's are found at Exchange Points #2a, 5, 6, 8, 10, 13, 16, 18, 20, 27. In some cases, the nearest ECS may be behind you.



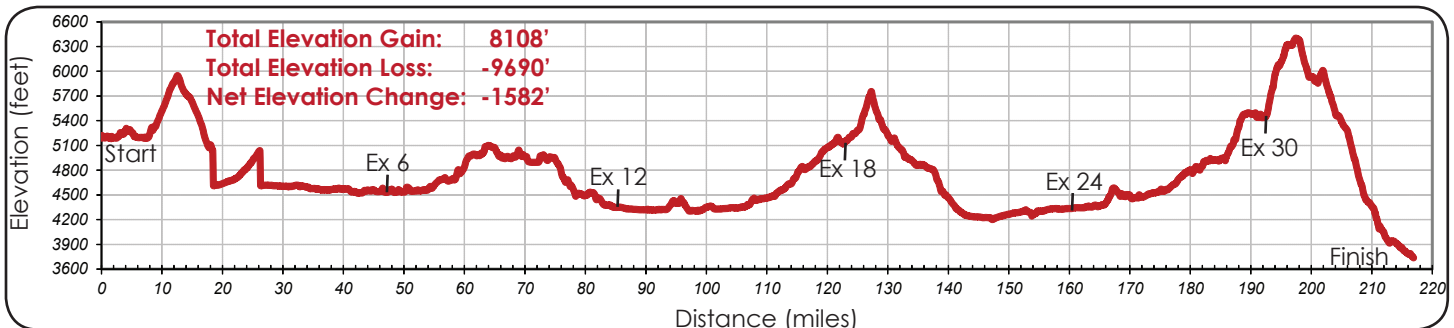
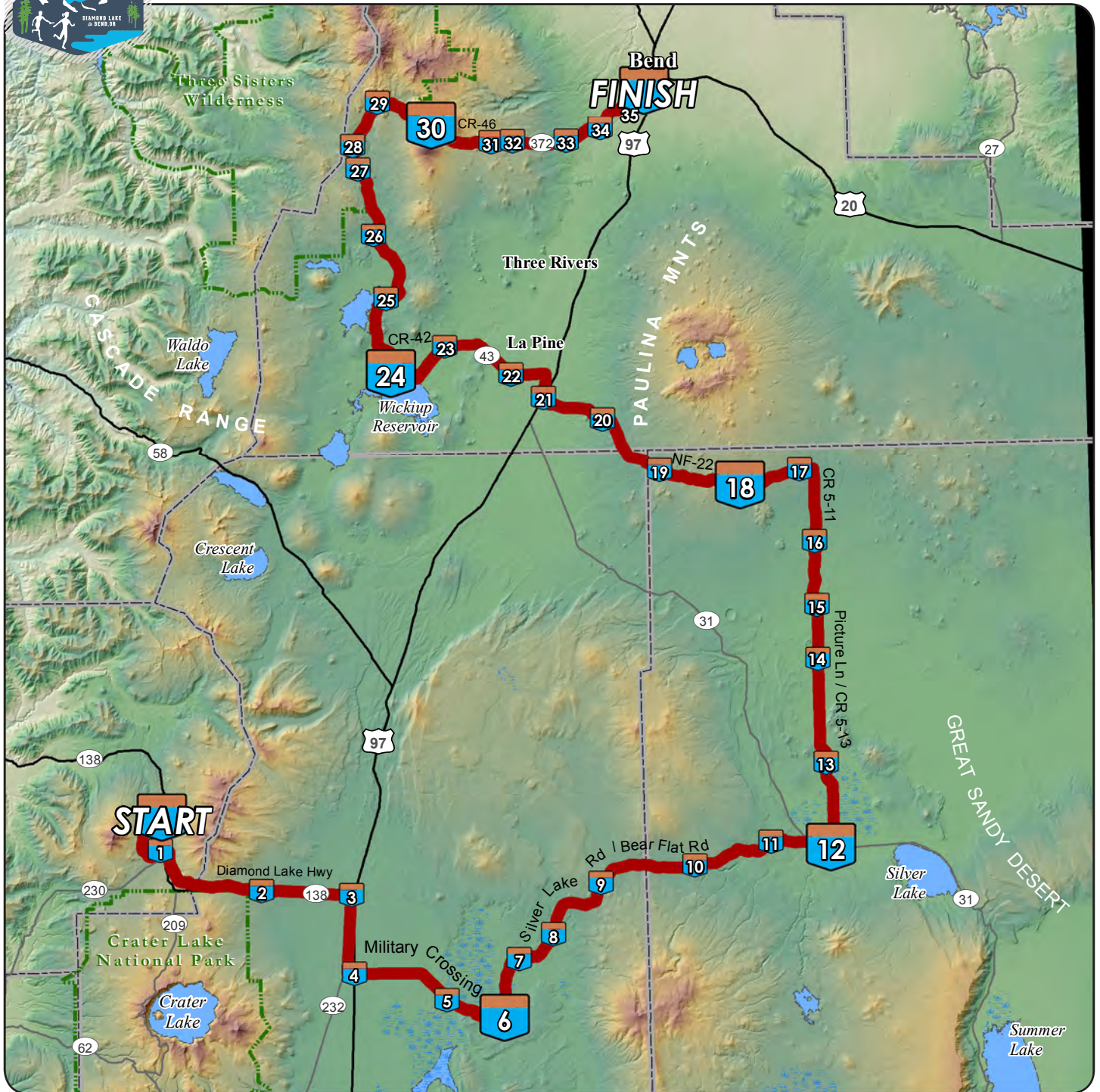
**Route** - Running route shown as red line, mile markers as white circle, and tenth mile markers as white dots. **Please pay attention to instructions to run on the LEFT or RIGHT side of the road as instructed. We have runners on the LEFT whenever possible. However, due to traffic patterns (for example, cars drive slower uphill than downhill), safety concerns, and exchange point locations, please follow instructions to run/walk on the RIGHT when instructed to do so in the Official Race Map. It becomes extremely unsafe when participants are on both sides of the road; therefore, teams will be disqualified and asked to leave the course if they are seen on the wrong side of the road.**



**Van Route** - On some legs of the race, Vans are required to follow a different route than that shown for the runner/walker. When this occurs the Van Route is depicted using a yellow/black dashed line. Inactive Vans shall follow the Route Maps as indicated for Inactive Vans.

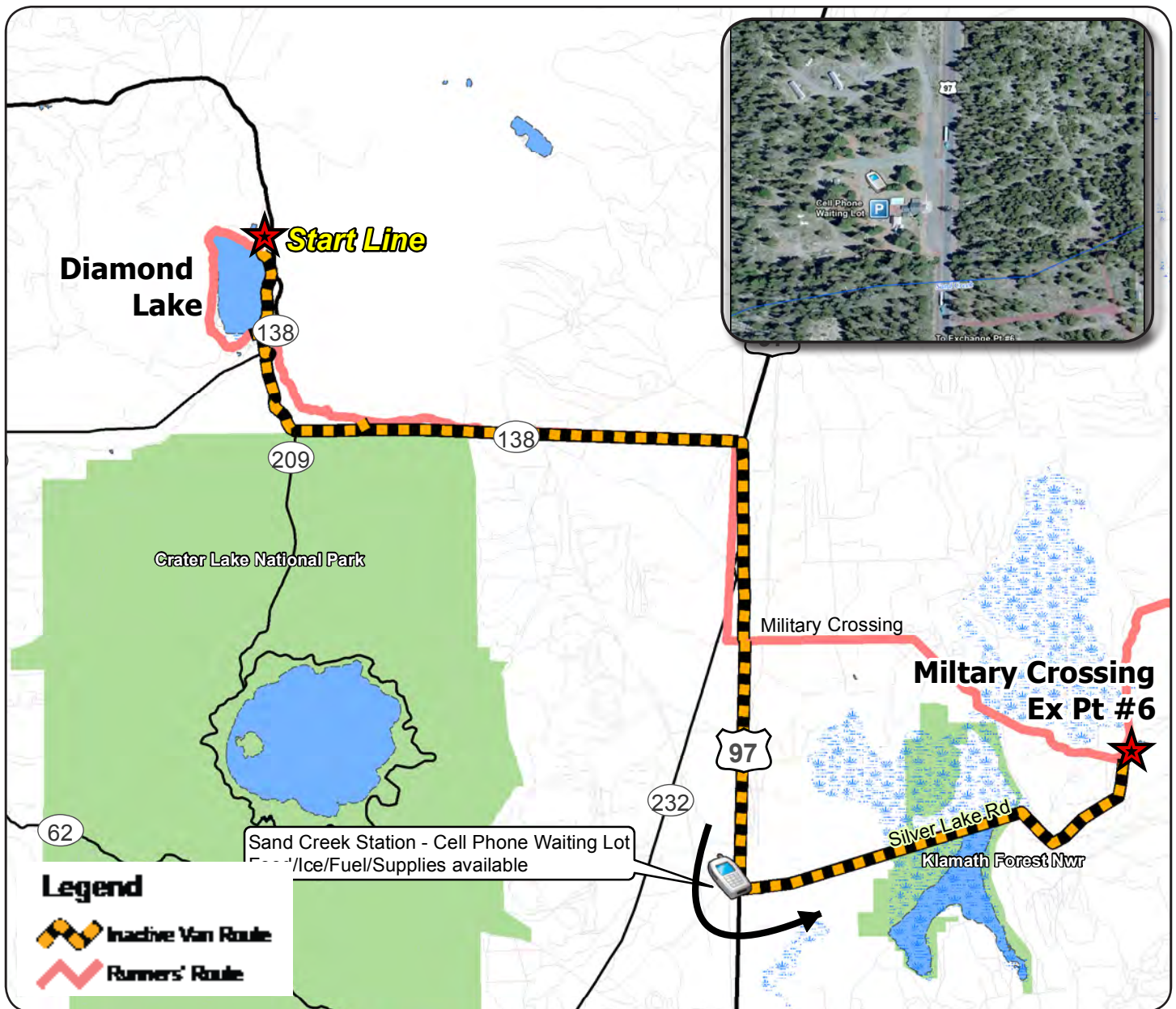


# OVERVIEW - 216.6 MILES





# VAN #2 - DIAMOND LAKE RESORT (START) TO MILITARY CROSSING (EX 6)



## Direction :

- 0.0 m South on SR-138
- 6.6 m L - to stay on SR-138
- 21.3 m R - (south) US-97
- 36.1 m L (E) Silver Lake Rd.
- 51.3 m Arrive Ex#6; JCT Silver Lk Rd / Military Crossing Dr.

## NOTES:

Van #2 is NOT allowed to travel on Military Crossing Rd when traveling to Exchange #6. Only Van #1 is allowed to travel on Military Crossing Dr. Van #2 shall arrive at VAN #2 Cell Phone Waiting Lot at Sand Creek Station and wait for the cell phone call/text from Van #1 arrival at Ex Pt #4. Van #2 shall wait an additional 60 minutes after Van #1 arrives at Ex Pt #4 before proceeding to Ex Pt #6 to relieve congestion at the first van exchange. Van #2 is required to check-in with the volunteer station at Sand Creek Station and wait for Van #1 arrival at Ex Pt #4. All teams that fail to check-in at Sand Creek will receive a 60 minute penalty.



# LEG 1 - 7.3 MILES - MODERATE



**Start location:** Diamond Lake Resort  
**Start GPS:** 43.177140 N, 122.139010W  
**Surface:** Paved bike path  
**Exchange Address:** 3500 Diamond Lake Loop

**End location:** South Shore Boat Ramp  
**Run Side:** **NA-TRAIL**  
**GPS:** 43.137050 N, 122.141780W

## Description

Runner #1 kicks off the race with a beautiful leg around the west shore of Diamond Lake along the recreational bike path to finish at the south shore boat ramp. Enjoy the lake and mountain vista views of Mt. Thielsen and Mt. Bailey.

## Notes:

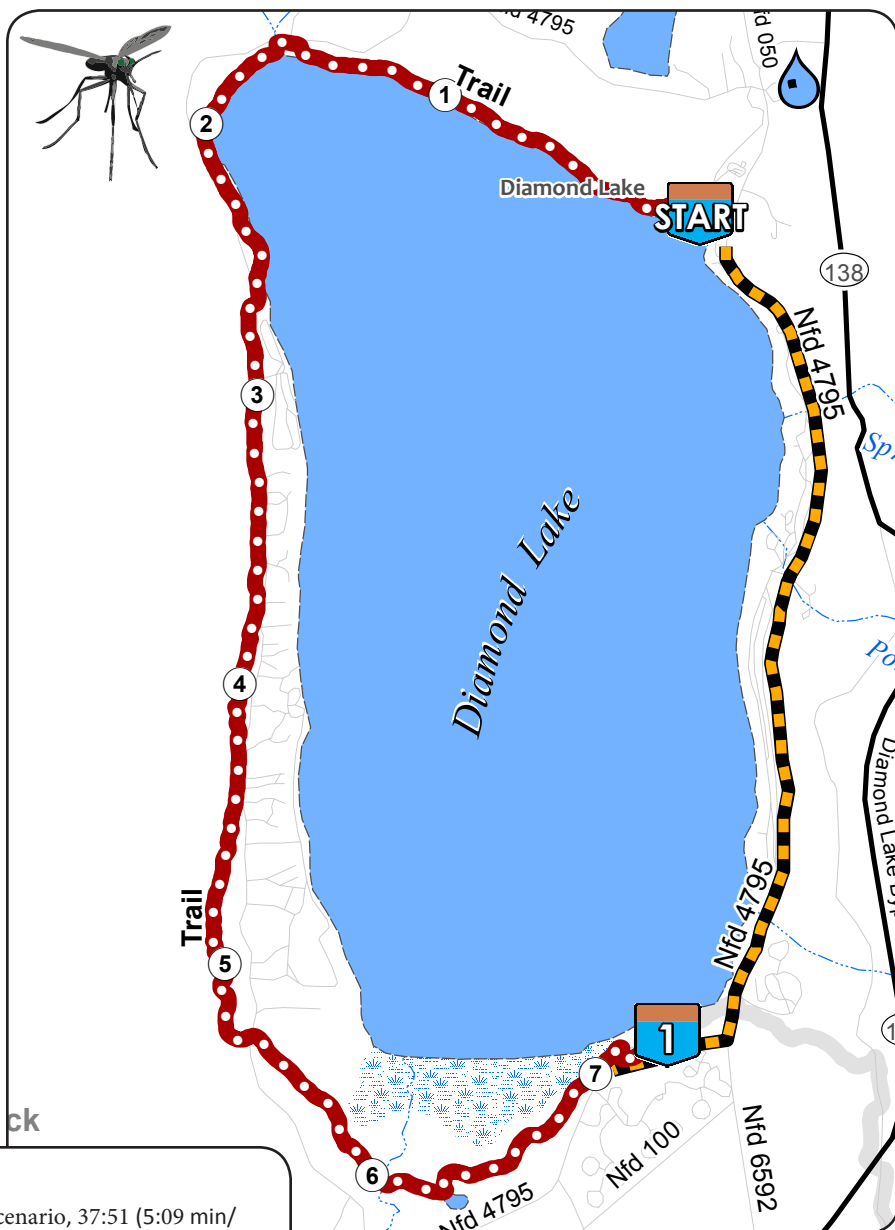
Runner is unsupported for this leg and is responsible for carrying hydration.

## Runner Direction :

- 0.0 m START at Diamond Lake Resort
- 0.1 m Merge onto bike path
- 2.0 m L onto road (bike lane) for 30 yards
- 2.0 m L to stay on bike path
- 6.0 m Cross over bridge and stay LEFT
- 6.6 m Stay LEFT to remain on bike path
- 7.3 m FINISH at South Shore Boat Ramp parking

## Van Direction :

- 0.0 Depart Diamond Lake Resort
- 0.2 RIGHT onto Diamond Lake Loop / NF-4795
- 3.0 RIGHT onto NF-100 / NF-4795
- 3.3 RIGHT into South Shore Boat Ramp parking lot



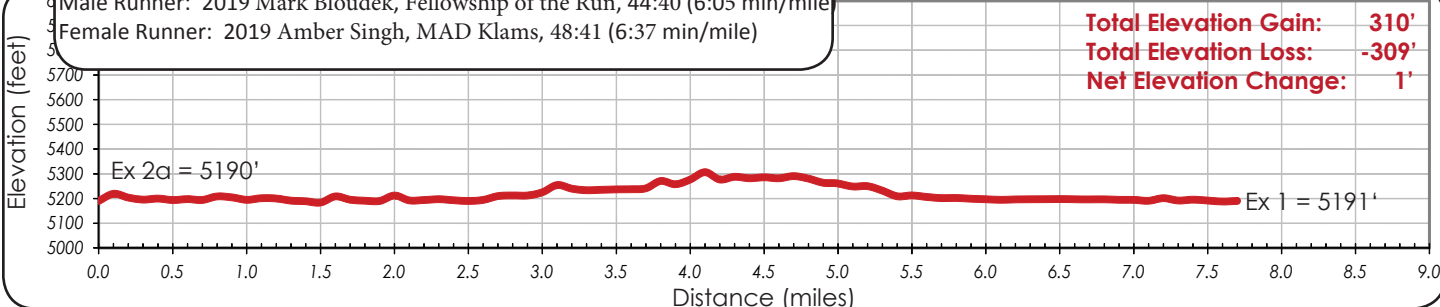
## TIME TRIAL FASTEST TIMES:

### OPEN:

Male Runner: 2019 Luke Puskedra, Worst Pace Scenario, 37:51 (5:09 min/mile)  
 Female Runner: 2019 Brooke Starn, California Lost Runners, 47:48 (6:30 min/mile)

### MASTERS:

Male Runner: 2019 Mark Bloudek, Fellowship of the Run, 44:40 (6:05 min/mile)  
 Female Runner: 2019 Amber Singh, MAD Klams, 48:41 (6:37 min/mile)





# LEG 2 - 11.0 MILES - WTH!

**Start locatio** : South Shore Boat Ramp

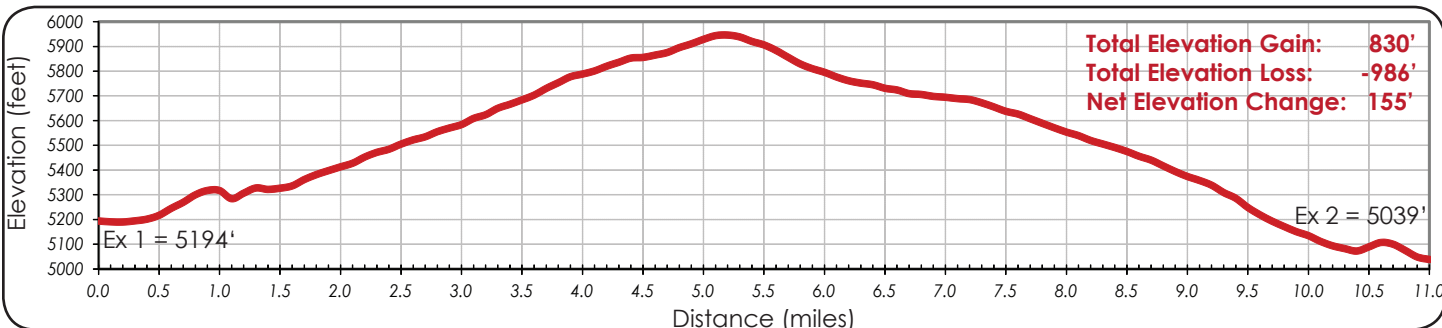
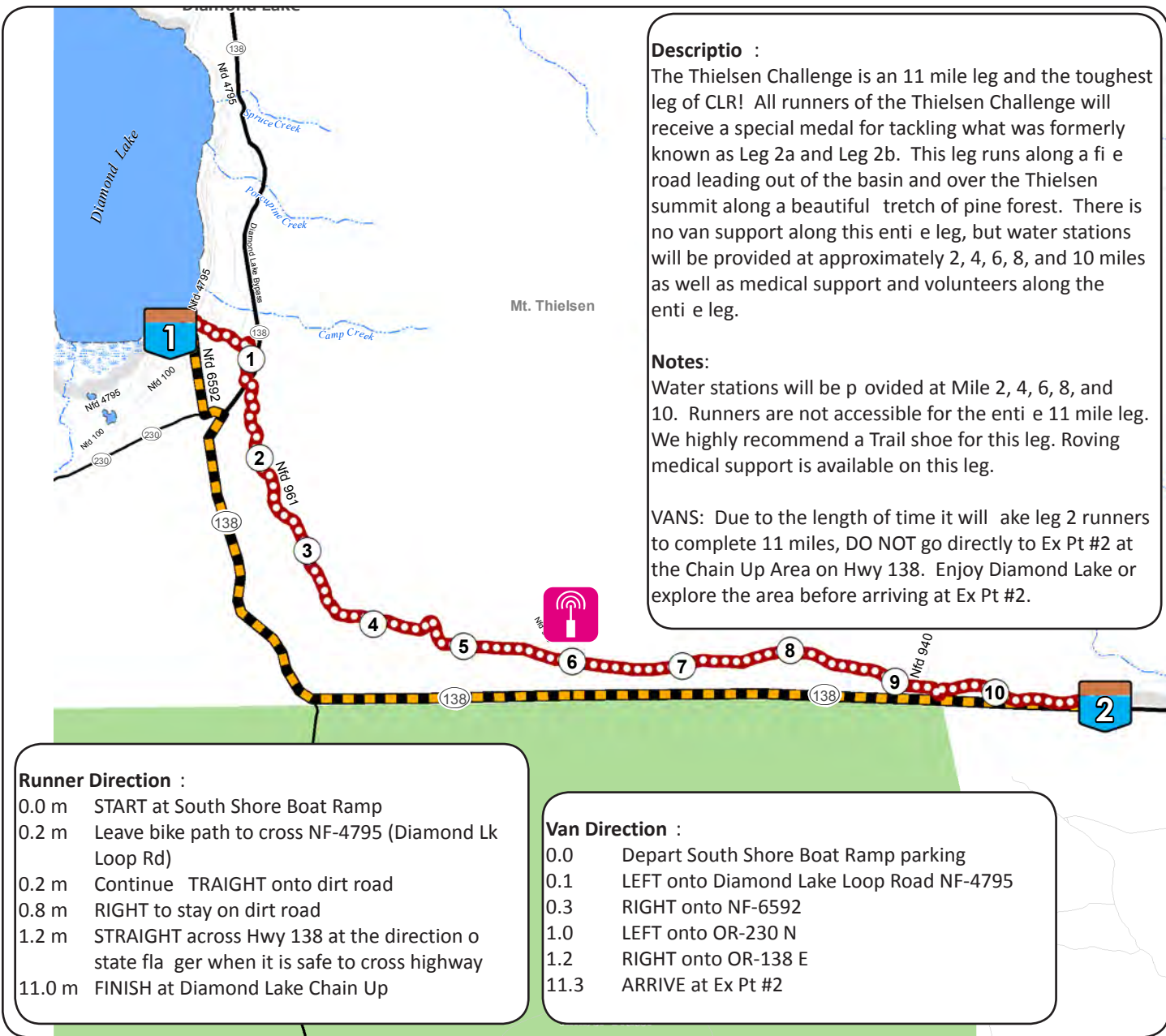
**End locatio** : Diamond Lake Chain up

**Surface**: Double track trail / dirt road

**Run Side**: **NA - TRAIL**

**Exchange Address**: **GPS**: 43.093970N, 122.073820W

**Thielsen Challenge**

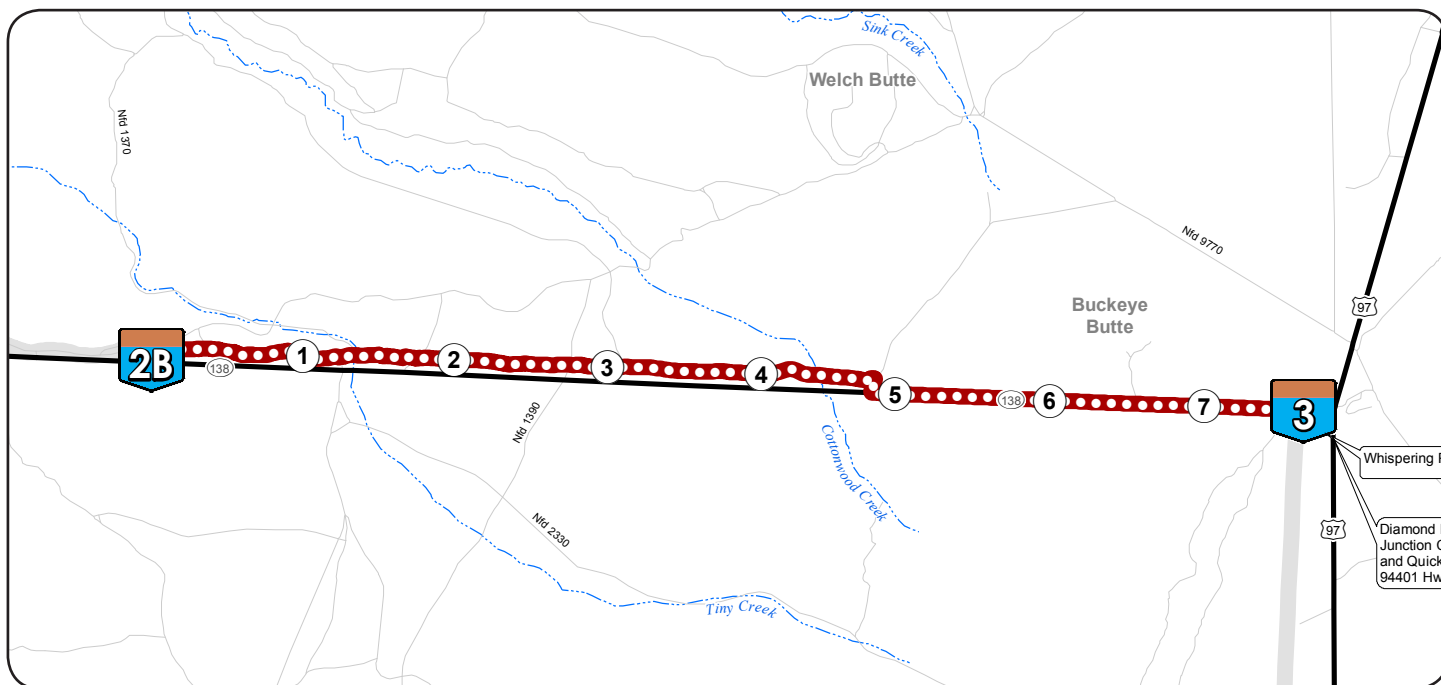




# LEG 3 - 7.7 MILES - MODERATE



**Start locatio** : Diamond Lake Chain up  
**Surface**: Double track trail / road  
**Exchange Address**: 94400 Hwy 97, Chemult, OR 97731  
**End locatio** : Whispering Pines  
**Run Side**: **LEFT**  
**GPS**: 43.080880N, 121.828790W



**Descriptio** :

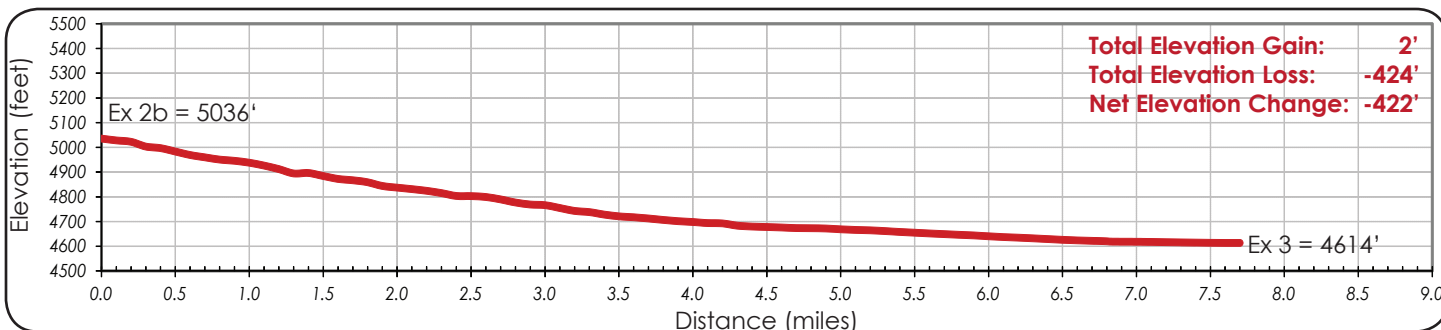
Continue running down from the mountain summit along the double track trail.

**Notes:**

Runner is unsupported for this leg and is responsible for carrying hydration  
 We highly recommend a Trail shoe for this leg.  
 The final 2.9 miles of this leg take place on Hwy 138. Safely cross over Hwy 138 just prior to the exchange at the direction of the safety flagger only.

**Runner Direction** :

- 0.0 m START Diamond Lake Chain Up
- 4.72 m RIGHT at junction of dirt road towards Hwy 138
- 4.82 m LEFT on Hwy 138
- 7.50 m SAFELY cross over Hwy 138 when instructed by safety flagger
- 7.7 m ARRIVE at Whispering Pines



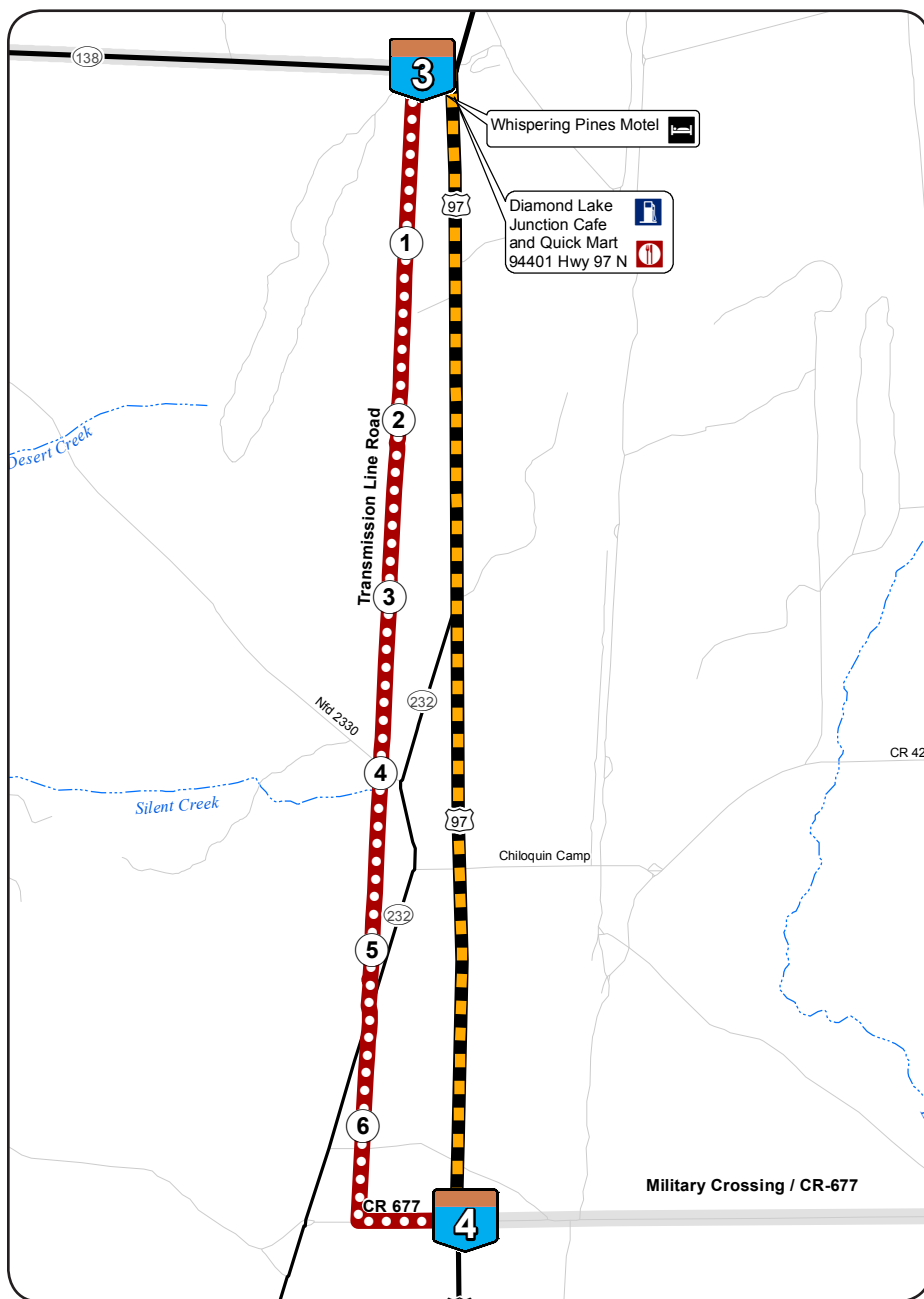


# LEG 4 - 7.1 MILES - HARD



**Start location:** Whispering Pines  
**Surface:** Double track trail / dirt road  
**Exchange Address:** GPS: 42.986640 N, 121.825720 W

**End location:** Military Crossing  
**Run Side:** NA - TRAIL



### Descriptio :

Enjoy the grueling heat and high desert conditions along this jeep track road. Two water stations will be posted along this leg at approximately mile 3 and mile 5, but we highly encourage you to carry your own hydration. Be thankful you're not running down US-97! Follow the instructions of the flagger posted at the crossing of US-97 and remember that you'll lose the battle against on-coming traffic 100% of the time. excited to finish this leg, but be patient with traffic in order to safely cross US-97 and respect our volunteers.

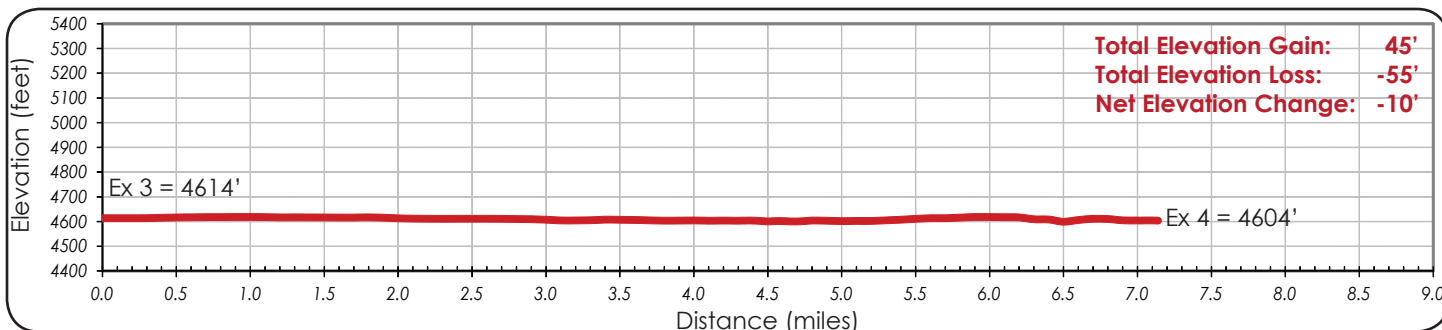
### Notes:

Runner will be unsupported by van for entire leg and will cross US-97 when traffic permits (flaggers posted). Follow pink ribbon to stay on course! Vans will arrive at Ex#4 via US-97 and parking is located in large cinder parking area on Military Crossing.

Water stations will be provided at approximately Mile #3 and Mile #5.

### Runner Direction :

- 0.0 m Start at ODOT Cinder Lot
- 6.5 m L - on Military Crossing
- 6.9 m S - cross US-97 (Flagger posted)
- 7.1 m Arrive at Military Crossing



**Total Elevation Gain:** 45'  
**Total Elevation Loss:** -55'  
**Net Elevation Change:** -10'



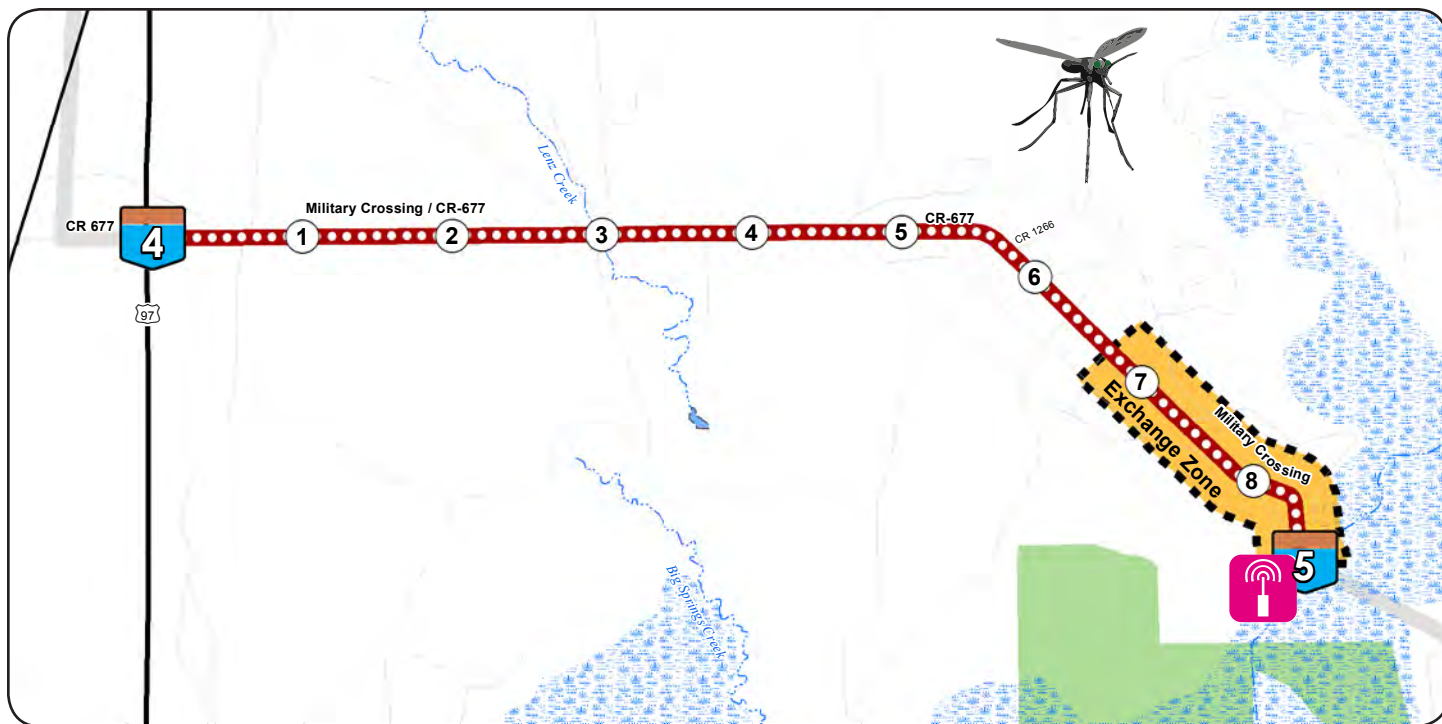


# LEG 5 - 6.7-8.7 MILES - HARD



**Start locatio** : Military Crossing  
**Surface**: Red cinder road  
**Exchange Address**: Choose your exchange between 6.7 - 8.7 miles.

**End locatio** : North Klamath Marsh  
**Run Side**: **WINDWARD SIDE**  
**GPS**: 42.953690N, 121.674750W



**Descriptio** :

AKA - The Beer Leg(s)! Your team can split up the mileage between Leg 5 and 6 to even out the brutality of getting a loss Military Crossing during the heat of the day - but where you exchange Leg 5 is now up to your team once you enter the official change Zone between 6.7-8.7 miles into Leg 5. Find a spot in the shade between MP 6.7 - 8.7 for your van to pull over and make the exchange. These two legs are tough and leave you exposed to the sun and mosquitos while running a soft and ru ed red cinder road. In fact, we don't even like driving this road! Whomever runs these two legs for the team should be showered with praise for taking the hit for the team.

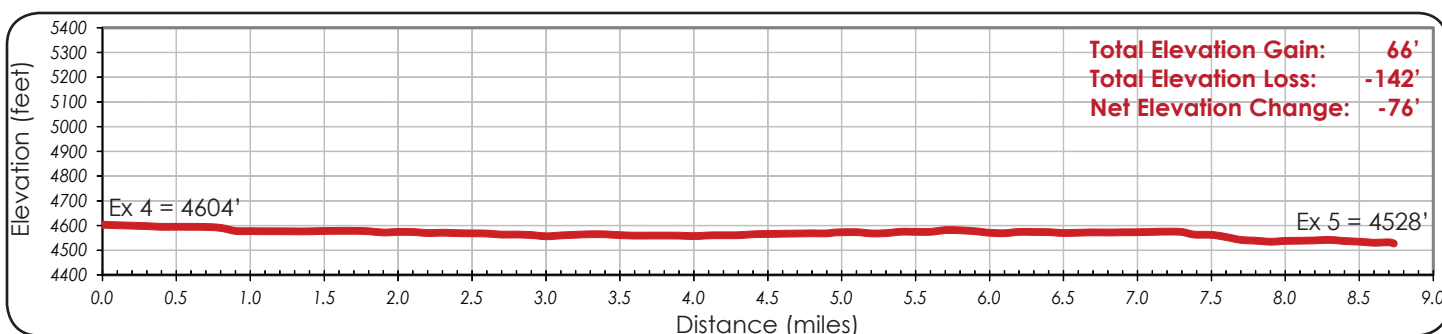
**Notes:**

Speed Limit is 25 MPH! Slow down (~10MPH) to pass runners. Parking is located a er the bridge on the right shoulder.

**Runner Direction** :

0.0 m START at Military Crossing  
 6.7 m - 8.7 m FINISH LEG 5 within the 2-mile Exchange Zone

DO NOT PULL OFF ONTO SOFT SHOULDER AS YOU WILL GET STUCK. DO NOT PULL OVER AFTER A BEND IN THE ROAD AND ONLY TURN OFF ONTO SIDE ROADS WHERE YOU CAN SAFELY BE ENTIRELY OFF THE ROAD WITH ALL FOUR TIRES.





# LEG 6 - 5.4-7.4 MILES - HARD



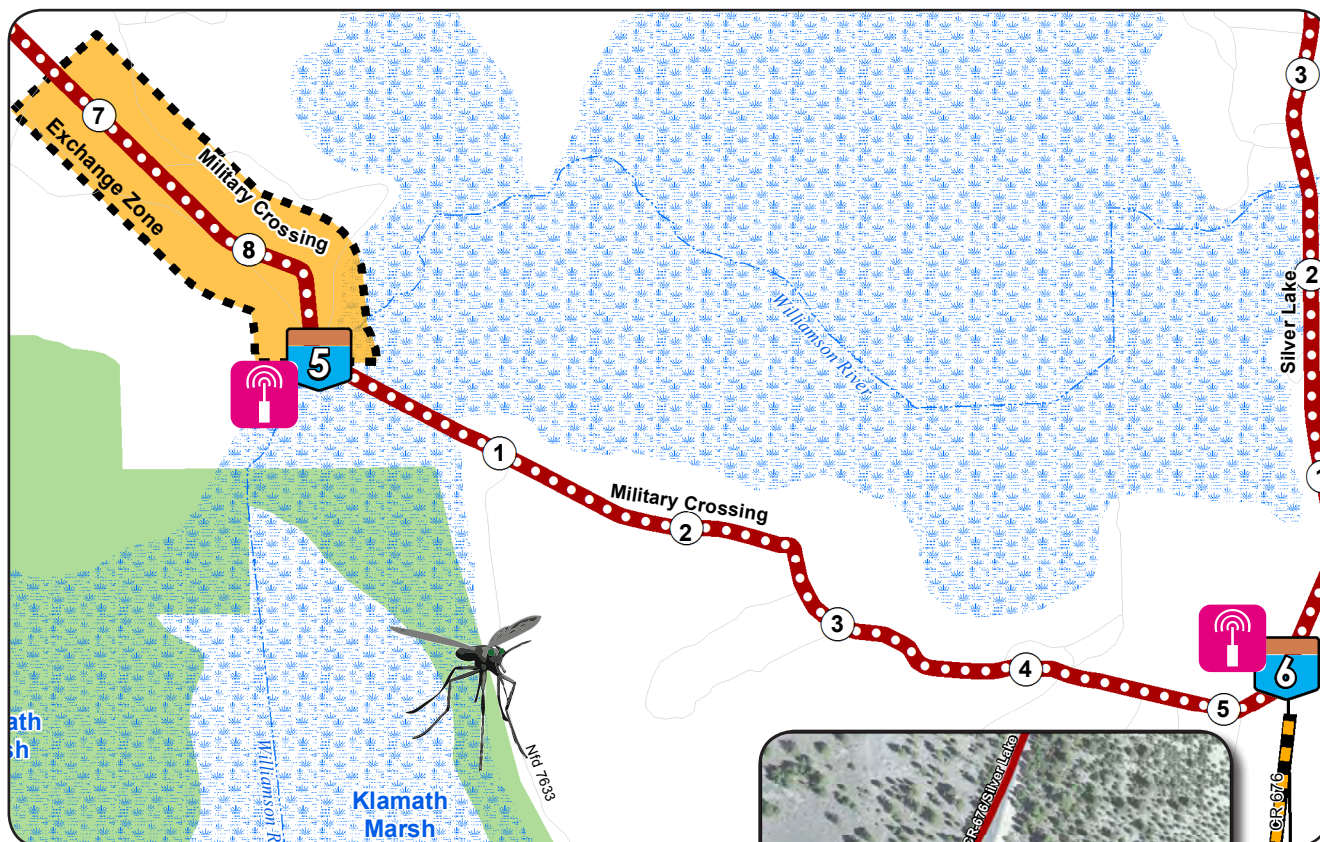
**Start location:** North Klamath Marsh

**Surface:** Red cinder road

**Exchange Address:** GPS: 42.930520 N, 121.581180 W

**End locatio :** Military Junction

**Run Side:** **WINDWARD SIDE**



**Descriptio :**

Enjoy the beautiful vi w of the North Klamath Marsh at the start of this leg and running through the forest enroute to the fi st van exchange!

**Notes:**

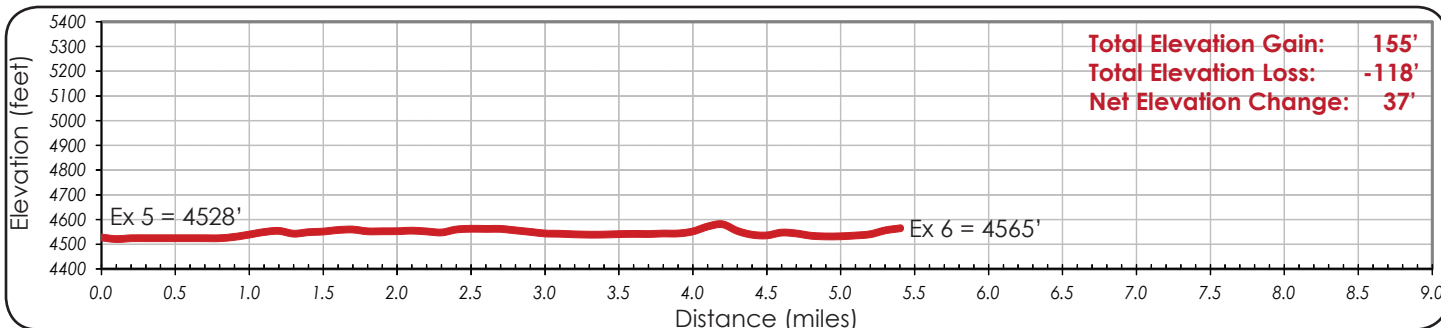
Speed Limit is 25 MPH! Slow down (~10MPH) to pass runners. NO parking along the West (left) side of Mili ary Crossing at Ex#6.

DO NOT PULL OFF ONTO SOFT SHOULDER AS YOU WILL GET STUCK. DO NOT PULL OVER AFTER A BEND IN THE ROAD AND ONLY TURN OFF ONTO SIDE ROADS WHERE YOU CAN SAFELY BE ENTIRELY OFF THE ROAD WITH ALL FOUR TIRES.

**Runner Direction :**

0.0 m START at North Klamath Marsh

5.4 m FINISH at Military Junctio



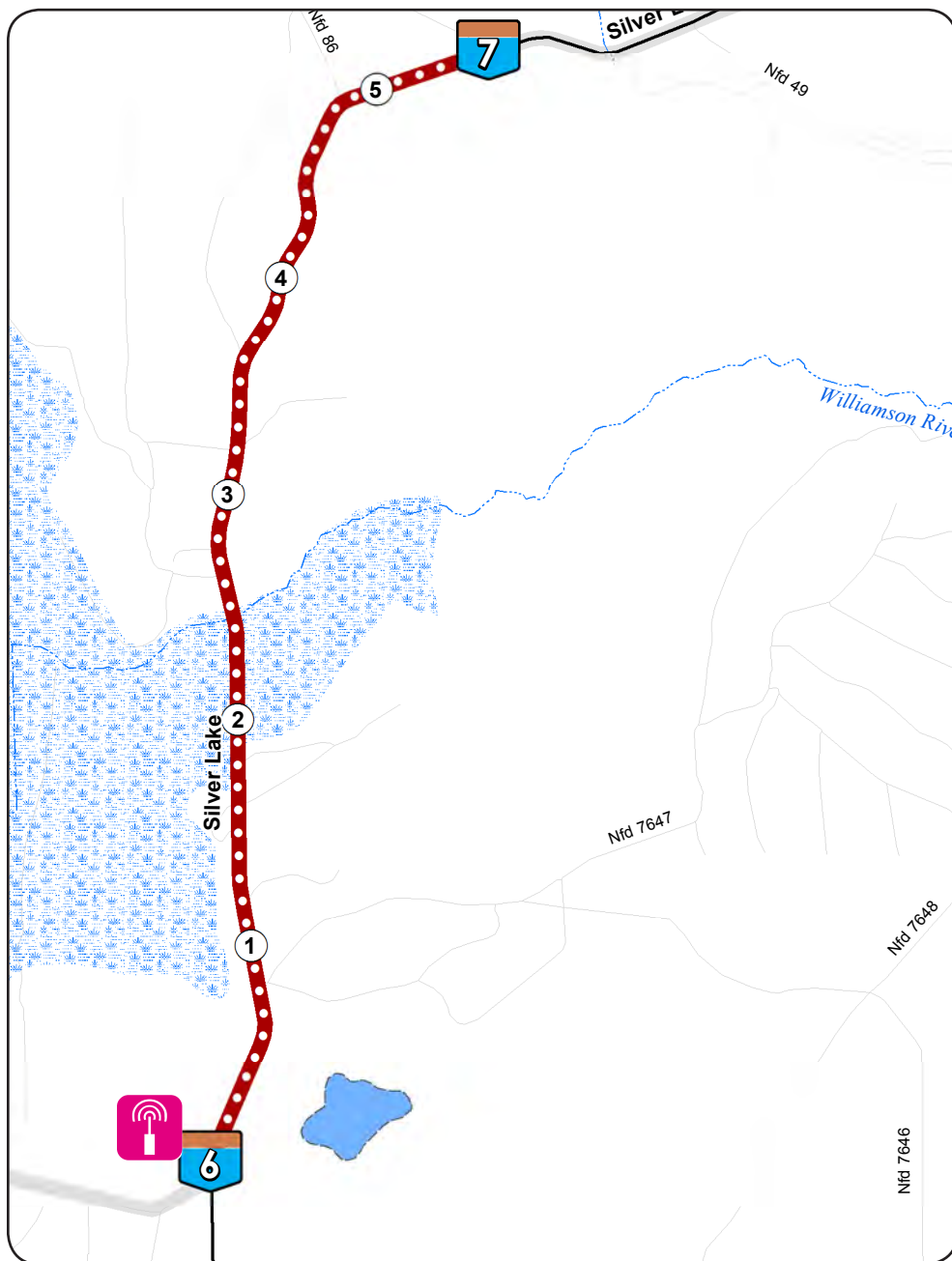


# LEG 7 - 5.5 MILES - MODERATE



**Start location:** Military Junction  
**Surface:** Road  
**Exchange Address:** GPS: 43.000940 N, -121.55544

**End locatio :** Silver Lake Cul-de-sac  
**Run Side:** **LEFT**



**Descriptio :**

Spectacular views of the Cascade Mountain Range in the fi st several miles of this leg and a very popular swimming spot in the Williamson River near mile 2.5.

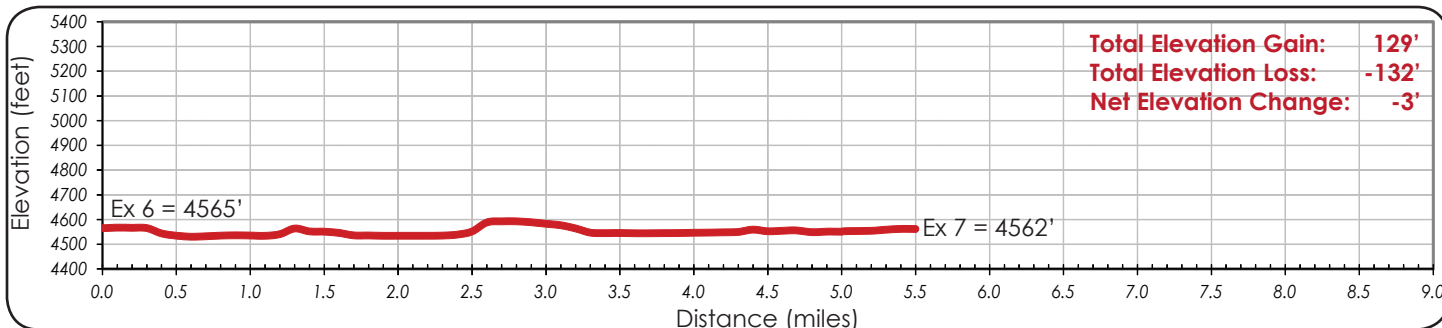
**Notes:**

Caution - Nar ow shoulder! Park in gravel lot on left side of oad at Ex#7.

DO NOT PULL OFF ONTO SOFT SHOULDER AS YOU WILL GET STUCK. DO NOT PULL OVER AFTER A BEND IN THE ROAD AND ONLY TURN OFF ONTO SIDE ROADS WHERE YOU CAN SAFELY BE ENTIRELY OFF THE ROAD WITH ALL FOUR TIRES.

**Runner Direction :**

0.0 m START at Military Junctio  
 5.5 m FINISH at Silver Lake Cul-de-sac





# LEG 8 - 3.8 MILES - EASY



**Start location:** Silver Lake Cul-de-sac

**End locatio :** Long Prairie NF-7645

**Surface:** Road

**Run Side:** LEFT

**Exchange Address:** GPS: 43.029830 N, 121.498180 W



**Descriptio :**

There is no shortage of pine trees and sagebrush along this section of the course.

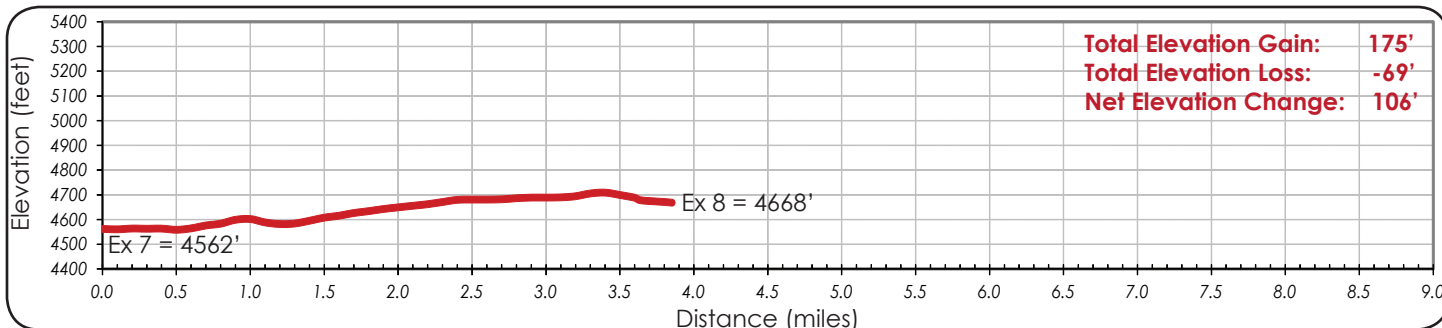
**DO NOT PULL OFF ONTO SOFT SHOULDER AS YOU WILL GET STUCK. DO NOT PULL OVER AFTER A BEND IN THE ROAD AND ONLY TURN OFF ONTO SIDE ROADS WHERE YOU CAN SAFELY BE ENTIRELY OFF THE ROAD WITH ALL FOUR TIRES.**

**Notes:**

Caution - Nar ow shoulder! Park along right side of Silver Lake Road and on NF-7645. Do not park on left

**Runner Directions:**

0.0 m START at Silver Lake Cul-de-sac  
3.8 m FINISH at Long Prairie





# LEG 9 - 7.0 MILES - HARD



**Start location:** Long Prairie NF-7645  
**Surface:** Road  
**Exchange Address:** GPS: 43.09066 0 N, -121.418710 W

**End location:** Bear Butte NF-011  
**Run Side:** LEFT

### Description:

A tough grueling run in the heat of the day along Leg 9 with a fairly steady climb will challenge the best of runners.

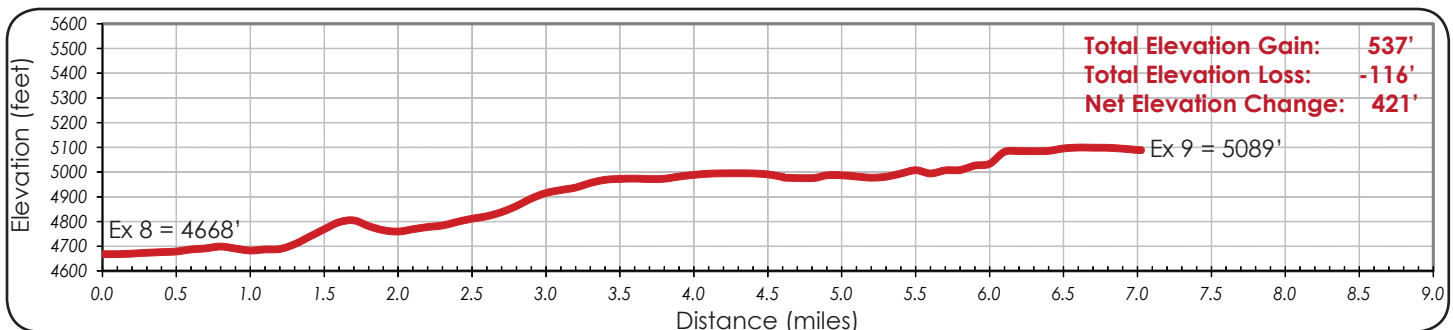
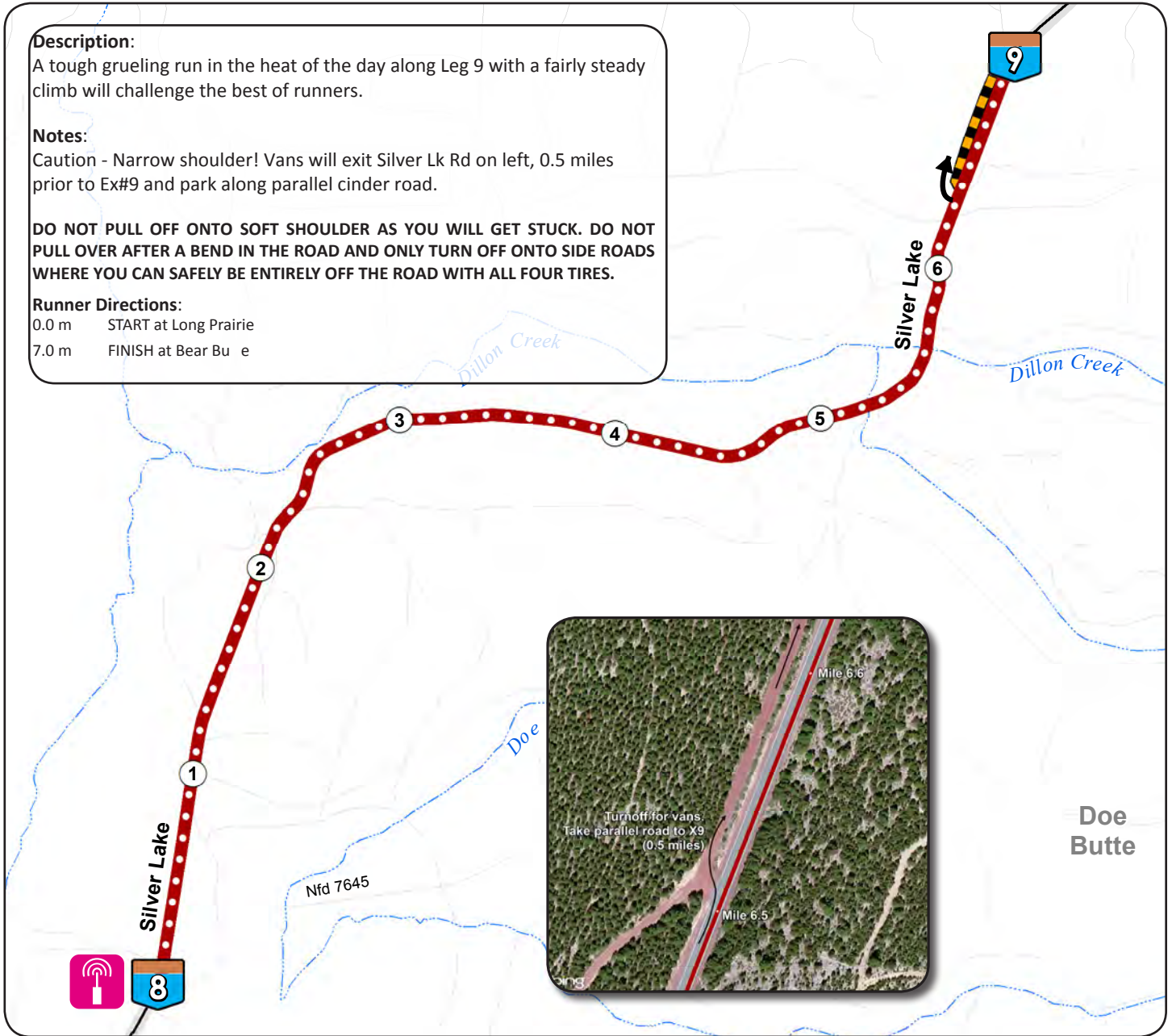
### Notes:

Caution - Narrow shoulder! Vans will exit Silver Lk Rd on left, 0.5 miles prior to Ex#9 and park along parallel cinder road.

**DO NOT PULL OFF ONTO SOFT SHOULDER AS YOU WILL GET STUCK. DO NOT PULL OVER AFTER A BEND IN THE ROAD AND ONLY TURN OFF ONTO SIDE ROADS WHERE YOU CAN SAFELY BE ENTIRELY OFF THE ROAD WITH ALL FOUR TIRES.**

### Runner Directions:

0.0 m START at Long Prairie  
 7.0 m FINISH at Bear Butte

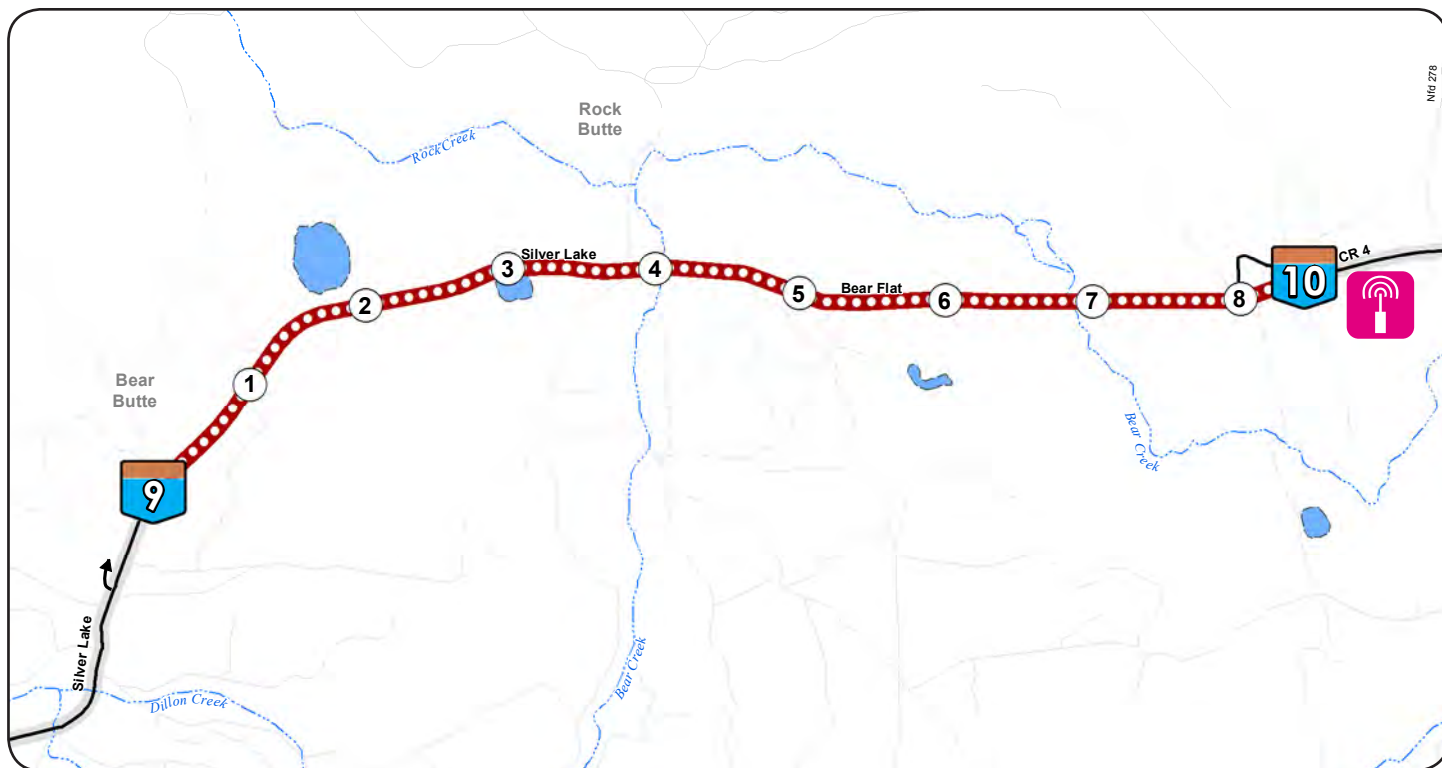




# LEG 10 - 8.4 MILES-VERY HARD



**Start location:** Bear Butte NF-011  
**End locatio :** Antelope Flat NF-2516  
**Surface:** Road  
**Run Side:** LEFT  
**Exchange Address: GPS:** 43.10946 N, 121.264080 W



**Description :**

B-R-U-T-A-L is how one CLR veteran described this leg that will challenge runners against the heat, exposure to the sun, and long miles along this beautiful leg along the open ange.

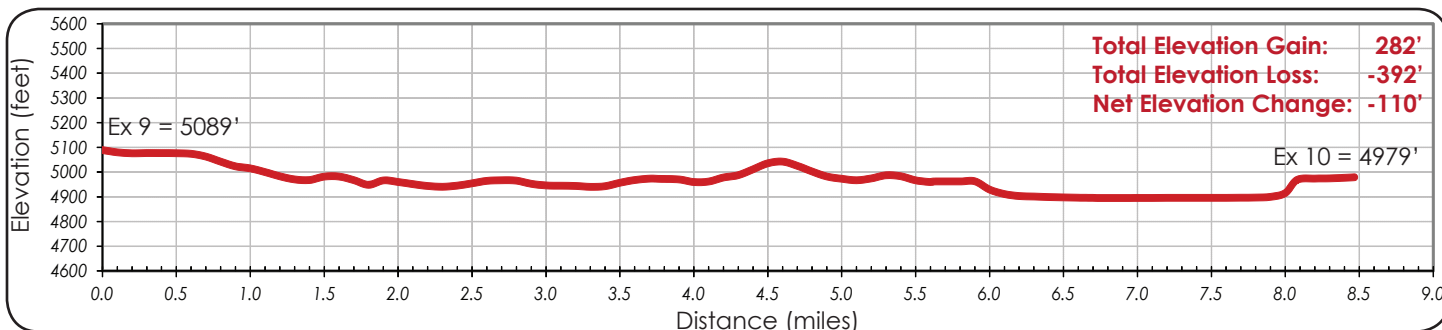
**Notes:**

Caution - Narrow shoulder! Parking is located on NF-2516 to the left or right. Do not park on vegetation

DO NOT PULL OFF ONTO SOFT SHOULDER AS YOU WILL GET STUCK. DO NOT PULL OVER AFTER A BEND IN THE ROAD AND ONLY TURN OFF ONTO SIDE ROADS WHERE YOU CAN SAFELY BE ENTIRELY OFF THE ROAD WITH ALL FOUR TIRES.

**Runner Direction :**

0.0 m START at Bear Butte  
 8.4 m FINISH at Antelope Flat





# LEG 11 - 7.0 MILES - HARD



**Start location:** Antelope Flat NF-2516

**Surface:** Road

**Exchange Address:** 64422 SE Allen Road Prineville, OR

**End location:** Buck Creek Ranch

**Run Side:** LEFT

**GPS:** 43.135670N, 121.139020W



**Description :**

Enjoy running down towards the Fort Rock Valley and finish at Buck Creek Ranch.

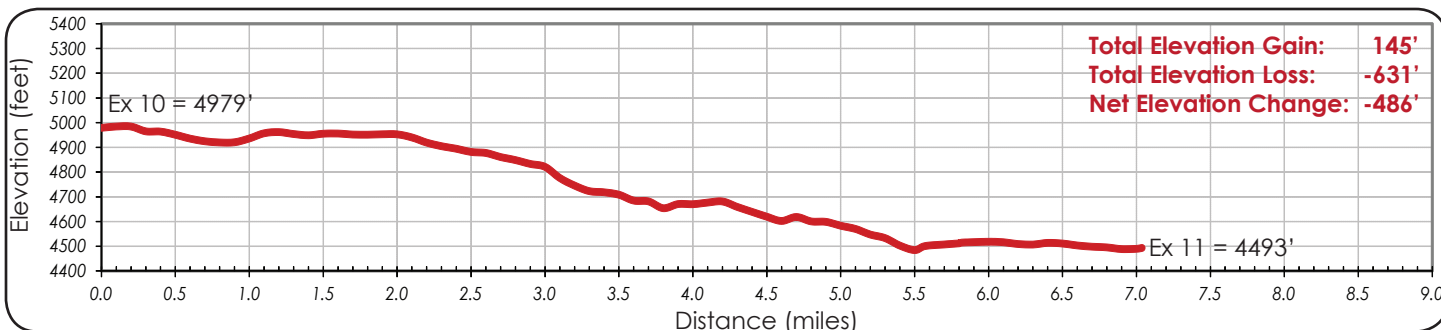
**Notes:**

Caution - Narrow shoulder! Parking is located at Buck Creek Ranch on your left (private property). We have approval to park inside the ranch, close to the entrance. Do not approach the house.

DO NOT PULL OFF ONTO SOFT SHOULDER AS YOU WILL GET STUCK. DO NOT PULL OVER AFTER A BEND IN THE ROAD AND ONLY TURN OFF ONTO SIDE ROADS WHERE YOU CAN SAFELY BE ENTIRELY OFF THE ROAD WITH ALL FOUR TIRES.

**Runner Direction :**

0.0 m START at Antelope Flat  
7.0 m FINISH at Buck Creek Ranch



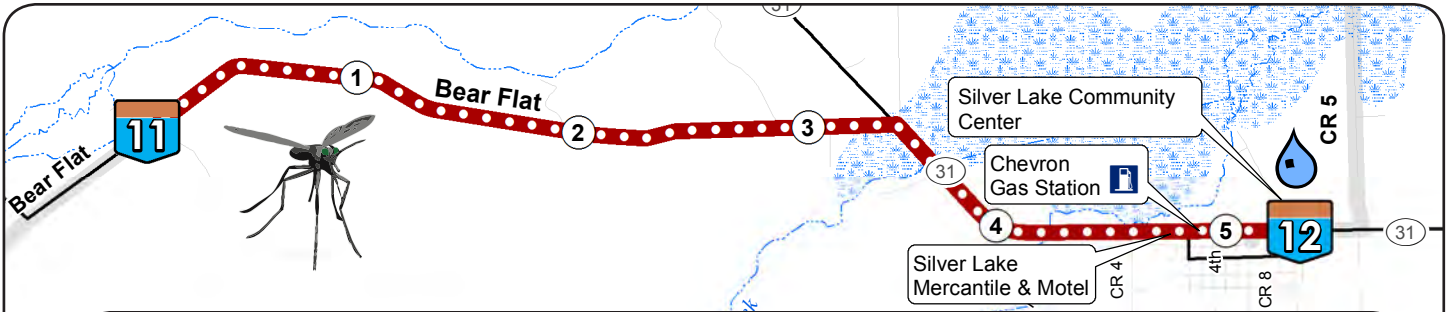


# LEG 12 - 5.3 MILES - MODERATE



**Start location:** Buck Creek Ranch  
**Surface:** Road  
**Exchange Address:** 53285 6th St, Silver Lake

**End location:** Silver Lake Community Center  
**Run Side:** LEFT / RIGHT ON OR-31  
**GPS:** 43.12711° N, 121.04458° W



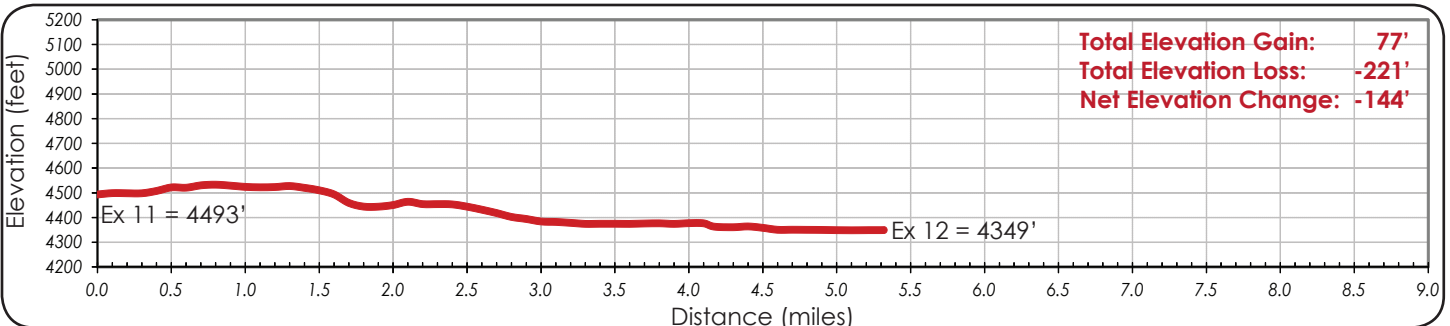
**Description :**  
 Beautiful views of the Fort Rock Valley and Silver Lake as you run into town to the second major exchange at the Silver Lake Community Center.

**Notes:**  
 Caution - Narrow shoulder! Continue to run on the RIGHT side of the road into Silver Lake. Parking at Ex#12 is located behind Silver Lake Community Center a few blocks from the Firehouse Sleep Over Area.

**DO NOT PULL OFF ONTO SOFT SHOULDER AS YOU WILL GET STUCK. DO NOT PULL OVER AFTER A BEND IN THE ROAD AND ONLY TURN OFF ONTO SIDE ROADS WHERE YOU CAN SAFELY BE ENTIRELY OFF THE ROAD WITH ALL FOUR TIRES.**

**Runner Direction :**

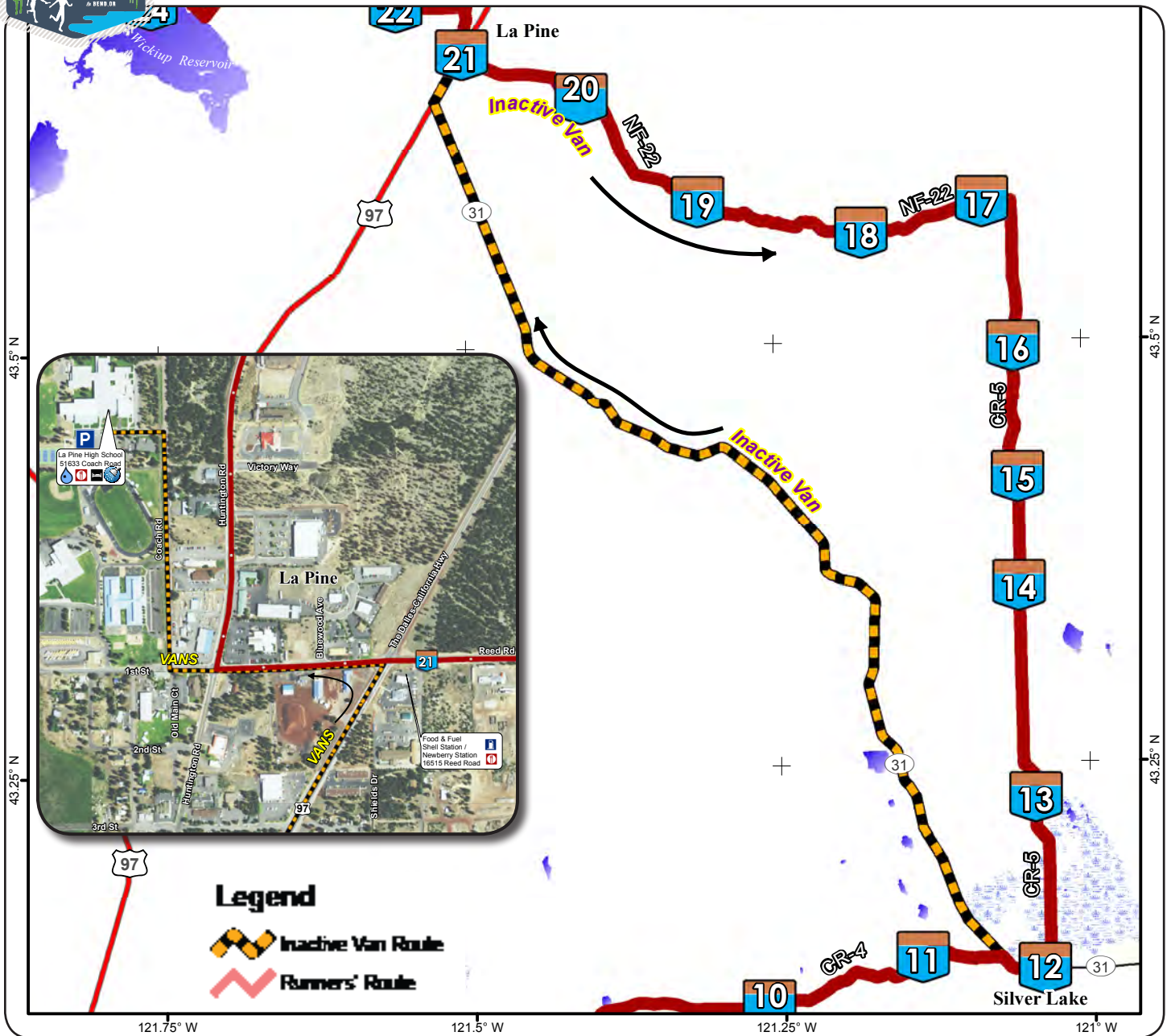
0.0 m	START at Buck Creek Ranch
3.4 m	R - SR-31 / Fremont Hwy.
5.3 m	FINISH at Silver Lake Community Center







# INACTIVE VAN REROUTES



## VAN ROUTE TO LA PINE (50 miles total):

In order to reduce traffic, inactive vans (vans without runners on the course) will be rerouted to La Pine via SR-31, rather than following the course.

### MILEAGE:

- 0.0 m West/northwest on SR-31 to US-97
- 47.7 m RIGHT - US-97
- 49.9 m LEFT - 1st Street / Reed Rd
- 50.1 m Straight through Huntington Rd intersection
- 50.2 m RIGHT - Coach Road
- 50.6 m ARRIVE at La Pine Middle School 16360 1st St, La Pine, OR 97739

## SHUTTLE TO EXCH 18 (20 miles total):

Vans will need to shuttle from La Pine sleep area to Exch 18. Drive the course backward to Exch 18. Keep your speed down. MAX SPEED 30 MPH! OUR RUNNERS ON ROAD!

### MILEAGE:

- 0.0 m East on 1st St/Reed Rd
- 0.4 m RIGHT - Mitts Way
- 0.9 m LEFT - Finley Butte Rd / NFD-22. Stay on NFD-22 to Ex# 18
- 20.1 m Arrive Ex#18



# LEG 13 - 7.4 MILES - MODERATE



**Start location:** Silver Lake Community Center

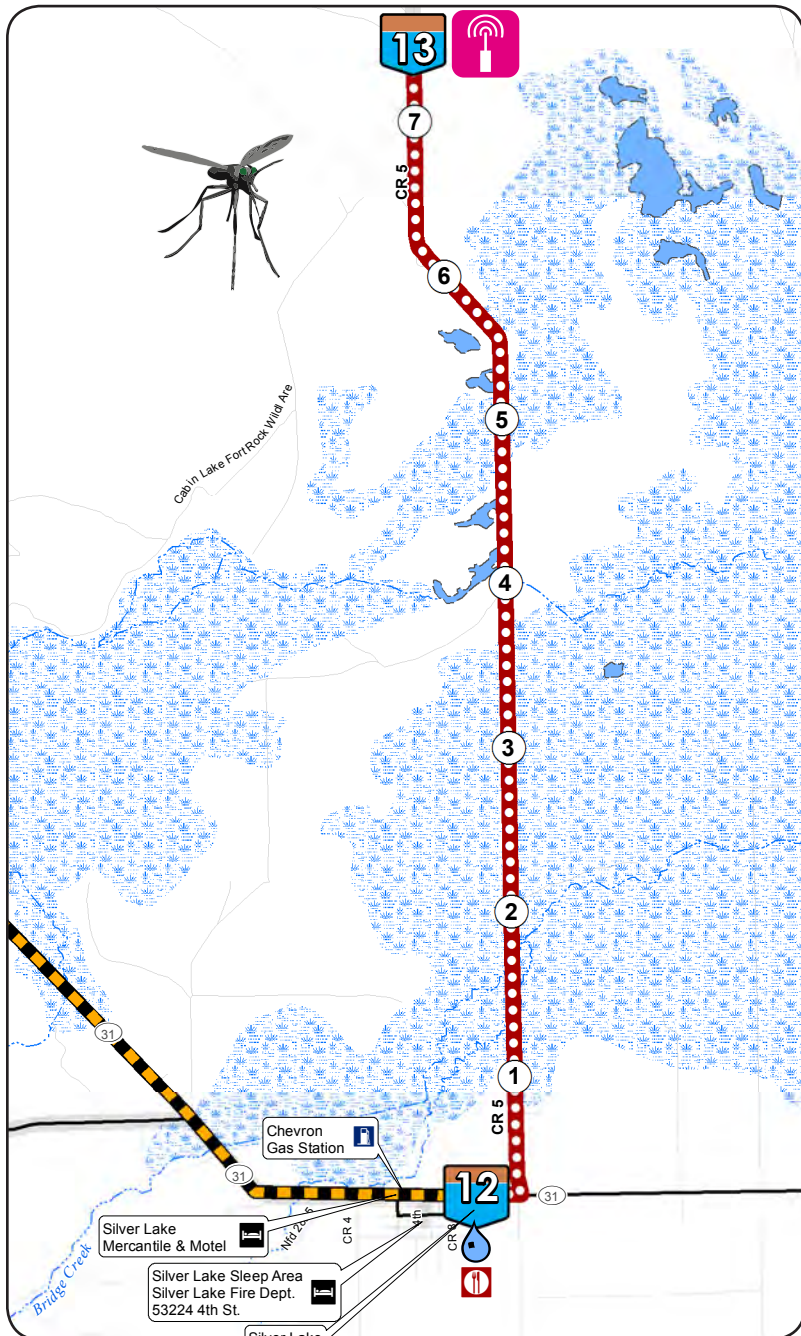
**End location:** Lone Tree

**Surface:** Light gravel

**Run Side:** **WINDWARD SIDE**

**Exchange Address:**

**GPS:** 43.229440N, 121.044970W



### Descriptio :

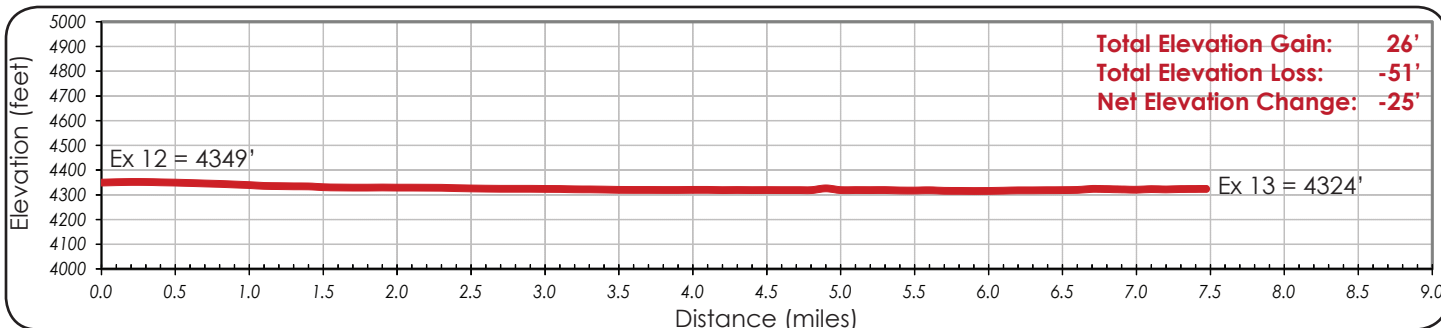
The sunset views along this portion of the course are amazing as you run through the valley along the marsh and prairie.

### Notes:

Speed Limit is 25 MPH on gravel road! Slow down (~10MPH) to pass runners. Park on right side of road at Ex#13. Inactive vans will shuttle to LaPine Sleep Over Area via OR-31. (map on previous page)

### Runner Direction :

- 0.0 m START at Silver Lake Community Center
- 0.3 m L - CR-5 / Picture Ln
- 5.5 m L - Stay on CR-5
- 6.2 m R - Stay on CR-5
- 7.4 m FINISH at Lone Tree





# LEG 14 - 8.8 MILES - VERY HARD



**Start location:** Lone Pine

**Surface:** Light gravel

**Exchange Address:** 61983 Pitcher Rd , Fort Rock, OR 97735

**End location:** Fort Rock Waterin' Hole

**Run Side:** **WINDWARD SIDE**

**GPS:** 43.3548960N, 121.0551060W



**Descriptio :**

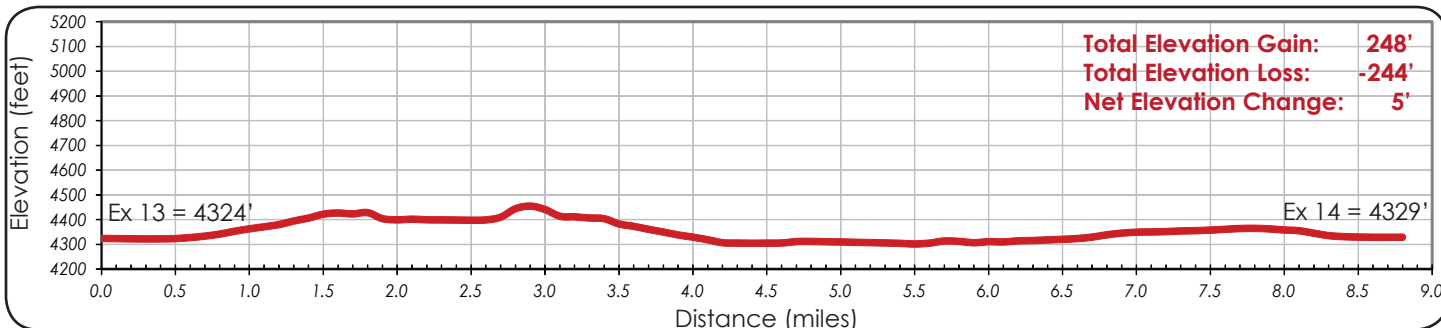
Run between Connley Hills and Coyote Bu e as you head towards the little own of Fort Rock.

**Notes:**

Speed Limit is 25 MPH! Slow down (~10MPH) to pass runners. Parking is located in the large gravel parking lot across the street from the Fort Rock Waterin' Hole Tavern. **DO NOT PARK** on the east side of CR-5 (Picture Lane) in front of the Waterin' Hole.

**Runner Direction :**

- 0.0 m START at Lone Tree
- 0.9 m L - Stay on CR-5
- 1.6 m R - Stay on CR-5
- 8.8 m FINISH at Fort Rock Waterin' Hole





# LEG 15 - 4.4 MILES - EASY



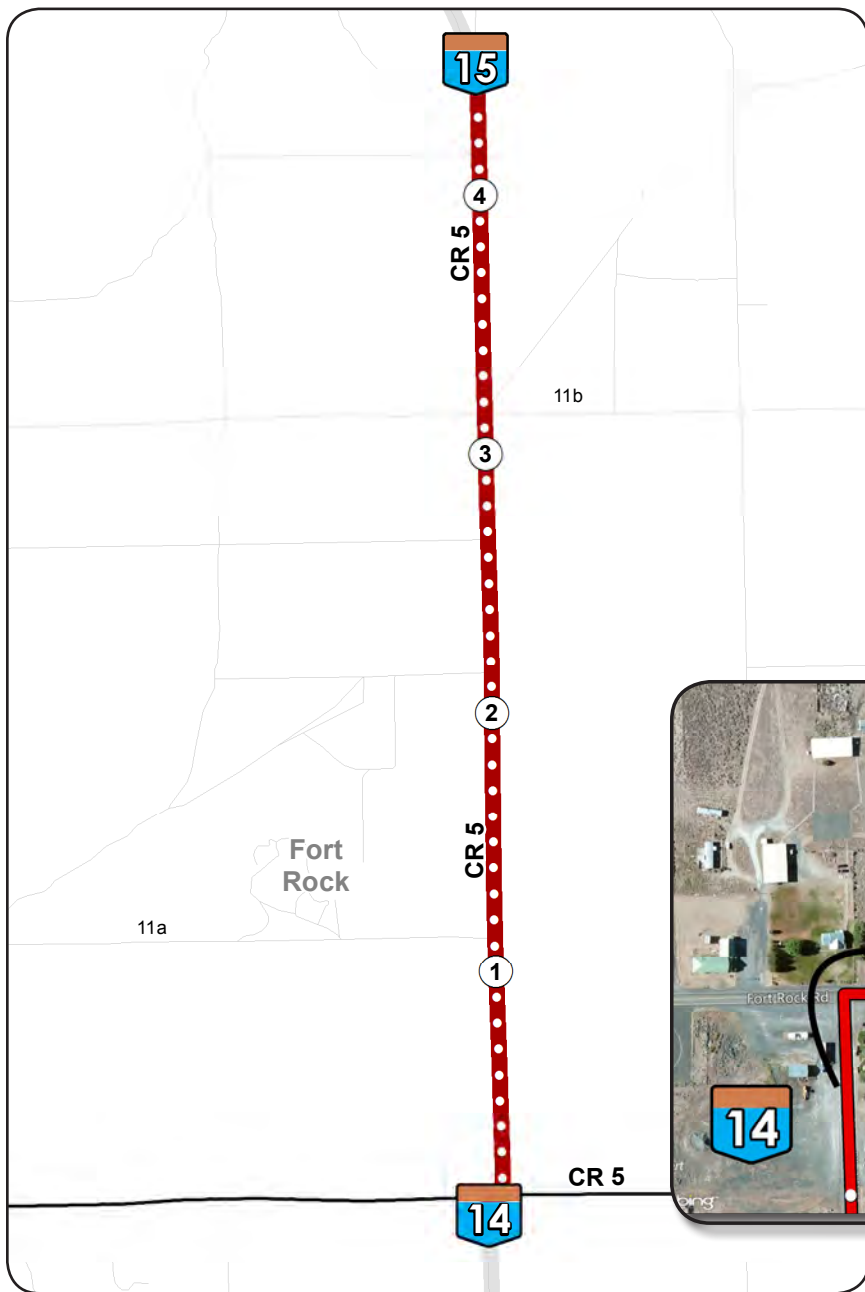
**Start location:** Fort Rock Waterin' Hole

**Surface:** Light gravel

**Exchange Address:** GPS: 43.4194890 N, 121.0537840 W

**End location :** Fort Rock Valley

**Run Side:** **WINDWARD SIDE**



**Descriptio :**

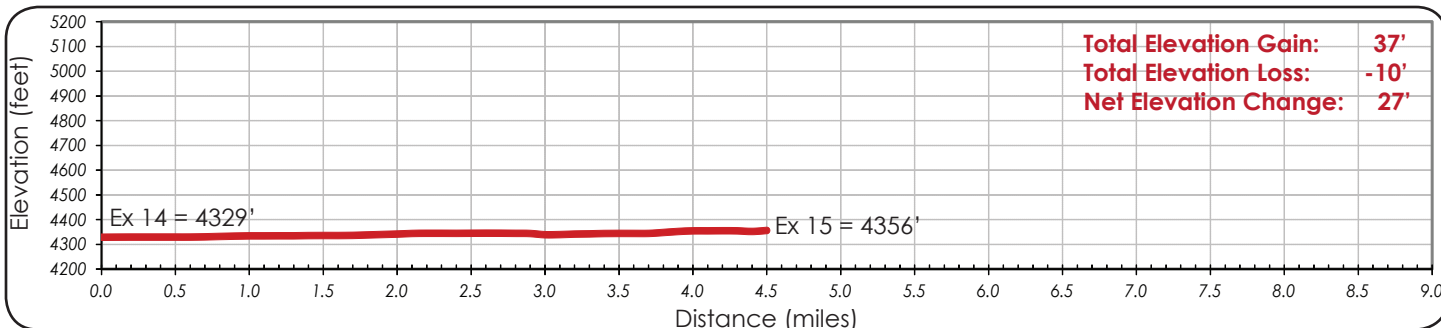
Enjoy running through the quaint and friendly town of Fort Rock. Hopefully it's still light enough to witness the unique natural structure of Fort Rock. Pay attention to the right and quick left turn in town to stay on course.

**Notes:**

Speed Limit is 25 MPH! Slow down (~10MPH) to pass runners. Parking is located along the right side (east side) of CR-5 (Picture Lane).

**Runner Direction :**

- 0.0 m START at Fort Rock Waterin' Hole
- 0.1 m R - CR-5-10 / Ft. Rock Rd.
- 0.2 m L - CR-5-11 / Cabin Lake Rd
- 4.4 m FINISH at Fort Rock Valley





# LEG 16 - 5.5 MILES - MODERATE



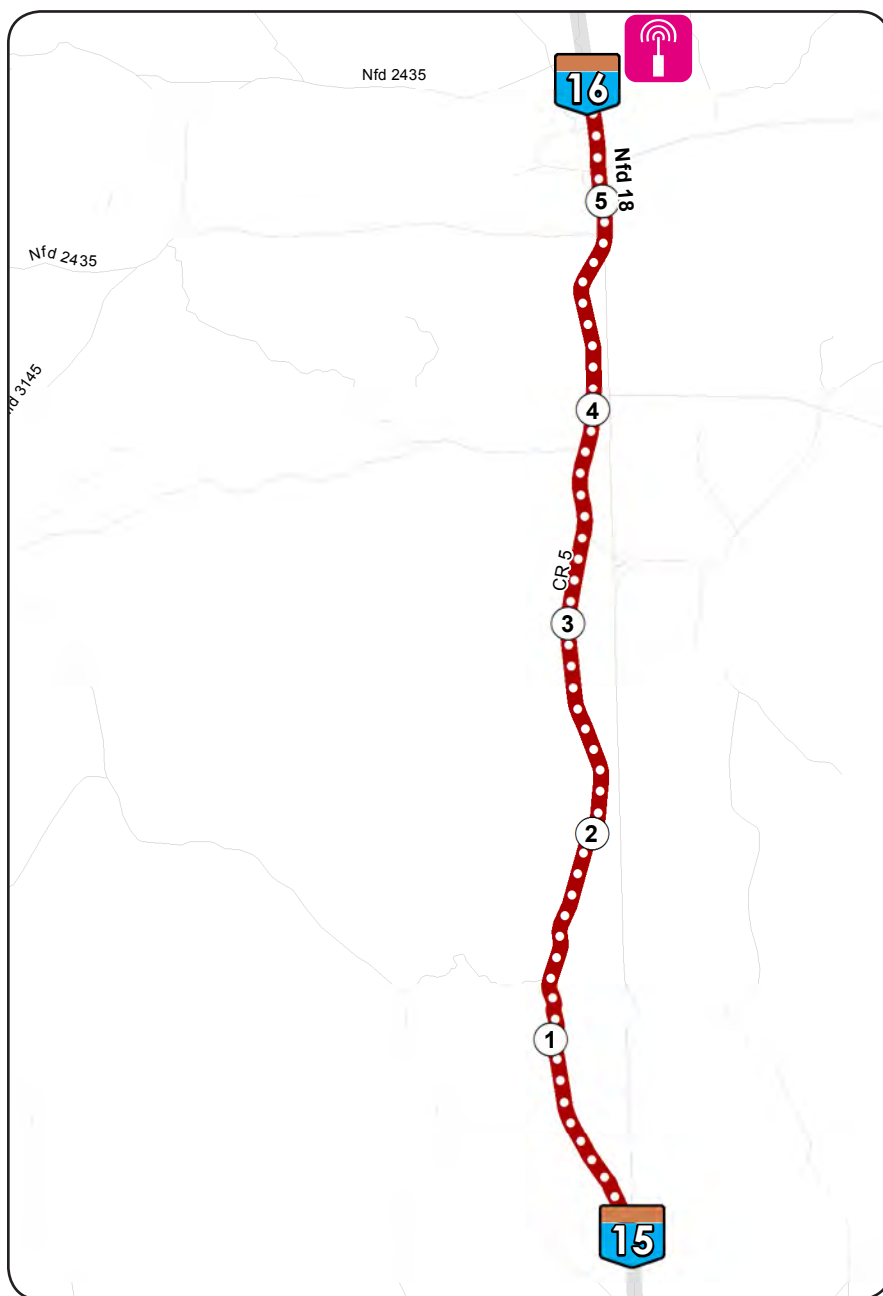
**Start location:** Fort Rock Valley

**Surface:** Light gravel

**Exchange Address:** GPS: 43.496530 N, 121.055470 W

**End location:** Cabin Lake

**Run Side:** **WINDWARD SIDE**



**Description :**

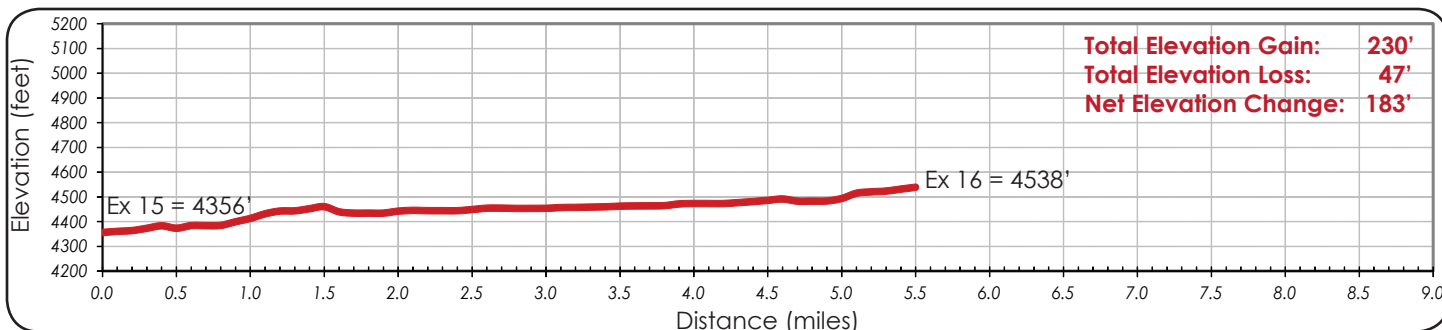
Enter the Deschutes National Forest on this leg. Only a gazillion stars will light the sky out here in Big Sky Country.

**Notes:**

Speed Limit is 25 MPH! Slow down (~10MPH) to pass runners. Parking is located in large turnout on right. Do not park on vegetation!

**Runner Direction :**

- 0.0 m START at Fort Rock Valley
- 0.1 m S - Road name changes to NFD-18
- 5.5 m FINISH at Cabin Lake



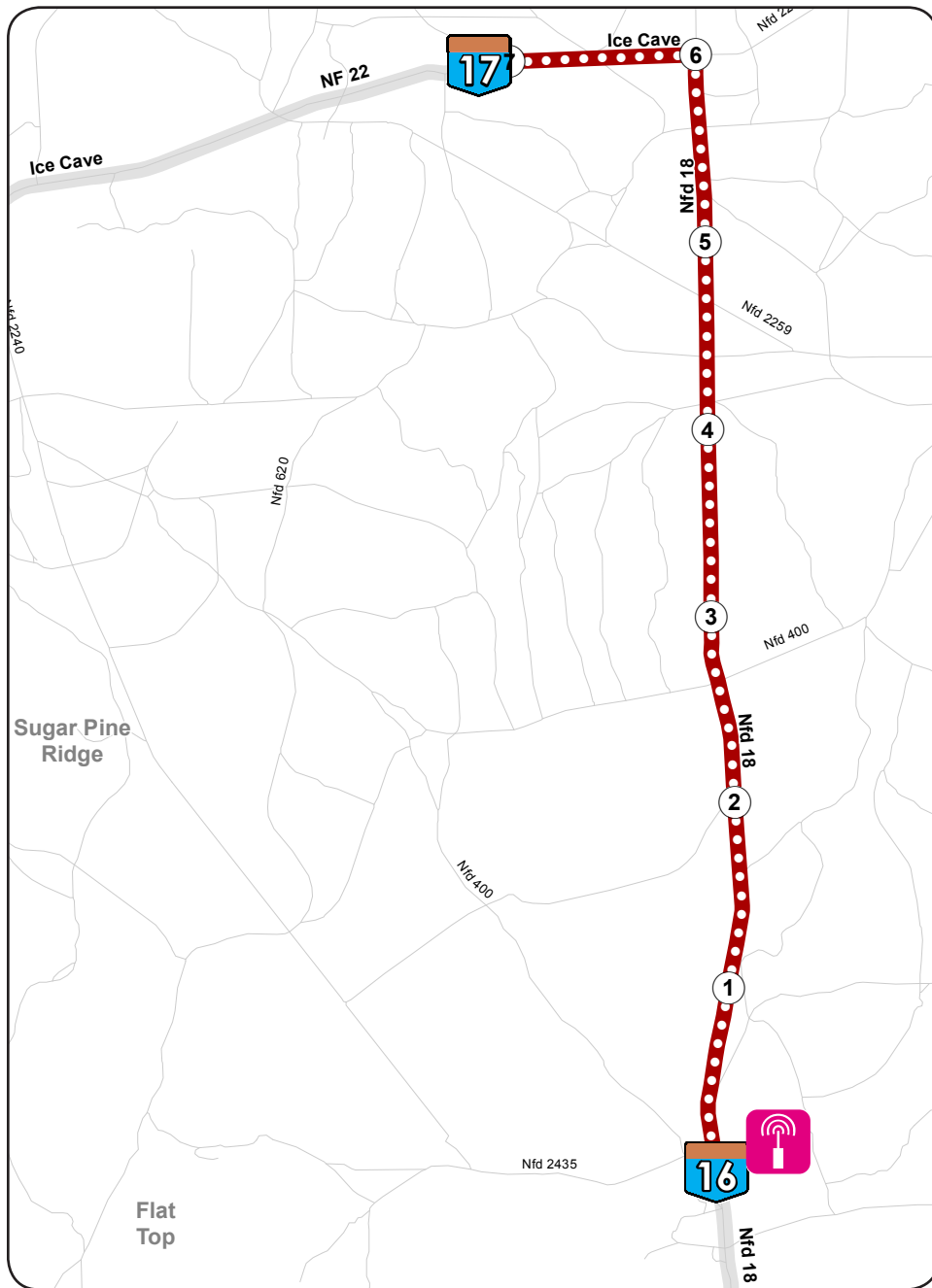


# LEG 17 - 7.1 MILES - HARD



**Start location:** Cabin Lake  
**Surface:** Light gravel / Road  
**Exchange Address:** GPS: 43.582440 N, 121.077940 W

**End locatio :** South Ice Cave  
**Run Side:** **RIGHT**



### Description :

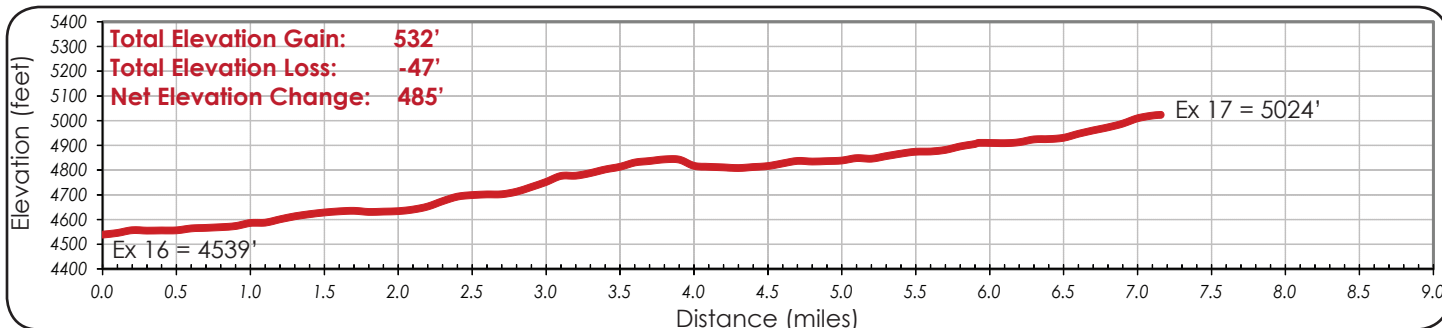
Enjoy the solitude, serenity, and hear only the sounds of the forest. There isn't much out here except the open range and plenty of fresh air.

### Notes:

Speed Limit is 25 MPH! Slow down (~10MPH) to pass runners. Very soft road - DO NOT DRIVE FAST! Parking is located on right side at South Ice Cave.

### Runner Direction :

- 0.0 m START at Cabin Lake
- 6.0 m L - NF-22 / Ice Cave Rd
- 7.1 m FINISH at South Ice Cave





# LEG 18 - 5.2 MILES - MODERATE



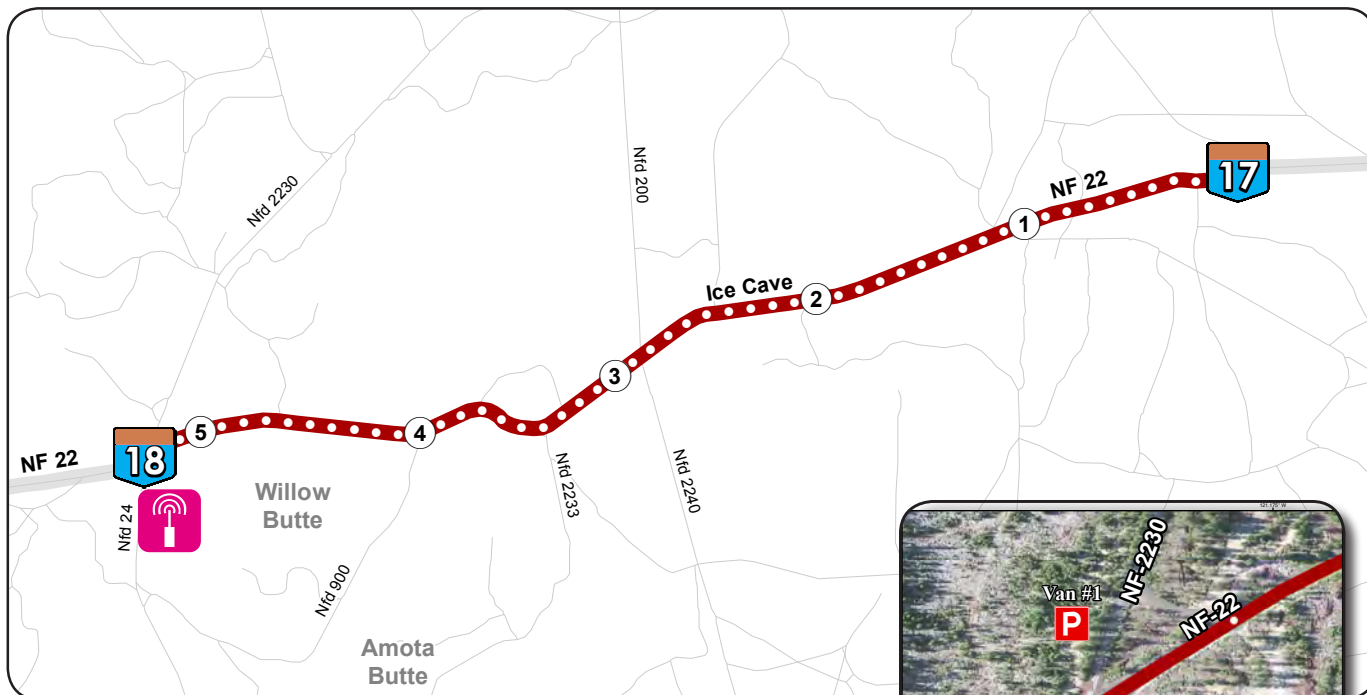
**Start location:** South Ice Cave

**Surface:** Road

**Exchange Address:** GPS: 43.565440 N, 121.176720 W

**End location:** Willow Butte

**Run Side:** RIGHT



**Description :**

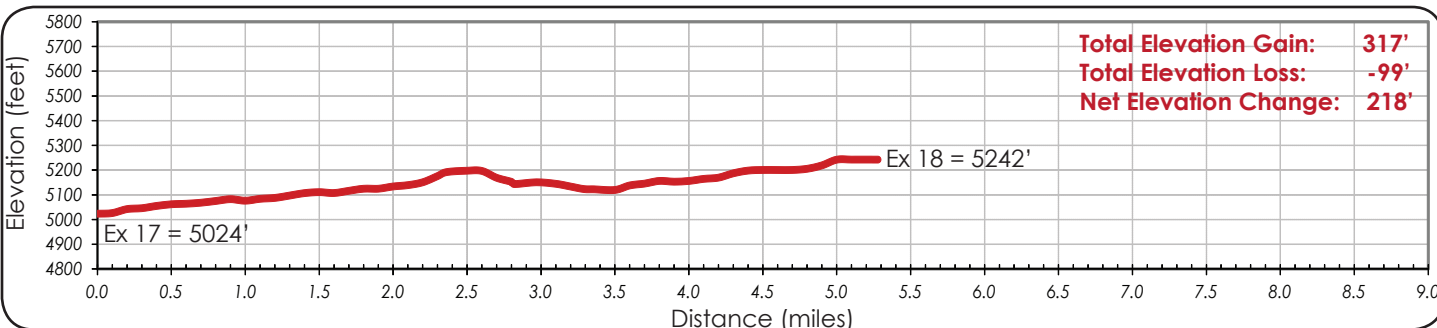
Enjoy being back on the paved road again with this quick leg into the third major exchange. A shower, nap, and maybe a pancake await you at La Pine Sleep Over Area.

**Notes:**

Parking for Van #1 is on the north side (your right side) of NF-22. Pull into first turnout road and park along NF-2230. Parking for Van #2 is on south side (also your right side coming from LaPine) of NF-22 which opens up to a large gravel parking area. Van #1 remains on north side of NF-22 and Van #2 remains on south side. Speed Limit is 30 mph for all Vehicles !

**Runner Direction :**

0.0 m START at South Ice Cave  
5.2 m FINISH at Willow Butte





# LEG 19 - 7.3 MILES - HARD



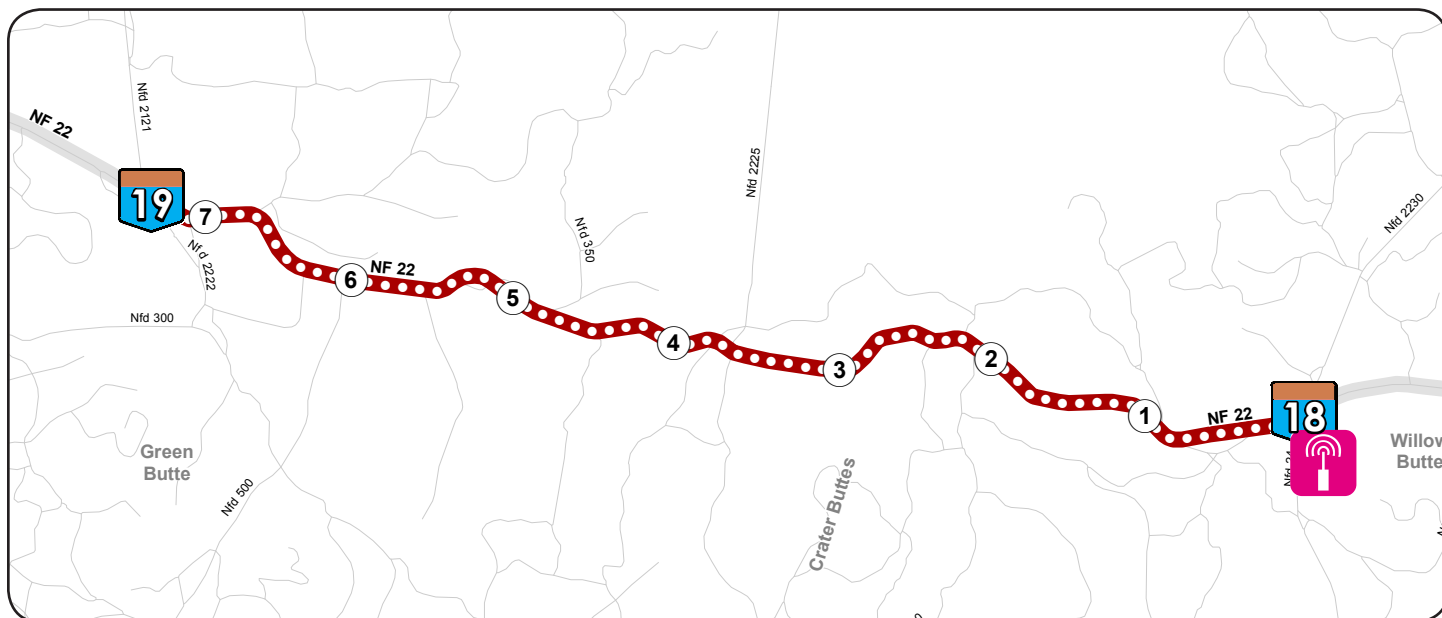
**Start location:** Willow Butte

**End location:** Jones Well Camp

**Surface:** Road

**Run Side:** RIGHT

**Exchange Address:** GPS: 43.585310 N, 121.309030 W



**Description :**

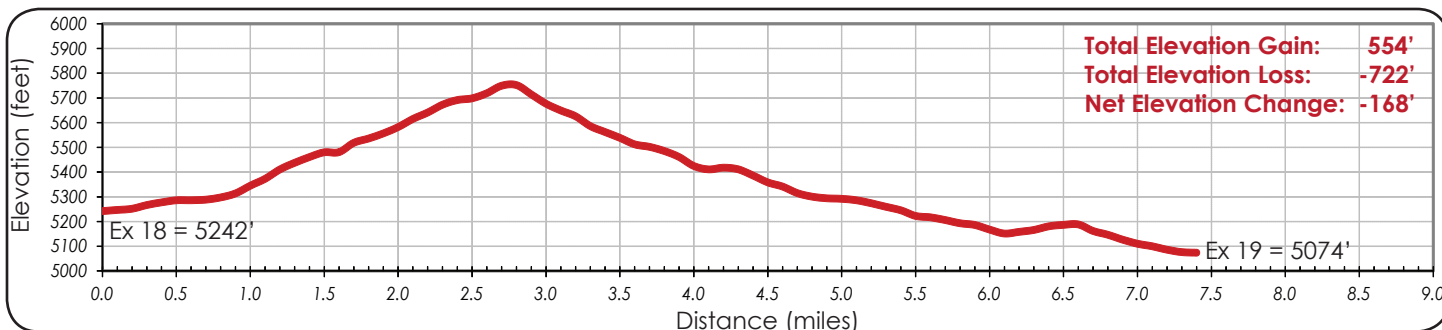
A tough climb up Crater Buttes before descending down the other side.

**Runner Direction :**

0.0 m START at Willow Butte  
7.3 m FINISH at Jones Well Camp

**Notes:**

Speed Limit is 30 MPH! Parking is located on left/right side of NF-2121/2222.



**Total Elevation Gain: 554'**  
**Total Elevation Loss: -722'**  
**Net Elevation Change: -168'**





# LEG 20 - 6.9 MILES - MODERATE



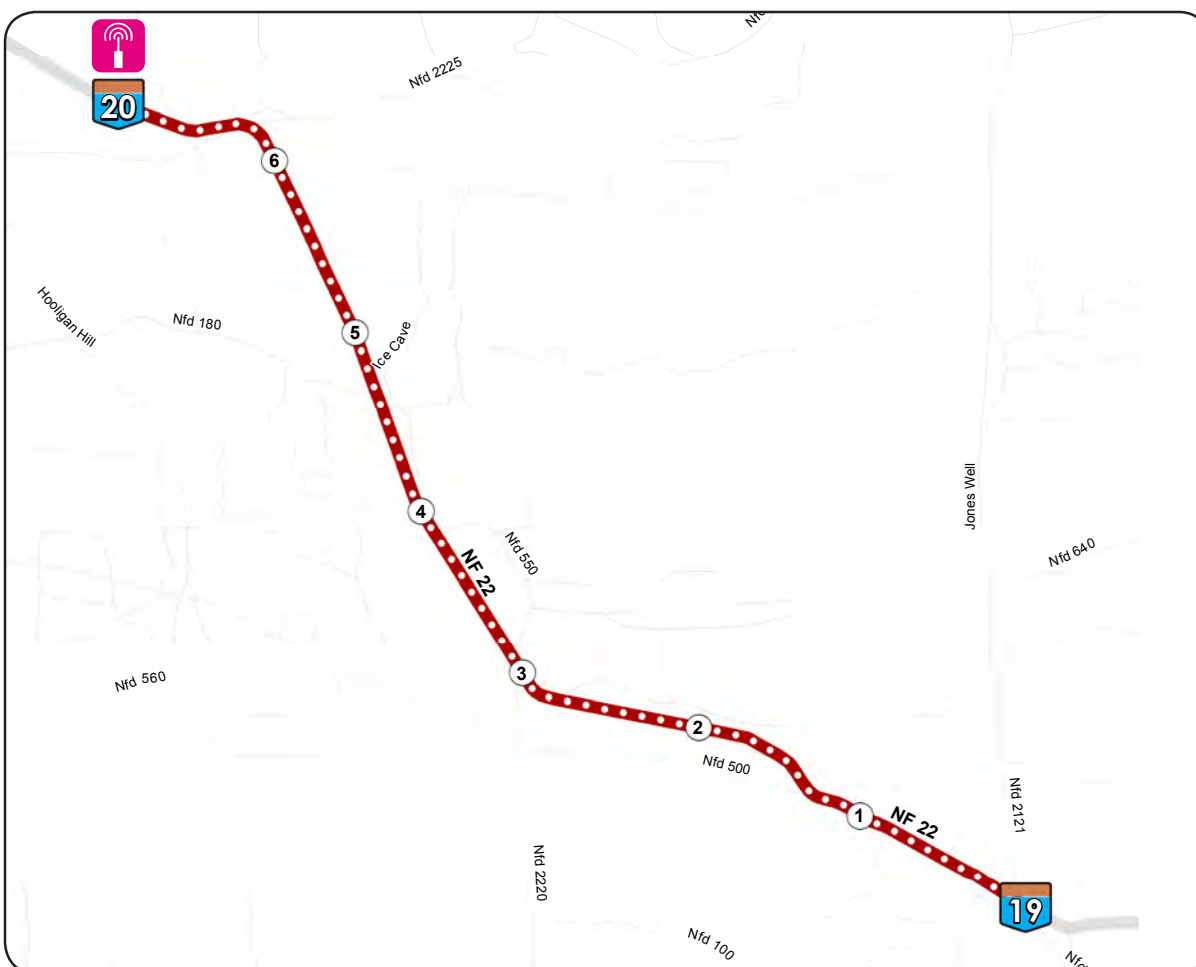
**Start location:** Jones Well Camp

**Surface:** Road

**Exchange Address:** GPS: 43.6479170 N, 121.4022430 W

**End location:** Sand Flat

**Run Side:** RIGHT



**Description :**

Enjoy running through the forest along this short leg.

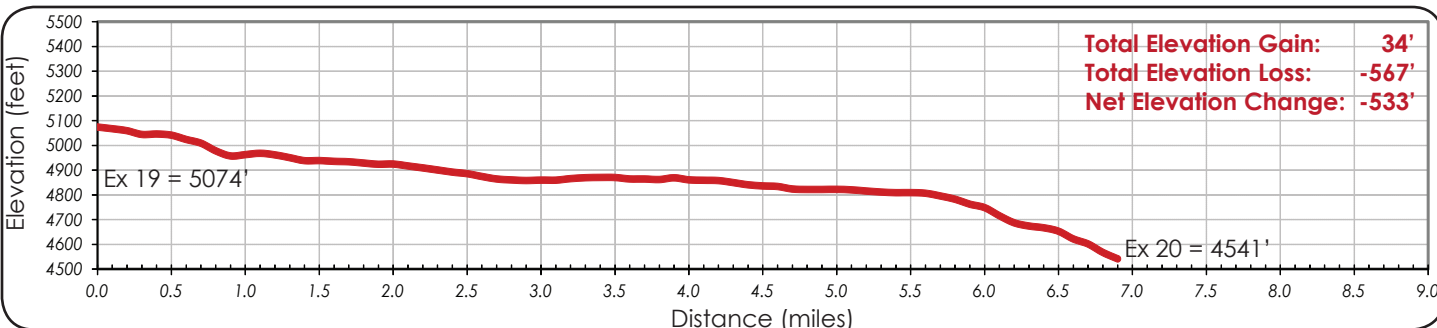
**Notes:**

Speed Limit is 30 MPH! Parking is located on NF-2215 by turning RIGHT onto this road and drive up the road to then turn around and park facing back to the main road.

**Runner Direction :**

0 m START at Jones Well Camp

6.9 m FINISH at Sand Flat





# LEG 21 - 6.3 MILES - MODERATE



**Start location :** Sand Flat

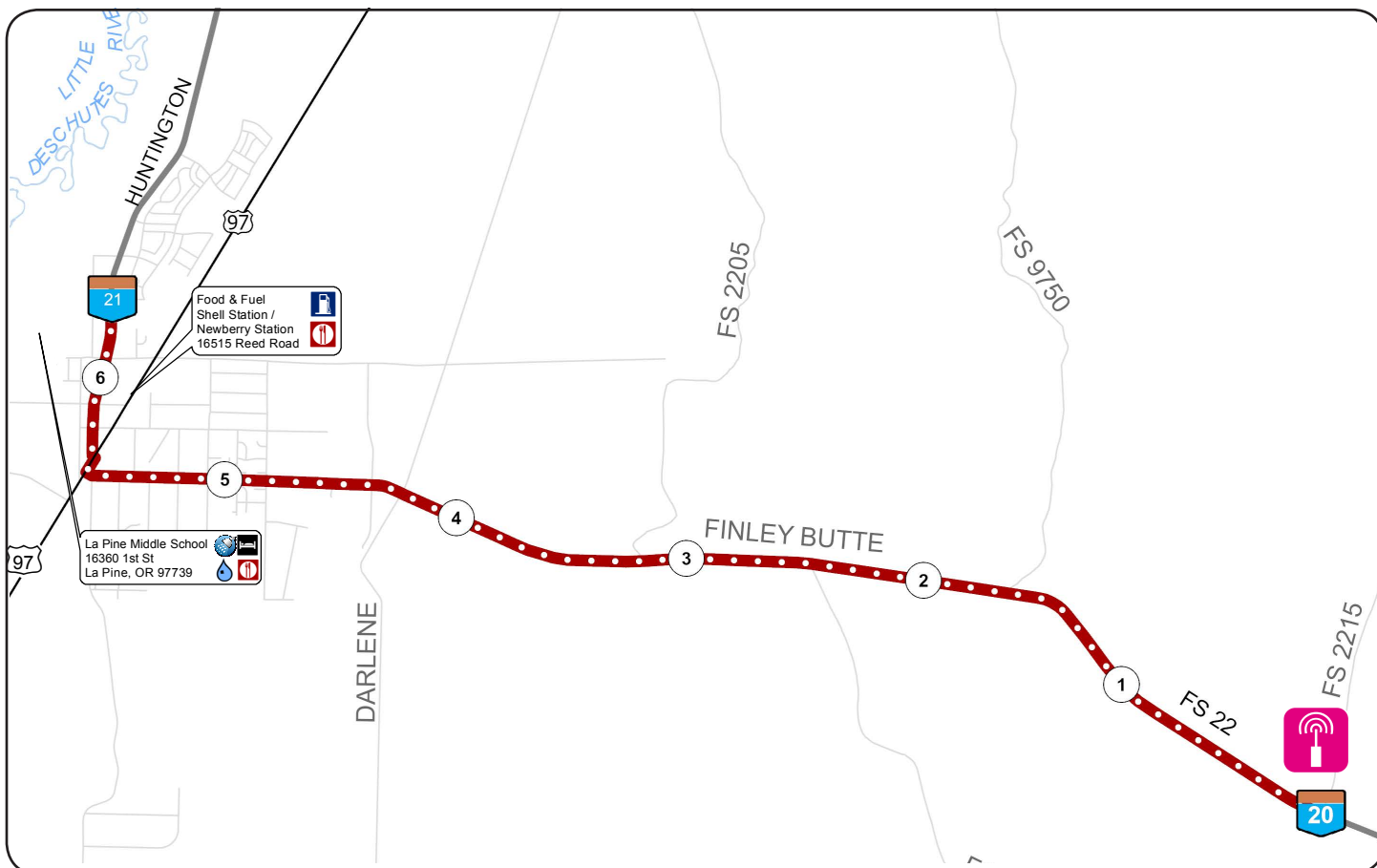
**Surface:** Road

**Exchange Address :** 51615 Coach Rd, La Pine, OR 97739

**End location:** La Pine Elementary School

**Run Side:** **RIGHT**

**GPS:** 43.67860N, 121.50300W



**Description:**

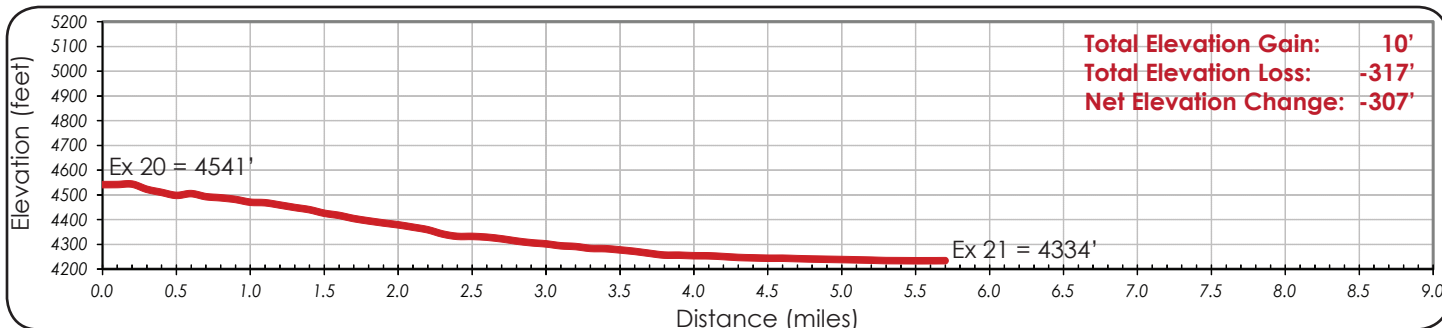
Welcome to La Pine! Safely cross over US-97 at the crosswalk.

**Notes:**

Speed Limit is 30 MPH! Parking is located at the La Pine Elementary School which will be open early to provide additional restrooms. Refuel vehicles at Shell as this is the last gas station prior to Bend!

**Runner Direction :**

- 0.0 m START at Sand Flat
- 5.6 m R - US 97
- 5.7 m CROSS US 97 at crosswalk
- 5.8 m MERGE Right onto Huntington Rd
- 6.1 m L - 1st St
- 6.2 m R - Coach Rd
- 6.3 m FINISH at La Pine Elementary School





# LEG 22 - 4.9 MILES - MODERATE



**Start location:** La Pine Elementary School

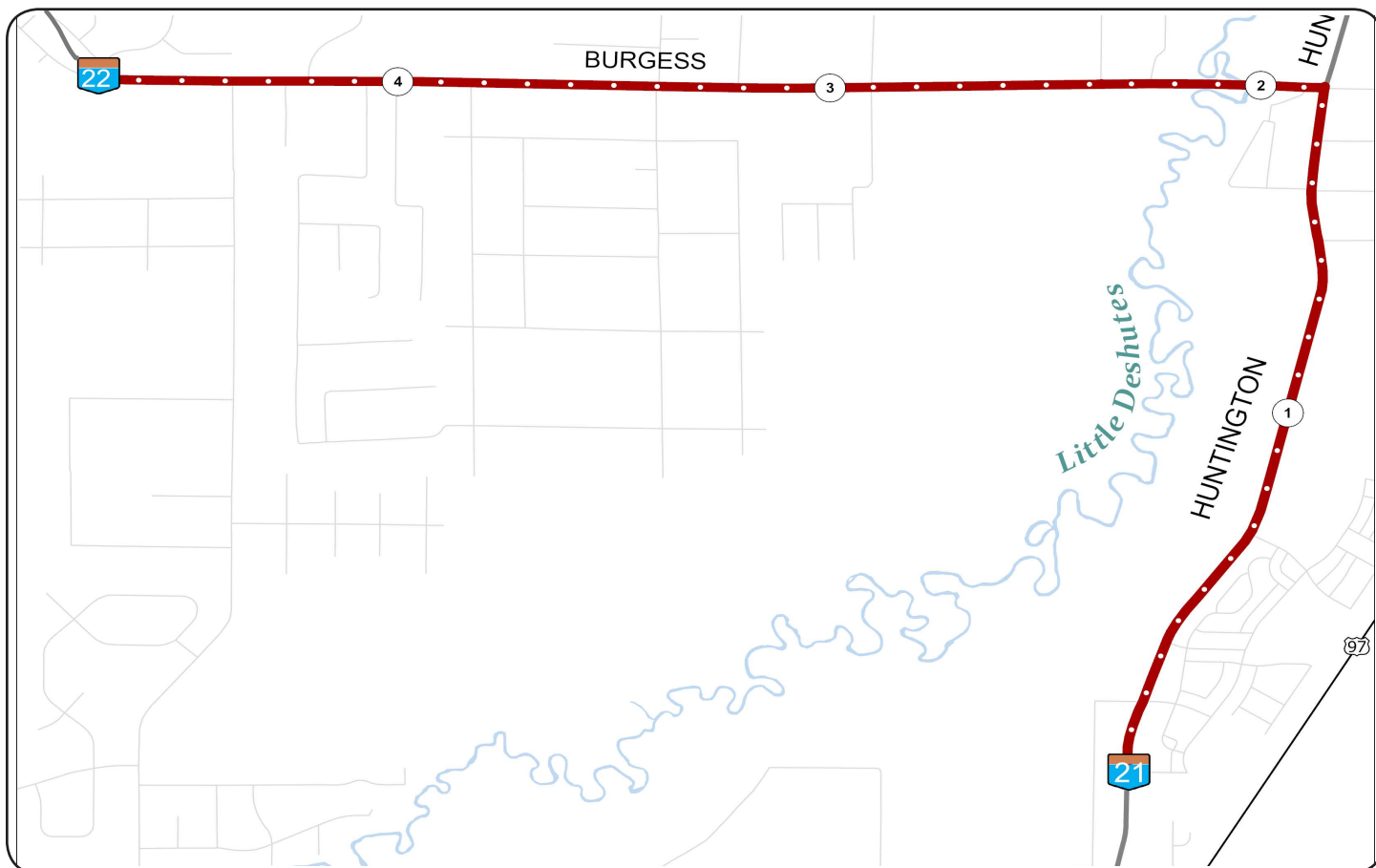
**End location:** Living Waters Church

**Surface:** Road

**Run Side:** LEFT/RIGHT

**Exchange Address** 52410 Primrose Ln, La Pine, OR 97739

**GPS:** 43.703470 N, 121.552060 W



**Description:**

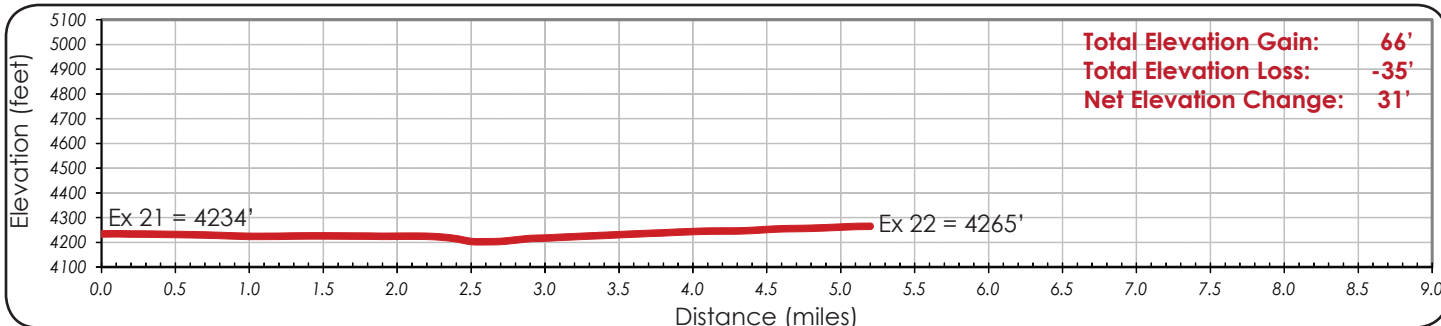
Enjoy your run through the La Pine Community, which strongly supports the CLR and our participants.

**Notes:**

Parking at Living Water Church (on right) and restroom facilities will be open.

**Runner Directions:**

- 0.0 m START at La Pine Elementary School
- 0.3 m R - Memorial Ln
- 0.4 m L - Huntington Rd
- 2.0 m L - Burgess Rd / SR-43.
- 4.9 m FINISH at Living Water Church



# LAPINE SLEEPING AREA



**Legend**

- Inactive Van Route
- Runners' Route

- Distance from LPHS to Ex Pt #18 is 19 miles - please give yourself 35 minutes to drive to Ex Pt #18.
- Showers will be available in the gym (Fundraiser for LaPine Middle School)
- Pancake Breakfast served from 8pm Friday - 8am Saturday (Fundraiser for LaPine Lions Club and Community Kitchen)
- Air mattresses available in the Gym and Mini-Gym (Fundraiser for LaPine Community Action Team)



# LEG 23 - 6.5 MILES - MODERATE



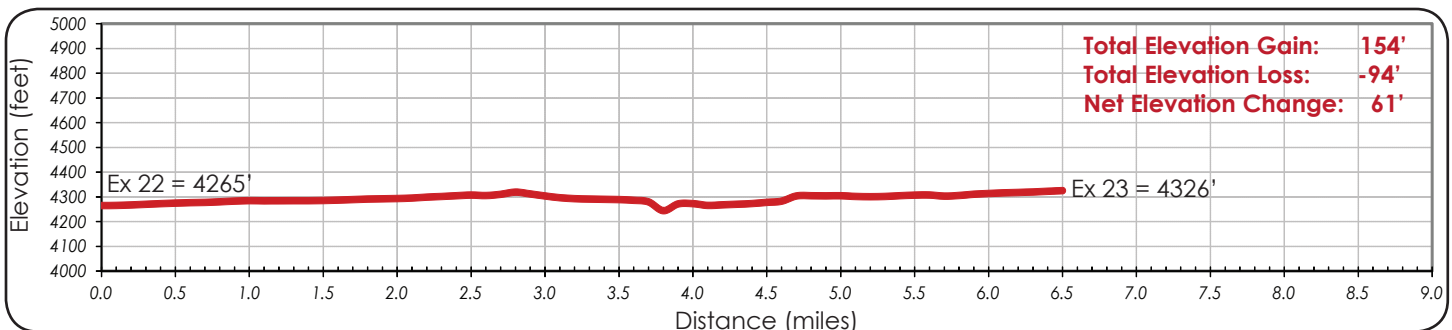
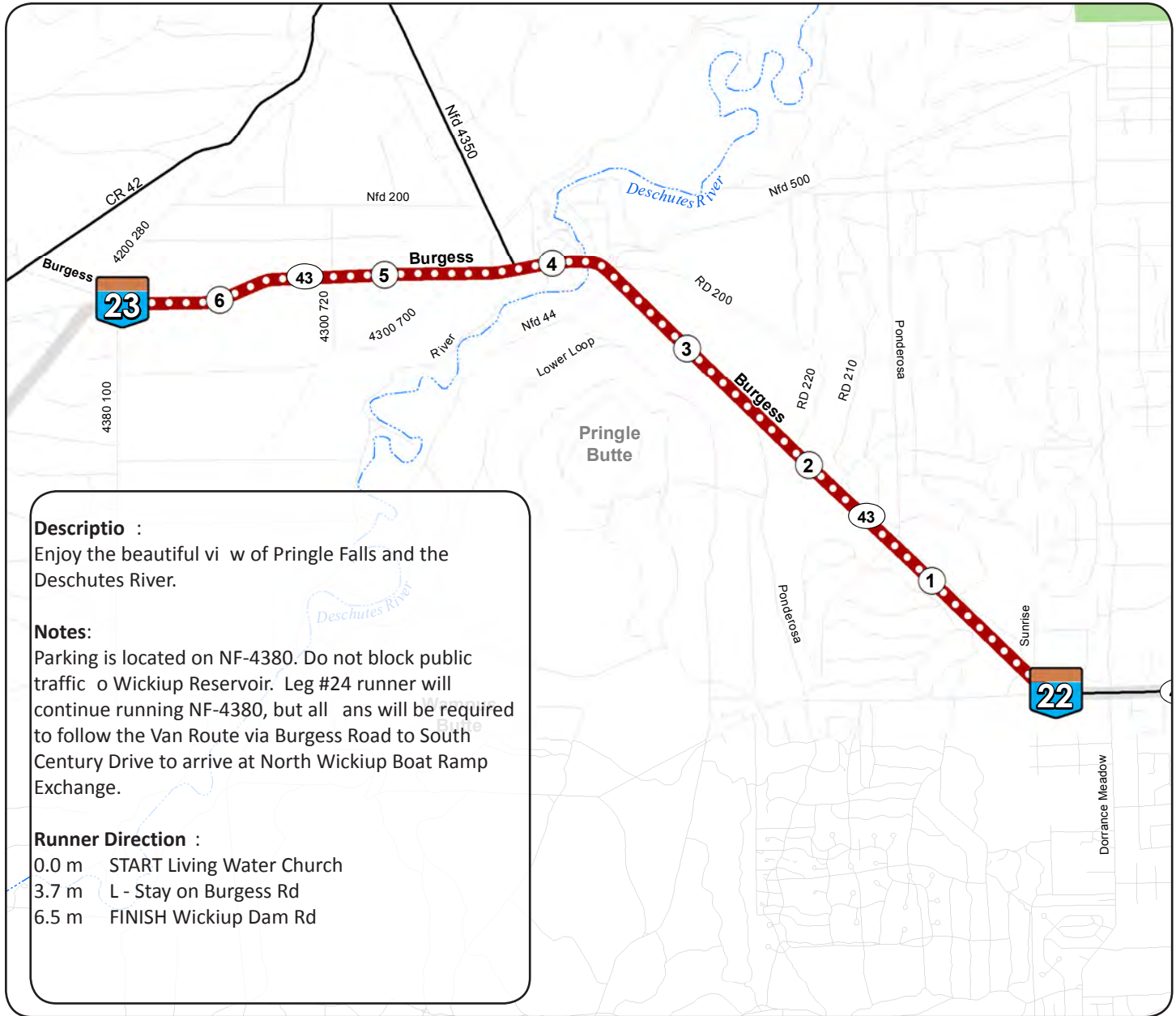
**Start location:** Living Waters Church

**Surface:** Road

**Exchange Address:GPS:** 43.738080 N, 121.661830 W

**End locatio :** Wickiup Dam Road

**Run Side:** **RIGHT**





# LEG 24 - 6.3 MILES - MODERATE



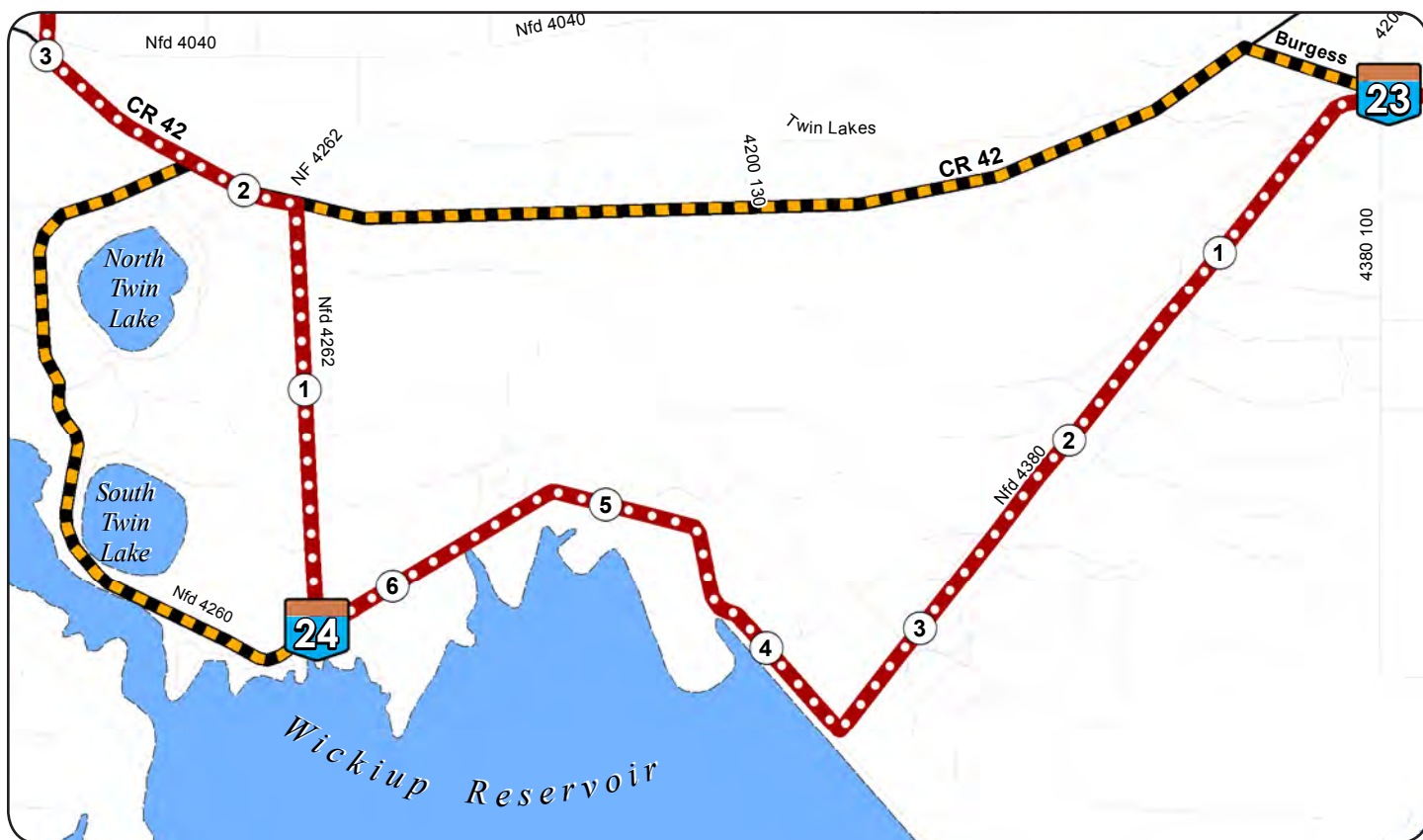
**Start location:** Wickiup Dam Road

**Surface:** Light Gravel

**Exchange Address:** GPS: 43.705860 N, 121.7529420 W

**End location:** North Wickiup Boat Ramp

**Run Side:** **RIGHT**



### Description :

Enjoy this pretty leg through the forest on a light gravel road without van support enroute to the next major exchange. Carry hydration as there is NO van support for this leg.

### Notes:

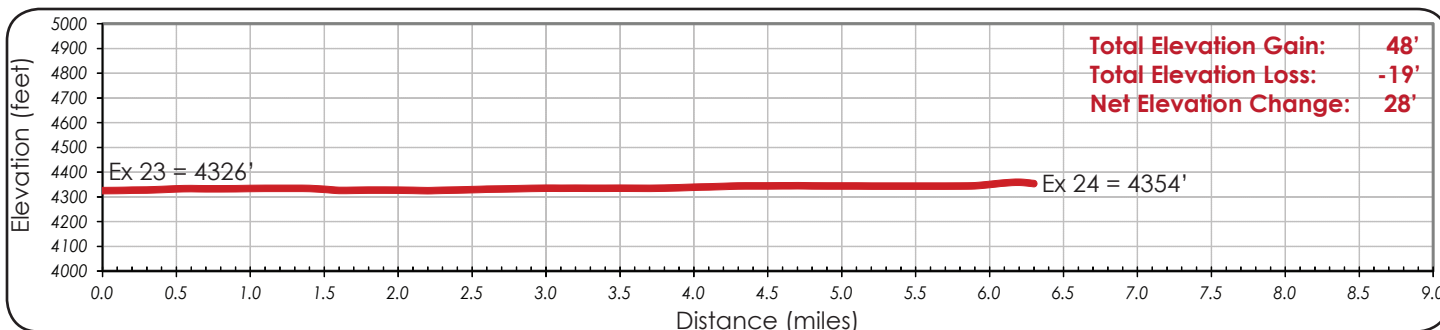
Leg #24 runner will continue running NF-4380, but all runners will be required to follow the Van Route via Burgess Road to South Century Drive to arrive at North Wickiup Boat Ramp Exchange.

### Runner Direction :

- 0.0 m START at Wickiup Dam Rd
- 3.5 m R - NF-4260 Twin Lake Road
- 6.3 m FINISH at North Wickiup Boat Ramp

### Van Directions

- 0.0 m START at Wickiup Dam Rd
- 0.1 m L - Pringle Falls Loop (Burgess Road)
- 0.6 m L - South Century Drive
- 5.2 m L - NF-4260 Twin Lake Road
- 8.4 m ARRIVE at North Wickiup Boat Ramp





# LEG 25 - 7.3 MILES - HARD



**Start location:** North Wickiup Boat Ramp

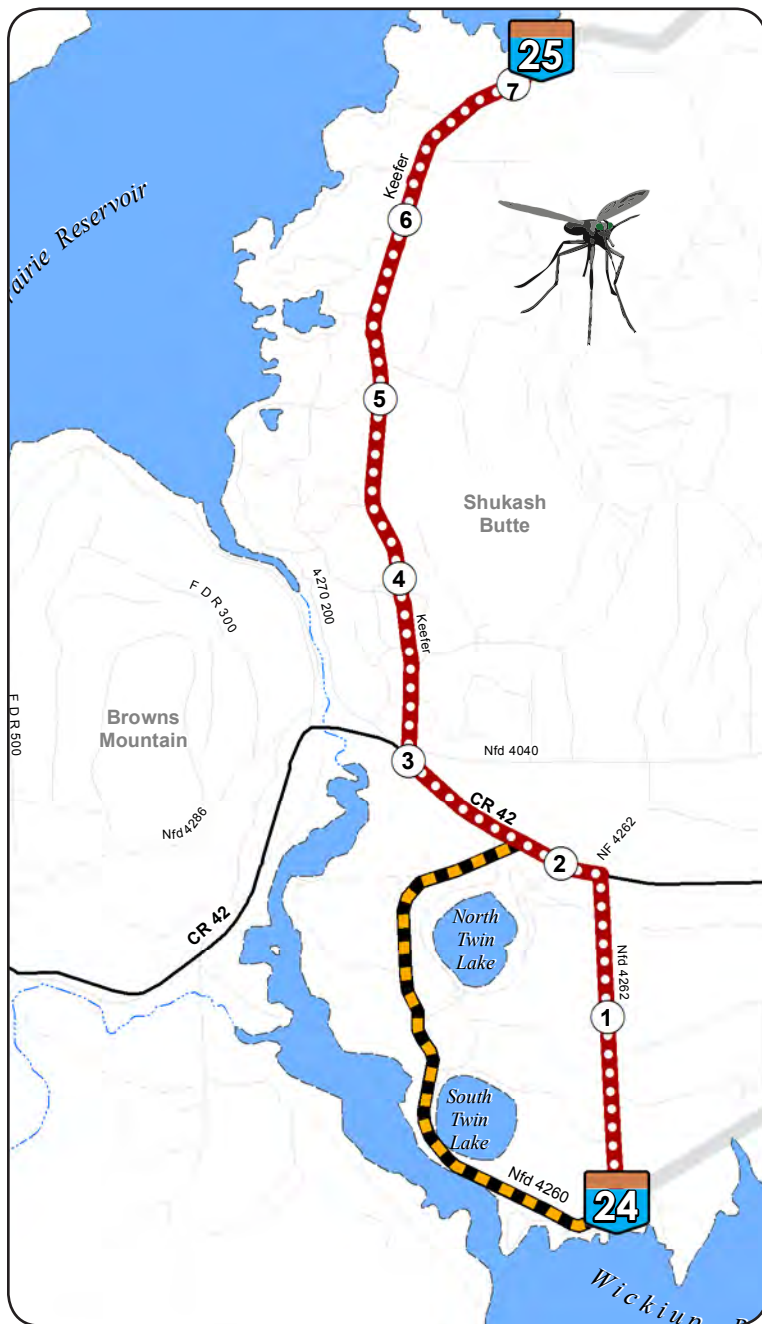
**Surface:** Road

**Exchange Address:** 54650 S Century Dr, Bend, OR 97707

**End location:** Crane Prairie Resort

**Run Side:** **RIGHT**

**GPS:** 43.7972970N, 121.7581340W



**Descriptio :**

Beautiful leg th ough the tall pines near Crane Prairie Reservoir.

**Notes:**

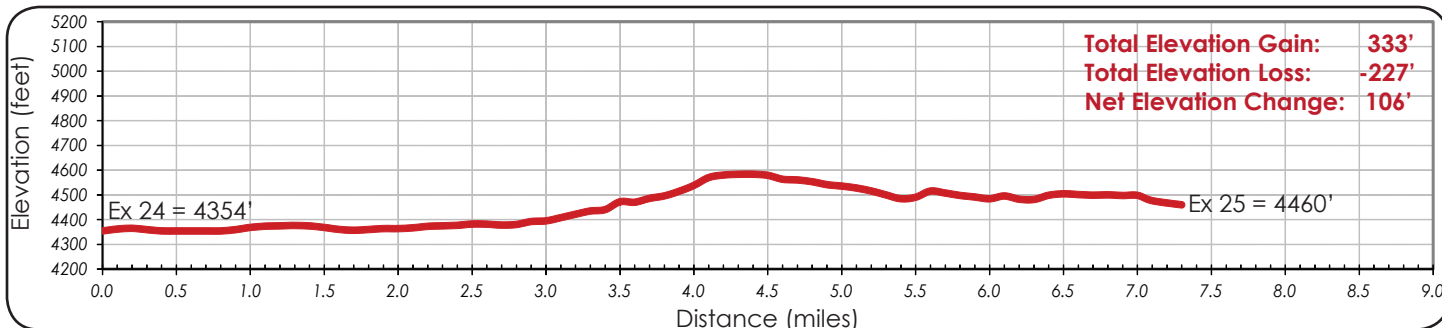
Runners will be unsupported for the fi st 1.8 miles along the gravel road NF-4262 until ou reach S Century Drive. This exchange is located at Crane Prairie Resort. PLEASE be quiet in & around the resort to not negati ely impact campers enjoying a quiet early morning at the lake.

**Runner Direction :**

- 0.0 m START at North Wickiup Boat Ramp
- 1.8 m L - S Century Drive CR-42
- 3.1 m R - E Crane Prairie Rd NF-4270
- 7.3 m FINISH at Crane Prairie Resort

**Van Directions**

- 0.0 m START at North Wickiup Boat Ramp
- 0.1 m L - Twin Lakes Road NF-4260
- 3.1 m L - S Century Drive CR-42
- 4.4 m R - E Crane Prairie Rd NF-4270
- 7.9 m ARRIVE at Crane Prairie Resort





# LEG 26 - 7.0 MILES - MODERATE



**Start locatio** : Crane Prairie Resort

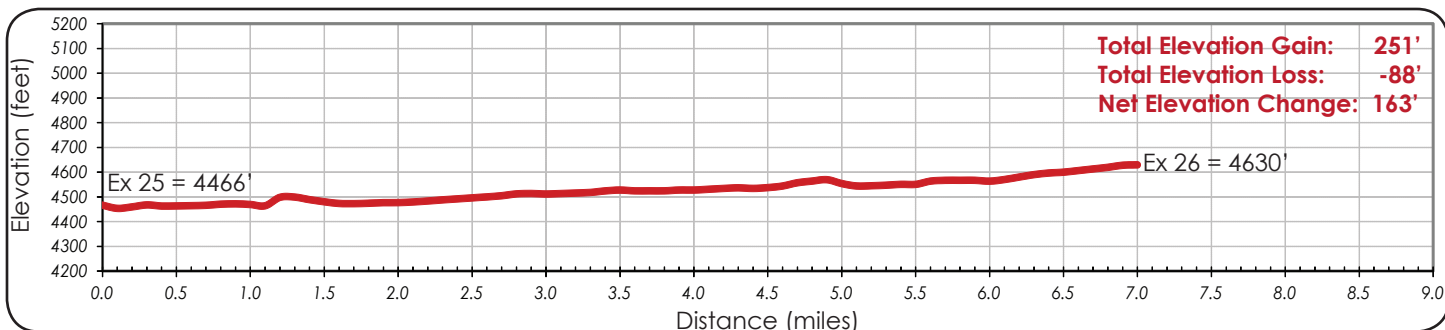
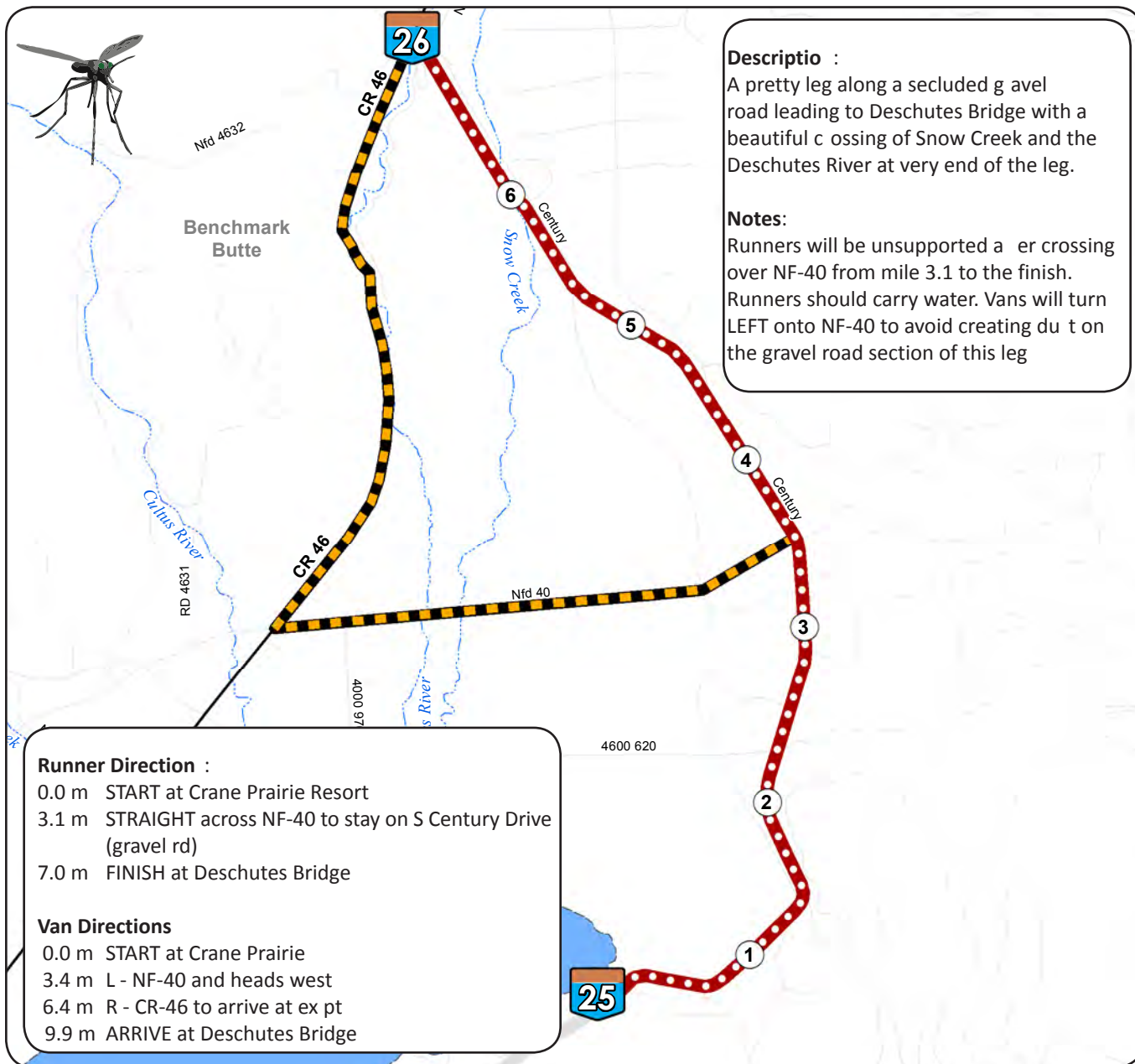
**Surface:** Road / Light Gravel

**Exchange Address:**

**End locatio** : Deschutes Bridge

**Run Side:** **RIGHT**

**GPS:** 43.8738120N, 121.7766510W







# LEG 27 - 6.0 MILES - MODERATE



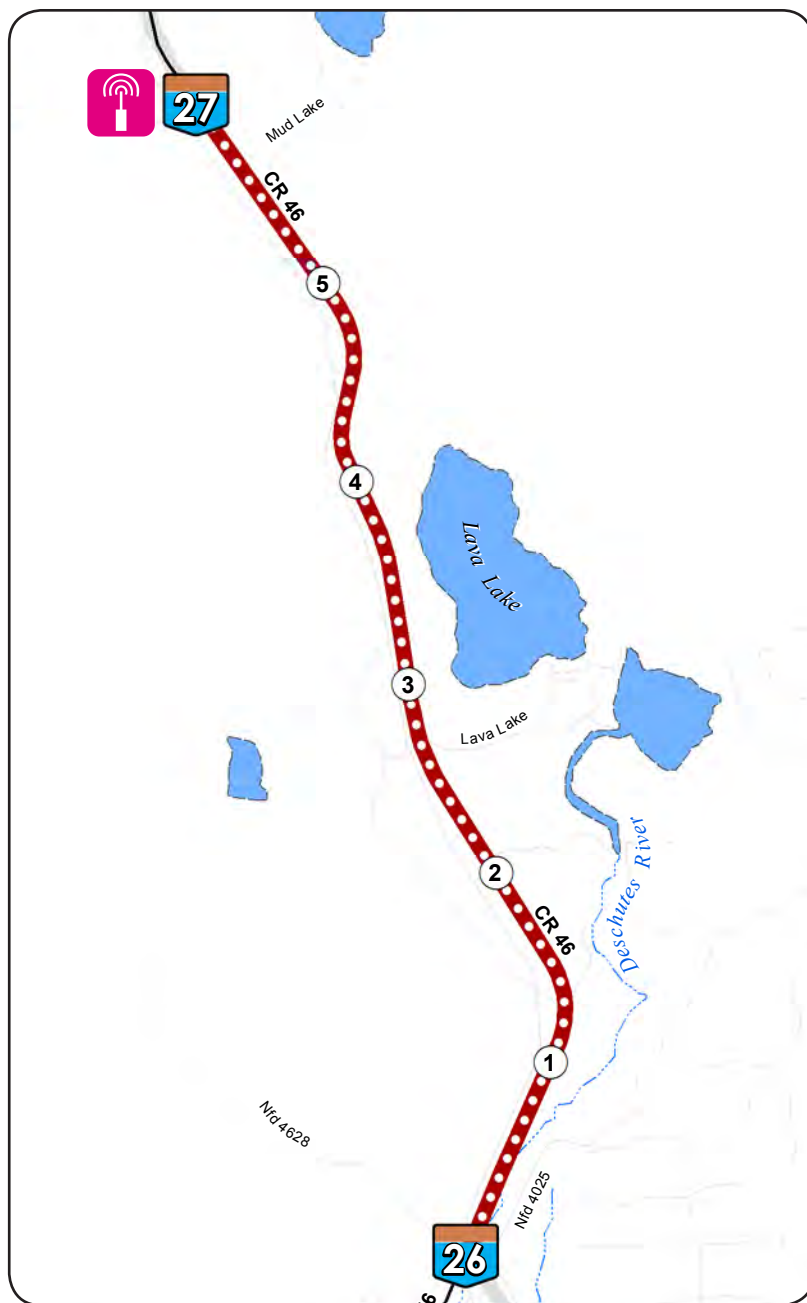
**Start location:** Deschutes Bridge

**Surface:** Road

**Exchange Address:** GPS: 43.953190 N, 121.800750 W

**End location:** Six Lakes Trailhead

**Run Side:** **RIGHT**



**Descriptio :**

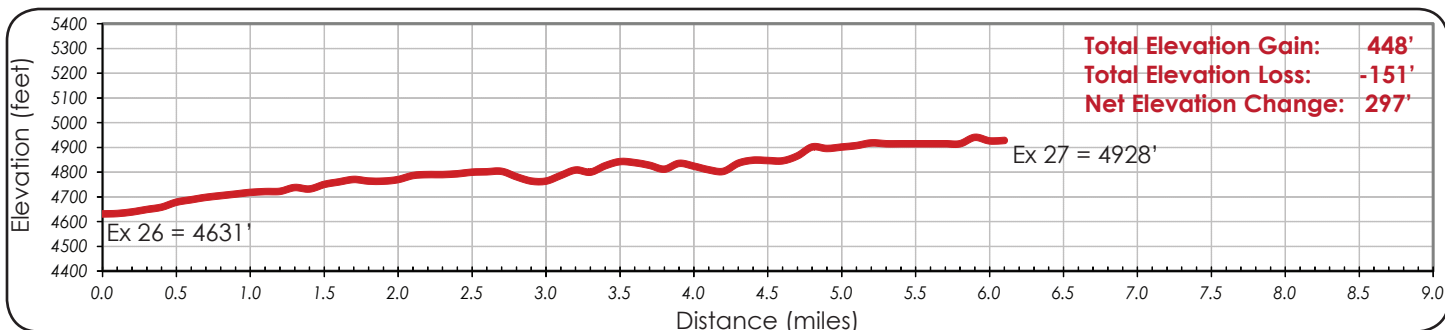
Running alongside the pristine waters of the Deschutes River provides an amazing and refreshing experience. Vans should pull over at legal turnouts along the river and enjoy a quick dip!

**Notes:**

Parking at Ex#28 is located at Six Lakes Trailhead on left. This facility remains open to the public - please be courteous!

**Runner Direction :**

0.0 m START at Deschutes Bridge  
6.0 m FINISH at Six Lakes Trailhead





# LEG 28 - 2.1 MILES - EASY



**Start location :** Six Lakes Trailhead  
**Surface:** Road  
**Exchange Address:** 60000 Century Dr, Bend, OR 97701  
*Costume Contest!*

**End location:** Elk Lake Resort  
**Run Side:** **RIGHT**  
**GPS:** 43.981390N, 121.808930W



### Descriptio :

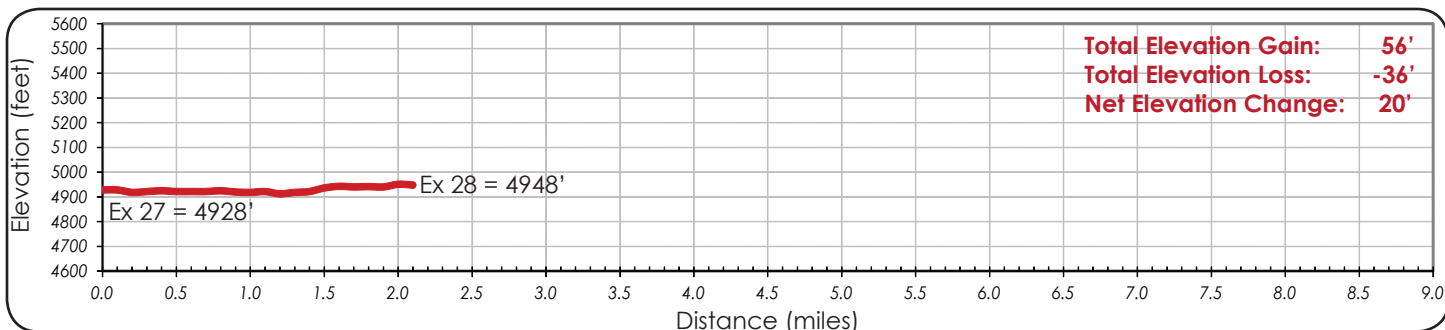
The Costume Contest starts here and the people watching doesn't get any better or more spirited than at CLR! Enjoy the party that our Brewery Sponsor is bringing from 9am-1pm. This leg runs along Elk Lake Resort which provides some really sweet views of the backside of Mt. Bachelor.

### Notes:

LEG 28 COSTUME CONTEST! GET YOUR PHOTO TAKEN AT EX PT #27 TO COMPETE IN THE CONTEST! Vans turn LEFT at Elk Lake Resort Road and drive to the turnaround to return to park on the right (south) side of the road facing the Cascade Lakes Highway. Do not park on both sides of the road.

### Runner Direction :

- 0.0 m START at Six Lakes Trailhead
- 2.1 m FINISH at Elk Lake Resort



**Total Elevation Gain:** 56'  
**Total Elevation Loss:** -36'  
**Net Elevation Change:** 20'

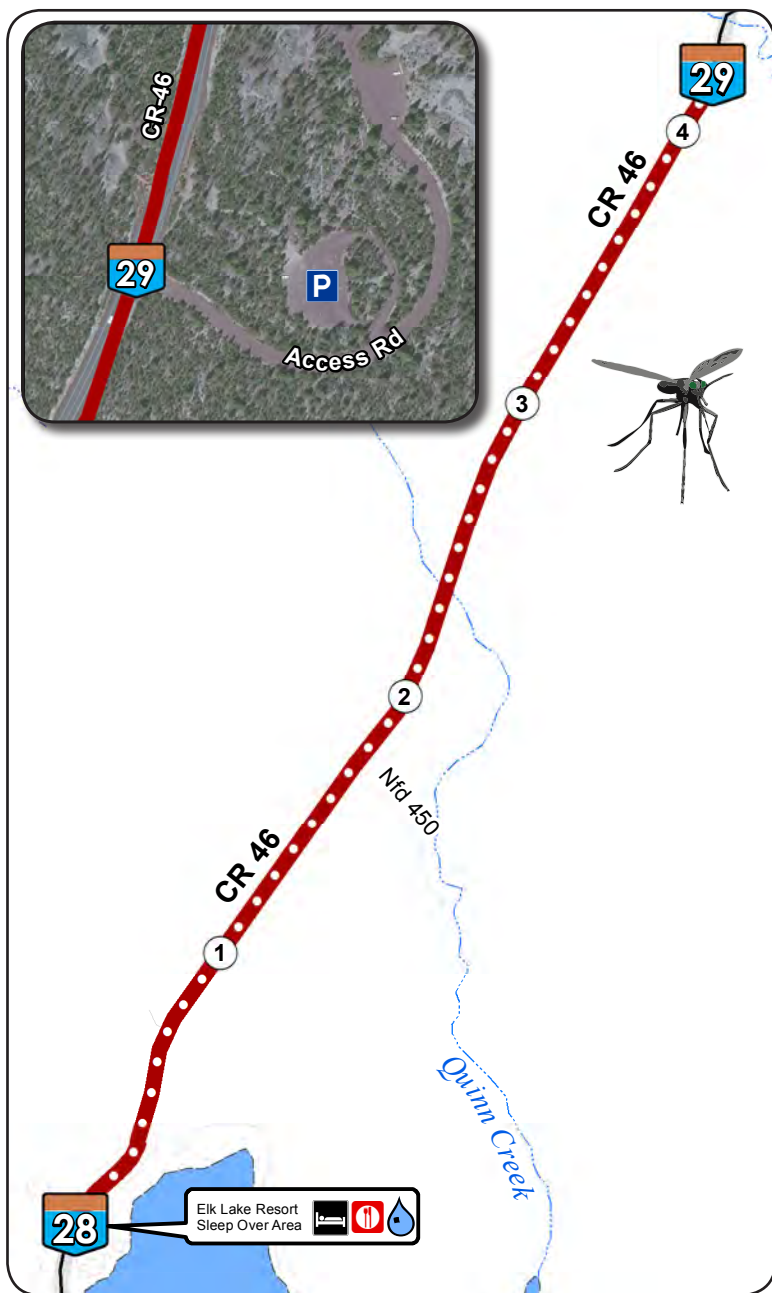


# LEG 29 - 4.2 MILES - HARD



**Start location:** Elk Lake Resort  
**Surface:** Road  
**Exchange Address:** 60000 Century Dr, Bend, OR 97701

**End location:** Devils Lake  
**Run Side:** **RIGHT**  
**GPS:** 44.033580N, 121.767220W



**Description :**

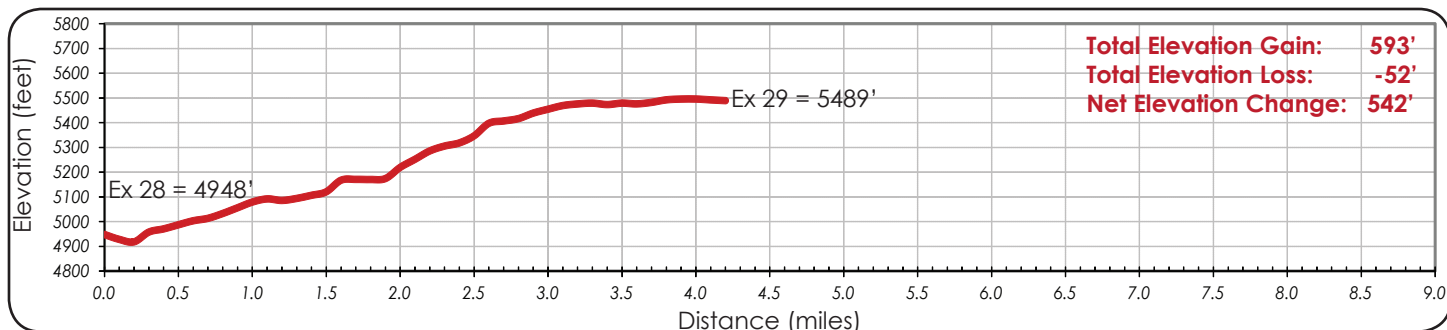
Devils Lake is a beautiful 23 acre high Cascade Lake and it's shallow waters ranging from 3'-10' create a pretty turquoise colored water.

**Notes:**

Parking at Ex#29 is located at Devils Lake Trailhead in the Horse Corral. Turn right onto access road and left into Horse Corral parking lot. Do not block any roads and do not park on CR-46 or within 100' of this intersection! Official parking will be along access road to Devils Lake as the Horse Corral fills up. This facility remains open to the public - please be courteous!

**Runner Direction :**

0.0 m START at Elk Lake Resort  
 4.2 m FINISH at Devils Lake Trailhead





# LEG 30 - 7.1 MILES - WTH!



**Start location:** Devils Lake

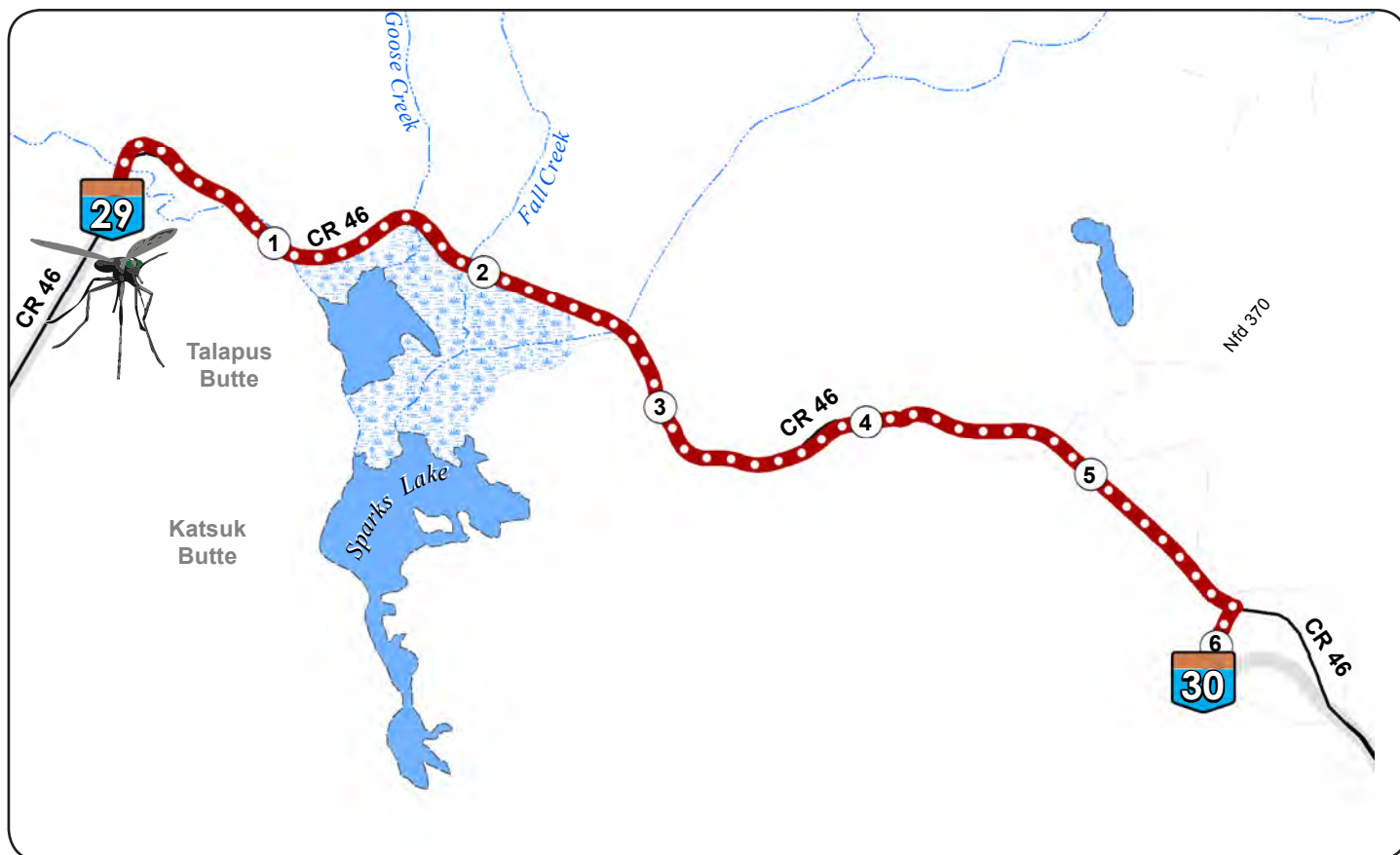
**Surface:** Road/Trail

**Exchange Address:** 13000 Century Drive, Bend, OR 97702

**End location:** Mt Bachelor West Village

**Run Side:** **RIGHT**

**GPS:** 44.0046170N, 121.6783360W

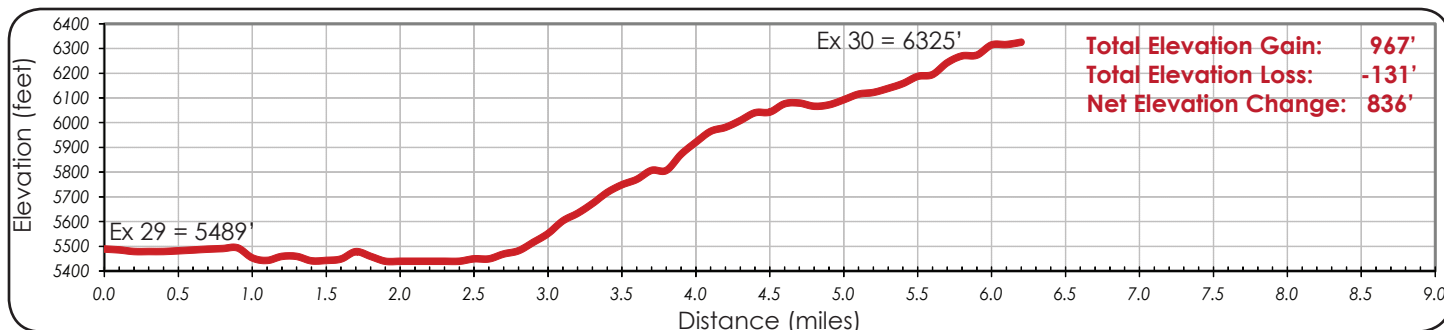


**Notes:**

Due to snow on the common corridor trail in 2023, we are staying on the hwy to the main entrance road to West Village.

**Runner Direction :**

- 0.0 m START at Devils Lake
- 2.7 m Commence Climbing (NO VAN SUPPORT next 2 miles)
- 4.7 m Van Support may commence again at top of the hill at Todd Lake Trailhead
- 6.4 m R - Mt Bachelor West Village Main Entrance Road
- 7.1 m FINISH at Mt Bachelor West Village Road





# LEG 31 - 5.8 MILES - HARD



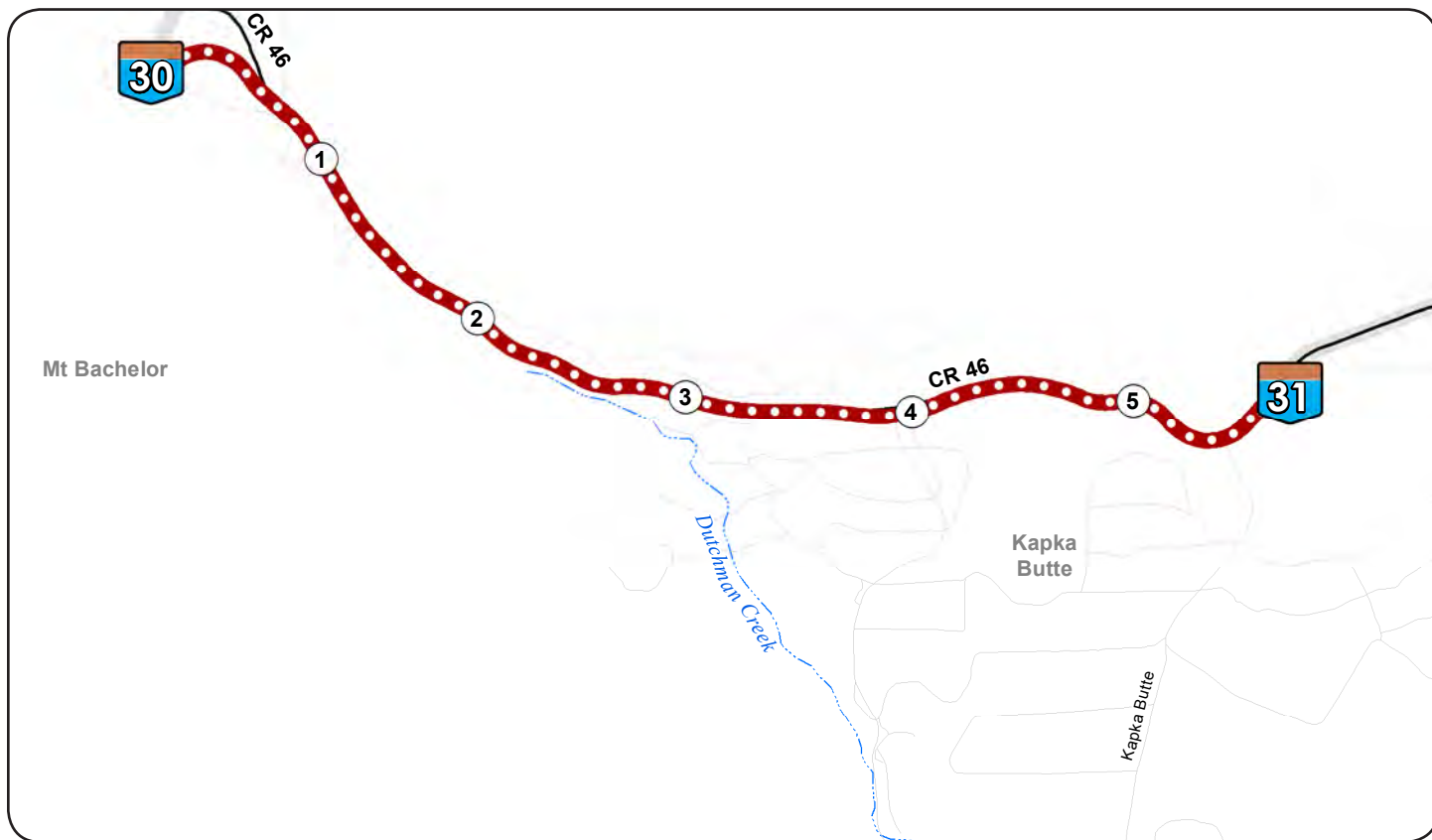
**Start location:** Mt Bachelor West Village

**Surface:** Road

**Exchange Address:** GPS: 43.9830570 N, 121.5788020 W

**End location:** Wanoga Odot

**Run Side:** RIGHT

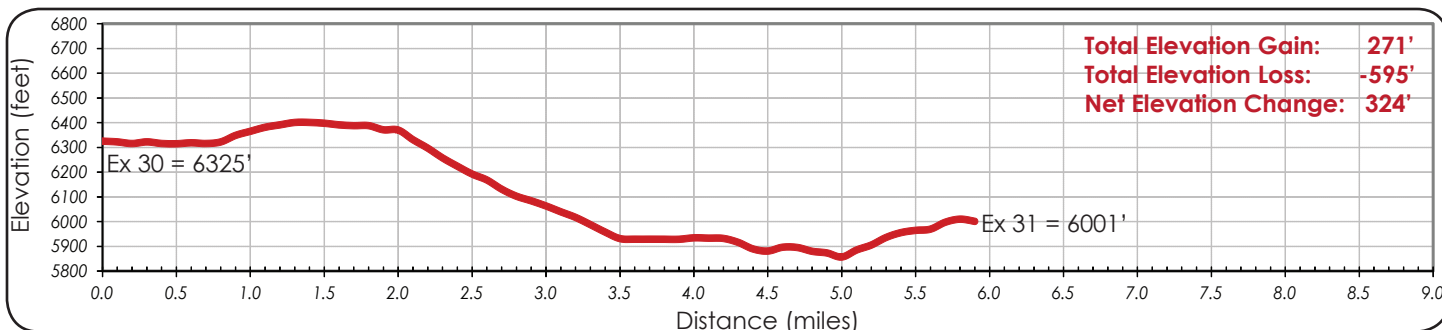


### Description:

This leg is a quad busting downhill from Mt. Bachelor with a tough climb at the end making a sprint to the finish challenging. Those folks that start out too quickly will be punished in the final mile

### Runner Directions:

- 0.0 m START at Mt Bachelor West Village
- 0.8 m Straight to stay on Century Drive (run on right)
- 3.9 m Straight to stay on Century Drive (cross CR-45 carefully)
- 5.7 m R - into Wanoga ODOT parking lot and stay right
- 5.8 m FINISH at Wanoga ODOT





# LEG 32 - 2.2 MILES - EASY



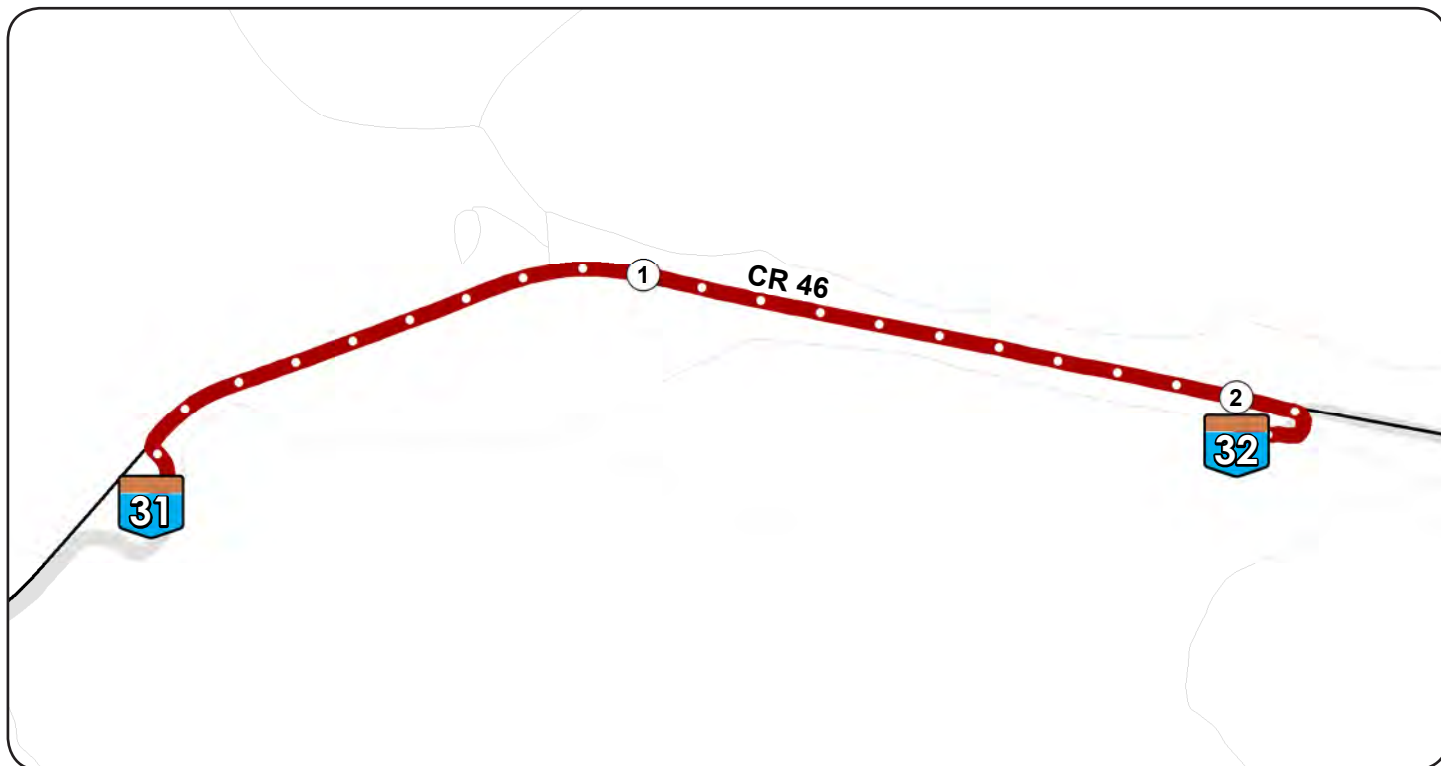
Start location: Wanoga Odot

Surface: Road

Exchange Address: GPS: 43.9840680 N, 121.5428120 W

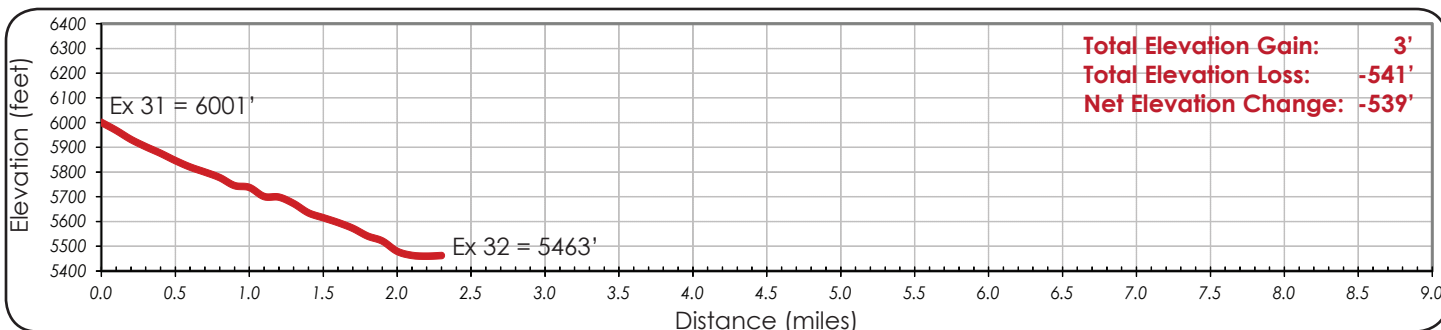
End location: Wanoga Sno-Park

Run Side: **RIGHT**



### Runner Directions:

- 0.0 m START at Wanoga ODOT
- 0.1 m R - back onto Century Drive
- 2.1 m R - into Wanoga Sno-Park
- 2.2 m FINISH at Wanoga Sno-Park





# LEG 33 - 4.7 MILES - MODERATE



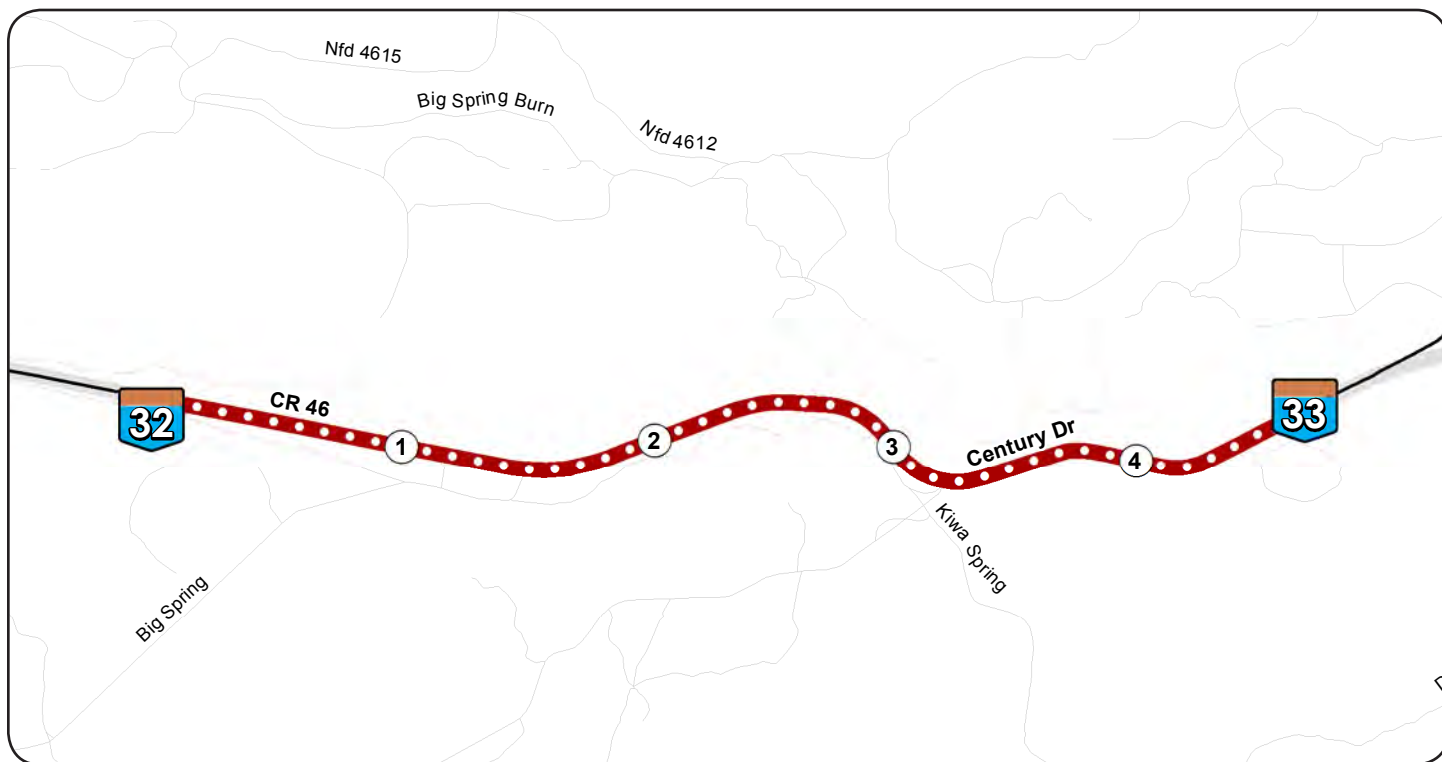
**Start location:** Wanoga Sno-Park

**Surface:** Road

**Exchange Address:** GPS: 43.9837760 N, 121.4532190 W

**End location:** Century Chain-up Area

**Run Side:** RIGHT



**Descriptio :**

With amazing views of Central Oregon from this leg you'll almost forget that you're descending nearly 1000' of elevation in less than five miles.

**Runner Direction :**

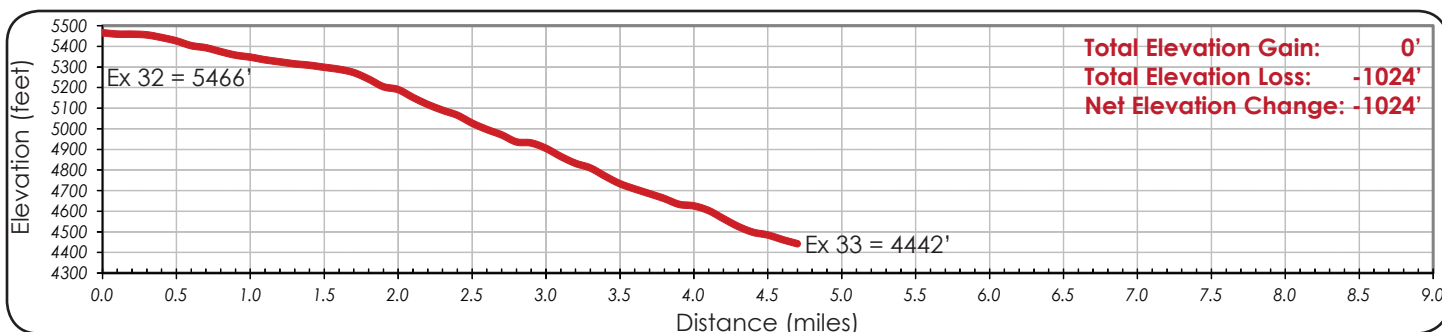
0.0 m START at Wanoga Sno-Park  
4.7 m FINISH at Century Chain-up Area

**Van Direction :**

ONLY THE NEXT LEG RUNNER IS ALLOWED TO GET OUT OF THE VAN WHILE PARKED AT THE CHAIN UP AREA (EX PT 33). NO EXCEPTIONS.

**NEW IN 2017!**

Vans will parallel park on the highway in a protected lane and only Leg 34 runner will be allowed to get out of the vehicle

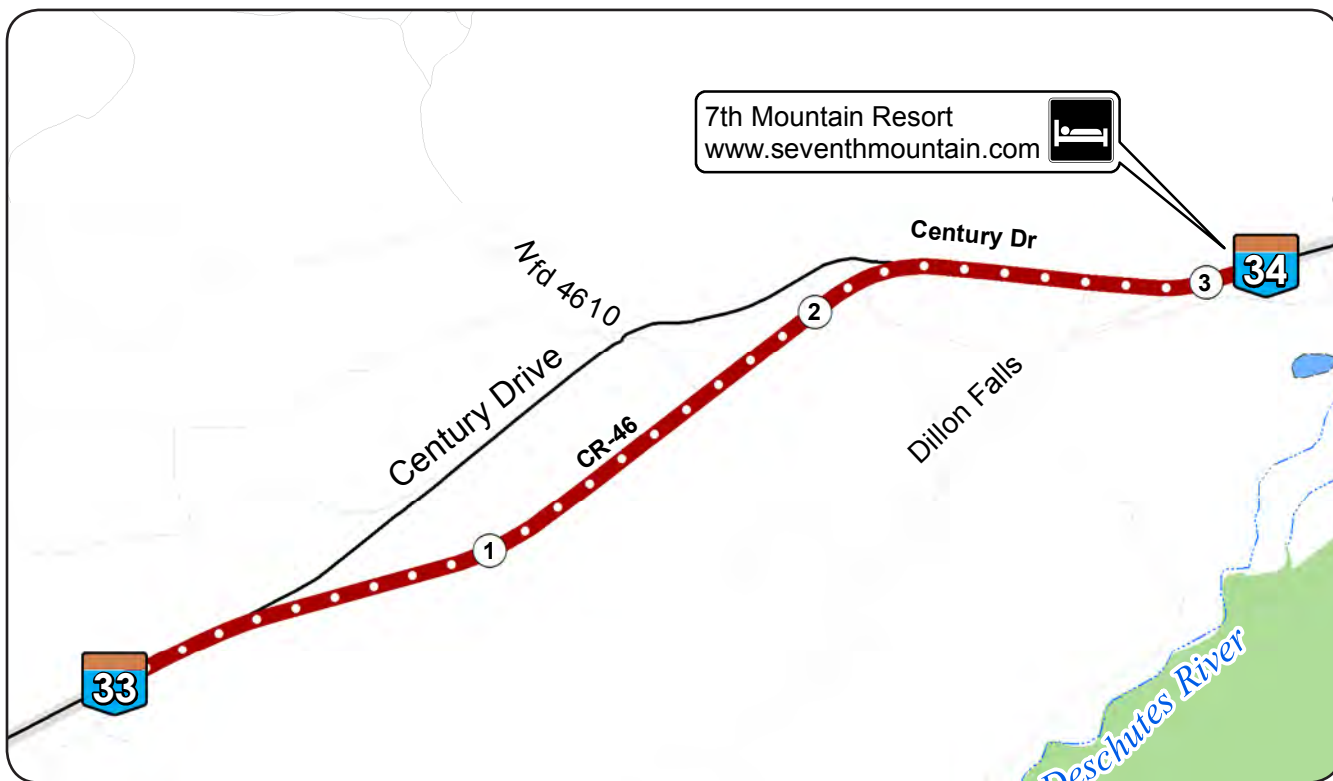




# LEG 34 - 3.1 MILES - EASY



**Start location:** Century Chain-up Area  
**Surface:** Road  
**Exchange Address:** 18575 SW Century Dr, Bend, OR 97702  
**End location:** 7th Mountain Resort  
**Run Side:** RIGHT  
**GPS:** 43.9976160N, 121.3963960W



**Description:**

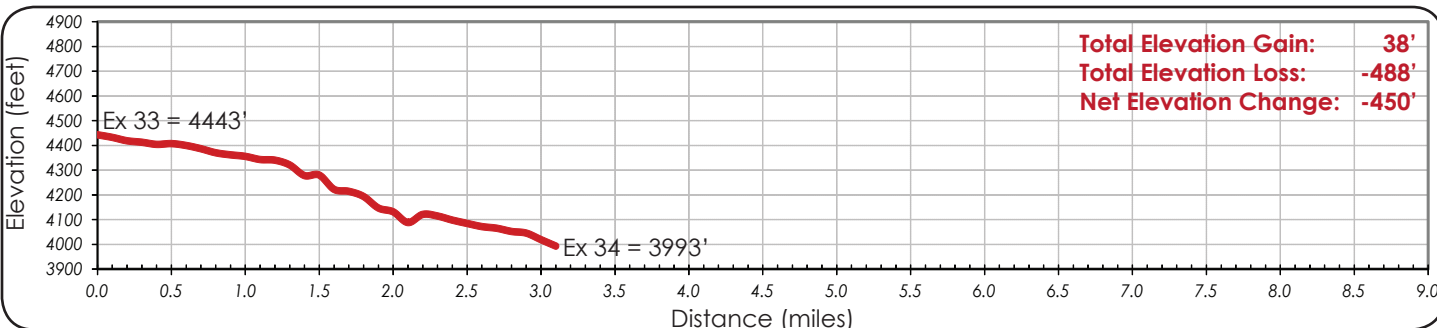
This short leg has you arriving at 7th Mountain Resort, which is a great place to bring your family to enjoy the summer and winter activities of the Cascade Lakes region.

**Notes:**

Parking at 7th Mountain Resort is located on the right in the lower parking lot. Do not park on Highway and do not block the entrance to the resort. Please be respectful of resort guests and do not trample on any native flowers in the front lawn.

**Runner Directions:**

- 0.0 m START at Century Chain-up Area
- 2.7 m Straight at NF-41 to stay on Century Drive
- 3.1 m FINISH at 7th Mountain Resort







# LEG 35 - 4.4 MILES - MODERATE



**Start location:** 7th Mountain Resort

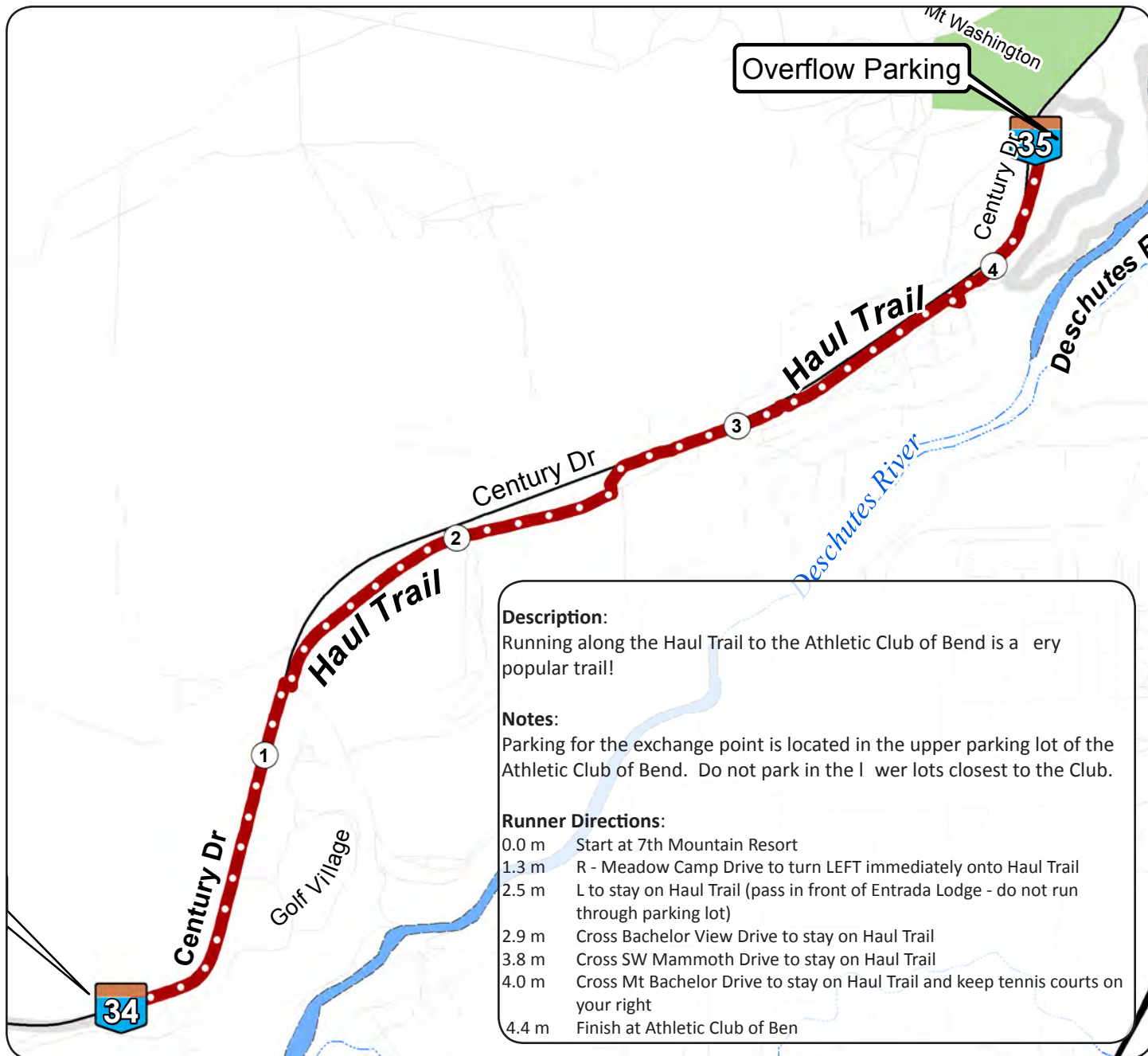
**Surface:** Road / Trail

**Exchange Address:** 61615 Athletic Club D , Bend, OR 97702

**End location:** Athletic Club of Ben

**Run Side:** **RIGHT**

**GPS:** 44.0364070N, 121.337410W

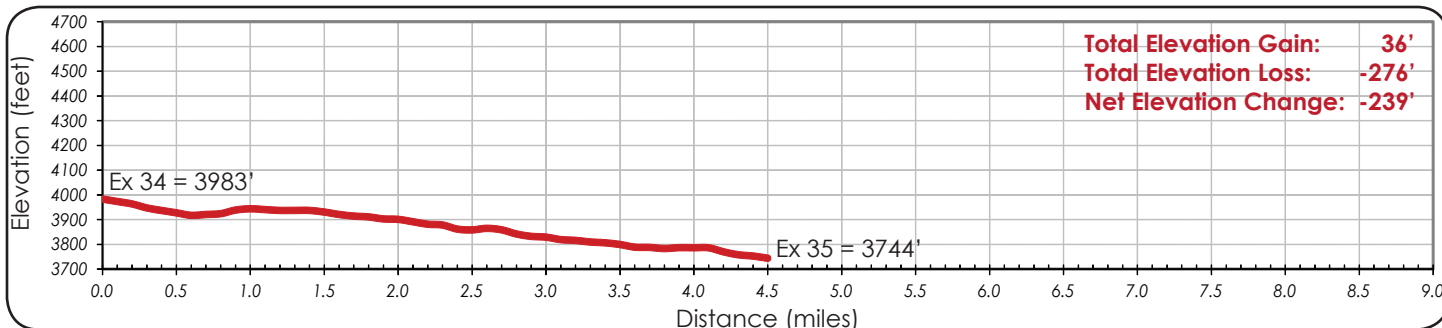


**Description:**  
Running along the Haul Trail to the Athletic Club of Bend is a very popular trail!

**Notes:**  
Parking for the exchange point is located in the upper parking lot of the Athletic Club of Bend. Do not park in the lower lots closest to the Club.

**Runner Directions:**

- 0.0 m Start at 7th Mountain Resort
- 1.3 m R - Meadow Camp Drive to turn LEFT immediately onto Haul Trail
- 2.5 m L to stay on Haul Trail (pass in front of Entrada Lodge - do not run through parking lot)
- 2.9 m Cross Bachelor View Drive to stay on Haul Trail
- 3.8 m Cross SW Mammoth Drive to stay on Haul Trail
- 4.0 m Cross Mt Bachelor Drive to stay on Haul Trail and keep tennis courts on your right
- 4.4 m Finish at Athletic Club of Ben





# LEG 36 - 3.5 MILES - EASY



**Start location:** Athletic Club of Bend

**Surface:** Road / Trail

**Exchange Address:** 799 SW Columbia St, Bend, OR 97702

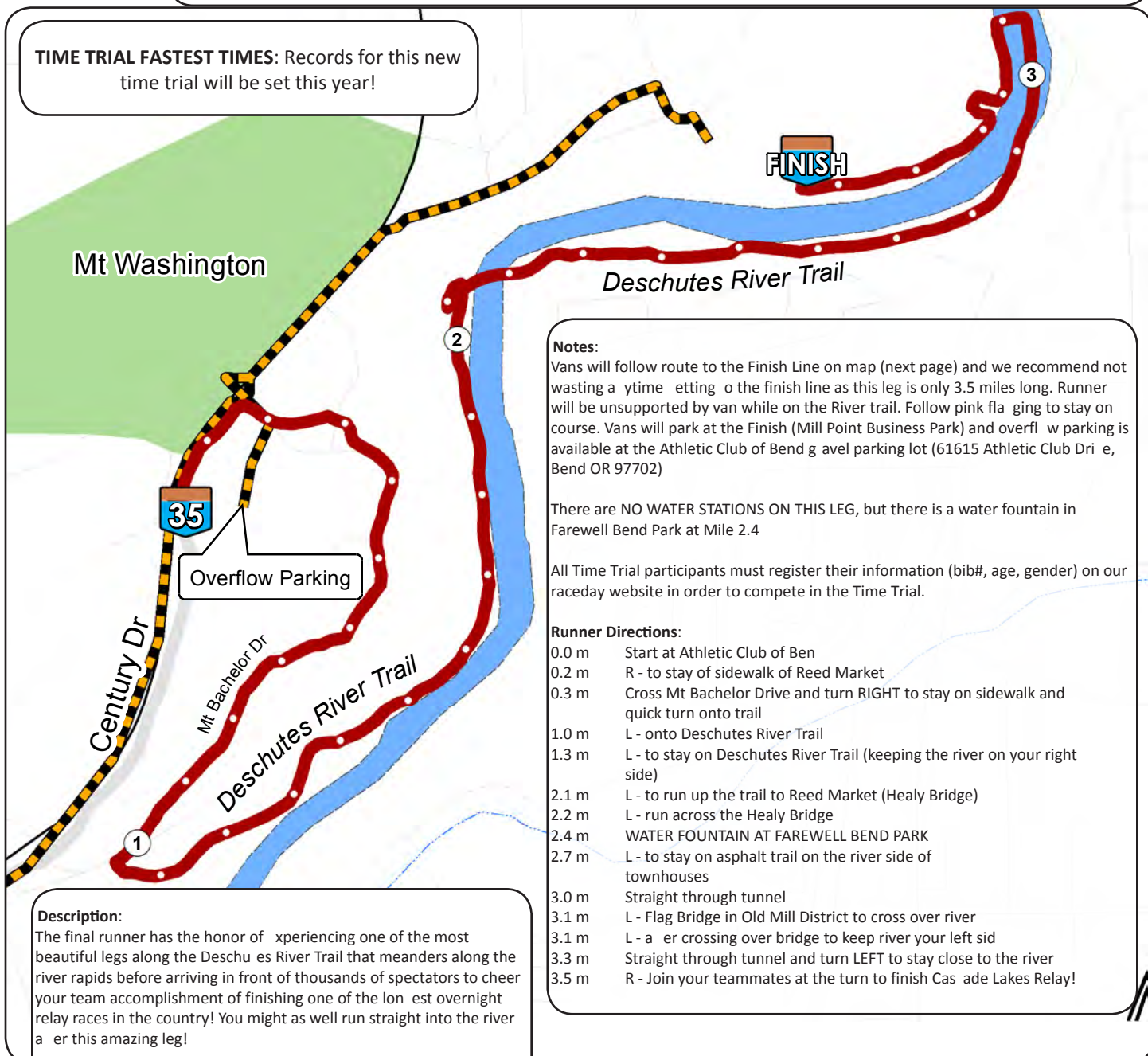
*Time Trial and Costume Contest*

**End location:** Riverbend Park

**Run Side:** **RIGHT**

**GPS:** 44.0425530N, 121.3216060W

**TIME TRIAL FASTEST TIMES:** Records for this new time trial will be set this year!



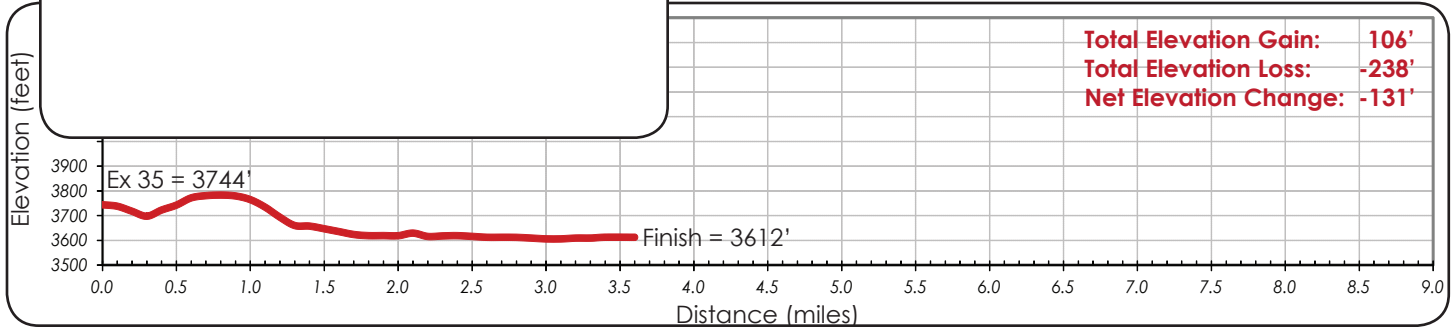
**Notes:**  
 Vans will follow route to the Finish Line on map (next page) and we recommend not wasting a minute getting to the finish line as this leg is only 3.5 miles long. Runner will be unsupported by van while on the River trail. Follow pink flagging to stay on course. Vans will park at the Finish (Mill Point Business Park) and overflow parking is available at the Athletic Club of Bend gravel parking lot (61615 Athletic Club Drive, Bend OR 97702)

There are NO WATER STATIONS ON THIS LEG, but there is a water fountain in Fawcett Bend Park at Mile 2.4

All Time Trial participants must register their information (bib#, age, gender) on our raceday website in order to compete in the Time Trial.

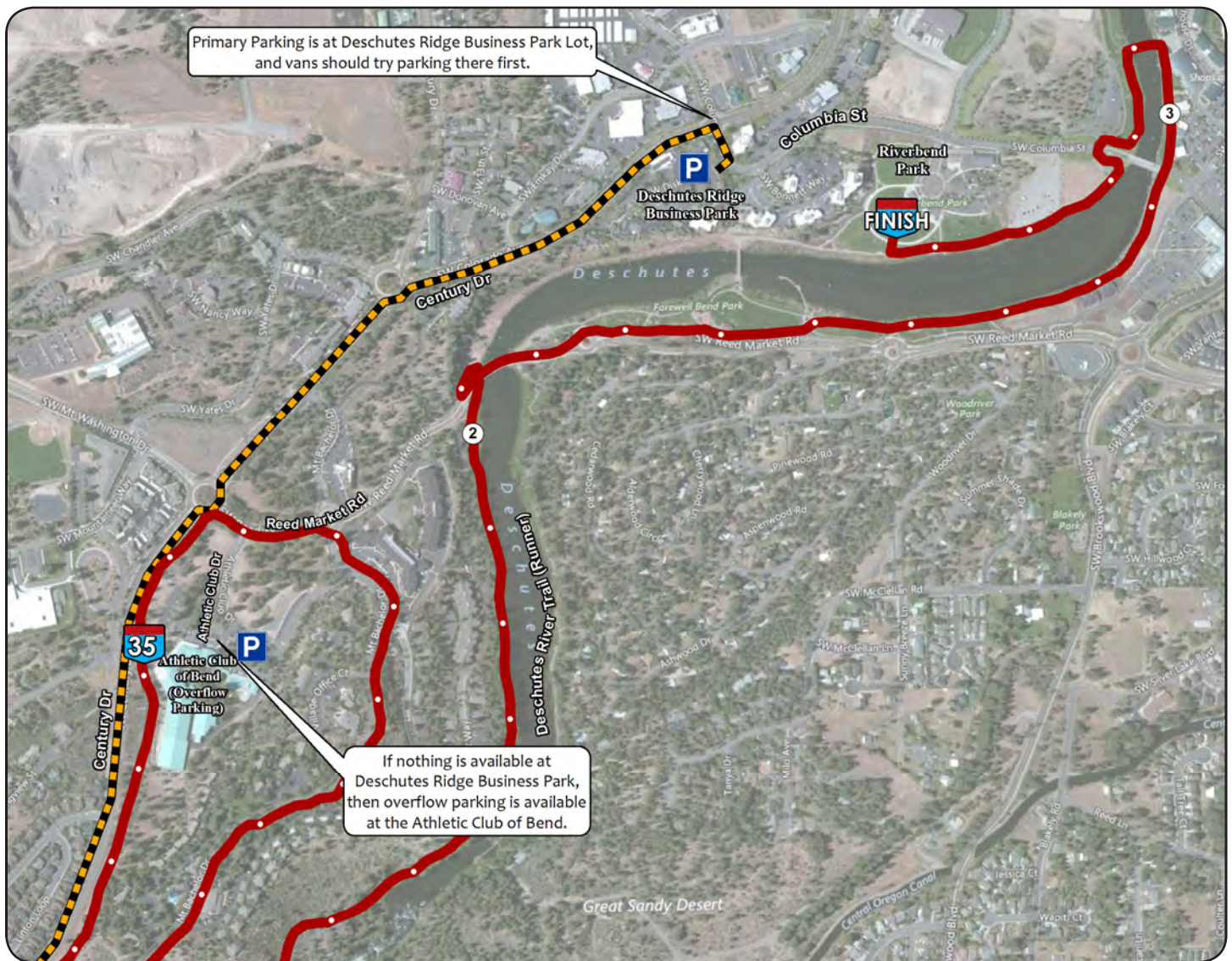
- Runner Directions:**
- 0.0 m Start at Athletic Club of Bend
  - 0.2 m R - to stay of sidewalk of Reed Market
  - 0.3 m Cross Mt Bachelor Drive and turn RIGHT to stay on sidewalk and quick turn onto trail
  - 1.0 m L - onto Deschutes River Trail
  - 1.3 m L - to stay on Deschutes River Trail (keeping the river on your right side)
  - 2.1 m L - to run up the trail to Reed Market (Healy Bridge)
  - 2.2 m L - run across the Healy Bridge
  - 2.4 m WATER FOUNTAIN AT FAREWELL BEND PARK
  - 2.7 m L - to stay on asphalt trail on the river side of townhouses
  - 3.0 m Straight through tunnel
  - 3.1 m L - Flag Bridge in Old Mill District to cross over river
  - 3.1 m L - after crossing over bridge to keep river your left side
  - 3.3 m Straight through tunnel and turn LEFT to stay close to the river
  - 3.5 m R - Join your teammates at the turn to finish Cascade Lakes Relay!

**Description:**  
 The final runner has the honor of experiencing one of the most beautiful legs along the Deschutes River Trail that meanders along the river rapids before arriving in front of thousands of spectators to cheer your team accomplishment of finishing one of the longest overnight relay races in the country! You might as well run straight into the river after this amazing leg!





# FINISH LINE VAN ROUTES



Runners are on a trail for majority of this leg. Vans follow directions below to arrive at Deschutes Ridge Business Park lot at Finish Line. If necessary, overflow parking is located at the Athletic Club of Bend. See map and insert for additional details.

## VAN MILEAGE:

- 0.0 m North on SW Century Dr. / CR-46.
- 4.5 m S at traffic circle to remain on Century Dr
- 4.8 m S at traffic circle to remain on Century Dr
- 5.2 m R onto Columbia St
- 5.3 m Arrive at Deschutes Ridge Business Park (Parking for Finish)

## VAN MILEAGE (starting from Deschutes Ridge Business Park):

- 0.0 m Northwest on Columbia St
- 0.4 m L onto Century Dr
- 0.8 m S at traffic circle to remain on Century Dr
- 1.1 m R at traffic circle (3rd exit) onto Reed Market Rd
- 1.2 m R onto Athletic Club D
- 1.3 m Arrive at Athletic Club of Bend (Overflow Parking)