

5K Trail Description:

The course starts just southeast of the Lowenwood Recreation Center, and follows a gently rolling ski trail for the first half kilometer, before joining a 100 meter section of asphalt road around the south end of Little Donahue Lake. From here, the course turns left onto a scenic section of singletrack, which takes you through a stand of hemlocks overlooking the lake (look and listen for the pair of loons that nest here). At the north end of the lake, the runners will make a short, steep climb to cross a campus road, before rejoining the rolling single track which follows the eastern and northern edges of scenic Lake Elaine. About half way through the course, runners will transition to gently rolling ski trail, which first passes Conserve School's organic garden and athletic fields before transitioning to second-growth stands of northern hardwoods, pine, and fir. As runners near the end of the course, they will run to the right of the recreation center, to join a short section of single track along the shore of Big Donahue Lake. A left – hand turn takes runners onto a gentle ski trail for the final 200 meters of the course, which ends near the recreation center.

20K Trail Description:

The course starts just southeast of the Lowenwood Recreation Center, and follows a gently rolling ski trail for the first half kilometer, before joining a 100 meter section of asphalt road around the south end of Little Donahue Lake. From here, the course turns left onto a scenic section of singletrack, which takes you through a stand of hemlocks overlooking the lake (look and listen for the pair of loons that nest here). At the north end of the lake, the runners will make a short, steep climb to cross a campus road, before rejoining the rolling single track which follows the eastern edge of scenic Lake Elaine. At the northeast corner of the lake, runners will make a sharp right onto rolling ski trail. For 3.5 kilometers, this trail winds through a forest dominated by hemlock and other northern hardwoods, providing glimpses of Little Bateau Lake and Big Bateau Lake. At the Lake Elaine boat landing, runners rejoin a scenic section of singletrack, with several vistas of Lake Elaine. This singletrack section concludes with runners turning left onto gently rolling ski trail, which first passes Conserve School's

organic garden and athletic fields (and the first aid station, at 4 miles) before transitioning to second-growth stands of northern hardwoods, pine, and fir. Over the next 4.5 kilometers, the course winds through the forest and along the edge of northern bogs, before turning right to follow the edge of a field bordering Inkpot Lake. At the lakeshore, runners will face a short, steep climb before heading back into the woods on the ski trail. The course will pass Dollar Lake on the right, with runners passing the second aid station at 8.9 miles. Just after the aid station, runners follow a short stretch of singletrack, before rejoining the ski trail for another 1.5 kilometers. A 450 meter singletrack trail brings runners to the northwest corner of the recreation center, where they will run to the right of the building to join a section of single track along the shore of Big Donahue Lake. The trail will cross a campus road to continue on the singletrack that circumnavigates Little Donahue Lake. At the southeast corner of the lake, the course turns right onto a 100 meter section of asphalt road, before turning left into the woods for the final half kilometer to the finish near the recreation center.