

MOOSALAMOO ULTRA RUN

36 MILES

START: BLUEBERRY HILL INN



2.1 Miles on Goshen/Ripton Road

Left onto Moosalamoo Campground Access Road

.5 Miles on Access Road

Sharp Right into small parking lot and start of Moosalamoo single track. ♦ Drink water here and fill up your bottles. ♦

5.3 Miles difficult single track. This includes trek to top of Moosalamoo Mountain, then down to North Branch trail and Aid Station #1. You will likely encounter stinging nettles on the way to the top. None on the way down. Enjoy the itch. **Be very careful running along cliff edge.**

*** Enjoy the View of Lake Dunmore! ***

**AID
STATION
#1**

@ 7.9 Mile Mark

Water, Gatorade, Pretzels & M&M's

2.3 Miles mostly gradual up on North Branch trail, single track. *** Enjoy the Brook! ***

North Branch trail ends

.6 Miles back up the Access Road and across Goshen/Ripton Road

**AID
STATION
#2**

@ 10.8 Mile Mark

Water, Gatorade, Mountain Dew, Coke, PB&J sandwiches, Chips, Pretzels, Cookies & M&M's

4.5 Miles out and back on trail, back to Aid Station. Easy Flat Terrain. May be muddy and slippery.

*** Look forward to Nettles! ***

**AID
STATION
#2**

@ 15.3 Mile Mark

Water, Gatorade, Mountain Dew, Coke, PB&J sandwiches, Chips, Pretzels, Cookies & M&M's

Easy 1.1 miles then 36 milers turn left and 14 milers turn right. Intersection will be well marked.

.6 miles up to Forest Road #67

1.2 miles up on Forest Road to Sucker Brook Trail.

1.5 miles down Sucker Brook to Goshen Dam Road.

Water, Gatorade, Mountain Dew, Coke, PB&J sandwiches, Grilled Cheese sandwiches, Cookies, Chips, Pretzels, Watermelon & M&M's

**AID
STATION
#3**

@ 19.7 Mile Mark



- ◆ Drop bags allowed at Aid Station #3. Please hand over at check-in desk.
- ◆ If you are toast at this point you may head back 1.25 miles on Ripton Road and return to the Inn. You will be listed as DNF. Just tell the finish line volunteers.

Left down Goshen Dam Road

.3 miles on road then turn right onto trail

—————> Do Not Miss This Turn! <—————

.35 mile trail section then cross Goshen/Ripton road.

3.6 Miles mostly down with short section of dirt road about half way then on to the Penstock section that circles the hill ending at Silver Lake. (The Penstock is a large pipe that carries water to the lake.)

*** Take a moment to enjoy beautiful Silver Lake! ***

**AID
STATION
#4**

(Silver Lake)

@ 23.9 Mile Mark

Water, Gatorade, Mountain Dew, Coke, Cookies, Chips, Pretzels, Watermelon & M&M's

.7 Miles on dirt road uphill into woods

—————> Do Not Miss This Turn! <—————

2 Miles flat and wet on trail, just before next road section you will run through a swampy area with cattails. There is no dry route across here -- just go for it!

Go across Goshen/Ripton Road, then uphill on Goshen Dam Road .4 miles to aid station on right.

**AID
STATION
#3**

(2nd Visit)

@ 27 Mile Mark

Water, Gatorade, Mountain Dew, Coke, PB&J sandwiches, Chips, Cookies, Pretzels, Watermelon & M&M's

1.9 Miles to Inn. Follow **PINK** Marking to Inn!

DO NOT CROSS ROAD EXCEPT TO GO TO YOUR CAR AS THIS COULD CAUSE THE FOLKS TIMING TO MISTAKE YOU AS FINISHING.

**Blueberry
Hill Inn**

@ 28.9 Mile Mark

Follow **ORANGE** Marking behind Inn onto Romance Mountain Loop

2 Miles up to next Aid. Likely Unmanned.

**AID
STATION
#5**

@ 30.9 Mile Mark

Unmanned Aid Station.
Water, Gatorade, Mountain Dew, Coke, Cookies & Chips

.9 Miles Up and Up. Treat this as a nice power walk break. Reward is 1.5 Miles wonderful downhill.

Left onto Sucker Brook 1.1 miles (you have been here before.)

Left onto Stewart Trail and 1.6 miles to Finish at Ski Center.

Follow **PINK** ribbons (yes you have been here before as well) to the BIG FINISH!

FINISH: BLUEBERRY HILL SKI CENTER

Smile and do the Moose finish dance if your legs will cooperate. You have just finished the toughest 36 mile race in the state of Vermont!

