

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.

4.6 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**

@ 7.2 Mile Mark

Water, Cookies, Pretzels
and 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**

@ 10.1 Mile Mark

Water, Cookies, Chips, Pretzels,
M&M's and PB&J sandwiches

5.5 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**

@ 15.6 Mile Mark

Water, Cookies, Chips, Pretzels,
M&M's and PB&J sandwiches



2 Miles easy uphill on trail with Sugar Hill reservoir on right.
 1 Mile up on dirt road - very likely no traffic.
 2 Miles easy down on trail with 200 yards on Goshen Dam dirt road about .25 miles before aid.
 Then cross Goshen/Ripton road and aid is under the tarp.

AID STATION #3

@ 20.6 Mile Mark

Water, Cookies, Chips, Pretzels, M&M's and PB&J sandwiches



- ◆ 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 still get a medal!



3.5 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)

@ 24.1 Mile Mark

Water, Cookies, Chips, Pretzels, M&M's, Watermelon, Grilled Cheese sandwiches



- ◆ Long Dry Spell Ahead. No Aid for 5 Miles. Load up on Water!!!



4.9 Miles across dam onto Chandler Ridge. Difficult but beautiful single track. Keep an eye out for bikers on the trail.

*** Watch out for Cliff! ***

Cliff should have tape across it but if not and you were to step off it's a long drop!

**AID
STATION
#5**

@ 28.9 Mile Mark

Water, Cookies, Chips, Pretzels,
and M&M's

Aid Station #5 Unmanned

3.3 Miles Back to Silver Lake. Leaving unmanned aid station on sweet Mountain bike single track then gradual up on old access road.

*** Nettles may be Epic! ***

**AID
STATION
#4**

(Silver Lake)

@ 32 Mile Mark

Water, Cookies, Chips, Pretzels,
M&M's, Watermelon, Grilled
Cheese sandwiches

.7 Miles on dirt road uphill.

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

Turn right onto Goshen/Ripton Road.

On the road again...

1.1 Miles back on Goshen/Ripton Road.

FINISH: BLUEBERRY HILL INN

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!

