

GRAND TETONS RACES

ULTRAMARATHON COURSE DESCRIPTION

- The course for both Ultramarathon Races is composed of three sections (A, B, & C) which make one 25 mile loop – the 100 milers will run this 'loop' four times and the 50 miles will run the 'loop' twice.
- The Marathon course differs only near the end of Section A, on the descent from Fred's Mountain, where it makes a right turn onto a cat-track to extend the distance and total 26.2 miles.
- The mileage listed in this description is only for the first loop. Please consult the Aid Station Spreadsheet for exact mileage/distance for subsequent loops on the 100 and 50 mile courses.

ULTRAMARATHON COURSE DESCRIPTION (FOR ONE, 25-MILE LOOP)

SECTION A: TARGHEE BASE – FRED'S MOUNTAIN – TARGHEE BASE (0 – 5.6 miles)

From the starting line (which is near the base of the Dreamcatcher Chairlift, just beneath the deck of the Trapp Bar) the course heads uphill, following the signs for Section A - FRED'S MOUNTAIN, via the Teton Vista Traverse Trail (which is a service road) to the summit of Fred's Mountain and the top of the Dreamcatcher Chairlift. ABOUT THREE-TENTHS OF A MILE FROM THE START YOU WILL SEE A TRAIL/SERVICE ROAD ON YOUR LEFT – DO NOT TURN ONTO THIS TRAIL AT ANY TIME. IT IS PART OF THE MARATHON COURSE ONLY! This is definitely the steepest and probably the most difficult section of the course, with 1,840ft of elevation gain over the 2.8 miles and a few technical, rocky sections as you get closer to the top. Additionally, this section of the course will see two-way traffic, so please be courteous to other runners. After covering 2.7 miles on this service road, and crossing underneath the Dreamchaser Chairlift, you will arrive at a major intersection, which will be clearly marked. Turn RIGHT at the intersection and continue one-tenth of a mile uphill until you arrive at **Aid Station #1/Fred's Mountain (2.7 miles; no crew access; no drop bags)** near the top of the Dreamcatcher Chairlift. Aid Station #1/ Fred's Mountain is the turn-around point for this section of the course; additionally, it is the highest point on the course at 9,840ft. After checking in and out of the aid station, you will turn around and head back down the mountain via the same service road. Again, please keep in mind that this section of the course will see two-way traffic. As you approach the bottom of the hill and see the Base Aid Station, turn right on the trail and head under the Dreamcatcher Chairlift. After passing a small service building on your left proceed down the hill to **Aid Station #2/Base Area (5.6 miles; drop bag)**.

**SECTION B:
TARGHEE BASE - MILL CREEK TRAIL – TARGHEE BASE
(5.6 – 20.0 miles)**

After passing through the Base Aid Station (#2), continue in the same direction (toward the deck of the Trapp Bar) and stay to the right as you are looking up the hill, following the dirt road up the cat-track/service road following the SECTION B/MILL CREEK signs and the Sacagawea Chairlift (take the cat-track/dirt road that is just above and to the left of the Trap Bar deck – DO NOT follow the signs for Section A, which is the same cat-track/dirt road that brought you to the top of Fred's Mountain. (You will most likely see two-way traffic on this section of the course, too.) Follow this service road, proceeding uphill, for approximately one mile until it splits, which occurs about 200 feet before going under the Sacagawea chairlift. At the split, stay to the right so you are following the dirt road and heading slightly downhill...not uphill! After passing under the Sacagawea chairlift you will continue about two-tenths of a mile until you come to a ridge (Lightning Ridge) and some trail intersections. Upon reaching the ridge, follow the dirt/gravel road to the left as it drops down and into a canyon (you will be headed into Teton Canyon). This is now considered the Mill Creek Trail; you will stay on this 'trail' for 3.5 miles. After leaving the ridge, you will travel about four-tenths of a mile downhill and pass by a wooden platform (with picnic tables) on the right side of the trail. This is **Aid Station #3/Cat Ski Platform-Out (7.5 miles; water only; no crew access; no drop bags)**. About 1.2 miles farther down the Mill Creek Trail you might see a trail off to the right – stay left at this point! (In another 8.2 miles, you will return to this point on the Mill Creek Trail via the trail on the right.) The Mill Creek Trail ends just in front of a gravel road/parking, just after a small stretch of sagebrush. Exit the trail and turn right onto Teton Canyon Road, which is a dirt/ravel road. (If you've been in Teton Canyon in the winter months, you will notice that this area is the parking lot for the X-C skiing loop.) Follow the Teton Canyon Road for seven-tenths of a mile until it dead ends at the Stop Sign on Ski Hill Road. **Aid Station #4/Ski Hill Road Lower (11.3 miles; crew access; drop bags)** will be located in a paved turnout/parking area on Teton Canyon Road, just before the Dead End at Ski Hill Road.

At the Stop Sign on Teton Canyon Road, turn right onto Ski Hill Road. PLEASE stay on the RIGHT side of the pavement, as there are some very sharp, blind curves on the road, which are quite dangerous. (Please note, this section of road WILL NOT be flagged because you will leave the pavement when you arrive at the next aid station, which is Cold Springs.) You will be on Ski Hill Road for 3.2 miles and should have more amazing Teton views over the first mile on this paved section of the course. After passing the "scenic overlook" parking lot, you will next pass by a small turnout for "slower traffic" and then the road will go through a series of several small, winding curves. At 3.2 miles you will arrive at **Aid Station #5/Cold Springs (14.6 miles; crew access; no drop bags)** and the turnoff to the Cold Springs Trail. Turn right here and you will be on the Cold Springs Trail for 2.3 miles until it merges back onto the Mill Creek Trail. This 2.3 mile section is perhaps the trickiest part of the course, so please pay attention to the trail markings; we will do our best to 'over flag' this section of the course. At five-tenths of a mile on the Cold Springs Trail, you will come to a "buck-rail" log fence...stay to the left of the fence and follow the trail up a short hill. (The fence surrounds Cold Spring and you might see a Moose here on quiet day.) After this point, the trail will go up and down many small hills and you might see several little off-shoots at various points. Again, it will be well marked, so please pay attention to the flagging as it is almost impossible to provide

a verbal description for this section of trail as there are no permanent trail markers in place. When you re-join the Mill Creek Trail, stay to your left...this brings you back to the two-way traffic section of the trail. You are now 1.2 miles from Aid Station #6 which is the same platform you passed on your way down Mill Creek Trail into Teton Canyon. After passing **Aid Station #6/Cat Ski Platform-return (18.1 miles; water only; no crew access; no drop bags)**, you will travel about nine-tenths of a mile uphill, staying to the right when you reach the top of the ridge, and then up another smaller hill. Once you pass under the Sacagawea chairlift, a steep downhill will bring you back to the Base of Grand Targhee and **Aid Station #7/Base Area (20.0 miles; crew access; drop bags)**.

SECTION C

TARGHEE BASE - RICK'S BASIN - TARGHEE BASE (FINISH) (20.0 miles-25.0 miles)

After checking in and out of Aid Station #5/Base Area, continue straight up the hill/trail that is to the left of the Dreamcatcher Chairlift and to right of the Ski School (log) building and follow the signs for SECTION C - RICK'S BASIN. At the top of this small hill, head left on the service road. When the service road splits, turn right and head up the small hill towards Rick's Basin. In approximately two-tenths of a mile the trail will split again, just after the tall steel poles wrapped with black padding. (It is possible that you will see two-way traffic up to this point.) At the split, head left following the trail (not the service road) as it goes slightly downhill, then bends to the left and continues uphill. At the top of this hill you will enter Rick's Basin. (Please note, you are likely to see runners in all parts of this Basin, which might be confusing on your first loop...if you follow the trail marking you should have no problems staying on course.) When running this loop, please follow the pink/blue ribbons as well as the colored "pin flag" trail markers that will mark the course; do not follow any flagging or ribbon attached to tall poles or tall wooden sticks. Stay left on the trail for about six-tenths of a mile until the trail splits. Turn right at this junction and in about 100 yards the trail will split again...stay to the right and follow the single track as it heads downhill. From here, stay left at any subsequent intersection in the Basin. After a few miles you will pass through some Aspen groves and then wind slightly downhill before crossing a wooden bridge. About a 1/2 mile after crossing the bridge, you will come to another intersection. Again, stay left on the trail. Soon you will arrive at **Aid Station #8/Rick's Basin (23.7 miles; water only; no crew access; no drop bags)**, which will be on the right side of the trail at the top of a slight hill. Near the end of the Rick's Basin loop you will head up another gradual hill, pass an old, rotting picnic table (on your right) and then begin a descent that brings you underneath the Blackfoot Chairlift. Keep following the trail as it bends to the right, crosses a rocky wash and then widens, becoming a service road as you begin a slight uphill. Once the trail becomes the service road, you will travel about 150 feet and see a trail heading uphill to the left - DO NOT take this trail...instead, stay straight and follow the service road and signs/flagging six-tenths of a mile back to the **Base Area/Start-Finish Line/Aid Station #9 (25 miles, crew access; drop bags)**. Upon returning to the Base Area Aid Station, and checking in and out, you will follow the signs for SECTION A - FRED'S MOUNTAIN and head back up to the top of the Dreamcatcher Chairlift. If this is the final loop for your race, you will instead pass through the Finish Line Chute.