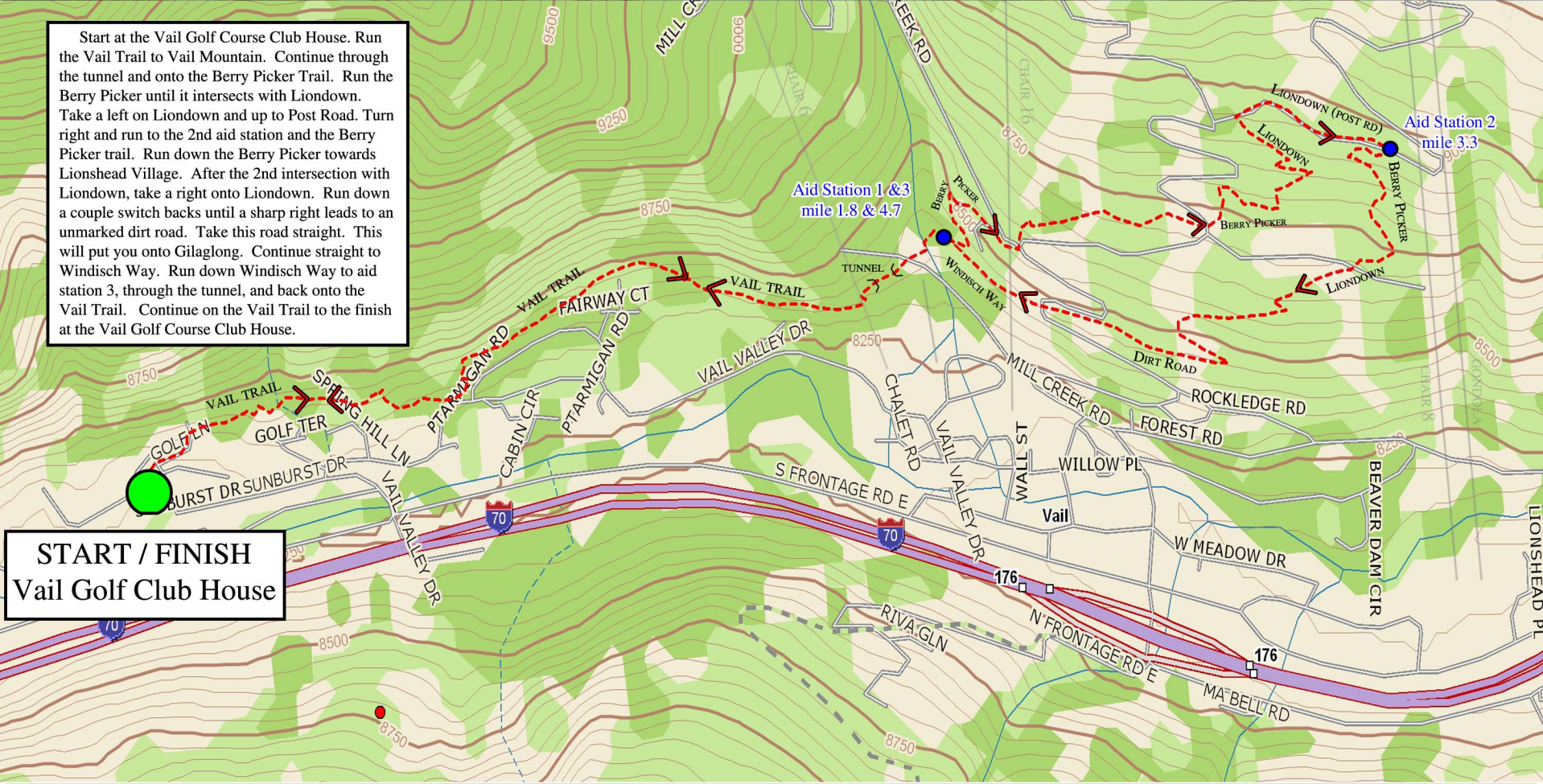


EVERGOLD 10K TRAIL RUN

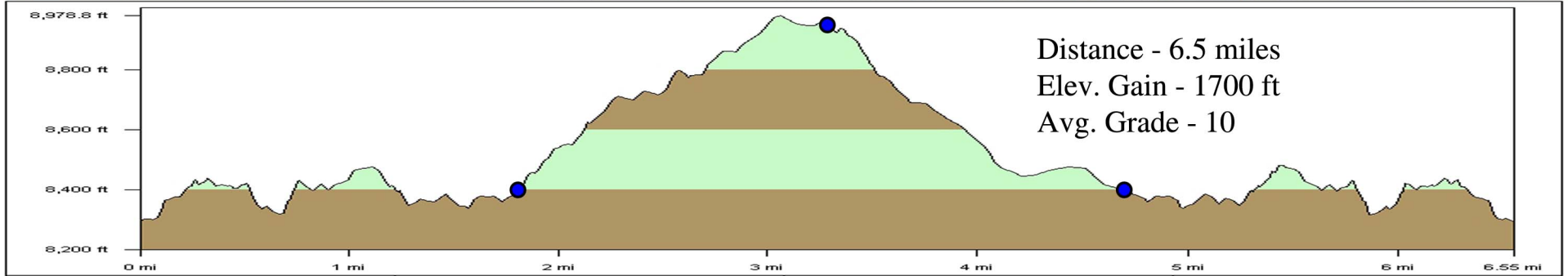


September 13, 2009

Start at the Vail Golf Course Club House. Run the Vail Trail to Vail Mountain. Continue through the tunnel and onto the Berry Picker Trail. Run the Berry Picker until it intersects with Liondown. Take a left on Liondown and up to Post Road. Turn right and run to the 2nd aid station and the Berry Picker trail. Run down the Berry Picker towards Lionshead Village. After the 2nd intersection with Liondown, take a right onto Liondown. Run down a couple switch backs until a sharp right leads to an unmarked dirt road. Take this road straight. This will put you onto Gilaglong. Continue straight to Windisch Way. Run down Windisch Way to aid station 3, through the tunnel, and back onto the Vail Trail. Continue on the Vail Trail to the finish at the Vail Golf Course Club House.



START / FINISH
Vail Golf Club House



Distance - 6.5 miles
Elev. Gain - 1700 ft
Avg. Grade - 10