

## Mt Si Relay and Ultra Runs

### 2006 Relay Course

*All Distances are approximate until measured via bike*

<u>Leg</u>	<u>Start Leg</u>	<u>End Leg</u>	<u>Relay Miles</u>	<u>Relay Miles</u>	<u>Comments</u>	<u>Reference</u>
Leg #1	Elementary School	39th PI barricade	7.94	7.9	via Meadowbrook Br	
Leg #2	39th PI barricade	Remlinger Farm	5.57	5.6		
Leg #3	Remlinger Farm	Remlinger Farm	5.71	5.7	out/back	Same 2004 Leg #3
Leg #4	Remlinger Farm	39th PI barricade	5.57	5.6	via 39th PI	Same 2004 Leg #4
Leg #5	39th PI barricade	Millpond (Sterns Rd)	6.11	6.1	via 39th PI	Same 2004 Leg #5
Leg #6	Millpond (Sterns Rd)	Two Rivers School	4.39	4.4		Same 2005 Leg #4
Leg #7	Two Rivers School	Rattle Snake Lake	7.10	7.1		Same 2005 Leg #5
Leg #8	Rattle Snake Lake	Rattle Snake Lake	4.11	4.1	out/back on Iron Horse	Similar 2004 Leg #7
Leg #9	Rattle Snake	Two Rivers School	7.10	7.1		Same 2005 Leg #9
Leg #10	Two Rivers School	Elementary School	3.40	3.4	via Meadowbrook Br	
Total - Miles			57.00	57.0		

Exchange #1 & #4 parking at River Front Park  
 Exchange #2 & #3 parking at Remlinger Farms  
 Exchange #5 parking at Millpond road shoulder

*Exchange #6 and #9 parking at Two Rivers School  
 Exchange #7 & #8 parking at Rattle Snake Lake*

## Mt Si Relay and Ultra Runs

### 2006 50 Mile Course

1. Start at the Elementary school
2. Same course as Relay until the 39th PI intersection with the Snoqualmie Valley Trail (SVT)
3. Stay on SVT heading north towards Carnation
4. Make a "U" turn on the trail 0.92 Miles south of NE 8th Street
5. South on SVT heading towards Fall City
6. Stay on trail at 39th place intersection with the SVT
7. Follow relay course to SVT & golf course road intersection
8. From golf course to finish same as 50K course (see below)

## Mt Si Relay and Ultra Runs

### 2006 50K Course

1. Start at the Elementary school
2. East on Park street to golf course road and SVT intersection (join 50 mile course here)
3. Follow Relay course to Rattle Snake Lake and onto Iron Horse Trail
4. Continue on Iron Horse to 0.7 miles past Olallie State Park (just past sanicans), make a "U" turn
5. Follow the Iron Horse back to Rattle Snake Lake
6. Same course as Relay from Rattle Snake Lake to the finish