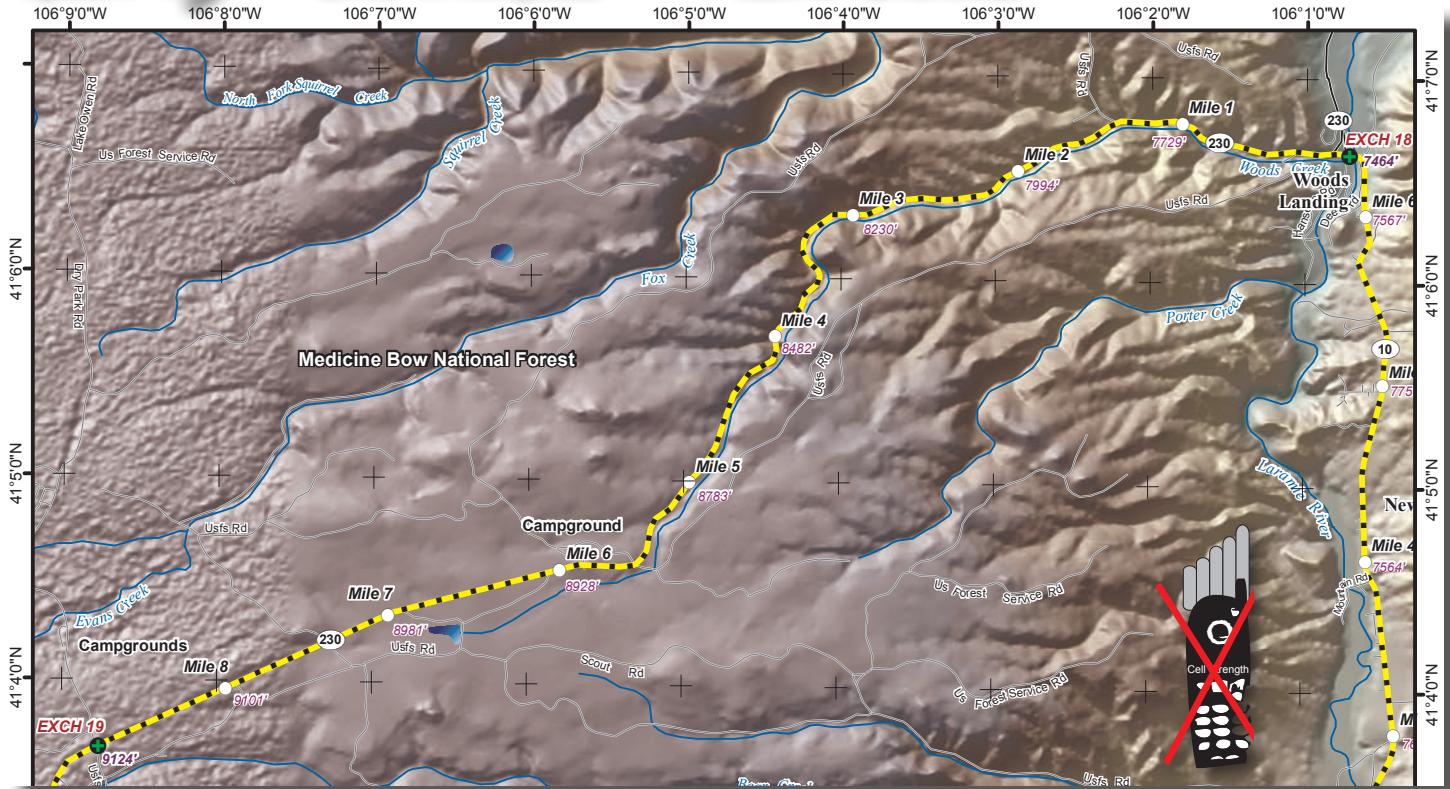


LEG 19 -- 8.8 MILES -- VERY HARD



Leg Description – a climb through a heavily forested section of Medicine Bow National Forest

Terrain – continuous high altitude climb

Surface – paved road

LEG NOTES

Runners on left; runners must wear a reflective vest and a blinking red light, and carry a flashlight or headlamp.

Vans – follow runners’ route; **CAUTION** – runners entering and exiting exchange

Exchange Parking – park in the paved parking lot on the left; overflow parking in the paved lot on the right

Mileage

- 0.0 Continue north on WY 10 to intersection
- 0.1 Turn left WY 230
- 1.2 fake cattle guard
- 2.6 paved parking lot left and right

- 4.6 Road levels out after climb before climbing more gradually
- 5.8 paved parking lots right and left
- 6.5 Chimney Rock Trailhead parking lot left
- 7.5 FS Roads right and left
- 8.8 **EXCHANGE #19 – paved parking lot on the left**

