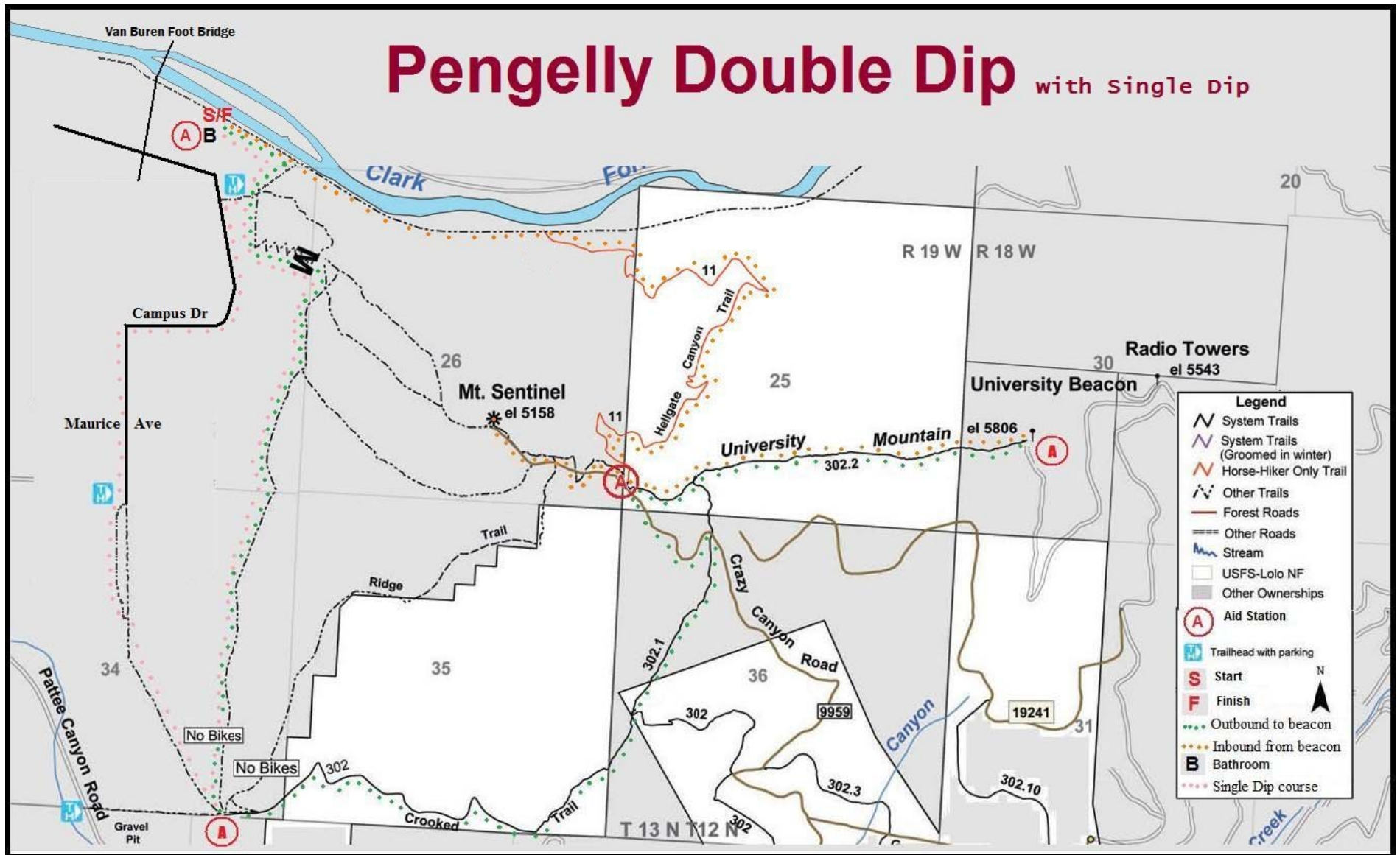


Pengelly Double Dip with single Dip



Description of Pengelly Double Dip course (*with Single Dip): Runners begin on Kim William's Trail (start is adjacent to UM maintenance facility) moving east, at 1/10th mile they turn right onto singletrack that parallels chain link fence to 'M' Trail. Ascend 'M' Trail to the Mt. Sentinel Fire Rd which the runners will follow until junction on South side of Mt. Sentinel. A Tailgate Aid Station with garbage cans is here*. Runners take Crooked Trail (302) east to the next trail junction. Runners then move north on trail 302.1 to junction of Crazy Canyon Rd. where they follow the road west to the Crazy Canyon Saddle. An Aid Station with table/garbage cans is located here. From the saddle runners take trail 302.2 to the University Beacon (Tailgate Aid Station here w/garbage cans) and back. Runners then take trail leading up to the summit of Mt. Sentinel and back. Runners finally descend from the saddle travelling north via the Hellgate Canyon Trail until it dumps them on the Kim Williams Trail, where they run west to reach the Finish where there will be an Aid Station with garbage cans/tables/canopy/portable bathrooms. Course length: roughly 14 miles.

*Single Dip runners will turn right at this junction bearing right until they reach a spur singletrack trail circumventing private property. Runners then reach Maurice Ave and go north to junction of Campus Dr. Runners turn right and follow Campus Drive, turn into the 'M' trailhead and backtrack along the singletrack that parallels the chain link fence. Then runners turn west on the Kim Williams Trail to cross finish line. Course length: roughly 5 miles.