Timberview Trail Run
Lory State Park

5 & 10 MILE

**RACE DISTANCE SPLIT
5 & 10 MILE KEEP RIGHT**

START/FINISH

WATER AID
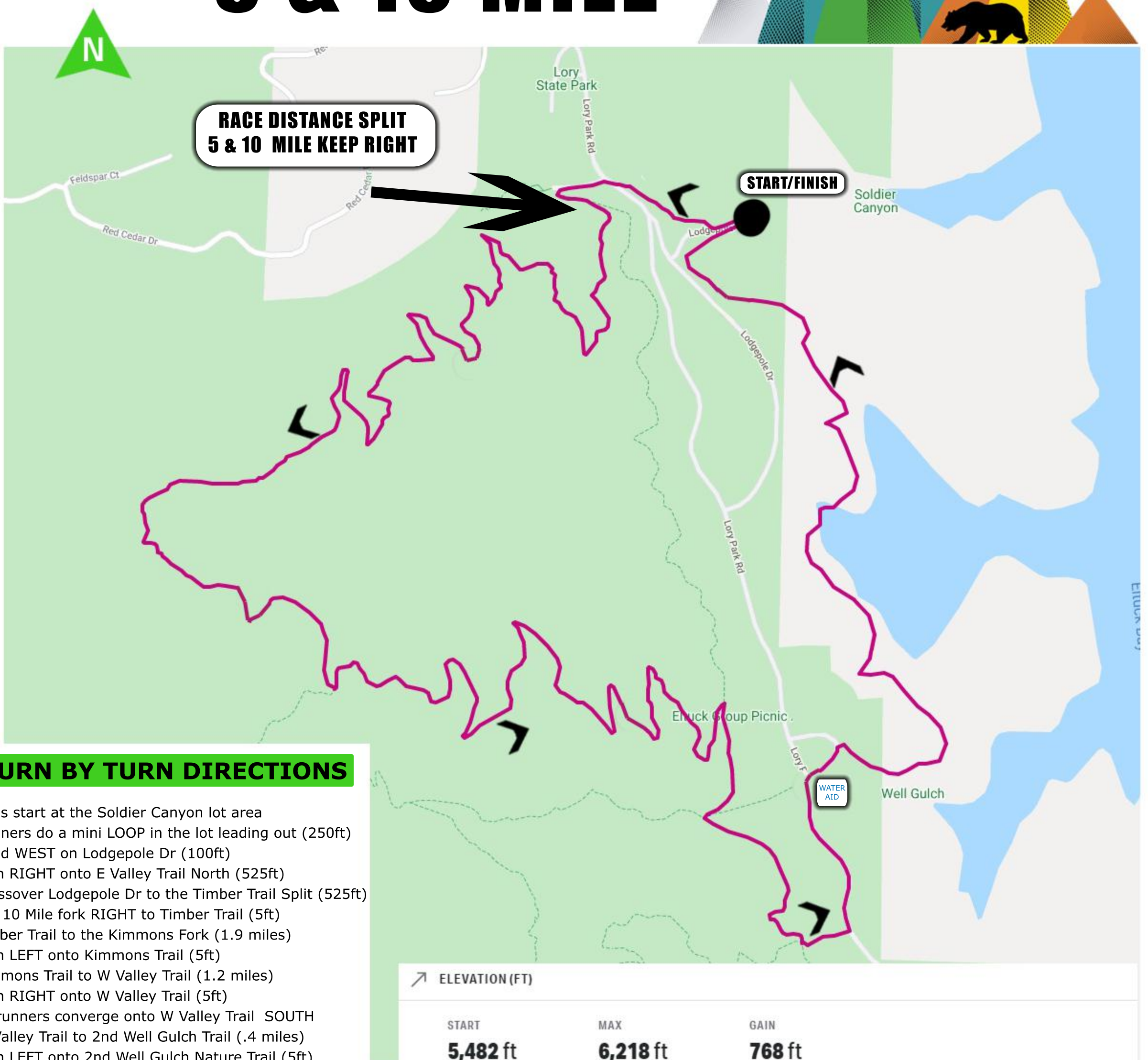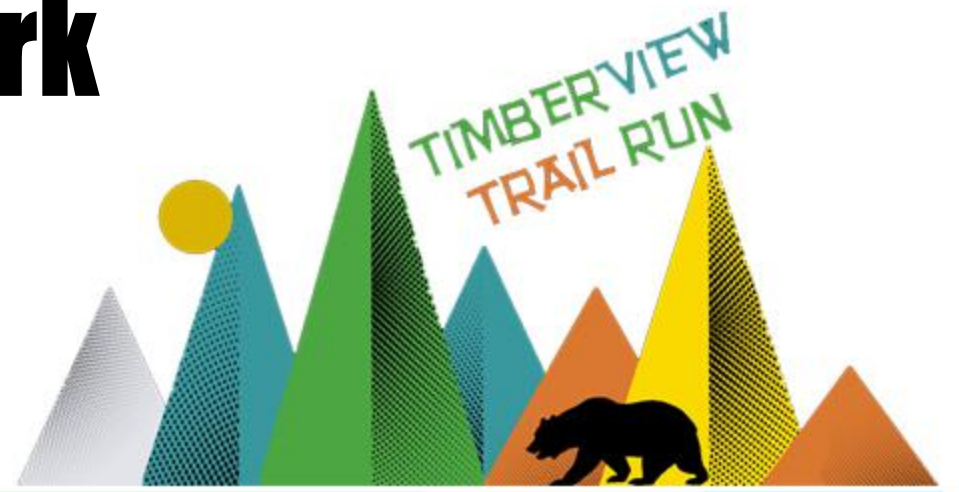
TURN BY TURN DIRECTIONS

- Runs start at the Soldier Canyon lot area
- Runners do a mini LOOP in the lot leading out (250ft)
- Head WEST on Lodgepole Dr (100ft)
- Turn RIGHT onto E Valley Trail North (525ft)
- Crossover Lodgepole Dr to the Timber Trail Split (525ft)
- 5 & 10 Mile fork RIGHT to Timber Trail (5ft)
- Timber Trail to the Kimmons Fork (1.9 miles)
- Turn LEFT onto Kimmons Trail (5ft)
- Kimmons Trail to W Valley Trail (1.2 miles)
- Turn RIGHT onto W Valley Trail (5ft)
- All runners converge onto W Valley Trail SOUTH
- W Valley Trail to 2nd Well Gulch Trail (.4 miles)
- Turn LEFT onto 2nd Well Gulch Nature Trail (5ft)
- Turn LEFT onto Lodgepole Dr (320ft)
- Continue to Aid Station (.2 miles)
- (KEEP LEFT OF THE CONES OPPOSING TRAFFIC DIRECTION)
- Turn RIGHT at Aid Station to S Eltuck Bay Trail (290ft)
- TURN onto S Eltuck Bay Trail (700ft)
- Turn LEFT/NORTH onto E Valley Trail (1 mile)
- 5 Mile Runners - Turn RIGHT to finish line
- 10 Mile Runners - Keep STRAIGHT to complete 2nd loop
- All Runners Finish in Soldier Canyon

↗ ELEVATION (FT)

START	MAX	GAIN
5,482 ft	**6,218** ft	**768** ft