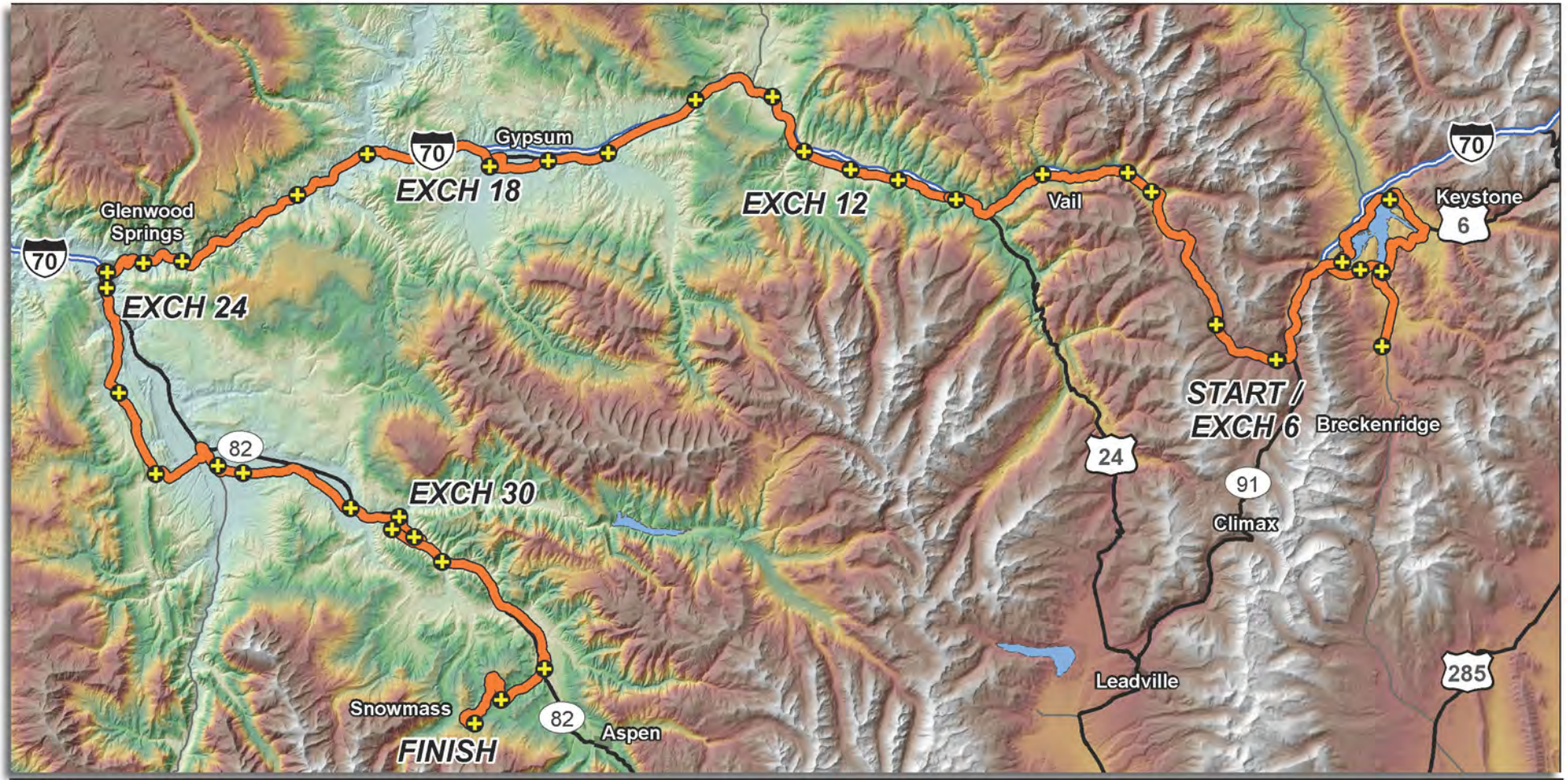
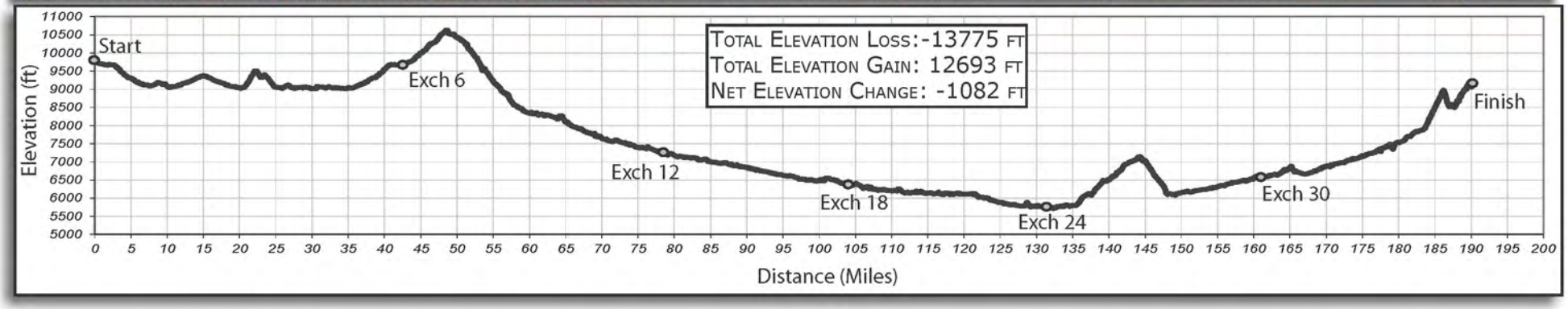
Course Overview -- 190.0 Miles

Reebok Ragnar Colorado





Map Symbol Legend

Exchange

Tenth-Mile Marker

Mile Marker

Runner Route

Van Route

Water Station

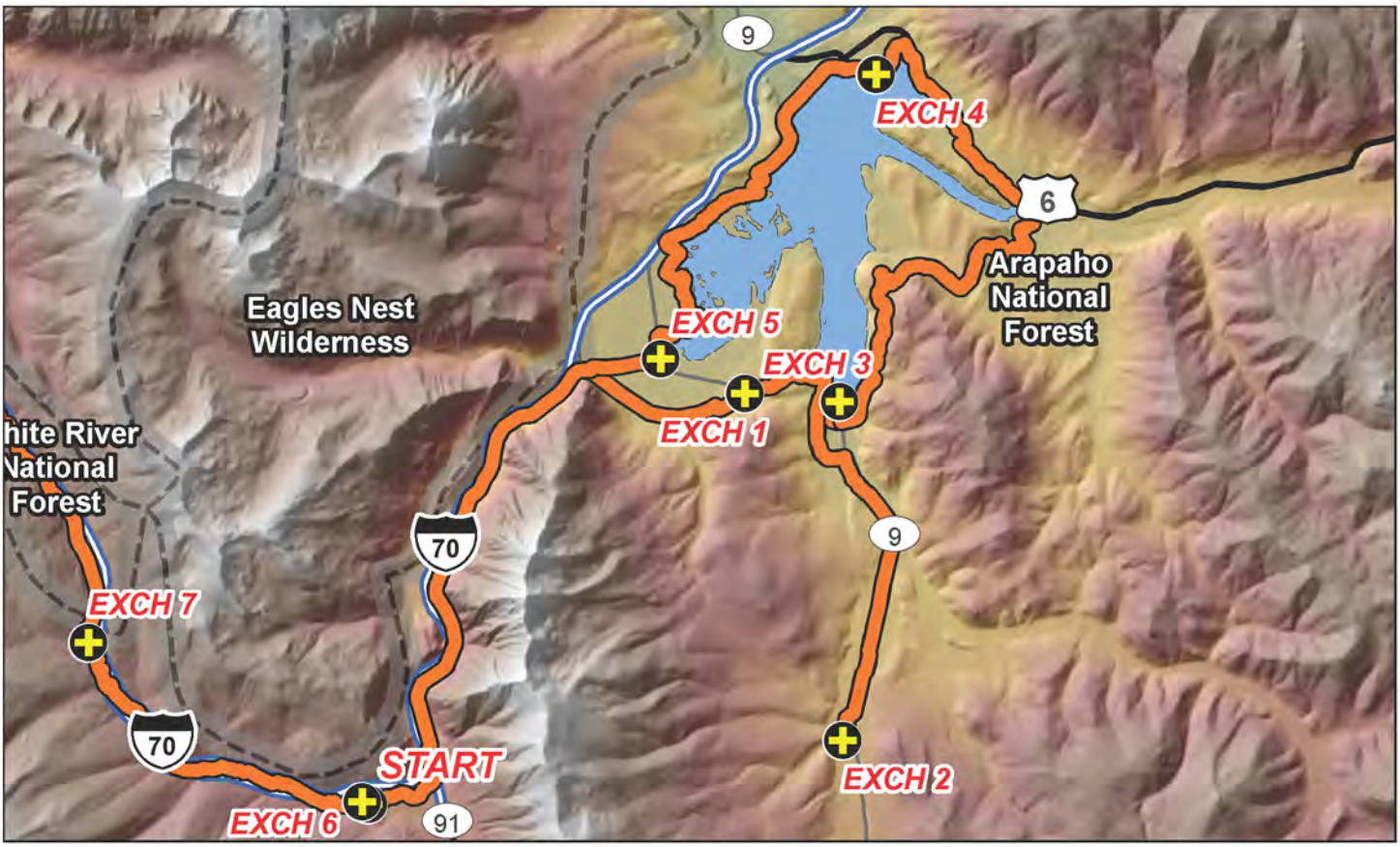
Trail Entrance and Exit

Trail Entrance

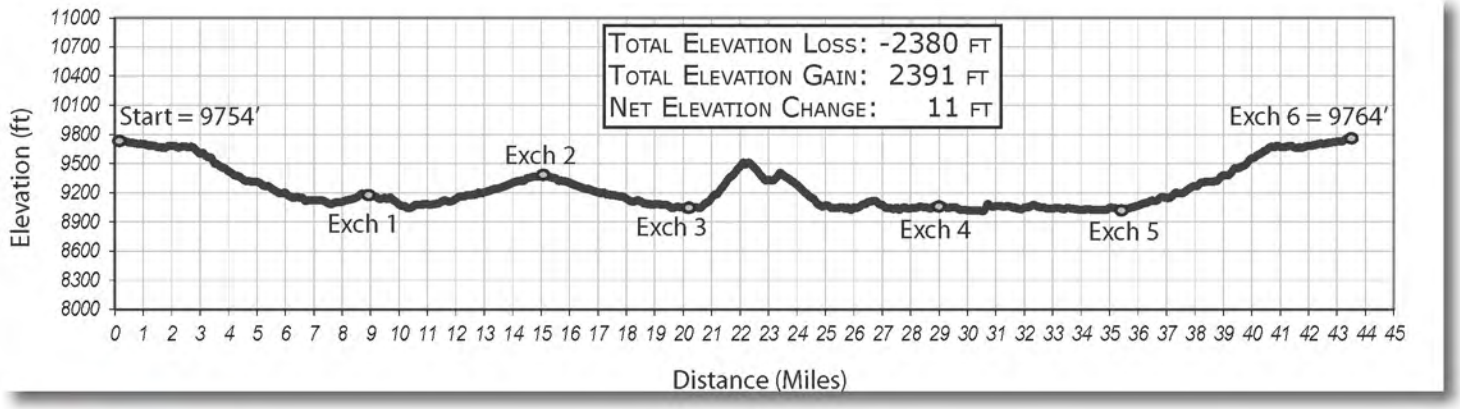
Trail Exit

No Van Support Segment

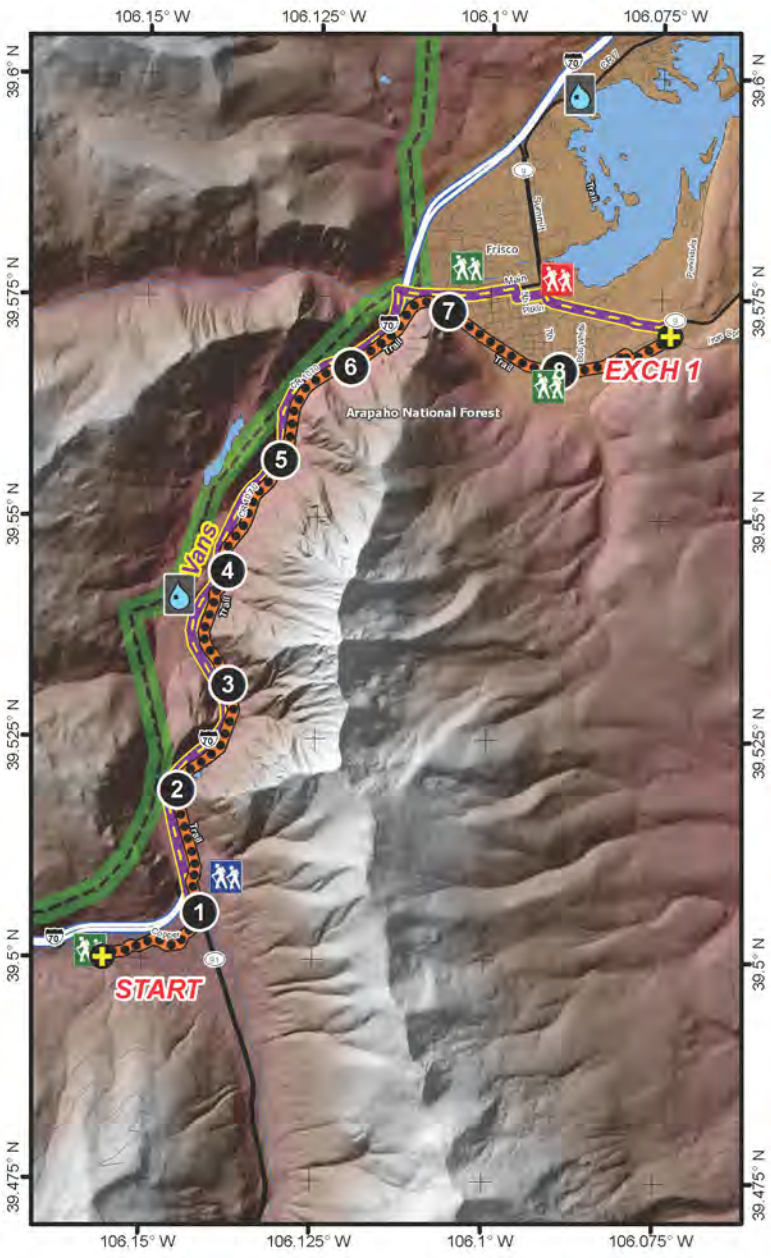
Van I -- Legs I-6 -- 43.3 Miles



Inactive Van Direction Legs 1-6
Exchange 6 and the start line are both at
Copper Mountain Ski Resort.
209 Ten Mile Circle
Copper Mountain, CO 80443
GPS: 39.500105, -106.155631



Leg 1 -- 9.0 Miles -- Very Hard



Start Line
Copper Mountain Resort
209 Ten Mile Circle
Copper Mountain, CO 80443
39.49995, -106.15712

Exchange 1 Full Support
St. Anthony Summit Medical Center
340 Peak One Drive, Frisco, CO
39.57051, -106.07480

Leg Note:
Vans 1 - on your way to Exchange 1, you will pass exchange 5. Don't get confused, please follow the van directions below to exchange 1.

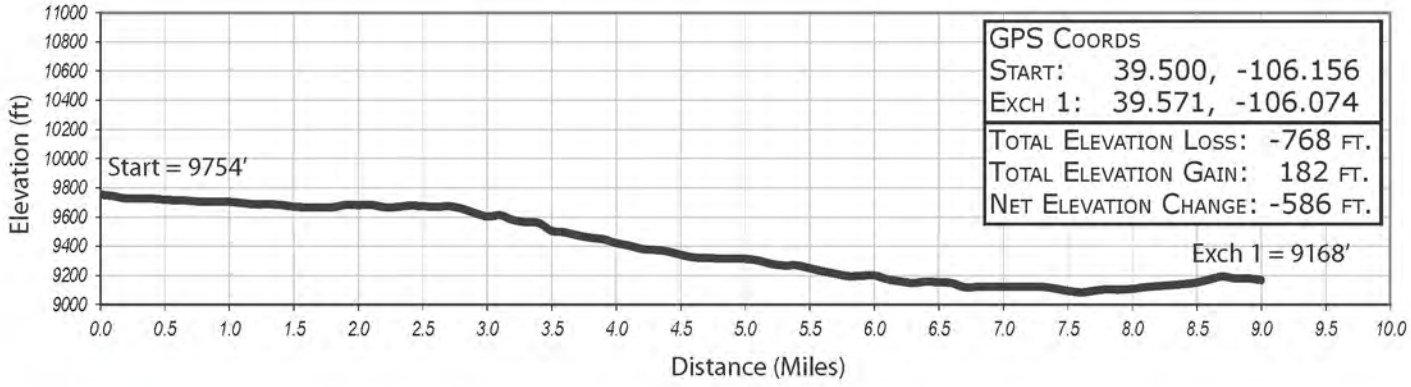
Ragnar will provide **one** water station approximately 2.5 miles in on this Leg, **please carry water**, this is a 9.0 mile leg. **This leg is hard to support.**

Leg Legend:

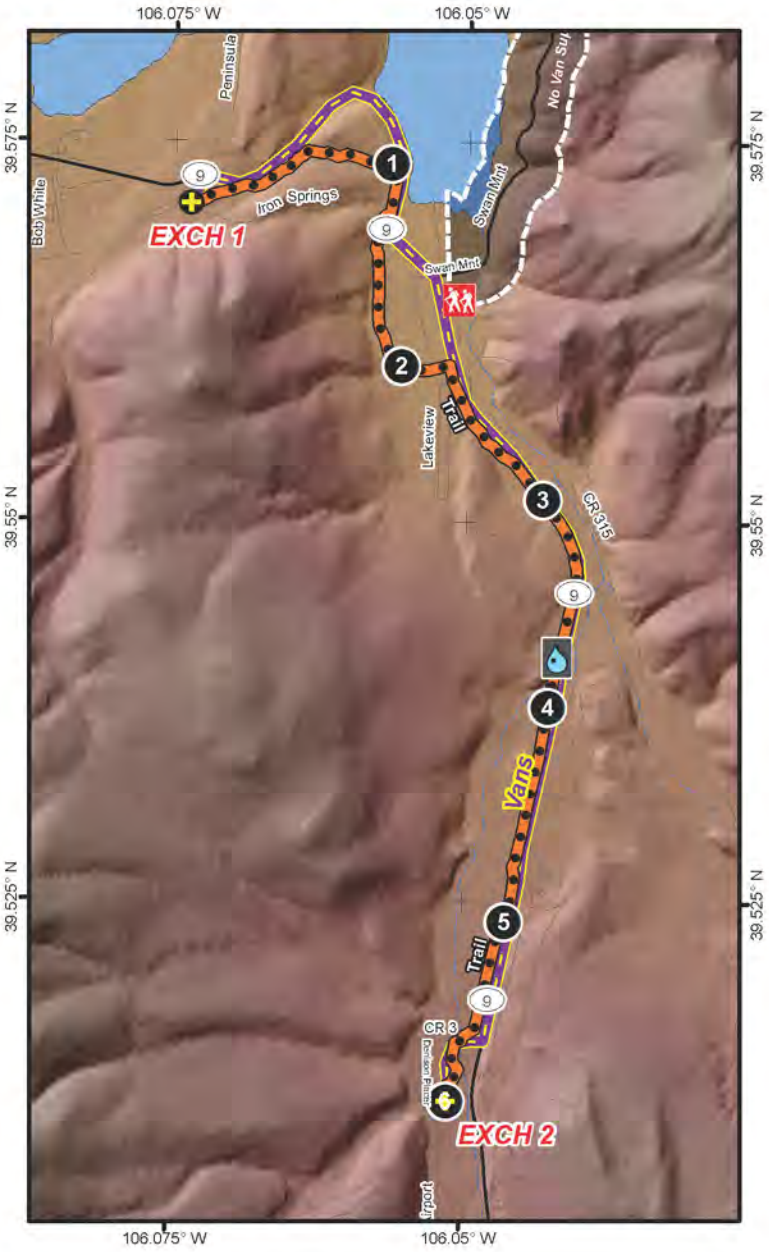
0.0	Leave Start line heading east on Ten Mile Circle (running in the bus lane)
0.9	Cross highway 91 to continue on trail
6.8	Go left on bike path
9.0	Arrive at exchange 1

Van Directions:

0.0	Head East on Copper Rd
0.8	Take the 1st left onto SH-91
1.0	Merge onto I-70 East via the ramp to Denver
6.5	Take exit 201 toward Frisco/Breckenridge
6.7	Turn right onto Main St
7.5	Turn right onto 5th
7.8	Turn Left on Granite St. (you are now passing exchange 5 parking, just keep going.)
8.0	Turn right on Summit Blvd.
9.1	Turn Right on CR 1005/ Peak one Drive (Medical Plaza)
9.2	Arrive at exchange 1



Leg 2 -- 6.0 Miles -- Hard -- NO VAN SUPPORT/NO PULLING OVER



Exchange 2
Colorado Mountain College
107 Denison Placer Road
Breckenridge, CO 80424
39.51273,- 106.05053

Leg Note:
Ragnar will provide one water station over halfway in on this Leg, please carry water. No pulling over on road shoulders, per the city.

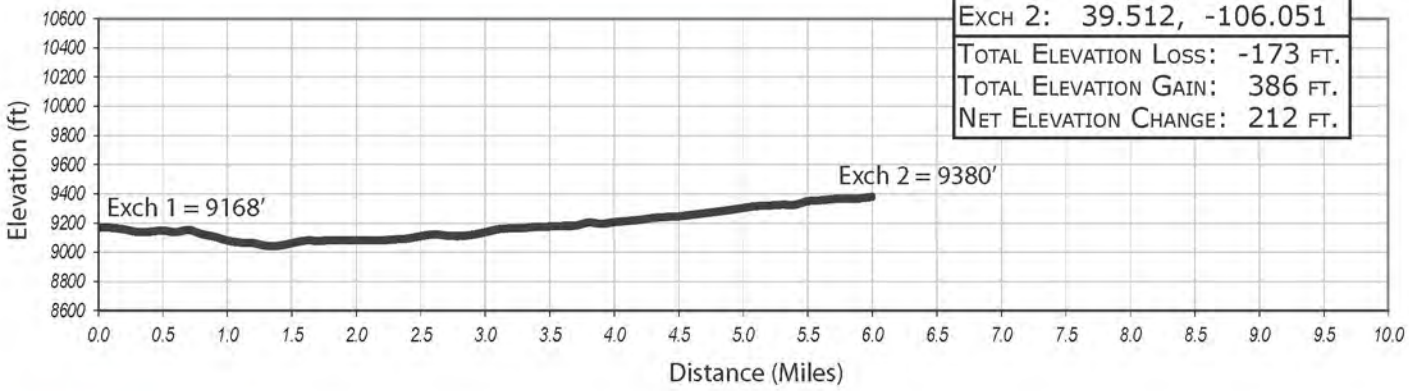
Leg Legend:

0.0	Leave Exchange 1 Continue on Blue River Bikeway path (go Left on the path)
1.4	Go right to follow Blue River Bikeway behind Summit High School
2.2	Continue South on Blue River Paved Bikeway to Breckenridge
6.0	Arrive at Exchange 2

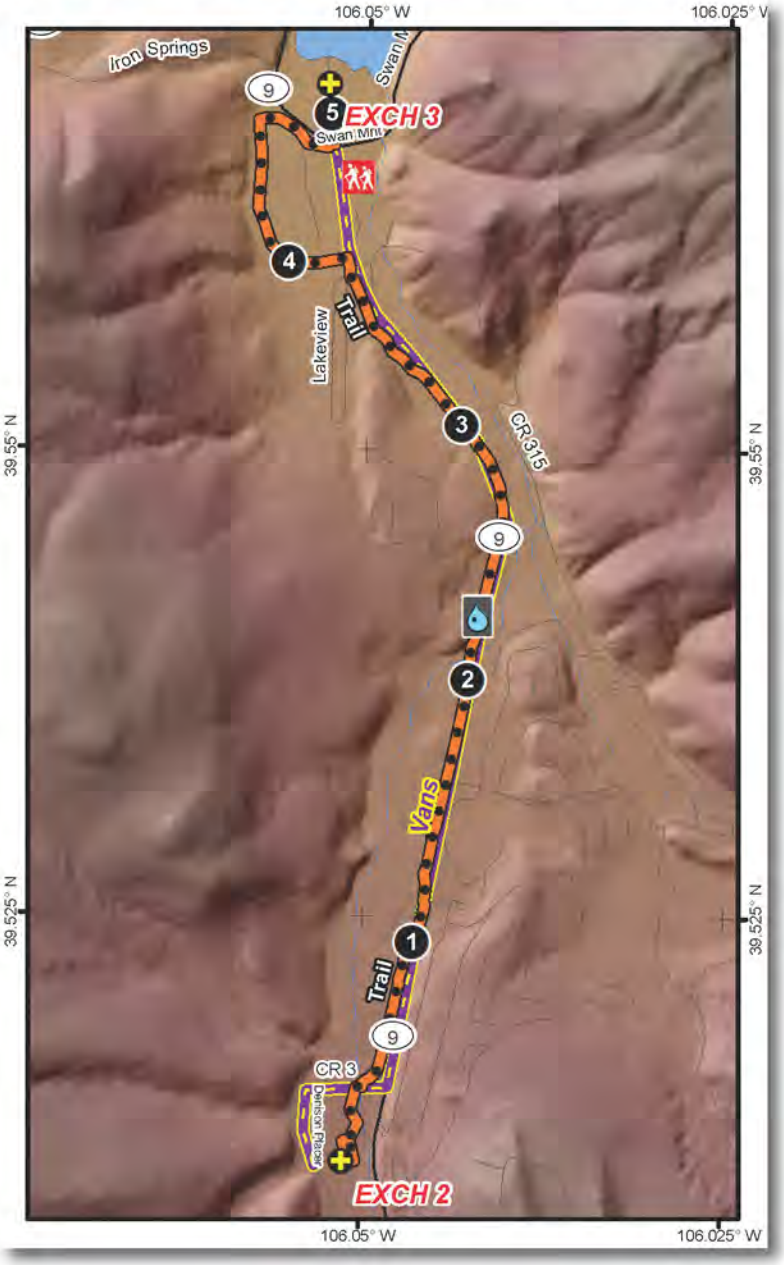
Van Directions:

0.0	Leave Exchange 1
0.6	Turn right onto Summit Blvd/HWY 9
1.7	Continue East on HWY 9
5.8	Turn right onto Coyne Valley Rd
6.0	Take your first Left (Denison Placer Road, no street sign)
6.2	Arrive at Exchange 2

GPS Coords	
Exch 1:	39.571, -106.074
Exch 2:	39.512, -106.051
Total Elevation Loss:	-173 ft.
Total Elevation Gain:	386 ft.
Net Elevation Change:	212 ft.



Leg 3 -- 5.1 Miles -- Moderate -- NO VAN SUPPORT/NO PULLING OVER



Exchange 3
Dillon Rec. Area
NORTH of the following address:
59 County Road 1,
Breckenridge, CO 80424
39.57109, -106.05321

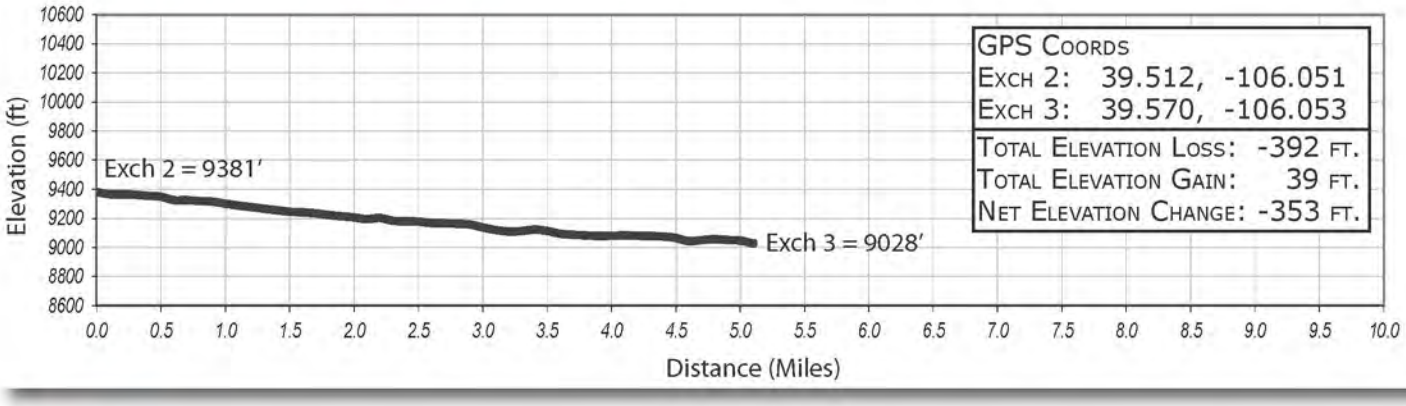
Leg Note:
Ragnar will provide **one water station** approximately 2 miles in on this Leg. This leg is hard to support. No pulling over on road shoulders, per the city.

Leg Legend:

0.0	Leave Exchange 2 on dirt path around back of school (same path as incoming runners)
0.4	Right on Coyne Valley Road
0.5	Left on Blue River Bike Trail
4.6	Continue on Paved Blue River Bike trail behind Summit HS.
4.9	Curve Right toward SH 9 on trail, **wait for light to cross SH 9**
4.9	Turn Left on Frontage Rd.
5.1	Arrive at Exchange 3

Van Directions:

0.0	Leave Exchange 2 turning right on Denison Placer Road
0.3	Turn Right on Coyne Valley Road
0.4	Turn Left on SH-9
4.2	Turn Right on Swan Mtn. Rd
4.2	Turn Left on the Frontage Rd. (CR-285)
5.1	Arrive at Exchange 3



Leg 4 -- 8.9 Miles -- Very Hard -- NO VAN SUPPORT

Exchange 4
Dillon Amphitheater
W Lodgepole St
Dillon, CO 80435
GPS: 39.625554°, -106.045485°

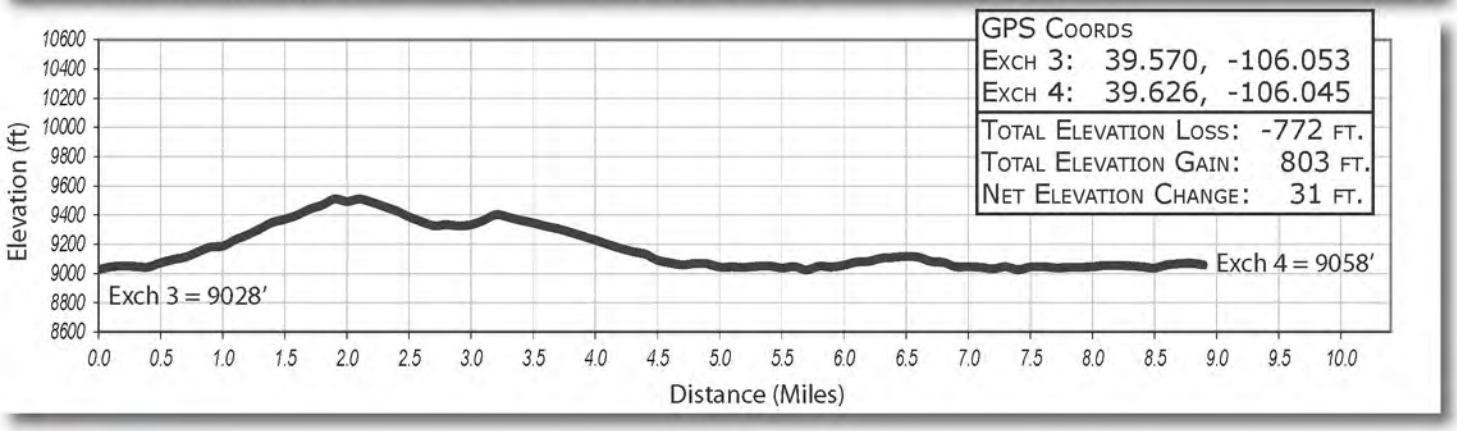
Leg Note:
Vans - Please do not follow runners up Swan Mountain road, follow van directions.
Ragnar will provide 2 water stations approximately 3.5 and 5.5 miles in on this leg, please carry water.

Leg Legend:

0.0	Leave Exchange 3 on paved bike path
0.2	Turn left onto Swan Mtn. Rd (NE)
0.2	Run with traffic up hill in bike lane
2.2	Turn Left to enter Bike Trail at top of Swan Mtn Rd.
8.1	When trail ends continue on Tenderfoot Street
8.4	Left onto Gold Run Cr.
8.7	Turn Left to enter trail again
8.9	Left on Marina Drive
8.9	Arrive at Exchange 4

Van Directions:

0.0	Head south out of Exchange on frontage Rd. (CR-985)
0.2	Turn Right on Swan Mountain rd.
0.3	Turn Right on SH-9
2.5	Continue on Summit Blvd.
4.0	Right onto Dillon Dam Rd
7.6	Right onto W La Bonte St
8.0	Right onto Lake Dillon Dr
8.1	Left onto Lodgepole St
8.1	Arrive at Exchange 4



Leg 5 -- 6.4 Miles -- Moderate -- FULL SUPPORT

Exchange 5
Town of Frisco Fruit Market
Intersection of Summit Blvd and Main St
Frisco, CO 80443
39.576631° -106.092366°

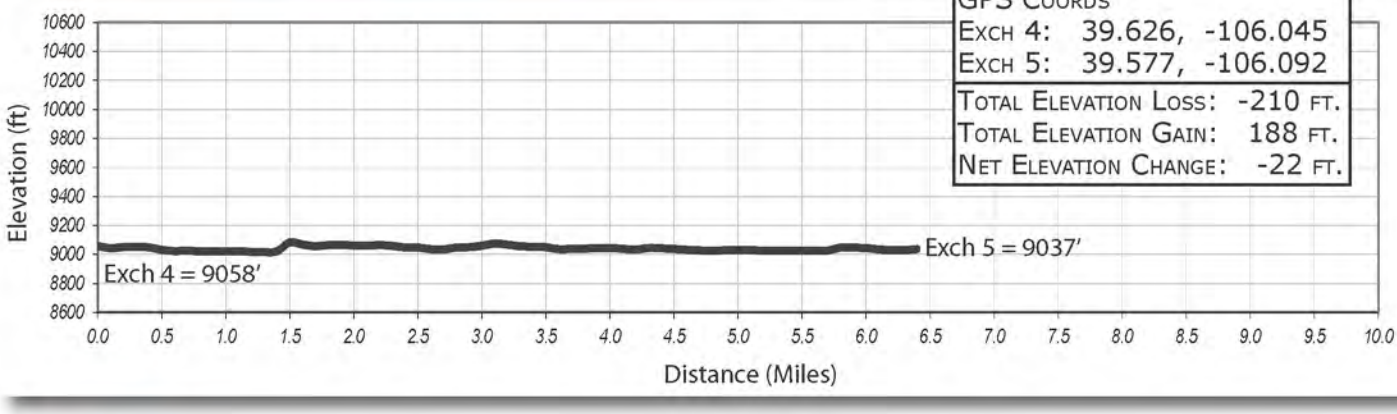
Leg Note:
Ragnar will provide **one** water station on this leg
Vans: Do NOT go into the Heaton Campground to support your runner. You will get a ticket from the county. **This leg is hard to support. Please Carry water.**

Leg Legend:

0.0	Leave Exchange 4 on paved Bike Trail (same as incoming runners)
5.9	Turn Right to continue on Bike Trail along Summit Blvd
6.4	Arrive at Exchange 5

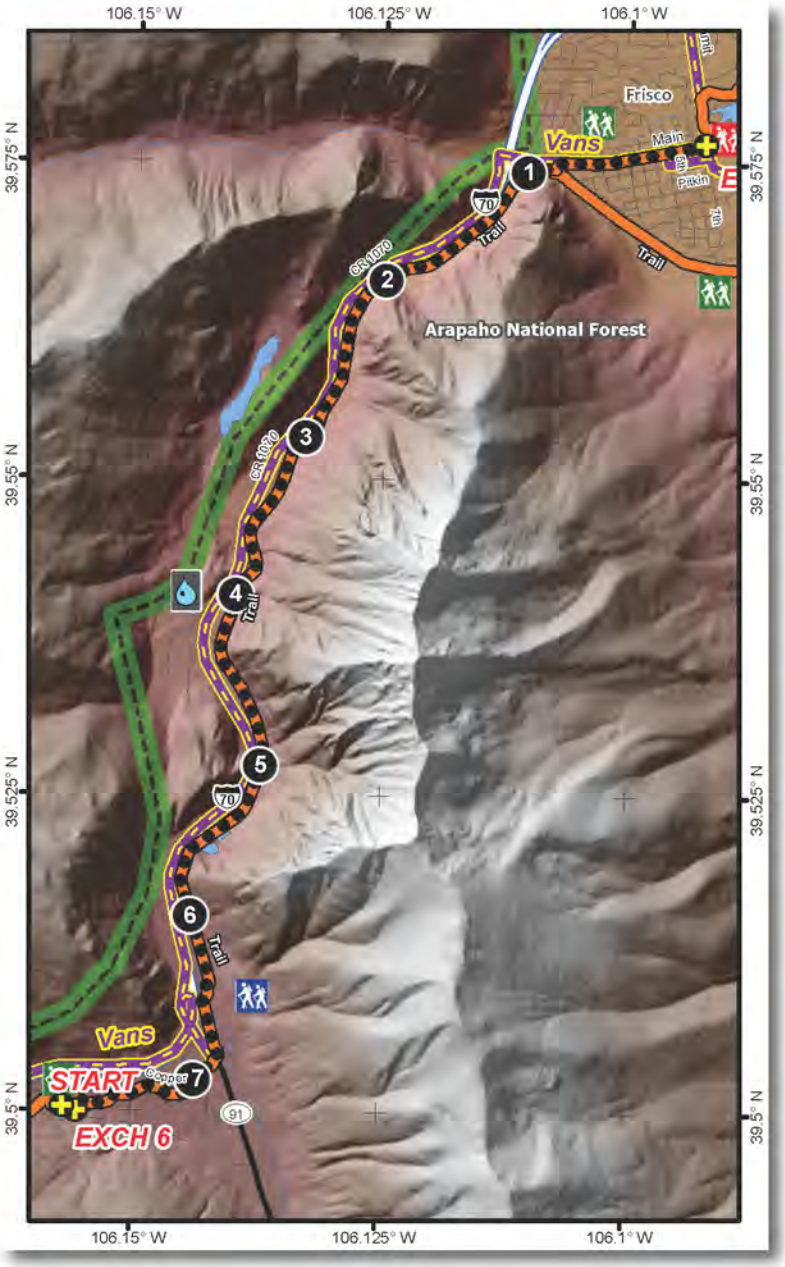
Van Directions:

0.0	Leave Exchange 4 heading North on Lake Dillon Dr
0.1	Turn Left on W La Bonte St
0.5	Turn Left on Dillon Dam Rd
4.1	Turn Left on Summit Blvd
4.8	Arrive at Exchange 5



GPS Coords	
Exch 4:	39.626, -106.045
Exch 5:	39.577, -106.092
Total Elevation Loss:	-210 ft.
Total Elevation Gain:	188 ft.
Net Elevation Change:	-22 ft.

LEG 6 -- 7.9 MILES -- HARD -- FULL SUPPORT



Exchange 6
Copper Mountain Resort
209 Ten Mile Circle
Copper Mountain, CO 80443
39.500105, -106.155631

Leg Note:
Ragnar will provide one water station on this leg approximately 3.5 miles in. Please carry your own water supply. This is a hard leg to support.

Leg Legend:

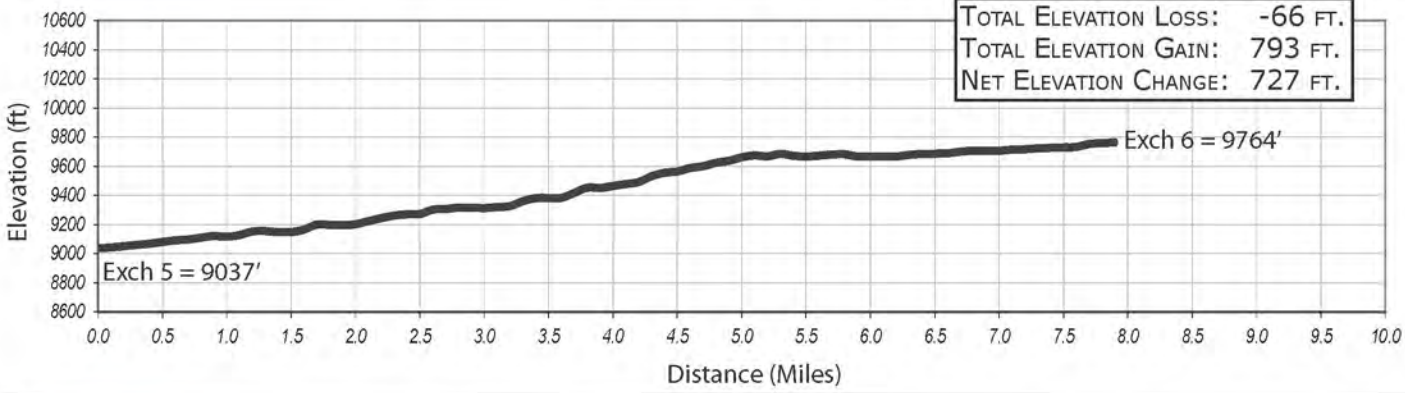
0.0	Leave Exchange 5 by crossing Summit Blvd WITH CROSSWALK to run along Main St
0.8	Turn Right onto path
6.8	Cross SH-91 and run into Copper Mountain resort Run on paved Bike/Bus Path
7.9	Arrive at Exchange 6

Van Directions:

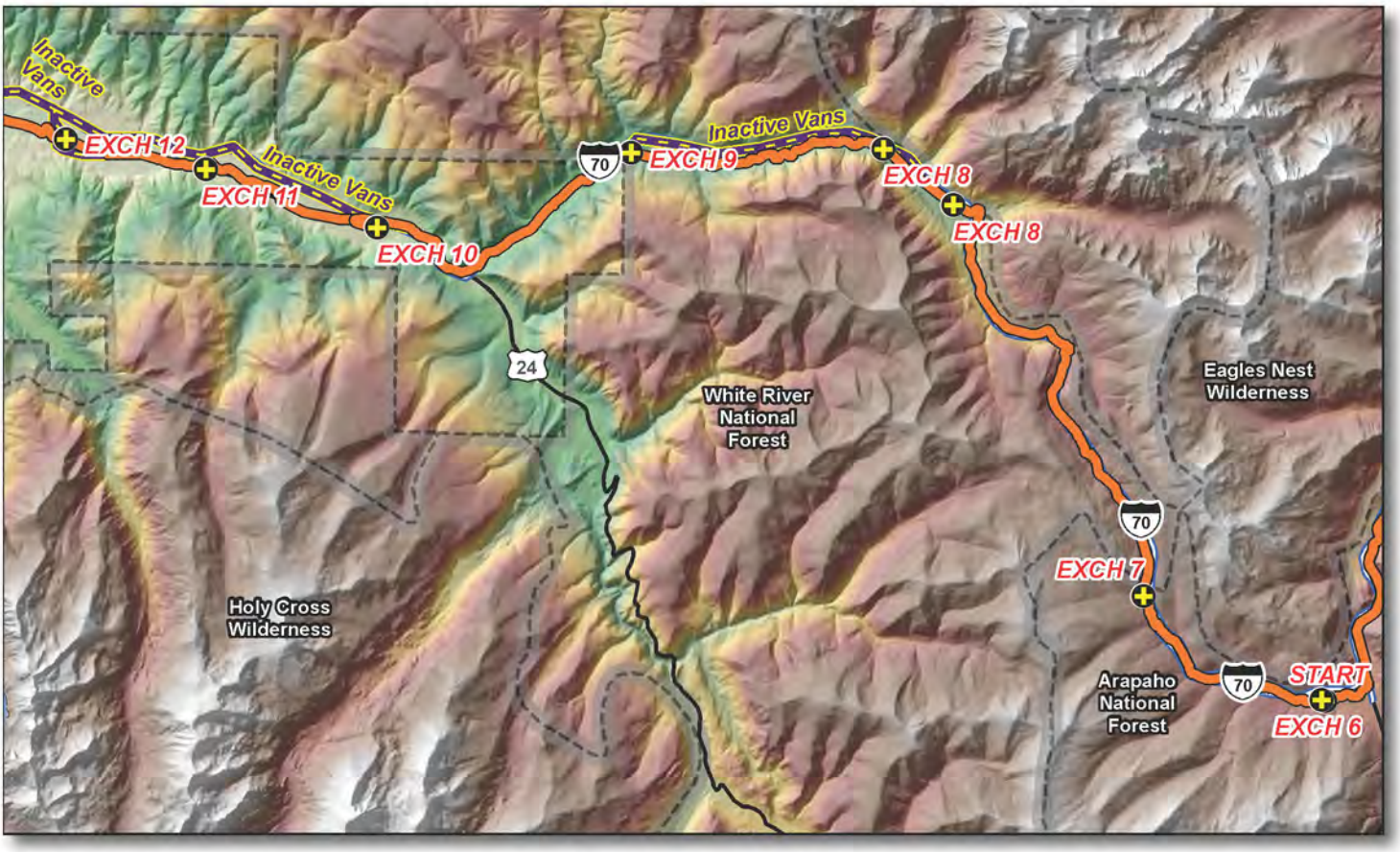
0.0	Leave Exchange on Main St heading west
0.4	Turn left to merge onto I-70 W
5.9	Take exit 195 and merge onto CO-91 S toward Copper Mountain/Leadville
6.2	Turn right onto Copper Rd
7.2	Arrive at Exchange 6

**Park in the Dirt Go Cart Lot at Copper Mountain

GPS COORDS	
EXCH 5:	39.577, -106.092
EXCH 6:	39.500, -106.157
TOTAL ELEVATION LOSS:	-66 FT.
TOTAL ELEVATION GAIN:	793 FT.
NET ELEVATION CHANGE:	727 FT.

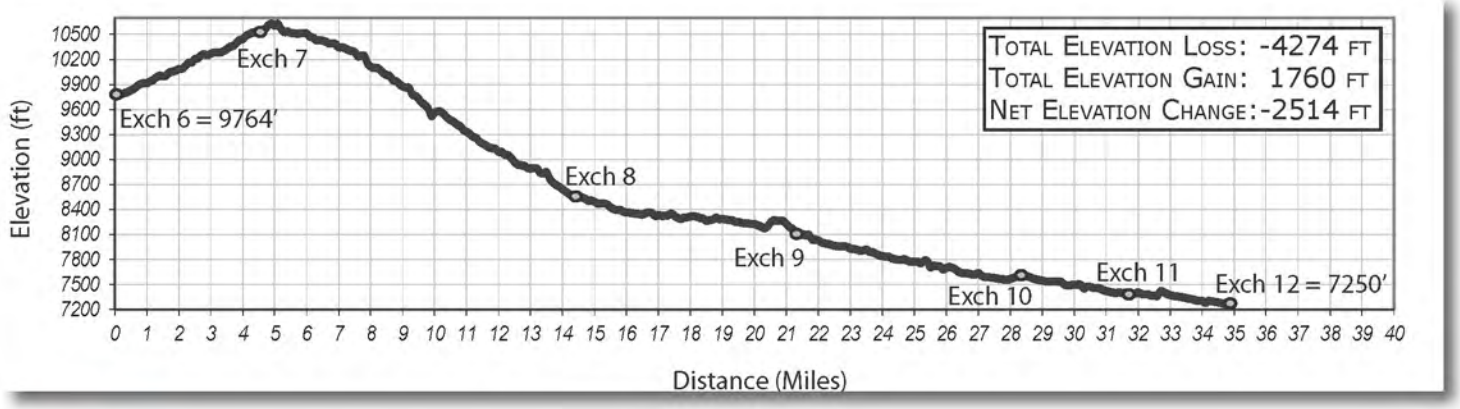


Van 2 -- Legs 7-12 -- 34.7 Miles



Inactive Van Directions:

0.0	Leave Copper Mountain heading East on Copper Rd
1.2	Turn left onto SH-91 N
1.3	Merge onto I-70 W
33.6	Take exit 163 then turn Left going under I-70 (going through round about and exiting on Edwards Access Rd.)
33.7	Continue straight onto Edwards Access Rd thru the 2nd roundabout
33.8	At third roundabout exit onto Miller Ranch Rd
34.4	Arrive at exchange 12 WECMRD Field House at Edwards 0450 Miller Ranch Road Edwards, Colorado 81632



Leg 7 -- 4.6 Miles -- Moderate -- NO VAN SUPPORT/NO PULLING OVER

Exchange 7
Vail Pass Trail head Parking Exit 190
39.52895, -106.21793

King of the Hill! This exchange from runner 7 to runner 8 is the highest point of not only this Ragnar but all Ragnar Road Races. **Finish this leg off at 10,662 Feet of Rocky Mountain Goodness**

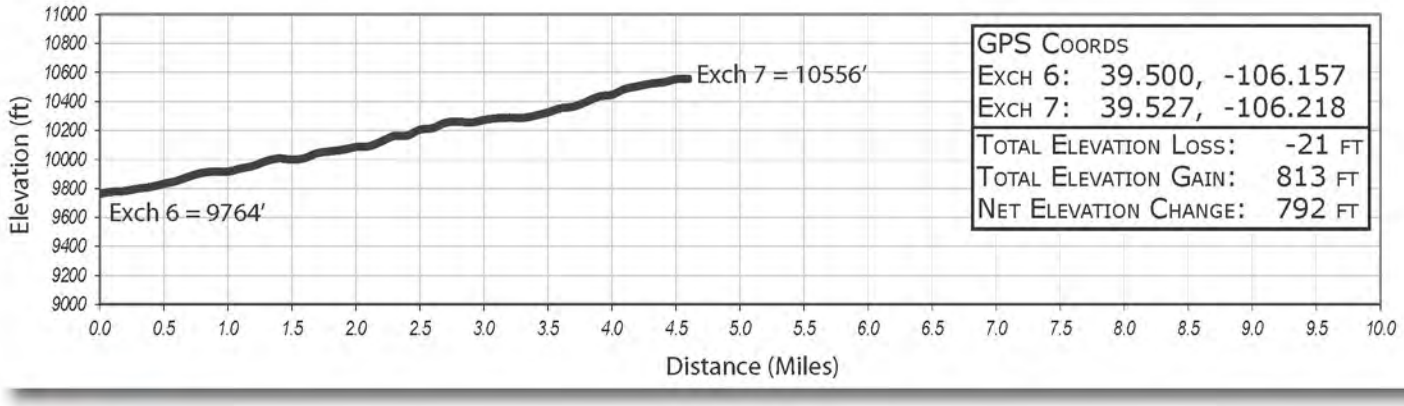
Leg Note:
Ragnar will NOT provide water on this Leg, PLEASE CARRY WATER, vans cannot access runners on this leg.
After Runner Number 7 finished, please wait at exchange 7 until runner 8 is 10 minutes away from exchange 8.

Leg Legend:

0.0	Leave Exchange 6 heading west
0.1	Turn right onto copper circle
0.2	Turn Left to get back onto paved Bike Path
4.6	Arrive at Exchange 7

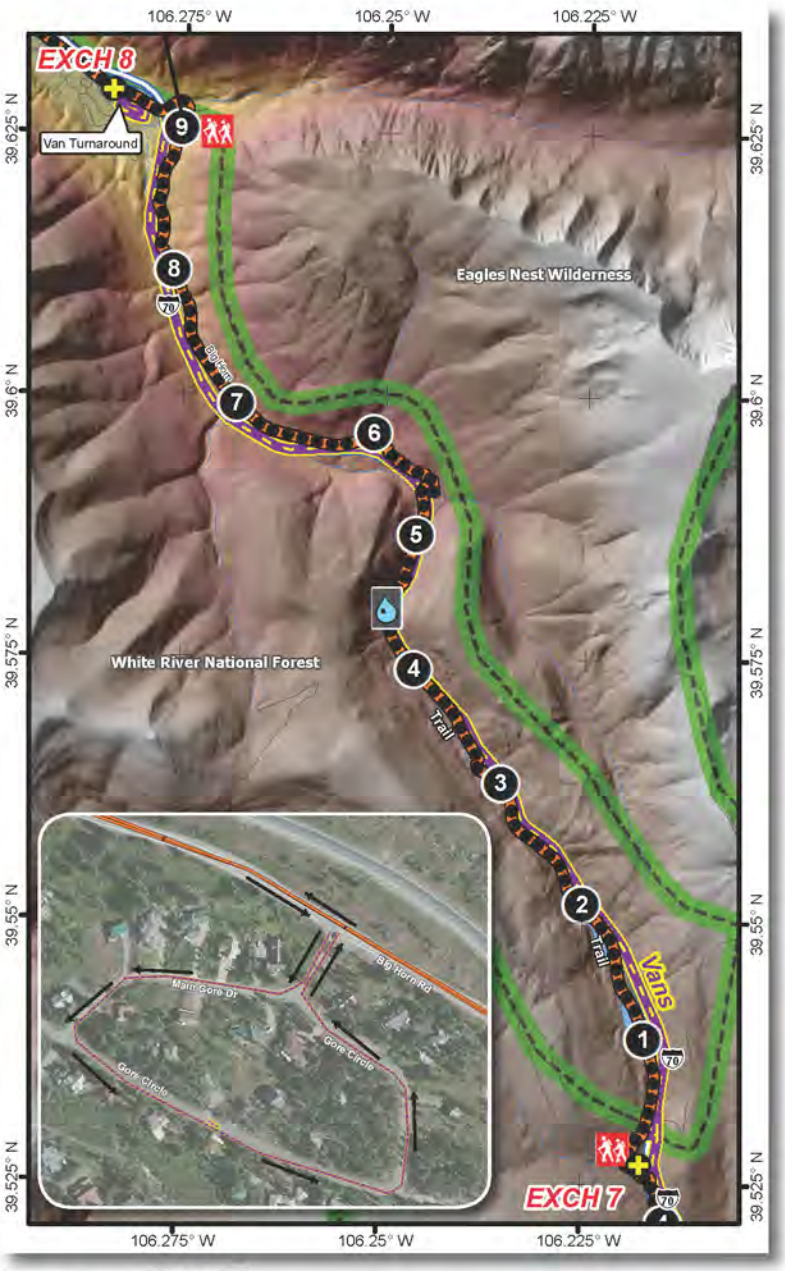
Van Directions:

0.0	Leave Copper Mountain heading East on Copper Rd
0.9	Turn left on CO-91N
1.1	Merge onto I-70 W
6.2	Exit 190 Rest stop
6.4	Turn Left
6.6	Arrive at Exchange 7



GPS Coords	
Exch 6:	39.500, -106.157
Exch 7:	39.527, -106.218
Total Elevation Loss:	-21 ft
Total Elevation Gain:	813 ft
Net Elevation Change:	792 ft

Leg 8 -- 9.1 to 11.4 Miles -- Very Hard -- no van support/no pulling over



Exchange 8 – Start off at 10,662 Feet of Rocky Mountain Goodness.
39.62780, -106.27972

CHOOSE YOUR OWN EXCHANGE ON BIG HORN ROAD

- Runners 8 & 9 can determine how long they will run after they are on Big Horn Rd.
- Vans will not be allowed to park or drive up to the trail head at the end of Big Horn Rd.
- Runner 8 can pass the slap bracelet to Runner 9 at any point on Big Horn Rd.
- There will be no exchange chute or toilets
- Please pull off on the south side of the road where it is safe and van is completely off the road.
- Please follow map (black arrows) and turn on Main Gore Dr to safely head WEST on Big Horn Rd. toward exchange 9.
- DO NOT U-TURN ON BIG HORN RD after picking up runner.
- Turn right on Gore Drive, follow gore Circle around to loop back to Big Horn Rd and Turn Left. (west)

TEAMS WILL BE ISSUED VIOLATIONS FOR U-TURNS ON BIG HORN RD. Please drive the loop.

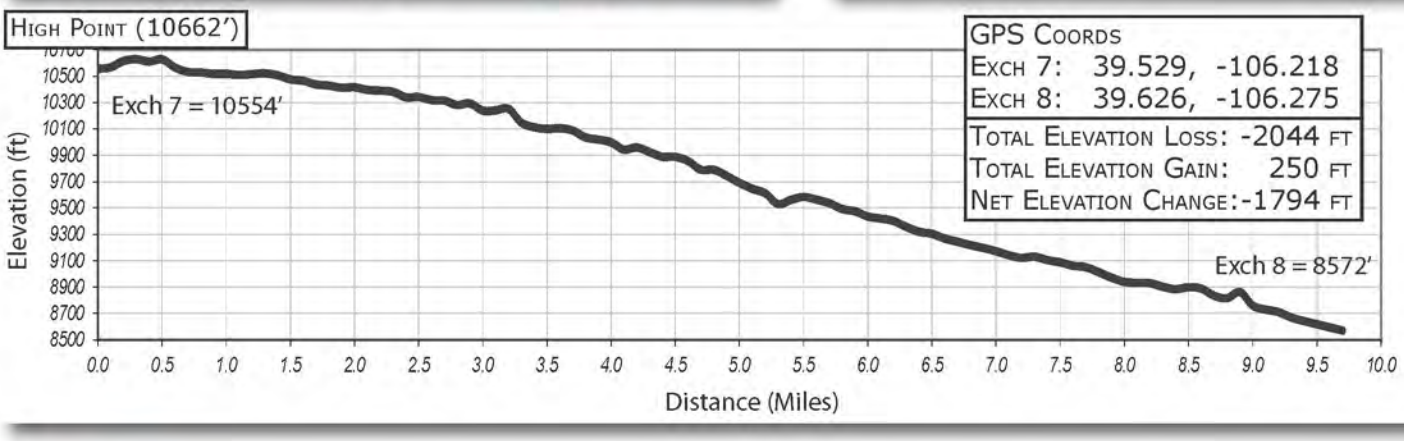
Leg Note:
Ragnar will provide **one** water station, 4 miles in. **PLEASE CARRY WATER**. VANS PLEASE FOLLOW VAN DIRECTIONS. VANS WILL NOT BE ABLE TO SUPPORT RUNNERS.

Leg Legend:

0.0	Leave Exchange 7 by running up Rest stop entrance road
0.3	Turn Left onto Dirt road before Freeway Bridge
1.6	Enter Ten Mile Vail Pass paved Bike path
9.1	Arrive on Big Horn Rd.

Van Directions:

0.0	Leave Exchange 7 when runner 8 is 10 min from finishing leg. Head W on I-70 towards Vail
11.0	Exit 180 Vail E Entrance
11.1	Turn Left on Big Horn Rd
*	Safely pull over on the SOUTH Side of Big Horn Road to wait for runner
*	Choose your own exchange 8



Leg 9 -- 5.4 to 7.7 Miles -- Hard -- FULL SUPPORT

Exchange 9- Partial No Support
934 South Frontage Road West
Vail, Colorado 81657
39.64137, -106.39596

Leg Note:
Please support your runners on Big Horn Rd. Then Drive to Exchange.
Ragnar will provide one water stations on this leg at the end of the trail system. This is a hard leg to support on.

DO NOT U-TURN ON BIG HORN RD after picking up runner. Turn right on Gore Drive, follow gore Circle around to loop back to Big Horn Rd and Turn Left. (west) TEAMS WILL BE ISSUED VIOLATIONS FOR U-TURNS ON BIG HORN RD. Please drive the loop.

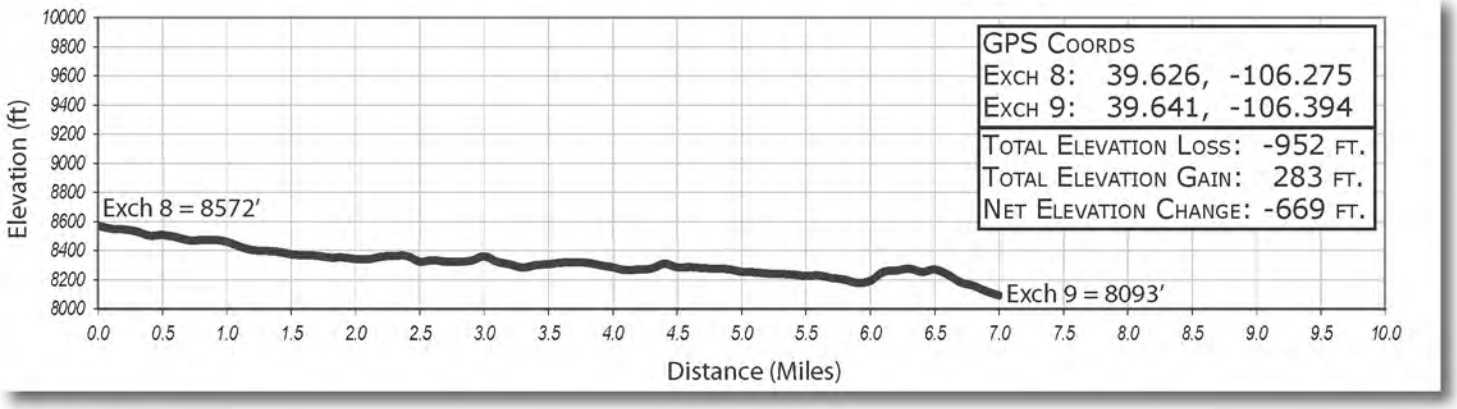
Leg Legend:

0.0	Leave exchange 8 on Big Horn Rd. (NW)
2.3	Turn Left on Bride Rd and immediately turn Right onto paved bike path into Vail
4.2	When paved bike path ends continue straight onto Sunburst Dr.
5.0	Turn Left on Vail Valley Dr.
6.4	Left onto Gore Creek Dr. **(Vans are not allowed in this section.)**
6.7	Continue Left to stay on Gore Creek Dr.
6.8	Vere Left on Forest Rd
7.7	Arrive at Exchange 9

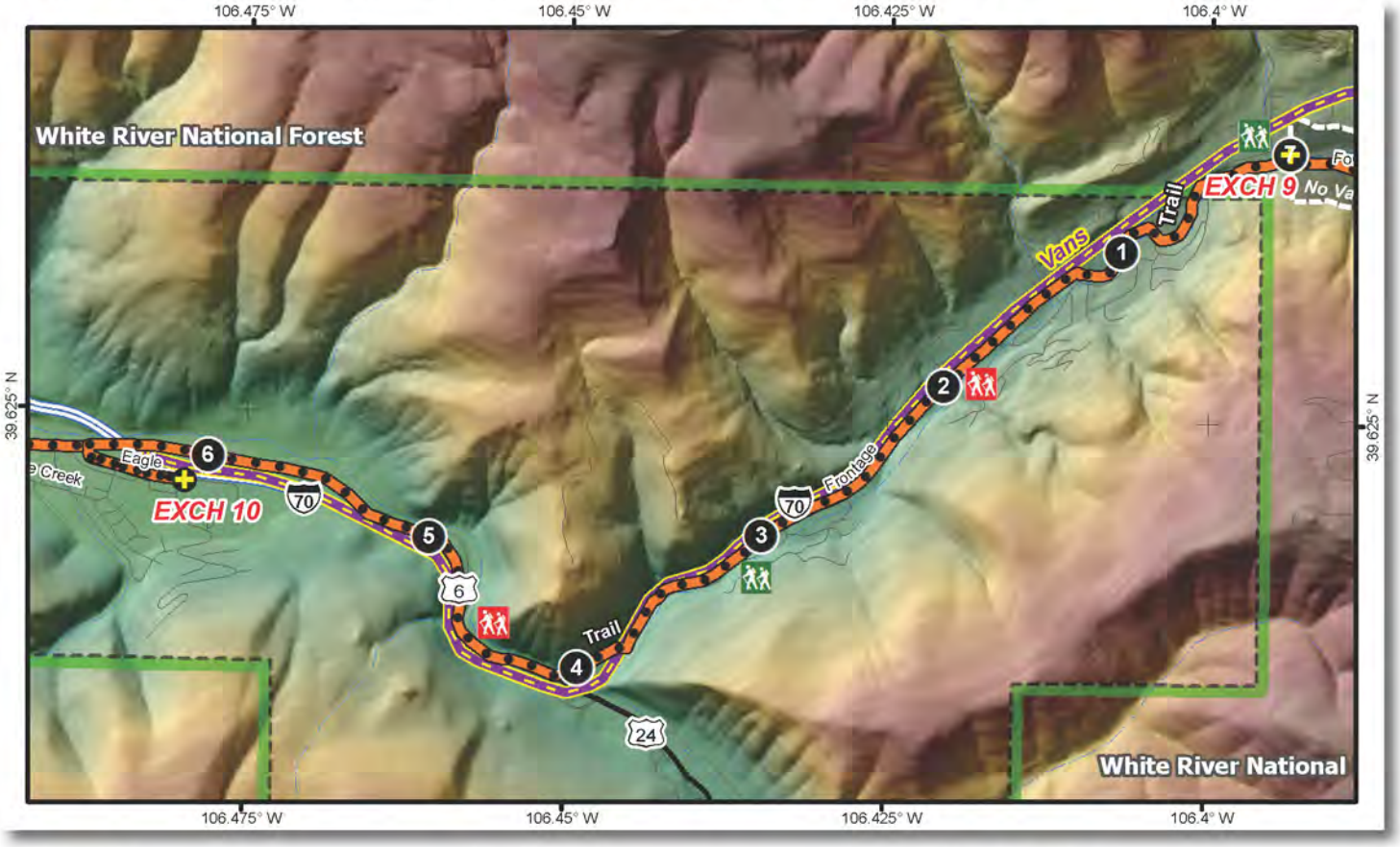
Van Directions:

0.0	Head west on Big Horn Rd (following previous instructions, no U-Turns please.)
1.7	Head west on I-70
6.5	Take Exit 173 for West Vail
6.6	Turn Left onto Frontage Rd heading back towards Vail
8.2	Arrive at Exchange 9

** Volunteers will direct you into the parking lot. The Frontage road is shut down and requires access this direction only**



Leg 10 -- 7.0 Miles -- Very Hard -- FULL SUPPORT



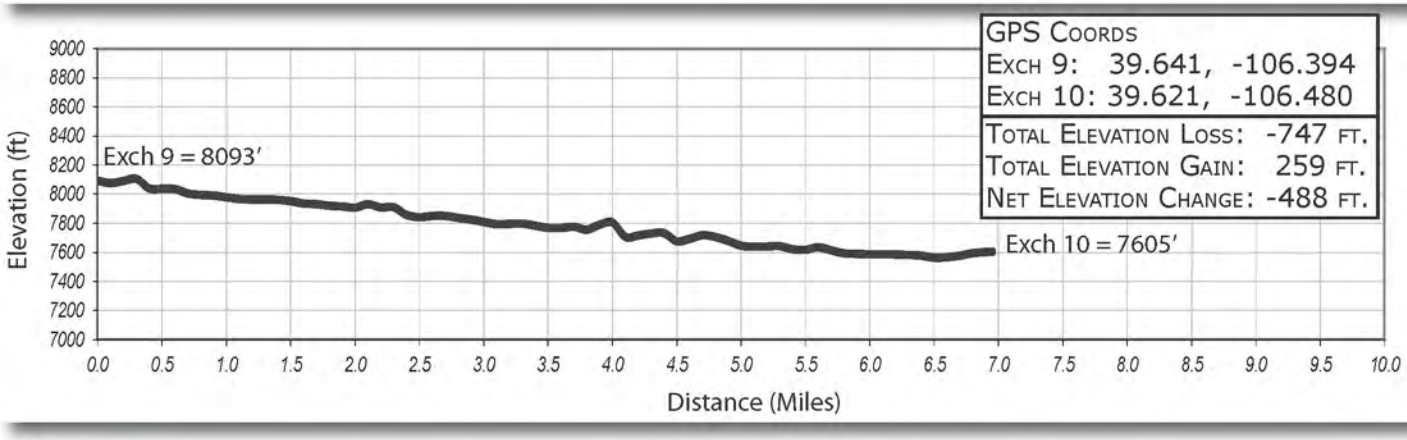
Exchange 10
Eagle Valley Community Garden
450 Eagle Rd, Vail, CO 81657
(this address is the building across from the exchange. Please follow van directions or type in the GPS to get exact directions to the lot)
Minturn, CO 81620
39.619673, -106.480605

Leg Legend:

0.0	Leave Exchange 9 heading west on Vail's paved trail system towards Eagle.
2.0	Continue Straight on Frontage Rd
3.1	Enter paved trail again at the end of Frontage Rd.
5.2	Continue Straight on HWY 6 when paved trail ends
6.5	Right onto Eagle Drive
7.0	Arrive at exchange 10

Van Directions:

0.0	Leave Exchange on Frontage Rd heading west
1.8	Enter Highway heading West on I-70
3.9	Exit 171 Minturn/Leadville
4.1	Turn Left (west) on US-6
6.4	Turn R. on Eagle Dr.
6.8	Arrive at Exchange 10



GPS Coords	
Exch 9:	39.641, -106.394
Exch 10:	39.621, -106.480
Total Elevation Loss:	-747 ft.
Total Elevation Gain:	259 ft.
Net Elevation Change:	-488 ft.

Leg 11 -- 3.6 Miles -- Easy -- FULL SUPPORT

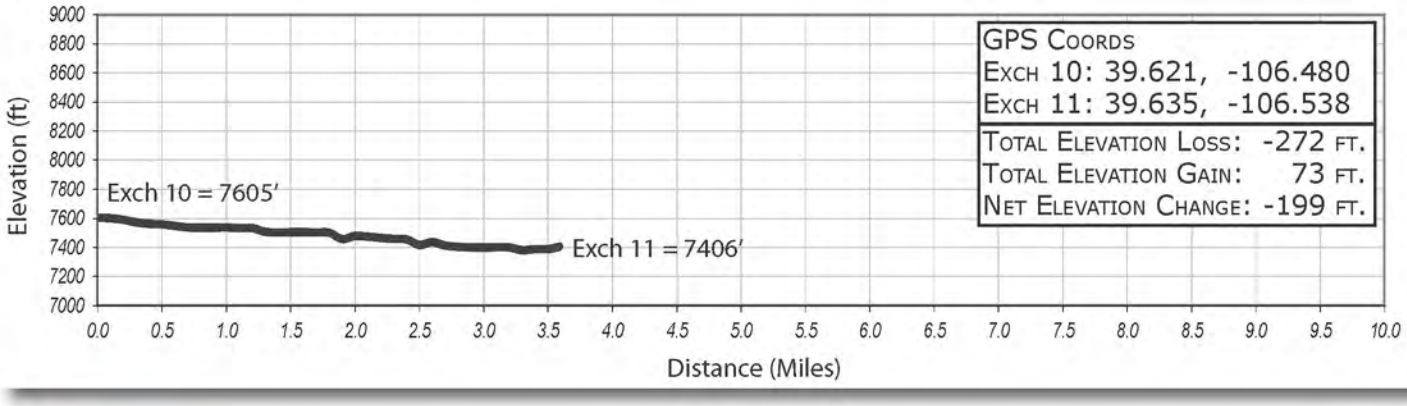
Exchange 11
Beaver Creek Bear Parking Lot
US 6 and Beaver Creek Blvd.
39.634942, -106.538601

Leg Legend:

0.0	Leave exchange 10 on Eagle Rd. (head west on Eagle Rd. same as incoming runner)
0.4	Cross US-6 at light on Eagle Rd (same as incoming runners)
0.5	Turn Left once across US-6 and run on path with traffic
*	Continue running on path
1.4	Straight thru roundabout
1.9	Right on Stonebridge Rd
2.0	Left onto Eagle Bend Dr.
2.2	Continue on Hurd Ln
2.6	Enter paved trail System
3.5	Left onto W Beaver Creek Blvd.
3.6	Cross Highway 6 WITH THE LIGHT
3.6	Arrive at Exchange 11

Van Directions:

0.4	Left on US-6
3.3	Left at Prater Rd
3.3	Arrive at Exchange 11



Leg 12 -- 2.9 Miles -- Easy -- FULL SUPPORT

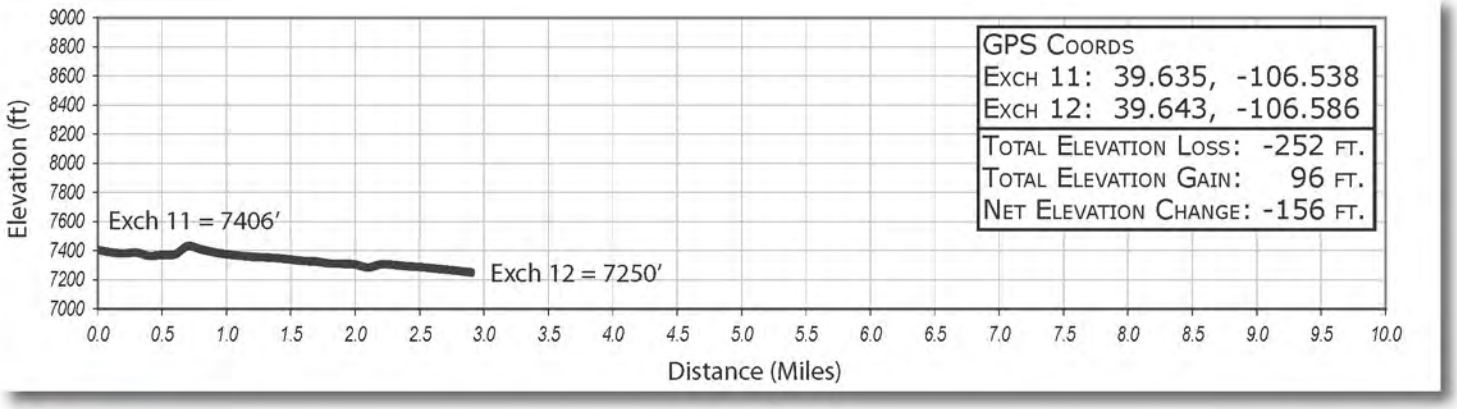
Exchange 12
WECMRD Field House at Edwards
0450 Miller Ranch Road
Edwards, Colorado 81632
39.643168, -106.583998

Leg Legend:

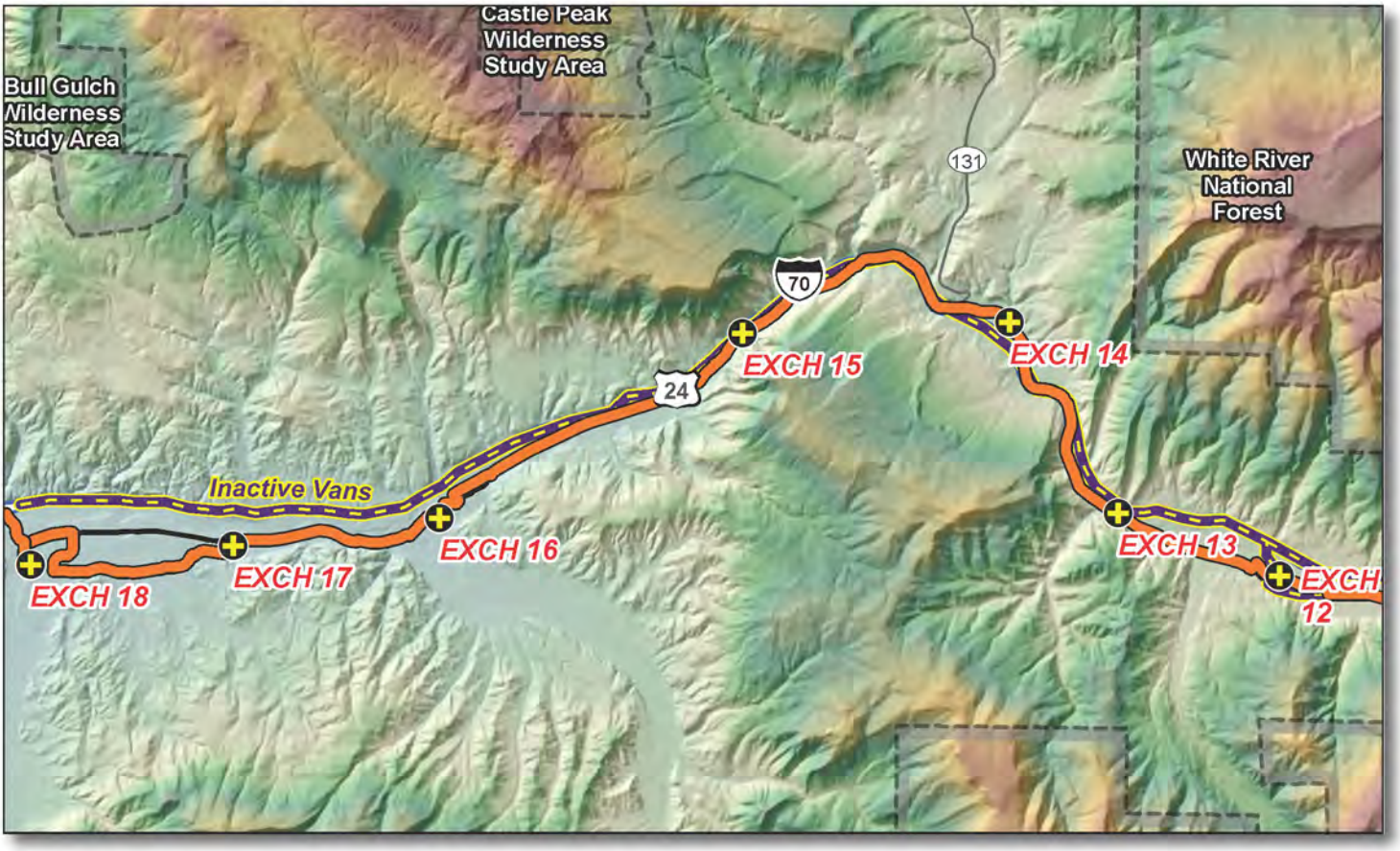
0.0	Leave Exchange 11 on Beaver Creek Blvd
0.1	Cross Highway 6 WITH THE LIGHT. (same as incoming runner)
0.1	Left onto paved Trail System
2.0	Turn Right on Miller Ranch Rd
2.1	Left to continue on trail
2.9	Arrive at Exchange 12

Van Directions:

0.0	Leave Exchange 11 on Beaver Creek Blvd
0.0	Left on US-6
1.8	Right on Miller Ranch Rd
2.7	Arrive at Exchange 12



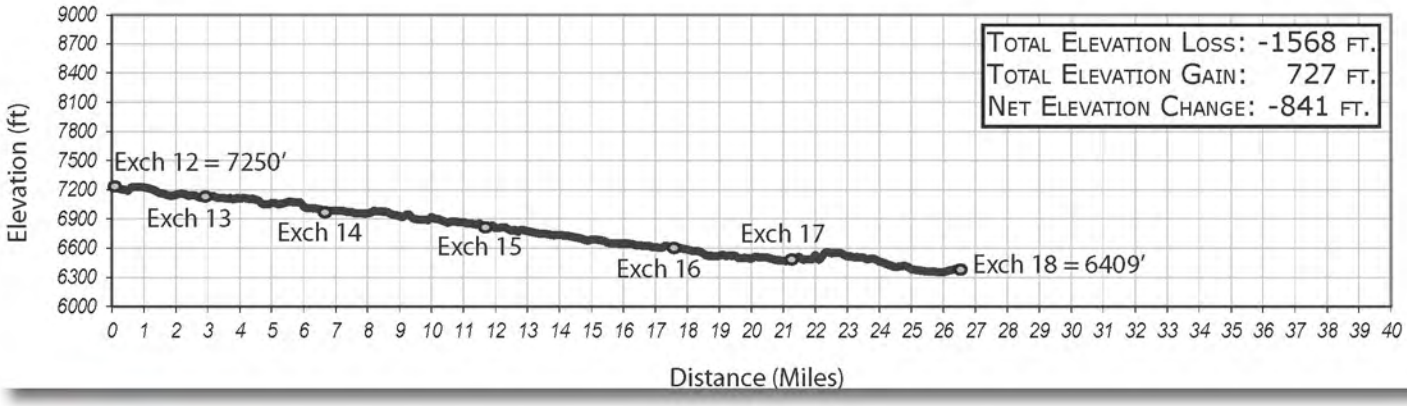
Van I -- Legs 13-18 -- 26.3 Miles



Inactive Van Directions:

0.0	Depart Exchange 12 on Miller Ranch Rd heading West (left out of the exchange)
2.1	Turn Right on Edward Access Rd (follow signs for I-70 West)
2.7	Take Ramp onto I-70 West Bound
25.6	Exit 140 and turn left at roundabout, exit onto US-6 (south)
26.6	Turn right onto Valley Rd
26.9	Arrive at Exchange 18

Exchange 18:
Gypsum Recreation Center
0052 Lundgren Blvd.
Gypsum, CO 81637



Leg 13 -- 2.9 Miles -- Easy -- FULL SUPPORT

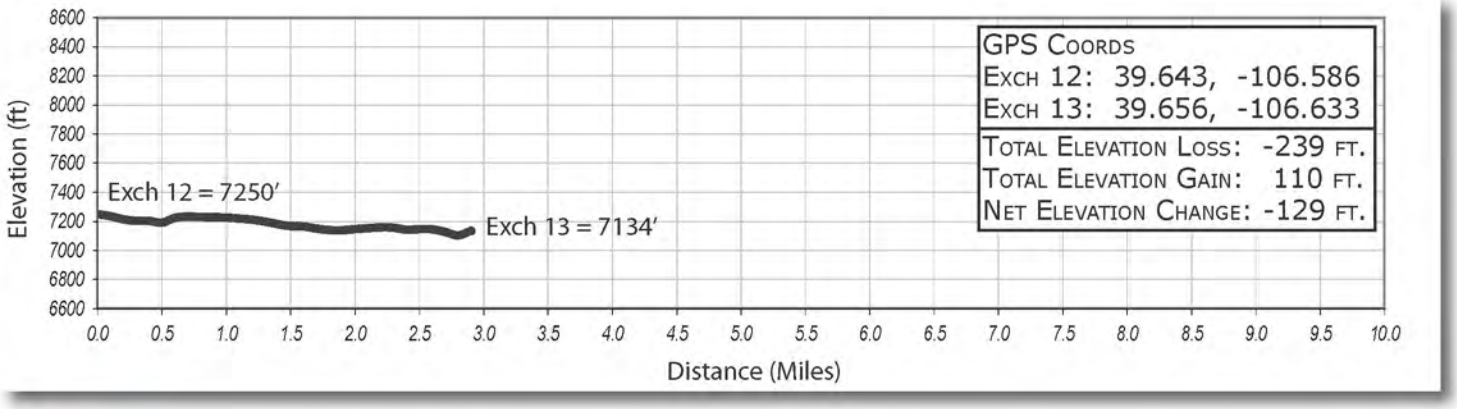
Exchange 13
Vail Christian High School
31621 Highway 6
Edwards, CO 81632-8166
39.656052, -106.633046

Leg Legend:

0.0	Leave Exchange 12 on paved trail system
0.6	Turn Right onto trail paralleling HWY 6 (running against traffic)
2.2	Cross US 6 at Crosswalk
2.9	Arrive at Exchange 13

Van Directions:

0.0	Depart Exchange 12 on Miller Ranch Rd heading West
0.5	Turn Left on Edwards Access Rd
0.9	Turn Right on US 6
3.1	Arrive at Exchange 13



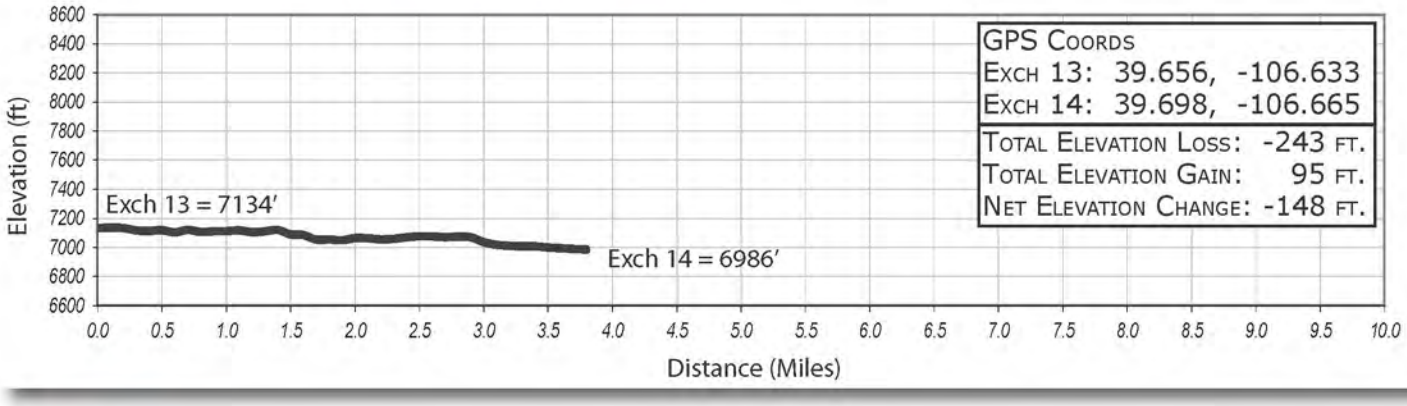
Leg 14 -- 3.8 Miles -- Easy -- NO VAN SUPPORT/NO PULLING OVER

Exchange 14
Wolcott Post Office
28000 Highway 6
Wolcott, CO 81655-9800
39.69771,-106.66482

Leg Legend:

0.0	Leave exchange 13 on US 6 (running against traffic)
3.8	Arrive at exchange 14

Van Note:
Leave exchange 13 and proceed directly to exchange 14. No supporting runners on this leg. Pay close attention to the exchange coming up. It comes up quickly. Start to slow down and watch for it when you have gone 3 miles from exchange 13.



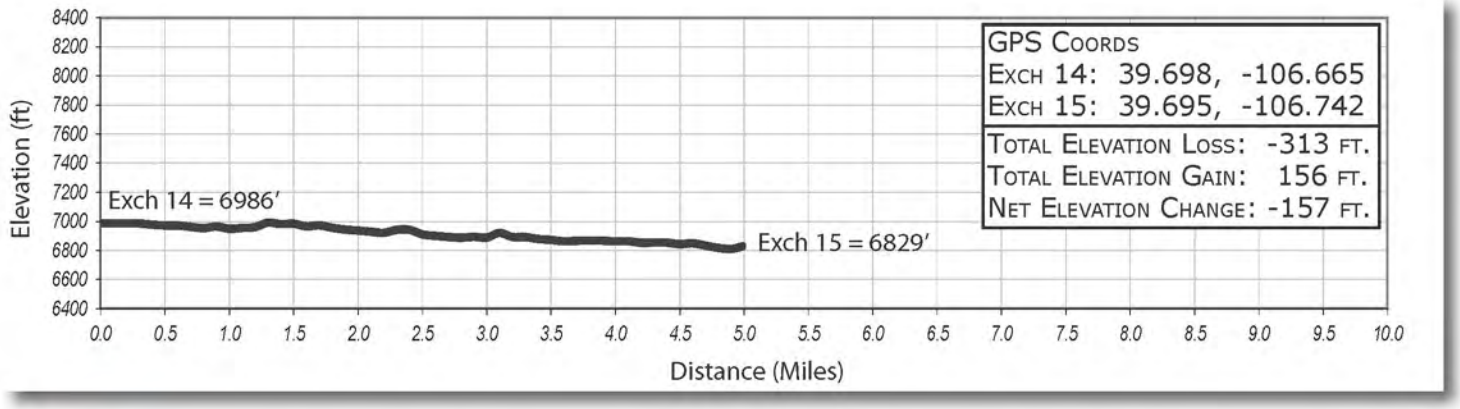
Leg 15 -- 5.0 Miles -- Moderate -- NO VAN SUPPORT

Exchange 15
Mile Marker 155 on HWY 6
4.5 miles NE of Eagle
39.69454, -106.74229

Leg Note:
Ragnar will provide one water station on this Leg. There will be NO Toilets at exchange 15. This exchange is on the road shoulder. Make sure to pull van off of the road entirely when parking. Please be careful.

Leg Legend:

0.0	Leave exchange 14 on HWY 6
5.0	Arrive at Exchange 15



Leg 16 -- 5.9 Miles -- Hard --NO VAN SUPPORT/NO PULLING OVER

Exchange 16
Eagle Park and City Center
200 Broadway, Eagle CO 81631
39.651955, -106.829085

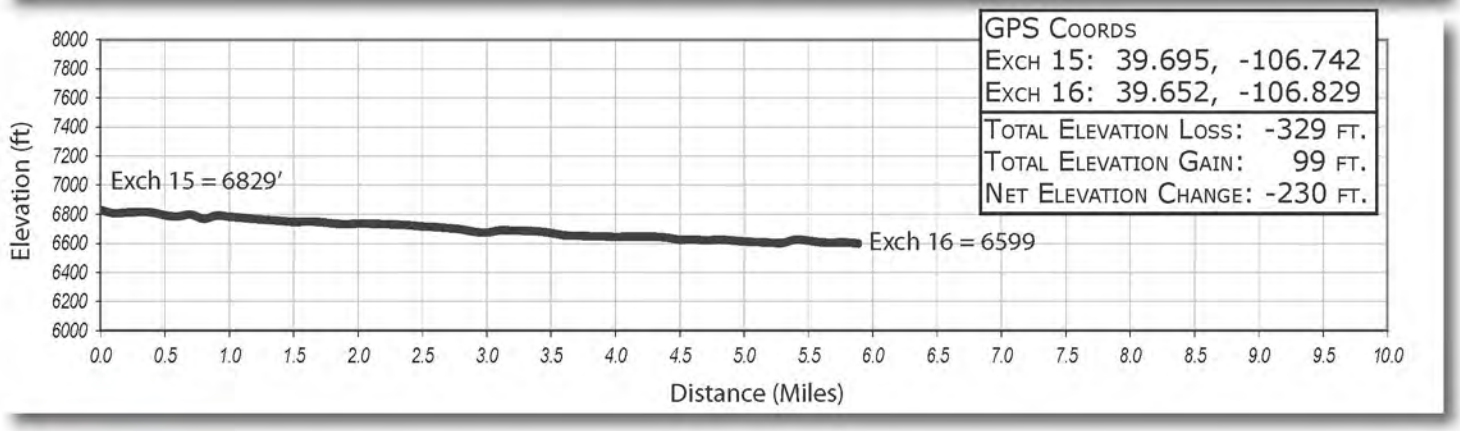
Leg Note:
Ragnar will provide **one** water station.
Teams may support Runners once they are off US-6

Leg Legend:

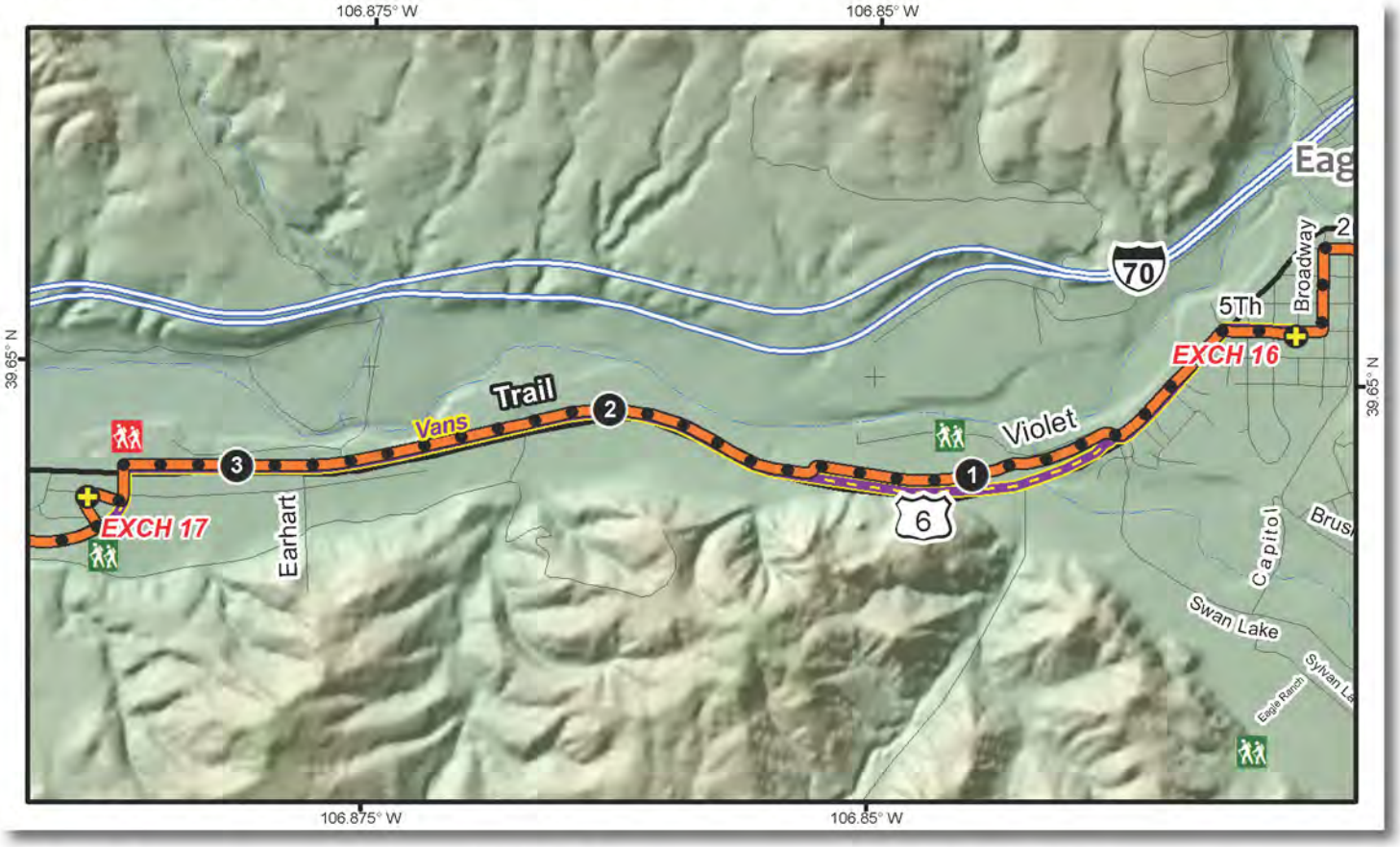
0.0	Leave exchange 15 on US- 6
4.6	Turn Right on Nogal Rd.
5.2	Left on paved trail at the end of Nogel Rd
5.3	Straight thru roundabout, crossing US-6 onto Bluffs Rd
5.4	Right onto Second St
5.6	Left on Broadway St
5.9	Right on 5th st
5.9	Arrive at exchange 16

Van Directions:

0.0	Leave Exchange 15 on US-6
5.3	Left on Church Rd
5.4	Right on Second St
5.6	Left on Broadway
5.8	Right on 5th St
5.8	Arrive at exchange 16



Leg 17 -- 3.5 Miles -- Easy -- FULL SUPPORT



Exchange 17
Costco Gypsum Eagle County
170 Cooley Mesa Rd
Gypsum, CO 81637
39.644815°, -106.888710°

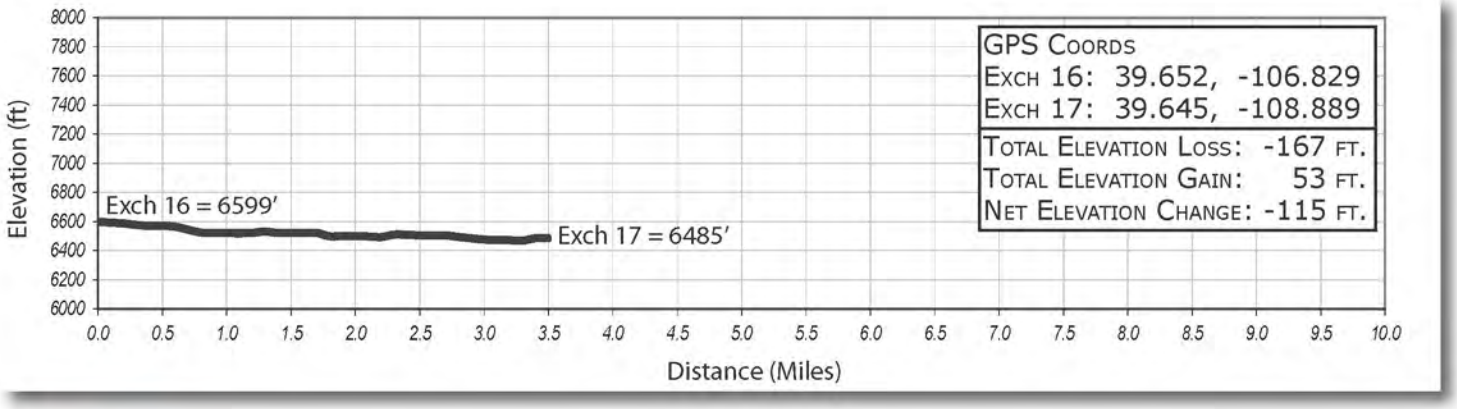
Leg Note:
PLEASE Respect the residents and be quiet in neighborhoods.

Leg Legend:

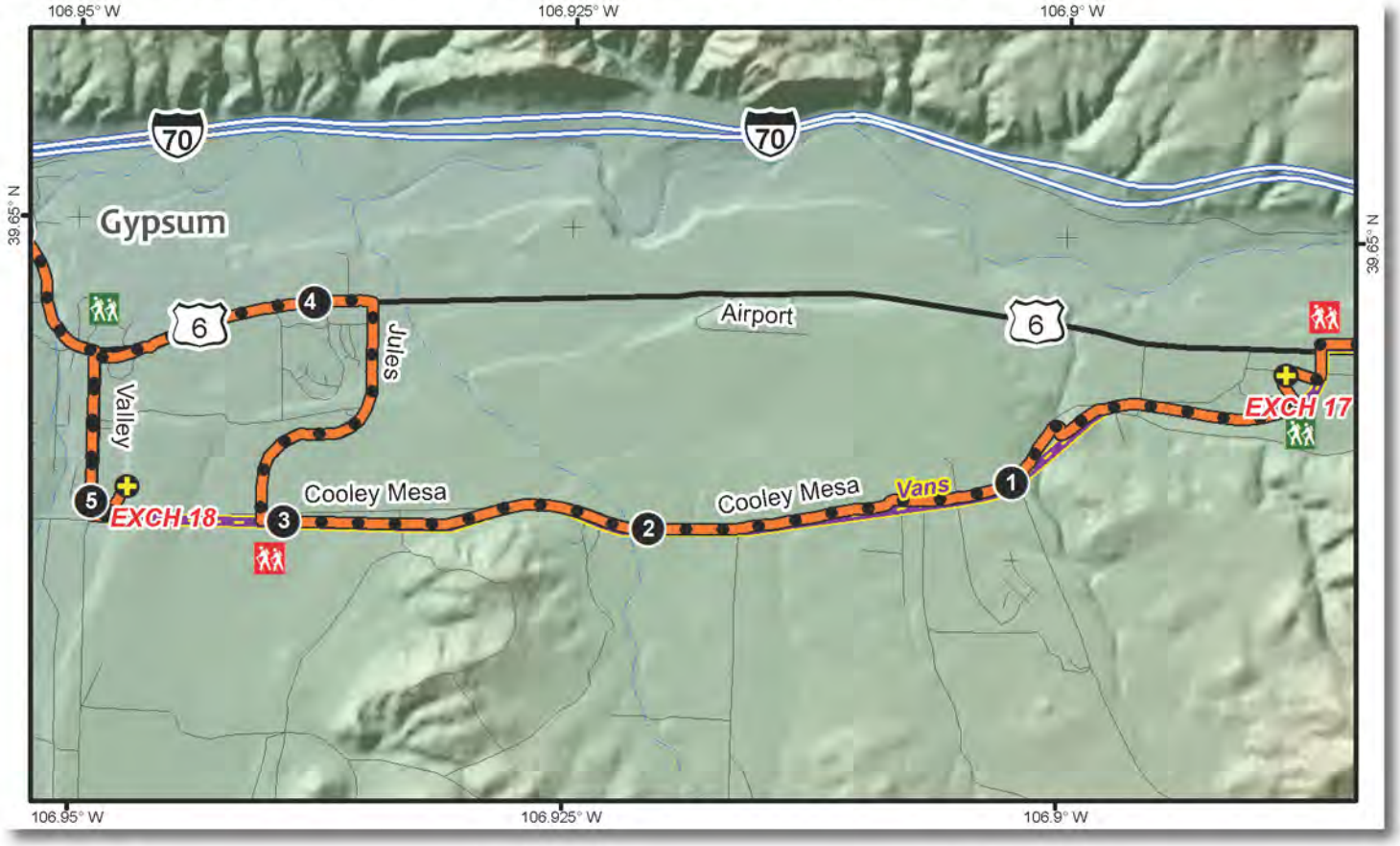
0.0	Leave Exchange 16 heading west on sidewalk along W 5th St
0.1	Left on sidewalk along Grand Ave
0.6	Turn Right on Violet Ln
0.9	Follow Left to stay on paved trail
3.3	Left onto Cooley Mesa Rd
3.5	Arrive at Exchange 17

Van Directions:

0.0	Leave Exchange 16 on Fifth St
0.1	Left onto Grand Ave
3.0	Left on Cooley Mesa Rd
3.1	Arrive at Exchange 17



Leg 18 -- 5.2 Miles -- Moderate -- FULL SUPPORT



Exchange 18
Gypsum Recreation Center
0052 Lundgren Blvd.
Gypsum, CO 81637
39.639836, -106.947021

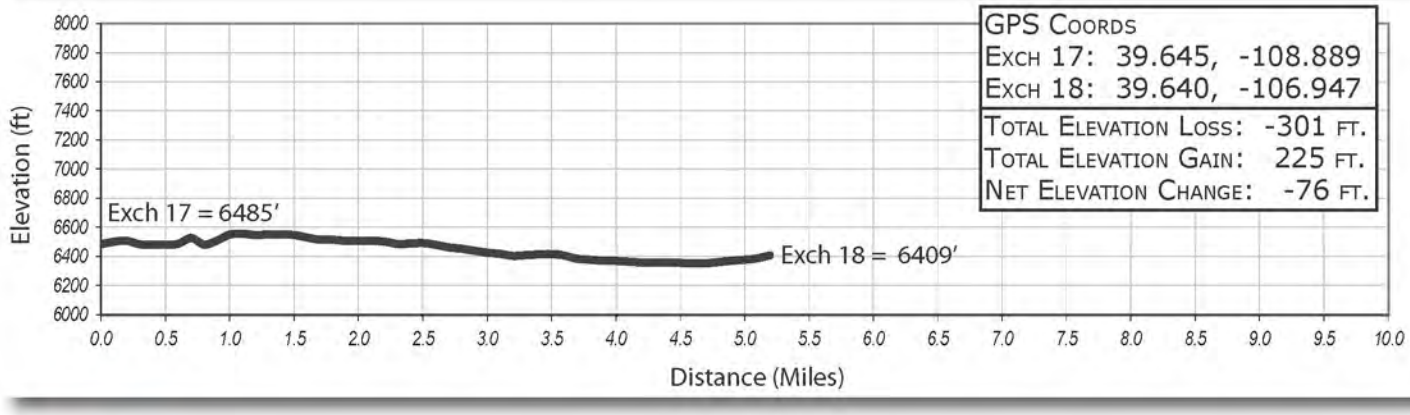
Leg Note:
PLEASE Respect the residents and be quiet in neighborhoods. Please obey all traffic laws or you will be ticketed for any traffic violation.

Leg Legend:

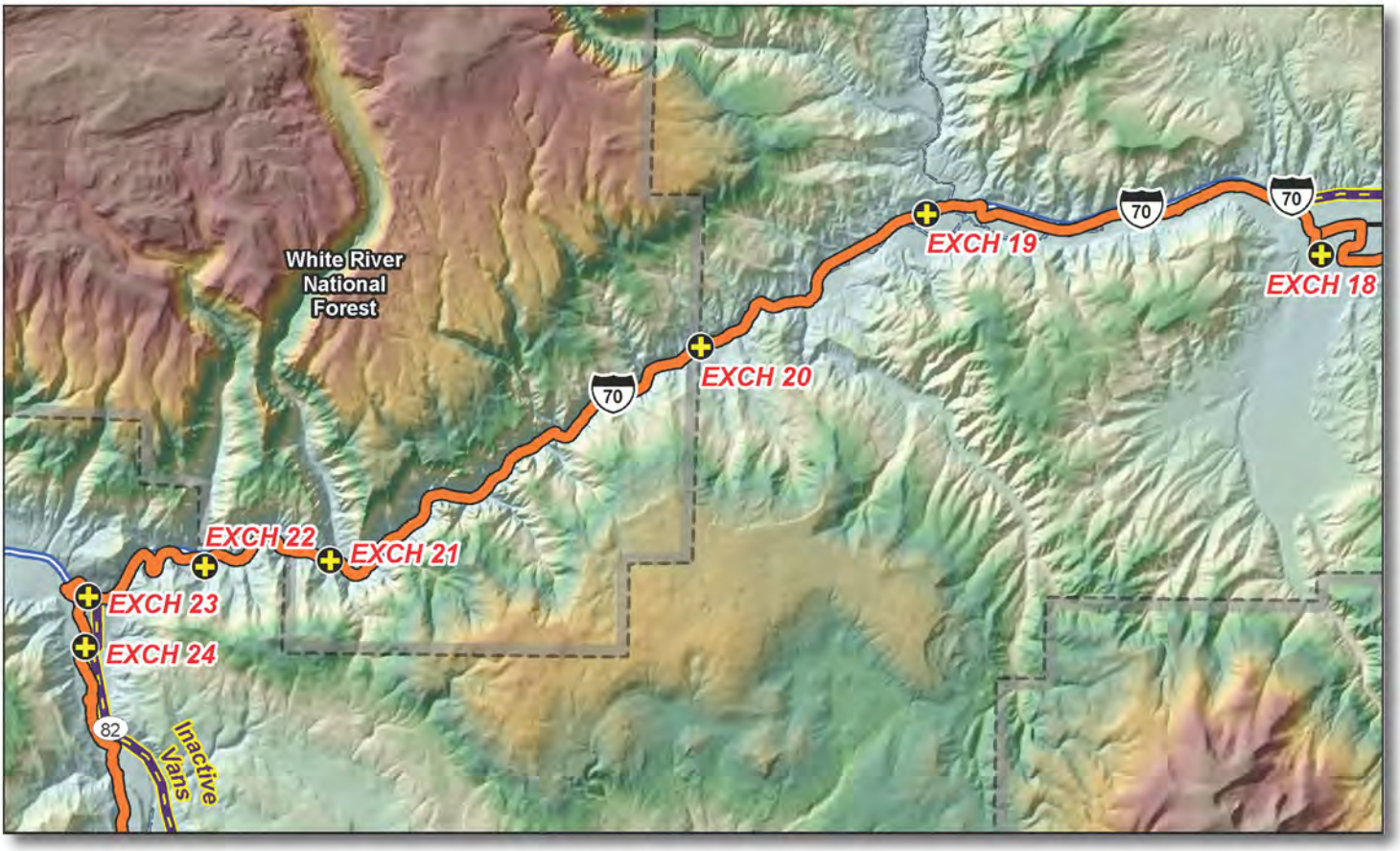
0.0	Leave Exchange 17 on Cooley Mesa Rd * Veer Right to continue on Trail
3.1	Turn Right onto Jules Dr.
3.8	Left onto US 6 running on sidewalk
4.6	Left on Valley Rd
5.2	Arrive at Exchange 18

Van Directions:

0.0	Turn Right leaving Exchange 17 on Cooley Mesa Rd
3.1	Continue on Cooley Mesa Rd. (Do not turn onto Jules Dr.)
3.4	Right into parking for Exchange 18 (you will be in parking on top of Exchange, walk down stairs) *For more parking turn Right on Valley Rd.



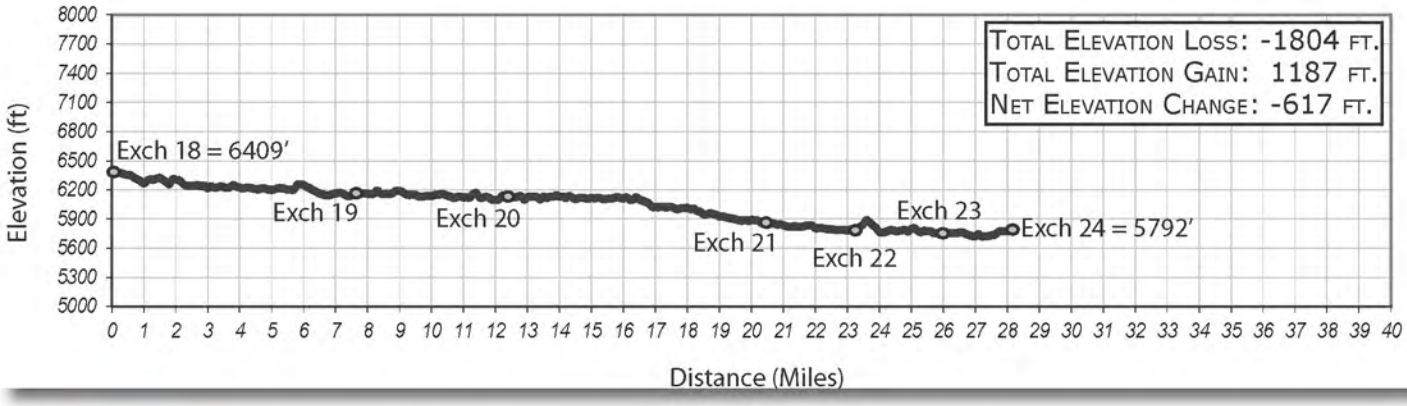
Van 2 -- Legs 19-24 -- 28.0 Miles



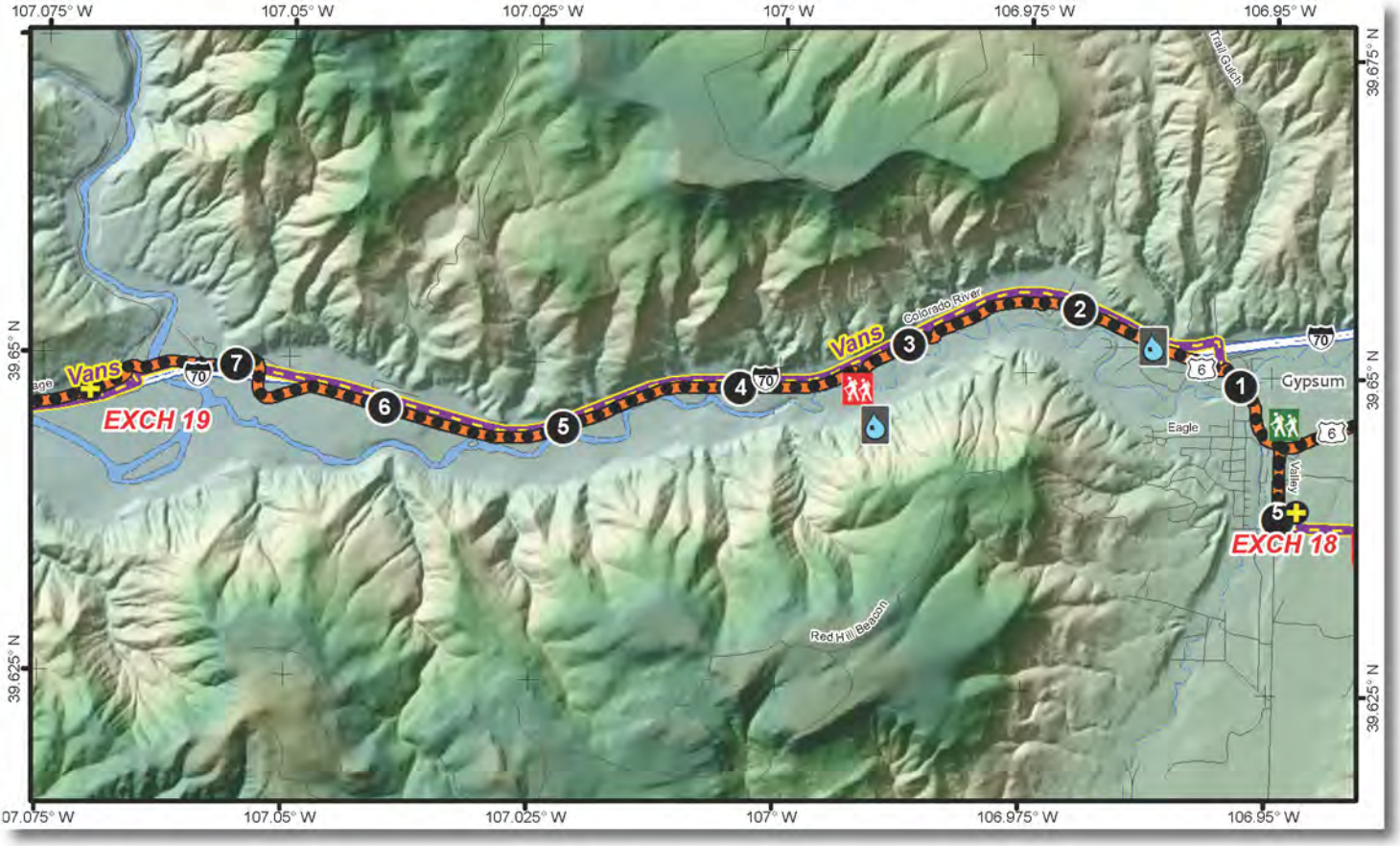
Inactive Van Directions:

0.0	Depart Exchange 18 on Valley Rd
0.3	Turn Left at US-6 heading west
1.0	Turn left to merge onto I-70 W
24.7	Take exit 116 Glenwood Springs/ Aspen
24.9	Turn right onto CO-82 E
24.9	Right onto 6th St
25.0	Take the 1st right onto Grand Ave
25.9	Turn Right on D street for parking (parking also available on 14th St.)
26.0	Arrive at Exchange 24

Exchange 24:
Glenwood Springs High School
1521 Grand Avenue
Glenwood Springs, CO 81601



Leg 19 -- 7.6 Miles -- Very Hard -- NO VAN SUPPORT



Exchange 19
Emergency Truck Parking Lot
Colorado River Rd and I-70
Dostero, CO
39.646354, -107.073232

Leg Note:
Ragnar will provide **TWO** water stations on this leg

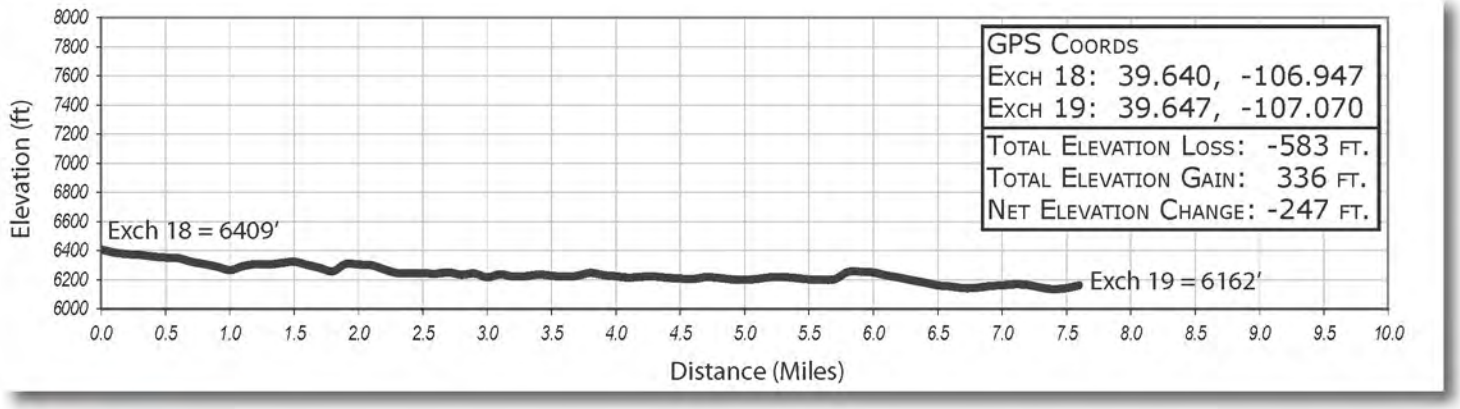
Leg Legend:

0.0 Leave Exchange 18 on Valley Rd (Same as incoming runners)
0.3 Cross HWY-6 at stop light Turn Left and run on paved trail paralleling US-6
* Follow Trail as it parallels HWY 6 At round about Continue on HWY -6
3.0 When trail ends run on HWY 6 against traffic
7.6 Arrive at Exchange 19

Van Directions:

0.0 Leave Exchange 18 on Valley Rd
0.3 Left on US 6
1.0 At Roundabout get on to I-70 west

0.0 Leave Exchange 18 on Valley



Leg 20 -- 4.7 Miles -- Moderate -- FULL SUPPORT

Exchange 20
Bair Ranch Rest Area EXIT 129
I-70 Milepost 128.5
39.61426, -107.13891

Leg Note:
Ragnar will not provide water on this leg. Please carry your own water. Vans can support runners on Colorado River Rd.
You are entering Glenwood Canyon. Cell service will be spotty for the next 4 legs. Runners are not accessible for support while in the canyon. Ragnar Bike Volunteers will be on trail monitoring runners.

Runners will NEVER be running on I-70. Stay on bike path.
There will NOT be a "ONE MILE TO GO" sign on this leg.

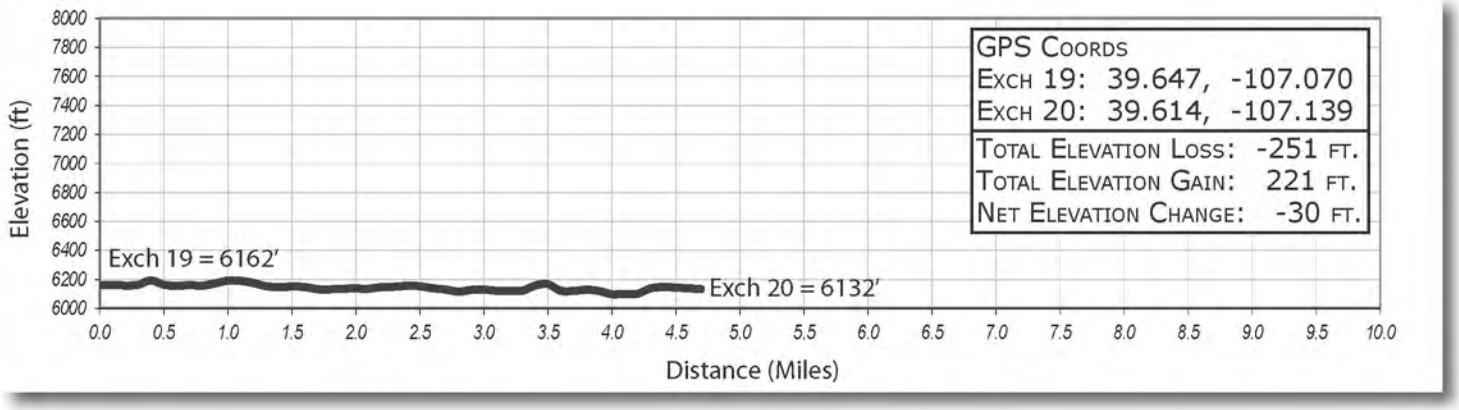
Download maps to local memory by selecting the heart icon for access without service.

Leg Legend:

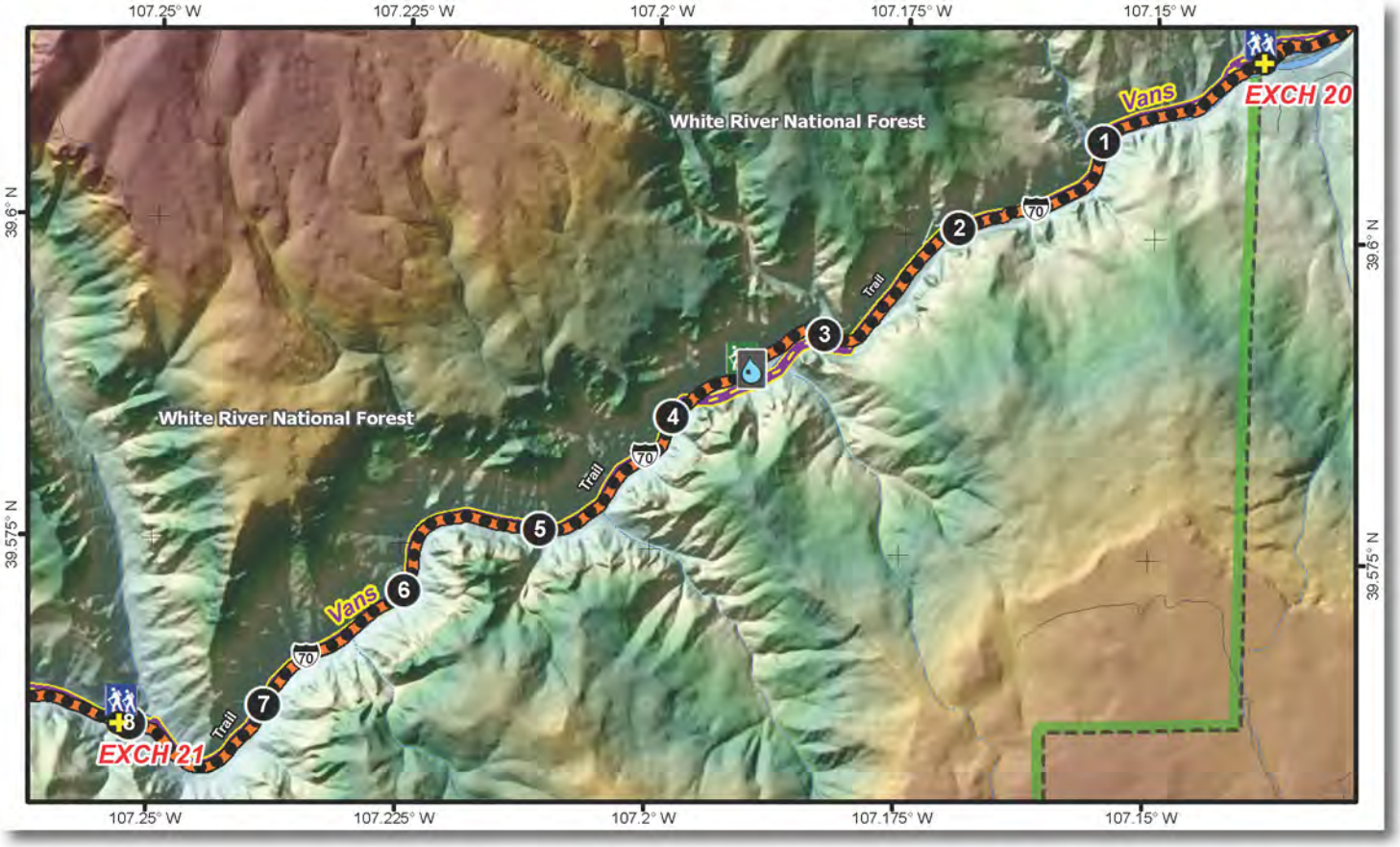
0.0	Leave Exchange 19 on Colorado River Rd Heading West
2.4	At the end of Colorado River Rd Enter Glenwood Canyon paved bike trail
4.7	Arrive at Exchange 20

Van Directions:

0.0	Leave Exchange 19 on Colorado River Rd Heading East
0.1	Turn Right to get on I-70 W
5.1	Exit at Briar Ranch Rest Area (Exit 129)
5.4	Arrive at Exchange 20



Leg 21 -- 8.2 Miles -- Very Hard -- FULL SUPPORT



Exchange 21
Grizzly Creek Rest Area
Exit 121 on I-70 W
39.56121N, -107.25291W

Leg Note:
The only place to support your runner is at Hanging Lake Rest Stop. To access Hanging Lake you must back-track 5 miles on I-70 E. There will be a water station at Hanging Lake. Be aware it adds 20 minutes + to your drive and may be a tight squeeze if your runner is fast.

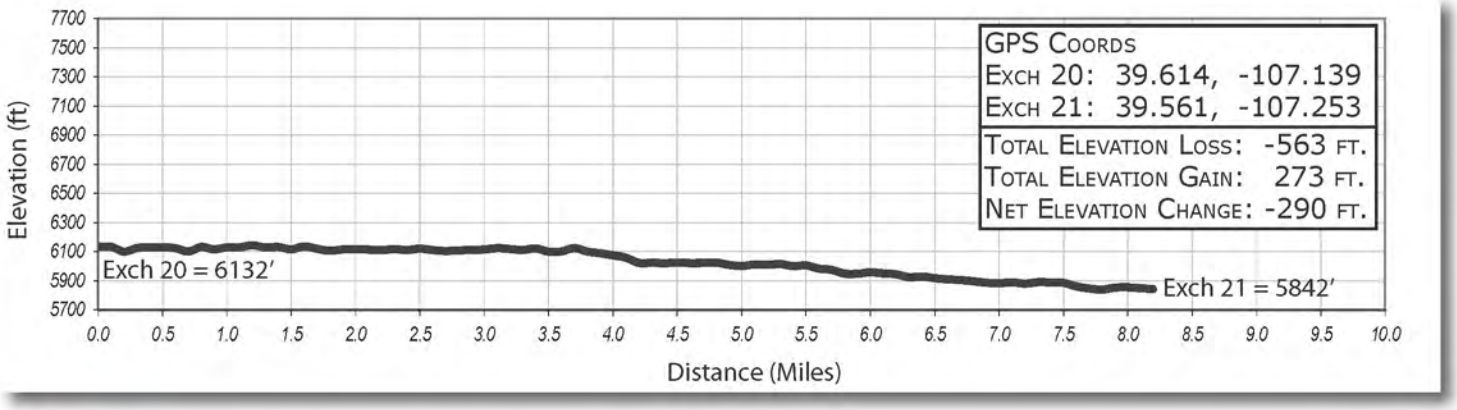
Runners will NEVER be running on I-70.
Stay on bike path.
There will NOT be a "ONE MILE TO GO" sign on this leg

Leg Legend:

0.0	Leave Exchange 20 on Glenwood Canyon paved Bike Trail
8.2	Arrive at Exchange 21

Van Directions:

0.0	Leave Exchange 20 on I-70 W
7.4	Exit at Grizzly Creek Rest Area (Exit 121)
7.5	Arrive at Exchange 21



Leg 22 -- 2.6 Miles -- Easy -- FULL SUPPORT

Exchange 22
No Name Rest Area
Exit 119 on I-70 W
39.55994N, -107.29097W

Leg Note:
Runners **MUST** carry their own water. Ragnar Bike Volunteers will be on trail monitoring runners. Vans can only access trail at Exchange locations.

Runners will never be running on I-70. Stay on bike path

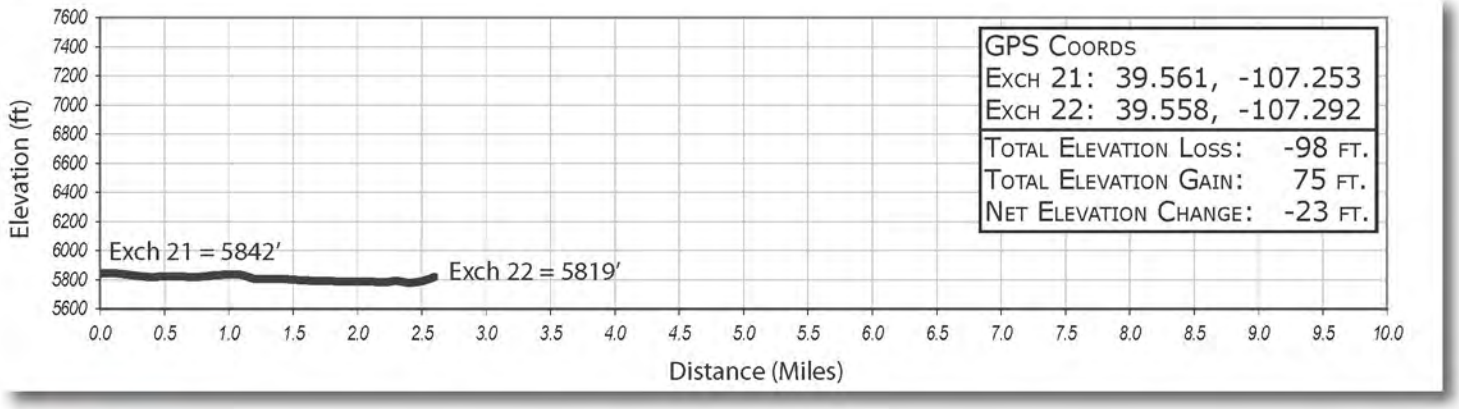
There will NOT be a "ONE MILE TO GO" sign on this leg

Leg Legend:

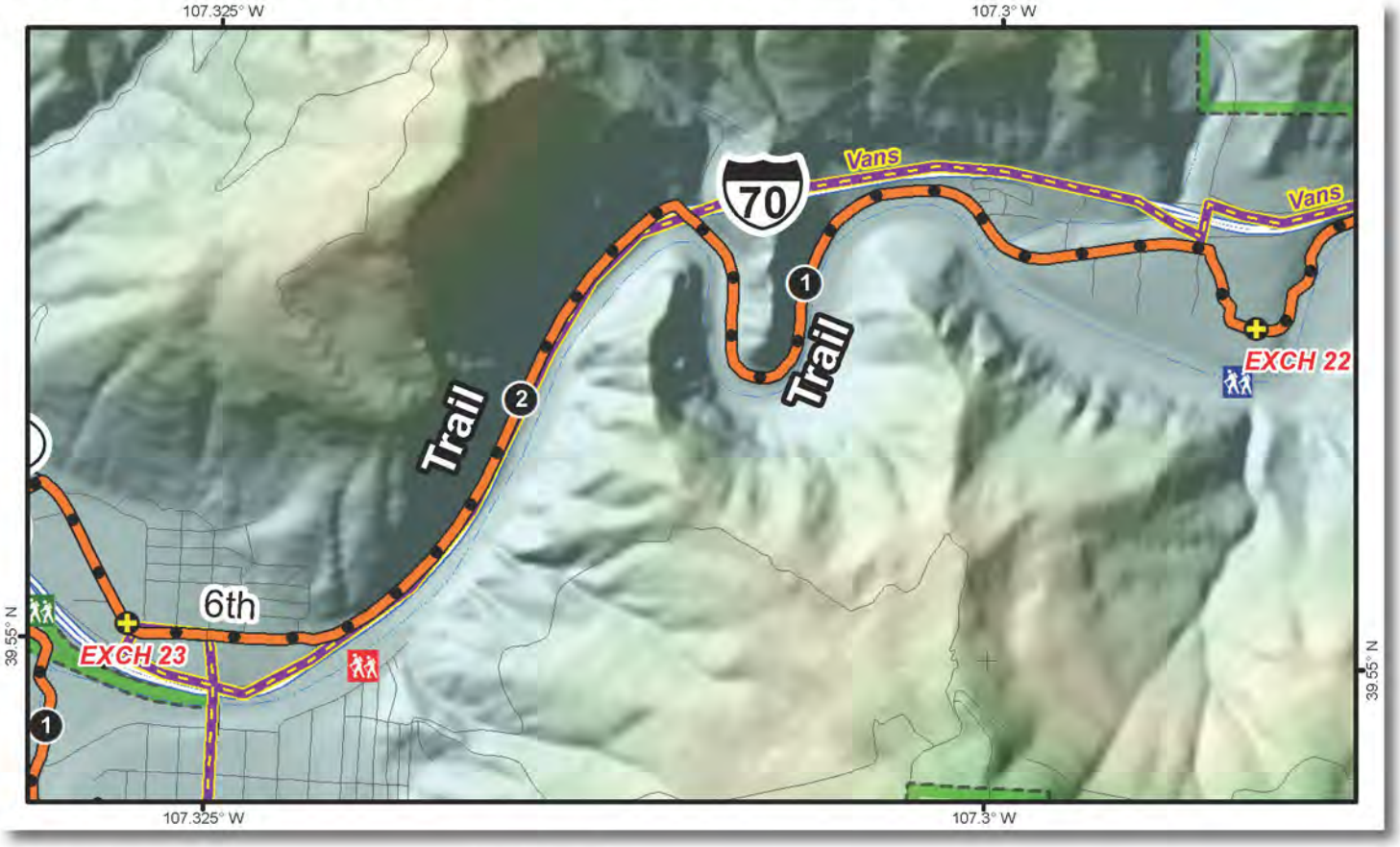
0.0	Leave Exchange 22 on Glenwood Canyon Bike Trail
2.6	Arrive at Exchange 23

Van Directions:

0.0	Leave Exchange 22 on I-70 W
2.4	Exit at No Name HWY Rest Stop (EXIT 119)
2.8	Arrive at Exchange 23



Leg 23 -- 2.9 Miles -- Easy -- FULL SUPPORT

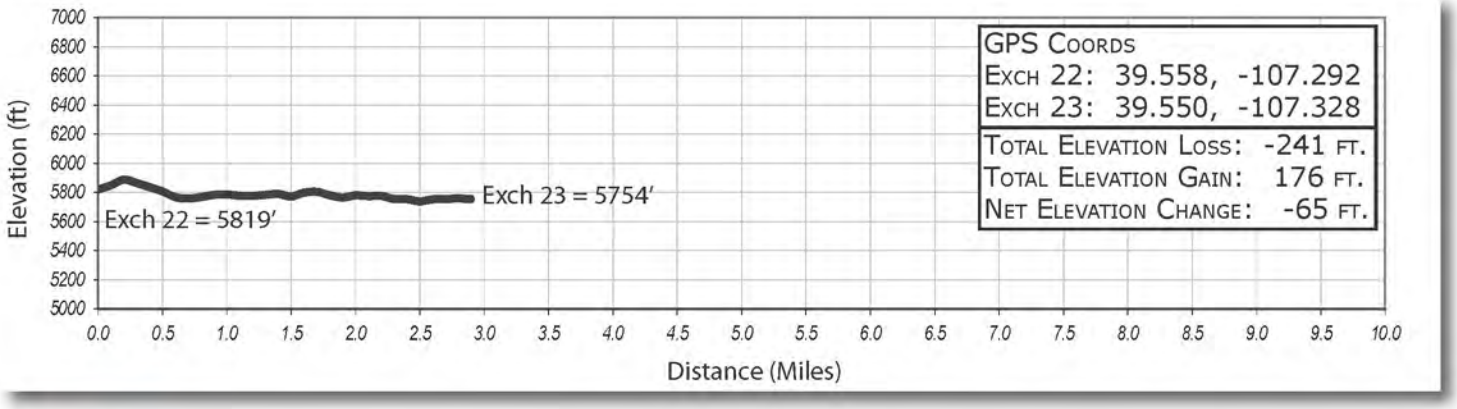


Exchange 23
The Village Inn Glenwood Springs
102 W 6th St
Glenwood Springs, CO 81601
39.550393°, -107.327510°

Leg Note:
Leg 24 is very short due to construction and permitting limitations. Please plan on leaving Exchange 23 as soon as your runner comes in, and let your Van 1 know to get ready at Exchange 24.

Leg Legend:

0.0	Leave Exchange 22 on Glenwood Canyon paved Bike Trail
2.6	At the end of trail continue straight on 6th St Cross 6th St. at Grand Ave. with crosswalk
2.9	Cross Laurel St
2.9	Arrive at Exchange 23



Leg 24 -- 2.0 Miles -- Easy -- FULL SUPPORT

Exchange 24
Glenwood Springs High School
1521 Grand Avenue
Glenwood Springs, CO 81601
39.53836,- 107.32842

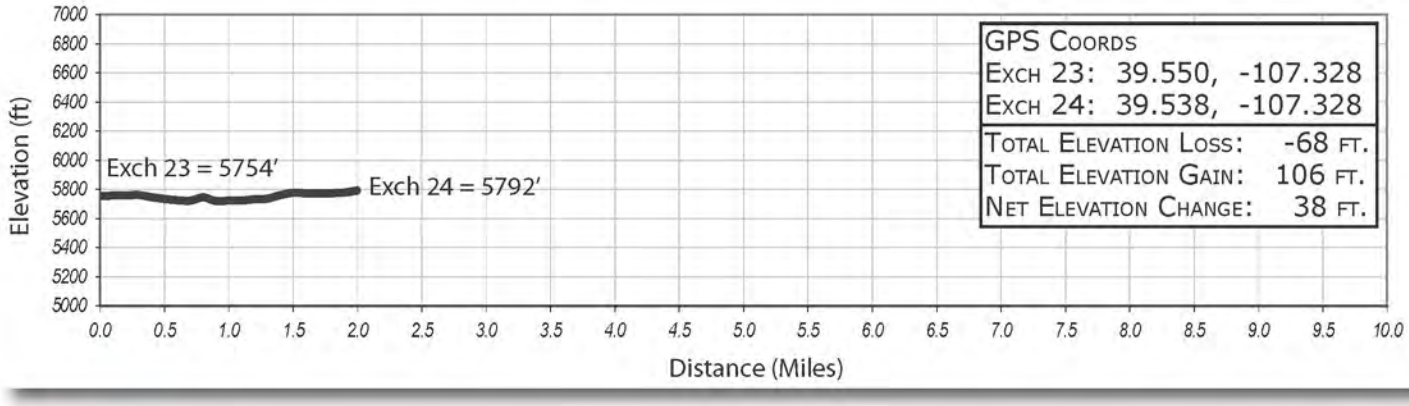
Leg Note:
Be sure to communicate when Runner 12 leaves Ex 23. Leg 24 runner path is much shorter than the van path. This is due to construction and permitting restrictions

Leg Legend:

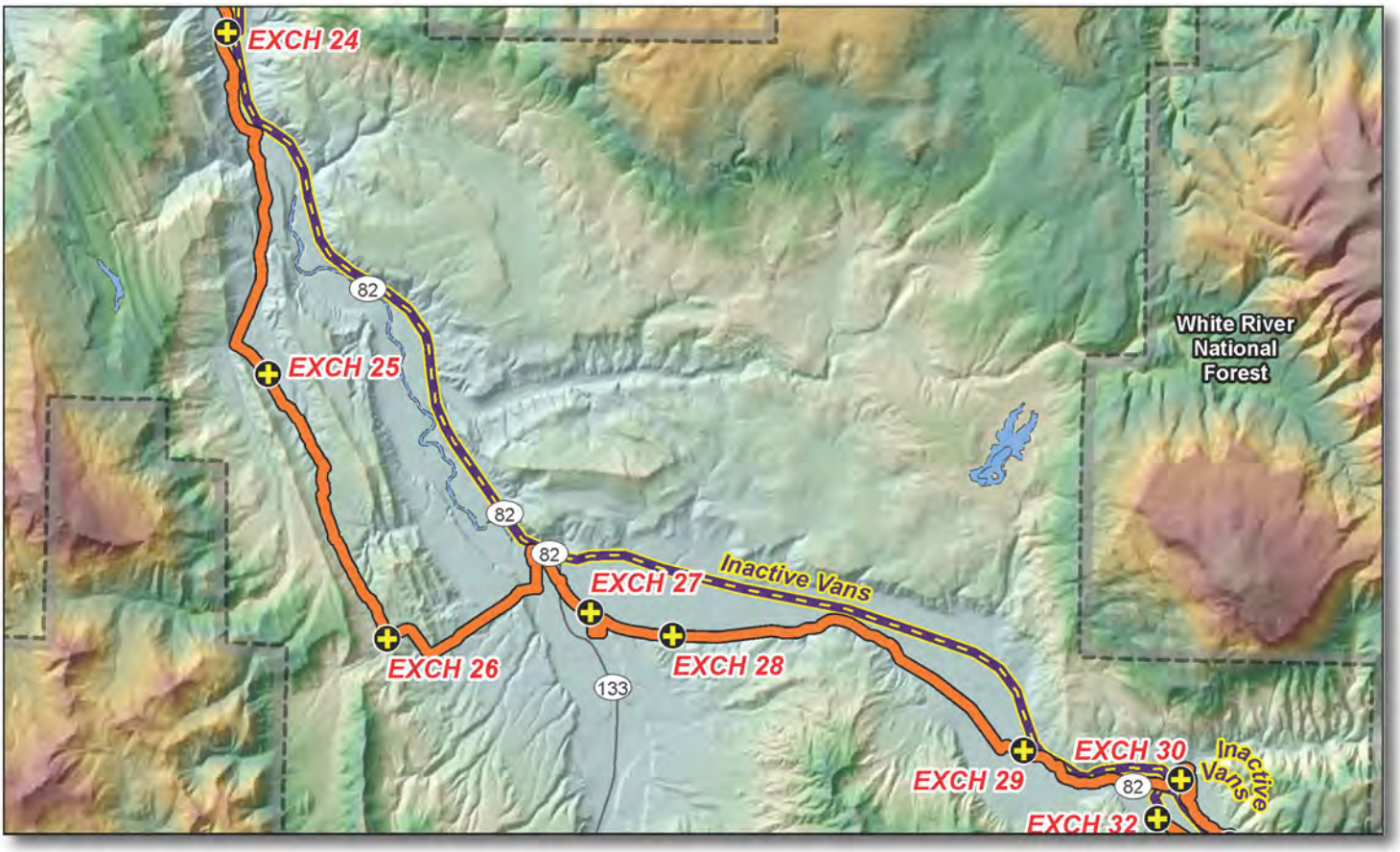
0.0	Depart Exchange 23 on sidewalk along Grand Ave
0.3	Turn Left on sidewalk along Devereux Rd
0.5	Turn Left on path to enter Two Rivers Park
0.8	Follow path through park and turn Right to cross bridge

**Stay on path until you turn towards exchange

1.8	Left onto Coach Miller Dr.
2.0	Arrive at Exchange 24



Van I -- Legs 25-30 -- 28.5 Miles

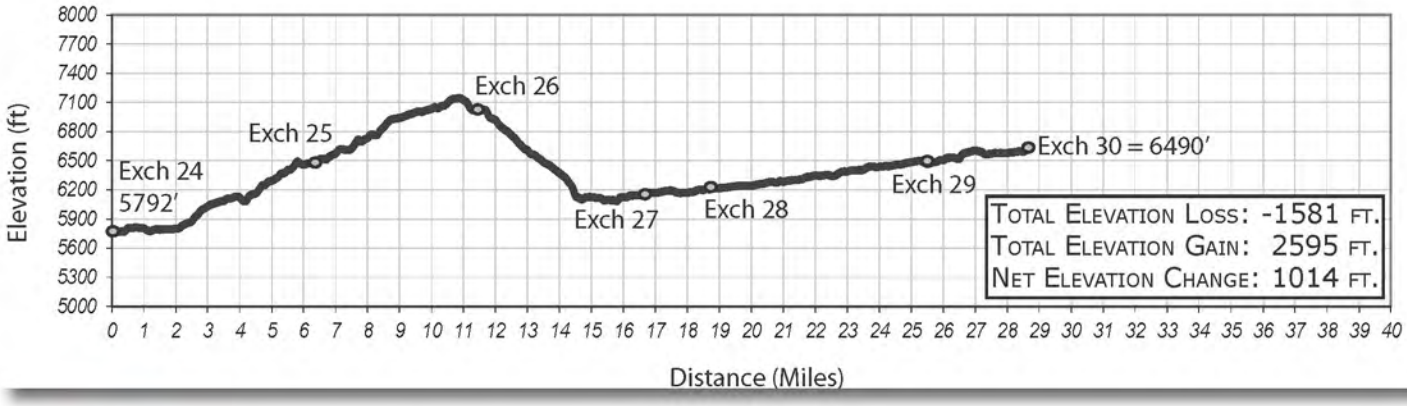


Inactive Van Directions:

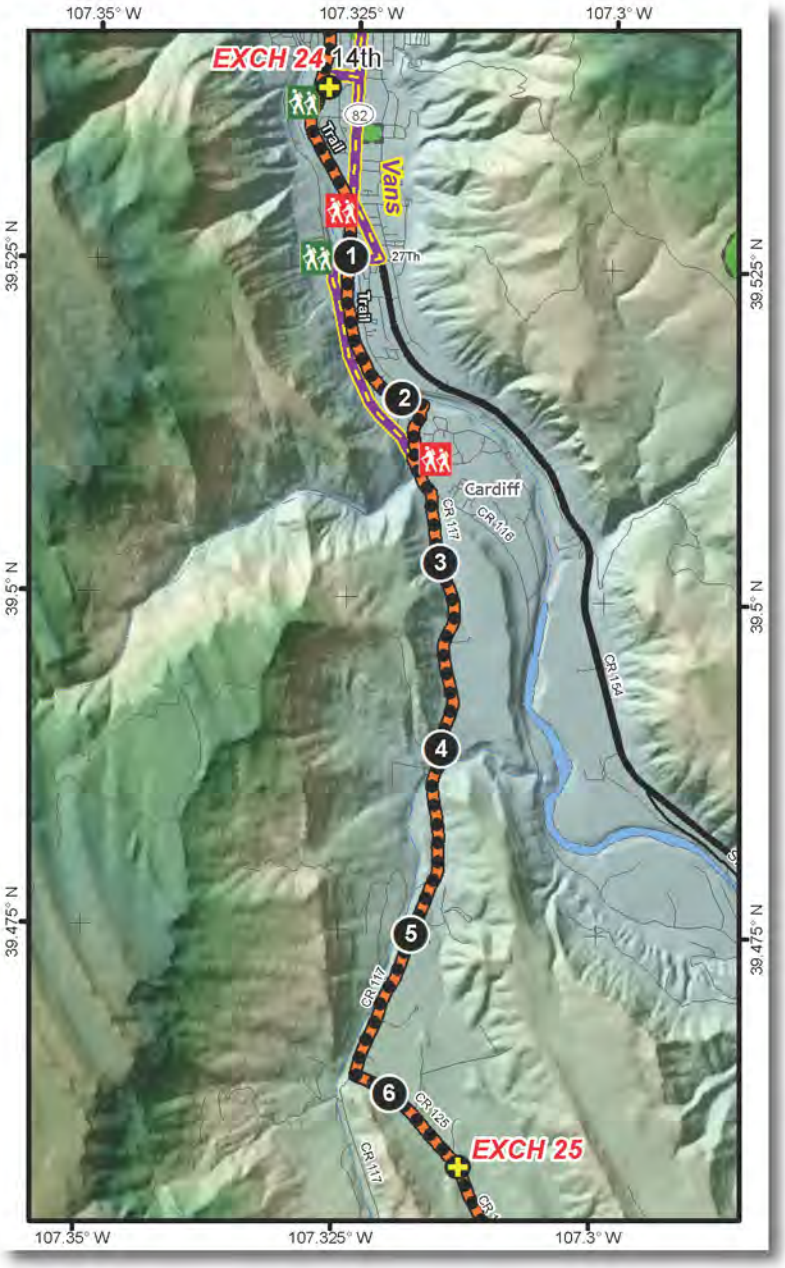
0.0	Head south on Grand Ave
0.6	Slight left onto SH-82 E/S Glen Ave
*	Continue to follow SH-82 E
22.7	Turn left onto 2 Rivers Rd
23.2	Turn right onto School St
23.3	Arrive at Exchange 30

You can park in the Basalt Middle School parking lot or Elementary School parking Lot.

Parking Note:



Leg 25 -- 6.3 Miles -- Hard -- FULL SUPPORT



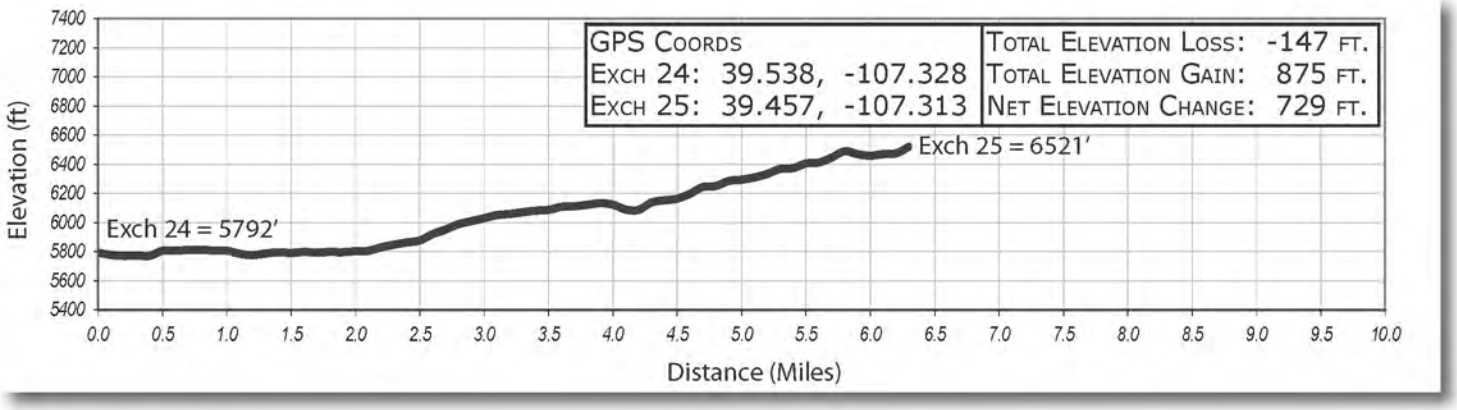
Exchange 25
CR-125 & Spring View Dr.
Glenwood Springs, CO 81601
39.45820, -107.31334

Leg Legend:

0.0	Leave Exchange 24 on paved River Trail
0.6	Right on Grand Ave
0.9	Right onto 27th St run with traffic
1.0	Right onto Atkinson Ditch Trail
2.3	Left on Midland Avenue
2.5	Right on Four Mile Rd/CR 117 (run on road)
5.7	Left on Dry Park Rd/CR-125
6.3	Arrive at Exchange 25

Van Directions:

0.0	Leave Exchange on Grand Ave Stay Right for Grand Ave
0.8	Turn Right on 27th Ave
1.3	At Roundabout head South on Midland Ave.
*	Follow Runners Path at Four Mile Rd
2.4	Right on 4 Mile Rd/CR 117 (runners and vans together here)
5.7	Left on Dry Park Rd/CR-125
6.4	Arrive at Exchange 25



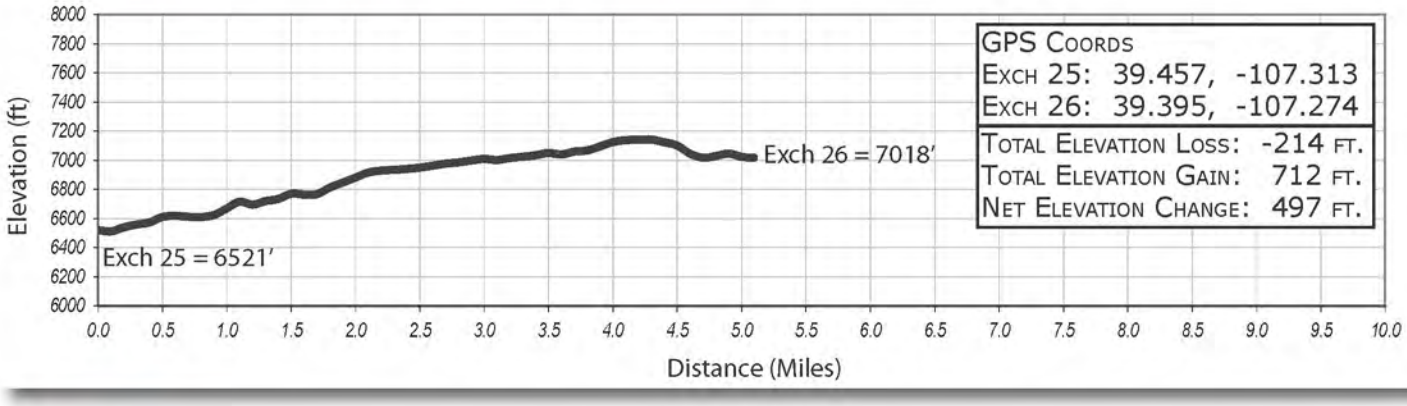
Leg 26 -- 5.1 Miles -- Moderate -- FULL SUPPORT

Exchange 26
Intersection of CR-108 & CR-125
39.395534, -107.274393
This leg is all on a dirt road with van and runner traffic.

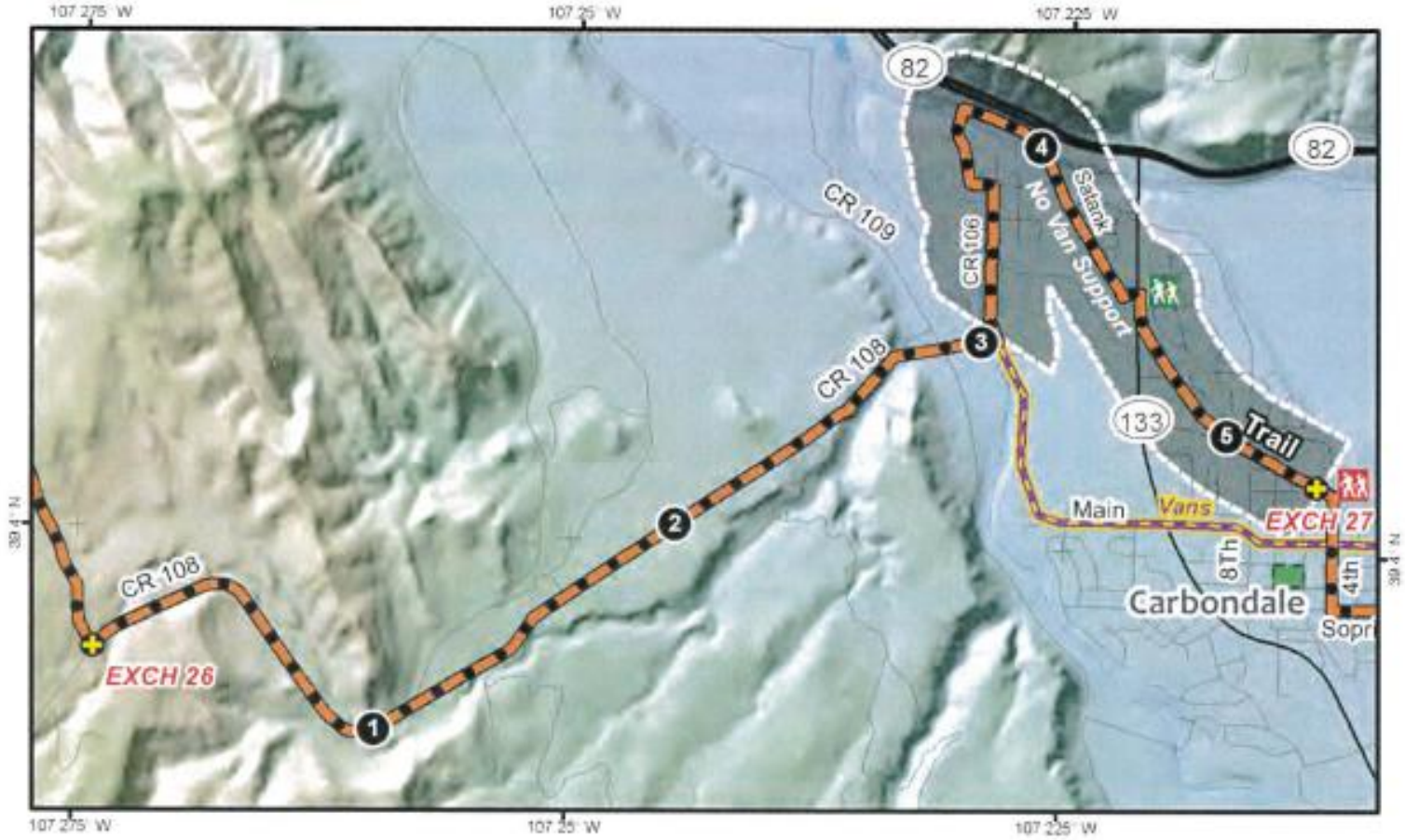
Leg Legend:

0.0	Leave exchange 25 on Dirt Road – Dry Park Rd/ CR-125
5.1	Arrive at Exchange 26

Van Directions:
Follow runner path



Leg 27 4.8 Miles -- Moderate -- FULL SUPPORT



Exchange 27
Independent Hike & Run/ Carbondale Recreation and Community Center
567 Colorado Ave,
Carbondale, CO 81623
39.402747°, -107.212084°

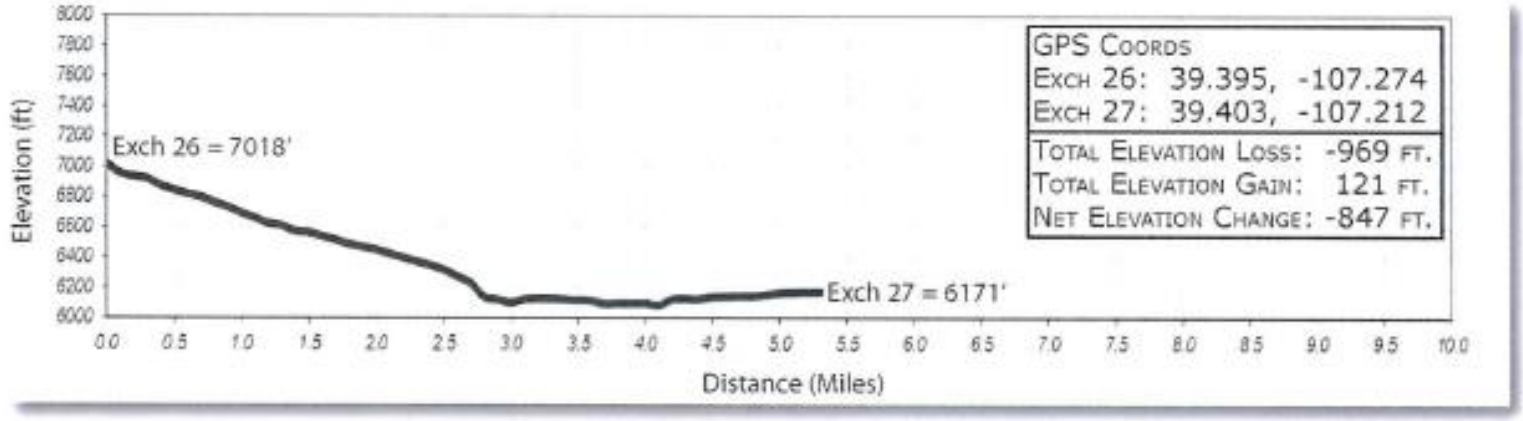
Leg Note:
Vans MUST follow van directions and will not be allowed to support runners the last 2 miles once the vans split off.
CHECK OUT Dos Gringos Burritos. Get some food and coffee (they are opening early for Ragnar runners)

Leg Legend:

0.0	Leave Exchange 26 on CR-108(Gravel Road)
3.0	Left onto CR 106 (No VAN SUPPORT STARTS HERE)
3.1	Run through Colorado Rocky Mtn. School
3.3	Left onto Holden Way to follow path behind soccer field to Satank Rd. CR-106
3.6	Left to continue on Satank Rd.
3.8	Cross Bridge and turn right to run on trail
4.6	Turn Left to cross CR-133
4.7	Right (Running along CR-133)
4.7	Left and continue onto Rio Grande Trail
4.8	Arrive on Exchange 27

Van Directions:

0.0	Leave Exchange 26 on CR-108(Gravel Road)
3.1	Right onto CR 106 (not able to support runner from this point until the Exchange)
3.5	Continue on Main Ave Left on 4th Street
4.5	Arrive at Exchange 27



Leg 28 -- 2.0 Miles -- Easy -- FULL SUPPORT

Exchange 28
Carbondale Riding Arena
County Rd 100
Carbondale, CO
39.39689, -107.18616

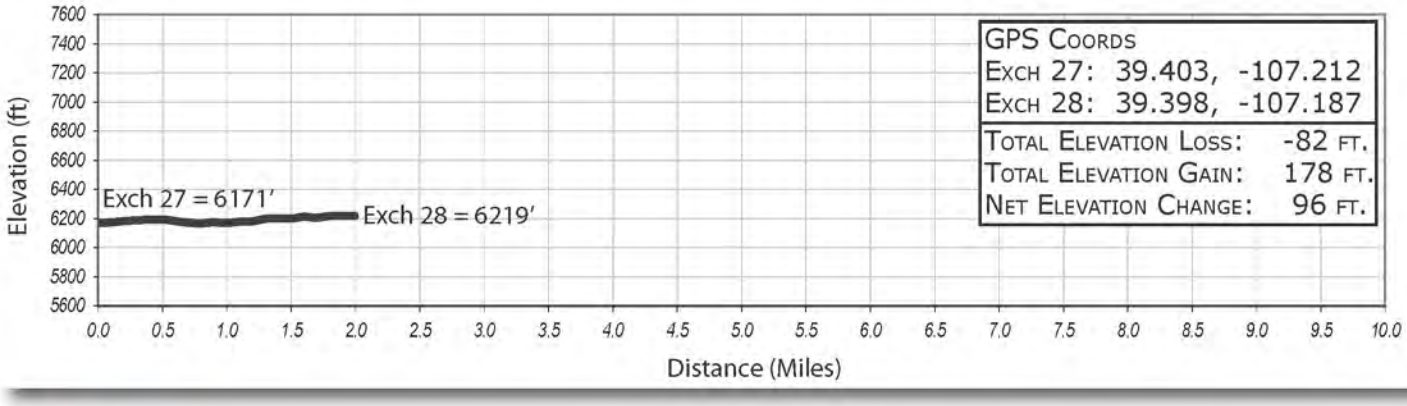
Leg Note:
Vans will park in Carbondale Riding Arena. Runners will continue running on the paved Rio Grande Trail.

Leg Legend:

0.0	Leave Ex 27
0.1	Turn Right and get back onto the Bike Trail (Behind Independence Run and Hike/Dos Gringos)
0.9	Cross CR 100 at cross walk to continue on trail on opposite side of road
2.0	Arrive at Ex 28.

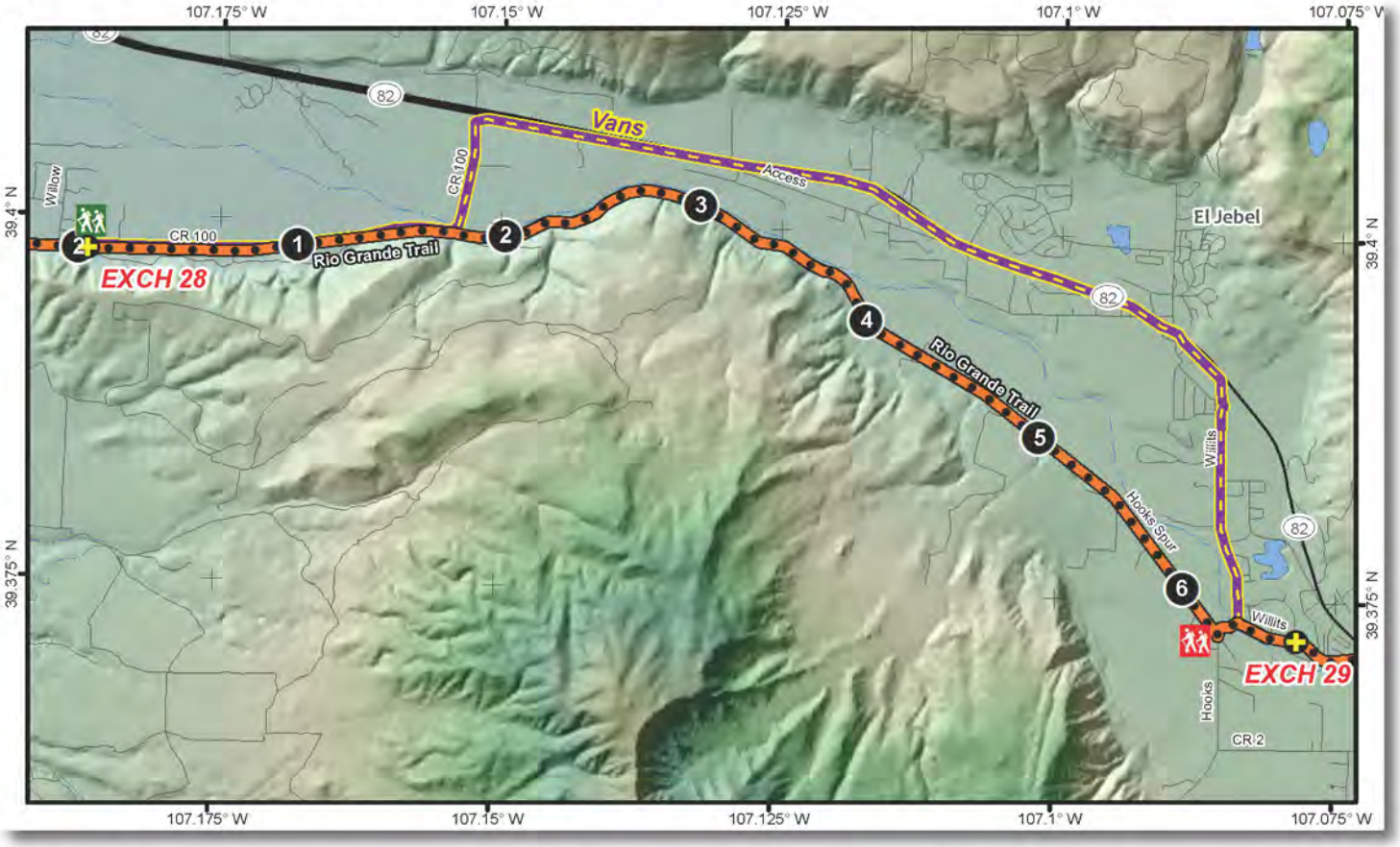
Van Directions:

0.0	Leave Ex 27 by heading south (right) on 4th Street
0.1	Turn Left onto CR 133
0.4	Turn Left onto Main Street
1.1	Continue straight onto CO-100
2.2	Arrive at Exchange 28



GPS Coords	
Exch 27:	39.403, -107.212
Exch 28:	39.398, -107.187
Total Elevation Loss:	-82 ft.
Total Elevation Gain:	178 ft.
Net Elevation Change:	96 ft.

Leg 29 -- 6.7 Miles -- Hard -- FULL SUPPORT



Exchange 29
Building 20 – Roaring Fork CrossFit
402 Park Avenue
Basalt, CO 81621
39.37267, -107.08656

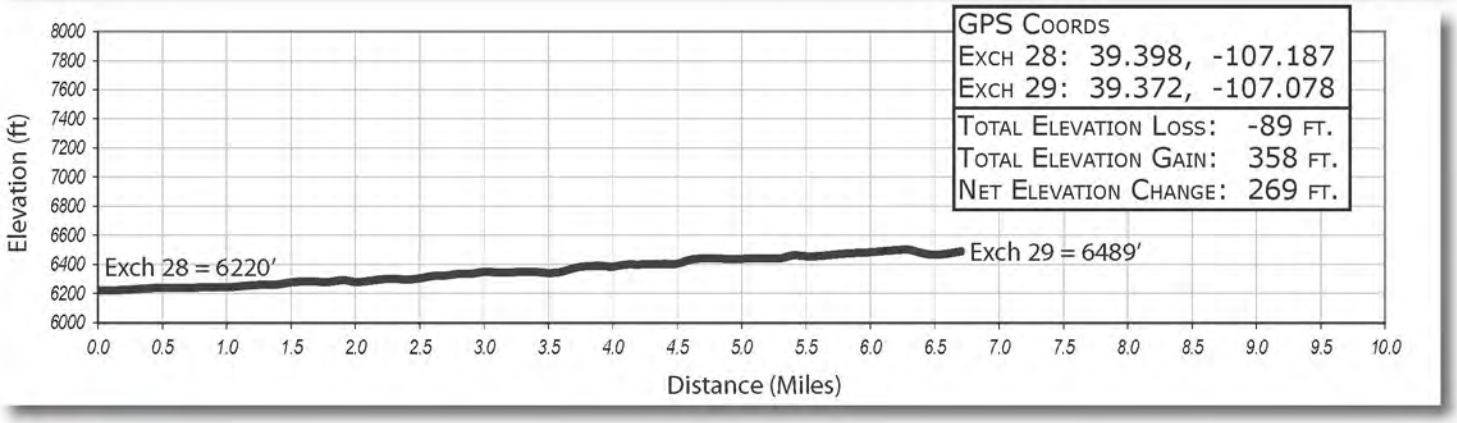
Leg Note:
2.5 miles of this leg runner are on a paved trail vans cannot access. Support your runner on CO-Rd 100 or on Hook Spur Ln. which both parallel Rio Grande Trail.

Leg Legend:

0.0	Leave exchange 28 on paved Rio Grande Trail
6.3	Left on Hook Spur Ln
6.3	Right on to Willits Ln
6.7	Arrive at Exchange 29

Van Directions:

0.0	Leave exchange 28 Left on CO-Rd 100
2.3	Right on to SH-82
6.3	Right on Willits Ln
7.6	Arrive at Exchange 29
*	**Park at Building 20 not on Willits Ln.**



Leg 30 -- 3.0 Miles -- Easy -- FULL SUPPORT

Exchange 30
Basalt Middle School
51 School Street
Basalt, CO 81621
39.365319, -107.029986

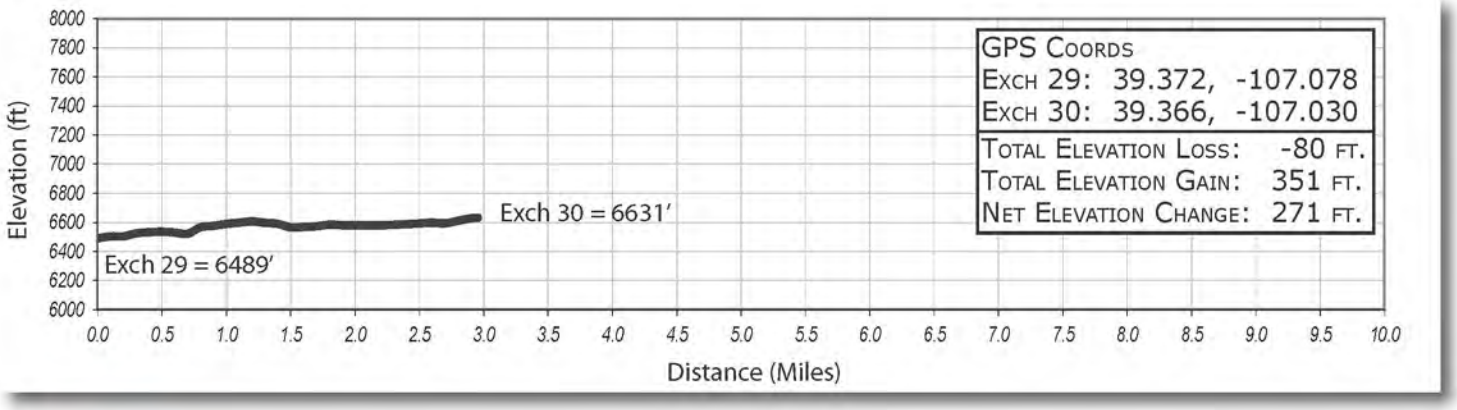
Parking Note:
You can park in the Basalt Middle School parking lot or Elementary School parking Lot. You can get to the Elementary schools parking lot off of Cottonwood Dr.

Leg Legend:

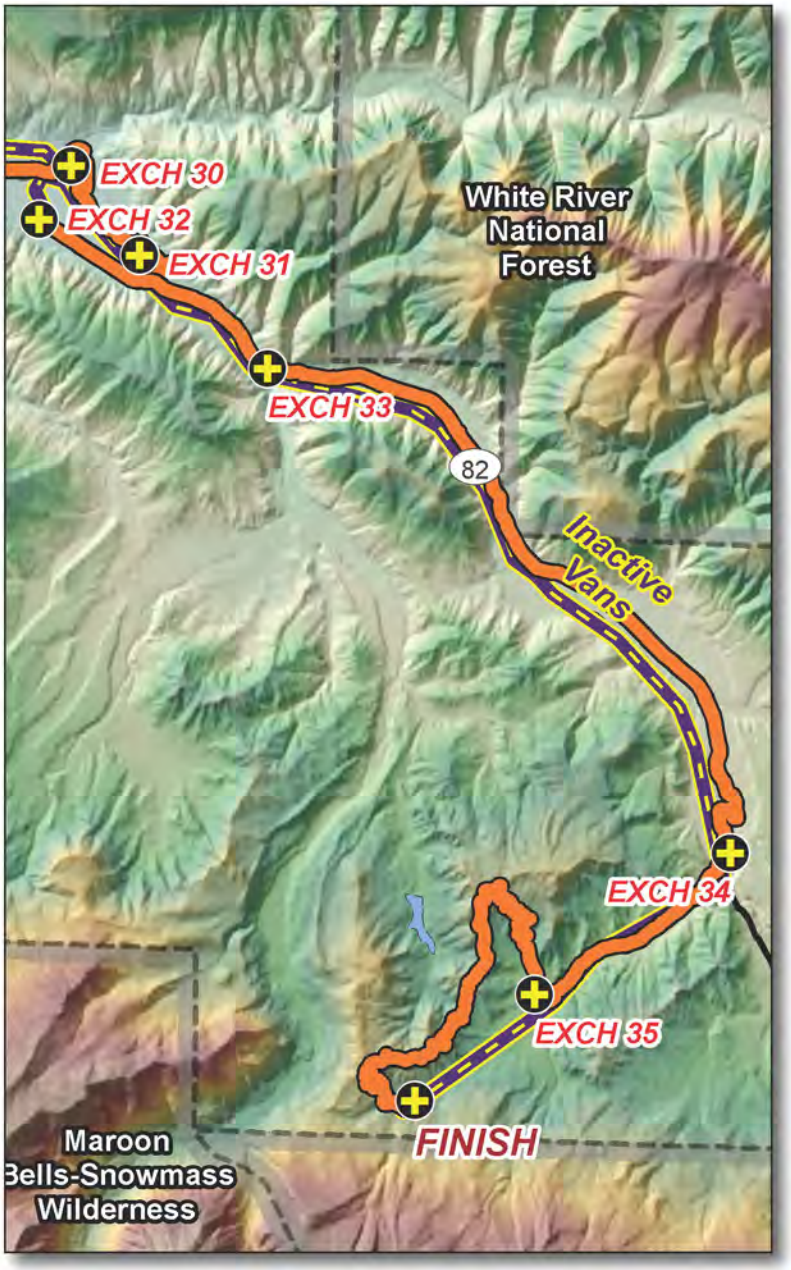
0.0	Leave Exchange 29 Left on Willits Ln
0.4	At SH-82 enter trail system
0.6	Trail will take Runner under SH-82
0.7	Run on Emma Trail on the North side of SH-82
2.6	Left on Basalt Ave
2.8	Continue straight on Cottonwood Dr.
3.0	Arrive at Exchange 30

Van Directions:

0.0	Leave Exchange 29 East, left on Willits Ln
0.6	Right on SH-82
3.1	Turn left onto 2 Rivers Rd
3.8	Turn right onto School St
3.9	Arrive at Exchange 30



Van 2 -- Legs 31-36 -- 29.2 Miles



Inactive Van Directions:

0.0	Head west on School St toward 2 Rivers Rd
0.1	Turn left onto 2 Rivers Rd
0.6	Turn left onto SH-82 E
12.0	Turn right onto Brush Creek Rd/Co Rd 10
12.2	Slight left to stay on Brush Creek Rd/Co Rd 10
14.7	At the traffic circle, continue straight to stay on Brush Creek Rd/Co Rd 10
16.7	Turn left onto Wood Rd/Wood Run Rd and park in Parking Garage Or continue up Brush Creek Road to Carriage Way and park in # lots

Finish:
Base Village at Snowmass Village
73 Wood Rd
Snowmass Village, CO

Leg 31 -- 2.3 Miles -- Easy -- FULL SUPPORT

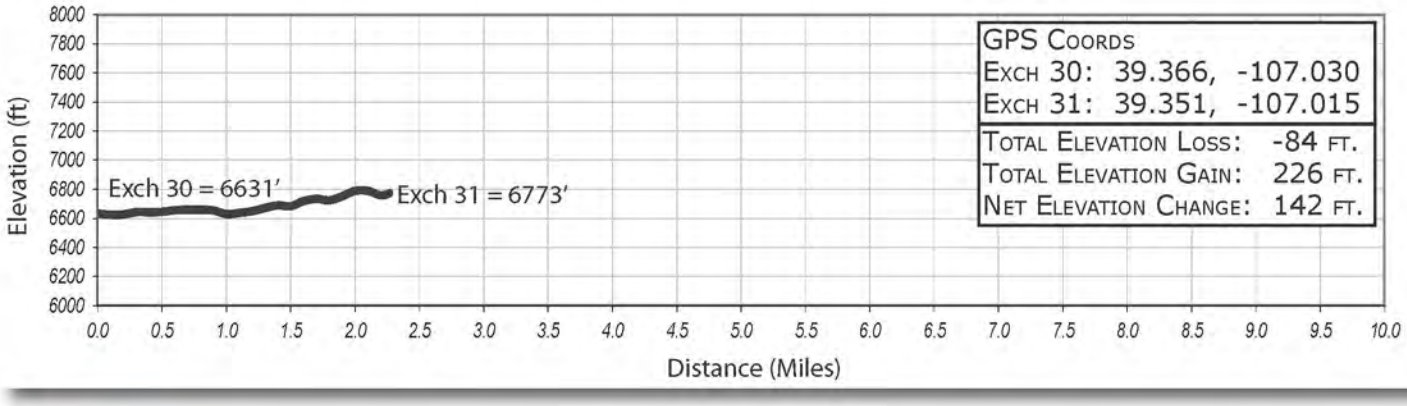
Exchange 31
Basalt Community Methodist church
167 Holland Hills Rd
Basalt, CO 81621
39.35107, -107.01462

Leg Legend:

0.0	Leave Exchange 30 and turn right on Cottonwood Dr
0.2	Turn right on Riverside Dr
0.3	Turn Right on Paved walking path
0.4	Loop around Arbaney Park
0.7	Run behind school and Track
0.9	Right onto Elk Run Dr
1.0	Left onto 2 River Rd Vere Left onto paved Trail
1.1	Continue to run on paved Old Snowmass Trail
2.1	Turn right onto Holland Hills Rd
2.3	Arrive at Exchange 31

Van Directions:

0.1	Head South on 2 Rivers Rd
0.8	Turn left onto SH-82
1.6	Turn Left on Bishop Dr.
1.7	Right on Holland Hills Dr.
1.8	Arrive at Exchange 31



GPS Coords	
Exch 30:	39.366, -107.030
Exch 31:	39.351, -107.015
Total Elevation Loss:	-84 ft.
Total Elevation Gain:	226 ft.
Net Elevation Change:	142 ft.

Leg 32 -- 2.6 Miles -- Easy -- FULL SUPPORT

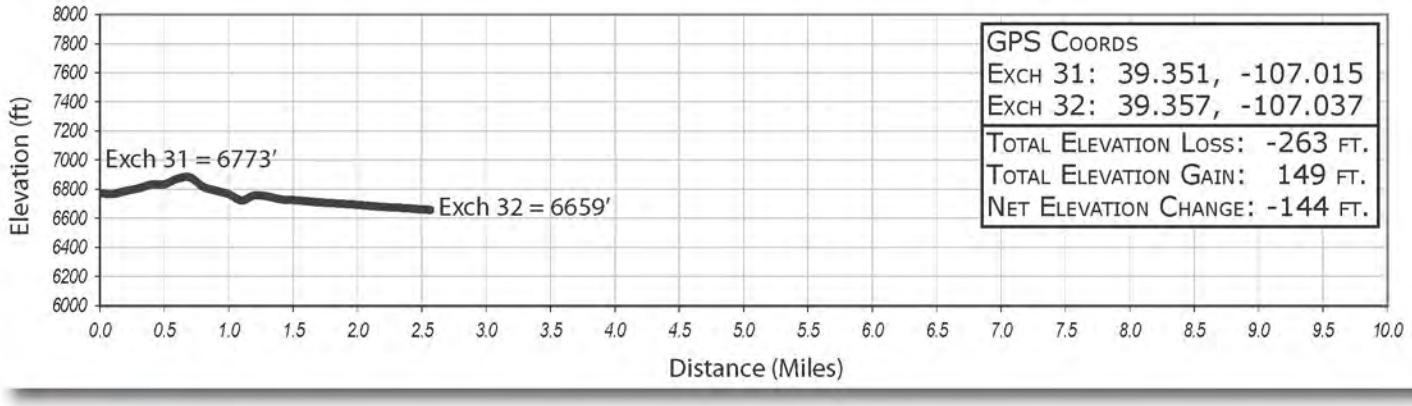
Exchange 32
Basalt High School
600 Southside Drive
Basalt, CO 81621
39.356623, -107.037709

Leg Legend:

0.0	Leave Exchange 31 on Holland Hills Rd
0.1	Right onto Holland Hills Dr
0.6	Enter Paved Trail System
1.0	Turn right to go over pedestrian bridge
1.1	Continue on path
2.6	Arrive at exchange 32

Van Directions:

0.0	Leave Exchange 31 on Holland Hills Rd
0.1	Turn Left on Bishop Dr
0.2	Turn Right onto SH-82
1.5	Turn Left onto Basalt Ave.
1.6	Turn Right on Fiou Ln
1.7	Turn Left on Southside Dr
2.0	Arrive at Exchange 32



Leg 33 -- 3.3 Miles -- Easy -- FULL SUPPORT

Exchange 33
Arciero Trail head on N. River Rd
78 N. River Road
Snowmass, CO
39.330618, -106.985256

Leg Legend:

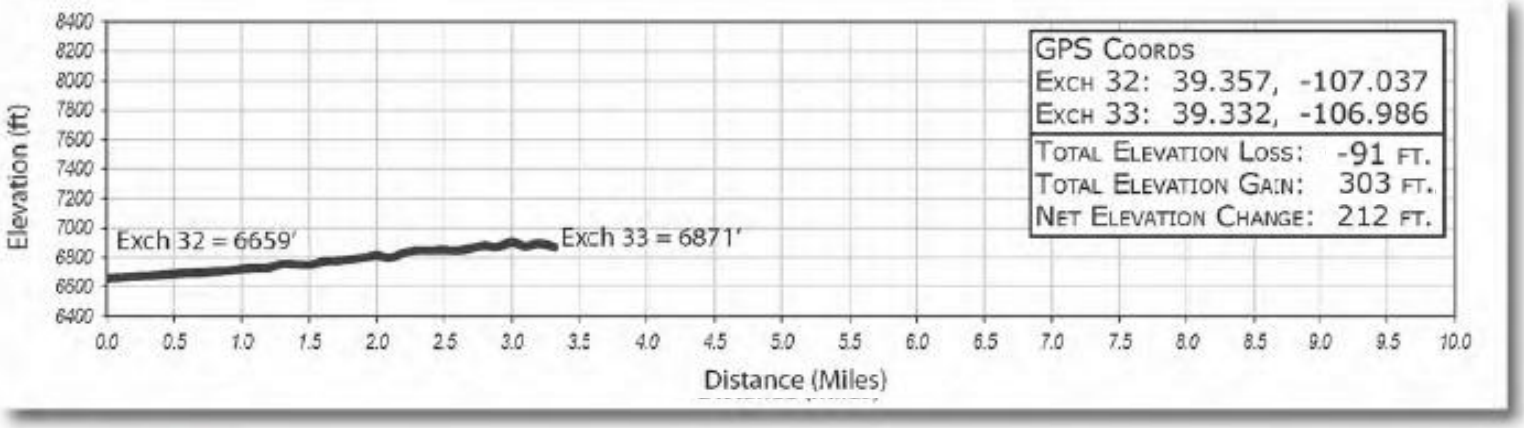
0.0	Leave Exchange 32 on Rio Grande Trail (Same as incoming runners)
1.5	Run over Pedestrian Bridge
1.6	Turn Right onto Rio Grande Trail
3.3	Arrive at exchange 33

Van Directions:

0.0	Leave Exchange 32 on Southside Dr.
0.4	Turn Right on Flou Ln
0.4	Turn Left onto Basalt Ave.
0.6	Turn Right onto SH-82 E
4.2	Turn Right on Snowmass Creek Rd (CO Rd-11)
4.2	Arrive at Exchange 33 Parking at the Park and Ride across from Conoco

Park at Park and Ride and ONLY SEND Runner who is running Leg 34 to Exchange 33 location

Leg Note:
Teams will not be allowed at Exchange 33's Chute. Only runner running Leg 34 can cross SH-82 from park and ride parking to get to chute. Teams must wait in parking lot for the runner who just finished leg 33. Police officer here to assist with this.



Leg 34 -- 9.5 Miles -- Very Hard -- NO VAN SUPPORT

Exchange 34
Bush Creek Intercept Park and Ride
Intersection of HWY 82 & Brush Creek Rd
Snowmass Village, CO 81615
39.25141, -106.88247

Leg Note:
Ragnar will provide 2 water stations on this leg. VANS will not see runners on this leg.

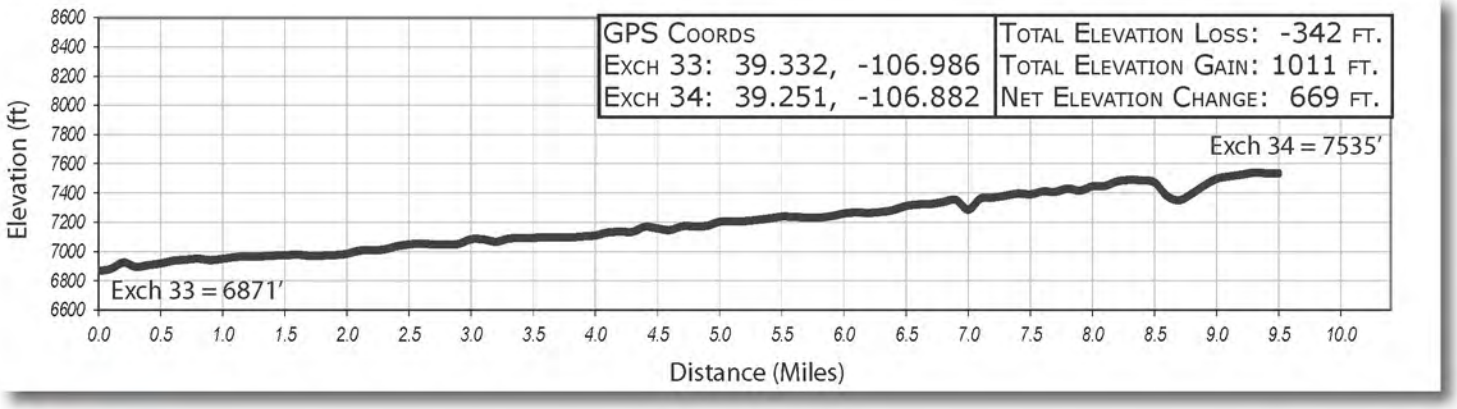
NO VANS ALLOWED ON LOWER RIVER ROAD/CO RD 16 - NO VAN SUPPORT

Leg Legend:

0.0	Leave Exchange 33 on paved Rio Grande Trail
8.3	Turn Right onto Western Mobile Mountain Rd
8.5	Turn Right onto Smith Hill Way
8.7	Veer Right onto Aspen Mass Trail
9.5	Arrive at Exchange 34

Van Directions:
ALL VANS DRIVE MUST DRIVE TO EXCHANGE 34. Vans are not allowed on leg 34

0.0	Leave Exchange 33 by Turning Right (West) on SH-82
8.6	Turn Left on Brush Creek Rd
8.7	Arrive at Exchange 34



Leg 35 -- 3.3 Miles -- Easy -- FULL SUPPORT

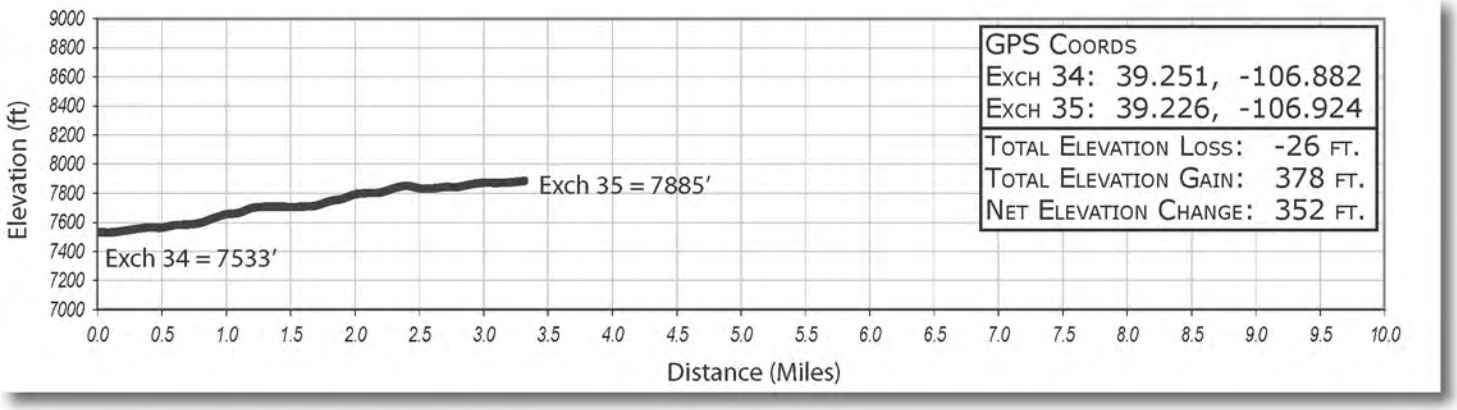
Exchange 35
Snowmass Rec Center
2835 Brush Creek Road
Snowmass Village, CO 81615
39.22590, -106.92389

Leg Legend:

0.0	Leave Exchange 34 on paved Brush Creek Trail toward Snowmass
3.3	Arrive at Exchange 35

Van Directions:

0.0	Leave Exchange 34 Straight on Brush Creek Rd
2.9	Arrive at Exchange 35



Leg 36 -- 8.2 Miles -- Very Hard -- NO VAN SUPPORT

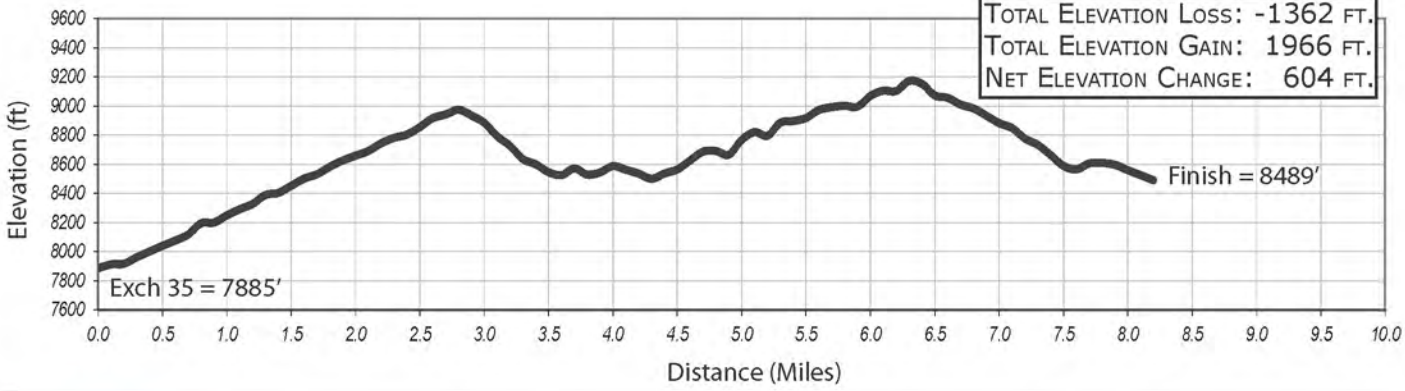
Leg 36/Finish Line
Base Village at Snowmass Village
73 Wood Road
Snowmass Village CO 81615
39.20648, -106.95323

Leg Note:
Please carry water and cell phone. Ragnar will provide **TWO** water stations on this leg. There will also be Bike volunteers monitoring runners on this leg.

Leg Legend:

0.0	Leave Exchange 35 heading North toward trail
0.3	Enter single track dirt Rim Trail
7.5	Right onto Brush Creek Rd.
7.7	Run through Snowmass Village
7.9	Run Down Ski Hill
8.2	Arrive at Finish line

Van Directions:

0.0	Leave Exchange 35 heading SW on Brush Creek Rd
1.9	Turn left onto Wood Rd/Wood Run Rd and Park in Parking Garage Or continue up Brush Creek Raod to Carriage Way and park in # lots

GPS Coords	
Exch 35:	39.226, -106.924
Finish:	39.208, -106.950
Total Elevation Loss:	-1362 ft.
Total Elevation Gain:	1966 ft.
Net Elevation Change:	604 ft.