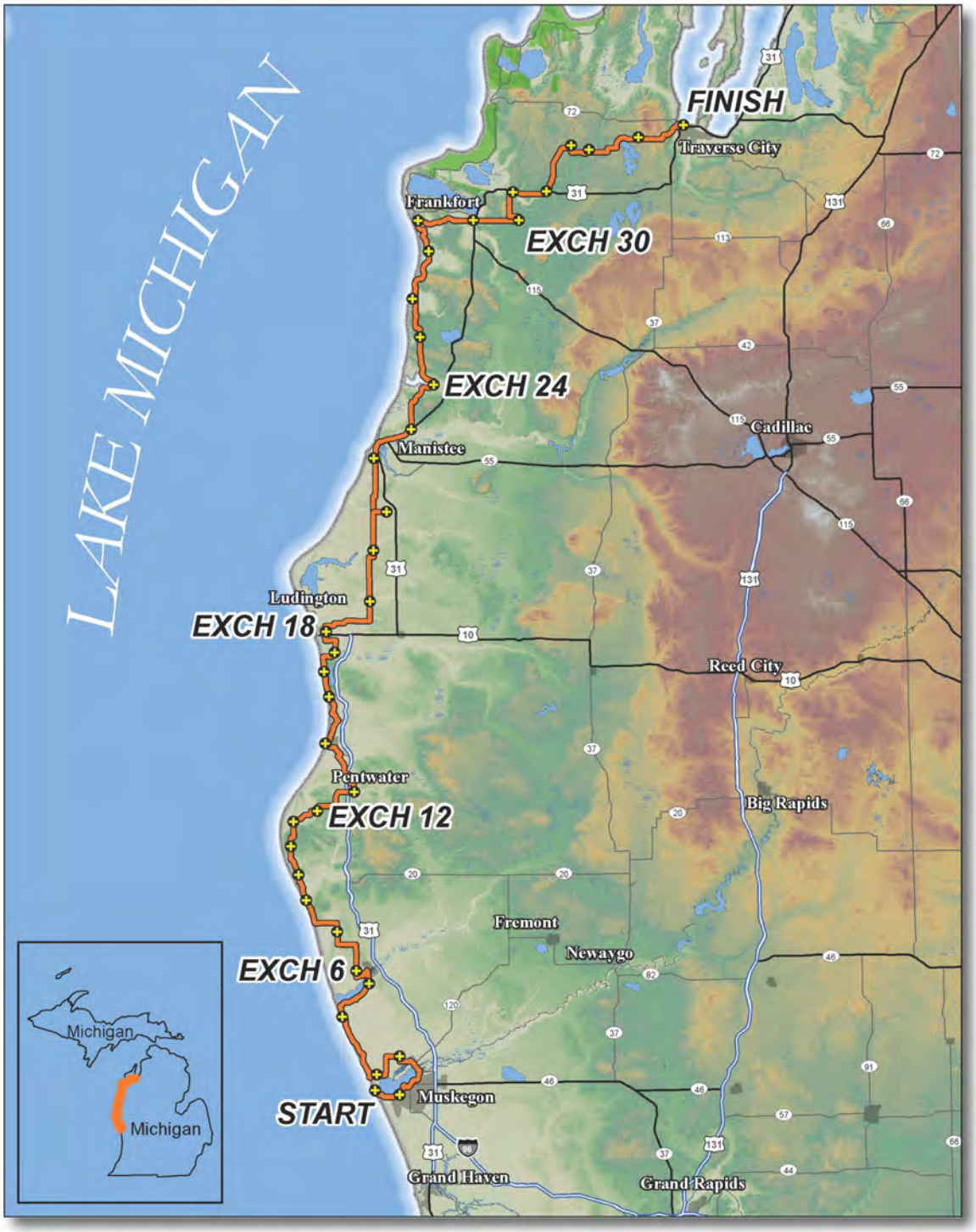
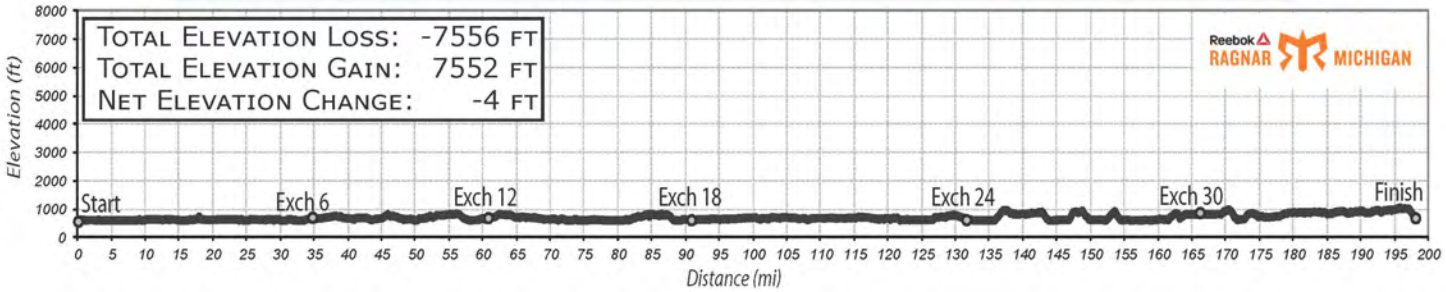
Course Overview -- 198.3 Miles





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 1 -- LEGS 1-6 -- 35.0 MILES

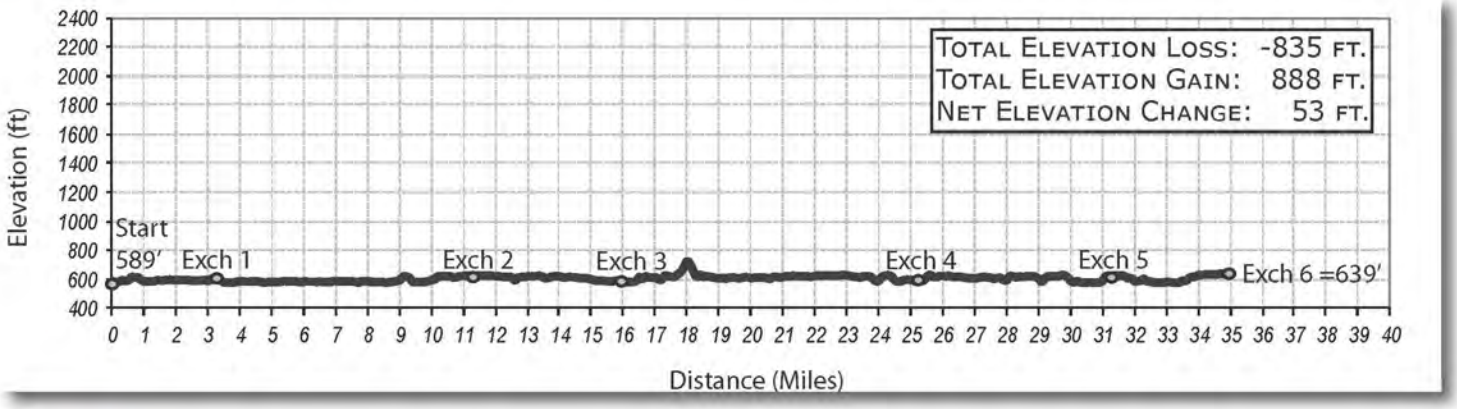
Start Line Address:
Pere Marquette Park
1601 Beach St
Muskegon, MI 49441
GPS: 43.224684°, -86.336640°

Exchange 6 Address:
Montague Township Park
8321 Whitbeck Rd
Montague, MI 49437
GPS: 43.418829°, -86.377306°

Exchange Notes:
There are 4 parking lots around the baseball fields in addition to the larger parking lot by the soccer fields. Please do not park on the street and use one of these 5 parking lots.

Inactive Van Directions (Start Line to Exchange 6)

0.2	Head southeast on Beach Street Rd toward Beach St.
0.5	Slight right onto Beach St.
3.2	Continue onto Lakeshore Dr.
3.9	Turn left to stay on Lakeshore Dr.
4.1	Lakeshore Dr. turns slightly right and becomes Michigan Ave.
4.3	Turn left onto Franklin St.
4.7	Turn Right onto W Western Ave.
6.2	Use the left 2 lanes to turn left onto Shoreline Dr.
7.0	Continue onto Moses J Jones Pkwy
8.1	Keep right to continue on US-31 BUSN/ Moses J Jones Pkwy
21.1	Keep left at the fork, follow signs for US-31 N and merge onto US-31 N
21.2	Take the US-31 BUS exit toward Whitehall/Montague
23.6	Turn right onto US-31 N (signs for Whitehall/Montague)
24.7	Continue onto Dowling St.
24.9	Turn left onto Whitbeck Rd



LEG 1 -- 3.2 MILES -- EASY -- FULL VAN SUPPORT

LEG 1 -- 3.2 MILES -- EASY

Exchange 1 Address:
McGraft Memorial Congregational Church
1617 Palmer Ave
Muskegon, MI 49441
GPS: 43.216675°, -86.281395°

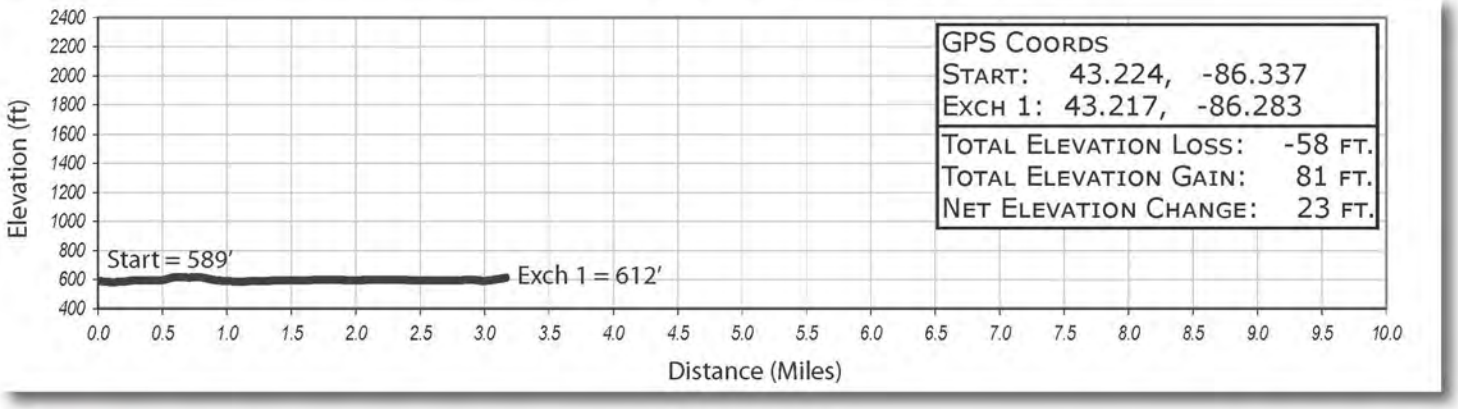
Leg Notes:
Vans should enter/exit parking lot through the entrance at the end of Roilson St.

Runner Directions:

0.0	Depart Start Line heading Southeast along sidewalk
0.5	Turn Left (NE) to cross parking lot,
0.51	Turn Right (SE) to cross Beach St, then Left (NE) to run along sidewalk
0.56	Turn Right (SE) to run along sidewalk on Lakeshore Dr
3.1	Turn Right (SE) onto Frisbie St (running with traffic)
3.17	Arrive at Exchange 1

Van Directions:

0.0	Depart Start Line heading Southeast along sidewalk
0.25	Turn Right onto Beach St.
3.0	Turn Right (SE) onto Frisbie St
3.1	Arrive at Exchange 1 on Right.



LEG 2 -- 8.1 MILES -- VERY HARD -- FULL VAN SUPPORT

LEG 2 -- 8.1 MILES -- VERY HARD

Exchange 2 Address:
Laketon Bethel Reformed Church
1568 W Giles Rd.
North Muskegon, MI 49445
GPS: 43.278970°, -86.281787°

Leg Notes:
Runners will be on Muskegon Lakeshore Trail for the majority of this leg. Runners are expected to cross all intersections cautiously and to obey all traffic laws.

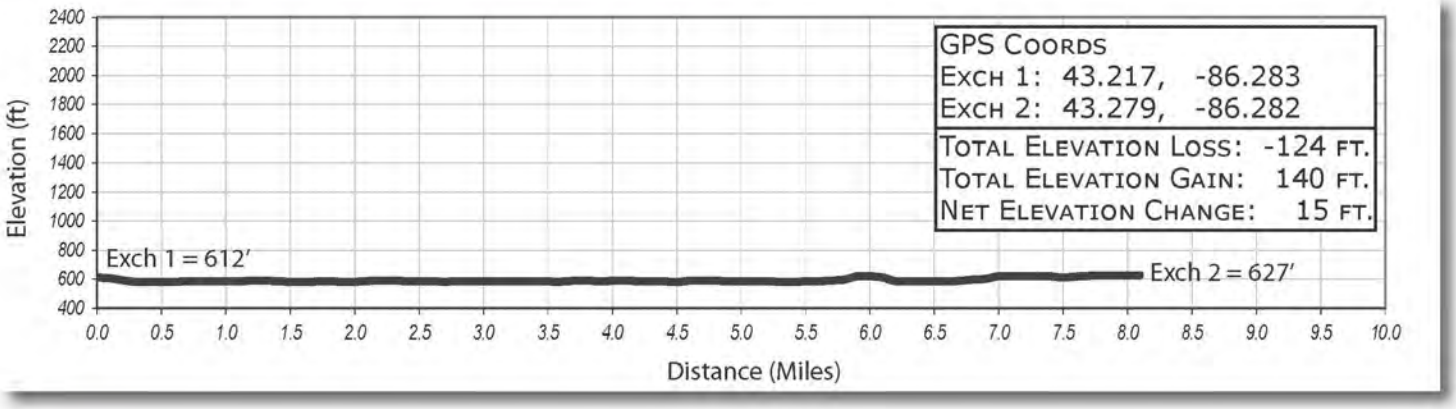
Van directions will be near runner's path for parts of the runners leg. If you wish to support the runner in a different area, please abide by traffic laws as you deviate from the van path.

Runner Directions:

0.0	Depart Exchange 1 heading North on Frisbie St against traffic
0.1	Cross Frisbie St and then cross Lakeshore Dr using crosswalks. Turn Left (W) onto Lakeshore Dr
0.17	Turn Right (NW) into parking lot
0.2	Turn Right (NE) onto bike path
3.9	Cross Giddings Ave and Turn Left (NW) to stay on bike path
5.6	Veer Right (NE) onto Lake Ave
5.7	Turn Left (NW) onto N Causeway St
6.3	Turn Left (W) onto Dykstra Rd
7.5	Turn Right (N) onto Horton Rd
8.1	Arrive at Exchange 2

Van Directions:

0.0	Vans depart Exchange 1 turning Left onto Roilson St
0.05	Turn Right onto Palmer Ave
0.3	Turn Right onto Laketon Ave
1.4	Turn Left onto N Seaway Dr (BUS 31)
1.9	Merge Left to Shoreline Dr (BUS 31)
4.4	Merge Left onto N Muskegon 120. This will take you to M. Causeway
5.8	M. Causeway becomes Whitehall Rd
6.1	Turn Left onto Dykstra Rd
7.2	Turn Right onto Horton Rd
7.7	Arrive at Exchange 2



LEG 3 -- 4.7 MILES -- MODERATE -- FULL VAN SUPPORT

LEG 3 -- 4.7 MILES -- MODERATE

Exchange 3 Address:
Snug Harbor
3560 Memorial Dr
Laketon, MI 49445
GPS: 43.248201°, -86.333842°

Leg Notes:
Multiple blind corners on course; runners to use caution while running

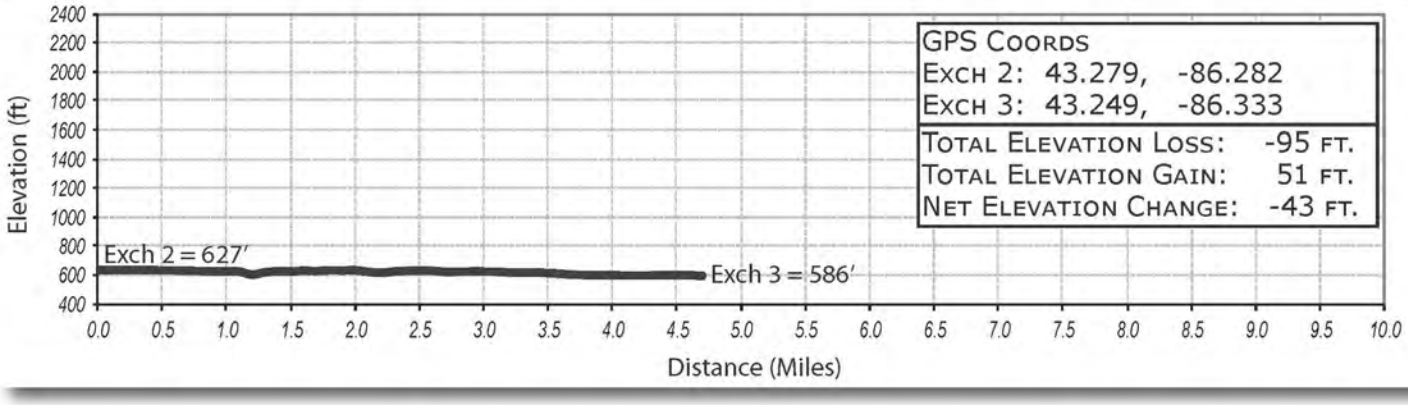
Runners are expected to stay on grass or gravel when shoulder disappears

Runner Directions:

0.0	Depart Exchange 2 heading South on Horton Rd. Cross Giles Rd.
0.05	Turn Right onto Giles Rd and run against traffic on sidewalk
0.4	Sidewalk ends. Run on shoulder of road and use caution at bends of the road
1.6	Turn Left onto Green Creek Rd
3.6	Turn Right onto Memorial Dr
4.1	Turn Left at Muskegon State Park (Snug Harbor) and arrive at Exchange 3

Van Directions:
Follow Runner Directions.

Please do not use resident driveways and pull completely off the road to support your runner.



LEG 4 -- 9.1 MILES -- VERY HARD -- FULL VAN SUPPORT

LEG 4 -- 9.1 MILES -- VERY HARD -- RAGNAR LEG
POWERED BY REEBOK

Exchange 4 Address:
Duck Lake State Park
4733 N Scenic Dr.
Whitehall, MI 49461
GPS: 43.343142°, -86.406672°

Leg Notes:
Ragnar Leg powered by Reebok
Multiple blind corners on course; runners to use caution while running

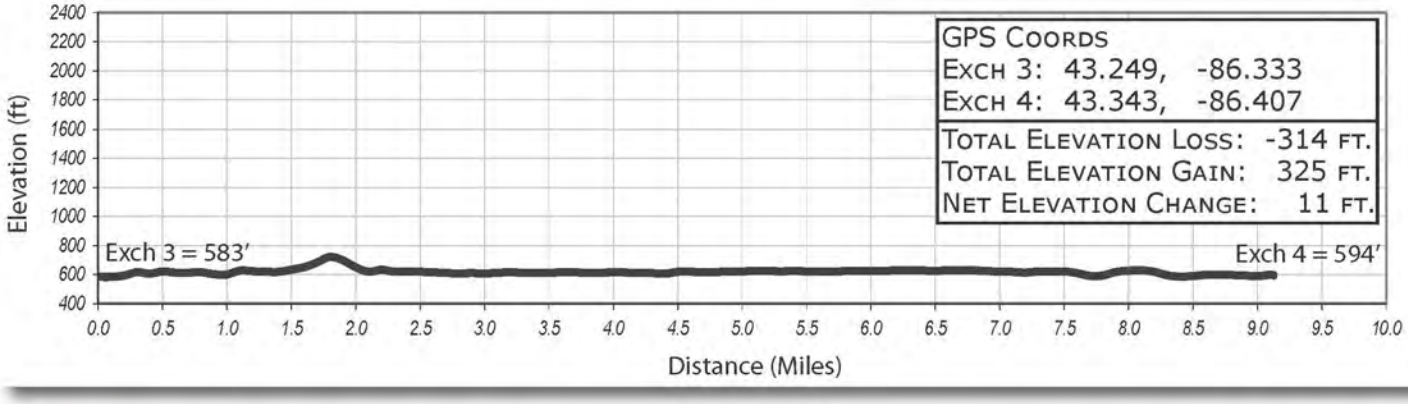
Runners are expected to stay on grass or gravel when shoulder disappears

Please do not use resident driveways and pull completely off the road to support your runner.

Runner Directions:

0.0	Depart Exchange 3
0.03	Turn Left (SW) onto Memorial Dr
0.91	Cross Scenic Dr and Turn Right (NW)
9.1	Turn Right (E) to cross Scenic Dr onto path
9.13	Arrive at Exchange 4

Van Directions:
Follow Runner Directions.



LEG 5 -- 6.0 MILES -- HARD -- FULL VAN SUPPORT

LEG 5 -- 6.0 MILES -- HARD

Exchange 5 Address:
Lebanon Lutheran Church
1101 S Mears Ave
Whitehall, MI 49461
GPS: 43.395731°, -86.347656°

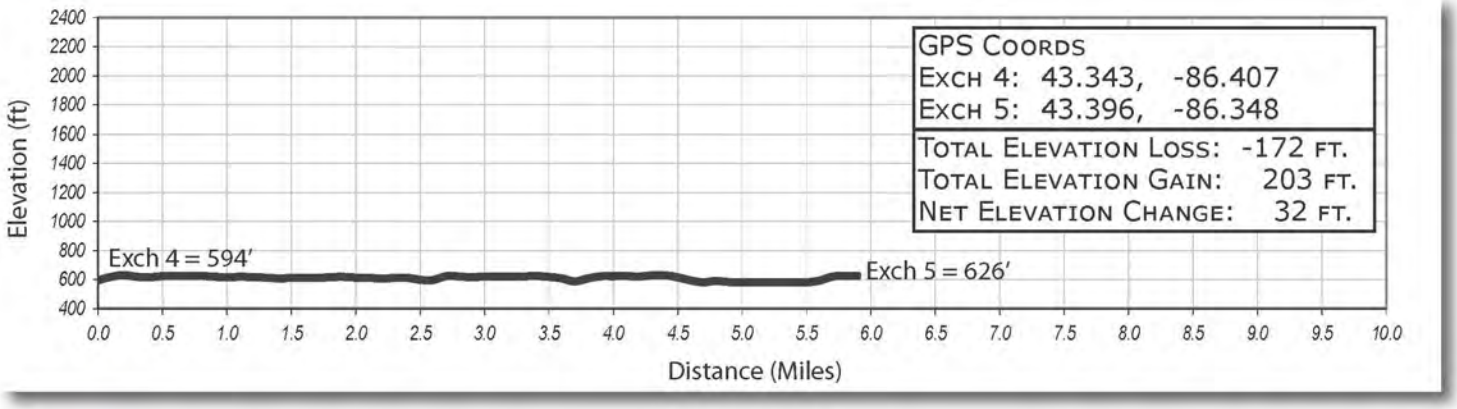
Leg Notes:
Multiple blind corners on course; runners to use caution while running

Runners are expected to stay on grass or gravel when shoulder disappears

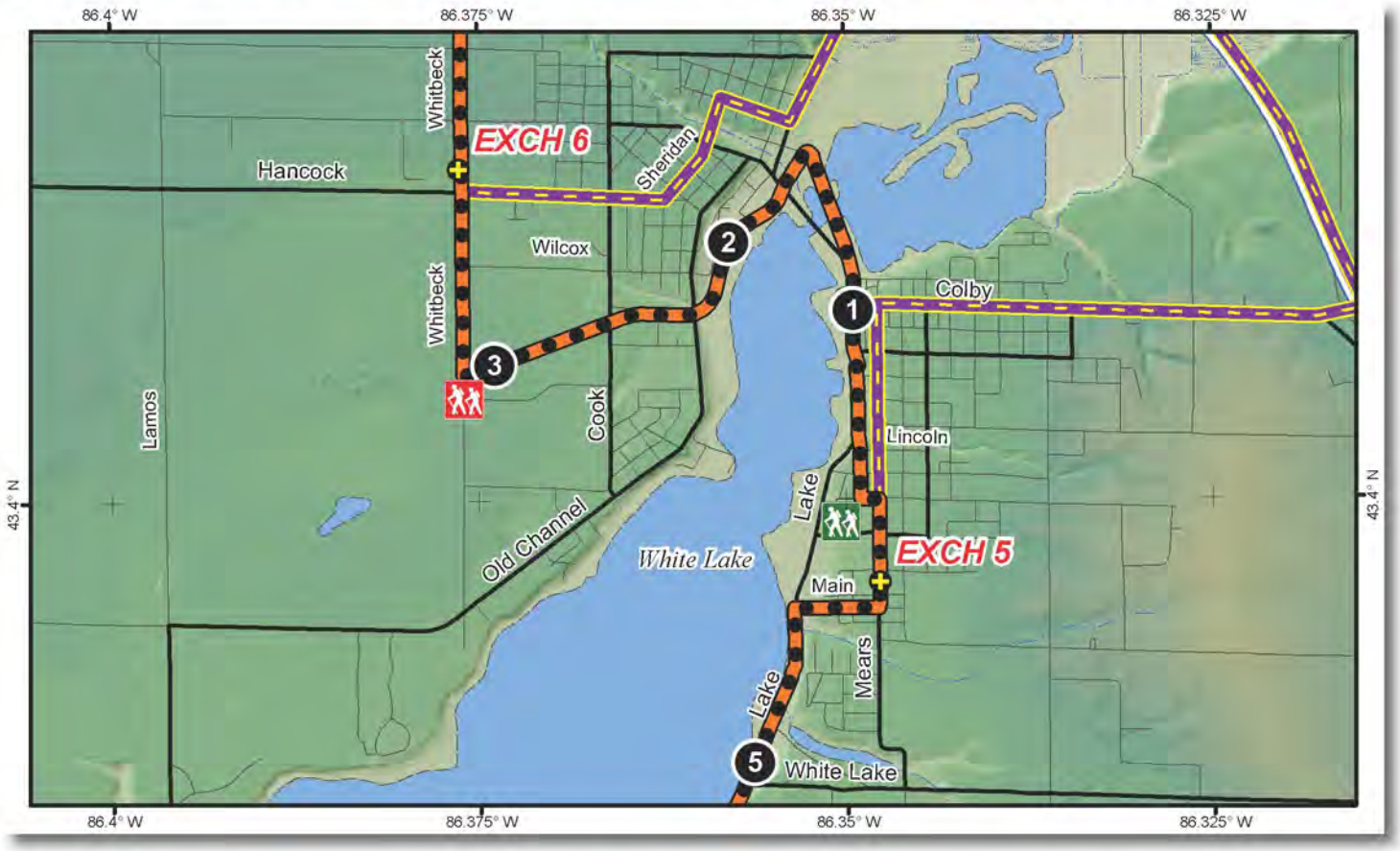
Runner Directions:

0.0	Depart Exchange 4 along path
147 ft	Cross Scenic Dr and Turn Right (NE)
1.0	Turn Left (W) to cut corner and continue on Scenic Dr
1.35	Turn Right (NE) onto Shore Dr
3.4	Turn Left (N) to stay on Shore Dr
5.0	Shore Dr becomes Lake St
5.3	Turn Left (W) to run on sidewalk along Lake St
5.55	Turn Right (E) onto Main St and continue on sidewalk
5.85	Cross street and turn Left (N) onto Mears Ave
5.86	Run on sidewalk (running with traffic)
6.0	Arrive at Exchange 5

Van Directions:
Follow Runner Directions.



LEG 6 -- 3.9 MILES -- EASY -- FULL VAN SUPPORT



LEG 6 -- 3.9 MILES -- EASY

Exchange 6 Address:
Montague Township Park
8321 Whitbeck Rd
Montague, MI 49437
GPS: 43.418829°, -86.377306°

Leg Notes:
Multiple blind corners on course; runners to use caution while running

Runners are expected to stay on grass or gravel when shoulder disappears

Runners will enter the exchange through an opening of the fence at the soccer fields.

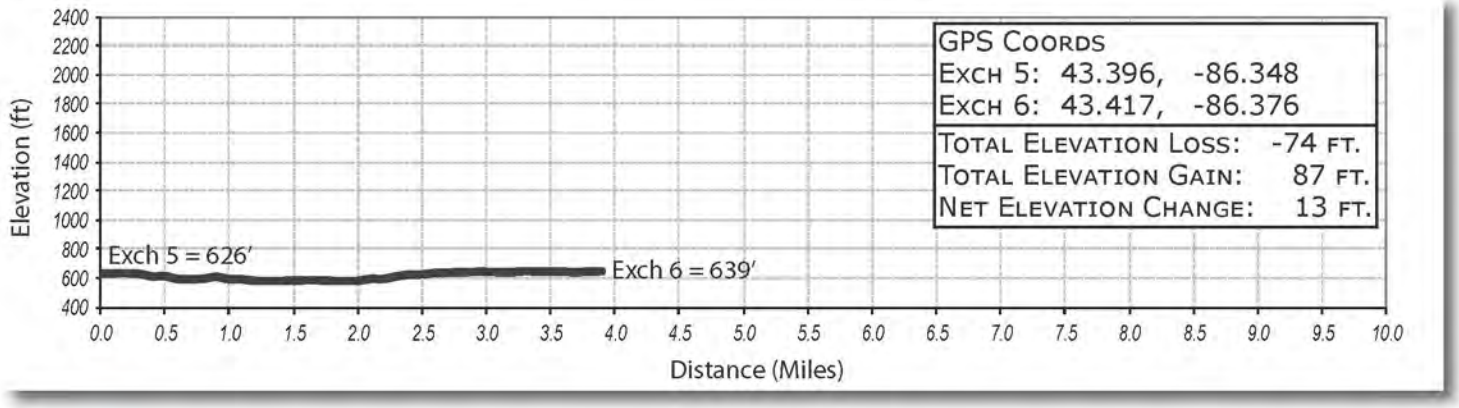
There are 2 parking lots around the baseball fields in addition to the larger parking lot by the soccer fields. Please DO NOT park on the street and use one of these 3 parking lots.

Runner Directions:

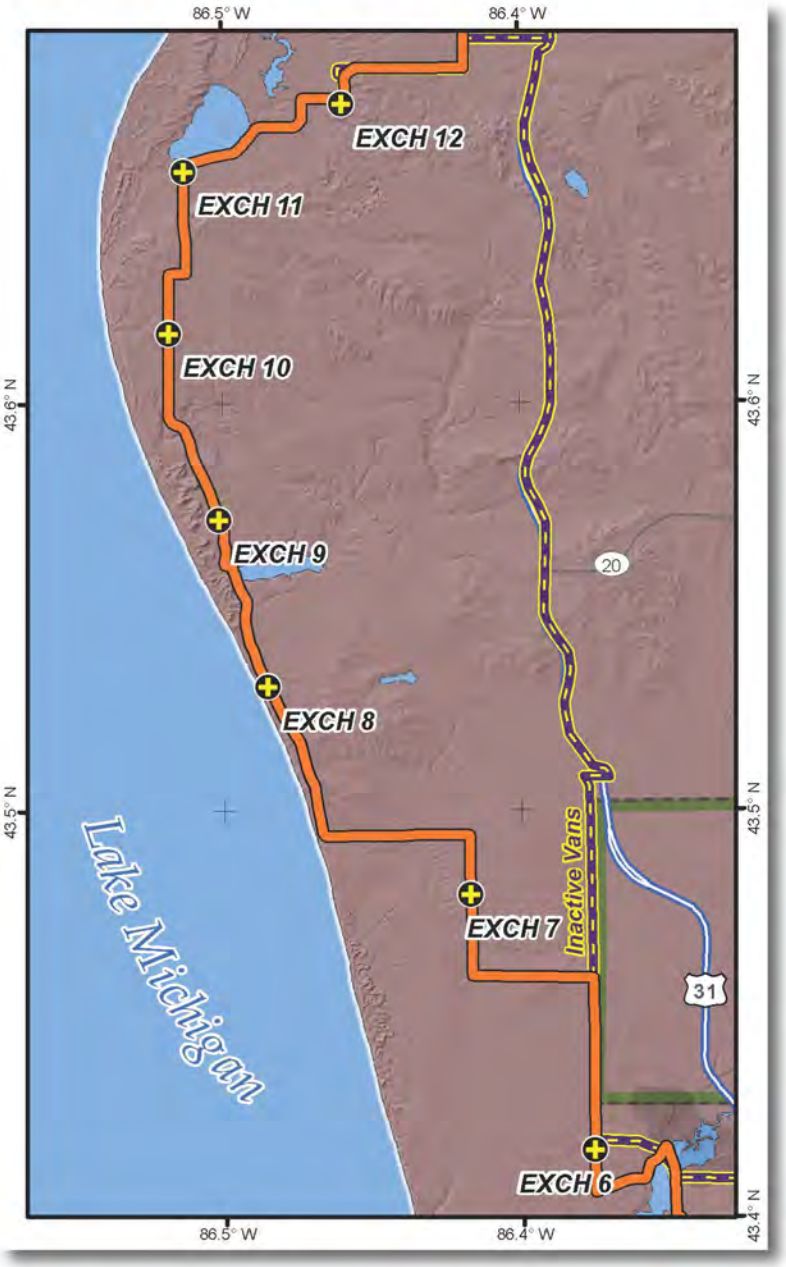
0.0	Depart Exchange 5 along sidewalk (running with traffic)
0.3	Turn Left (W) onto Lewis St
0.35	Turn Right (N) onto bike path
0.8	Cross Lake St and continue on bike path
1.6	Turn Left (SW) at fork in path
3.1	Cross street and Turn Right (N) onto Whitbeck Rd
3.67	Arrive at Exchange 6

Van Directions:

0.0	Depart Exchange 5 Left along Market St
0.05	Turn Right onto Mears Ave
0.9	Turn Right onto E Colby St
2.7	Turn Left onto US Hwy 31
5.5	Take Exit 131, Fruitvale Rd
6.2	Turn Left onto Water St
8.0	Turn Right onto Hunt St
8.2	Turn Left onto Park St
8.4	Park St turns into Sheridan St
8.6	Turn Right onto Hancock St
9.4	Arrive at parking for Exchange 6



Van 2 -- Legs 7-12 -- 25.5 Miles

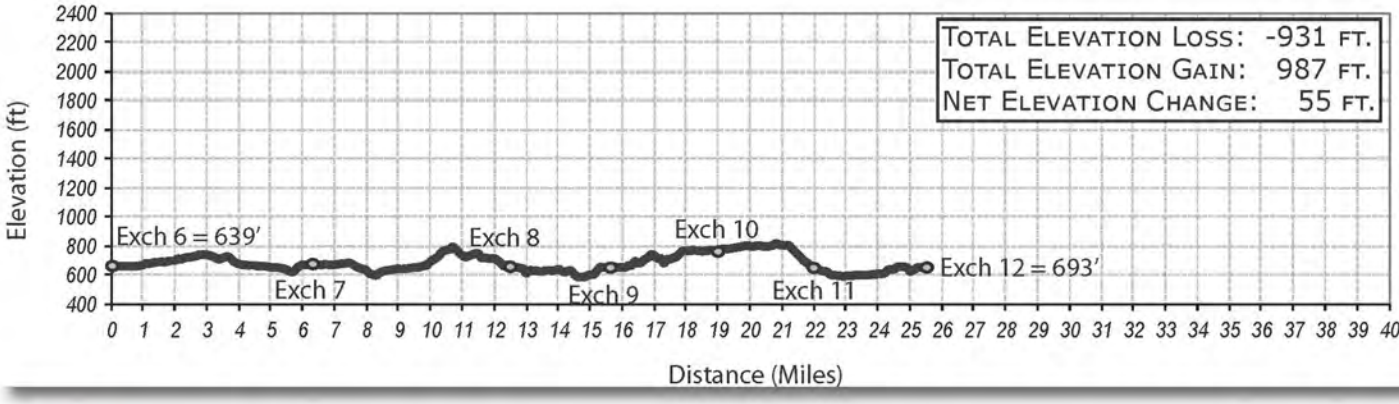


Exchange 12 Address:
Val Du Lakes Bar & Grill
1573 N Wilson Rd
Mears, MI 49436
GPS: 43.672822°, -86.459072°

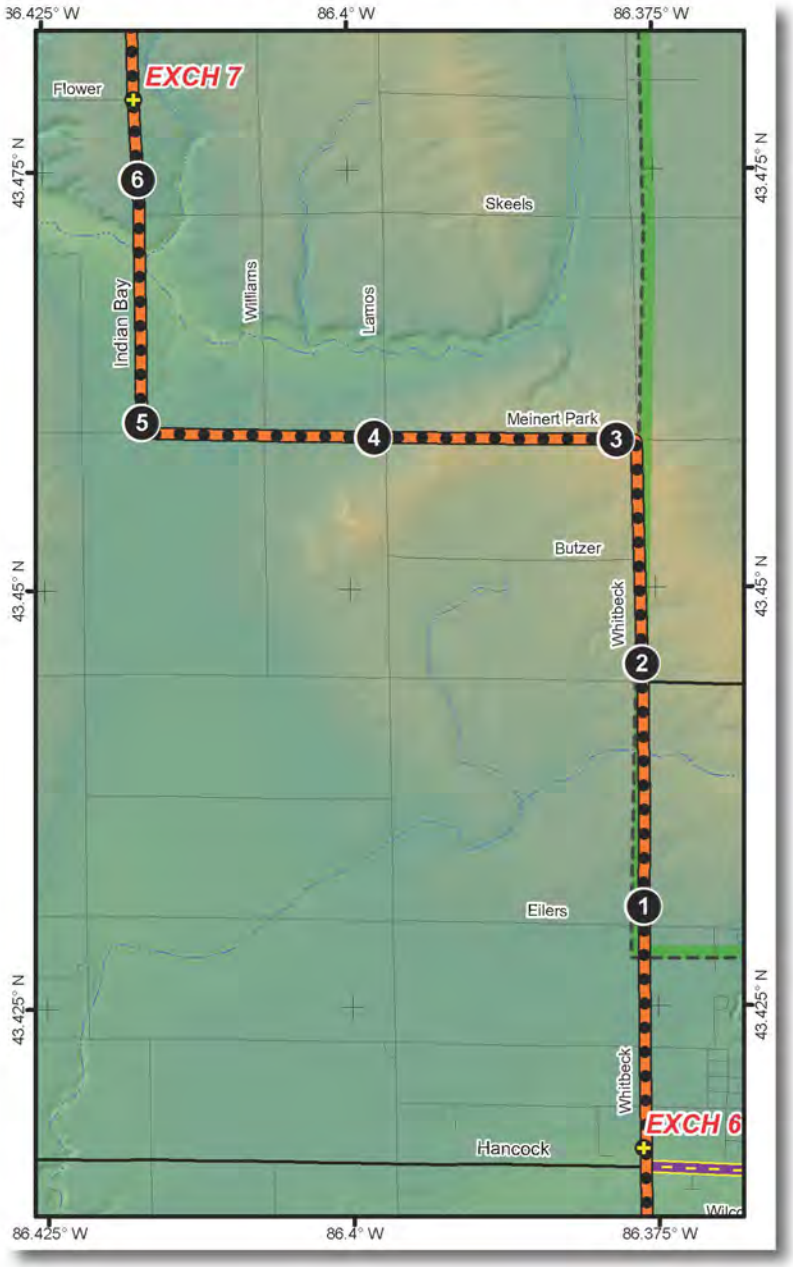
Exchange Notes:
Outdoor sleeping, Val Du Lakes Bar & Grill open for food

Inactive Van Directions (Exchange 6 to Exchange 12)

0.0	Depart Exchange 6
7.0	Get on US-31 N in Grant Township from Whitbeck Rd and 72nd Ave
19.9	Follow US-31 N to Polk Rd in Hart. Take exit 149 from US-31 N
24.4	Continue on W Polk Rd. Take 4th St/W Fox Rd to N Wilson Rd in Golden Township
29.0	Arrive at Exchange 12



LEG 7 -- 6.3 MILES -- HARD -- FULL VAN SUPPORT



LEG 7 -- 6.3 MILES -- HARD

Exchange 7 Address:
Claybanks United Methodist Church
9245 56th Ave.
Montague, MI 49437
GPS: 43.479234°, -86.417389°

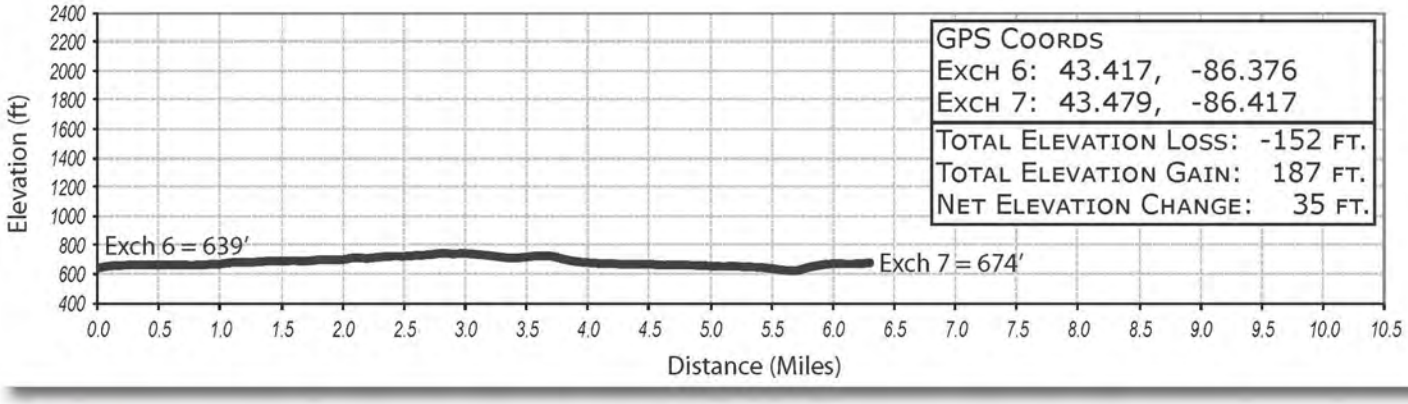
Leg Notes:
Runners are expected to stay on grass or gravel when shoulder disappears

Only Next Runner allowed across street; teams must stay on (E) side of street for safety

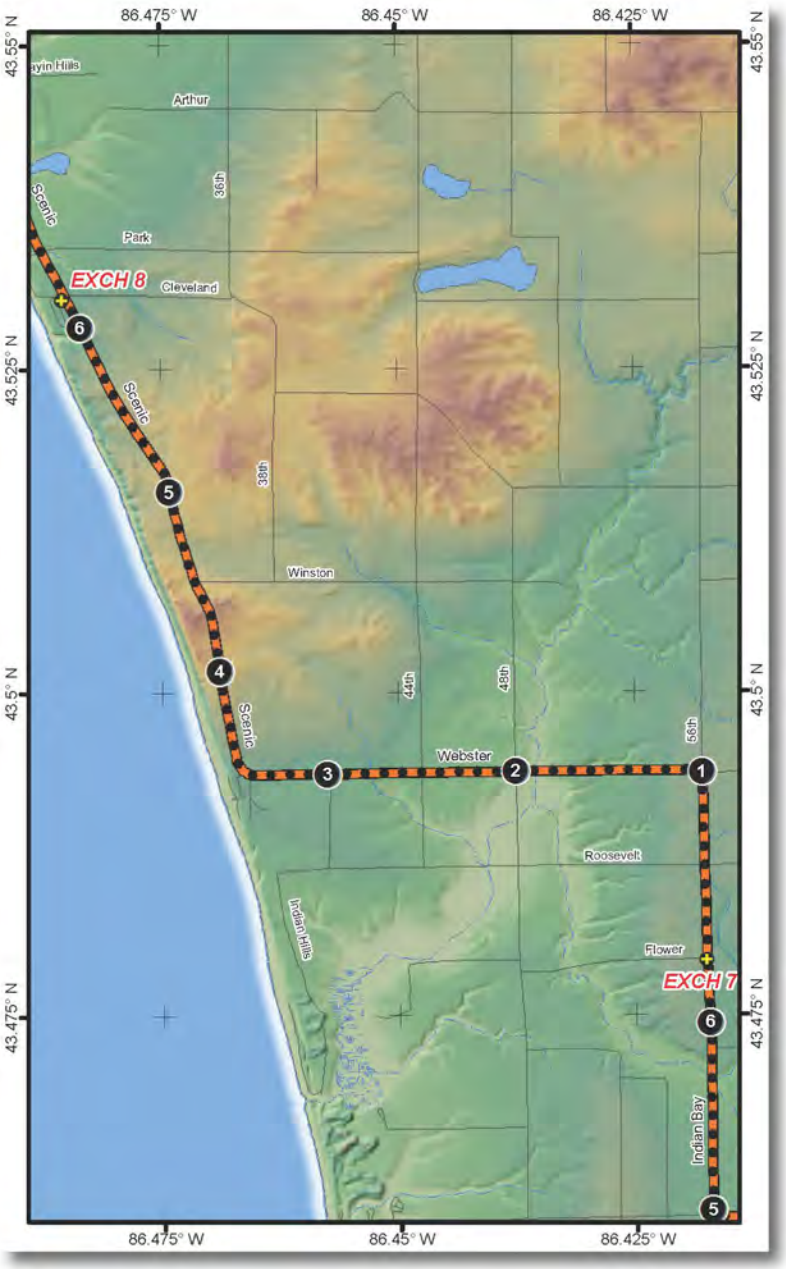
Runner Directions:

0.0	Depart Exchange 6 along Whitbeck Rd
2.9	Turn Left (W) onto Meinert Park Rd
4.9	Turn Right (N) onto Indian Bay Rd
6.3	Arrive at Exchange 7

Van Directions:
Follow Runner Directions.



LEG 8 -- 6.2 MILES -- HARD -- FULL VAN SUPPORT



LEG 8 -- 6.2 MILES -- HARD

Exchange 8 Address:
Claybanks Township Park
6407 S Scenic Dr
New Era, MI 49446
GPS: 43.530639°, -86.486120°

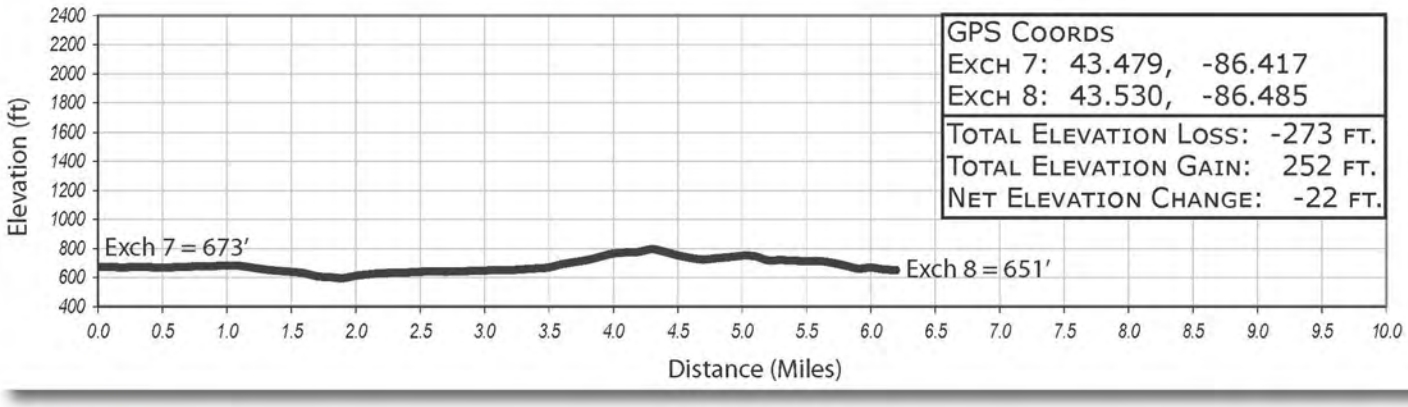
Leg Notes:
Multiple blind corners on course; runners to use caution while running

Runners are expected to stay on grass or gravel when shoulder disappears

Runner Directions:

0.0	Depart Exchange 7
1.0	Turn Left (W) onto Webster Rd
3.4	Webster Rd becomes Scenic Dr
6.2	Arrive at Exchange 8

Van Directions:
Follow Runner Directions.



LEG 9 -- 3.1 MILES -- EASY -- FULL VAN SUPPORT

LEG 9 -- 3.1 MILES -- EASY

Exchange 9 Address:
Reliable Storage Group
4189 Scenic Dr
Shelby, MI 49455
GPS: 43.571391°, -86.501629°

Leg Notes:
Multiple blind corners on course; runners to use caution while running

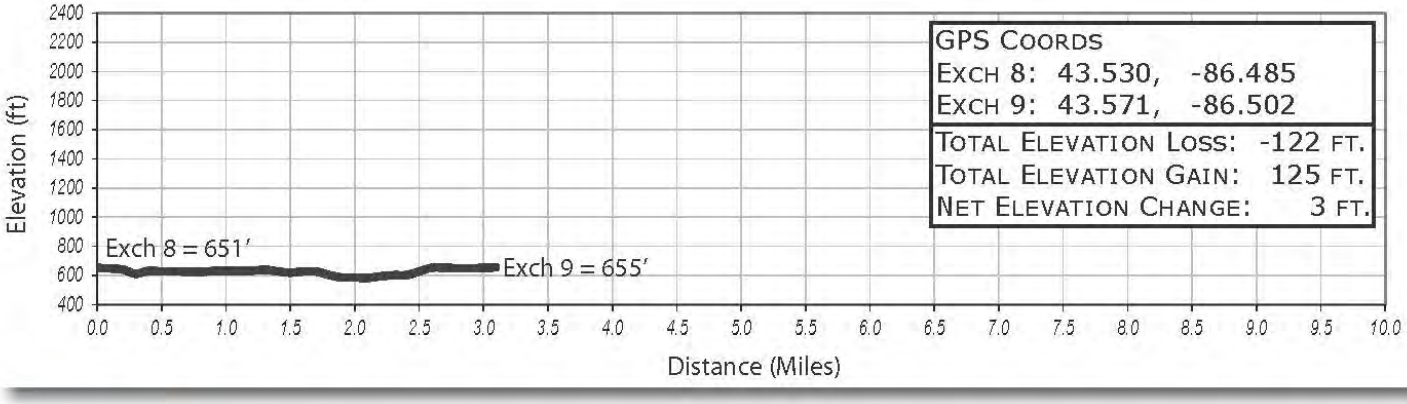
Runners are expected to stay on grass or gravel when shoulder disappears

Please be courteous of Storage patrons

Runner Directions:

0.0	Depart Exchange 8 along Scenic Dr
3.1	Arrive at Exchange 9

Van Directions:
Follow Runner Directions.



LEG 10 - 3.4 MILES - EASY - FULL VAN SUPPORT

LEG 10 -- 3.4 MILES -- EASY

Exchange 10 Address:
Intersection of 1311 16th Ave & Woodrow Rd
Shelby, MI 49455
GPS: 43.617077°, -86.518416°

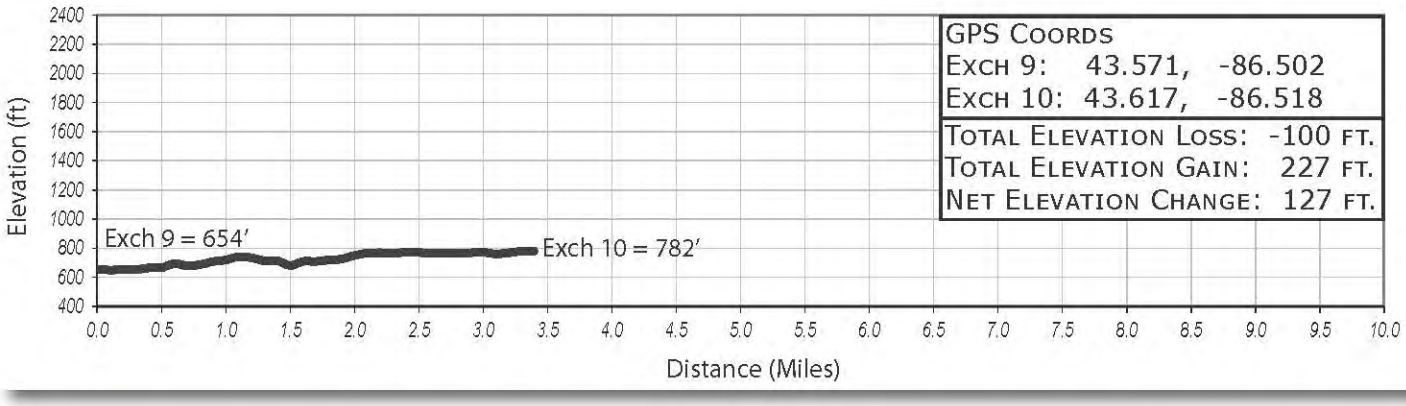
Leg Notes:
Multiple blind corners on course; runners to use caution while running

Runners are expected to stay on grass or gravel when shoulder disappears

Runner Directions:

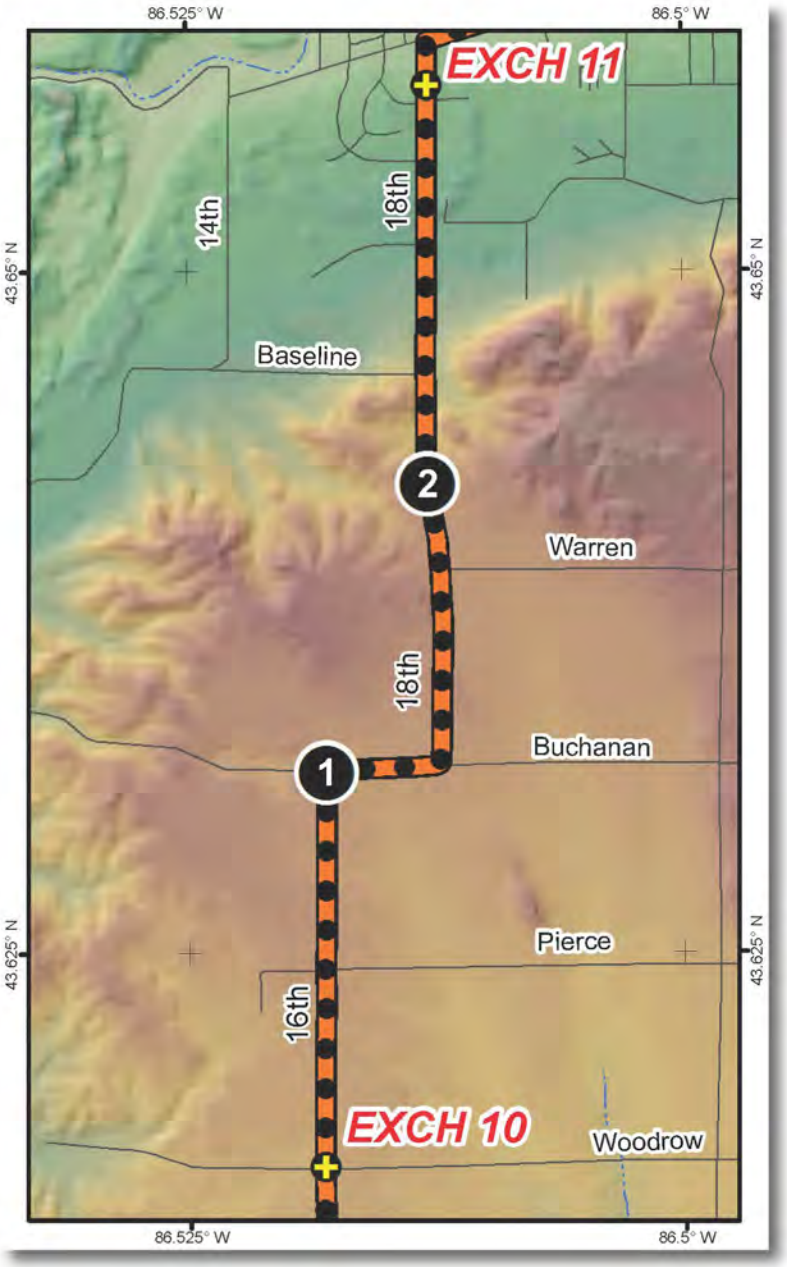
0.0	Depart Exchange 9 along Scenic Dr
2.0	Scenic Dr becomes 16th Ave
3.4	Arrive at Exchange 10

Van Directions:
Follow Runner Directions.



GPS COORDS	
EXCH 9:	43.571, -86.502
EXCH 10:	43.617, -86.518
TOTAL ELEVATION LOSS:	-100 FT.
TOTAL ELEVATION GAIN:	227 FT.
NET ELEVATION CHANGE:	127 FT.

LEG 11 -- 3.0 MILES -- EASY -- FULL VAN SUPPORT



LEG 11 -- 3.0 MILES -- EASY

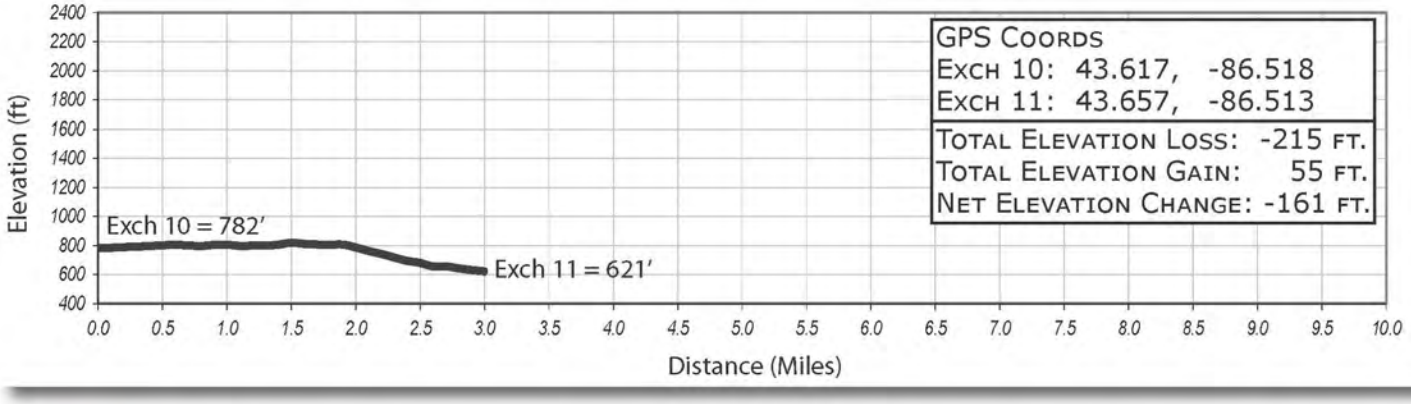
Exchange 11 Address:
Whippy Dip
591 N 18th Ave
Silver Lake, MI 49436
GPS: 43.657613°, -86.512936°

Leg Notes:
Runners are expected to stay on grass or gravel when shoulder disappears

Runner Directions:

0.0	Depart Exchange 10 along 16th Ave
1.0	Turn Right (E) onto Buchanan Rd
1.3	Turn Left (N) onto 18th Ave
3.0	Arrive at Exchange 11

Van Directions:
Follow Runner Directions.



LEG 12 -- 3.5 MILES -- EASY -- FULL VAN SUPPORT

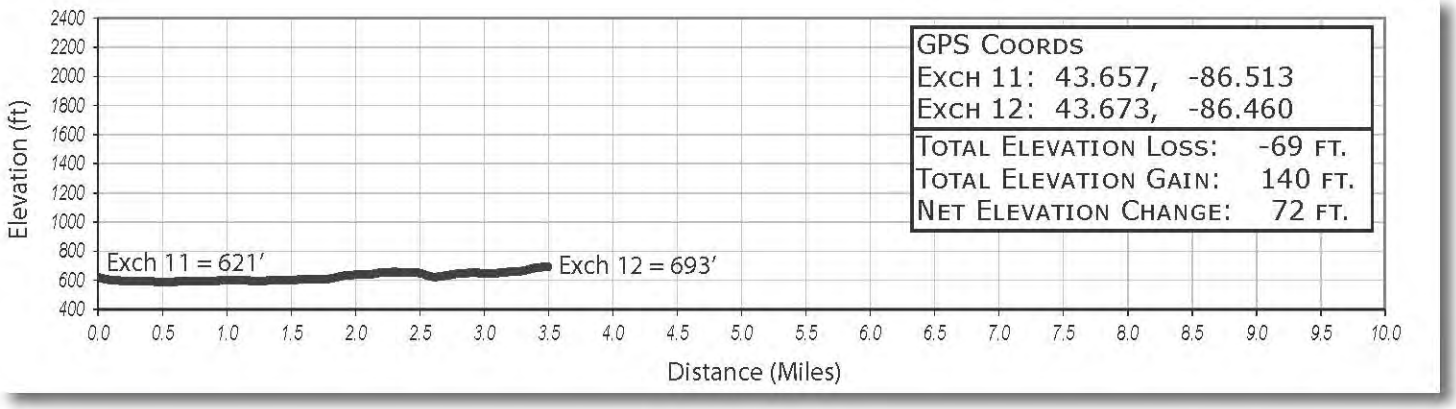
LEG 12 -- 3.5 MILES -- EASY

Exchange 12 Address:
Val Du Lakes Bar & Grill
1573 N Wilson Rd
Mears, MI 49436
GPS: 43.672822°, -86.459072°

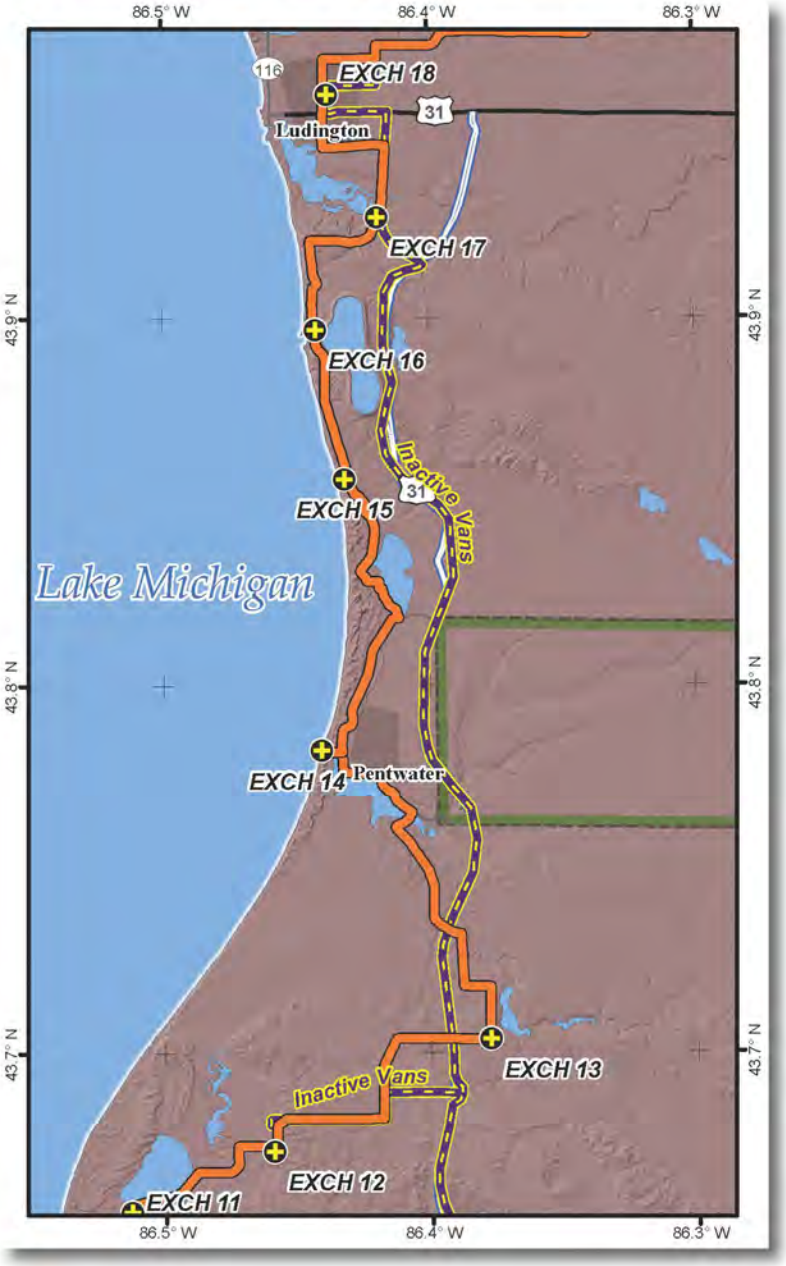
Runner Directions:

0.0	Depart Exchange 11 heading (N) along 18th Ave
0.1	Turn Right (NE) onto Silver Lake Rd (running against traffic)
1.6	Turn Left (N) and go around the roundabout onto Hazel Rd
2.2	Hazel Rd becomes 34th Ave after bend in the road
2.5	Cross 34th Ave to run with traffic
2.7	Turn Right (E) onto Taylor Rd
3.4	Turn Right (S) onto Wilson Rd
3.5	Arrive at Exchange 12

Van Directions:
Follow Runner Directions.



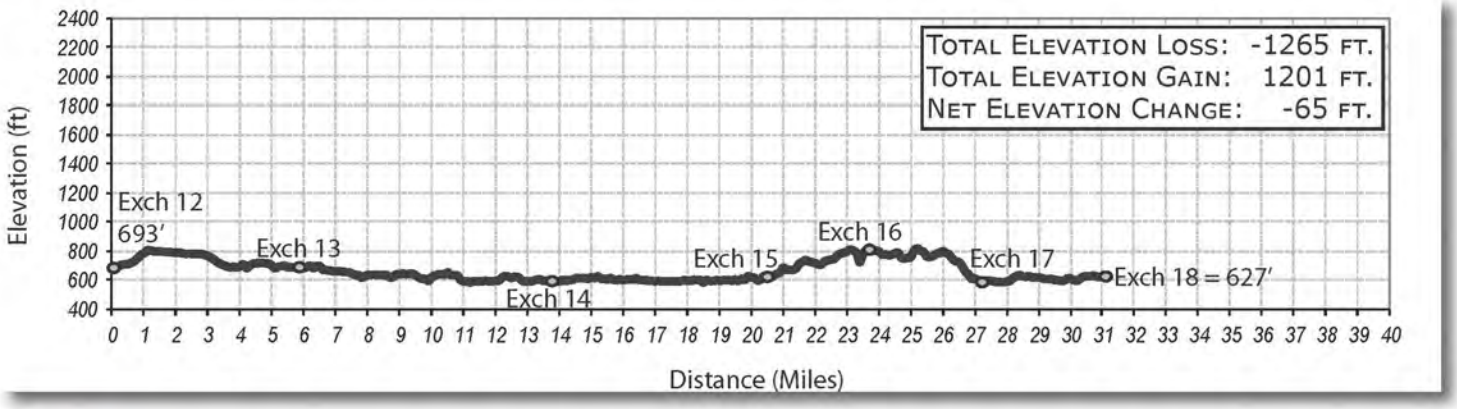
Van 1 -- Legs 13-18 -- 31.1 Miles



Exchange 18 Address:
Ludington High School
508 N Washington Ave
Ludington, MI 49431
GPS: 43.960037°, -86.437488°

Inactive Van Directions (Exchange 12 to Exchange 18)

0.0	Depart Exchange 12 heading (N) on Wilson Rd
0.05	Turn Right onto N 40th Ave
0.2	Turn Right onto Fox Rd
2.2	Turn Left onto N 56th Ave
2.7	Take the 1st Right onto W Polk Rd
4.2	Turn Left onto US-31 (N) from W Polk Rd
20.8	Take exit 166 (US-31 Bus) toward Pere Mrqt Hwy / Ludington
21.3	Turn Left onto S Pere Marquette Hwy
24.5	Turn Left onto US-10 (W)
25.7	Turn Right onto N Washington Ave
26.1	Turn Right onto Anderson St
26.2	Arrive at Exchange 18 parking on Left



LEG 13 -- 5.9 MILES -- HARD -- FULL VAN SUPPORT

LEG 13 -- 5.9 MILES -- HARD

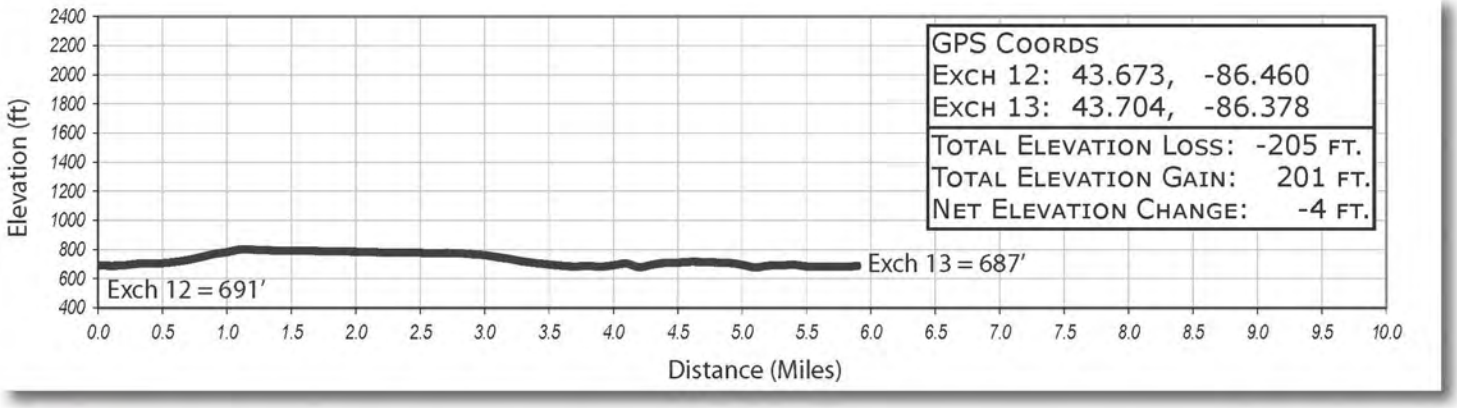
Exchange 13 Address:
First Baptist Church
3258 N 72nd Ave.
Hart, MI 49420
GPS: 43.703463°, -86.376542°

Leg Notes:
Runners are expected to stay on grass or gravel when shoulder disappears

Runner Directions:

0.0	Depart Exchange 12 (N) on Wilson Rd
0.05	Turn Right onto Taylor Rd
0.7	Turn Right onto W Fox Rd
2.5	Turn Left onto N 56th Ave
---	N 56th Ave becomes W Tyler Rd
5.9	Arrive at Exchange 13

Van Directions:
Follow Runner Directions.



LEG 14 -- 7.9 MILES -- VERY HARD -- FULL VAN SUPPORT

LEG 14 -- 7.9 MILES -- VERY HARD

Exchange 14 Address:
Meer's State Park
444 W Lowell St.
Pentwater, MI 49449
GPS: 43.782953°, -86.439955°

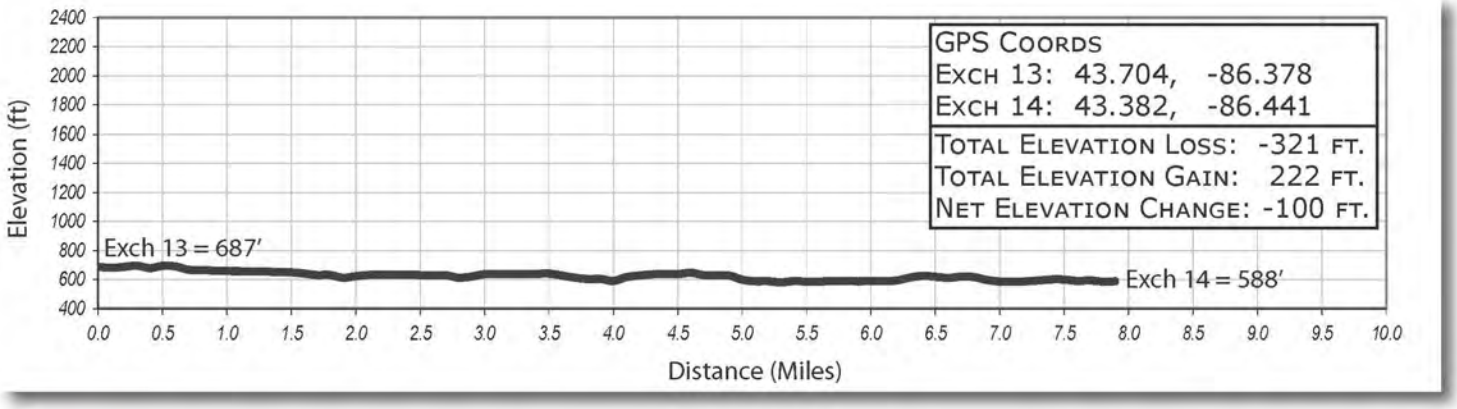
Leg Notes:
Multiple blind corners on course; runners to use caution while running

Runners are expected to stay on grass or gravel when shoulder disappears

Runner Directions:

0.0	Depart Exchange 13 heading (N) on N 72nd Ave against traffic
1.0	Turn Left (W) onto W Harrison Rd
1.5	Turn Right (N) onto N 68th Ave
---	N 68th Ave turns into N 64th Ave
5.0	Turn Right (NE) onto Longbridge Rd
5.4	Turn Left (NW) onto Hwy 31
6.4	Turn Left (W) onto 6th St (Hwy 31 still)
---	6th St turns into S Hancock St at bend in road
7.5	Turn Left onto W Lowell St
7.9	Arrive at Exchange 14

Van Directions:
Follow Runner Directions.



LEG 15 -- 6.7 MILES -- HARD -- FULL VAN SUPPORT

LEG 15 -- 6.7 MILES -- HARD

Exchange 15 Address:
Summit Township Park
5881 S Lakeshore Dr.
Ludington, MI 49431
GPS: 43.856081°, -86.431761°

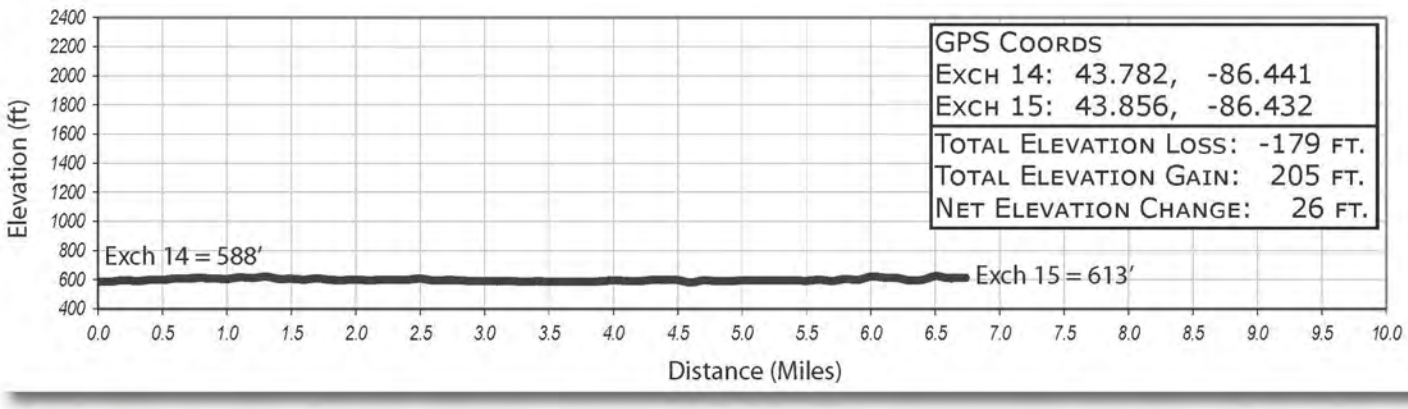
Leg Notes:
Multiple blind corners on course; runners to use caution while running

Runners are expected to stay on grass or gravel when shoulder disappears

Runner Directions:

0.0	Depart Exchange 14 heading (E) on W Lowell St against traffic
0.4	Turn Left (N) onto Hancock St
3.3	Turn Left onto N Lake Shore Dr
6.7	Arrive at Exchange 15

Van Directions:
Follow Runner Directions.



LEG 16 -- 3.1 MILES -- EASY -- FULL VAN SUPPORT

LEG 16 -- 3.1 MILES -- EASY

Exchange 16 Address:
Mason County Picnic Area
6501 W Chauvez Rd.
Ludington, MI 49431
GPS: 43.906014°, -86.437376°

Leg Notes:
Multiple blind corners on course; runners to use caution while running

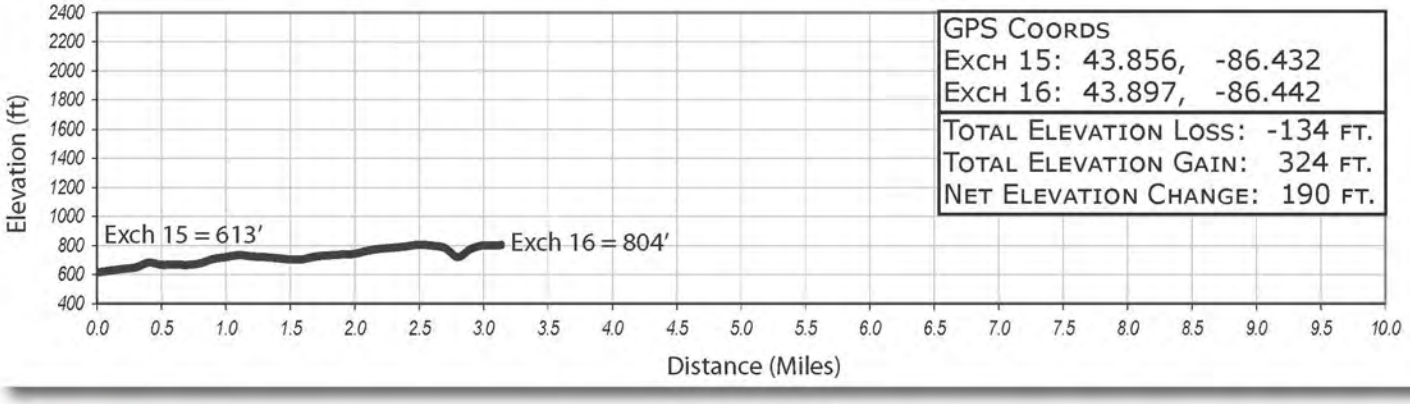
Runners are expected to stay on grass or gravel when shoulder disappears

Runner Directions:

0.0	Depart Exchange 15
0.05	Continue (N) on Lakeshore Dr
6.6	Arrive at Exchange 16

Van Directions:
Follow Runner Directions.

No pulling over and assisting runner along Hwy 31



GPS COORDS	
EXCH 15:	43.856, -86.432
EXCH 16:	43.897, -86.442

TOTAL ELEVATION LOSS:	-134 FT.
TOTAL ELEVATION GAIN:	324 FT.
NET ELEVATION CHANGE:	190 FT.

LEG 17 -- 3.5 MILES -- EASY -- FULL VAN SUPPORT

LEG 17 -- 3.5 MILES -- EASY

Exchange 17 Address:
Sutton's Landing
5544 Iris Rd
Ludington, MI 49431
GPS: 43.925963°, -86.418890°

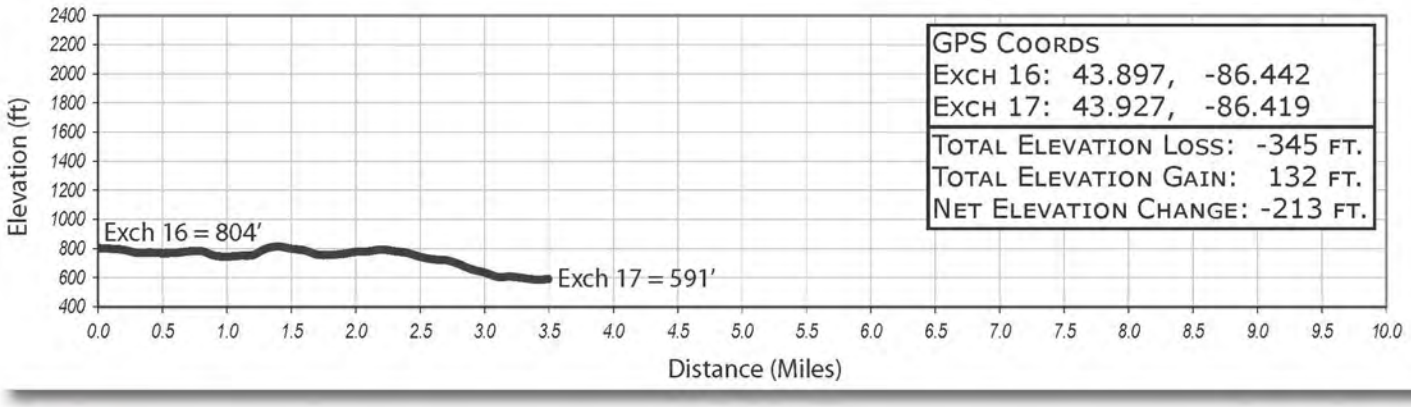
Leg Notes:
Multiple blind corners on course; runners to use caution while running

Runners are expected to stay on grass or gravel when shoulder disappears

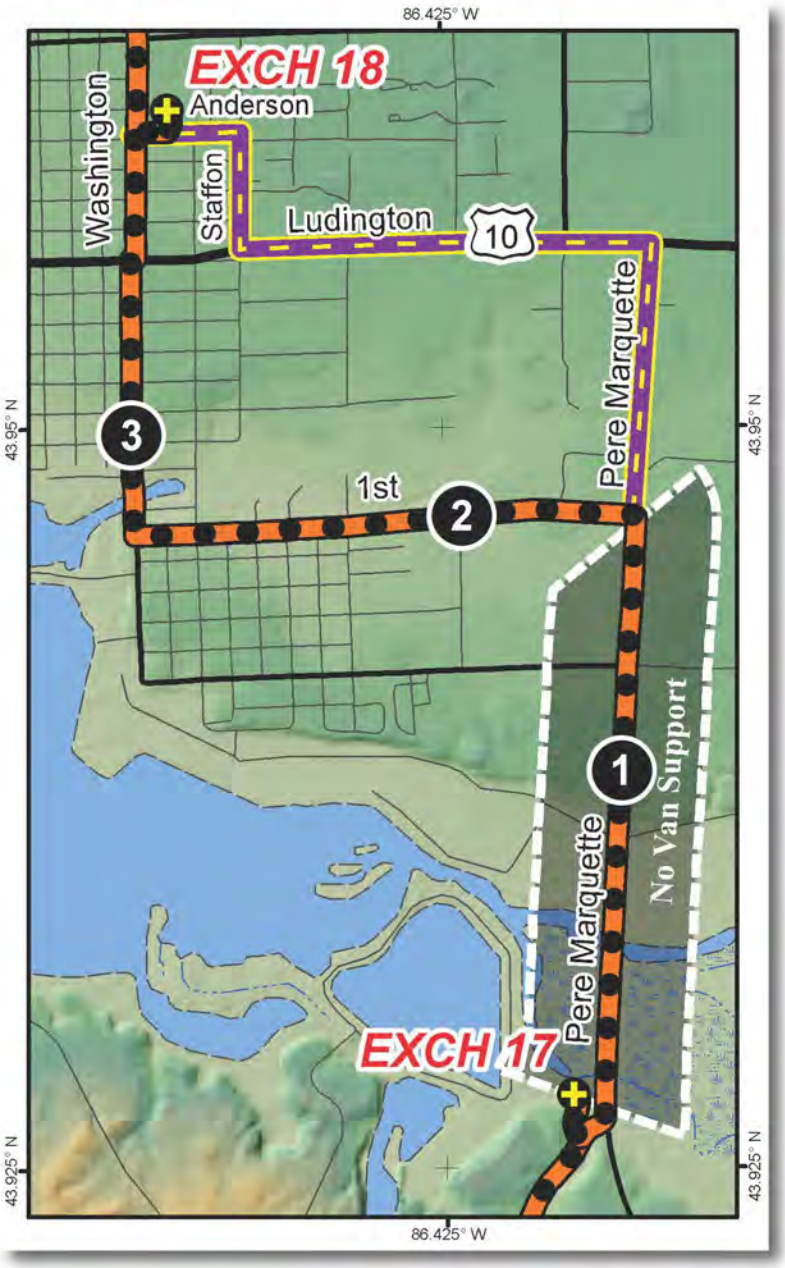
Runner Directions:

0.0	Depart Exchange 16
0.1	Turn Right (N) onto Lakeshore Dr
1.9	Turn Right (E) onto Iris Dr
3.4	Turn Left (NW) into Exchange 17
3.5	Arrive at Exchange 17

Van Directions:
Follow Runner Directions.



LEG 18 -- 3.9 MILES -- EASY -- NO VAN SUPPORT



LEG 18 -- 3.9 MILES -- EASY

Exchange 18 Address:
Ludington High School
508 N Washington Ave
Ludington, MI 49431
GPS: 43.960037°, -86.437488°

Leg Notes:
Multiple blind corners on course; runners to use caution while running

Runners are expected to stay on grass or gravel when shoulder disappears

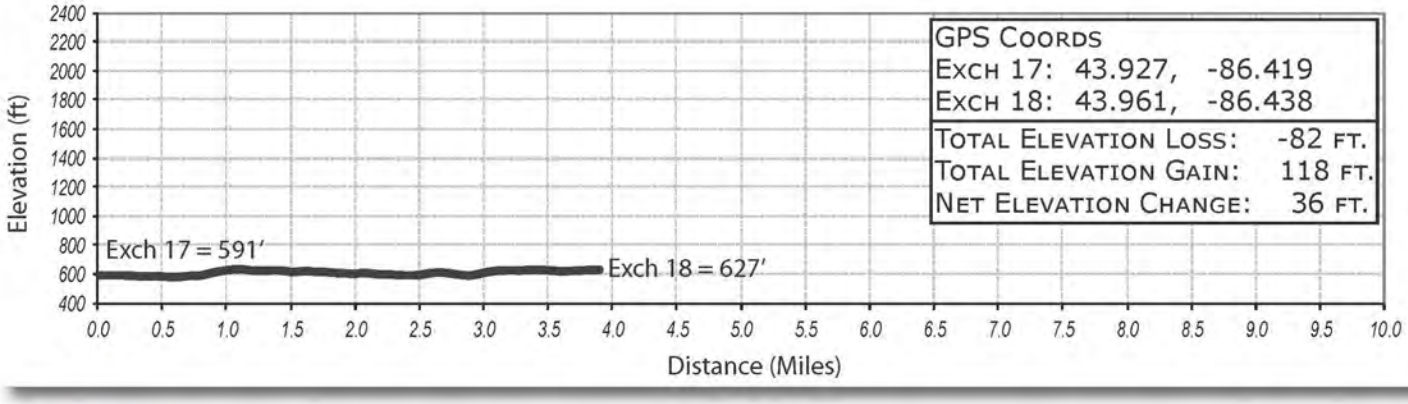
Do not support runner on Pere Marquette Hwy

Runner Directions:

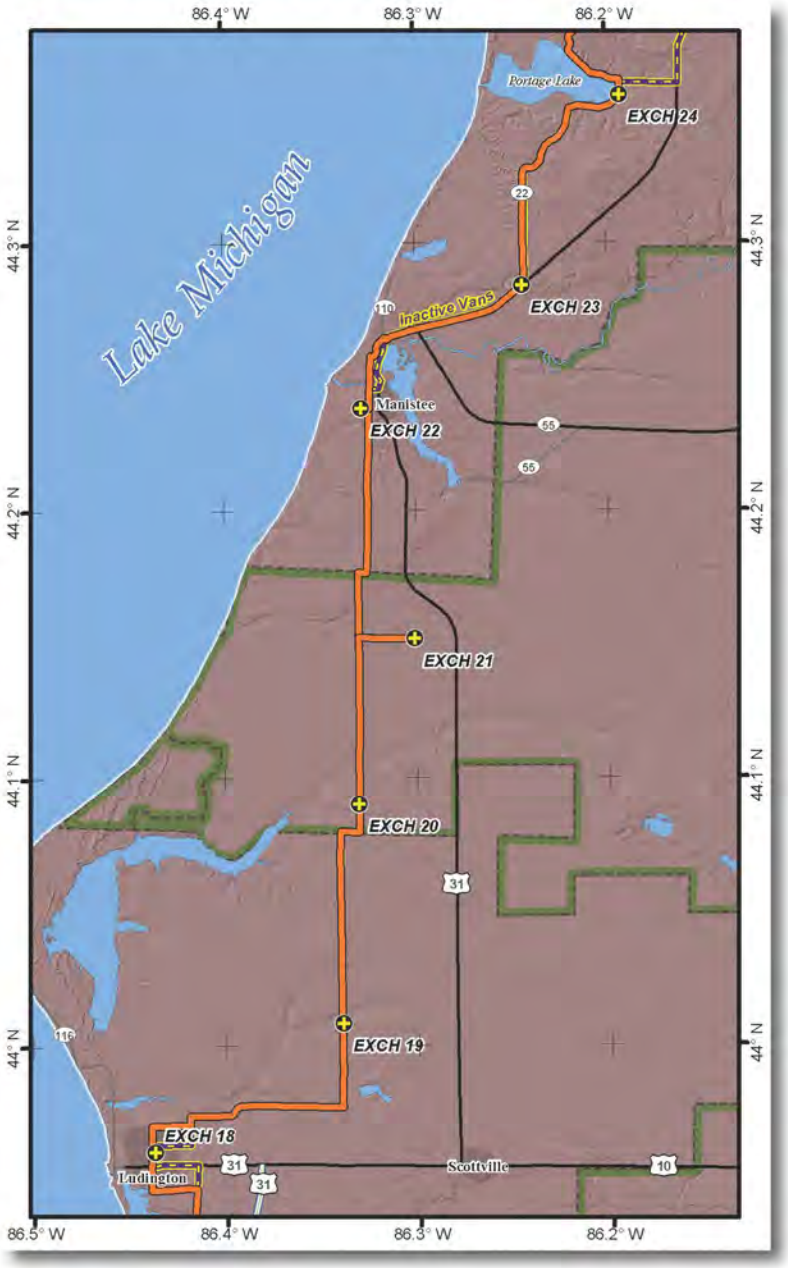
0.0	Depart Exchange 17
0.04	Turn Left (E) onto Iris Rd
0.1	Turn Left (N) onto Pere Marquette Hwy (against traffic)
1.6	Turn Left (W) onto W 1st st
2.4	Turn Right (N) onto S Washington Ave
3.7	Turn Right (E) onto Anderson St
3.8	Turn Left (N) into school parking lot
3.9	Arrive at Exchange 18

Van Directions:

0.0	Depart Exchange 17
0.04	Turn Left (E) onto Iris Rd
0.1	Turn Left (N) onto Pere Marquette Hwy
2.2	Turn Left (W) onto E Ludington Ave
3.3	Turn Right (N) onto N Statton St
3.6	Turn Left (W) onto Anderson St
3.7	Arrive at Exchange 18 parking on Right



Van 2 -- Legs 19-24 -- 40.8 Miles

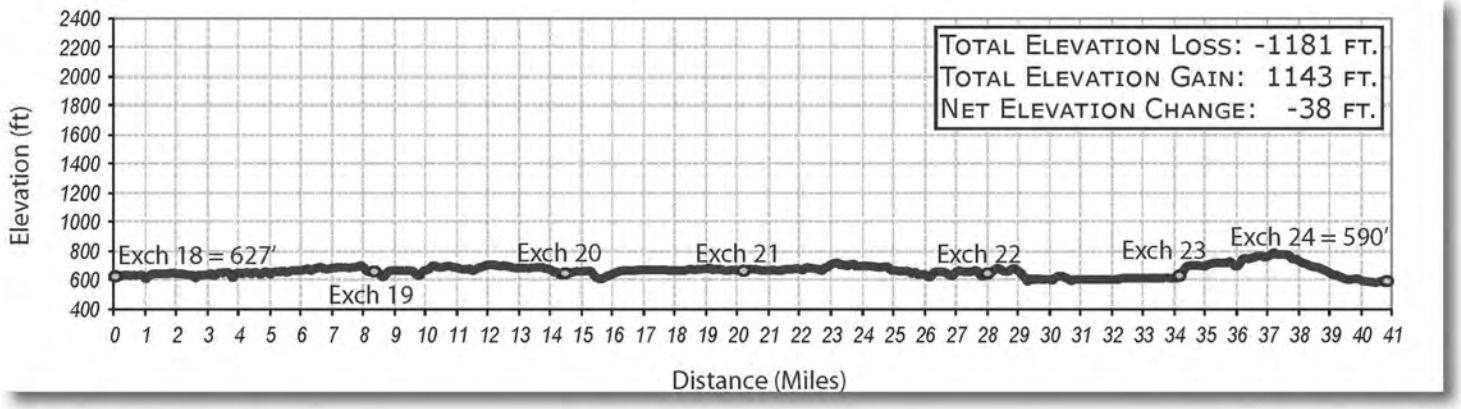


Exchange 24 Address:
Manistee County Fairgrounds
7587 1st St
Onekama, MI 49675
GPS: 44.353360°, -86.194378°

Exchange Notes:
Parking is North of the Exchange on grass

Inactive Van Directions (Exchange 18 to Exchange 24)

0.0	Depart Exchange 18 and head East on Tinkham Ave
0.3	Turn Left (N) onto N Jebavy Dr.
1.1	Turn Right (E) onto Rasmussen Rd
5.1	Turn Left (N) onto N Stiles Rd
12.2	Turn Right (E) onto W Townline Rd
12.7	Turn Left (N) onto N Quarterline Rd
19.4	Turn Right (E) onto County Line Rd W
19.6	Turn Left (N) onto Maple Rd
20.4	Turn Right (E) onto 1st St
20.7	Turn Left (N) onto Cypress St (US 31 N)
26.0	Turn Left (N) onto Orchard Hwy (MI-22)
32.5	Arrive at Exchange 24



LEG 19 -- 8.3 MILES -- VERY HARD -- PARTIAL NO VAN SUPPORT

LEG 19 -- 8.3 MILES -- VERY HARD

Exchange 19 Address:
West Shore Community College
3000 N Stiles Rd
Scottville, MI 49454
GPS: 44.008653°, -86.339259°

Leg Notes:
Multiple blind corners on course; runners to use caution while running

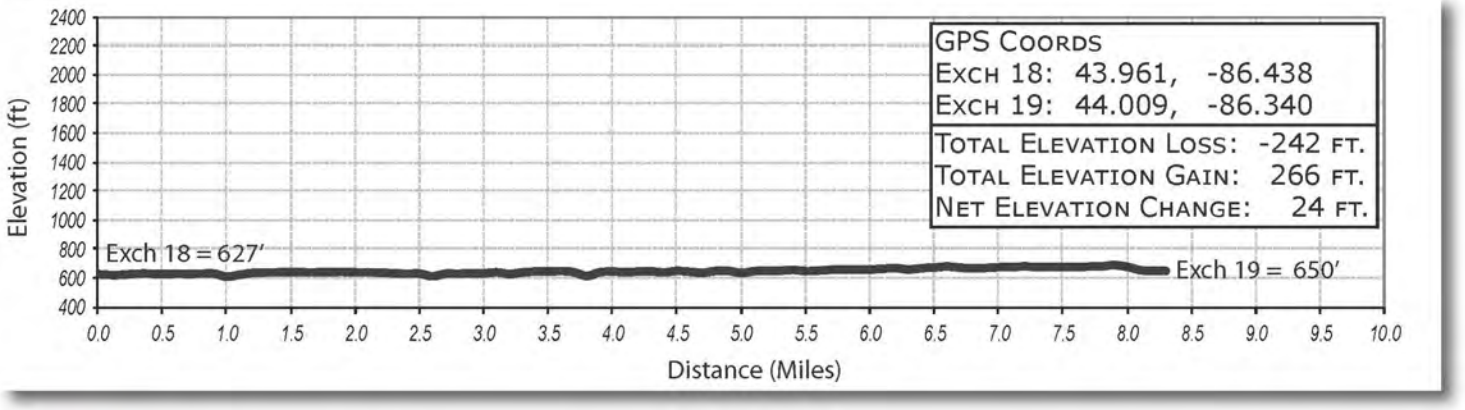
Runners are expected to stay on grass or gravel when shoulder disappears

Runner Directions:

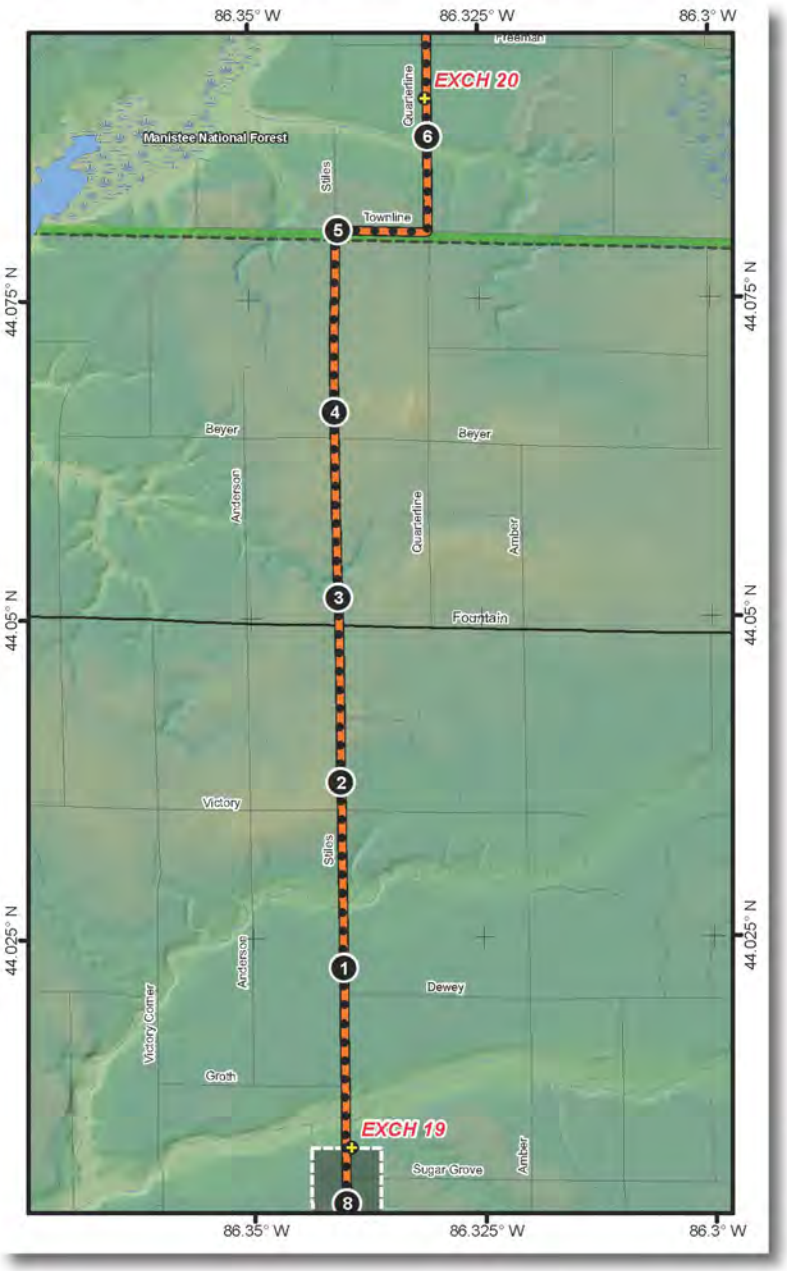
0.0	Depart Exchange 18 heading (S) through school parking lot
0.1	Turn Right (W) onto Anderson St
0.2	Turn Right (N) onto Washington Ave
0.9	Turn Right (E) onto W Bryant Rd (running against traffic)
1.9	Turn Left (N) onto N Jebavy Dr
2.1	Turn Right (E) onto W Rasmussen Rd
6.1	Turn Left (N) onto N Stiles Rd
8.3	Arrive at Exchange 19

Van Directions:
Follow Runner Directions.

No pulling over and assisting runner along N Jabavy Dr.



LEG 20 -- 6.2 MILES -- HARD -- FULL VAN SUPPORT



LEG 20 -- 6.2 MILES -- HARD

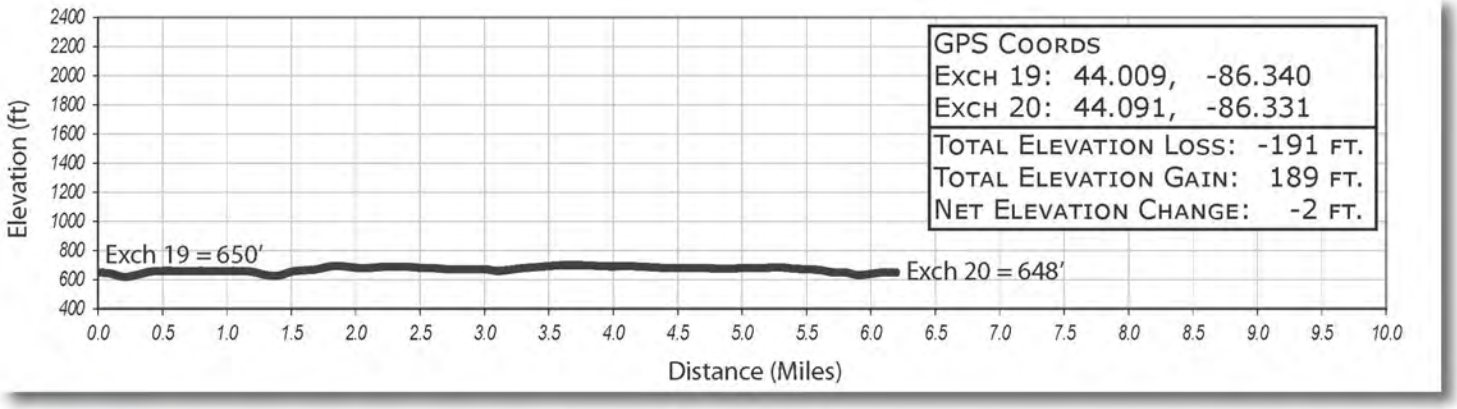
Exchange 20 Address:
Dirt Lot
7395 N Quarterline Rd
Fresoil, MI 49411
GPS: 44.089436°, -86.330443° to
44.092986°, -86.330433°

Leg Notes:
Runners are expected to stay on grass or gravel when shoulder disappears

Runner Directions:

0.0	Depart Exchange 19 heading (N) on Stiles Rd against traffic
5.0	Turn Right (E) onto W Townline Rd
5.5	Turn Left (N) onto N Quarterline Rd
6.2	Arrive at Exchange 20

Van Directions:
Follow Runner Directions.



LEG 21 -- 5.7 MILES -- HARD -- PARTIAL NO VAN SUPPORT

LEG 21 -- 5.7 MILES -- HARD

Exchange 21 Address:
Grant Township Community Center
835 Hoague Rd
Manistee, MI 49660
GPS: 44.152380°, -86.300969°

Leg Notes:
Runners are expected to stay on grass or gravel when shoulder disappears

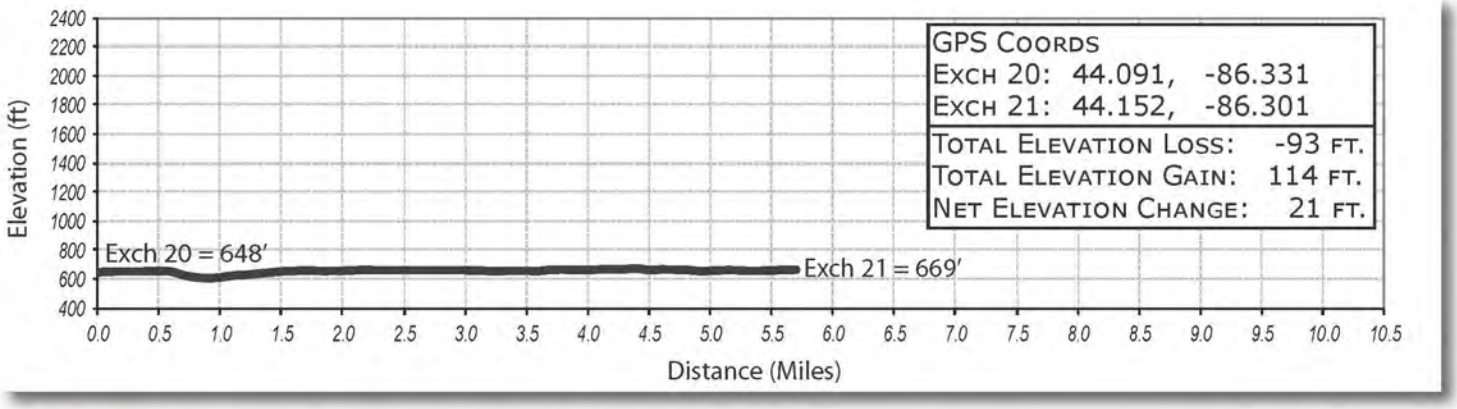
Vans MUST follow the van path. Any vans along the runner's path on W Hoague Rd will get at least 1 violation!

Runner Directions:

0.0	Depart Exchange 20 heading (N) on N Quarterline Rd
4.3	Turn Right (E) onto Hoague Rd (running with traffic)
5.8	Arrive at Exchange 21

Van Directions:

0.0	Depart Exchange 20 heading (N) on N Quarterline Rd
2.8	Turn Right (E) onto W Forest Trail Rd
4.3	Turn Left (N) onto Lasalle Rd
6.1	Turn Left (W) onto W Hoague Rd
6.2	Arrive at Exchange 21



LEG 22 -- 7.8 MILES -- VERY HARD -- PARTIAL NO VAN SUPPORT

LEG 22 -- 7.8 MILES -- VERY HARD

Exchange 22 Address:
Faith Covenant Church Parsonage
475 8th St
Manistee, MI 49660
GPS: 44.238641°, -86.328071°

LEG NOTES:
Runners are expected to stay on grass or gravel when shoulder disappears

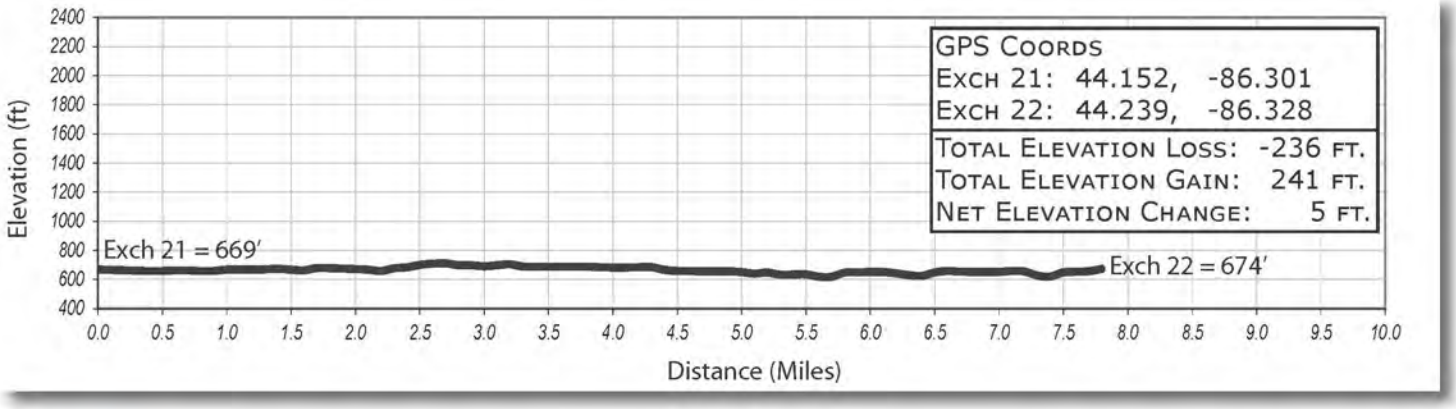
Vans MUST follow the van path. Any vans along the runner's path on W Hoague Rd will get at least 1 violation!

Runner Directions:

0.0	Depart Exchange 21 heading (W) on Hoague Rd
1.4	Cross Quarterline Rd and Turn Right (N)
3.1	Turn Right (E) onto County Line St
2.8	Turn Left (N) onto Maple St
7.6	Turn Left (W) onto 8th St
7.8	Arrive at Exchange 22

Van Directions:

0.0	Depart Exchange 21 heading (E) on Hoague Rd
0.1	Turn Left (N) onto Lasalle Rd
1.3	Turn Left (NW) onto US Hwy 31
1.8	Turn Right (E) onto County Line Rd
2.8	Turn Left (N) onto Maple St
7.1	Turn Left (W) onto 8th St
7.3	Arrive at Exchange 22



LEG 23 -- 6.1 MILES -- HARD -- FULL VAN SUPPORT

LEG 23 -- 6.1 MILES -- HARD

Exchange 23 Address:
Little River Casino
2700 Orchard Hwy.
Manistee, MI 49660
GPS: 44.286667°, -86.243484°

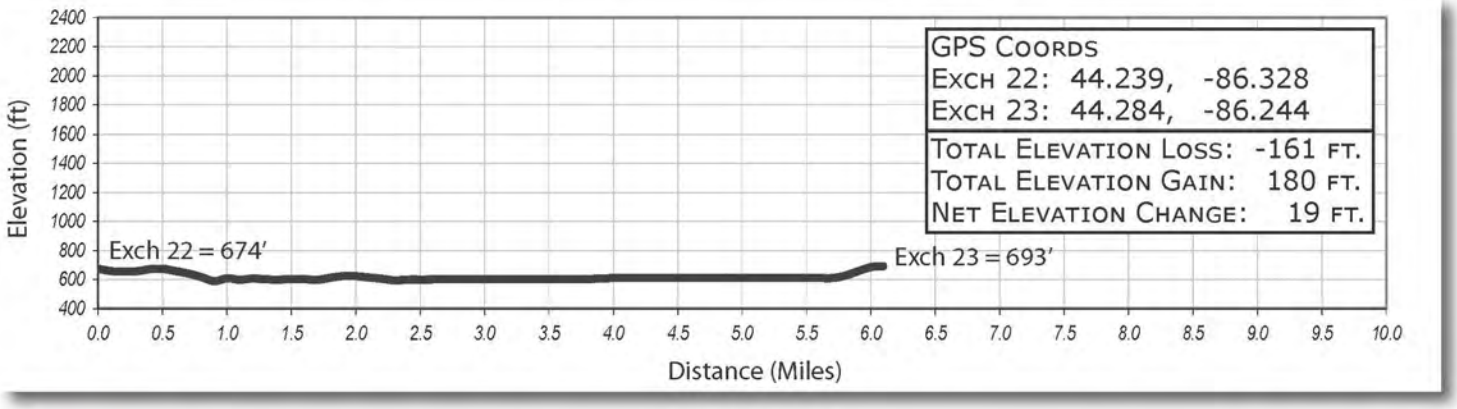
Leg Notes:
Multiple blind corners on course; runners to use caution while running

Runners are expected to stay on grass or gravel when shoulder disappears

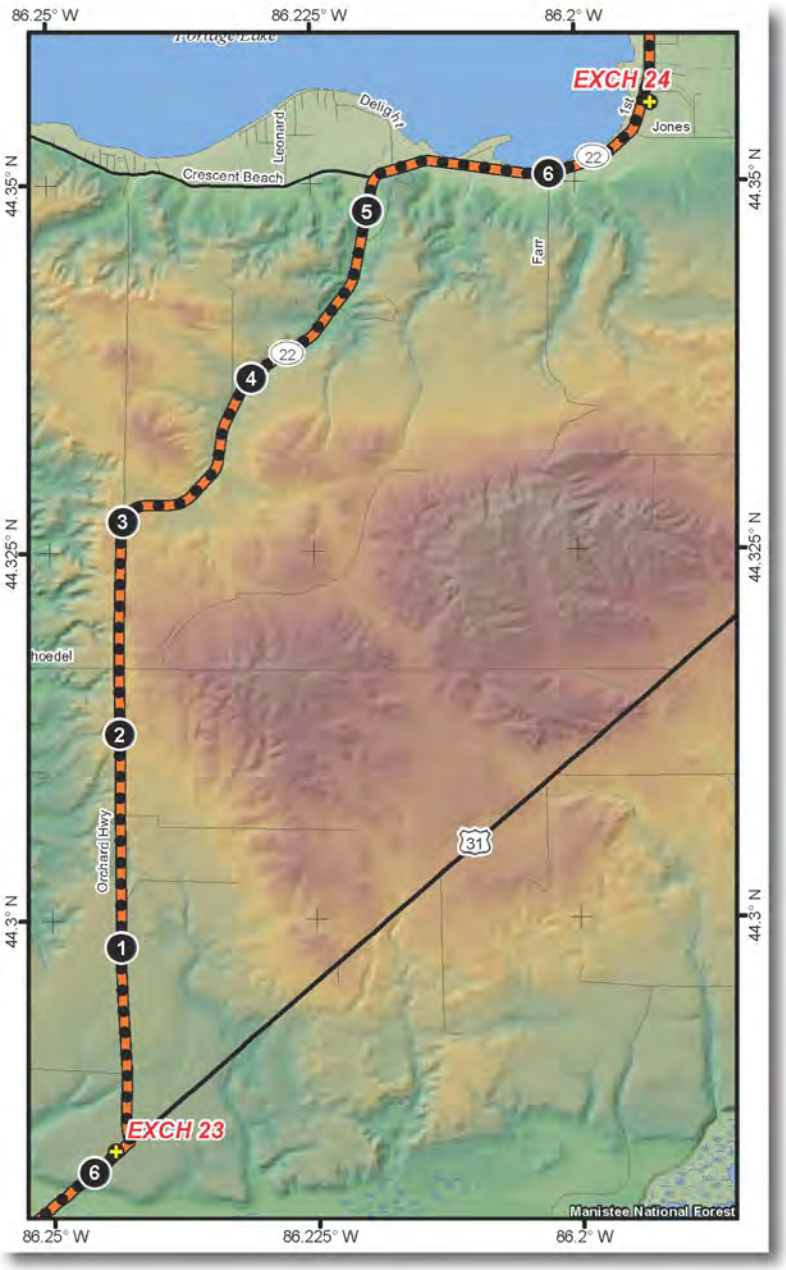
Runner Directions:

0.0	Depart Exchange 22
0.2	Turn Left (N) onto Maple St
1.6	Turn Right (E) onto Veterans Oak Grove Dr
2.2	Turn Right (N) onto Lakeshore Rd
2.3	Turn Left (NE) onto W Parkdale Rd (US-31)
	--- E Parkdale Rd turns into Chippewa Hwy
6.1	Arrive at Exchange 23

Van Directions:
Follow Runner Directions.



Leg 24 -- 6.7 Miles -- Hard -- FULL VAN SUPPORT



LEG 24 -- 6.7 MILES -- HARD

Exchange 24 Address:
Manistee County Fairgrounds
7587 1st St
Onekama, MI 49675
GPS: 44.353360°, -86.194378°

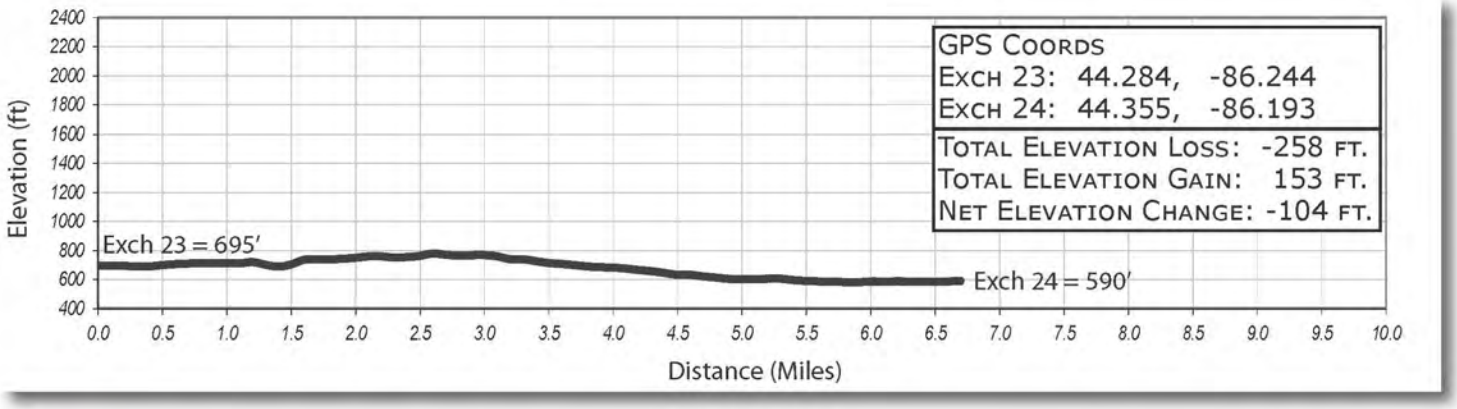
Leg Notes:
Multiple blind corners on course; runners to use caution while running

Runners are expected to stay on grass or gravel when shoulder disappears

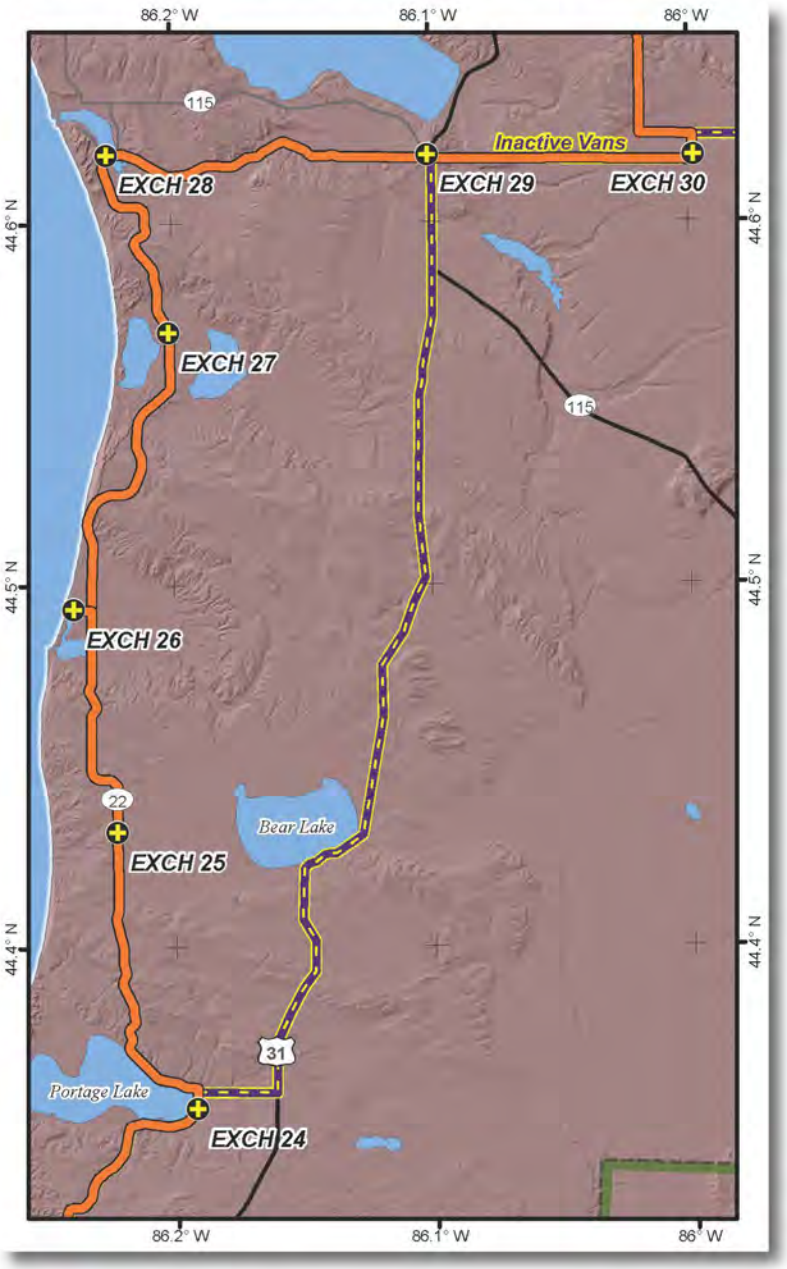
Runner Directions:

0.0	Depart Exchange 23 heading (NE) on Chippewa Hwy (US-31)
500 Feet	Turn Left onto (NW) Orchard Hwy
5.2	Orchard Hwy becomes Crescent Beach Rd
6.5	Crescent Beach Rd becomes 1st St (Orchard Hwy)
6.7	Arrive at Exchange 24

Van Directions:
Follow Runner Directions.



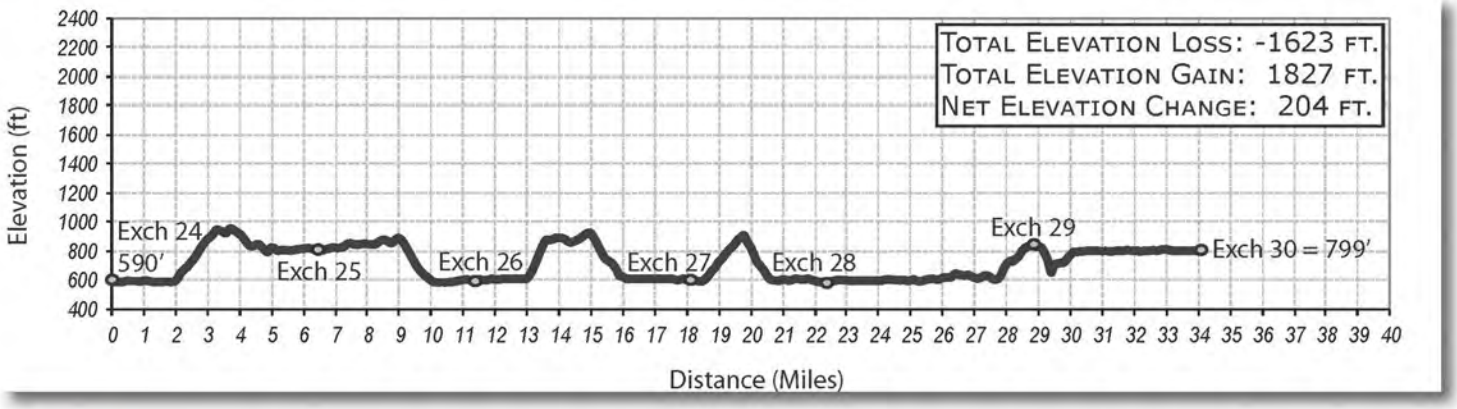
Van 1 -- Legs 25-30 -- 34.1 Miles



Exchange 30 Address:
St. Ambrose Cellars
841 S Pioneer Rd,
Beulah, MI 49617
GPS: 44.616655°, -85.997110°

Inactive Van Directions (Exchange 24 to Exchange 30)

0.0	Depart Exchange 24 and head North on 1st St. (MI-22)
0.3	Turn Right (E) onto 8 Mile Rd
1.8	Turn Left (N) onto Chippewa Hwy (US-31 N)
20.8	Turn Right (E) onto Traverse Ave (County Hwy 608)
25.8	Turn Left (N) onto S Pioneer Rd (County Hwy 677)
26.0	Arrive at Exchange 30



LEG 25 -- 6.3 MILES -- HARD -- FULL VAN SUPPORT

LEG 25 -- 6.3 MILES -- HARD

Exchange 25 Address:
Per Clin Orchards
4021 13 Mile Rd
Bear Lake, MI 49614
GPS: 44.431381°, -86.222775°

Leg Notes:
Multiple blind corners on course; runners to use caution while running

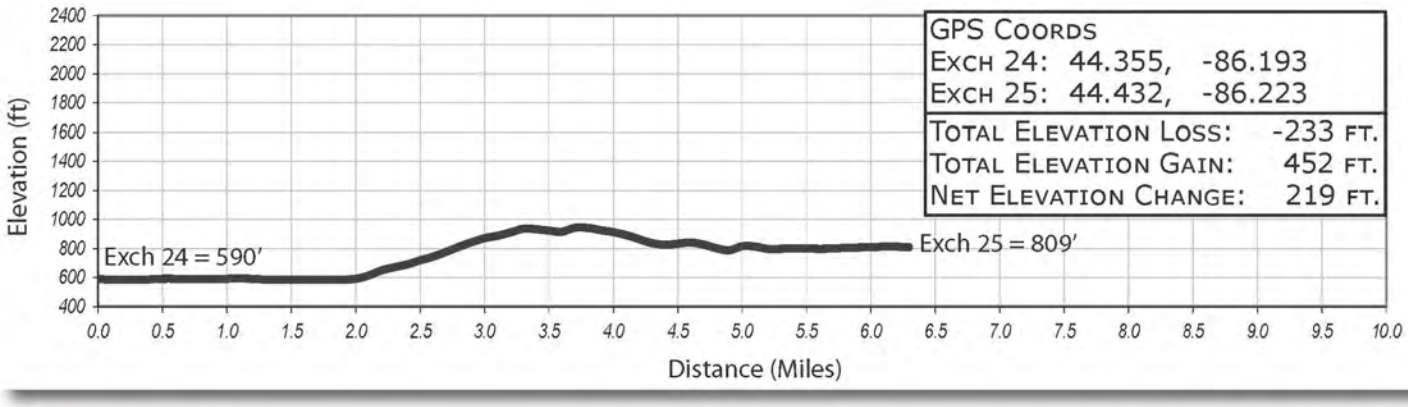
Runners are expected to stay on grass or gravel when shoulder disappears

Vans will be parking on grass. Please be courteous and quiet, we are on private property.

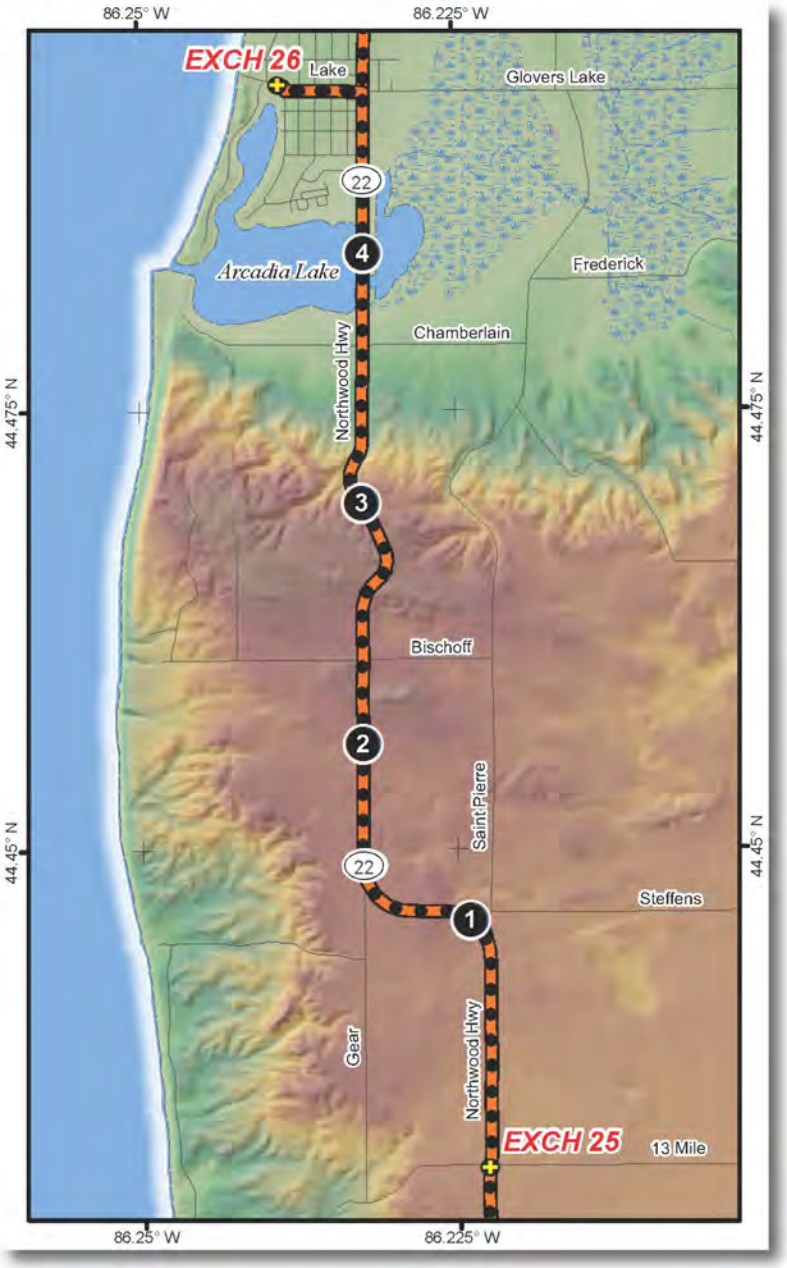
Runner Directions:

0.0	Depart Exchange 24 heading (N) on 1st St (MI-22)
0.4	Move onto sidewalk and Turn Left (W) onto Main St
2.0	Main St becomes Northwood Hwy
6.3	Arrive at Exchange 25

Van Directions:
Follow Runner Directions.



LEG 26 -- 5.1 MILES -- MODERATE -- FULL VAN SUPPORT



LEG 26 -- 5.1 MILES -- MODERATE

Exchange 26 Address:
Arcadia Lookout
3025 Lake St.
Arcadia, MI 49613
GPS: 44.493854°, -86.239884°

Leg Notes:
Multiple blind corners on course; runners to use caution while running

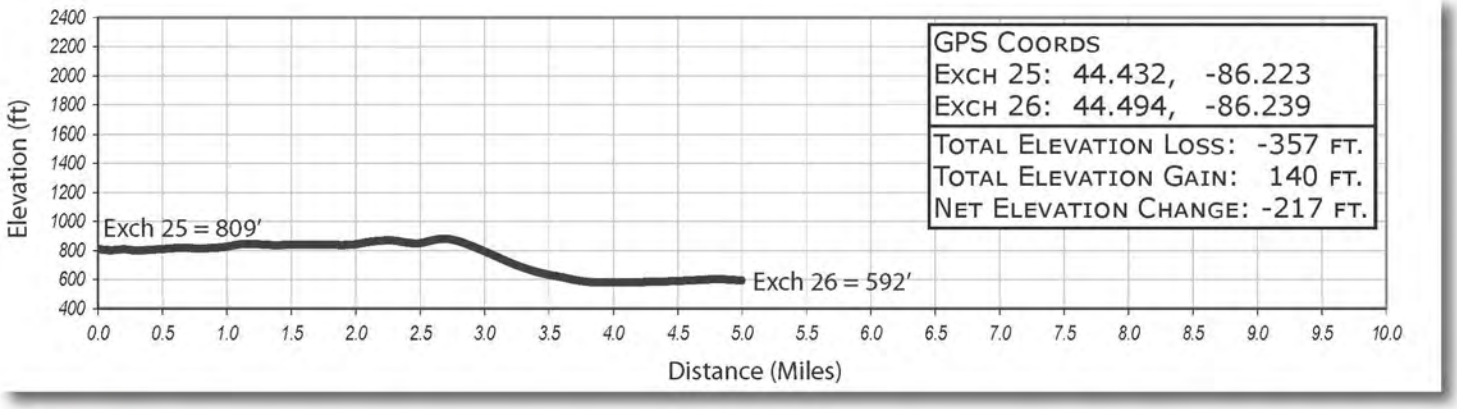
Runners are expected to stay on grass or gravel when shoulder disappears

Please be courteous to local residents and keep noise to a minimum through this town

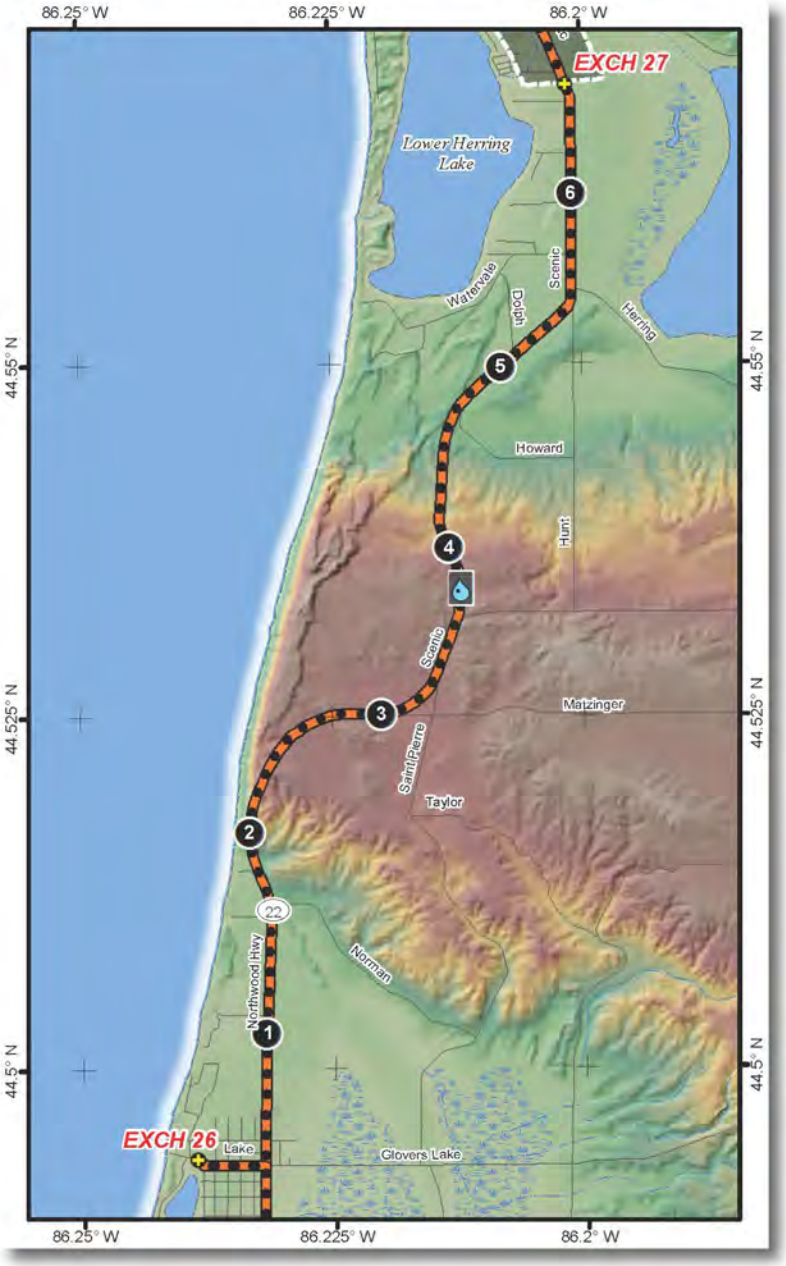
Runner Directions:

0.0	Depart Exchange 25 heading (N) on Northwood Hwy
4.3	Northwood Hwy becomes 6th St
4.6	Turn Left (W) onto Lake St
5.1	Arrive at Exchange 26

Van Directions:
Follow Runner Directions.



LEG 27 -- 6.7 MILES -- HARD -- NO VAN SUPPORT



LEG 27 -- 6.7 MILES -- HARD

Exchange 27 Address:
Herring Lake Baptist Church
4433 Scenic Hwy
Frankfort, MI 49635
GPS: 44.569733°, -86.201164°

Leg Notes:
Multiple blind corners on course; runners to use caution while running

Runners are expected to stay on grass or gravel when shoulder disappears

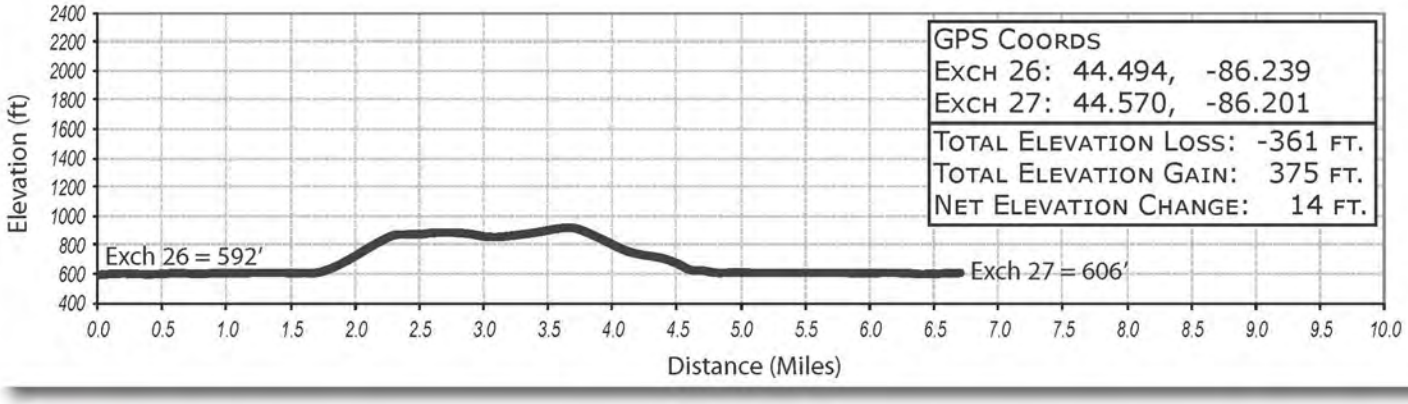
Please be courteous to local residents and keep noise to a minimum

Runner Directions:

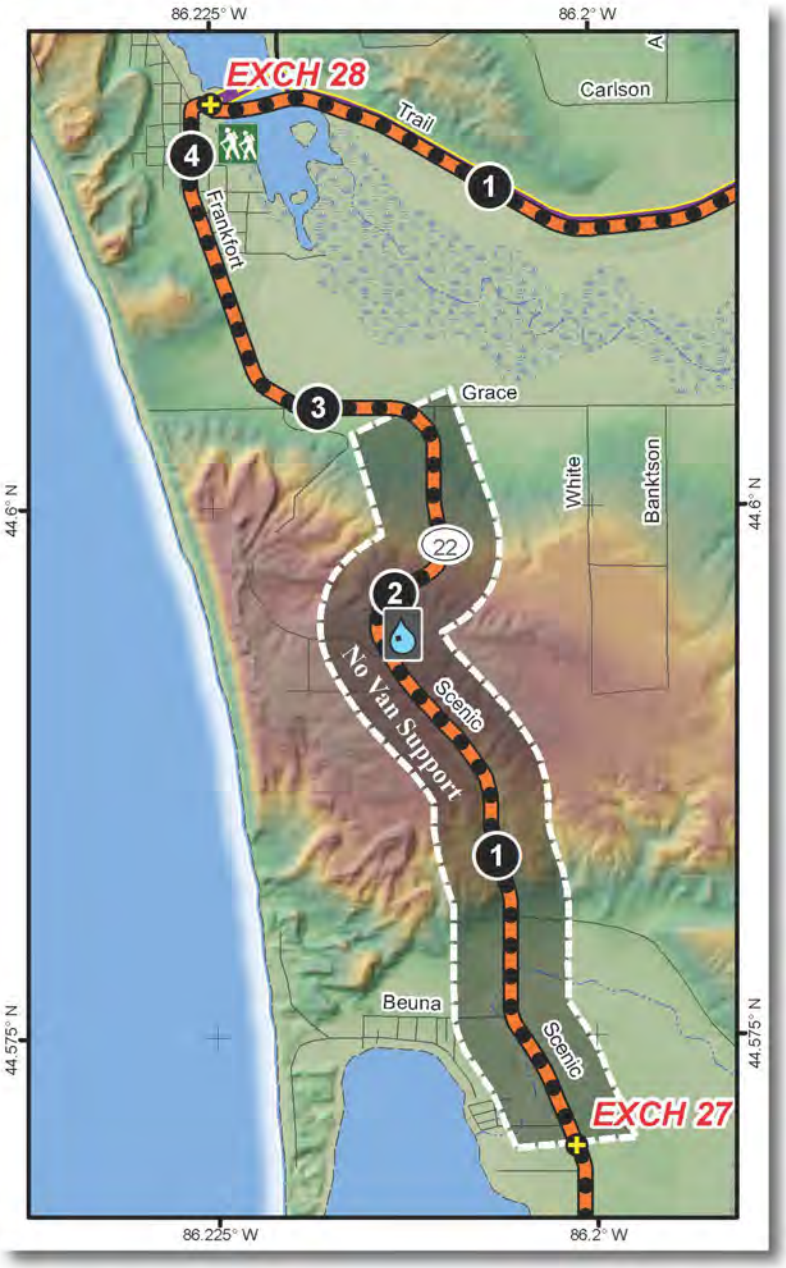
0.0	Depart Exchange 26 heading (E) on Lake St
0.5	Turn Left (N) onto 6th St
2.2	6th St becomes Scenic Hwy (MI-22)
6.7	Arrive at Exchange 27

Van Directions:
Follow Runner Directions.

No pulling over and assisting runner along designated No Van Support sections



LEG 28 -- 4.3 MILES -- MODERATE -- PARTIAL NO VAN SUPPORT



LEG 28 -- 4.3 MILES -- MODERATE

Exchange 28 Address:
Betsie Valley Trailway
248 Frankfort Ave.
Elberta, MI 49628
GPS: 44.619213°, -86.225683°

Leg Notes:
Multiple blind corners on course; runners to use caution while running

Runners are expected to stay on grass or gravel when shoulder disappears

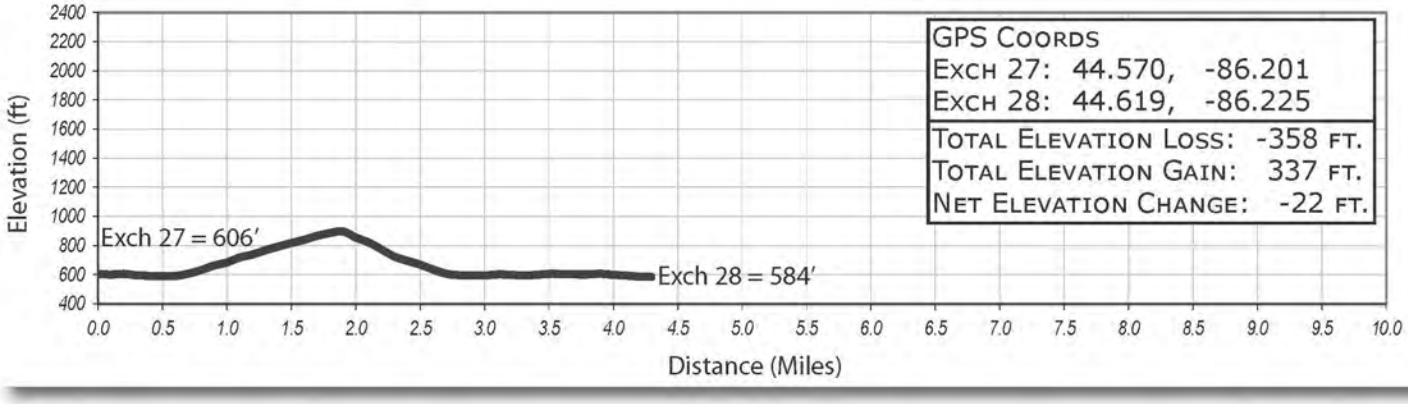
Please be courteous to local residents and keep noise to a minimum

Runner Directions:

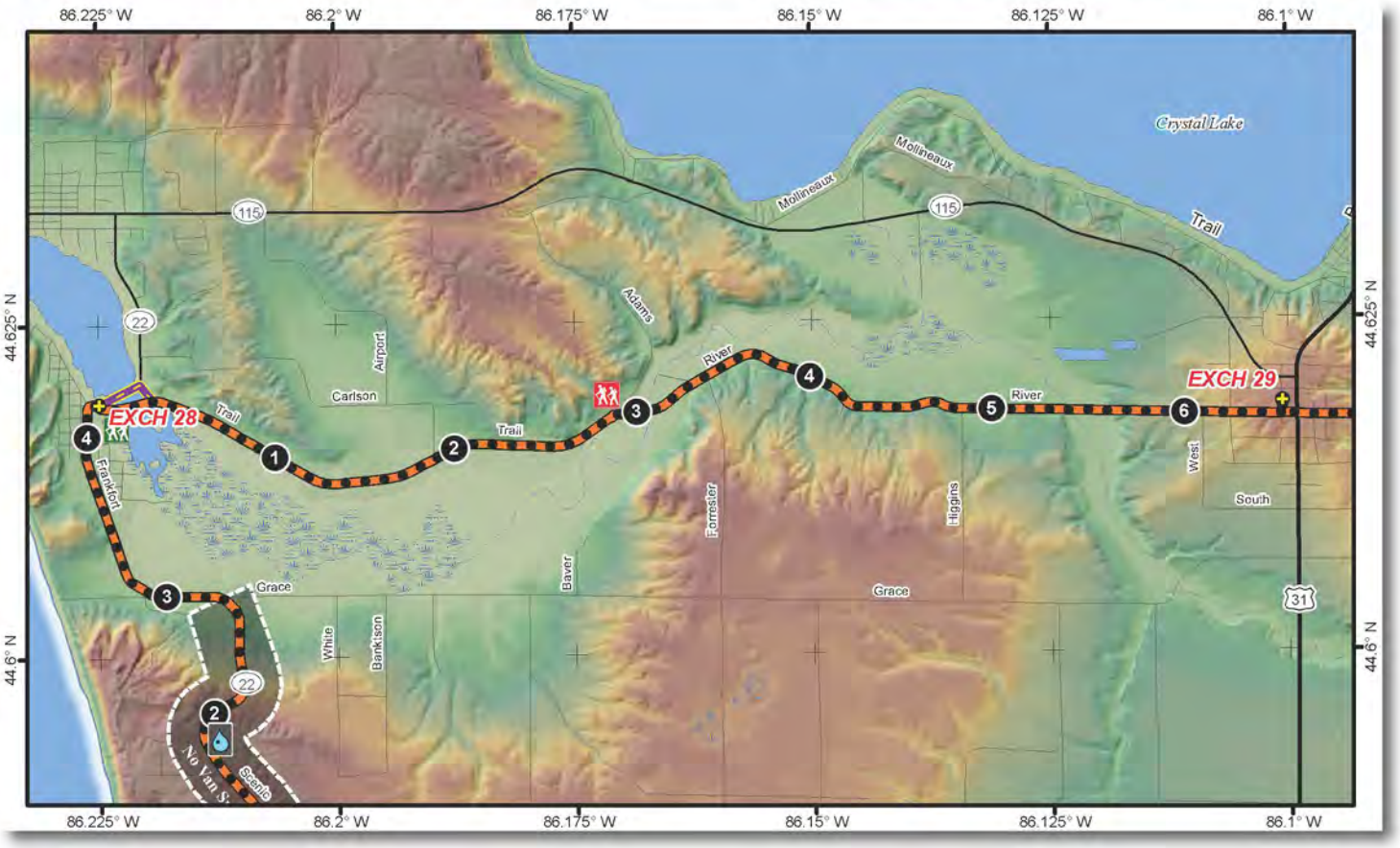
0.0	Depart Exchange 27 heading (N) on S Scenic Hwy (MI-22)
2.6	Stay Left on Scenic Hwy (Grace Rd)
3.65	Scenic Hwy becomes Frankfort Ave
4.2	Turn Right (E) to cross Frankfort Ave and continue down Lake St running against traffic
4.2	Turn Right (SE) onto Betsie Valley Trail
4.3	Arrive at Exchange 28

Van Directions:
Follow Runner Directions.

No pulling over and assisting runner along designated No Van Support sections



LEG 29 -- 6.5 MILES -- HARD -- FULL VAN SUPPORT



LEG 29 -- 6.5 MILES -- EASY

Exchange 29 Address:
Benzonia First Congregational United Church of Christ
901 Barber St.
Benzonia, MI 49616
GPS: 44.618371°, -86.100751°

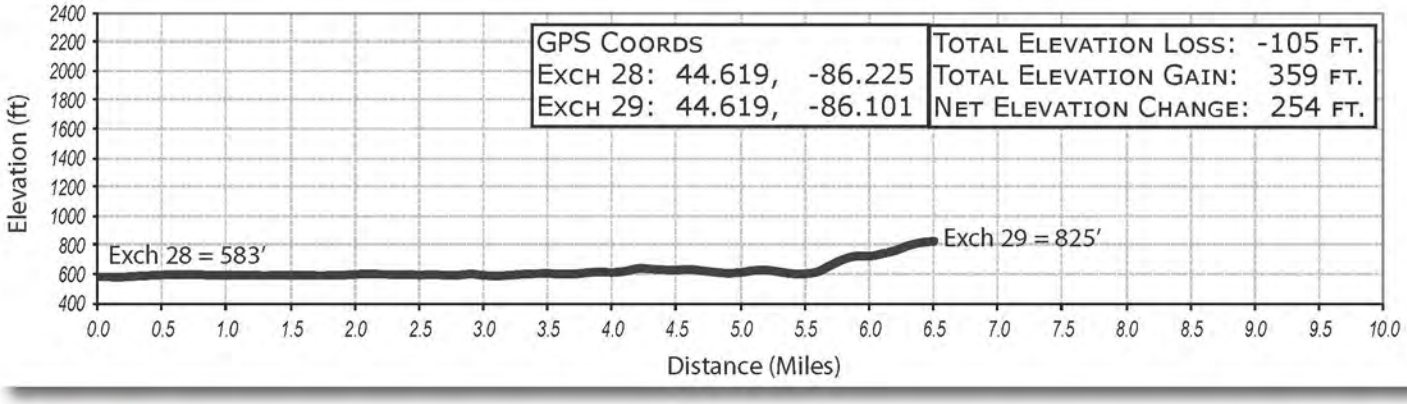
Leg Notes:
Runners are expected to stay on grass or gravel when shoulder disappears

Runner Directions:

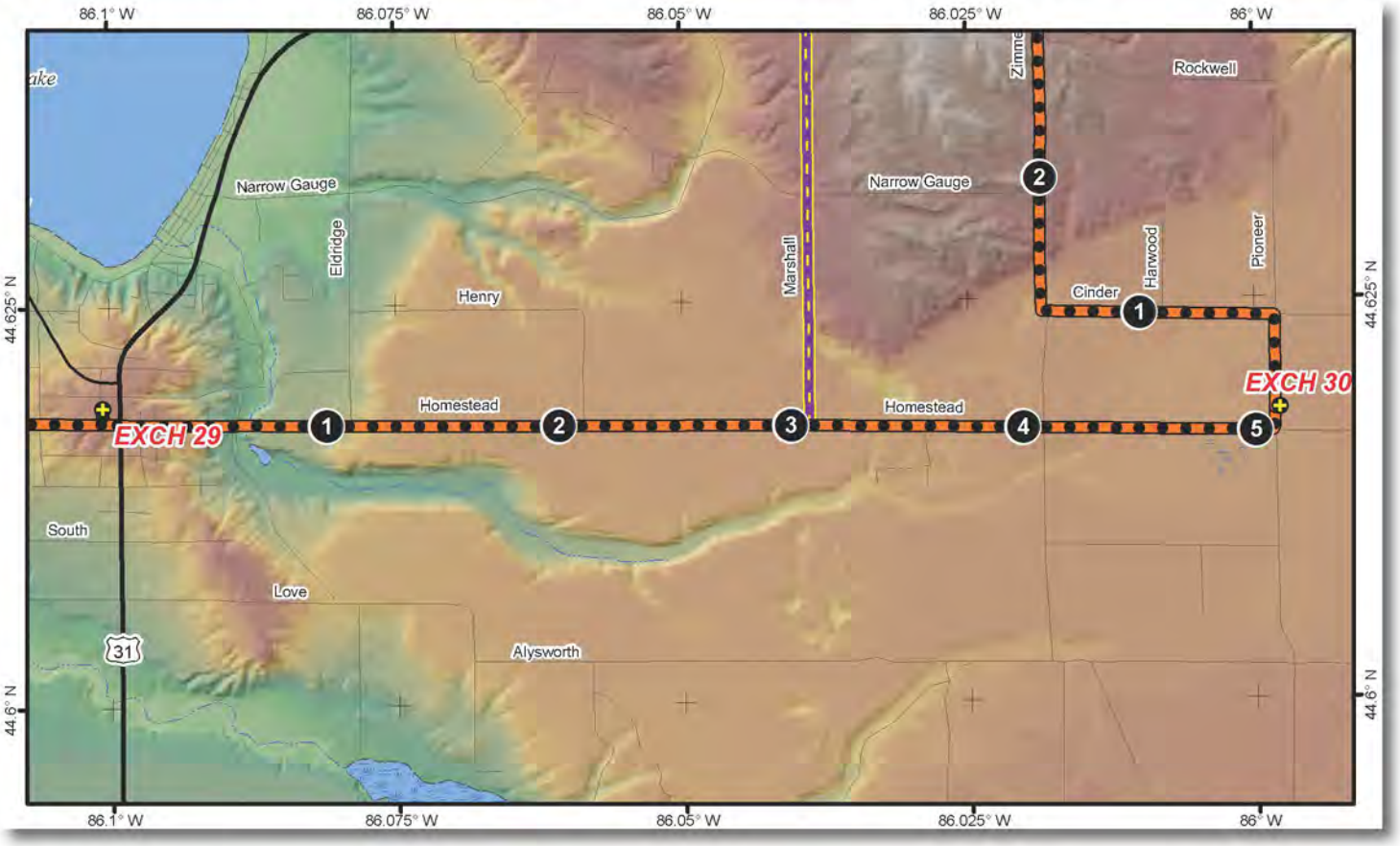
0.0	Depart Exchange 28 heading (S) along Betsie Valley Trailway
2.9	Turn Right (NE) onto River Rd (running against traffic)
6.5	Turn Left onto Barber St (running with traffic)
6.5	Arrive at Exchange 29

Van Directions:

0.0	Depart Exchange 28 heading (NE) on Lake St. (Hwy 22)
0.1	Turn Right (SE) onto River Rd
6.5	Turn Left onto Barber St
6.6	Arrive at Exchange 29



LEG 30 -- 5.2 MILES -- MODERATE-- FULL VAN SUPPORT



LEG 30 -- 5.2 MILES -- MODERATE

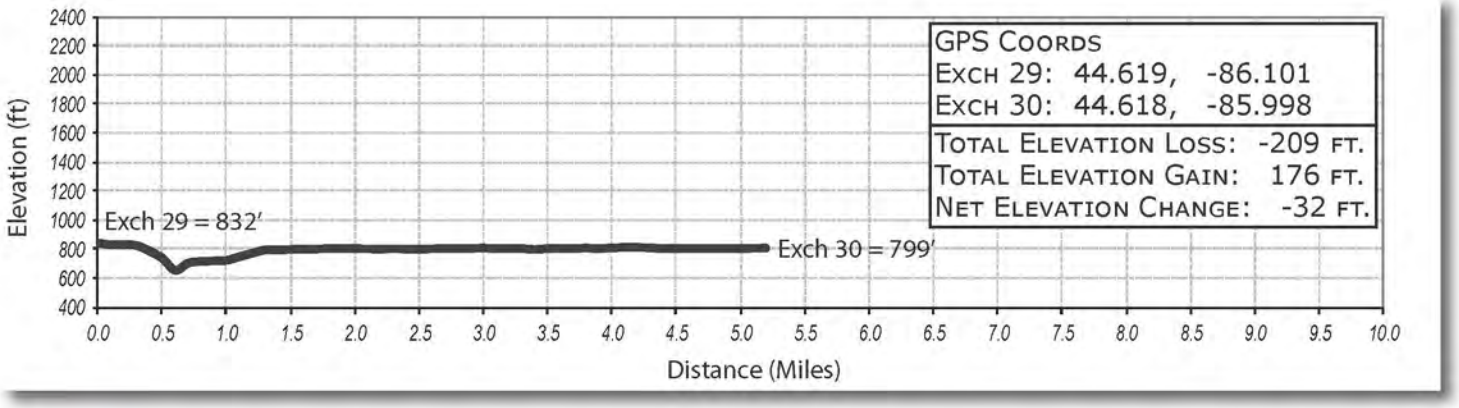
Exchange 30 Address:
St. Ambrose Cellars
841 S Pioneer Rd,
Beulah, MI 49617
GPS: 44.616655°, -85.997110°

Leg Notes:
Runners are expected to stay on grass or gravel when shoulder disappears

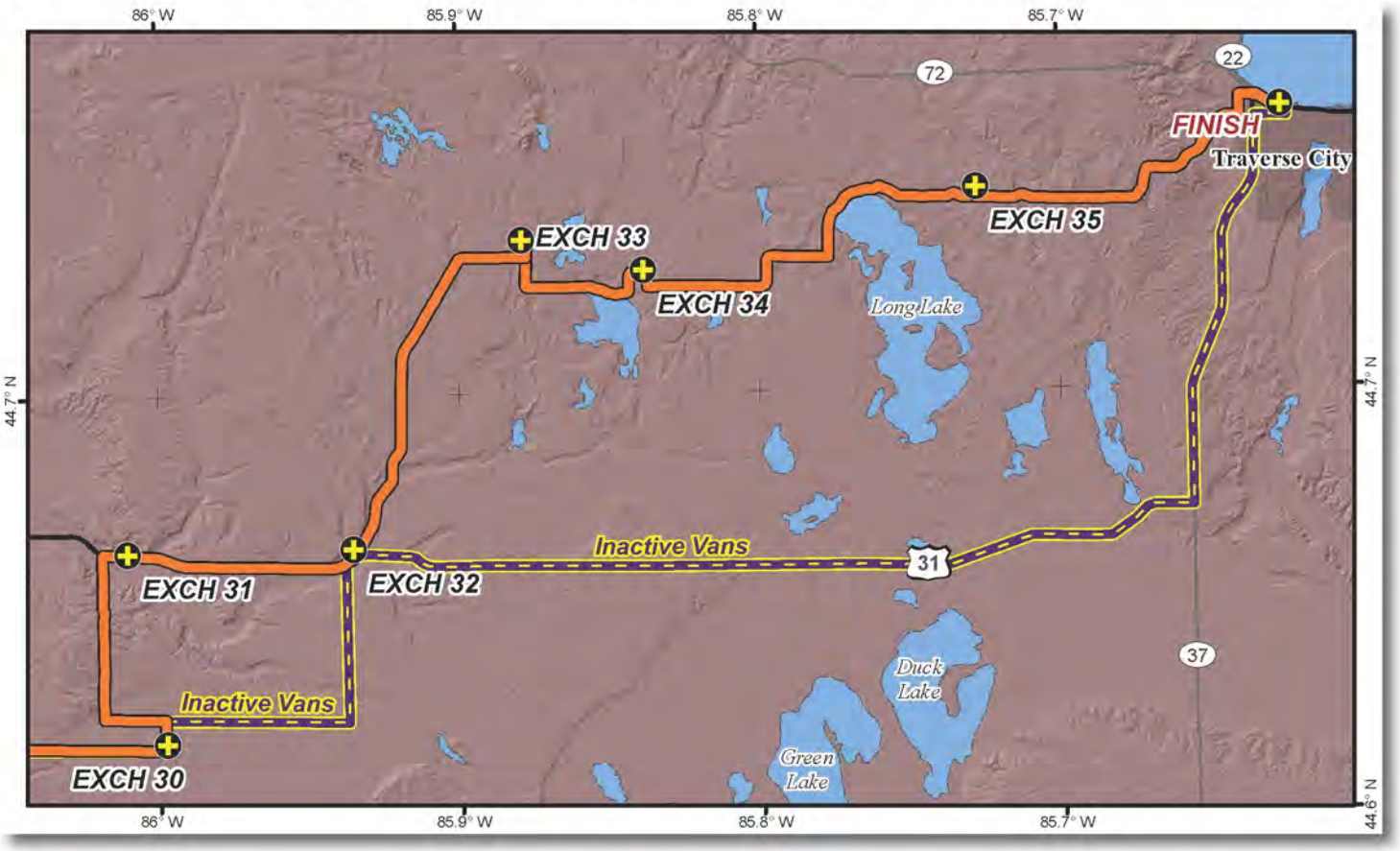
Runner Directions:

0.0	Depart Exchange 29 heading (S) on Barber St.
0.05	Turn Left (E) onto Traverse Ave
0.6	Traverse Ave turns into Homestead Rd
5.1	Turn Left onto S Pioneer Rd
5.2	Arrive at Exchange 30

Van Directions:
Follow Runner Directions.



Van 2 -- Legs 31-36 -- 31.8 Miles



Finish Line Address:
205 N Union St
Traverse City, MI 49684
GPS: 44.766723°, -85.625605°

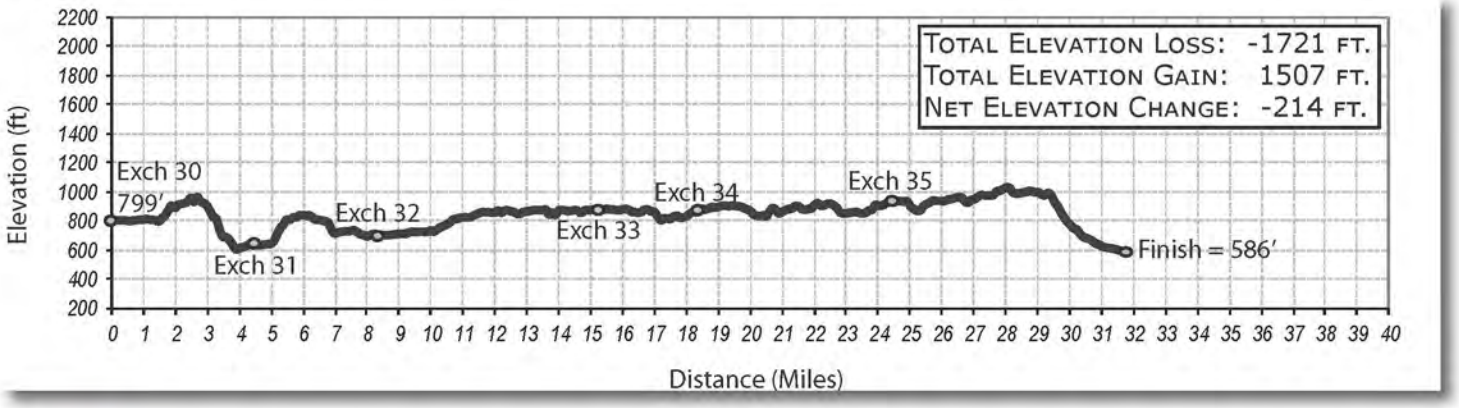
Exchange Notes:
Parking is removed from Finish Line. Teams are to park and walk to the venue. There is no designated parking area and teams are responsible for finding their own parking spots. There are many lots and off street parking.

The Finish Line is at:
Open Space Park
111 W Grandview Parkway.
Traverse City, MI 49684

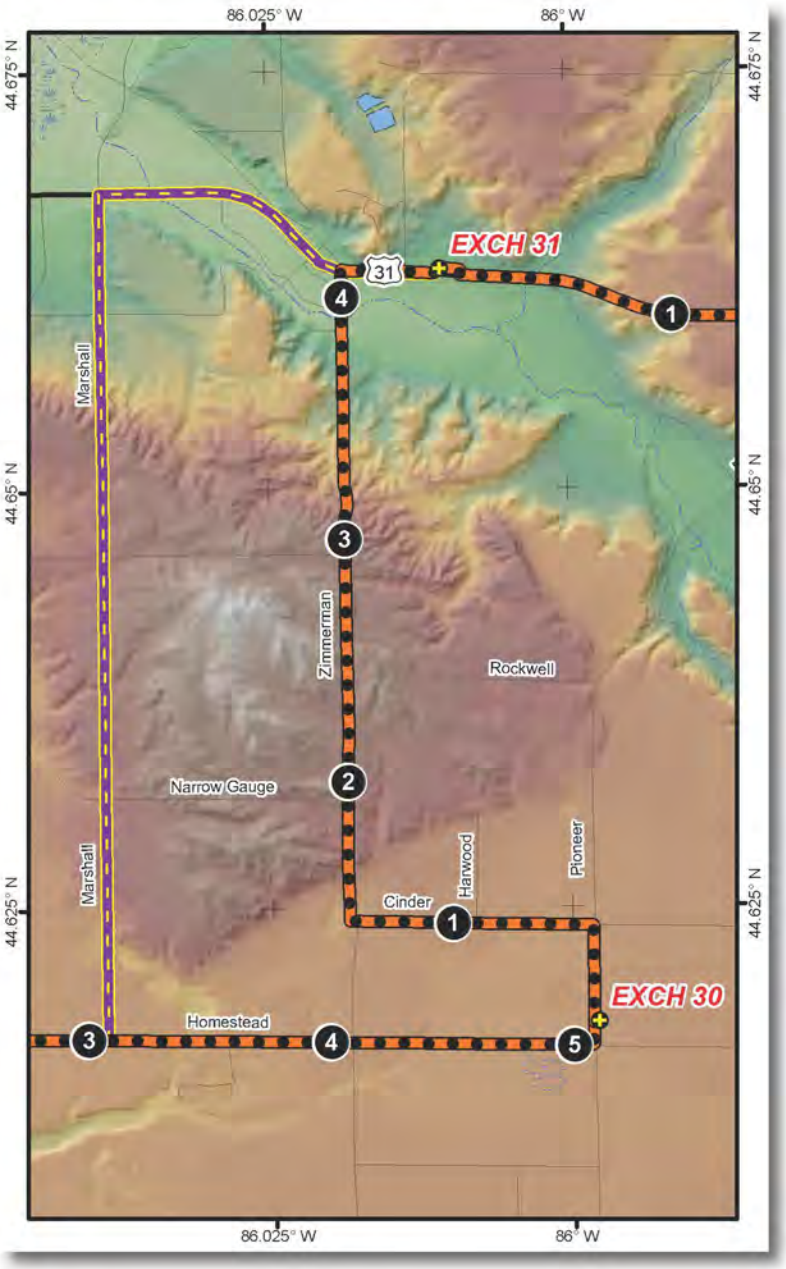
Don't forget your team flags and your I.D./ cash if you are enjoying a beer at the finish line.

Inactive Van Directions (Exchange 30 to Finish Line)

0.0	Depart Exchange 30 heading (N) on S Pioneer Rd
0.4	Turn Right (E) onto Cinder Rd
3.4	Turn Left (N) onto S Thompsonville Rd
6.0	Turn Right (E) onto US-31 N
20.2	Turn Left (N) onto US-31 N
26.8	Turn Right (E) onto W Front St
27.4	Turn Left (N) onto S Union St
28.2	Arrive at Finish Line Parking area



LEG 31 -- 4.5 MILES -- MODERATE -- NO VAN SUPPORT



LEG 31 -- 4.5 MILES -- MODERATE

Exchange 31 Address:
Platte River Elementary School
11434 Main St.
Honor, MI 49640
GPS: 44.663139°, -86.010730°

Leg Notes:
Highway 31 is a major thoroughfare; runners are to use extreme caution.

Runners are expected to stay on grass or gravel when shoulder disappears

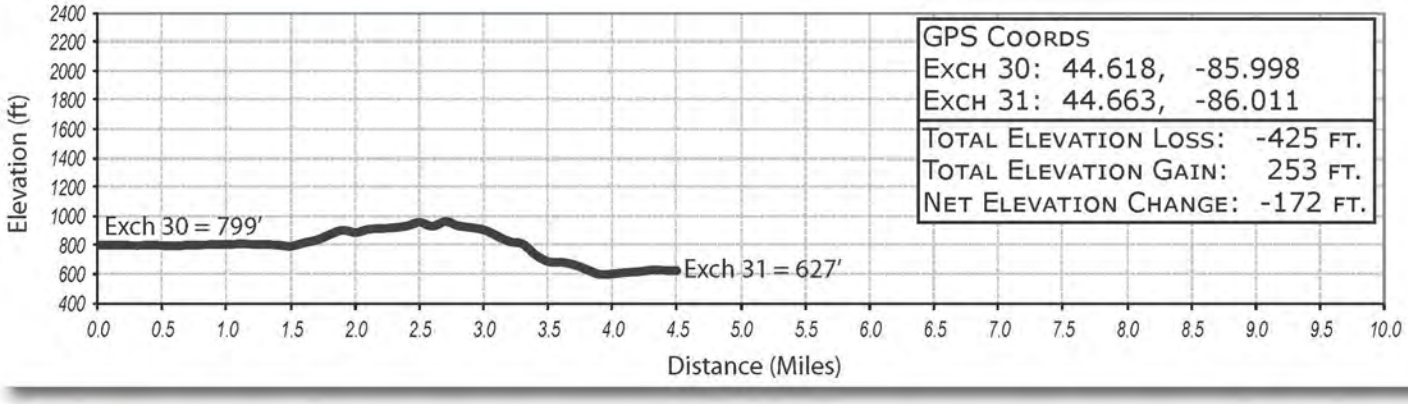
Vans MUST follow the van path. Any van following the runners path down Zimmerman Rd will receive at least 1 violation!

Runner Directions:

0.0	Depart Exchange 30 heading (N) S Pioneer Rd
0.4	Turn Left (W) onto Cinder Rd
1.4	Turn Right (N) onto N Zimmerman Rd
4.1	Turn Right (E) onto Beulah Hwy (US-31)
4.5	Arrive at Exchange 31

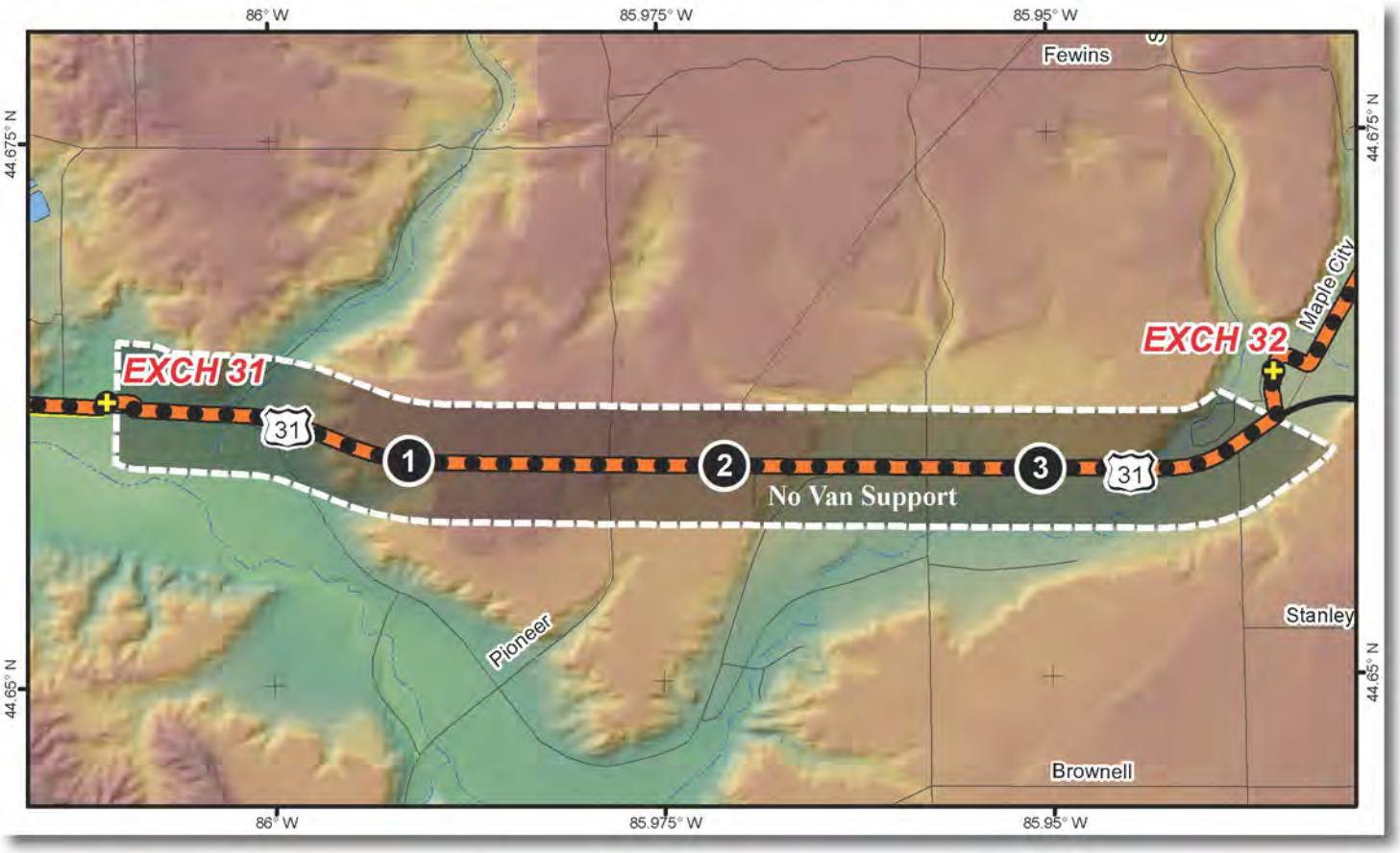
Van Directions:

0.0	Depart Exchange 30 heading (S) S Pioneer Rd
0.2	Turn Right (W) onto Homestead Rd
2.1	Turn Right (N) onto S Marshall Rd
5.6	Turn Right (E) onto Beulah Hwy (US-31)
7.1	Arrive at Exchange 31



GPS Coords	
Exch 30:	44.618, -85.998
Exch 31:	44.663, -86.011
Total Elevation Loss:	-425 ft.
Total Elevation Gain:	253 ft.
Net Elevation Change:	-172 ft.

LEG 32 -- 3.9 MILES -- EASY -- NO VAN SUPPORT



LEG 32 -- 3.9 MILES -- EASY

Exchange 32 Address:
Platte River State Fish Hatchery
15210 US-31
Beulah, MI 49640
GPS: 44.661935°, -85.935337°

Leg Notes:
Highway 31 is a major thoroughfare; runners are to use extreme caution when crossing. There is No Van Support or stopping on US-31.

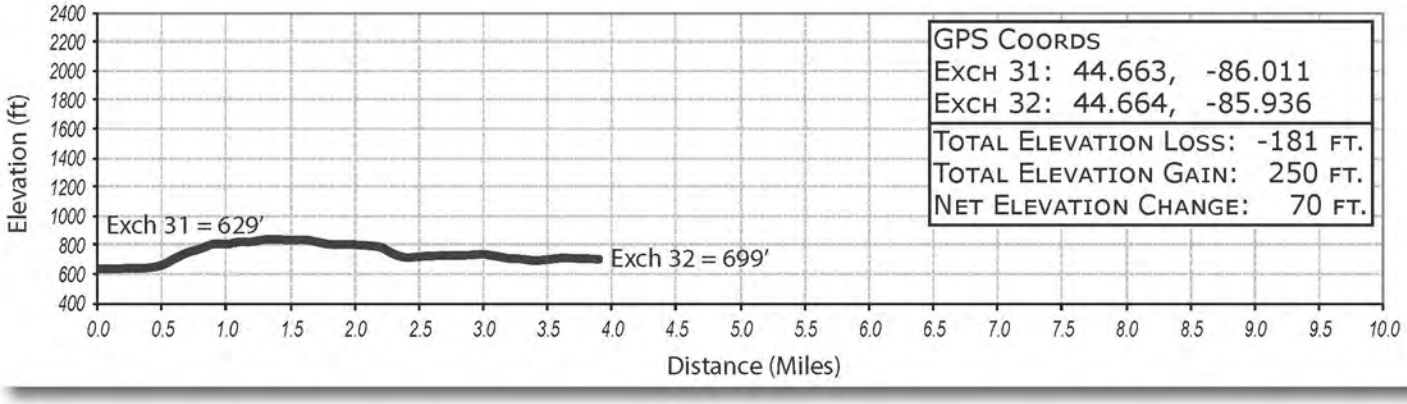
Multiple blind corners on course; runners to use caution while running

Runners are expected to stay on grass or gravel when shoulder disappears

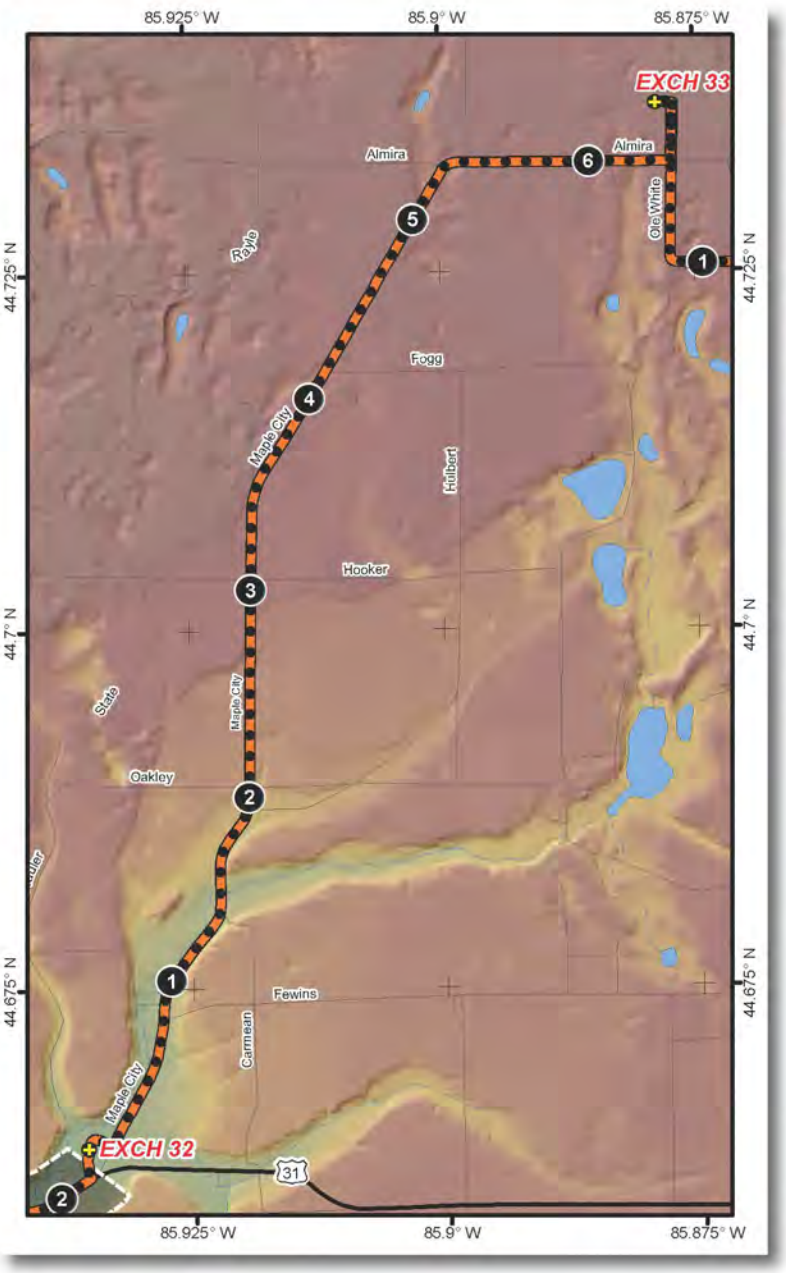
Runner Directions:

0.0	Depart Exchange 31 heading (E) on Honor Hwy (US-31)
3.8	Turn Left (N) onto Coho Ln
3.9	Arrive at Exchange 32

Van Directions:
Follow Runner Directions.



LEG 33 -- 6.8 MILES -- HARD -- FULL VAN SUPPORT



LEG 33 -- 6.8 MILES -- HARD

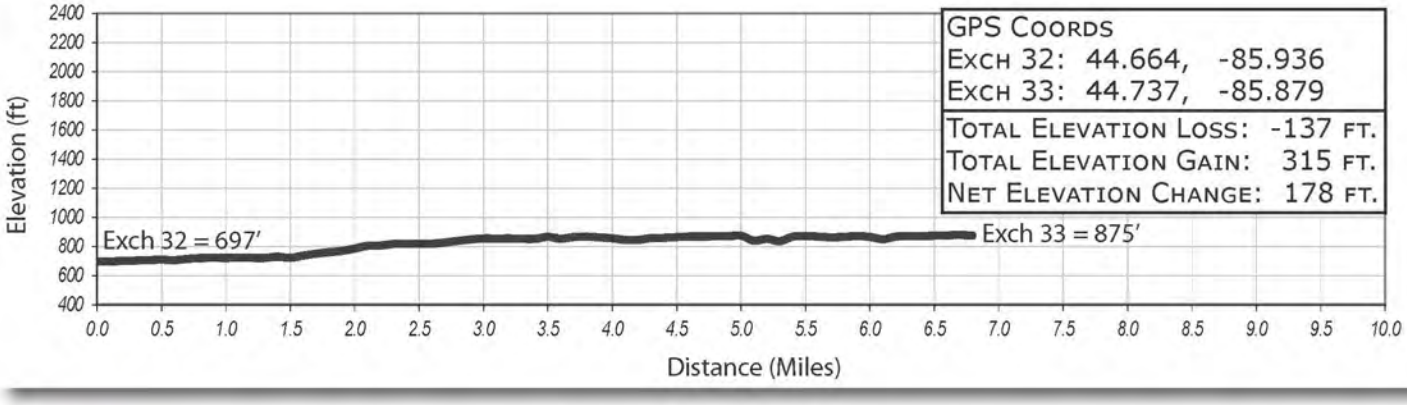
Exchange 33 Address:
Almira Township Park
7276 Ole White Dr
Lake Ann, MI 49650
GPS: 44.736789°, -85.877219°

Leg Notes:
Runners are expected to stay on grass or gravel when shoulder disappears

Runner Directions:

0.0	Depart Exchange 32 heading (NE) on Coho Ln
0.05	Turn Left onto Maple City Hwy
5.4	Maple City Hwy turns into Almira Rd
6.4	Turn Left (N) onto Ole White Dr
6.7	Turn Left (W) into Township Park
6.8	Arrive at Exchange 33

Van Directions:
Follow Runner Directions.



LEG 34 -- 3.1 MILES -- EASY -- FULL VAN SUPPORT

LEG 34 -- 3.1 MILES -- EASY

Exchange 34 Address:
Lake Ann United Methodist Church
6583 First St.
Lake Ann, MI 49650
GPS: 44.728956°, -85.838198°

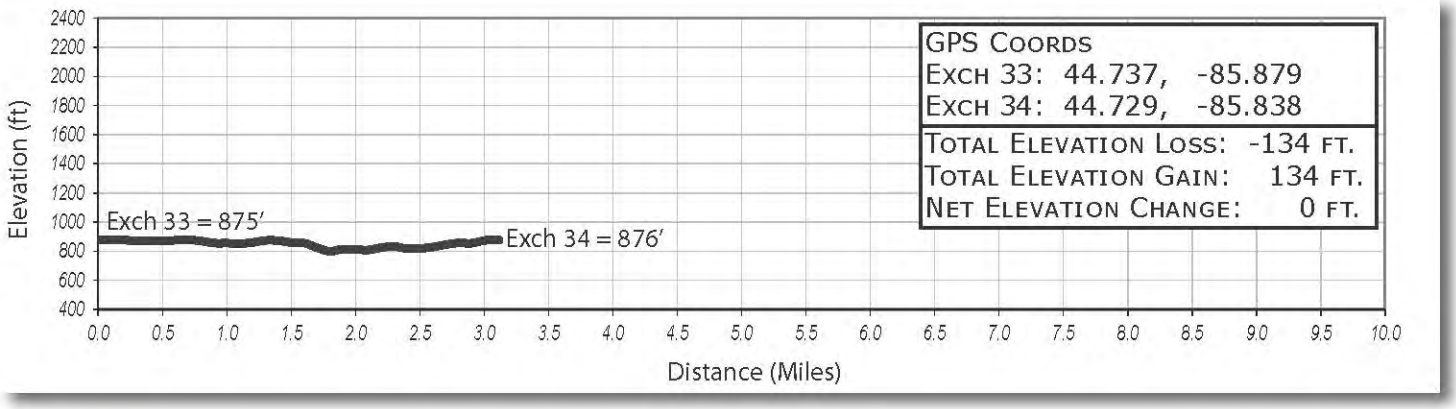
Leg Notes:
Multiple blind corners on course; runners to use caution while running

Runners are expected to stay on grass or gravel when shoulder disappears

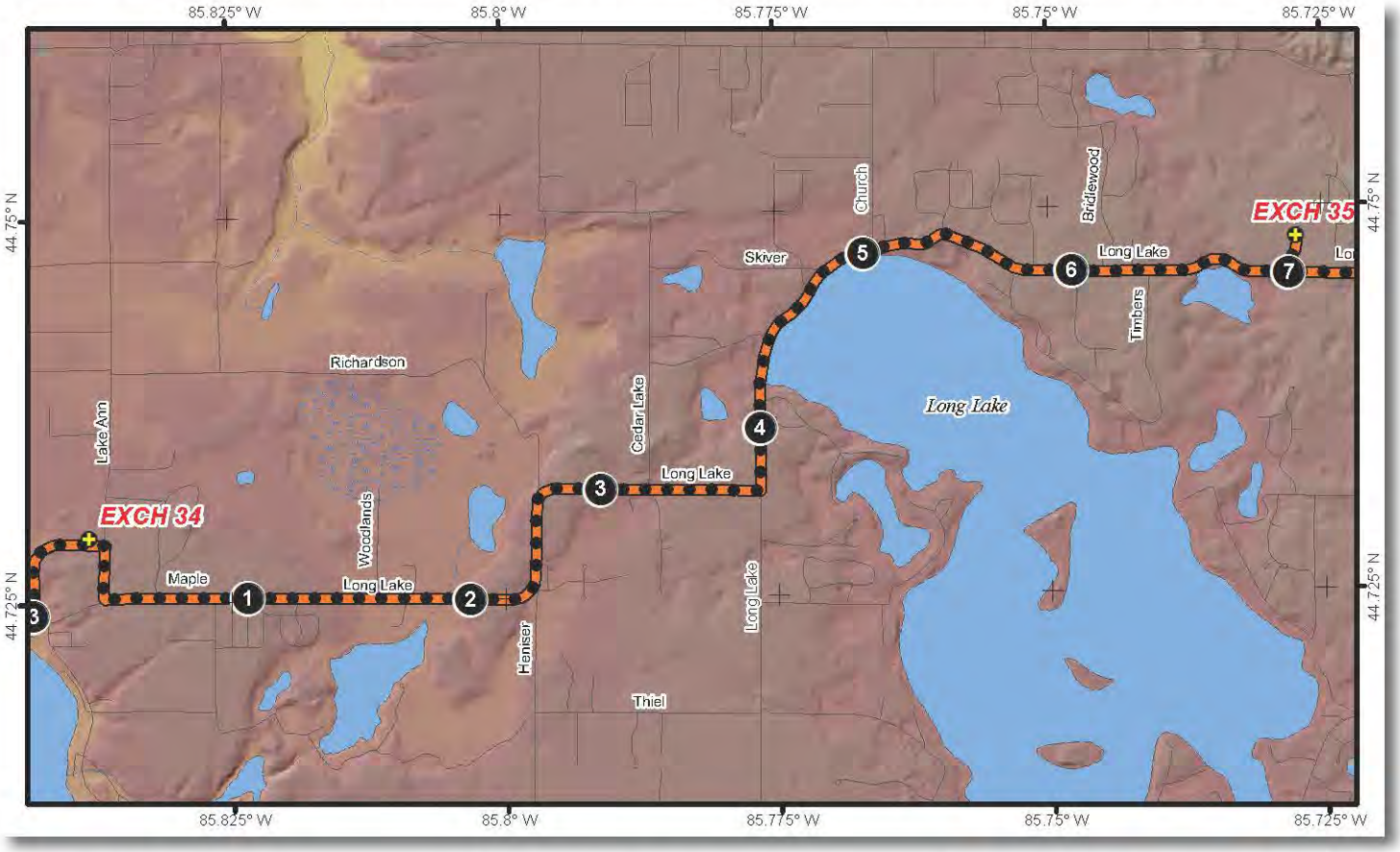
Runner Directions:

0.0	Depart Exchange 33 heading (E) towards Ole White Dr
0.1	Cross and Turn Right (S) onto Ole White Dr
0.9	Turn Left (E) onto Maple St
2.5	Turn Left (N) onto 1st St
3.1	Arrive at Exchange 34

Van Directions:
Follow Runner Directions.



LEG 35 -- 7.2 MILES -- HARD -- FULL VAN SUPPORT



LEG 35 -- 7.2 MILES -- HARD

Exchange 35 Address:
Long Lake Elementary School
7600 N Long Lake Rd
Traverse City, MI 49685
GPS: 44.745614°, -85.727537°

Leg Notes:
Multiple blind corners on course; runners to use caution while running

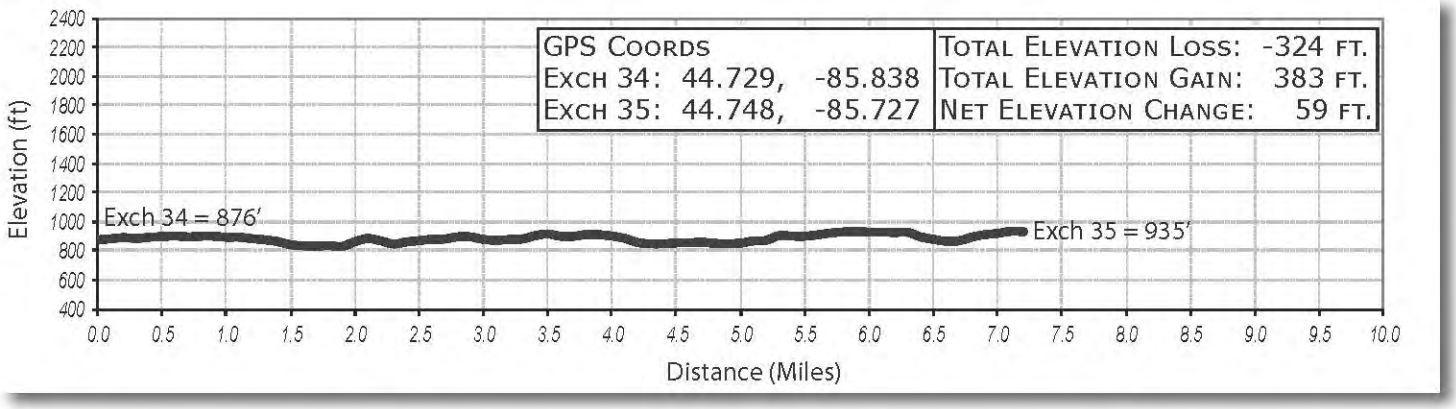
Runners are expected to stay on grass or gravel when shoulder disappears

Runner Directions:

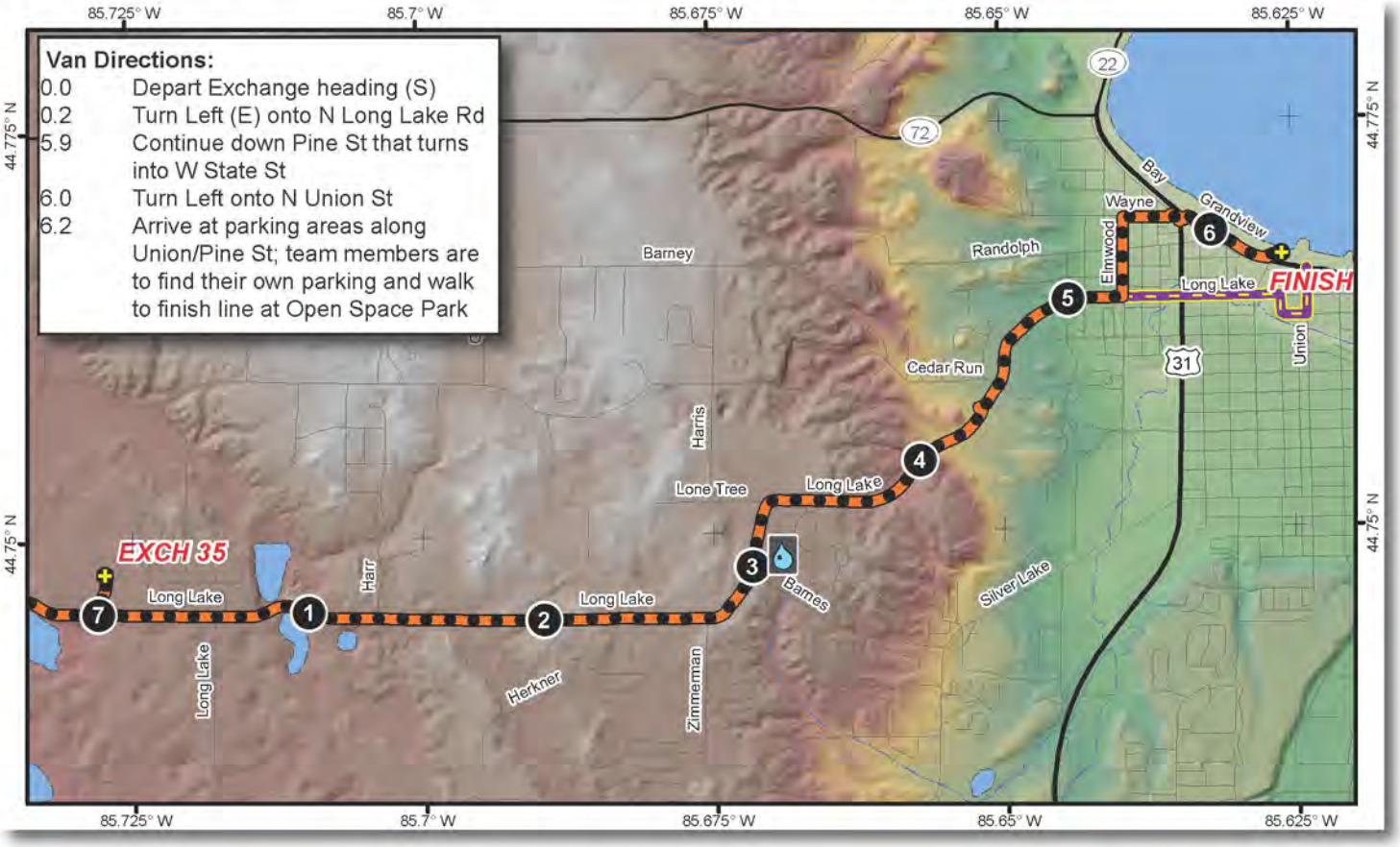
0.0	Depart Ex 34 heading (E) on 1st St.
0.05	Cross Lake Ann Rd and turn Right (S)
0.3	Turn Left (E) onto Maple St (County Hwy 610)
1.3	Maple St turns into N Long Lake Road
3.7	Turn Left (N) onto N Long Lake Rd
4.2	Cross N Long Lake Rd at crosswalk and continue running with traffic. Use extreme caution when crossing road.
5.0	Cross N Long Lake Rd and continue East on N Long Lake Rd (running against traffic) Cross at pedestrian crossing sign, use extreme caution when crossing.
7.0	Turn Left (N) and run on sidewalk past driveway into Exchange 35
7.2	Arrive at Exchange 35

Van Directions:

0.0	Depart Ex 34 using Northeast exit and turn Right (S) onto Lake Ann Road
0.4	Turn Left (E) onto Maple St
1.3	Maple St turns into N Long Lake Road
7.1	Arrive at Exchange 35 – Long Lake Elementary School



LEG 36 - 6.3 MILES - HARD - NO VAN SUPPORT

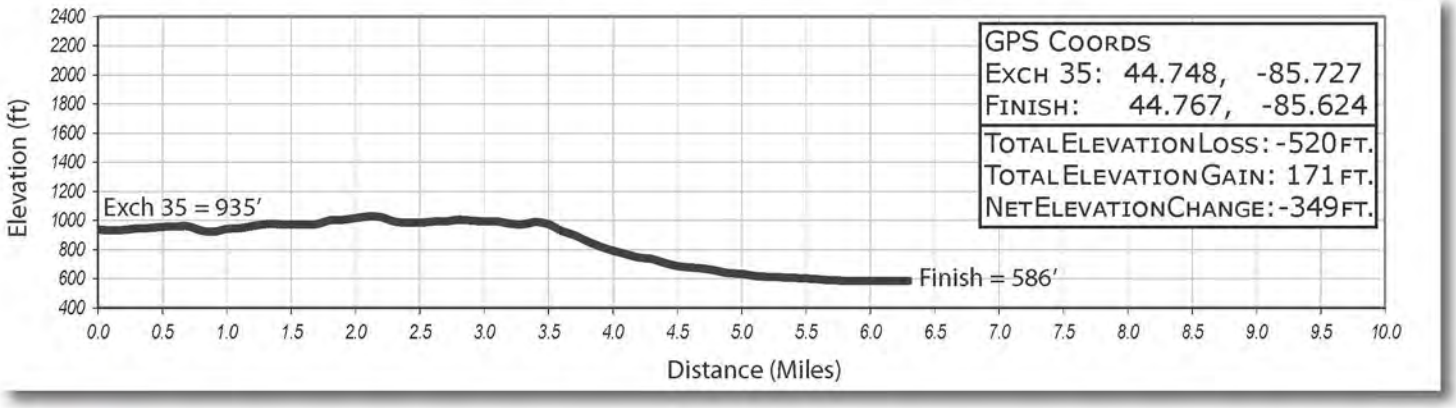


LEG 36 -- 6.3 MILES -- HARD

Exchange 36 Address:
Open Space Park
111 W Grandview Parkway
Traverse City, MI 49684
GPS: 44.766723°, -85.625605°

Leg Notes:
W Grandview Pkwy is a very busy street; runners must obey all traffic signs and signals and cross with caution

Vans and runners will separate prior to finish line venue. Vans must go straight to the finish line area in order to find parking and get to the venue in time to cross with your runner.

Runner Directions:

0.0	Depart Exchange heading (S) on sidewalk
0.2	Turn Left (E) onto N Long Lake Rd
4.4	Turn Left (NW) into parking lot of Oleson's Foods and Right (E) onto sidewalk
4.5	Continue down N Long Lake Rd (County Rd 610)
5.2	Turn Left (N) onto S Elmwood Ave
5.1	Turn Left (N) onto sidewalk along S Elmwood Ave
5.5	Turn Right onto Wayne St
5.7	Turn Right onto Bay St
5.8	Turn Left (N) and cross Bay St. Cross US-31 (SE) then cross W Grandview Pkwy (NE)
5.9	Turn Right (SE) onto Traverse Area Recreation Trail
6.5	Turn Left (N) and continue along path to Finish Line