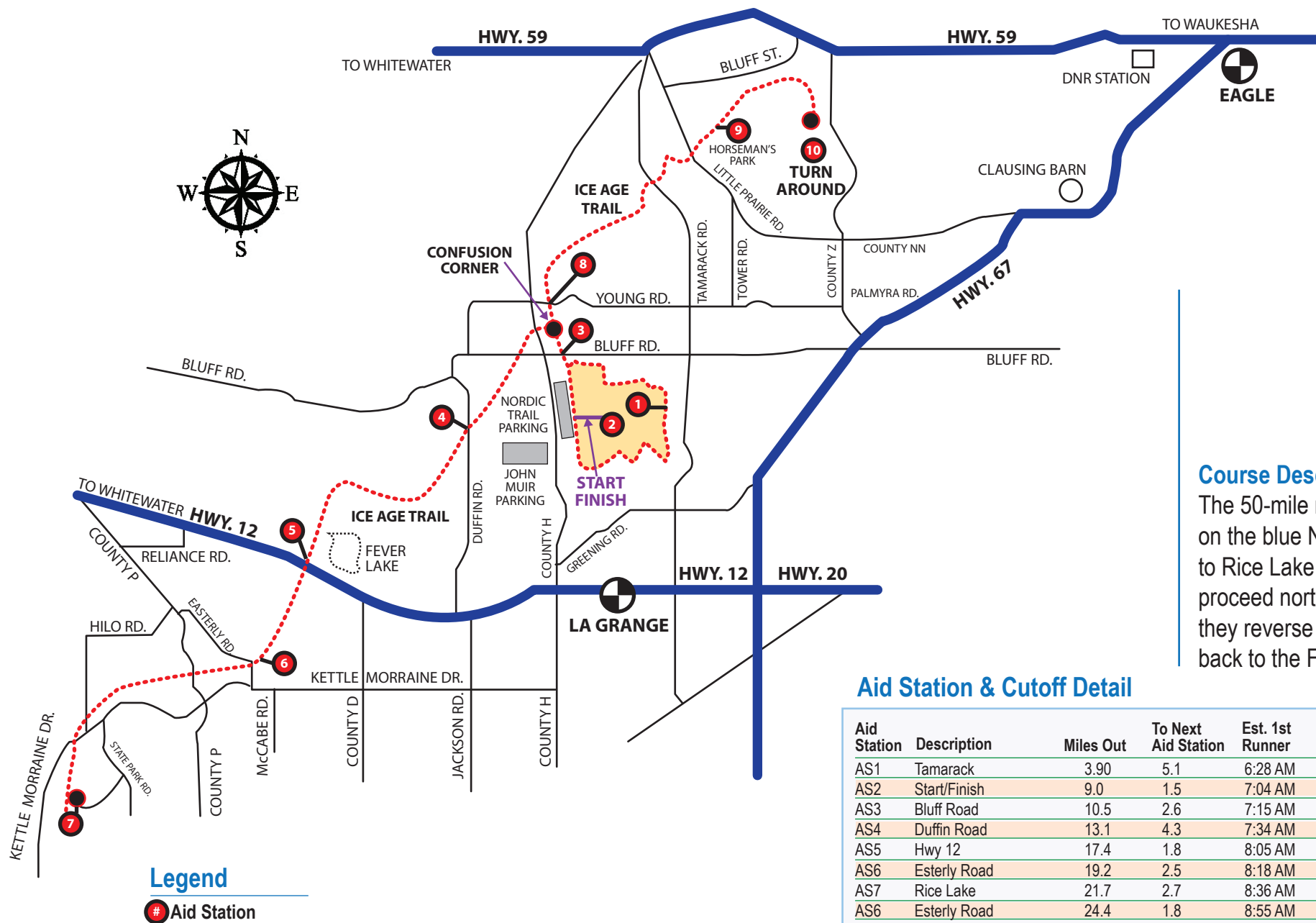


Ice Age Trail 50-Mile Course Map



Course Description:

The 50-mile race begins with a 9-mile clockwise loop on the blue Nordic trail, followed by an out-and-back to Rice Lake (AS 7). At Confusion Corner, runners proceed north to Emma Carlin (AS 10). Once there, they reverse direction and follow the Ice Age Trail back to the Finish area (AS 2).

Aid Station & Cutoff Detail

Aid Station	Description	Miles Out	To Next Aid Station	Est. 1st Runner	Last Runner Cutoff Time*	Instructions
AS1	Tamarack	3.90	5.1	6:28 AM	6:56 AM	NO PARKING OR CREW ACCESS
AS2	Start/Finish	9.0	1.5	7:04 AM	8:09 AM	Parking Available: Drop Bag #1
AS3	Bluff Road	10.5	2.6	7:15 AM	8:31 AM	LIMITED PARKING & CREW ACCESS
AS4	Duffin Road	13.1	4.3	7:34 AM	9:08 AM	LIMITED CREW PARKING; All Wheels Off Road
AS5	Hwy 12	17.4	1.8	8:05 AM	10:10 AM	Parking in Lot Only: Drop Bag #2
AS6	Esterly Road	19.2	2.5	8:18 AM	10:36 AM	LIMITED CREW PARKING; All Wheels Off Road
AS7	Rice Lake	21.7	2.7	8:36 AM	11:12 AM	Turnaround; Parking Available
AS6	Esterly Road	24.4	1.8	8:55 AM	11:51 AM	LIMITED CREW PARKING; All Wheels Off Road
AS5	Hwy 12	26.2	4.3	9:08 AM	12:17 PM	Parking in Lot Only: Drop Bag #2
AS4	Duffin Road	30.5	2.6	9:39 AM	1:19 PM	LIMITED CREW PARKING; All Wheels Off Road
AS8	Young Road	33.1	4.1	9:57 AM	1:56 PM	NO PARKING OR CREW ACCESS
AS9	Horseriders Camp	37.2	3.2	10:27 AM	2:54 PM	NO PARKING OR CREW ACCESS; Drop Bag #3
AS10	Emma Carlin	40.3	3.2	10:50 AM	3:40 PM	Parking Available in Lot Only
AS9	Horseriders Camp	43.5	4.1	11:13 AM	4:26 PM	NO PARKING OR CREW ACCESS; Drop Bag #3
AS8	Young Road	47.6	0.9	11:42 AM	5:25 PM	NO PARKING OR CREW ACCESS
AS3	Bluff Road	48.5	1.5	11:49 AM	5:38 PM	LIMITED PARKING & CREW ACCESS
AS2	Start/Finish	50.0		12:00 PM	6:00 PM	Parking Available: Drop Bag #1

*Hard cutoffs appear in red

For more course information, go to www.iceagetrail50.com

