

## DAY 1

Meriwether Lewis: "...we arrived at the junction of the S.E. fork of the Missouri and the country opens up suddenly to extensive and beautiful plains and meadows which appear to be surrounded in every direction with distant and lofty mountains; supposing this to be the three forks of the Missouri....." July 27th, 1805

### Race begins on the banks of the river at the "Missouri Headwaters River Confluence" area of the State Park

LEG ONE	5.13 miles	Elevation 4050		runner	Time
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**Rating 2** *Flat, fast, paved*

**RUNNER MUST IMMERSE SOME PART OF THEIR BODY IN RIVER AT START.** From Headwaters State Park, head south on paved road; at 1.3 miles turn right on Pyfer; keep left at 1.8; at 2.3 go right onto main paved rd; at 3.0 immediately *after* crossing over the Madison river, turn left onto dirt rd; go straight and after a short distance you will join a paved bike trail that goes to the right, under the interstate; follow this bike path straight to Talc road (beware: the bike path may turn left parallel to Talc -- make sure you get on Talc go right); turn right on talc, and then shortly thereafter turn left onto the main road into Three Forks; follow this road to Exchange #1

**ALL CARS:** Where runner at 3.0 turns left onto dirt road, autos keep going straight; cross over the interstate, and then immediately turn left on Talc; re-join runner where he/she comes off paved bike path onto Talc, and then turn around and follow rest of the leg into Three Forks.

**EXCHANGE #1** at 5.2 miles: In Three Forks, Main st and Date (downtown three forks); look for Saddle Shop on left at corner

LEG Two	6.2 miles	Elevation 4100	Mile 0-5 +140 Mile 5 on +160	runner	Time
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**Rating 3** *THE industrial leg for first couple of miles; long hill in the middle and the end -- mOderate difficulty*

South down Date st; right on seventh ave; right on Talc (which turns into Old Yellowstone); left on Bench, onto dirt road; straight to beacon rd at 6.2 miles

**EXCHANGE #2** Bench and Beacon (see shot-out street sign on right)

LEG Three	5.12 miles	Elevation 4440		runner	Time
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**Rating 2** *Big wheat fields; rolling hills, dirt, pavement*

West on Beacon, right on Cooper (2.95), left on pavement at 3.3; now on Old Yellowstone Trail; at 4.1 miles, take left fork onto gravel rd (still Old Yellowstone Rd) -- DO NOT go right fork to "Williams Bridge". keep going till 5.12

**EXCHANGE #3:** Breeze way and Old Yellowstone

SEE AUTO DETOUR #1

LEG Four	5.78 miles	Elevation 4270	Gain 1000 ft	runner	Time
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**Rating 7** *Long, relentless uphill; gets steeper toward the end!!*

Stay on same road; keep right at fork at .8 miles; keep going up the hill to very top, where you can start to see it descend

**EXCHANGE #4:** top of hill, at pull-over, rock piles on right

LEG Five	3.6 miles	Elevation 5270	Loose 400 ft	runner	Time
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**Rating 1** *Long downhill; fast*

Stay on same road, curves around a few times; to the hiway

**EXCHANGE #5:** where dirt meets pavement (hiway 287) at bottom of hill

SEE AUTO DETOUR #2

LEG Six	4.73 miles	Elevation 4940	Gain 380	runner	Time
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**Rating 3** *some minor hills rolling*

Runner from Leg Five touches Leg Six runner, who is in a vehicle; drive straight south on hiway 287 for 3.1 miles into the town of Harrison; turn right immediately after sign with "Pony" and arrow pointing right; then, at .1 miles turn right onto a dirt road; this is where you let your runner out to start leg six. WARNING: While on the hiway in Harrison, do not speed! they are vigilant. Runner proceeds on this road for the entire leg; stay on this road.

**EXCHANGE # 6:** At 4.9, first true fork in the road; exchange at the fork

LEG Seven	5.3 miles	Elevation 5320	Gain 900 then Loose 890	runner	Time
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**Rating – Split 9/2** *A bit hilly and rolling; here come the Tobacco Root mountains! Big descent at end*

Go right at fork, and then keep right on more main dirt road immediately afterward; then, after about 20 meters, turn left onto another east-west running dirt road. This will continue straight; stay on same road; will crest and then descend dramatically; after long downhill, will hit bridge crossing river at 5.4

**EXCHANGE # 7:** At 5.4, where bridge crosses boulder river

**SEE AUTO DETOUR #3**

LEG EIGHT	3.3 miles	Elevation 5310	Gain 490	runner	Time
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**Rating 3** *Gradual ascent all the way*

Go straight for about 40 meters, and then turn left. Follow this to trailhead and exchange.

**EXCHANGE # 8:** At 3.3, vehicle turn-out on left, and trailhead on right, reading "Mill Canyon Trailhead 7 1/2 miles".

LEG NINE	6.9 miles	Elevation 5800 Highest point 7740	Gain 1940 then Loose 1850	runner	Time
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**Rating 9** *Beautiful mountain single-track; creeks; etc. First half up; second half down. Enjoy!!*

THE RUNNER ON THIS LEG MUST CARRY WATER WITH THEM. YOU MAY NEED EXTRA CLOTHING IF WEATHER THREATENS. NO MOUNTAIN BIKES. *Please be careful. This is a rocky, steep trail, tricky footing.* Take trail from trailhead; this is trail 89; stay on trail the whole way; at crest of hill (mountain?), at about 3.5 miles, another trail will go left, with a sign "Curly lake trail"; do not go left here; continue straight down the other side of the mountain. The trail will turn into a very rough vehicle path, before the exchange point; just keep following it.

**EXCHANGE #9:** At "Mill Canyon Trail" sign. See Auto Detour directions. Your runner will appear, not from the single-track for which this sign is the trailhead, but from the two track on your right as you look at the sign. They are coming down from trail 89.

LEG TEN	4.1 miles	Elevation 5890	Loose 1170	runner	Time
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**Rating 1** *Fast, scenic, fun!*

Run down the canyon , on the two-track, on which the vehicles came up; stay on this road; keep left at 3.6 miles; to exchange at 4.1; intersection with more main dirt road.

**EXCHANGE #10:** At 4.1 miles, where road meets north-south road.

LEG ELEVEN	4.3miles	Elevation 4720	Loose 250 then Gain 100	runner	Time
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**Rating 2** *Into the big valley now; wide-open running*

Turn right (north); at .4 stay left; at 1.7 go straight; turns into paved road; at 2.8; turn left immediately before RR crossing sign, onto dirt road; continue to exchange at 4.3 miles

**EXCHANGE #11:** At 4.3 "Old Stage Rd" mailbox on left

LEG Twelve	3.56 miles	Elevation 4570	Loose 50	runner	Time
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**Rating 1** *Fast running here; should be heatin' up right about now*

Go right from exchange point (the more main dirt rd going west), not straight: at .9 miles go straight over cattleguard; and straight at 2.8; to exchange at 3.7

**EXCHANGE #12:** at 3.7, road coming in from right: RR tracks on right

LEG Thirteen	6.75 miles	Elevation 4520	Gain 100	runner	Time
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**Rating 1** *Flat and fast (are you tired of this yet???)*

Miler's Revenge Special! You can split this leg into one mile sections, a different runner each mile. If you have less then 7 runners you can repeat runners.

Continue on same road; at 4.0, stay left! and at 4.6, stay left!

**EXCHANGE #13:** at "Bayers Ranch" sign

Leg Fourteen	4.6 miles	Elevation 4620	Gain 40	runner	Time
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**Rating 1** *Flat and fast, again*

continue on same road, at 3.4 curve right , cross RR track at 3.6 hit Hiway 41 in Twin Bridges; take 41 into town; at 3.9 turn left on 3rd avenue (at Lost Cabin Bar); go east up 3rd avenue; to exchange point at Airport rd – big main dirt road, about .6 miles from hiway

**EXCHANGE #14:** Big main dirt road going right, .6 from hiway (this is "airport rd")

Leg Fifteen	6 miles	Elevation 4660	Gain 100	runner	Time
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**Rating 3** *Flat, fast, and phat*

SPLIT LEG! You can use two runners on this leg, any way you want.

south on airport rd; when you hit highway 287, go left; then immediate right (about 20 meters) into east bench road, which is paved; continue on this road to exchange

**EXCHANGE #15:** Where "Silverbowl Ln" come in from right; see sign

Leg Sixteen	5.35 miles	Elevation 4760	Gain 110	runner	Time
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**Rating 1**

Continue on bench, at 5.1 stay right to where large road from left enters

**EXCHANGE #16:** Large dirt rd entering from left at 5.1 (black mailbox on left about 5 meters ahead, reads "Robert and Eileen")

Leg 7teen	3.1 miles	Elevation 4870	Loose 20	runner	Time
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**Rating 1** *Full tilt boogie on this one! If only Lewis and Clark had your legs.....*

Glory Leg! Head for Beaverhead Rock! All the way to hiway 4, right below Beaverhead Rock and the Beaverhead River.

**DAY 1 FINISH:** Immediately before Hiway 41, where the dirt becomes pavement and Beaverhead rock looms directly above you. Caution: Cars speed on hiway 41!!! Do not run into hiway. End Elevation 4850

*Flat and fast: welcome to Beaverhead Rock: (Note Meriwether Lewis' comments in the Journals: The Indian woman recognized the point of a high plain to our right which she informed us was not very distant from the summer retreat of her nation on a river beyond the mountains which runs to the West. This hill she says her nation calls the beaver's head from a conceived resemblance of its figure to the head of that animal.)*

## DAY 2

Meriwether Lewis: "The musquetoos very troublesome this evening...", August 9, 1805

### SEE AUTO DETOUR #5

Leg One	5.8 miles	Elevation 4850	Gain 390	runner	Time
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**Rating 3** *moderate hills, steady climb; no more flat #@\*#!*

Start at finish of day 1; keep backtracking; then right on Spring Creek Road at .5 mile at Walsh Ranch sign, as if you're going through Walsh Ranch; at 2.9, at fork, veer right, proceed until 5.8

**EXCHANGE #1:** at 5.8, at bridge over irrigation ditch, and four way intersection

Leg Two	4.6 miles	Elevation 5240	Gain 480 then Loose 230	runner	Time
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**Rating 5** *A long uphill, and downhills -- creeping toward the mountains, finally: Ruby mountains loom ahead.*

Turn right immediately AFTER irrigation ditch, then keep going, and it will veer left toward Ruby mountains to your left; then at about 2.0 at cattleguard, keep right; crest at 3.9, then quick steep descent last half mile; turn right at first fork as coming down the hill; then hit road at 4.6

**EXCHANGE #2:** at 4.6, bottom of the hill, where road joins larger dirt rd (Stone Creek Rd)

Leg Three	5.1 miles	Elevation 5490	Gain 720	runner	Time
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**Rating 6** *Gradual rise the whole way; moderately difficult*

Up Stone Creek Road; gradual rise, about 4.0 an abandon settlement on the right; to exchange point at 5.2

**EXCHANGE #3:** Little side road on right, crosses creek into a small meadow with an abandoned roof; with a one-wire gate across the road and "no trespassing" sign

Leg Four	2.9 miles	Elevation 6210	Gain 1030	runner	Time
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**Rating 9** *A true booty-kicker; watch for big trucks; if you need some talc, fill up here; OK, there ARE some ugly mines in Montana -- and here's proof; VERY tough climb*

Continue on same road; to "Treasure Mine" sign on right (there are two of these signs, stop at the first)

**EXCHANGE #4:** "Treasure Mine" sign on right

Leg Five	2.7 miles	Elevation 7240	Gain 710	runner	Time
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**Rating 8** *Very tough; awesome climb; Full-on mining on right; great summit.; check out views*

Follow road to summit; near the top (a false summit), road splits; take right; then .3 miles to true summit and exchange #5 Crest at 7950

**EXCHANGE #5:** At summit at pull-out on left; you'll know 'cause the road descends from there visibly quickly to the right

Leg Six	6.7 miles	Elevation 7950	Loose 1980!	runner	Time
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**Rating 2** *Serious downhill; great little canyon; spread your wings and fly*

Descend, keep to the left; do not take road descending to the right; and do not take road on left that's barricaded by a mound of dirt; follow downhill to exchange point

**EXCHANGE #6:** Big cattle truck turn around, with chute and corral and small creek

Leg Seven	4.3 miles	Elevation 5970	Loose 530	runner	Time
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**Rating 1** *Moderate downhill; nice and relaxing*

Keep descending, keep right at 3.8 miles; mostly downhill; to exchange point

**EXCHANGE #7:** At the T, where you meet Upper Ruby Rd; a more major paved road running north/south

Leg Eight	5.75 miles	Elevation 5440	Loose 120	runner	Time
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**Rating 2** *Paved road, very fast, cool reservoir; wouldn't a dip be nice right about now?*

Go north (left) on upper ruby road, past reservoir, to "Vigilante fishing access" sign and turn-out on left at approx. 5.7 miles

**EXCHANGE #8:** At "Vigilante Fishing Access" sign on left; turn-out

**SEE AUTO DETOUR #6: ONLY ONE AUTO PER TEAM ALLOWED TO EXCHANGES #9 AND #10. FOR ALL OTHER VEHICLES, AUTO DETOUR FROM LEG NINE TO EXCHANGE #11:**

Leg Nine	3.4 miles	Elevation 5320	Gain 250	runner	Time
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**Rating 4** *Steady uphill; moderately difficult*

Continue north on Ruby road; then turn right on Anderson lane at .4, a dirt road not marked; then turn right at 1.7 onto Williams Cr road that veers up to the right to exchange point

**EXCHANGE #9:** at two track on left after Metal cattleguard at 3.4

Leg Ten	3.2 miles	Elevation 5570	Gain 1130	runner	Time
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**Rating 8** *First two miles gradual uphill; last half very steep; whoah baby! -- ass-kicker*

Continue on same road; at 2.6 fork, stay left; to exchange point

**EXCHANGE #10:** At 3.2, metal phone box on right; road starts to turn sharply to left

Leg Eleven	4.6 miles	Elevation 6700	Gain 100 then Loose 1220	runner	Time
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**Rating – Split 6/2** *Great Descent; let yourself fly; awesome leg; recommend the "Star Bakery" in Nevada City for eats, especially the hamburger*

Continue on same road; will veer to left for a while; gains to crest at mile one 6800, then long steep descent into Nevada City; turn right onto hiway 287 into Nevada City, to exchange

**EXCHANGE #11:** In Nevada City, across the street from "Nevada City Town Entrance" sign, by old railway cars

Leg Twelve	2.1 miles	Elevation 5610	Gain 390	runner	Time
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**Rating 7** *Long, steady uphill, paved; watch for cars; look good for the Virginia City tourists, they've paid top dollar to see ya*

Continue on hiway 287 east. A steady climb on pavement. You will enter Virginia City, crowded with tourists. As you pass through the main part of downtown, keep going past the *first* Virginia City Fire Dept (immediately after "Outlaw's Café"); then, a few streets later (1.8 miles into the leg), will be the *second* Virginia City Fire Dept on the right (immediately after "Thompson-Hickman Library"). Immediately after this fire dept, go up a steep dirt rd on the right. Go straight up this rd to the top where it veers left; about 30 meters later, hit the yellow cattle guard on the right from which a two-track starts up the hill. This is exchange #12.

**EXCHANGE #12:** At the yellow cattleguard

SEE AUTO DETOUR #7

SEE AUTO DETOUR #8

Leg Thirteen	4.8 miles	Elevation 6000	Gain 1190	runner	Time
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**Rating 7** *Moderate to difficult; through two-track in the woods; rolling the first two miles then steady up, fabulous leg*

From the cattle guard, proceed up the dirt rd into the hills. (Note, at the very beginning, there is a more minor two-track veering off to the right -- do not take this.) You will climb steadily. This road may have gates. If so, please close them after you've gone through. Just follow this main rd, and don't turn on any less worn two-tracks coming off of it. Near the top, there will be a newer

road going off on the right, which has a gate with “No trespassing” on it. DO NOT take this road -- it’s a private road going to homes. Stay straight instead, and in minutes you’ll summit at exchange #13 is, next to a small pond.

**EXCHANGE #13:** Small lake, where the two roads meet

Leg Fourteen	5 miles	Elevation 7190	Loose 1570	runner	Time
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**Rating 2** *What a leg!! lucky runner who gets this one; view of the Madison Valley to die for*

Keep going on this road (NOT back up where the car comes from!); at 4.0, turn left at Axototl Lake rd sign; to exchange point at 5.0

**EXCHANGE #14:** At 4.9; 4-way intersection

Leg Fifteen	3.4 miles	Elevation 5620	Loose 430	runner	Time
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**Rating 1** *Glory Leg; downhill first and then flat and fast; can you smell the big rainbows in the Madison just waitin' for ya?*

turn sharp left from intersection; keep right at .1, and keep right at 1.0; hit Gravelly Range rd at bottom of hill at 1.7 (a more major paved road paralleling the river); go right; at 3.0 go straight into Varney Bridge (see sign on left); finish right after bridge over Madison at 3.4

**DAY 2 FINISH:** End of Bridge over the Madison River; Varney Bridge Campground turn-in on right -- now you have a date with the cool waters of the Madison.  
End Elevation 5190

## DAY 3

Meriwether Lewis: "We set out at an early hour and proceeded on....but the men in a continual state of their utmost exertion to get on, and they begin to weaken fast from this continual state of violent exertion...." July 27, 1805

Lewis: "The men defended themselves from the hail by means of the willow bushes but all the party got perfectly wet", August 10, 1805

**VEHICLE DRIVE TO DAY THREE START (4.6):** Start from Varney campground, left on gravelly range road; at first hatchery road, keep going straight at 1.0 on Gravelly range road;(do not go Right!); at 2.6 takes the right; and at 3.4 stay right, to fork in road at 4.6, "7 ranch HQ" sign on right. PLEASE ONLY ONE CAR PER TEAM AT START!!!!

Leg One	2.55 miles	Elevation 5650	Gain 710	runner	Time
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**Rating – Split 9/1** *Big Hills; relentless; a nice 5:30 AM wake-up call: gain 80 first .5 mile gain 700 next 1.5 mile loose 80 last .5 mile*

follow left fork up ("Forest Boundary sign) stay left at .3, right at .5; go up, then down, and at 2.6

**EXCHANGE #1:** at bottom of curve at culvert

Leg Two	2.1 miles	Elevation 6360	Gain 940	runner	Time
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**Rating 9** *Kick-butt hills; getting high fast; look behind at Madison Range*

keep going straight, up to "Beaverhead-Deerlodge NF " sign on right (big wood sign)

**EXCHANGE #2:** at the "Beaverhead-Deerlodge" sign

Leg Three	3.2 miles	Elevation 7300	Gain 460	runner	Time
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**Rating 4** *Up and down most of way; fun!*

Stay on road and stop at cattleguard at 3.2

**EXCHANGE #3** at cattleguard

Leg Four	2.1 miles	Elevation 7760	Gain 470	runner	Time
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**Rating 4** *Moderate rolling hills; watch for wildflowers*

Keep going to "gravelly range road" at T (see "Black Butte Cabin 20" sign at T)

**EXCHANGE #4:** At the T

Leg Five	4.4 miles	Elevation 8230	Gain 210	runner	Time
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**Rating 5** *Rolling hills, beautiful country ---first 1.5 miles gain 360, 1.5-2.8 loose 220, 2.8-3.4 loose 30, 3.4-4 gain 160, 4-4.4 loose 60*

Go left at T, you're now on Devil's Lane, through forest, to road going off on right (you will not be taking this road!) sign reading "JCT centennial-divide rd no. 100", among other signs

**EXCHANGE #5:** At the "JCT Centennial-divide rd no. 100" sign

Leg Six	3 miles	Elevation 8540	Loose 60	runner	Time
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**Rating – split 7/3** *Great road; blazingly fast; air is thin; time to fly First .8 mile gain 270, rest loose 330*

Stay on same road going straight; do not turn right going down the hill. 3.0 miles to "roadside rest" sign on left (camp area on left)

**EXCHANGE #6:** "roadside rest" sign on left

Leg Seven	3.7 miles	Elevation 8480	Gain 490	runner	Time
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**Rating – Split 2/9/4** *Some good hills, up and down. First mile gain 60, 1-2.5 miles gain 590, 2.5-3.7miles loose 160*

Stay on road, to "South Fork Warm Springs Creek" wood sign on left;

**EXCHANGE #7:** At "South Fork Warm Springs Creek" sign on left

Leg Eight	4.5 miles	Elevation 8970	Gain 620	runner	Time
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**Rating – Split 8/3/6** *Rolling hills; some serious climbs; awesome leg!!! Highest elevation of relay at 9587. 0-1.4 miles gain 470, 1.4-2.7 mile loose 70, 2.7-4.5 mile gain 220*

Stay on road to "Monument Ridge 9587 ft" sign on right

**EXCHANGE #8:** At Monument Ridge sign on right

Leg Nine	3.5 miles	Elevation 9590	Loose 280	runner	Time
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**Rating – Split 2/7** *Rolling at first, then steady uphill; check out Black Butte on the right. 0- 2.4miles loose 620, 2.4-3.5 gain 340*

Stay on road; at 1.1, stay right (following road 290); at 2.4, stay right (still on rd 290), to "Black Butte Mnt Elevation 10,546" sign on right

**EXCHANGE #9:** "Black Butte Mnt" sign on right

Leg Ten	5.1 miles	Elevation 9310	Loose 240	runner	Time
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**Rating 7** *Long downhill, then long uphill; dips and turns*

MILERS REVENGE SPECIAL!! You can split this up into individual miles, if you wish.  
Stay on same road to "Barnett Creek" sign on right

**EXCHANGE #10:** At "Barnett Creek" sign

Leg Eleven	2.3 miles	Elevation 9070	Gain 330	runner	Time
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**Rating 5** *First mile uphill; them moderate and rolling*

Stay on road, to small "Hellroaring" wooden sign on left, marking rd going left (sign has its back turned to you)

**EXCHANGE #11:** At "Hellroaring" wooden sign on left (its back is turned to you)

Leg Twelve	4.8 miles	Elevation 9400	Loose 1530	runner	Time
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**Rating 2** *Long downhill; exiting the Gravelly range; fly!*

Stay on road; at 1.6, where there is campsite turnout on left, do not go straight; take the right on rd 290; to exchange point

**EXCHANGE #12:** Where two-track goes off to left, right after metal sign on right reading "Forest bndry 9, Eureka Basin"

**SEE AUTO DETOUR #9**

**ONLY ONE AUTO ALLOWED FROM EXCHANGE #12 TO EXCHANGE #14;**  
**MUST BE HIGH CLEARANCE:** You will have to carry one runner to exchange #13

Leg Thirteen	3.4 miles	Elevation 7870	Loose 150	runner	Time
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**Rating 2** *up and down; rough two-track; sageland, into cowboy country*

Take two track on left heading south (sign on right reading "Designated route open..."; following road, to two water tower structures on right (surrounded by a wood fence), about 20 meters from the road, at 3.4

**EXCHANGE #13:** At the water tower structures on the right

Leg Fourteen	5.2 miles	Elevation 7720	Loose 980	runner	Time
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**Rating 2** *long two-track downhill; fast, phat, and fun; into the grand Centennial Valley*

Proceed on same road. At .4 or .5, DO NOT take two-track veering to the left. Stay on main two-track going more to the right. As you proceed on this leg, you'll hit at least three wire gates. To the driver(s): Caution, these gates are almost invisible!! PLEASE close the gates behind you -- not doing so is a SERIOUS BREACH of western ranching law. You'll hit the flat valley floor at around 4.8, and then proceed to exchange at 5.3, where this rd hits the main valley dirt road.

**EXCHANGE #14:** where road meets main valley road on valley floor

Leg Fifteen	2.5 miles	Elevation 6740	Gain 10	runner	Time
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**Rating 1** *Now on valley floor; Centennial mountains ahead; flat and fast*

Continue on main rd going east; to where two track heads off to the left; exchange there.

**EXCHANGE #15:** Where two track goes off to left

Leg Sixteen	3.4 miles	Elevation 6750	Loose 40	runner	Time
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**Rating 3** *It's getting sandy! Big sand and sage; going a little tough*

Stay on same road (do not take two track at the beginning!) to windmill on left

**EXCHANGE #16:** Big windmill on left

Leg 7teen	6.1 miles	Elevation 6710	Loose 20	runner	Time
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**Rating 3** *More big sand and sage -- serious sand dune training; fun dips and turns; flat ; now in Red Rocks Laka Wildlife Refuge: do not, I repeat do not, shoot or otherwise harm any birds*

SPLIT LEG! You can split this leg between two runners any way that you wish.  
Stay on same road, to big "Sand Dune History" sign on left

**EXCHANGE #17:** At "Sand Dune History" sign

**AUTO DETOUR FOR ALL AUTOS:** At T (1.3 miles on leg nineteen), turn right;; go 2.6 to main valley road; turn left toward Red Rock Pass (you'll see sign in front of you); then 1.1 more miles to road coming in from left 3.7 to rd coming in from left; Red Rock Wildlife Refuge interpretive sign on your left about 20 meters

Leg 8teen	5.7 miles	Elevation 6690	Gain 30	runner	Time
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**Rating 2** *Fabulous leg; flat; Centennial mountains to your right; watch for badgers, coyotes, bald eagles, Trumpeter Swans; dip your head into Culver Springs ("Culver Springs" named after Lillian Culver who lived here at the springs at the turn of the century, and was the first woman to visit the spring in the mountains six miles ahead where the Missouri begins)*

Continue straight; at 1.3, turn left at T; at 1.5, turn right on two-track immediately after sign on right reading "Entering motor travel restricted area"; at 1.8 will hit "Dead End" sign with bar across road, go under or over bar, and continue on; for a few miles make sure you are on the LEFT of the ponds; then the road will take you around a pond with a HUGE spring feeding it, by grain silo; you'd be an idiot not to take a second to check it out and drink; then, continue on to where the bridge is out; cross the creek; and exchange #18 is 100 meters ahead. ONLY RUNNERS ON THIS LEG; NO CARS OR BIKES EITHER (breeding area for trumpeter swans); runners cannot chase or otherwise harass the swans on the pond

**EXCHANGE #18:** where the leg eighteen road meets the main valley road, with the Red Rocks Wildlife Refuge sign about 20 meters from corner

Leg 9teen	1 miles	Elevation 6720	Gain 30	runner	Time
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**Rating 2** *Why such a short leg? Don't know; but enjoy!! slight uphill; you can smell the headwaters now; when you finish, cross the creek and check out all the springs at the base of the hill just below the schoolhouse*

keep going straight; to an old abandon schoolhouse on left, where hills narrow and creek next to road on left (this was the schoolhouse for the children in the Valley at the turn of the century before the Wildlife Refuge came)

**EXCHANGE #19:** At the schoolhouse

Finish	3.5 miles	Elevation 6750	Gain 140	runner	Time
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**Rating 2** *Glory Leg!!!! You're in Headwaters country now, the Alaska Basin, home of the source of the Missouri; your sweat, spit or pee will travel 3,745 miles to the Atlantic Ocean; enjoy your baptism in these holy waters.....*

Continue on, take a few turns, hit Hellroaring Creek at 3.5; see "Utmost Source of the Missouri" nailed to fence on right; runner finishes this leg only after he/she has immersed themselves *fully* in the creek, in one of the little pools down a little from the road; or in any part of the creek you wish.....

**PARKING AT FINISH FOR ALL CARS:** Please park **AFTER** the creek, about 100 meters up on the left in the sage where there is a road going off to the left.

**YOU'RE DONE!!!!** Congratulations!! End Elevation 6890