

PULSE V.I.Ru.S. – Trail

June 27th

15 Mile Written Course Directions

- Start on Mountain Cove Road – Parking Lot across from dog park**
- Turn Left on Trail #23 Military Reserve Connection**
- Turn Right on Trail #28 Crestline Trail**
- Continue straight onto Trail #4 – 8th Street Motorcycle Trail**
- Turn Right after crossing bridge to continue up Trail #4**
- Cross Sunset Peak Rd (8th Street Extension) and onto #31 Corrals Trail**
- Turn Left onto Trail #30 Bob’s Trail.**
- Turn around at bottom of #30 in Culdesac at end of Hearthstone Drive.**
- Go up #30 Bob’s trail (to top of hill by bench)**
- Turn Right up connector to Sunset Peak Rd**
- Turn Left up Sunset Peak Rd to Motorcycle Parking Lot**
- Turn down Trail #4 8th Street Motorcycle Trail**
- Turn Left across bridge to Trail #28 Crestline Trail**
- Turn Left on Trail #23 Military Reserve Connection**
- Turn Right on Mountain Cove Rd**
- Follow road to Finish Line in parking lot across from dog park**
- Turn around here and run back to new bathroom by dog park, turn right and run on outer loop of bike park**
- Continue straight up hill on Eagle Ridge**
- Continue on Eagle Ridge to E Aldape Rd to end at bottom of hill**
- Right on Cottonwood Creek and cross stream**
- Left on Toll Road at junction of Cottonwood Creek/Toll Road/Ridge Crest to stay on Toll Road**
- Left on Mountain Cove road to finish**

PULSE V.I.Ru.S. – Trail

June 27th

50K Written Course Directions

- Start on Mountain Cove Road – parking lot across from dog park**
- Turn Left on Trail #23 Military Reserve Connection Turn**
- Right on Trail #28 Crestline Trail**
- Straight onto Trail #4, 8th Street Motorcycle Trail**
- Right after bridge to continue up Trail #4**
- Cross Sunset Peak Rd (8 th Street extension) onto #31 Corrals Trail**
- Turn Left onto #30 Bob’s Trail**
- Continue down #30 to culdesac at end of Hearthstone Rd.**
- Turn Right on #1 Highlands Trail**
- Turn Right on #31 Corrals Trail**
- Turn Left on #33 Hard Guy Trail**
- Turn Right on Boise Ridge Road**
- Turn Right on 8th Street Extension**
- Turn Left on connection to trail #4**
- Turn Right down Trail #4 Hulls Ridge Trail**
- Turn Left on Trail #42 Fat Tire Traverse**
- Turn Right on Trail #5 Freestone Ridge**
- Turn Right on Trail #26 Three Bears Trail (dirt road)**
- Turn Left on Mountain Cove Road**
- Follow to Finish Line in parking lot across from dog park**

- Turn around here and run back to new bathroom by dog park, turn right and run on outer loop of bike park**
- Continue straight up hill on Eagle Ridge**
- Continue on Eagle Ridge to E Aldape Rd to end at bottom of hill**
- Right on Cottonwood Creek and cross stream**
- Stay right at junction of Cottonwood Creek/Toll Road/Ridge Crest to stay on Ridge Crest**
- Right on Central Ridge at junction of Ridge Crest/Central Ridge**
- Left on Bucktail at junction of Central Ridge/Bucktail**
- Right on Ridge Crest at junction of Bucktail/Ridge Crest**
- Slight left on Central Ridge Spur (north)**
- Right at Central Ridge**
- Right onto Central Ridge Spur (south) to Toll Road**
- Right on Toll Road**
- Left on Mountain Cove road to finish**