

PULSE V.I.Ru.S. – Trail

June 13th

8 Mile Written Course Directions

- Start at Upper Dry Creek Parking lot**
- Cross Bogus Rd and take Sweet Connie Trail**
- At Sweet Connie/Peggys Junction stay right on Sweet Connie**
- At Sweet Connie/Chukar Butte junction stay right on Sweet Connie**
- At dirt road stay right on Sweet Connie**
- Stay on Sweet Connie to 2nd water crossing (4 miles)**
- Turn around and run back to start**

PULSE V.I.Ru.S. – Trail

June 13th

18 Mile Written Course Directions

- Start at Upper Dry Creek Parking lot**
- Cross Bogus Rd and take Sweet Connie Trail**
- At Sweet Connie/Peggys Junction stay right on Sweet Connie**
- At Sweet Connie/Chukar Butte junction stay right on Sweet Connie**
- At dirt road stay right on Sweet Connie**
- Take Sweet Connie to junction with Freddy's Stack Rock and Lower Freddy's Stack Rock (the big fallen tree). Take a right on Lower Freddy's Stack Rock Trail (this is the new trail towards the Stack Rock TH parking lot).**
- This will take you to Bogus Road (if you have you're doggie you'll need a leash here), take Bogus Rd to the right for about ¼ mile to the Forest Service road.**
- Go left on Forest Service road from Bogus Road**
- Continue on Forest Service road for 1/2 mile, after 1/2 mile at junction take a right**
- Next junction take a right and next junction a left (this trail is called "#LT6 To Dry Creek" on the Ridge to Rivers website) continue on this trail for about 2.8 miles to the top of Dry Creek, stay on main trail, avoid the little off shoots during the 2.8 mile stretch**
- Take a right on Dry Creek**
- Stay straight on Dry Creek at the Dry Creek/Shingle Creek junction**
- Stay on Dry Creek to the Dry Creek/Sweet Connie Connector**
- Take a right on the Sweet Connie Connector back to the start.**