

Sheltowee Challenge: Southern Half

Heading Out

- 0.0- Go through the campground and head North on the Koomer Ridge Trail.
- 0.1- Hidden Arch Trail goes left. **Keep going straight** on Koomer Ridge.
- 0.5- Didn't I just pass the Hidden Arch Trail? Yes, you did, **keep going straight**.
- 1.3- **Turn left** to follow the **Buck Trail** downhill.
- 3.0- **Turn right** at the intersection to take the **Pinch 'em Tight Trail/Sheltowee Trace**. You should start seeing turtles from now on. (And no, I'm not referring to people who run the same pace I do. I am referring to turtle-shaped blazes that mark the Sheltowee Trace)
- 3.4- **Turn right** at the intersection to follow the **Rough Trail/Sheltowee Trace**.
- 4.4- Assuming you got to the bottom of the hill without breaking your ankle and/or skull, cross Chimney Top Creek about 25 times over the next couple tenths of a mile.
- 4.6- **Turn left at intersection to stay on the Sheltowee Trace**. The Rough Trail goes off to the right. Cross the creek a couple more times and then the creek should be on your left from now on. If it's on your right, you're lost... try building a fire and making smoke signals.
- 6.3- Cross suspension bridge over Red River... think Indiana Jones & the Temple of Doom.
- 6.4- **Stay right** at fork in trail after bridge & go uphill to the road.
- 6.5- **KY Hwy 715**: Drink some water and eat whatever delicious food you put in your drop bag.

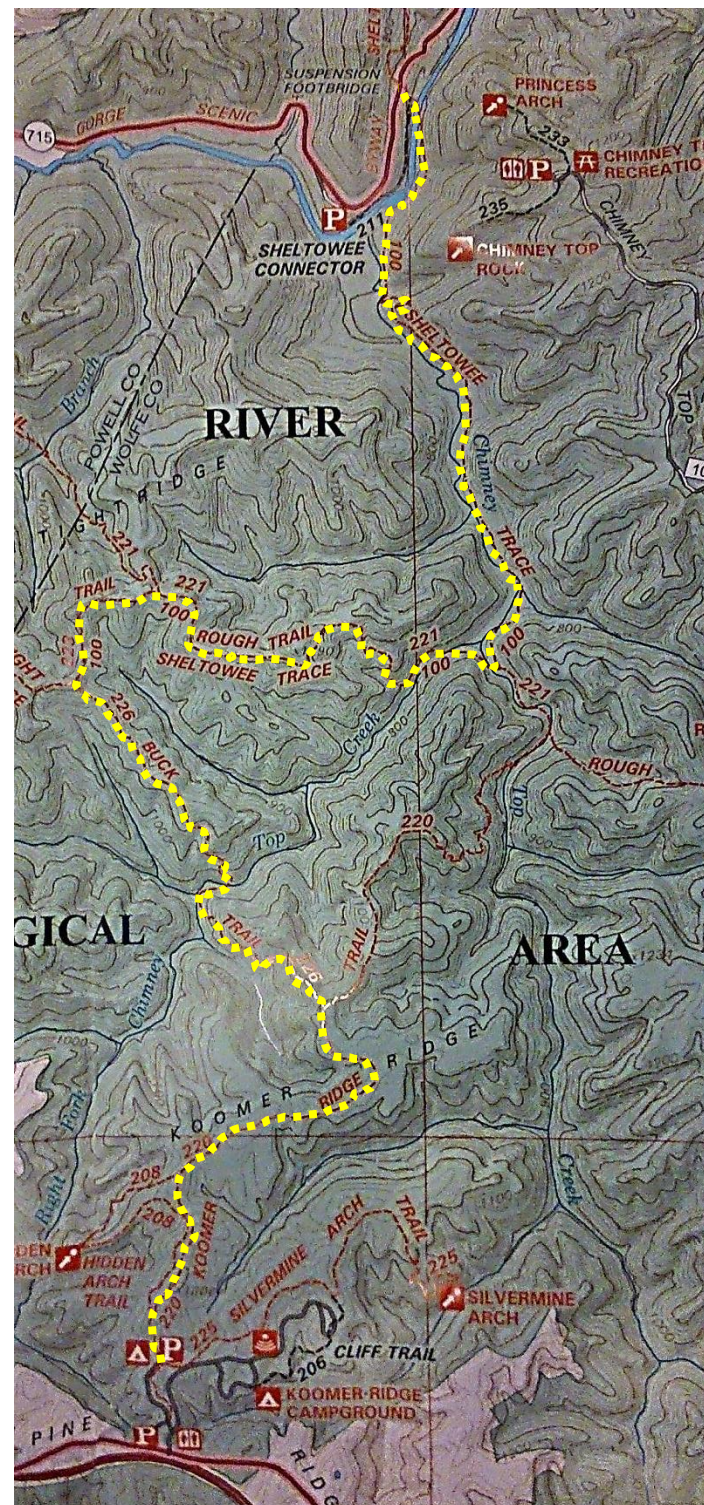
If you're doing the half, turn around now and follow the "Heading Back" directions below.

If you're doing the 50k, cross the road and flip this page over, fool.

Heading Back

- 6.6/25.2- Cross the bridge again. If you just ate too much, this would be a good place to barf.
- 8.4/27- **Turn right** at the intersection to stay on **Sheltowee Trace/Rough Trail**. Aren't you glad your feet are dry again?
- 9.6/28.2- **Keep left** to stay on the **Sheltowee Trace/Pinch 'em Tight trail**. Rough Trail goes off to the right.
- 10.0/28.6- Say farewell to the Sheltowee and **turn left** on the **Buck Trail**. Back to the creek!
- 11.7/30.3- Are you out of breath yet? **Turn right** on the **Koomer Ridge Trail**. Stay straight on the Koomer Ridge Trail all the way back to camp, unless you think you can find the Hidden Arch.
- 13.0/31.6- Back at camp! Congratulations!!!

NOTE: At the finish, check your fancy GPS watch and see what it says. If it says anything less than 13.1/31, run around in circles until you hit your desired distance. If it says more than 13.1/31, try running in circles backwards.



Sheltowee Challenge: Northern Half

Heading Out

- 6.5- Leave the friendly volunteer behind and head up the hill. You'll pass a couple of cool rock shelters/caves on this section. While you're still fresh, I recommend scoping out a good one for you to crawl into and die when you pass this way again many miles from now.
- 9.9- After a big, steep, rocky climb, a bootleg trail goes off to the left at the top of the ridge... **keep right** to stay on the **Sheltowee Trace**. You'll soon reach a campsite with an awesome view on the left, followed by a cool arch and wooden steps taking you down the other side of the ridge.
- 11.0- Bison Way trail goes off to the right. **Keep left** to stay on the **Sheltowee Trace**. Or of course you could take Bison Way back to the road and hitch a ride to Miguel's for pizza and beer... I won't judge you.
- 13.4- Butt slide down a steep hill, go through a campground and cross a creek.
- 13.5- Lost Branch trail goes off to the right. Keep left to stay on the Sheltowee Trace and make your way up a long uphill that used to be a railroad.
- 15.8- Arrive at the gravel trailhead parking lot on Corner Ridge Road. Assuming they didn't get bored and leave, a volunteer will be there with water & whatever delicious food you have in your drop bag. Enjoy & turn around! And no, the volunteer will not drive you back to the finish line (unless you bribe them).

Heading Back

- 18.1- Lost Branch Trail is on your left. **Stay right on Sheltowee Trace**. Lost Branch Trail = Your Ass is Lost Forever.
- 18.2- Cross the creek again. Hopefully someone will have a campfire going here and you can make s'mores. Otherwise, **go back up that steep hill straight ahead**.
- 20.6- Bison Way on your left. Keep right to stay on Sheltowee Trace.
- 21.6- After you go back up the steps & pass the arch, the trail **turns right** on top of the ridge. Then you'll need to **keep left**... make sure you don't go off to the right on the bootleg trail. If you don't **start going back down the steep, rocky hill soon** you're lost.
- 25.1- You're back at KY Hwy 715! Quench your thirst and eat whatever leftovers are in your drop bag from your first stop here.

Flip this page over and follow the "Heading Back" directions for the Southern half. You're on the home stretch!!!

