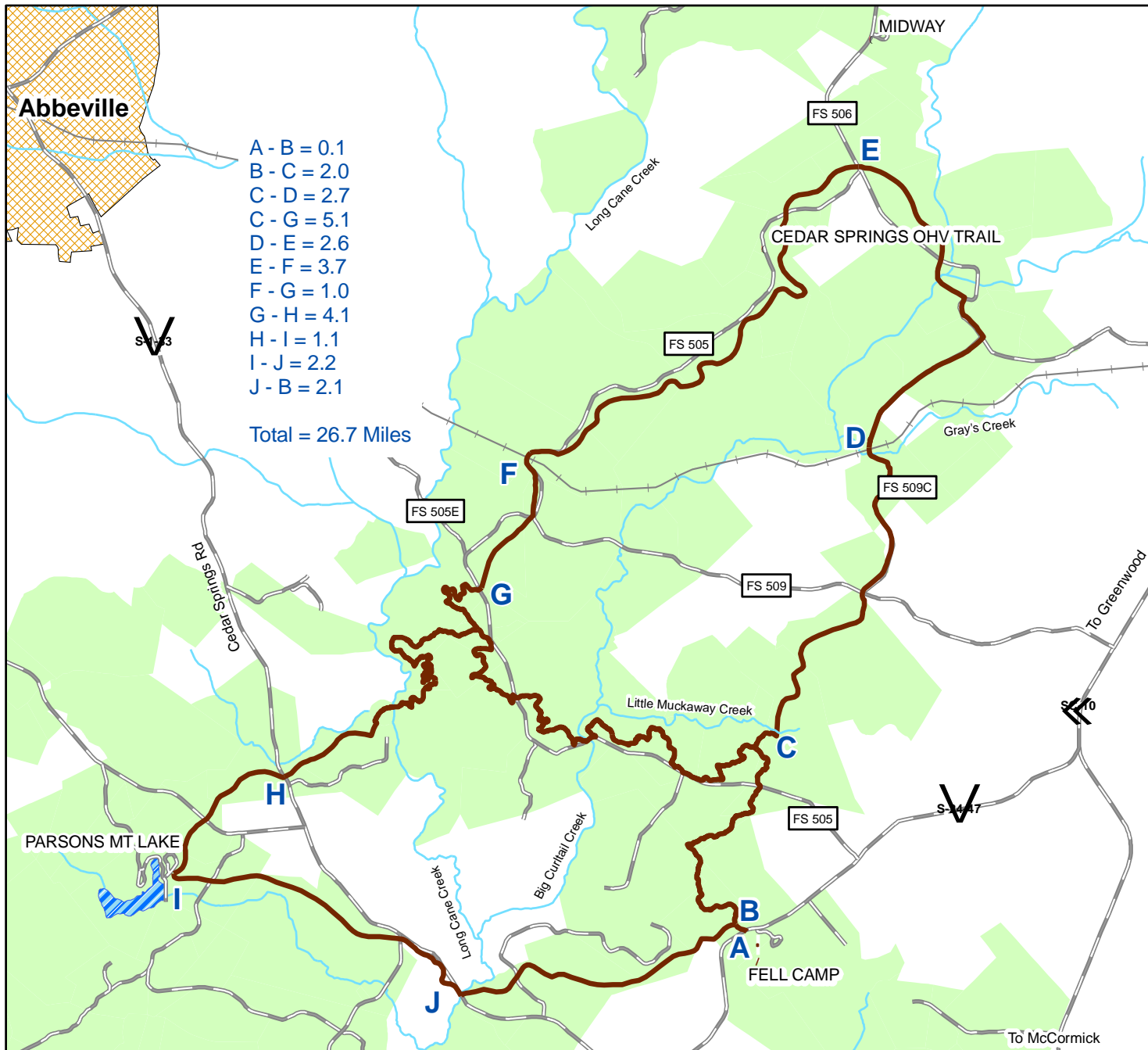


Course Directions: From the picnic area at Parson's Mountain (start/finish) follow the trail along the lake to the paved road. Go a short distance down the road, past the campground, to Point I, where you will pick-up the Long Cane Trail. Turning left, proceed toward Point H, and continue to a trail junction, bearing right toward Point C. There will be another trail junction before arriving at C where you will go to the left. These junctions will be well-marked and signed on race day. From Point C, proceed through D, E, F and G until you reach the first junction again, bearing left, repeating the cut-through trail. At the next junction, this time, proceed toward Point A. From A, continue to J and back to Point I, completing a figure-8 loop. At this point, runners have the choice of returning to the picnic area for a 50K finish or turning around and proceeding back to Point J, then to A,B, C, D, E, F, G, H, back to Point I and on to the picnic area for a 55 mile finish. Do not take the cut-through trail on the 2nd loop.

Long Cane Horse Trail



- Horse Trail
- Railroad
- Road
- Lake
- Stream
- Town/City
- USFS

- A = Trailhead
- B = Bulletin Board
- C = Little Muckaway Creek Crossing
- D = Railroad Tressle/Creek Crossing
- E = Intersection of FS Roads 505 & 506
- F = Railroad Crossing
- G = FS Road 505 Crossing/Big Rock
- H = Cedar Springs Road Crossing
- I = Parsons Mountain Rec. Area
- J = Long Cane Creek

