

# Fall Back Blast Trail Run

## *25K Loop Course Description*

We start with a loop around the expo area to give the runners a good chance to naturally spread out a bit before hitting the trails.

Once we enter the park, it's not long before we dart into *Bender* to get a taste of some single-track right away. *Bender* is a short, smooth trail that provides a good warm-up. Coming out of *Bender*, we'll come around and cut into *Ant Hill* and follow that all the way around to the other side.

The ski trail will then lead us up and around the open prairie field and then back into the trees via *Whoops*.

After making our way through one side of *Far East*, we hit the ski trail that brings us around to the cut in leading to *Skull*. We then traverse down and back up *Skull*.

At the top of *Skull*, you'll find the first Aid Station at a bit past Mile 3.

Leaving the Aid Station, take *Ridgeline* all the way to *Onion*. After making your way down *Onion* (hopefully without any tears), head right back up the ski trail hill and into *Focus* at the top.

Coming out of *Focus*, take the ski trail down and head for the bridge to cross to the West side.

Cross the bridge and head straight up the hill to take the first left onto the lower ski trail. Follow that until you reach the intersection and turn into *Thrillville*. Put your hands in the air as this is a fun, twisting, roller coaster ride! Exit *Thrillville* and head back down the ski trail and into *Rebench* and then take a quick left to ascend *Willinator*.

At the top of *Willinator*, take a left into *Tetanus Shot* and then head into *Start Me Up* (the first trail created at Lowes Creek).

Coming out of *Start Me Up*, drop down into *Long Trail South*. After completing a section of *Long Trail South*, we'll take a little detour on the ski trail so we don't miss a nice little hill. Climb the hill and come around, then we'll pick up *Long Trail South* again. When we exit *Long Trail South*, we'll be on the road leading into the West entrance of the park. This takes us to the pavillion, our next Aid Station. This will be a minimal Aid Station, with only the necessities (water, energy drink, and maybe a few goodies). It is also an opportunity to use the restrooms located there. This will be right about Mile 6.

We will then head back on the ski trail and come around into *Tunnels* (the "Zen Trail of Lowes Creek"). *Tunnels* take you through the pines, which provides a smooth, pine needle cushioned trail. It's a good time to relax and take a deep breath.

At the end of *Tunnels*, we'll double-back along the ski trail, all the way back around until we hit *Bump*. Take *Bump* and then go right onto the dog walking trail for a bit (watch your step).

Take *Long Trail North* until reaching the intersection of *Missing Link* and *Rad*. Go left on *Missing Link* and then right on *Rad*, back around to that same intersection where you'll then take *Missing Link* the other way.

Run *Missing Link* all along the ridge and don't forget to stop and take in the views of Lowes Creek down below (but don't get too close to the edge).

At the end of *Missing Link*, take a left and head down *Rebench* which will lead you back out and then across the bridge back to the East side of the park.

Go up *Worm* and climb to the top of the hill where we'll take the ski trail around (alongside *Ridgeline*) to the start of *Nod*. Here, you will find Aid Station 3 at about Mile 10.

After enjoying a hot quesadilla and maybe some hot apple cider, get back on the trails, heading into *Nod*.

Upon exiting *Nod*, come back on the ski trail leading you back to the aid station (another quesadilla is optional), then enter *Nemesis*. Take *Nemesis* to *Split Rock*, and then *Split Rock* to *Fern Gully*. Take a left out of *Fern Gully* onto the ski trail and take it to the entrance of *Far East*, where you'll go up the opposite side of the trail that we ran early in the course. We'll then come around out of *Far East* and head into the middle of the prairie field...then back on *Holy Roller*.

Take *Holy Roller* to *Red Flint*, the *Red Flint* to *Pines*. *Pines* leads right into *Dazed*, then *Twister*, then *Eagle*. Take a right coming out of *Eagle* and follow the ski trail to the cut in on *Mind Games*.

Follow *Mind Games* around to *Jekyll & Hyde*, then up to *Fence Trail*. Follow *Fence Trail* all the way back to the entrance into the Expo area and the finish line.

Of course, the 50K runners will do it all again. There will be an Aid Station here for the 50K runners as well as a drop bag area.