

# EVERGOLD 10K TRAIL RUN

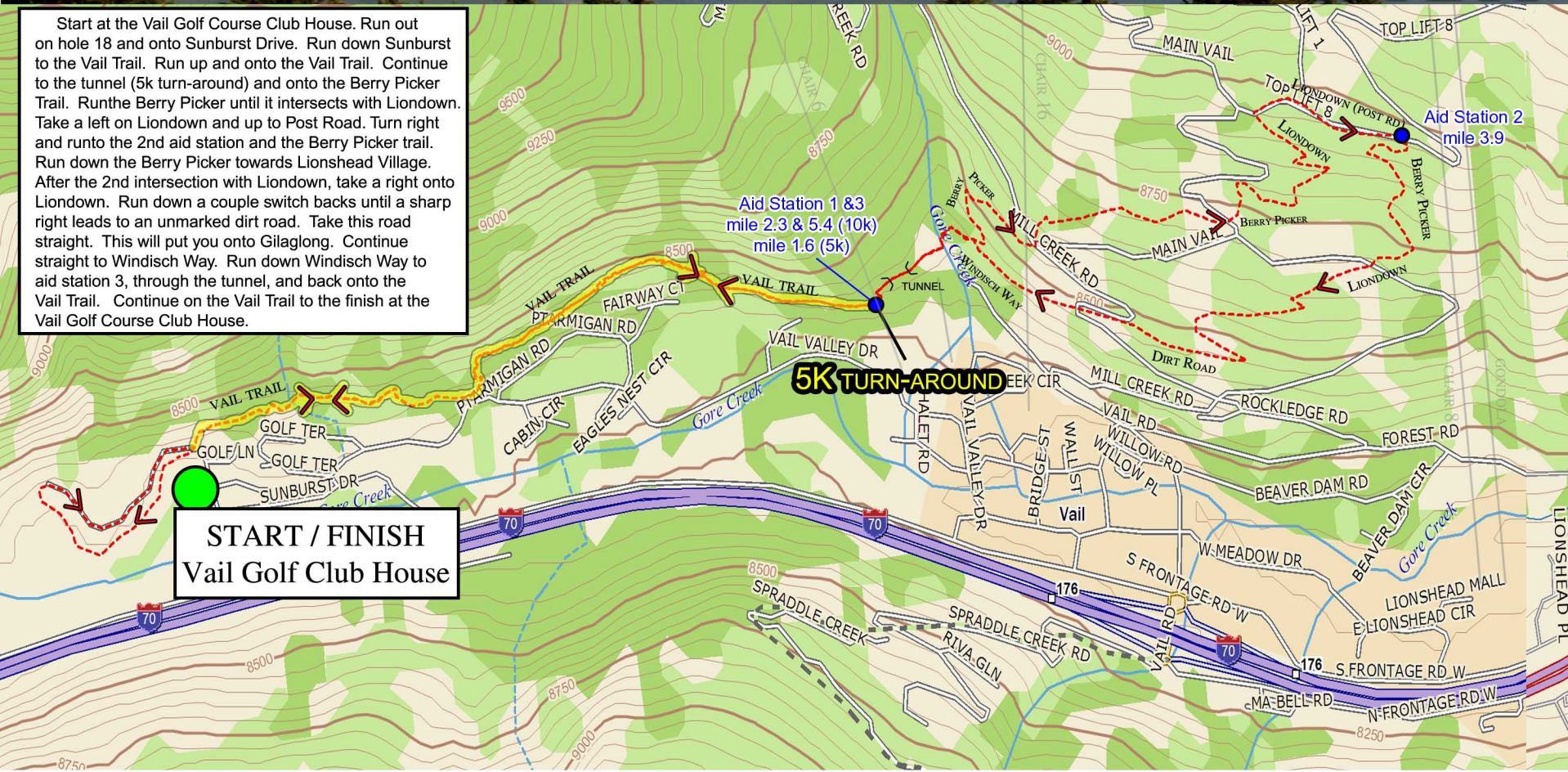


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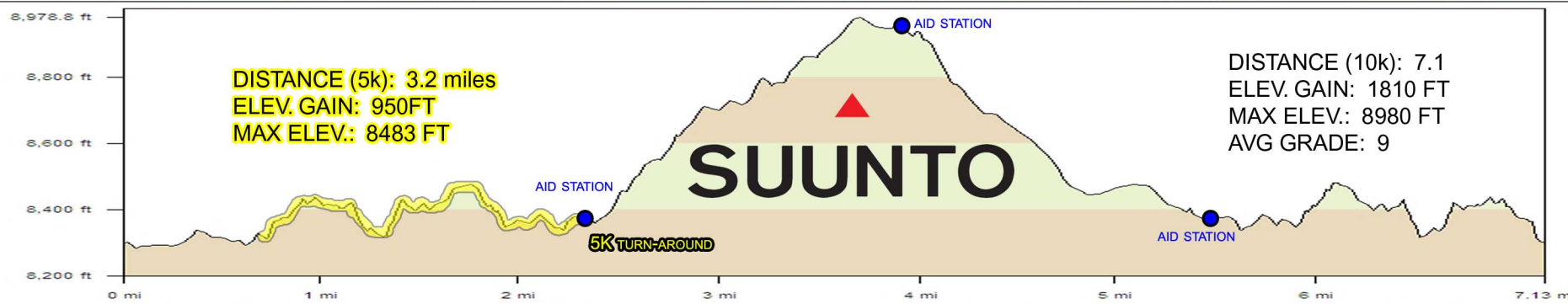


September 11 2011 - 10 a.m.

Start at the Vail Golf Course Club House. Run out on hole 18 and onto Sunburst Drive. Run down Sunburst to the Vail Trail. Run up and onto the Vail Trail. Continue to the tunnel (5k turn-around) and onto the Berry Picker Trail. Run the Berry Picker until it intersects with Liondown. Take a left on Liondown and up to Post Road. Turn right and run to the 2nd aid station and the Berry Picker trail. Run down the Berry Picker towards Lionshead Village. After the 2nd intersection with Liondown, take a right onto Liondown. Run down a couple switch backs until a sharp right leads to an unmarked dirt road. Take this road straight. This will put you onto Gilaglong. Continue straight to Windisch Way. Run down Windisch Way to aid station 3, through the tunnel, and back onto the Vail Trail. Continue on the Vail Trail to the finish at the Vail Golf Course Club House.



**START / FINISH**  
Vail Golf Club House



**DISTANCE (5k): 3.2 miles**  
**ELEV. GAIN: 950FT**  
**MAX ELEV.: 8483 FT**

**DISTANCE (10k): 7.1**  
**ELEV. GAIN: 1810 FT**  
**MAX ELEV.: 8980 FT**  
**AVG GRADE: 9**