

50K Course Description

(~32 miles – ~50k)

(~3100 Ft Elevation gain)

Starts and finishes at the outdoors center 1 lap

Aid Stations

- Grassy Loops Aid station at mile marker 5.3(8.5k) – FULL SERVICE
- Stratton Brook Pond Aid Station mile marker 10.6(17K) – WATER ONLY
- 7 Eleven Aid Station (Bottom of the Narrow Gauge) mile marker 18.5(30k) - FULL SERVICE – 3 PM Cut off

Climbs:

- Oak Knoll Stratton Brook Hut Climb - 2mi, 630Ft elevation, avg 5.8% (Starts at mile 5.6)
- Approach Trail Climb - 1.3mi, 381ft elevation, avg 5.5% (Starts at mile 12.8)
- Narrow Gauge/Trail 50 Climb – 8.4mi, 1107ft elevation, avg 2.5%(Starts at mile marker 18.5)

<https://www.strava.com/routes/2849249380717313382>