

HC 100 Turn By Turn 2017 Distance	Course is marked with Pink arrows and Yellow X and NO Signs	2 ribbons, white with Red stripes and Pink or Orange before a turn and as conformation markings after turns Details	FS road signs are in place in some areas even though you may not see them Notes				
Start	Athletic Club of Bend	5:30am	The first 40 miles will be good riding temps. High temp is now 93, better than the 97 forecasted earlier in the week for Bend Proper.	55 degrees at the start!	No parking at the Athletic Club of Bend until after 3pm.	Show up at 4:45-5am if you need to drive in and drop a bag for Alpha or Charlie only	Bravo Drop Friday only by 6pm
5.2	Left Turn Rd 41 Conklin	Flagger	Watch your backside no protection		Pavement		
4.1	Rd 41 to Rd 300		Jacket/Gear Drop	White Pickup, Please Mark Gear on tag. Gear will be inside black trailer at finish	Pavement		
6.3	Rd 300/4133 to 4180/Dyna Moe Humm Trail	Climb!	Dust with dry conditions	Bandanna or Buff to not breathe in dust early in the am	Dirt 2 track to cinder and rocky		

0.4	Dyna Moe Humm short section	Connects to Kiwa Butte	Rolling				
1.4	Kiwa Butte Trail	Connects to Tiddlywinks		View of Cascades on left but you probably wont notice	Fast Descent to hard right on Tiddlywinks		

3.2	Tiddlywinks to 4130	Berms, table tops, rollers, insanity on both sides of the trail	Crowded being early in the am	Passing is almost impossible	relax and don't over cook your speed with all the rollers that will buck you.	Pre-ride if possible before by being dropped off at Wanoga Snow park or riding up Rd 300 from Rd 41 (Park by Tylers Traverse) ride am section. When you get to the funner climb turn right and come back to rd 41 and ride to your car	You will descend this later in the day also except turing on Larsen trail which will be re marked for the final push
0.6	Left Turn off of Tiddlywinks to cut over to Funner Climb!	Open Rd 4130 slight climb, room to pass	Right turn next on 4613 to funner	After Right Turn Funner is on left for the climb to Aid Alpha at 24 Miles			

		Nice Shallow Climb with a few rock gardens along the way	Left Turn onto 4614 to Aid Alpha				
2.1	Funner climb to 4614						
0.9	4614	Gravel/Cinder	flat to alpha aid				
24 miles	Alpha Aid	Red Labels for Drop bags	Next Water 16 Miles	2 Miles of easy miles to drink	Spectator Friendly, don't drive up until after 6am from Bend Park in Eastern parking area of Wanoga Snow Park and Walk down Tiddlywinks Trail		
2	4614	Left turn on Rd 700	2 Miles of easy miles to drink				
1.2	Rd 700 too 4613		Converted 2-track and singletrack for Oregon 24 Event	Flatish	Sand		
0.6	Rd 830 to Dyna Moe Humm and right turn	Slight Climb on 2- track to singletrack	Super Sandy after climb to descent	Surfing!			

2.3	Dyna Moe Humm to Future Aid Charlie Location	Trail starts out steep to Cinder Butte and rolls along at a good pace to exit rd 950 for the Big Slog to the underpass	Views of MT Bachelor from Butte on right shoulder	Super Fun trail and 2 way for your return trip home later in the day			
3.1	Rd 950	Out and back 2-track climbing out and descending back	Sandy, rocky in points and dusty	I can't sugar coat this, its tough and will spread out the field. Good place to drink	Left turn at top and Danger		
0.5	Rd 988	Flat for 10 seconds and super loose and sandy descent	Sand and more sand	You will be coming back this way later in the day around mile 70 and climbing or walking this			
0.7	Rd 988	Continues, slight right too underpass	Some climbing and sandy as you work your way to the underpass				
0.2	Sand Wall	Ok, there is a line, but this is steep!	Walk to stretch out the legs	Early in the am so at least it wont be too hot			
0.5	Continue	levels out to Swampy to Dutchman trail	Stay Right of the Cones as you approach the trail!				

Mile 36	Right on Dutchman to Swampy and 2-way		Cones stay right				
1	Dutchman to Swampy	2 way and exit right on Ridge Loop towards neutral water	Later in the day you will be turning right from Flagline Tie mile 69 for the return trip under the underpass	Trail is 7-10% climb to ridge loop with small descent before exit			
3	Dutchman/ Swampy continues	We have called this Ridge Loop also depending on what mapping software you look at .	Descent and fun times	Plenty of cut logs, roots, off camber sections to get sideways on so use caution like the whole course and stay in control.			
Swampy Lakes Snow Park	Water Refill	Please pull off to the side to refill		Good place for a friend to hand up a hydration pack	Specator Friendly Swampy Lakes Snow park for that Bottle Feed and water. Snow park is just past Wanoga Snow park on North Side of HWY		

0.1	Trail to Rd 222	Left turn on 222					
0.4	Rd 222		Last chance to Drink for 11 miles				
0.3	222 merge to Swampy lakes trail	Fast	Hard Right on SST or South Swede Ridge				
3.1	South Swede or SST	Rolling, random rocks, roots, ect	Awesome trail	Punchy			
Intersection	Swede Ridge Shelter area	Head onto Sector 16	As you come off South swede left and right down sector 16				
3.1	Sector 16	Rough, fast, small root drops and some sand	Some climbing in the middle				
1.9	Upper Whoops	Continue past shelter on left	Simply amazing and fast!	Watch speed and shadows	Next up Skyliner for that HARD LEFT		
3.2	Skyliners	From Upper Whoops hard left	Don't miss this turn or you will be back in Bend	Trail is flowy until you get close to the bottom with 2 small rock gardens	Don't lose focus, we had a bad crash in this section last year. Talk to each other. Rock garden is off camber and not that its hard, it is awkward like me...lol		

Aid Bravo Mile 52	Skyliners	Drop bags Blue Label drop by 6pm Friday at Mt Bachelor Village, No day of drops			NO Spectators		
0.1	Right turn on rd 430						
0.05	Rd 30 to Skyliner Rd	We hired a flagger, but like all intersections please look before you proceed	Left turn onto Skyliners	Heavy area for recreation			
0.2	Skyliners to Rd 4601 Bear Wallow Rd	Skyliners is paved, you cross tumalo creek and watch out for cars.	Right turn and CLIMB!	Total climbing too next descent is 8 miles			
2.6	4601 Gravel Rd		Steady Climb to Rd 575	I will post a pic of the view from the bike and climb prior to the water station on mudslinger events insta gram			

Water	Rd 575	Gravel Rd	Right turn from 4601	You should of drank a bottle on the way to this point	NO Spectators		
0.4	RD 575	Gravel to Left Turn on Mrazek Trail					
5.1	Mrazek Trail	Open and exposed	Great trail, some steep pitches	Crosses 6-7 roads as you climb and climb up to over 6K	Next Trail Left down Farewell		
Mile 61	Farewell Trail	Epic Views	almost 7000 ft done and only 2500 more feet to climb and 40 miles	Sounds Easy?			

3.1	Farewell Trail	Epic Views in the middle and left side drop off 3/4 of the way down. Too fast is bad and too slow is bad, so talk to each other and don't pitch off the trail please. Plenty of funky rocks that some will have no issue and some will. Don't get over confident if you are super skilled!	Rough and watch out for hikers or anyone coming up the trail. You will see a double arrow down Danger sign on right half way down and the gnar will start.	We will have people at the bottom of this trail. At end of trail mandatory SLOW or under 10MPH.	Exit has traffic and recreationists visiting the falls. We have only used this trail one time prior and while it works fine and is unique the safety of you and all other forest users is important to be able to keep the permit. Please use extreme caution.		
0.04	Exit Farewell Trail Right towards the falls	SLOW	Super short section	Across Bridge and left turn onto Tumalo Creek Trail?south Fork	Continue to go slow until clear of this area		

		After making this turn picnic benches and some areas in the creek to dip your head!					
0.4	Tumalo Creek trail		Flat trail across small bridge	Short section before South Fork climb starts			
3.1 Miles	South Fork Trail	CLIMB	Steady climb to shelter and right at top to swampy loop trail				
0.2	Swampy Lakes trail	Right from South Fork to flagline	Short Connector trail				
1.2	Flagline Trail	Climbing and challenging at Mile 64 or so	Left turn to Flagline Tie				
1.3	Flagline Tie	Amazing!	At end turn right onto the 2-way Swampy to Dutchman trail that you climbed in the am				
1	Swampy to Dutchman	2 way traffic to Cones and left turn	Faster riders could see riders at 11am or so, be cautious if you are fast or towards the back of the pack!	Trail is 7-10% downhill after a brief uphill			
	Cones	Stay left of cones	Decent to underpass				

0.8	Distance to underpass	Danger 25% downhill that you climbed in the am!					
1.2	Underpass to Rd 950	Sandy and short steep Climb exposed in sun before the next right hand turn down Rd 950					
3.1 Miles	Rd 950 to Aid Station Charlie	Screaming fast sandy downhill 2 track back to Dyna Moe Humm	Please be careful Rocky section 3/4 the way down and hard to find a good line at speed				
Aid Station Charlie	Red Label Drop bags	Final Water Stop	Aid station on left before trail	Please pull off the rd and refuel Don't stay too long, this area is exposed in the sun	Spectator Friendly only if you park at Edison Snow park and walk the 3/4 mile uphill to this aid station.		
5.4	Dyna Moe Humm	Full Dyna Moe Humm to Kiwa Butte	back over the butte	Harder effort than earlier in the day for many reasons	Focus		

1.4	Kiwa Butte Trail	Connects to Tiddlywinks		View of Cascades on left but you probably wont notice	Fast Descent to hard right on Tiddlywinks again		
3.1	Tiddlywinks to Larsen	Same as before except .1 Shorter	This trail will be remarked mid race by 11 am	Turn on Larsen to Tylers Traverse			
2.6	Larsen trail	Named After Steve Larsen!	Flowy and a grind later in the day	Left on Tylers Traverse			
3	Tylers Traverse	Super well designed trail	Sandy in sections with some features	Don't lose focus and ride steady	Exit left to Catch and release which parallel's Rd 41		
3.4	Catch and release	new trail in 2016	Recent understory (tree's) removal has the trail tread chopped up in some sections	Watch road crossings for random cars	Exits with flaggers right and left crossing onto RD 41 (Pavement)		
0.8	Rd 41 Climb to Century Drive OR 372	Right turn at Stop Sign					
4.6	Century Driver HWY 372	HOT flat to downhill pavement grind to final trail	Right turn off century across pedestrian path	Please watch out for baby strollers and dogs	Kidding but its possible so pan and scan for traffic		

		<p>Winter snow has carved a giant rut in this trail so take a look at it before the event if you can and its so short and downhill back to the Finish grassy area at the Athletic Club of Bend</p>					
0.5	Athletic Club of Bend Trail	Athletic Club of Bend	Deschutes Brewery is waiting and the BBQ!				
Finish	Relax for a moment and unwind.	Most head to their accomodations if you are staying in Bend to shower	Rob the Huckleberry smootie guy will be available for purchase	Get your growler Finisher Growler from Deschutes Brewery!	Sorry you have to take it to the Deschutes Brewery tasting room Sunday to fill it.		

Special Notes	Awards at 7pm! Top 3 Medals in 8 categories and Cash for overall for High Cascades 100	Raffle winners for 5000 in product including a set of Wheels from Rolf Prima	Raffle Winners will be listed at the Growler Station!	Womens and Mens Categories for the High Cascades 100 will be merged into the 4 NUE categories (National Ultra Endurance Series)	Photos at highcascades 100.com and mudslingerevents instagram and facebook		
DNF's	If you do DNF please do not come through the finish as you will get a time.	If you leave the course early and know your way for some reason please text me at 541-225-7946 with your name and plate number		Please do not come back to the Finish and Chip timing antennas with your bike and plate. The Chips will get tagged again and your time will be slower.			

Injuries	<p>We have adventure medics on course (Medical service who can and will take care of you once they get to you). They are located on the roads early and late and at Skyliners Aid Bravo and the base aid station. The over under is 4 to go to the Hospital, with the heat over 90 we could have more, so please be carefull. If you do end up going to the emergency room after you recover please e-mail me and good luck.</p>	<p>St Charles Hospital is located at 2500 NE Neff Rd, Bend, OR 97701 Phone: (541) 382-4321</p>	<p>If you crash, crash in a cool shaded area. Please check on riders that are down. If you sacrifice your race to assist a rider I will comp you next year! This has happened 5-6 times when helping a rider down a trail for miles and miles! It can take 2 hrs plus to get to you considering search and rescue takes 1 hr to stage plus travel to the injured rider and working their way with the direction of the course.</p>				
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