




# SUPERIOR SPRING TRAIL RACE

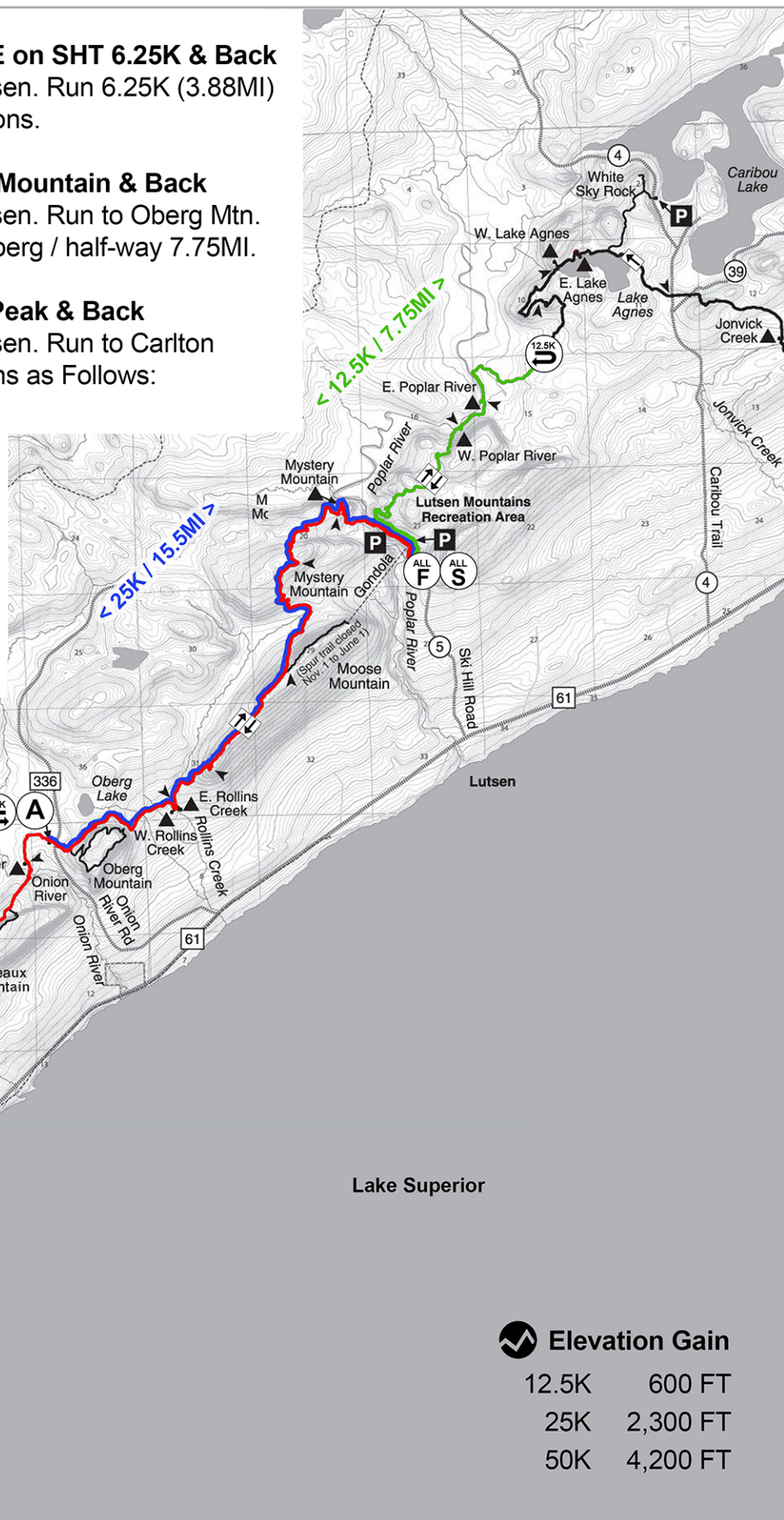
Course map for 2021 Covid-modified event. 25K & 50K unchanged. 12.5K changed to out-and-back.

 **12.5K (7.75MI) Lutsen head NE on SHT 6.25K & Back**  
Start at Caribou Highlands / Lutsen. Run 6.25K (3.88MI) out, and then back. No Aid Stations.

 **25K (15.5MI) Lutsen to Oberg Mountain & Back**  
Start at Caribou Highlands / Lutsen. Run to Oberg Mtn. and back. One Aid Station at Oberg / half-way 7.75MI.

 **50K (31MI) Lutsen to Carlton Peak & Back**  
Start at Caribou Highlands / Lutsen. Run to Carlton Peak and back. Four Aid Stations as Follows:  
Oberg Mountain 7.5MI  
Sawbill / Britton 13.3MI  
Sawbill / Britton 17.7MI  
Oberg Mountain 23.3MI

(S) Start (F) Finish  
(A) Aid Station (C) Turn Around



## Elevation Gain

12.5K	600 FT
25K	2,300 FT
50K	4,200 FT