



Superior 25K & 50K Spectator Driving Directions

All spectators, family members and friends of 25K & 50K runners that plan to visit the aid stations / trailheads during the race are **REQUIRED** to print, review and have this document with them in their vehicles at all times.

Please note that nobody but racers, race staff and volunteers are permitted at the start of the 12.5K race and that there are not any areas to spectate for the 12.5K race besides the finish line at Caribou Highlands. Racers may not drive to the start of the 12.5K race and must take the bus(es) provided.

IMPORTANT! Failure to adhere to the instructions within this document could result in the disqualification of your runner.

ALSO, be sure to review and print resources and information from the "Race Info" and "Maps and Data" sections of our website for additional information that you may want / need. We will not have or provide printed copies of any of these materials on race weekend.
www.superiorspringtrailrace.com



TO: Superior Spring Trail Race Spectators, Friends and Families of Runners

(Note; that there are no spectating opportunities for the 12.5K besides at the race finish - this guide is primarily geared towards 25K and 50K spectators.)

Welcome Everyone,

First and foremost we would like to welcome you; spectators, friends and families of the incredible runners who will be taking on this years Superior Spring Trail Race. We are so glad that you are able to join us in supporting your runner(s) and to contribute to, experience and enjoy race weekend.

A fun and successful event begins and ends with safety and few other aspects of the Superior Trail Race require as much attention as to how spectators, friends and families of our runners interface with the race, the communities our race visits, the remote country roads you will navigate, trail crossings, parking areas, trailheads and aid stations. As a result, we have created this detailed guide to help you safely navigate the area and the event on race weekend so you can make good, sound, safe and informed decisions along the way. While we like to keep things positive and prefer to not make too many rules, the importance of this issue as outlined above requires us to communicate and place a strong emphasis on the following two points:


- 1.) All runner's spectators, friends, families (and in a few runners cases "crews") are required to have a copy of this packet on them or in their vehicle at all times - we will not be providing printouts at the race so it is your responsibility to print your own in advance and bring it with you to the race.
- 2.) Failure to follow any of the instructions / directives detailed in this booklet could result in the immediate disqualification of your runner, and for serious or flagrant offenses, a lifetime ban of your runner from our event. While infractions have been infrequent over the years we have penalized and disqualified runners in the past based on the actions of their spectators, friends, families and crews.


We look forward to having you all at the race, please help us make it the most fun, safe and successful race possible by reviewing and adhering to these printed instructions and directions along with the directives of all race officials on race weekend.


Respectfully,




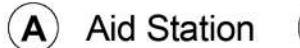
John Storkamp
Race Director
Superior Trail Race

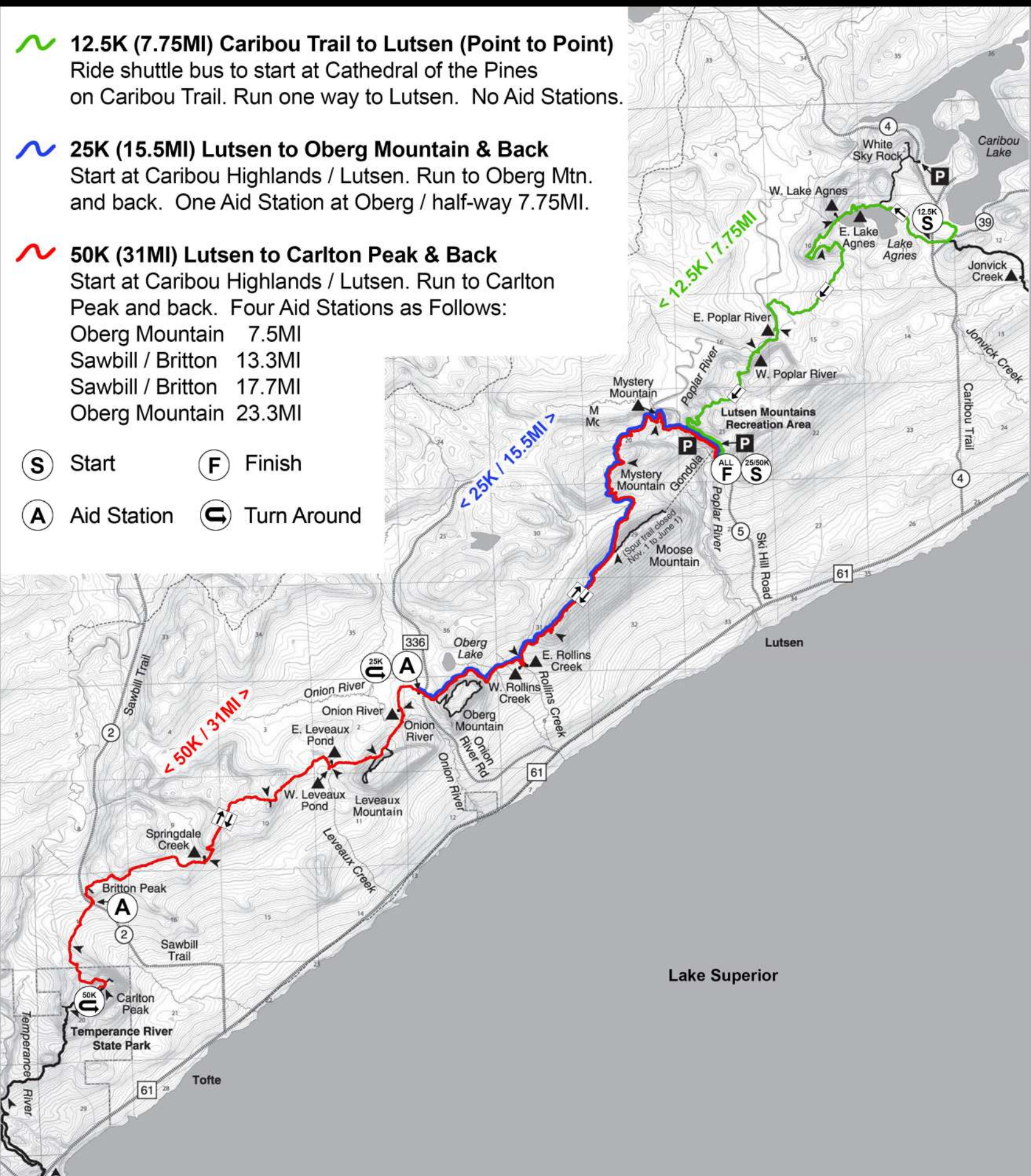
SUPERIOR SPRING TRAIL RACE COURSE MAP

 **12.5K (7.75MI) Caribou Trail to Lutsen (Point to Point)**
Ride shuttle bus to start at Cathedral of the Pines on Caribou Trail. Run one way to Lutsen. 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

 Start  Finish
 Aid Station  Turn Around





OBERG | MILE 7.5 & 23.3

● 50K RUNNERS VISIT TWICE

● 25K VISIT ONCE THEN TURN AROUND

7.5MI To / From Start-Finish (Caribou Highlands) | 5.6MI To / From Sawbill Aid Station (50K Only)

Spectator Access: Yes Toilets: Yes Drop Bags: Yes (50K Only) Cutoff: Yes 1:30PM



Race related parking in the Oberg trailhead parking lot is prohibited by the US Forest Service. Lot is for non-race-related day users only UNLESS you have a physical disability and need to park closer.



Scan QR Code
For Directions



IMPORTANT - Failure to adhere to these instructions could result in the disqualification of your runner.



Prohibited Activities / Do's & Dont's:

- Do not stop, unload your vehicle or drop off passengers in front of any of the aid stations
- Do not park on two sides of the road, park only on one side of the road / side of the road shown
- Do not park in front of driveways, trails, intersecting roads or directly in front of aid stations
- When walking to the aid station from your car, walk single-file as far off of the roadway as possible
- While waiting for your runner do not sit or stand in the roadway
- Keep children in hand (especially walking to and from aid stations) and dogs on leashes
- Do not speed, the Superior Hiking Trail trail crosses the roads that you will be driving on
- No RVs, campers or trailers unless RV or camper is no larger (length & width) than a full size pickup



Arriving / Parking at Oberg:

Drive down Onion River Road until you see a volunteer flagger, they will ask you to turn around and you will park on the West side of Onion River Road, pointing towards Lake Superior / Highway 61. Parking in the Oberg Mountain Trailhead parking lot is for non-race-related trail-head users only per the USFS.



Directions to Sawbill Aid Station From Oberg (Sawbill is a 50K Only AS - 25K Runners Do Not Visit):

Go back approximately 2.0 miles to Hwy 61. Turn right and go 4.6 miles to Sawbill Trail / Cook County Road 2. Turn right and go approx 2.5 miles. Park as directed per this guide and flaggers on-site.

Directions to Race Start / Finish - Caribou Highlands from Oberg:

Go back approx. 2.0 miles to Hwy 61. Turn left and go 2.7 miles to Ski Hill Rd. Turn left and go 1.4 miles, parking area is on the right-hand side of Ski Hill Road, across from the Caribou Highlands entrance.

SAWBILL | MILE 13.3 & 17.7

● 50K RUNNERS VISIT TWICE
(25K RUNNERS DO NOT VISIT)

5.6MI To / From Oberg Aid Station. 2.2MI To / From 50KM Turnaround (Carlton Peak - No Access)
Crew Access: Yes Toilets: Yes Drop Bags: Yes Cutoff: Yes - Sat 12:00PM (at Mile 17.7)



Scan QR Code
For Directions

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- Do not park in front of driveways, trails, intersecting roads or directly in front of aid stations
- When walking to the aid station from your car, walk single-file as far off of the roadway as possible
- While waiting for your runner do not sit or stand in the roadway
- Keep children in hand (especially walking to and from aid stations) and dogs on leashes
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Arriving / Parking at Sawbill:

Park on the North / West side of the road only / facing away from Highway 61 / Lake Superior. Parking in the Sawbill-Britton Trailhead Parking lot is for non-race-related day users only per the USFS.



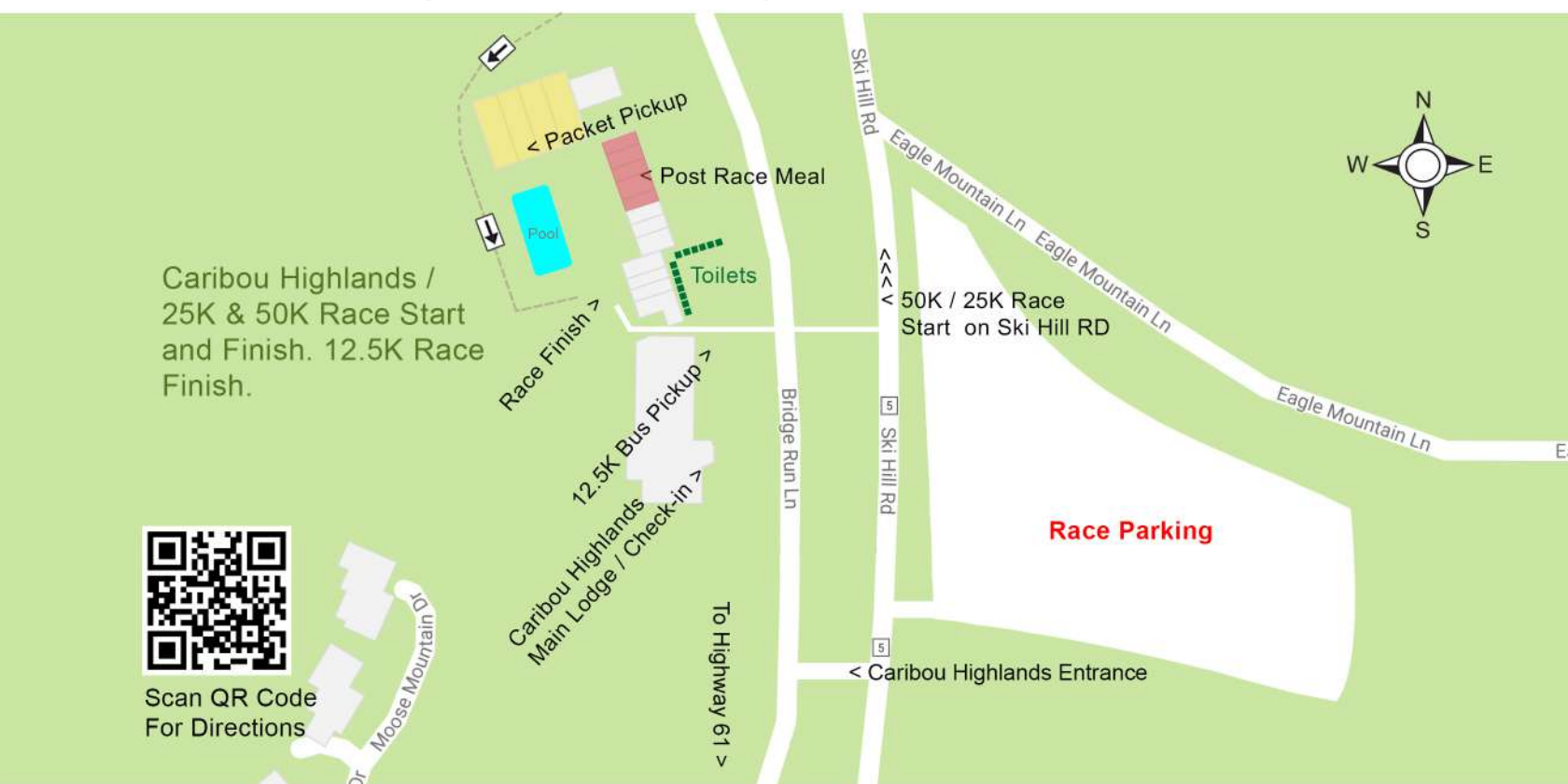
Driving Directions to the Oberg Aid Station from the Sawbill Aid Station:

Go back approximately 2.5 miles to Hwy 61. Turn left on Hwy 61 and go 4.7 miles to Onion River Rd / FS Road 336. Turn left on Onion River Rd and go approximately 2.0 miles. Park as directed per this guide.

Driving Directions to the Start / Finish (Caribou Highlands) from the Sawbill Aid Station:

Go back approximately 2.5 miles to Hwy 61. Turn left and go 7.3 miles to Ski Hill Rd / Cook County Road 5. Turn left and go 1.4 miles, parking area is in the large gravel lot on the right-hand side of Ski Hill Road, across Ski Hill Road from the Caribou Highlands entrance.

50K Race Start 7:00AM. 25K Race Start 8:00AM. 12.5K, 25K & 50K Race Finish. Cutoff: Sat 4:00 PM
12.5K Race Start is on Cty Rd 4 at 9:00AM - No spectator access & runners must ride the bus to the start.



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Arriving / Parking at Caribou Highlands / Race Finish:

If you have a reserved room at Caribou Highlands lodge you may enter and park in your designated spot - if not, take the first right directly after the Caribou Highlands entrance on Ski Hill Road into the large gravel parking lot and park. Walk across Ski Hill Road onto Caribou Highlands property, walk to the back of the lodge / where the pool is located - this is the location of the race finish.



Driving Directions to Oberg Aid Station from Caribou Highlands Lodge (Race Start / Finish):

Travel approximately 1.4 miles on Ski Hill Roads towards Lake Superior. Take a right on Highway 61 and travel 2.7 miles to Onion River Road, take a right and go approximately 2.0 miles and park as directed.

Driving Directions to Sawbill Aid Station from Caribou Highlands Lodge (Race Start / Finish):

Travel approximately 1.4 miles on Ski Hill Road towards Lake Superior. Take a right on Highway 61 and travel 7.3 miles to Sawbill Trail (Cty Rd 2), take a right & go approximately 2.5 miles and park as directed.