



JULY 18-20, 2014

DAY 1



These are some key points that all runners should be familiar with.

RUNNER SAFETY

Runner safety is our main concern. Use caution to avoid accidents. Where we can, runners and vehicles are on separate roads. There are times, however, when the two share roads. Runners need to be mindful of the vehicles and let them pass. Bike escorts cannot ride in the middle of the road blocking traffic. And vehicles must be courteous to runners – meaning keep the speed down around runners for safety and dust concerns.

TRAFFIC

Police are alerted to the Relay and will ticket traffic violations. All runners must obey directions or be subject to penalty. It is absolutely necessary to keep vehicles off of paved roads at exchange points. Also, spectators and team members must stay off the road during the race.

EXCHANGE POINTS

Please read your directions carefully. Many exchange points have specific instructions on where to park, and the directions will vary depending on the exchange location. We cannot supply port-a-johns along the entire relay course. As such, we expect runners to use reasonable judgment. Once again, pay attention to the written directions on this matter. The obvious is pointed out at some exchange points, however, if there are houses around an exchange you cannot go into yards to go relieve yourself. Do not go to the bathroom in people's yards, by their houses, behind businesses, etc. We go through plenty of state and national forest area. Stop in between exchanges if you have to at bathrooms. The excuse, "Oh well, when you gotta go, you gotta go" will not be tolerated.

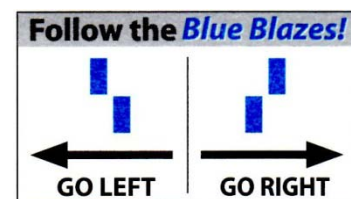
VEHICLE SIGNS

In order to avoid congestion at tight exchanges there will be a number of legs throughout the relay where only one vehicle per team will be allowed. These are clearly stated in the directions. Ignorance will not be tolerated here either. Severe time penalties will occur for violations.

ACKNOWLEDGEMENTS

The Lakeshore Striders acknowledge and thank the Hiawatha National Forest and the North Country National Scenic Trail organization and volunteers from the Hiawatha Shore to Shore Chapter for their work in maintaining the North Country Trail through the Hiawatha National Forest.

While on the North Country Trail you will see these markers:
A single blue marker means you're still on the trail. Two markers indicate a turn is needed. You will also see brown post with trail indicators and arrows pointing right or left in some locations.



GLR14 Friday, July 18, 2014 Start Time 6:15 AM

To get to the start from the stop light in Paradise, turn left (west) on M-123 for 13.8 miles to the Tahquamenon State Park Upper Falls. You will need a Michigan State Parks pass to get in.

Leg A-1 **“Upper Falls Run” Sponsored by the Nasty Boys Glee Club**

Start at the parking area of the Tahquamenon Upper Falls.

Proceed to the North Country Trail and turn left for 5.2 miles to the exchange at the Lower Falls parking area.

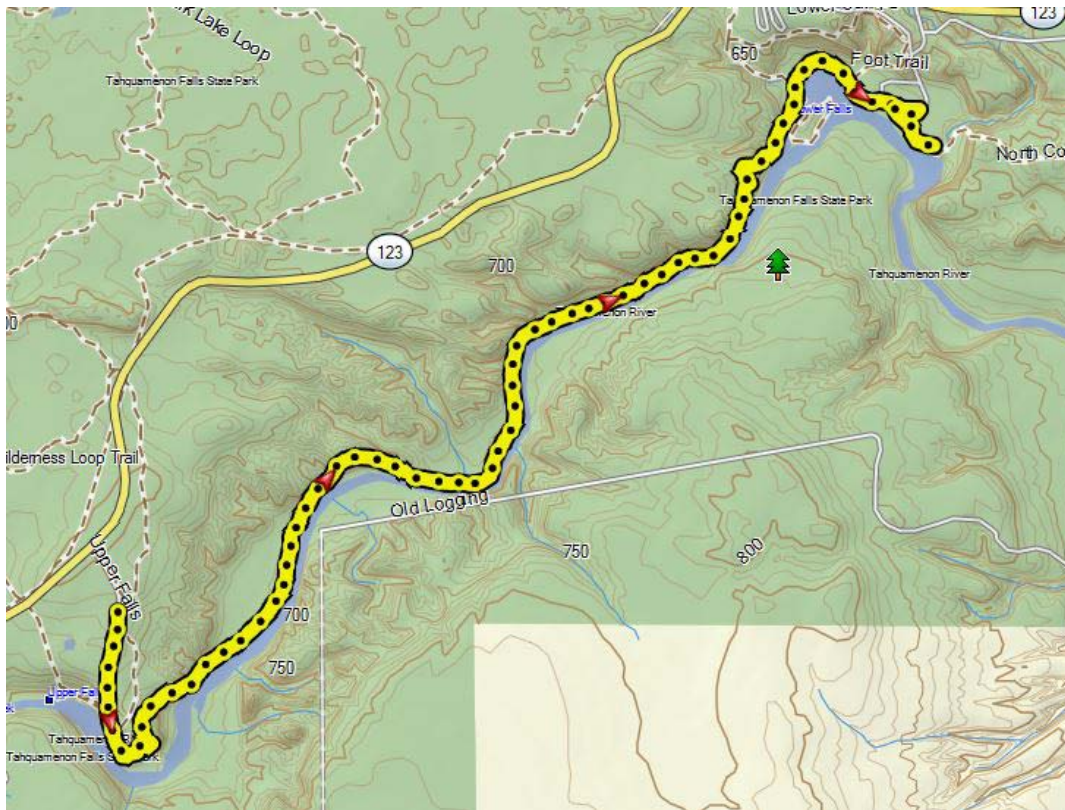
In Short: Beautiful leg with views of the river. Potential ankle buster due to tree roots.

Scenery: 9 Difficulty: 6

Support: None

Leg A-1: 5.2 miles

Total Day 1: 5.2 miles



AUTOS

From the park turn right onto M-123 for 3.5 miles to the Lower Falls parking area. The exchange will be down by the river walk leading into the campground.

Leg A-2 **“Lower Falls Run” Sponsored by Total Runner**

Start at the parking area of the Tahquamenon Lower Falls. Proceed to the right following the road into the campground. Stay to the right and get on the North Country Trail.

You will be on the trail for 8.8 miles to the exchange at the Tahqua parking area.

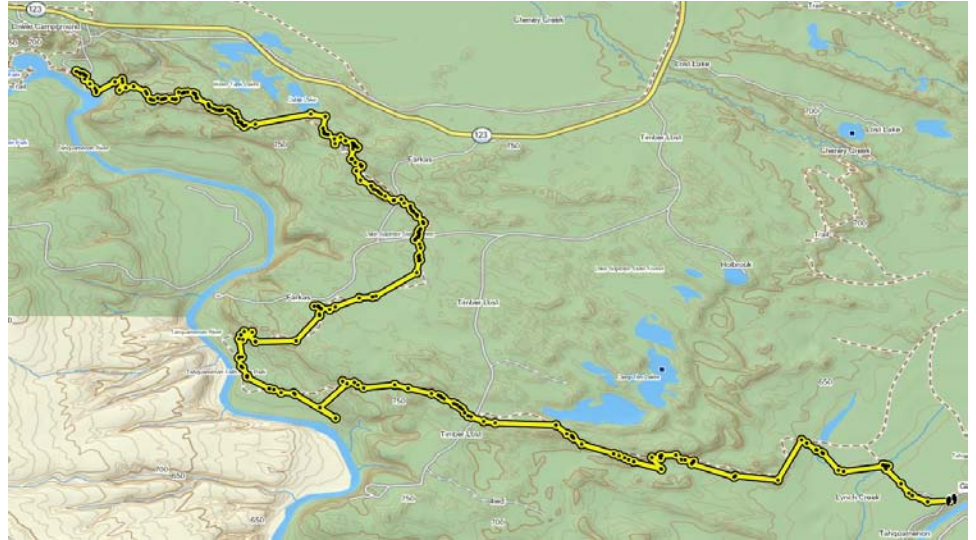
In Short: Beautiful leg with views of the river.

Scenery: 9 Difficulty: 6

Support: None

Leg A-2: 8.8 miles

Total Day 1: 14.0 miles



AUTOS

Vehicle 1 - One vehicle per team may go to the start of Leg A-3. **Color for this vehicle – Blue.**

This vehicle will have the runners for Legs A-3 & 4. To get to the start of Leg A-3, from the Lower Falls park, turn right onto M-123 for 10.2 miles to a stop sign in Paradise.

Turn right, still on M-123 for 4.4 miles to Snug Harbor Road (no sign – dead end road).

Turn right on Snug Harbor. The exchange is at 5.0 miles on Snug Harbor Rd.

You will continue another .8 mile to a turnaround. Turn around here and go back up to the exchange and park before you get to the exchange.

Vehicle 2 - One vehicle per team may go to the start of Leg A-5. **Color for this vehicle – Yellow.**

To get to the start of Leg A-5, from the Lower Falls park, turn right onto M-123 for 10.2 miles to a stop sign in Paradise.

Turn right, still on M-123 for 8.65 miles to the exchange at FR 3349 on the left. Park on the right shoulder and stay off of the road.

Vehicle 3 – You will proceed to the start of Leg A-6. To get there from the Lower Falls park, turn right onto M-123 for 10.2 miles to a stop sign in Paradise.

Turn right, still on M-123 for 10.9 miles to Curley Lewis Hwy (Whitefish Bay Scenic Byway).

Turn left on Whitefish Bay Scenic Byway for 9.2 miles to FR 3150.

Turn right on FR 3150 for 1.3 miles to the exchange at the North Country Trail crossing.

Park past the exchange.

Leg A-3
LOCAL 1

“Snug Harbor Run” Sponsored by Chippewa Valley Ed Assoc. MEA NEA

Continue east on Snug Harbor Road (no sign) for 5.0 miles to the exchange at M-123.
Snug Harbor Rd is part of the North Country Trail.

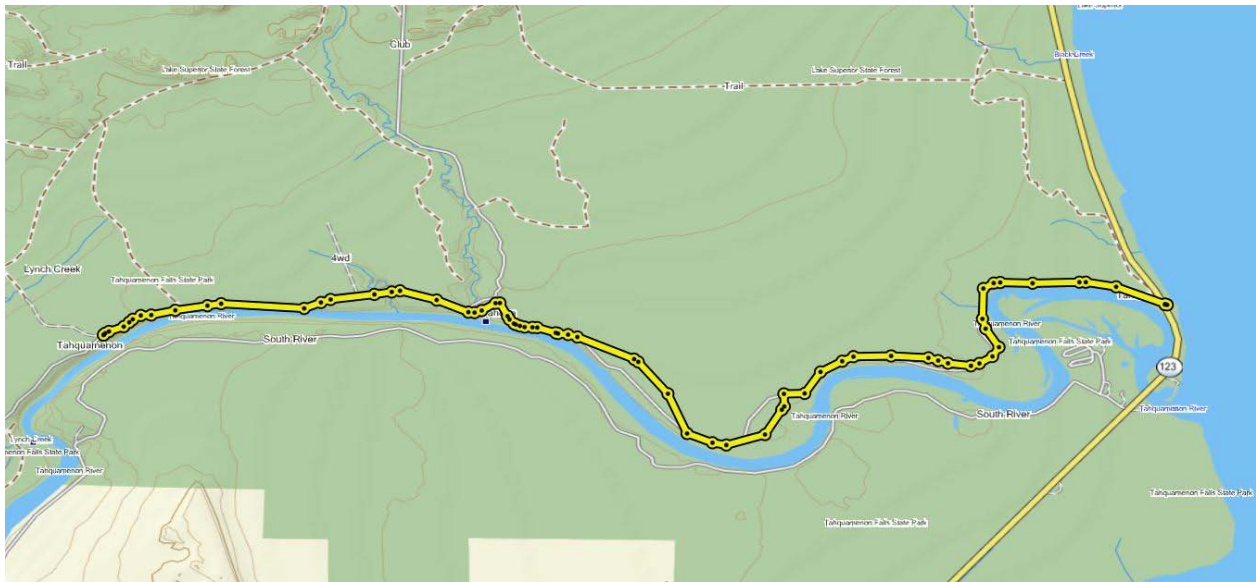
In Short: Beautiful leg with views of the river.

Scenery: 7 Difficulty: 3

Support: None

Leg A-3: 5.0 miles

Total Day 1: 19.0 miles



AUTOS

Continue on Snug Harbor Road for 5.0 miles to the exchange. Park before the exchange.

Leg A-4 “1, 2, 3 Go!” Sponsored by Chippewa Valley 9th Grade Center

Turn right on M-123 running on the side of the road facing traffic for 4.25 miles to the exchange at M-123 in this section is part of the North Country Trail.

In Short: Pavement run.

Scenery: 7 Difficulty: 3

Support: None

Leg A-4: 4.25
miles

Total Day 1: 23.25 miles



AUTOS

You will now proceed to the start of Leg A-6. To get there, turn right on M-123 for 6.5 miles to Curley Lewis Hwy Hwy (Whitefish Bay Scenic Byway).

Turn left on Whitefish Bay Scenic Byway for 9.2 miles to FR 3150.

Turn right on FR 3150 for 1.3 miles to the exchange at the North Country Trail crossing.

Park past the exchange.

Leg A-5 **“Whitefish Bay Run” Sponsored by Out For Blood**

Turn left on Rd 3349 for 3.1 miles to Curley Lewis Hwy (Whitefish Bay Scenic Byway).

At 1.2 miles continue straight through the barrier.

At 2.0 miles the road turns to the right. You will continue straight on the trail following the blue markers.

Turn left for 6.0 miles to the Naomikong Overlook.

For the first .4 mile you will be on pavement to a post on your left just before the Bark Dock Day Use Area. Turn left and then a quick right following the blue markers onto the trail for 5.6 miles to the Naomikong Overlook. At two spots the dirt trail comes up to the road for a bit and then ducks back in to the woods. Look for the signs and blue markers.

Cross south over Curley Lewis Hwy (paved road) and go past the gate following the North Country Trail blue markers for 2.2 miles to the exchange at FR 3150.

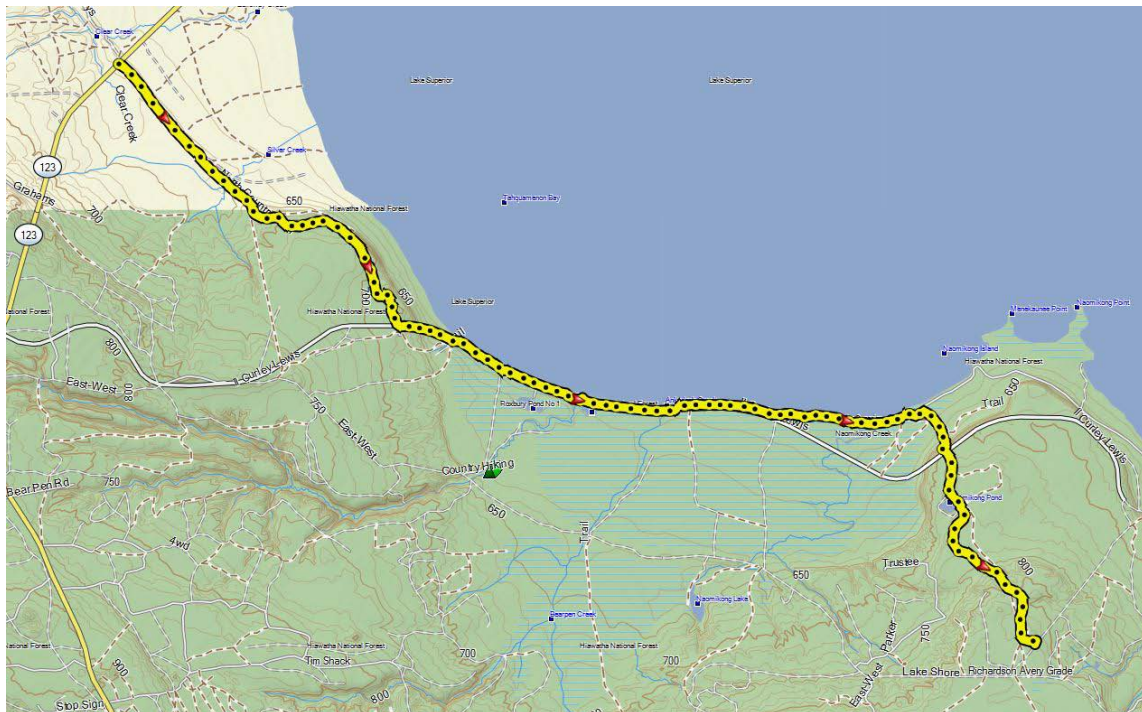
In Short: Long but beautiful run along the Lake Superior shoreline.

Scenery: 10 Difficulty: 5

Support: None

Leg A-5: 11.3 miles

Total Day 1: 34.55 miles



AUTOS

Continue south on M-123 for 2.25 miles to Curley Lewis Hwy (Whitefish Bay Scenic Byway).

Turn left on Curley Lewis Hwy for 9.2 miles to FR 3150.

Turn right on FR 3150 for 1.3 miles to the exchange at the North Country Trail crossing.

Park past the exchange.

Leg A-6 “Salt Point Run” Sponsored by Bath City Bistro

Continue on the North Country trail for 3.45 miles to the exchange at FR 3161 (Salt Point Road).

In Short: Beautiful run on the North Country Trail.

Scenery: 8 Difficulty: 6-7

Support: None

Leg A-6: 3.45 miles
Total Day 1: 38.0 miles

AUTOS

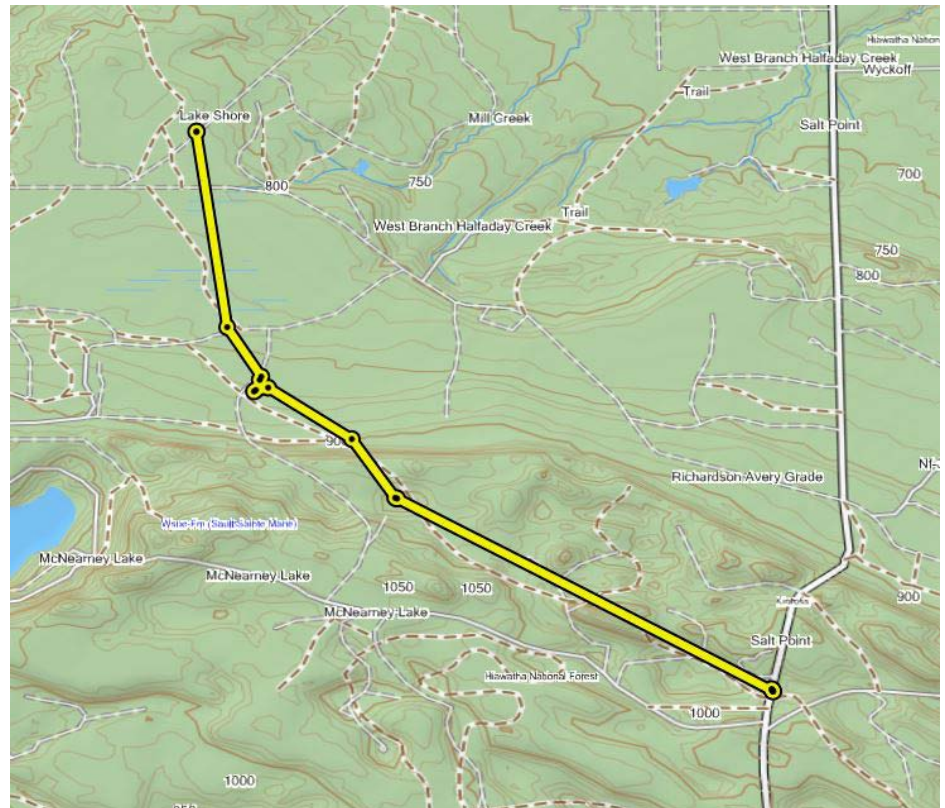
Vehicle 1: One vehicle per team may go to the start of Leg A-7. **Color for this vehicle – Lime Green.**

Continue on FR 3150 for .3 mile to FR 3156.

Turn left on FR 3156 for 2.4 miles to FR 3161 (No sign – also known as Salt Point Rd)

Turn right on FR 3161 for .75 mile to the exchange at the North Country Trail crossing.

Park past the exchange.



Vehicle 2: One vehicle per team may go to the start of Leg A-8. **Color for this vehicle – Yellow.**

Continue on FR 3150 for .3 mile to FR 3156.

Turn left on FR 3156 for 2.4 miles to FR 3161 (No sign – also known as Salt Point Rd)

Turn right on FR 3161 (Salt Point Road) for 7.65 miles to M-28.

Turn left on M-28 for 5.25 miles to FR 3138.

Turn right on FR 3138 for 0.6 mile to the Picnic Parking lot.

Turn left and park. Walk back out to the road and turn left for 20 yards to the North Country Trail (this is a spur from the main trail). Follow this in .15 mile to the exchange where the NCT crosses.

Vehicles 3: To get to the start of Leg A-9, continue on FR 3150 for .3 mile to FR 3156.

Turn left on FR 3156 for 2.4 miles to FR 3161 (No sign – also known as Salt Point Rd)

Turn right on FR 3161 (Salt Point Road) for 7.65 miles to M-28.

Turn left on M-28 for 3.0 miles to FR 3139.

Turn right on FR 3139 for 4.0 miles to the exchange at the North Country Trail crossing.

**Leg A-7 “Soldier Lake Run” “ ‘...let me be brave in the attempt’ sponsored by
Dennis & Jillian Peck, Team Huron Valley S.O. & GLR Don’t lose Bruce AGAIN”**

Continue on the North Country Trail for 6.5 miles to the exchange at the spur that goes to the Soldier Lake Campground and Picnic area.

At 6.2 miles you will cross M-28.

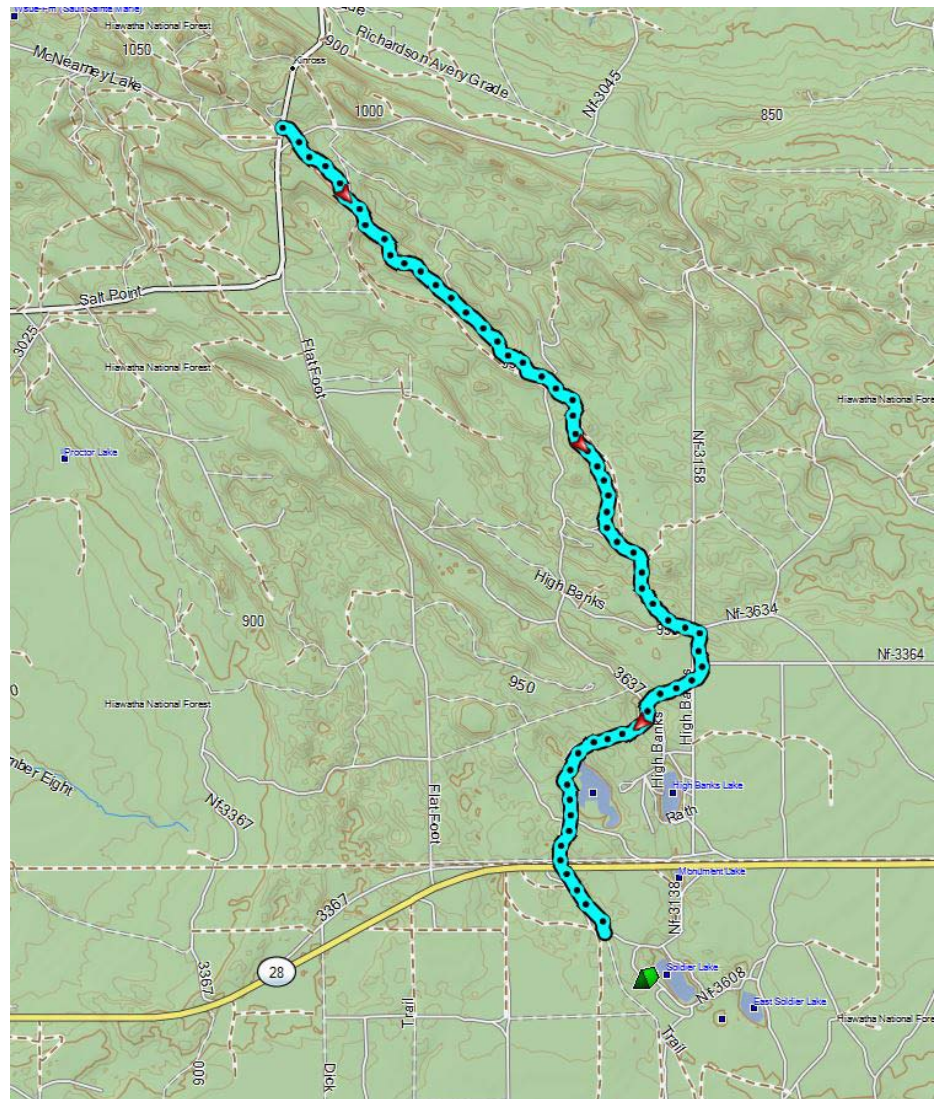
In Short: Beautiful run on the North Country Trail.

Scenery: 6 Difficulty: 6-7

Support: None

Leg A-7: 6.5 miles

Total Day 1: 44.5 miles



AUTOS – From the start of Leg A-7 you will proceed to the start of Leg A-9. To get there, continue on FR 3161 (Salt Point Road) for 6.9 miles to M-28.

Turn left on M-28 for 3.0 miles to FR 3139.

Turn right on FR 3139 for 4.0 miles to the exchange at the North Country Trail crossing.

Leg A-8 “Soldier Lake Continued” Sponsored by Cool Concurrents – Dedicated to our teammate Erin “Mole” Smigielski (soon to be Mrs. Tyler “Hulk/Nellie” Ash). Her love of the GLR had her plan her wedding date (07/27/14) around GLR 2014 to ensure she could run her “FAVORITE RACE EVER”. Congratulations.

Continue on the North Country Trail for 5.9 miles to the exchange at FR 3139.

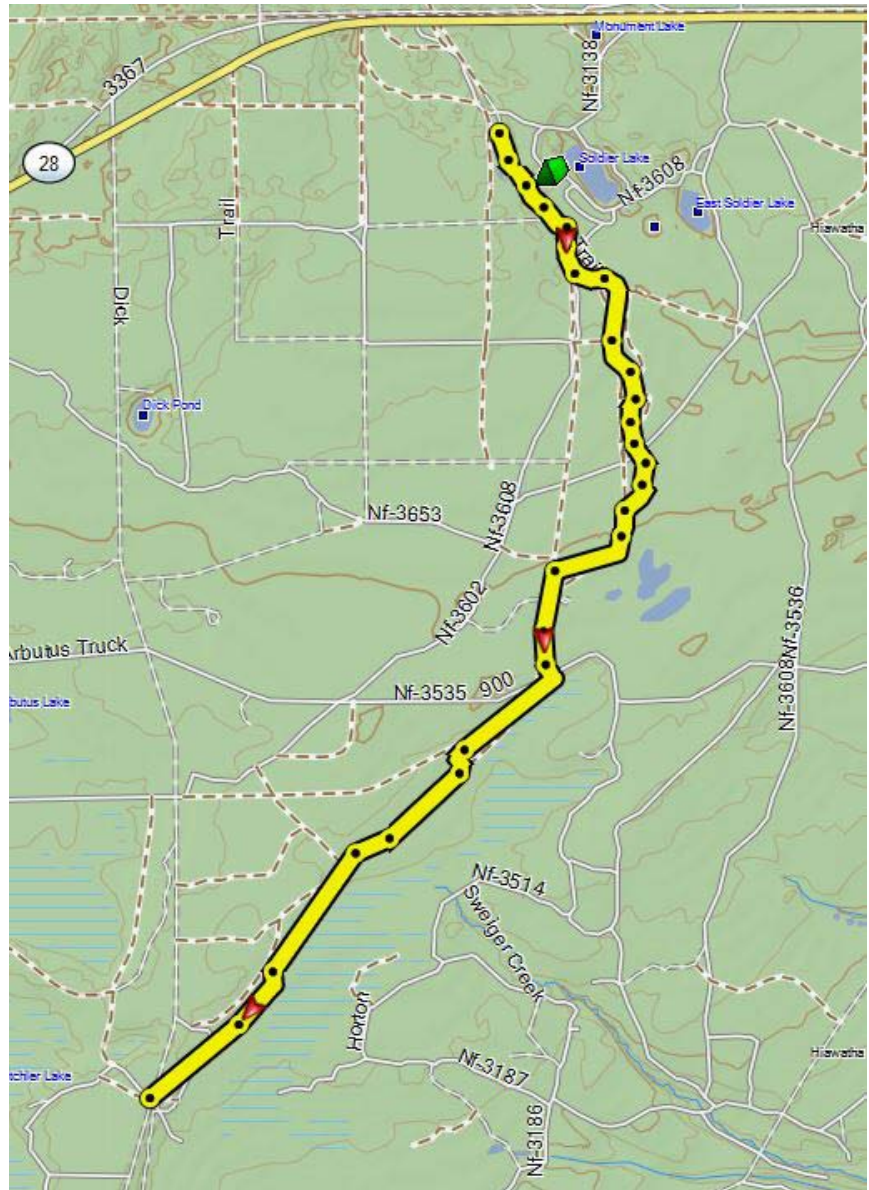
In Short: Beautiful run on the North Country Trail. Some open field running in this leg.

Scenery: 8 Difficulty: 5

Support: None

Leg A-8: 5.9 miles

Total Day 1: 50.4 miles



AUTOS

To get to the start of Leg A-10, go back to M-28.

Turn right on M-28 for 4.85 miles to FR 3131 (Sullivan Creek Tr Rd).

Turn right on FR 3131 for 3.0 miles to FR 3132.

Turn right on FR 3132 for 7.4 miles to FR 3139.

Turn left on FR 3139 for .7 mile to FR 3141.

Turn right on FR 3141 for 1.3 miles to the exchange at the North Country Trail crossing.

Park past the exchange.

Leg A-9 “The Pine River Run” Sponsored by Some Latin Name, Ask Ken

Continue on the North Country Trail for 4.4 miles to the exchange at FR 3141.

There are stretches in this leg where there are only small pine trees so you may not see many blue markers but you will see brown posts that have the North Country Trail/Hiking markers on them.

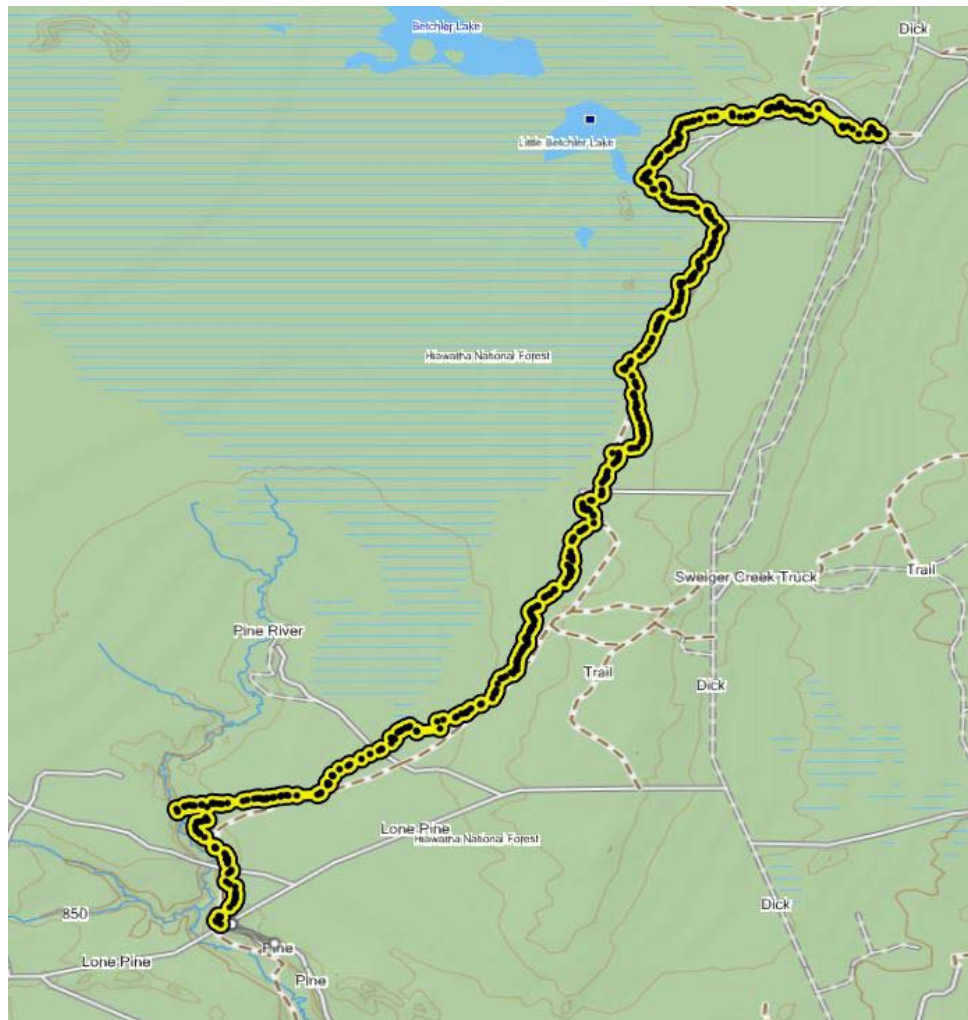
In Short: Beautiful run on the North Country Trail.

Scenery: 7-8 Difficulty: 5-6

Support: None

Leg A-9: 4.4 miles

Total Day 1: 54.8 miles



AUTOS

To get to the start of Leg A-10, continue on FR 3139 for 2.4 mile to FR 3141.

Turn right on FR 3141 for 1.3 miles to the exchange at North Country Trail crossing.

Leg A-10 “Pine River Campground Run” From 800 mg in celebration of the joyous life of Goody Peters

Continue on the North Country Trail for 4.2 miles to the exchange at FR 3137.

At 4.1 miles, when you pass by the big boulders go left onto the road just before the campground.

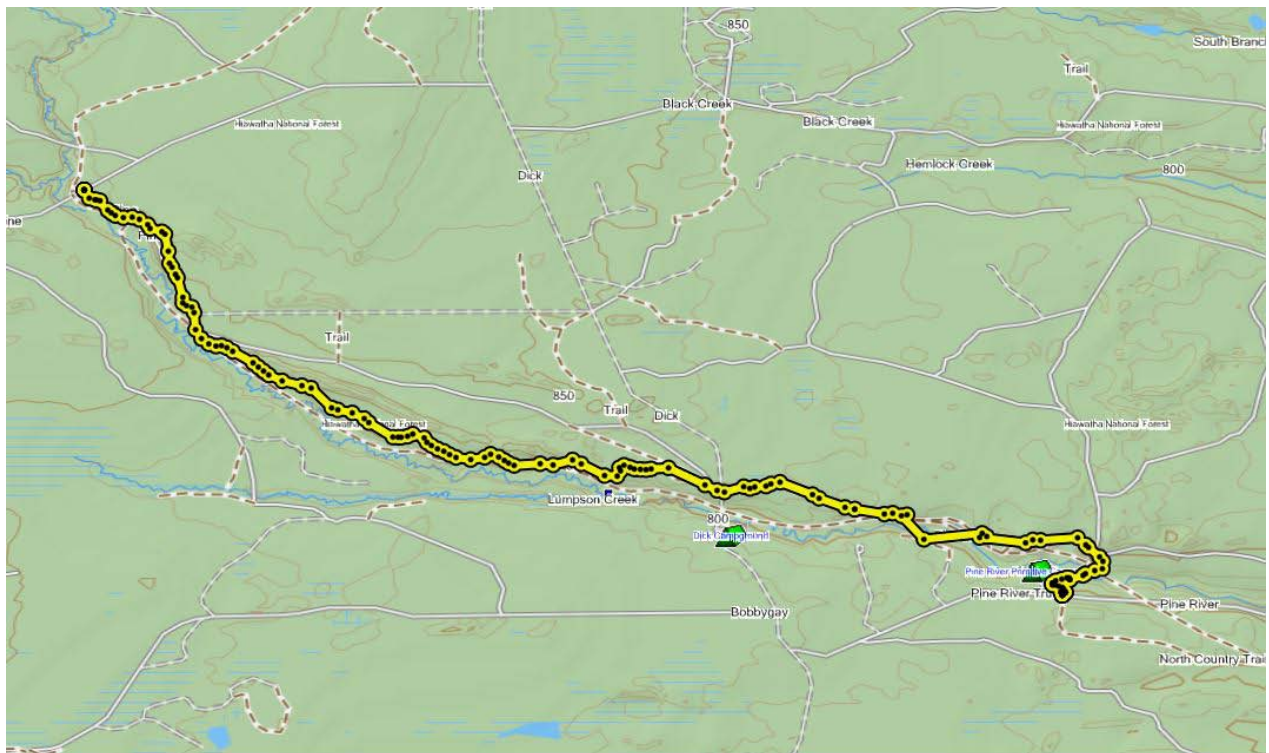
In Short: Beautiful run on the North Country Trail.

Scenery: 8 Difficulty: 7

Support: None

Leg A-10: 4.2 miles

Total Day 1: 59.0 miles



AUTOS

To get to the start of Leg A-11, continue on FR 3141 for 4.0 miles to M-123.

Turn left on M-123 for 1.9 miles to FR 3343.

Turn left on FR 3343 for 6.6 miles to FR 3139.

Turn right on FR 3139 for 0.1 mile to FR 3137.

Turn left on FR 3137 for 0.8 mile to the exchange at the North Country Trail crossing.

Park in the abandoned campground on the left.

Leg A-11 **“Trout Brook Pond Run” Sponsored by Kaiser Studio**

Continue on the North Country Trail for 8.0 miles to the exchange just past H40 (paved) at the power line.

The trail will parallel a two track road. Stay on the trail because it turns off from paralleling the road at some point.

At 3.8 miles turn right on FR 3339 over the bridge for 0.1 mile to the North Country Trail.

Turn left onto the trail for 4.1 miles to the exchange.

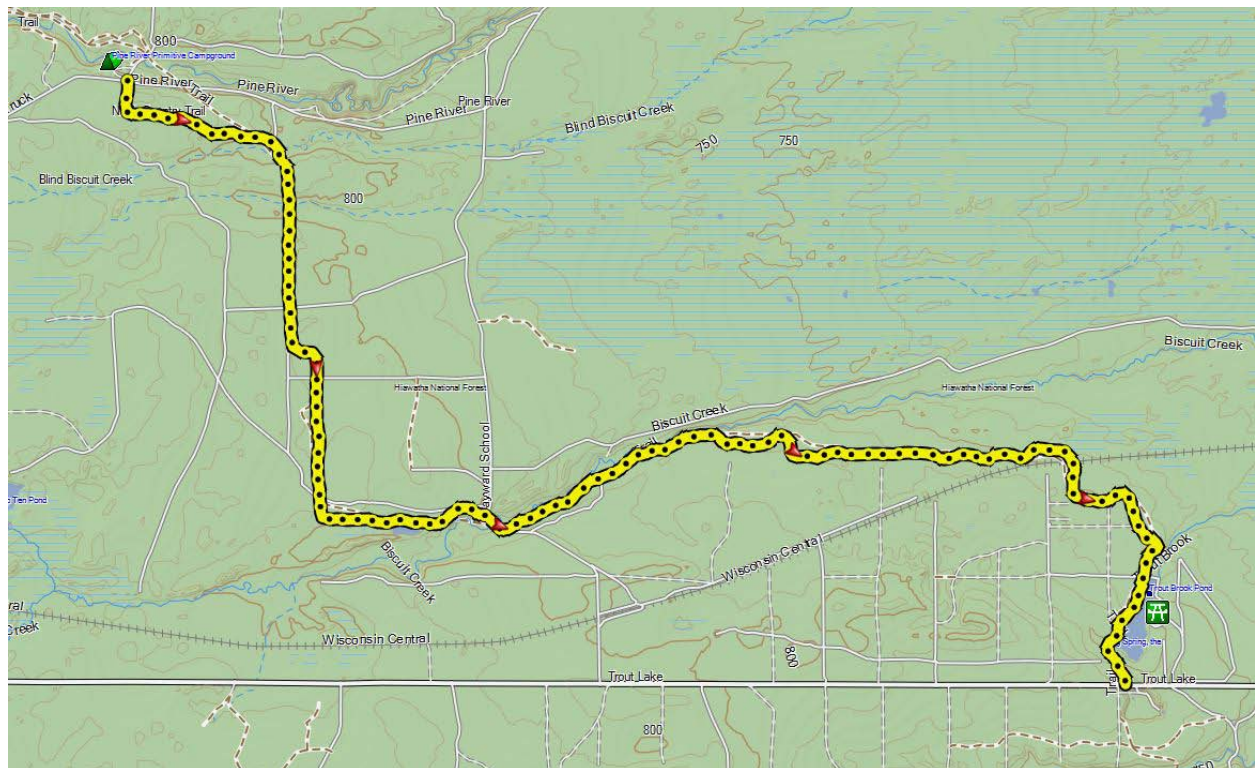
In Short: Beautiful run on the North Country Trail.

Scenery: 6 Difficulty: 4

Support: None

Leg A-11: 8.0 miles

Total Day 1: 67.0 miles



AUTOS

To get to the start of Leg A-12, continue on FR 3137 for 1.5 miles to FR 3339.

Turn right on FR 3339 for 2.9 miles to H40.

Turn left on H40 for 2.3 miles to the gravel pit on your right.

Turn right and park in the gravel pit area.

You will follow the power lines to the right for about .1 mile to the NCT. This is the exchange.

Leg A-12 **“Don’t Go To The Beaver Dam Run” Sponsored by Face Melters**

Continue on the North Country Trail for 7.1 miles to the exchange at FR 3114.

Don’t follow any signs to a beaver dam.

At .8 mile, turn right at the post in the middle of the trail. Do not go straight. If you do, you will see blue dots but they will lead you to a beaver dam. Don’t follow any signs to a beaver dam.

At 3.1 miles you pass rock formations

At 4.6 miles you come to a clearing. Follow the trail to the left.

At 4.75 start looking for the trail to go off to the left.

At 5.1 miles you come out to the road. Look for the trail on your left to get back in the woods.

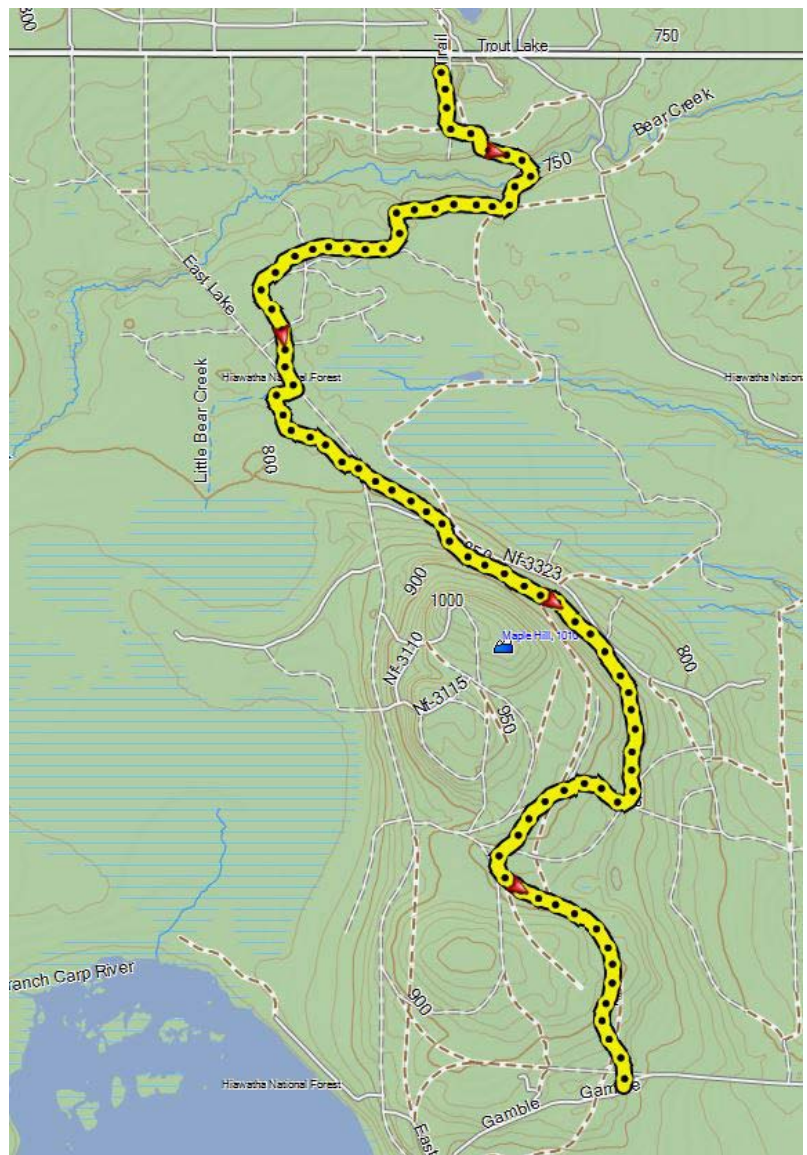
In Short: Beautiful run on the North Country Trail.

Scenery: 8-9 Difficulty: 3-4

Support: None

Leg A-12: 7.1 miles

Total Day 1: 74.1 miles



AUTOS

To get to the start of Leg A-13, turn left on H-40 for 1.3 miles to FR 3119 - East Lake Road

Turn left on FR 3119 for 4.7 miles to FR 3114.

Turn left on FR 3114 for 0.9 miles to the exchange at the North Country Trail crossing.

Leg A-13 “The East Lake Run” Sponsored by Law Offices of William J. Enright Jr., P.C.

Continue on the North Country Trail for 4.3 miles to the exchange at FR 3122

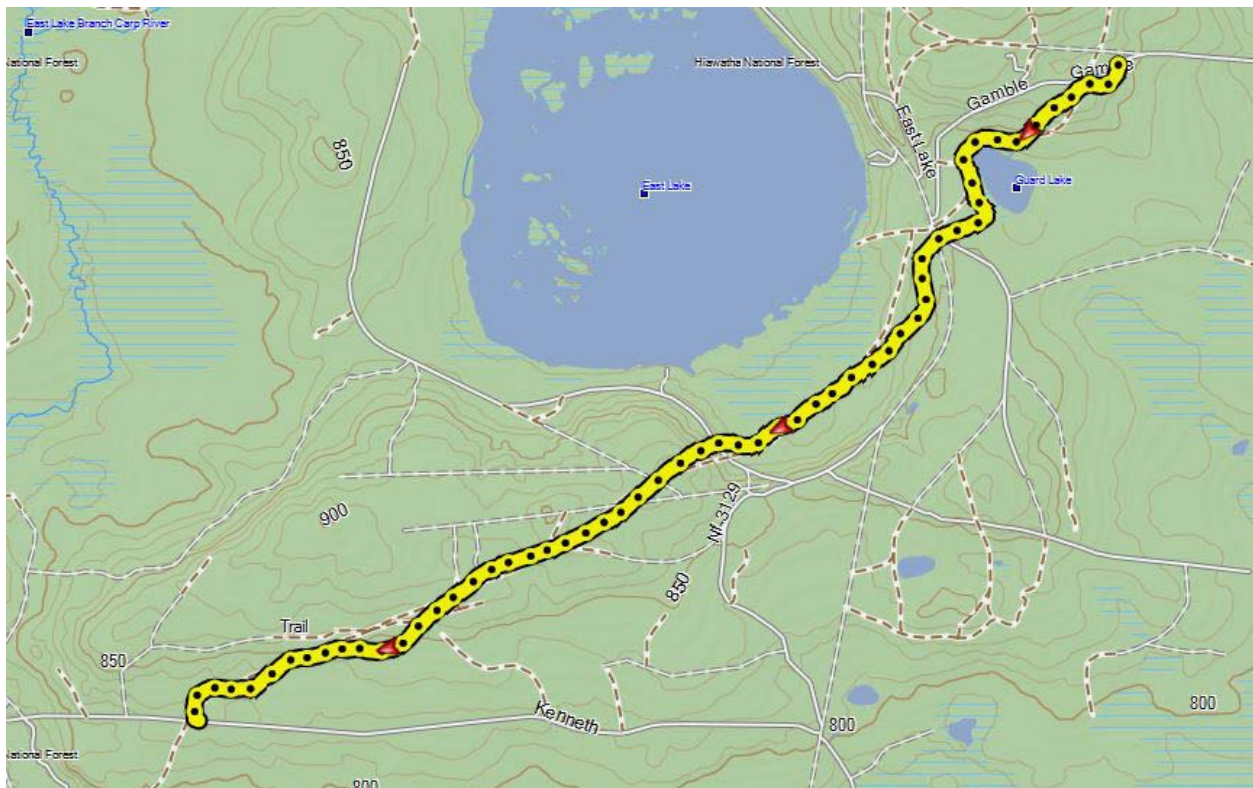
In Short: Beautiful run on the North Country Trail. Swampy at the beginning, rocky in the middle, nice at the end.

Scenery: 8 Difficulty: 6

Support: None

Leg A-13: 4.3 miles

Total Day 1: 78.4 miles



AUTOS

To get to the start of Leg A-14, continue on FR 3114 for 4.15 to a T.

Turn right still on FR 3114 for 4.2 miles to FR 3808.

Turn right on FR 3808 for 0.6 miles to FR 3119 – East Lake Rd.

Turn right on FR 3119 for 15 yards and then turn left on FR 3122 for 2.0 miles to the exchange at the North Country Trail crossing.

Park past the exchange.

Leg A-14 “ The Escarpment Run”

“SQUATCH” OUT!

A few locals have reported sightings of Sasquatch in the nearby forests. These sightings are unconfirmed at this time....but be on the lookout! You may be fortunate enough to run across footprints, see markings, or hear his mighty call.

Continue on the North Country Trail for 7.5 miles to the exchange at FR 3124.

At about 1.0 mile in you dead end at a river. Go left for about 200 yards to a foot bridge. Follow the footbridge and blue markers from here.

When you get to an ORV road just before M-123 go left for 200 yards and then right again on the trail.

At 5.0 miles you will cross M-123 – paved road with cars going 55 mph. Go left for about 50 yards and then right onto the trail.

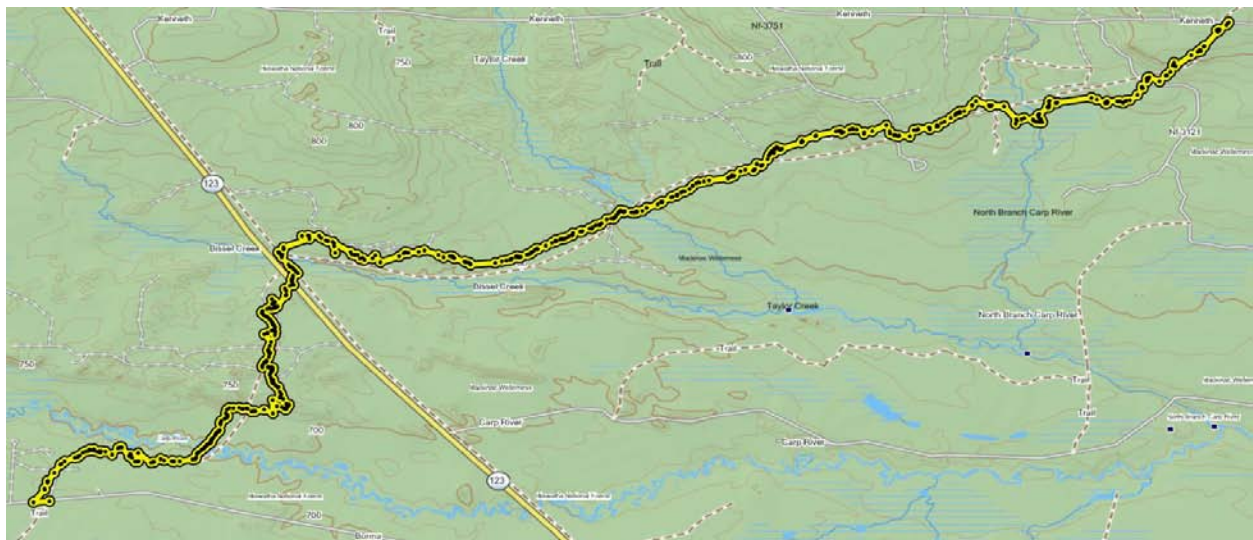
In Short: Rocky, overgrown, board walks, send your best mountain goat. Ankle buster alert on this leg through the escarpment area.

Scenery: 7 Difficulty: 9-10

Support: None

Leg A-14 7.5 miles

Total Day 1 85.9 miles



AUTOS

To get to the start of Leg A-15, continue on FR 3122 for 5.1 miles to M-123.

Turn left on M-123 for 3.5 miles to FR 3124.

Turn right on FR 3124 for 2.1 miles to the exchange at the North Country Trail crossing.

Park past the exchange.

Leg A-15 SkaryD's Route sponsored by Cayman Chemical Company Inc

Continue on the North Country Trail for 5.2 miles to the exchange at FR 3108.

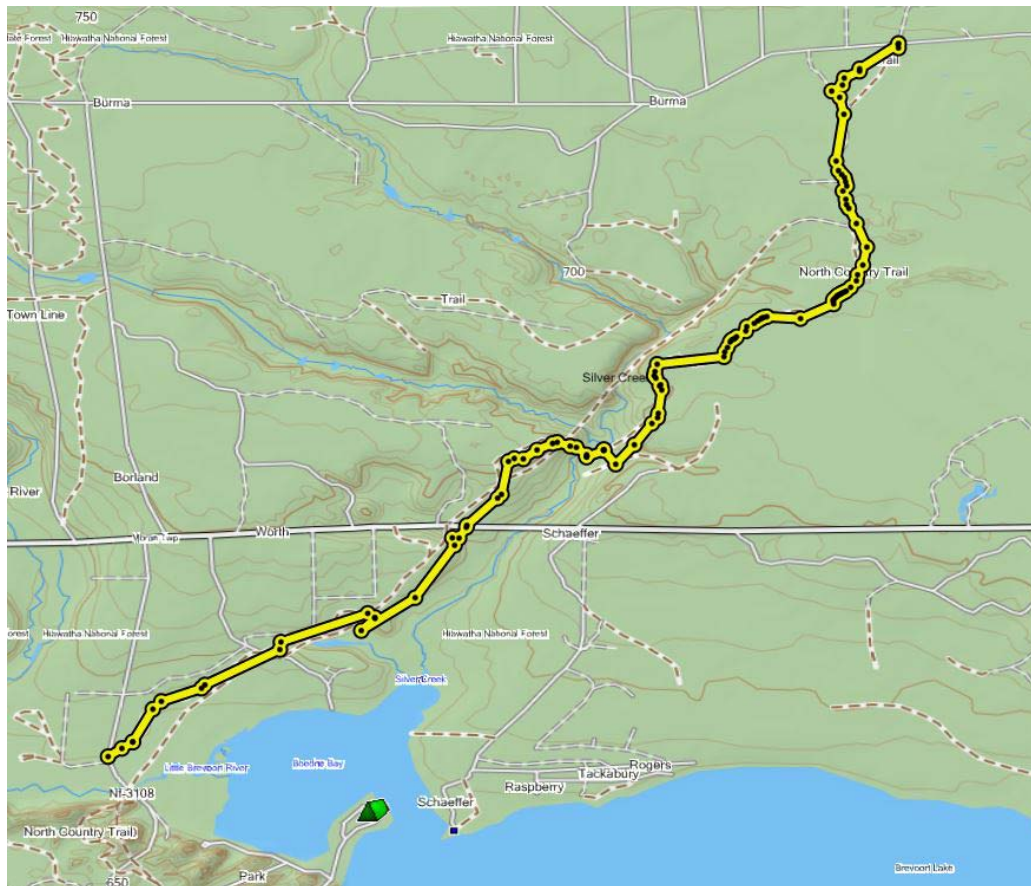
In Short: Beautiful run on the North Country Trail.

Scenery: 8 Difficulty: 7

Support: None

Leg A-15: 5.2 miles

Total Day 1: 91.1 miles



AUTOS

To get to the start of Leg A-16, continue on FR 3124 for 2.4 miles to FR 3124 (continuation of FR 3124).

Turn left on FR 3124 for 1.8 miles to Worth.

Turn right on Worth for 40 yards to FR 3108.

Turn left on FR 3108 for 0.8 mile to the exchange at the North Country Trail.

Park in the grass lot on the left - keep the trail area open because runners will be coming through here from the woods.

Toilets available at the Brevort Lake Picnic Area.

Leg A-16 “The Brevort Lake Run” In Memory of Edward Roginski, a great supporter of Dakota Track and Field & Cross Country

Turn left on FR 3108 (paved) for .2 mile to the trail on the right.

Turn right on the trail for 3.5 miles on the North Country Trail to the exchange at Brevort Lake.

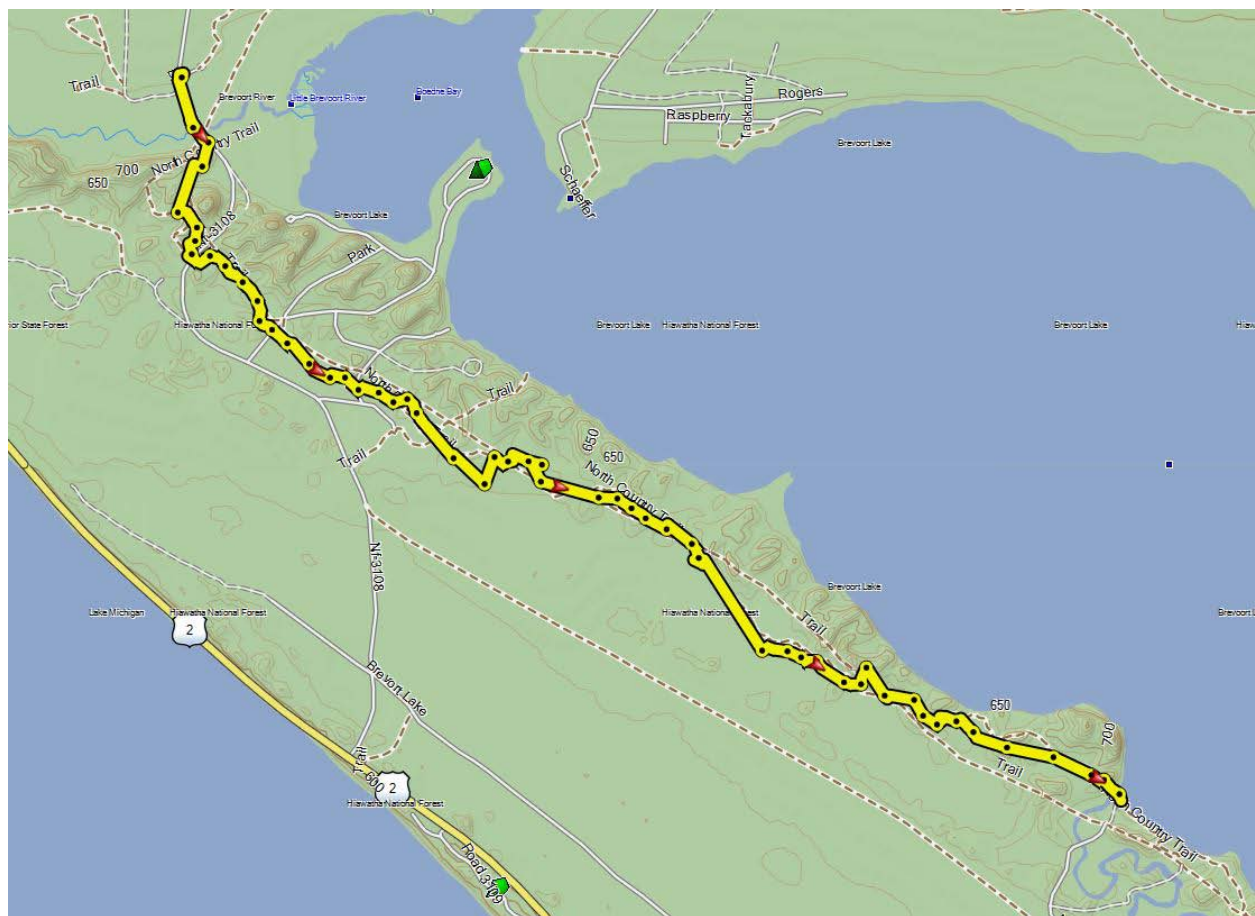
In Short: Beautiful run on the North Country Trail.

Scenery: 8 Difficulty: 6-7

Support: None

Leg A-16: 3.7 miles

Total Day 1: 94.8 miles



AUTOS

To get to the start of Leg A-17, turn left on FR 3108 for 2.0 miles to US-2.

Turn left on US-2 for 5.9 miles to Brevort Lake Rd.

Turn left on Brevort Lake Rd for 2.9 miles to Dam Rd.

Turn left on Dam Rd for 2.8 miles to the turnaround – dead end road. Turn around and park on the right hand side of the road going out. Be careful on your way in and out as there will be vehicles going both ways and it's narrow in spots.

Walk down 100 yards past the gate to the water – you're at the exchange.

Leg A-17 **“Round Lake Run” Sponsored by Chippewa Valley Athletic Boosters “Big red Run”**

Continue on the North Country Trail for 6.95 miles to the exchange on Round Lake Rd and a two tracker on your right.

At 6.2 miles on the trail you will come out to the Power Line road.

Turn left for .3 mile to a road on your right following the pink flags.

Turn right on the road for .45 to FR 3105 (Round Lake Rd.)

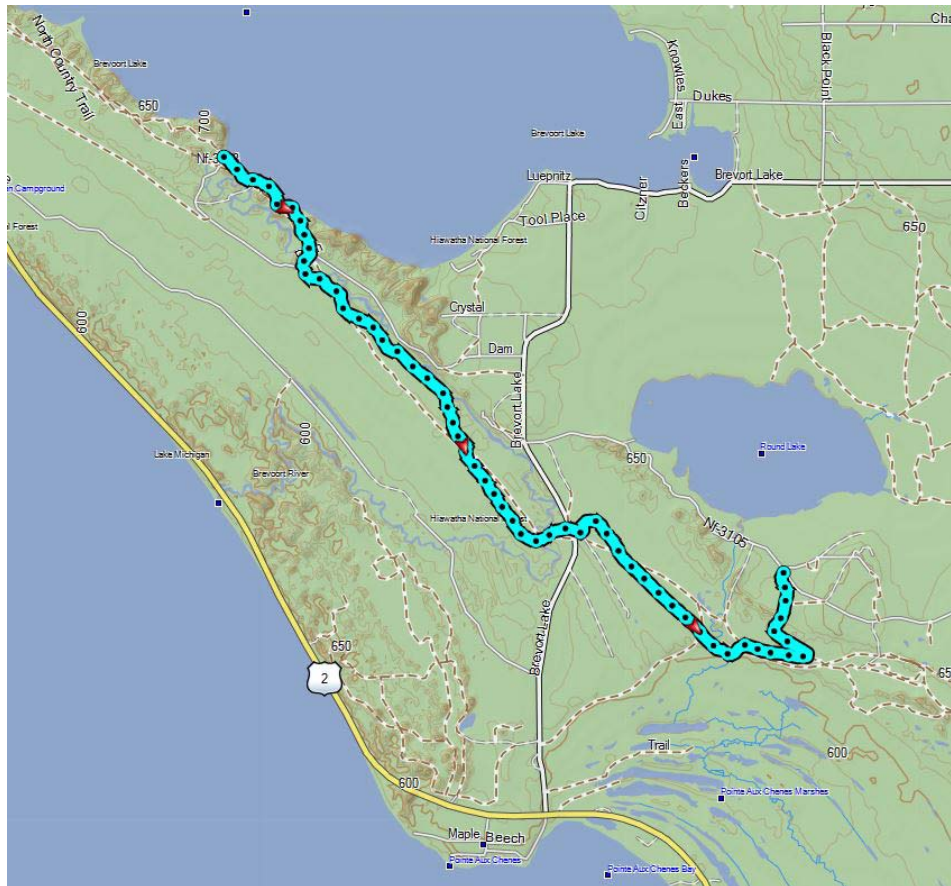
In Short: Beautiful run on the North Country Trail.

Scenery: 8 Difficulty: 6-7

Support: None

Leg A-17: 6.95 miles

Total Day 1: 101.75 miles



AUTOS

To get to the start of Leg A-18, go back on Dam Rd for 2.8 miles to Brevort Lake Rd.

Be careful on your way out as there will be vehicles going both ways and it is narrow in spots.

Turn right on Brevort Lake Rd for 0.5 miles to FR 3105 – Round Lake Rd

Turn left on FR 3105 for 1.9 miles to a two track on the right.

This is the exchange.

**Leg A-18 “Castle Rock Run” Sponsored by Kistner, Troyanovic & Brady, P.C.,
Attorneys at Law**

Go back the way your runner came for .45 mile to a T – Power Line Road following the blue flags.

Turn left for .3 mile where you will pick up the NCT .

Continue straight for .1 mile where the trail goes in to the left.

Continue on NCT Trail for 6.0 miles to the Trailhead at Castle Rock Rd.

At .1 mile the trail goes left off of the power Line Rd

From the time you get back onto the NCT to the end of the leg will be 6.0 miles on the trail.

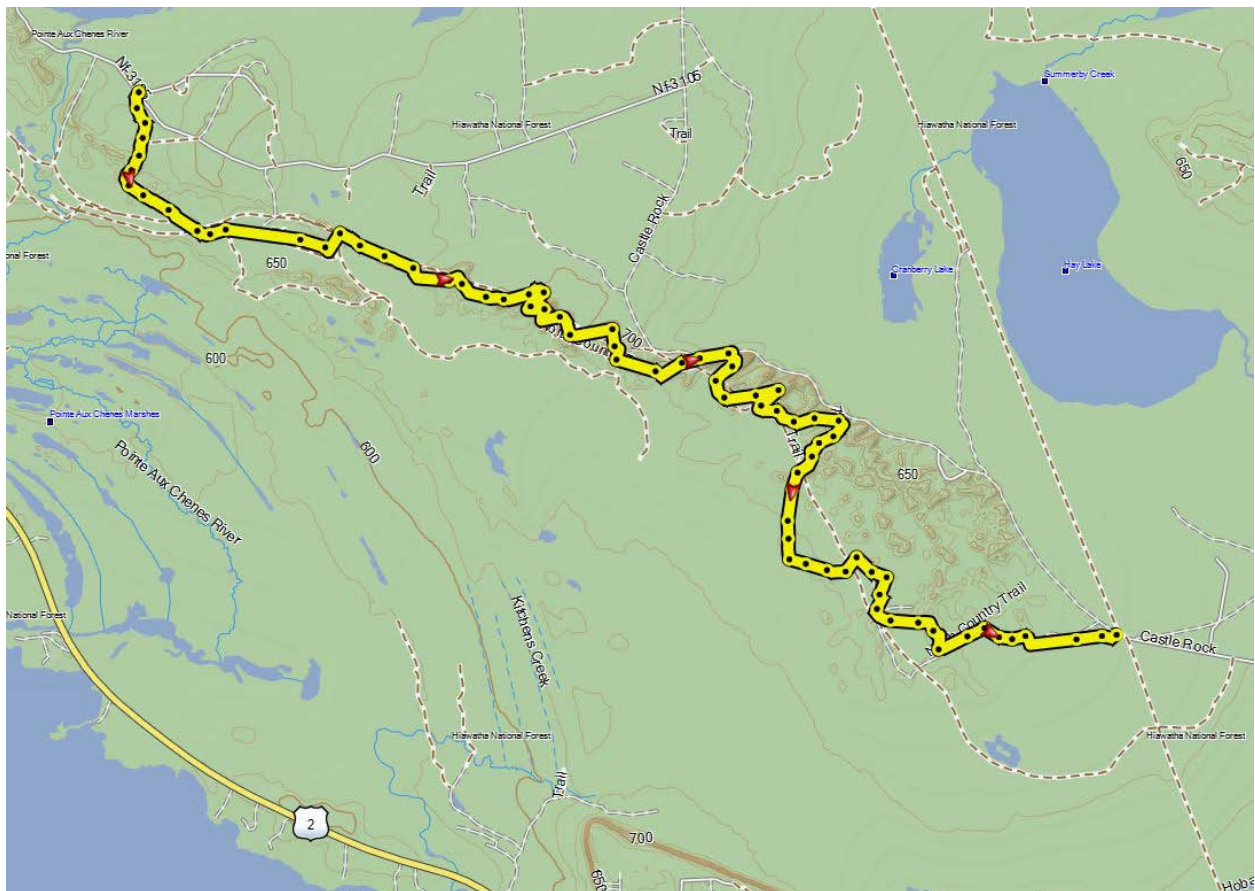
In Short: Beautiful run on the North Country Trail.

Scenery: 8 Difficulty: 6-7

Support: None

Leg A-18: 6.75 miles

Total Day 1: 108.5 miles



AUTOS

To get to the start of Leg A-19, continue on FR 3105 for 2.4 miles to FR 3104 – Castle Rock Rd. Turn right on FR 3104 for 3.65 miles to the exchange at the Castle Rock Trailhead of the North Country Trail.

Leg A-19 “St. Ignace At Last!” Sponsored by “The Makers of Men & Women!” in honor of Bob Winkler, and Nick Papas. In Memory of Dan Kelly

Turn right on the rail trail for 4.0 miles to the finish in St. Ignace at the Little Bear Ice Arena.

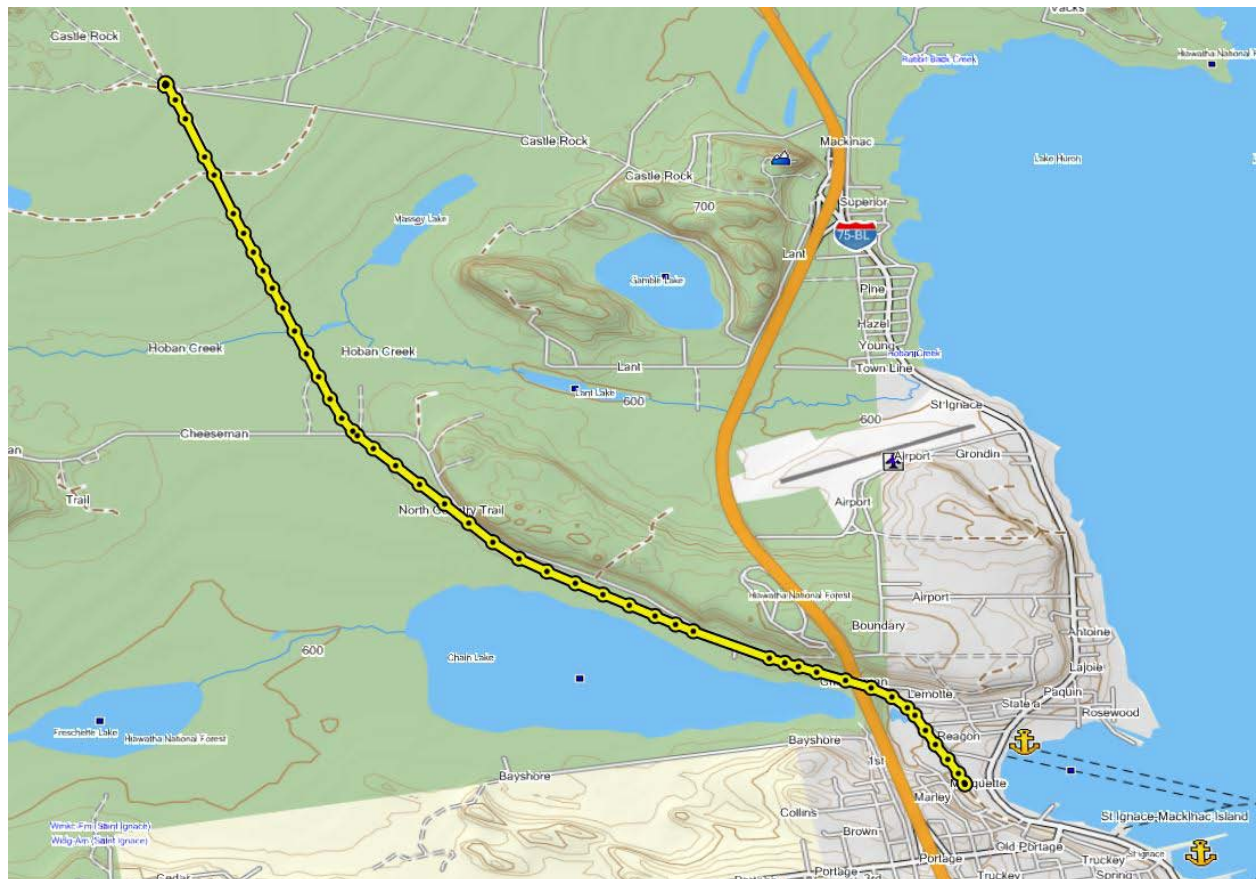
In Short: Rail Trail into St. Ignace. Flat and fast.

Scenery: 8 Difficulty: 6-7

Support: None

Leg A-19 4.0 miles

Total Day 1 112.5 miles



AUTOS

To get to the finish, continue straight on FR 3104 (Castle Rock Road) for 2.1 miles to a T.

Turn left for .1 mile to a stop sign. You will cross over I-75 and continue south on Business I-75 for 2.85 miles to Marquette St.

Turn right on Marquette for 75 yards to the Little Bear East Arena.

Turn right and park in the big parking lot.

The race finish is on the rail trail next to the arena.