



JULY 17-19, 2015

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

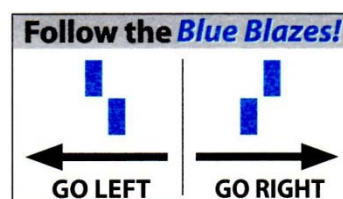
In order to avoid congestion at tight exchanges there will be a number of legs throughout the relay where only one vehicle per team will be allowed. These are clearly stated in the directions. Ignorance will not be tolerated here either. Severe time penalties will occur for violations.

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.



GLR15 Friday, July 17, 2015 Start Time 6:00 AM

Tape your white GLR Vehicle sign to the rear side window on the drivers side.
To get to the start from the light in Paradise, head west on M-123 for 13.8 miles to the Tahquamenon Upper Falls. You will need a Michigan Recreation Pass to get to the start of Legs 1 & 2 – they are \$11.

All vehicles can come to the start of Legs A-1 and A-2. Only one vehicle can go to the start of Leg A-3 and will have the runner for Leg A-4 also.

Leg A-1 “Upper Falls Run” In Memory of Punch Metcalf, Backtracker Extraordinaire, Mapper, Friend, Sponsored by his Lakeshore Striders Family

Start at the parking area of the Tahquamenon Upper Falls.

Proceed .4 mile on the paved path to the river walk. Turn left on the paved trail and continue for 4.8 miles onto the dirt trail heading for the exchange at the Lower Falls.

When you come out to the Lower Falls Parking Lot turn right on the sidewalk for 50 yards to the exchange.

In Short: Beautiful leg with views of the river. Lots of roots on this leg. Could be an ankle buster if you're not paying attention.

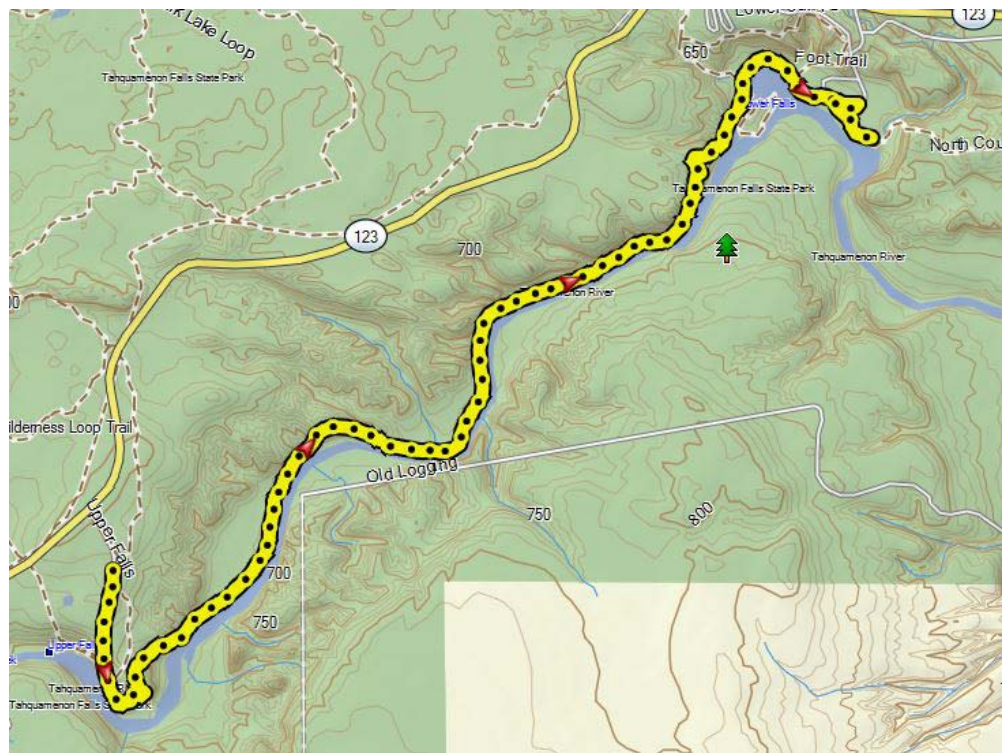
Restrooms: Available at the park.

Scenery: 10 Difficulty: 7-8

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 Out for Blood**

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.

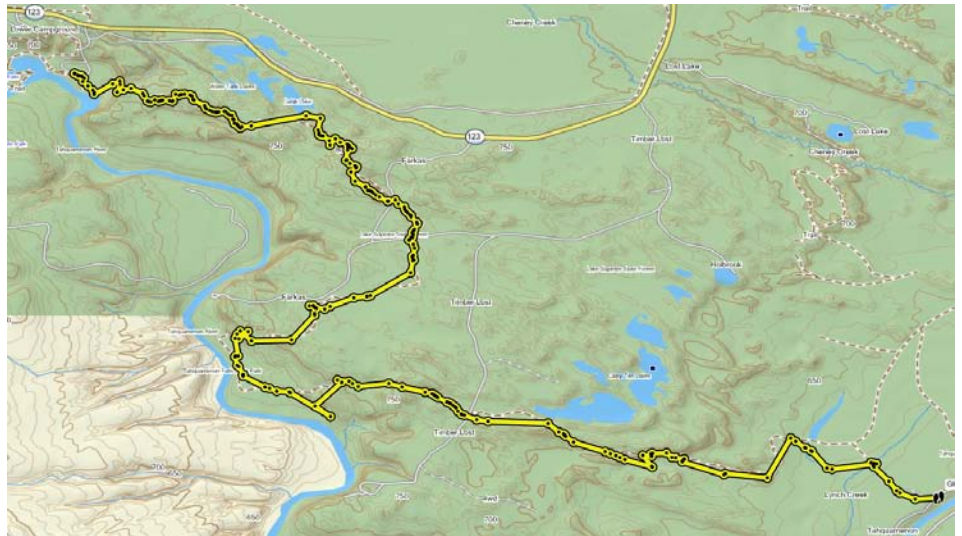
In Short: Beautiful leg with views of the river.

Restrooms: Available at the park.

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 can go to the start of Leg A-3. This vehicle will have the runners for Legs A-3 and A-4. Use **Blue** Detour Sign.

To do this from the Lower Falls Park, turn right onto M-123 for 10.3 miles to a stop sign in Paradise.

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

Turn right on Tahqua Trail. The exchange is at 5.0 miles on Tahqua Trail 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 can go to the start of Leg A-5. Use **Yellow** Detour Sign. To get there, from the Lower Falls Park, turn right onto M-123 for 10.3 miles to a stop sign in Paradise.

Turn right, still on M-123 for 8.65 miles to the exchange at the NCT on the left.

Park on the right shoulder past the exchange. Stay off of M-123.

Vehicle #3: This vehicle will go the start of Leg A-6. To get there Lower Falls Park, turn right onto M-123 for 10.3 miles to a stop sign in Paradise.

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

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 “Snug Harbor Run” Sponsored by Total Runner, Southgate, MI

Continue through the parking lot onto the single track trail for 5.85 miles to the exchange at M-123. The trail runs between Tahqua Trail Rd and the river. There are several times when you're on the trail that you will make hard lefts, go out to the road, and then turn right back into the trail. Watch for the signs going in and out. These are detours around drainage ditches.

At 4.0 miles you go left on a road out to Tahqua Trail Road. You will turn right on Tahqua Trail Rd for 1.85 miles to the finish at M-123.

In Short: Beautiful leg with views of the river.

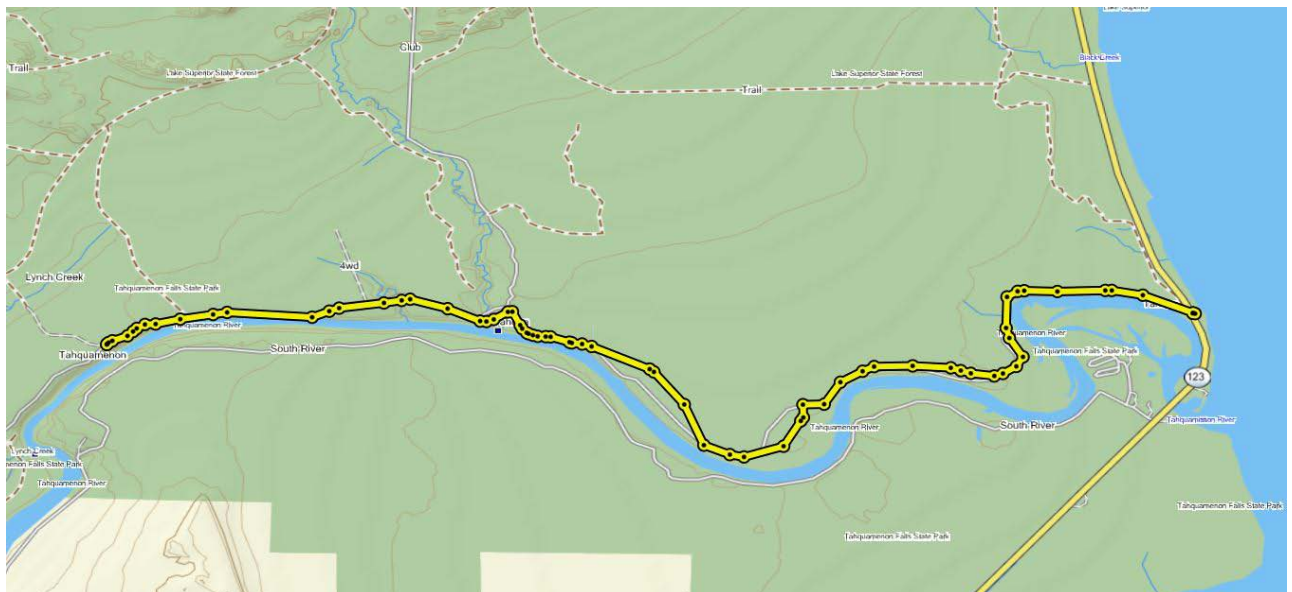
Restrooms: None at the start – there is a house at the start. Stay out of that yard. Restrooms are available at M-123 and Tahqua Trail Rd.

Scenery: 7 Difficulty: 3

Support: None

Leg A-3: 5.85 miles

Total Day 1: 19.85 miles



AUTOS

Continue on Tahqua Trail Road for 5.0 miles to the exchange at M-123. Park before the exchange. Be mindful of the runners – they will be running on Snug Harbor Rd.

Leg A-4 "1, 2, 3 Go!" Sponsored by Chippewa Valley Ed Association, MEA NEA
Local 1

Turn right on M-123 and cross over, 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.

Restrooms: Restrooms are available at M-123 and Snug Harbor Rd.

Scenery: 7 Difficulty: 3

Support: None

Leg A-4: 4.25 miles
Total Day 1: 24.1 miles



AUTOS

Turn right on M-123 for 6.5 miles to Whitefish Bay Scenic Byway (Curley Lewis Hwy.)

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” Dedicated to Punch Metcalf: a constant force in the GLR. He helped with mapping trips, monitoring the GLR and ran in the race for many years. A great friend to all with a sense of humor to make us laugh. Lost to us now but not forgotten. He “really did play well with others.” The Great Lakes Relay Committee

Turn left on Rd 3349 for 3.1 miles to the 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, arrows and blue markers.

Cross south over The Whitefish Bay Scenic Byway 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.

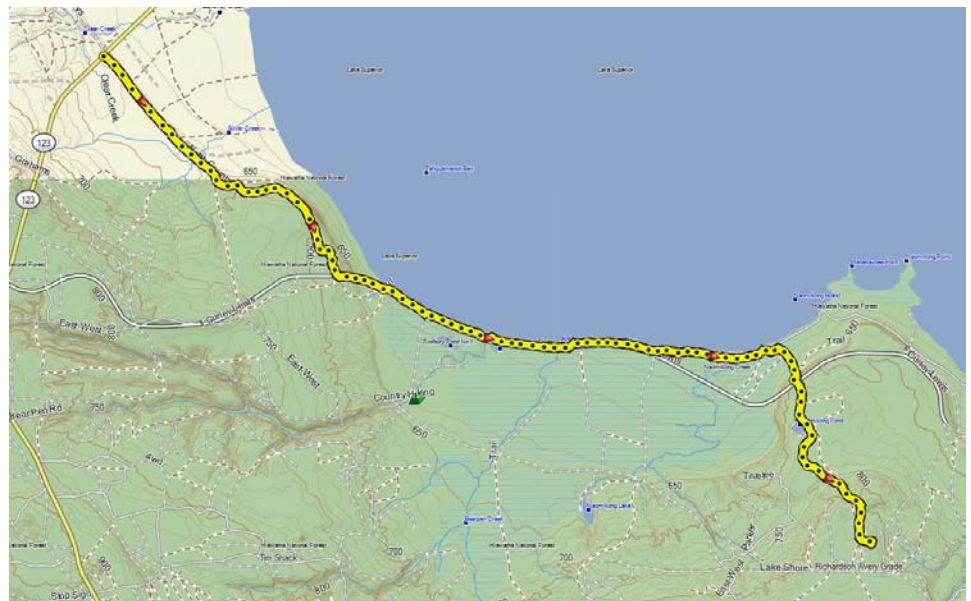
Restrooms: None

Scenery: 10 Difficulty: 5

Support: None

Leg A-5: 11.3 miles

Total Day 1: 35.4 miles



AUTOS

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

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.

Restrooms along the way are available on the Whitefish Bay Scenic Drive at the Bark Dock Day Use Area at 3.7 miles, and at the Naomikong Overlook at 7.5 miles.

Leg A-6 “Salt Point Run” Sponsored by ‘...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 3.45 miles to the exchange at FR 3161 (Salt Point Road).
At about 0.75 mile the trail makes a hard right.

In Short: Beautiful run on the North Country Trail.

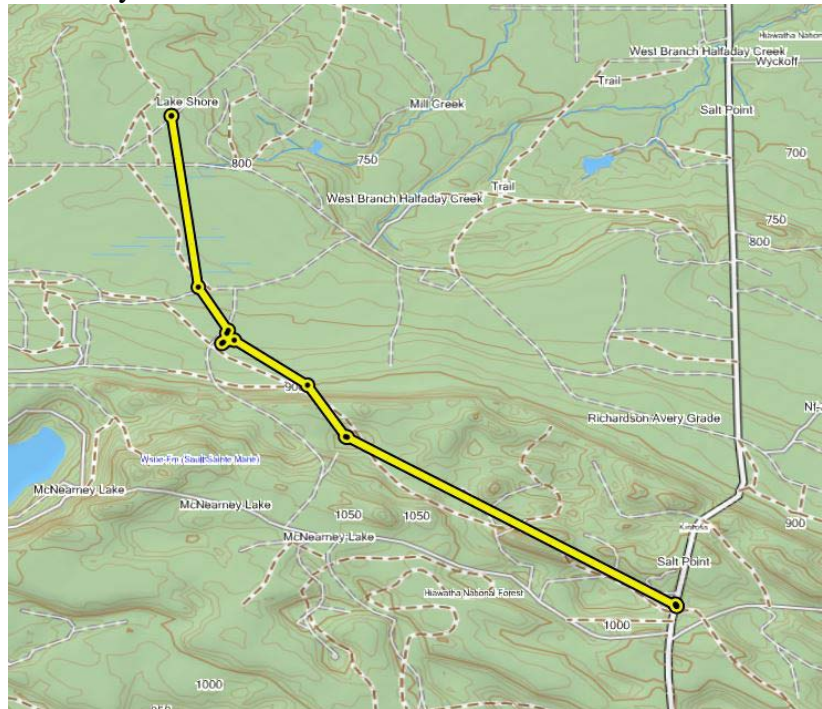
Restrooms: None

Scenery: 8 Difficulty: 6-7

Support: None

Leg A-6: 3.45 miles

Total Day 1: 38.85 miles



AUTOS

Vehicle #1: One vehicle can go to the start of Leg A-7. Use **Lime** Detour Sign. To do this, 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 - paved)

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 can go to the start of Leg A-8. Use **Yellow** Detour Sign. To do this, continue on FR 3150 for .3 mile to FR 3156.

Turn left on FR 3156 for 6.0 miles to FR 3157.

Turn right on FR 3157 for 3.9 miles to M-28.

Turn right on M-28 for 1.55 miles to FR 3138.

Turn left on FR 3138 – Soldier Lake Campground for 0.6 mile to the Picnic Parking lot.

Turn left and park. Walk back out to the road the way you came in and turn left for 75 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.

Vehicle #3: This vehicle will go to the start of Leg A-9. To do this, continue on FR 3150 for .3 mile to FR 3156.

Turn left on FR 3156 for 6.0 miles to FR 3157.

Turn right on FR 3157 for 3.9 miles to M-28.

Turn right on M-28 for 3.7 miles to FR 3139.

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

Leg A-7 “Soldier Lake Run” Sponsored by Chippewa Valley 9th Grade Center

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.

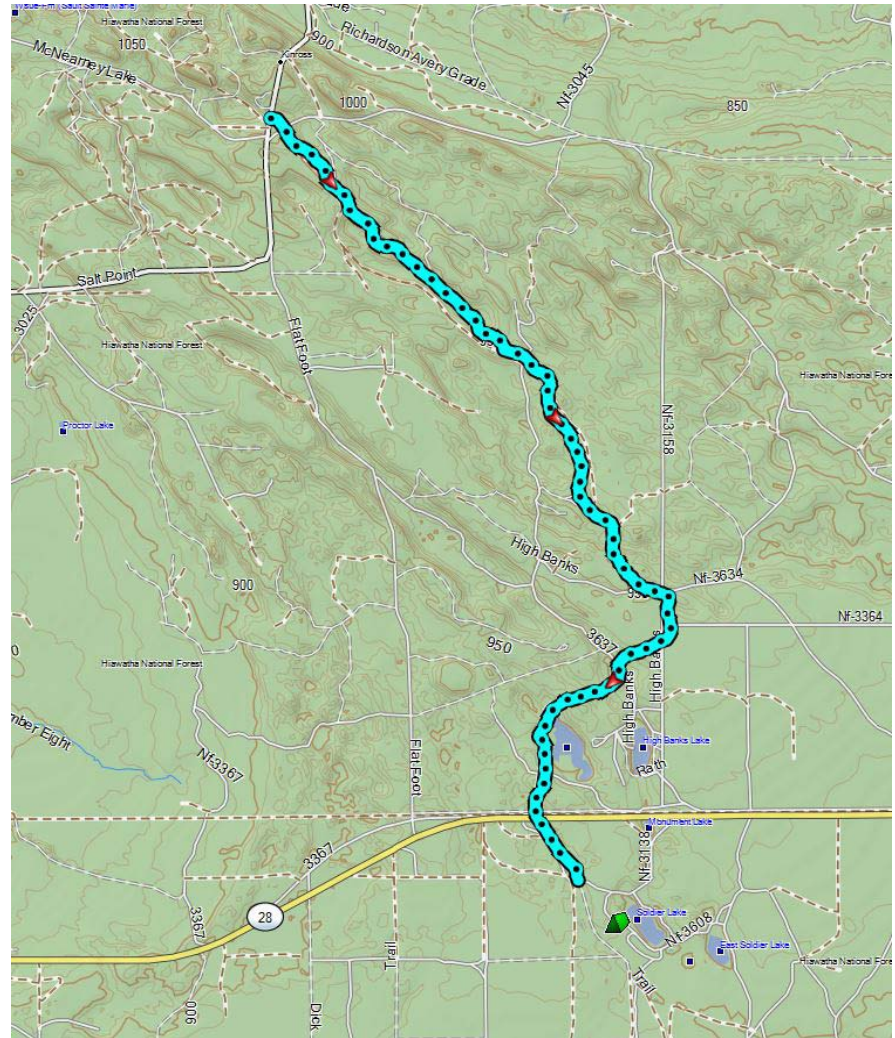
Restrooms: None at the start and then toilets at the end of the leg at Soldier Lake Picnic Area.

Scenery: 6 Difficulty: 6-7

Support: None

Leg A-7: 6.5 miles

Total Day 1: 45.35 miles



AUTOS – This vehicle will now go to the start of Leg A-9, continue on 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 Kaiser Studio

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.

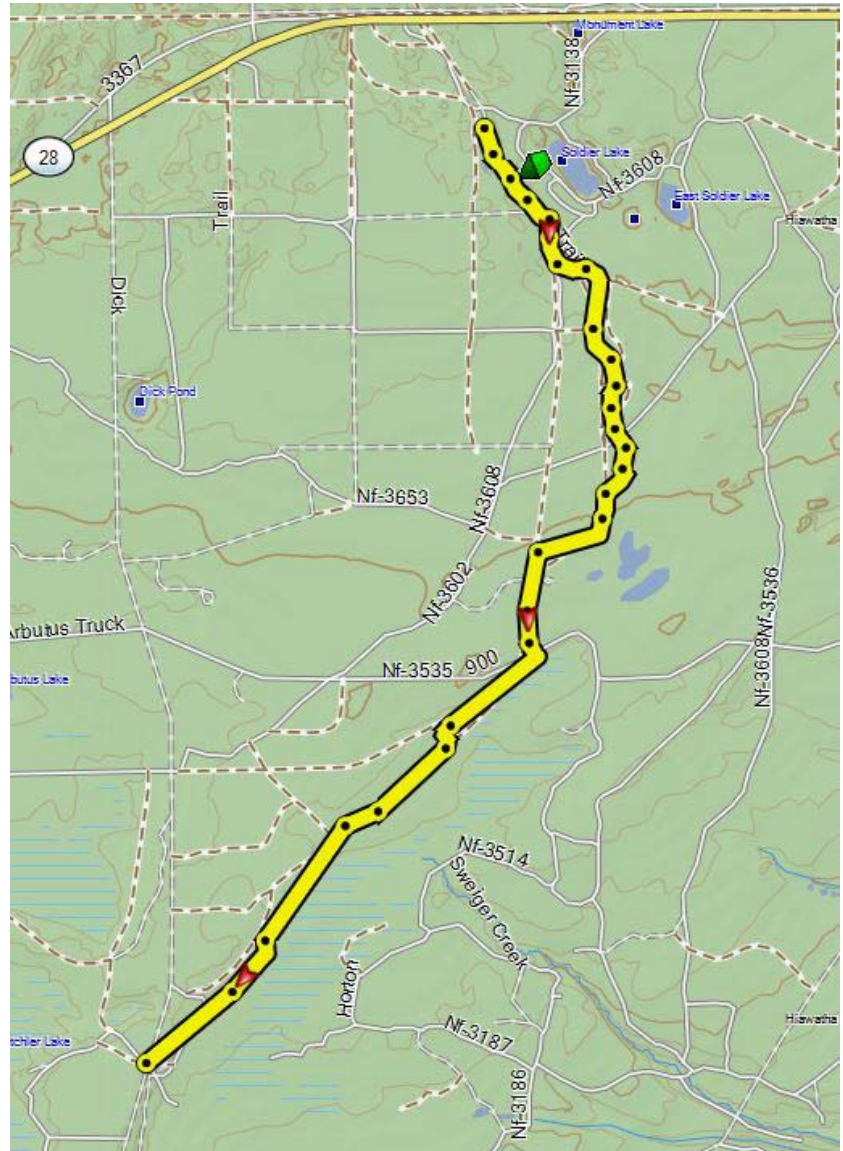
Restrooms: Toilets at the start at Soldier Lake Picnic Area.

Scenery: 8 Difficulty: 5

Support: None

Leg A-8: 5.9 miles

Total Day 1: 51.25 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 Bath City Bistro

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.

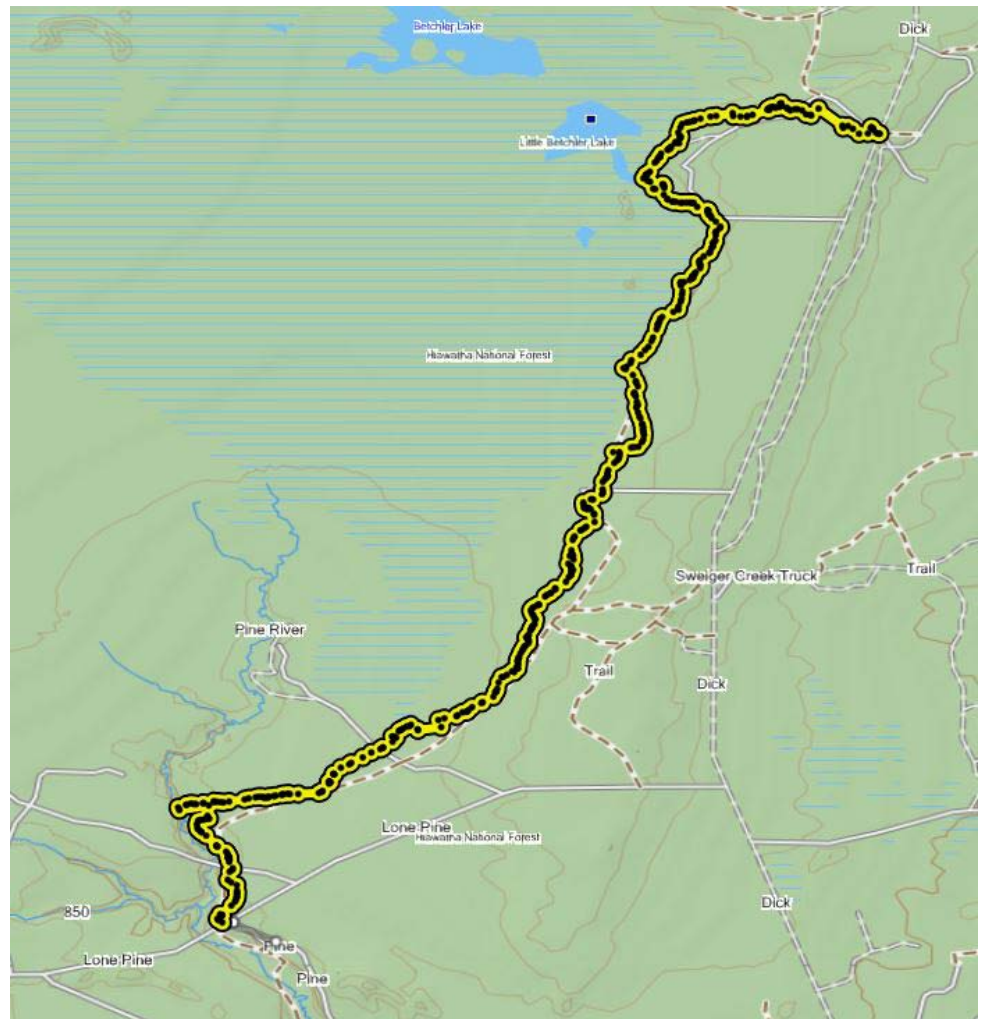
Restrooms: None

Scenery: 7-8 Difficulty: 5-6

Support: None

Leg A-9: 4.4 miles

Total Day 1: 55.65 miles



AUTOS

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.

Park before the exchange.

**Leg A-10 “Pine River Campground Run” Sponsored by Dakota High School, In
Memory of Edward Roginski, a great supporter of Dakota Track and Field & Cross
Country**

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.

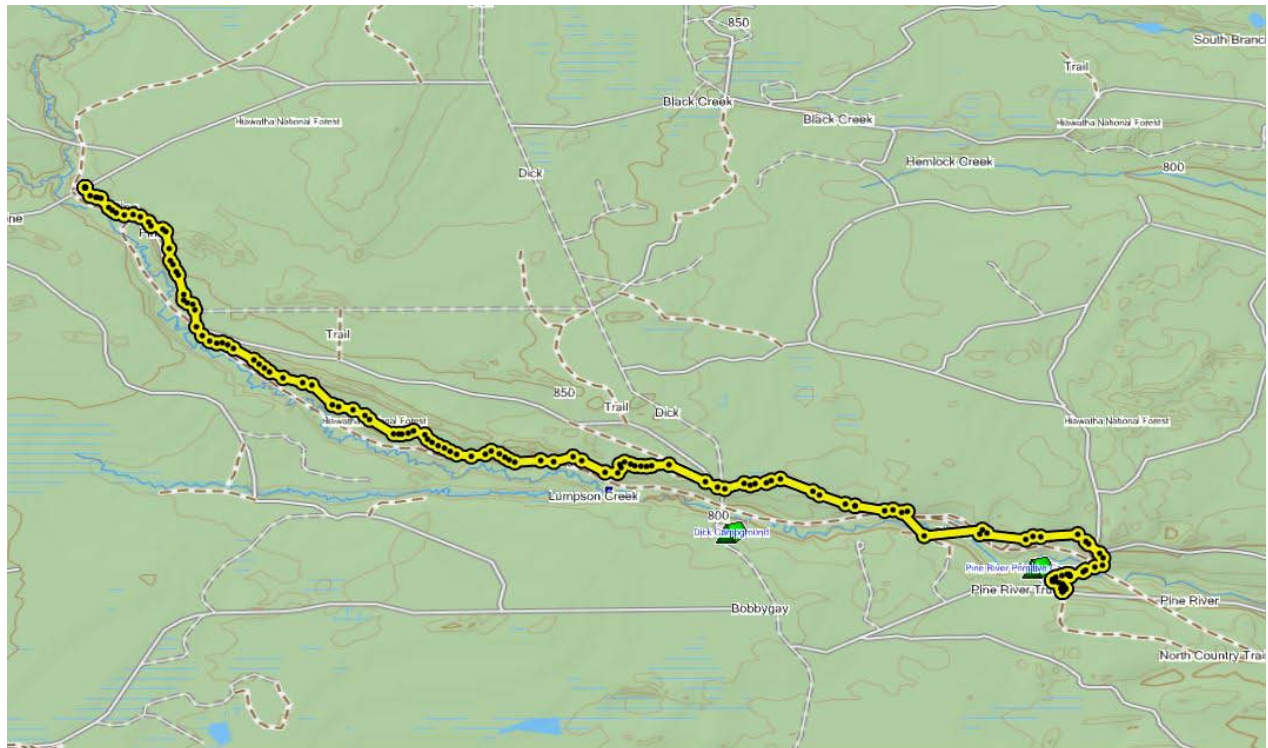
Restrooms: None.

Scenery: 8 Difficulty: 7

Support: None

Leg A-10: 4.2 miles

Total Day 1: 59.85 miles



AUTOS

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 Kistner, Troyanovic & Brady, P.C., Attorneys at Law

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.

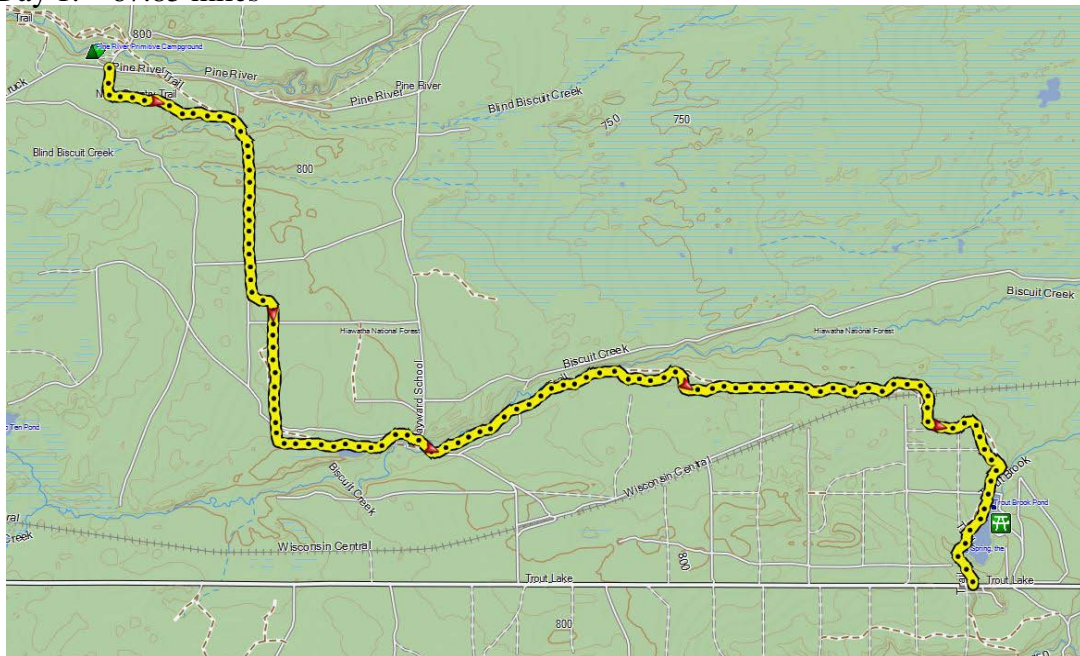
Restrooms: Port a johns at the start in the Pine River Campground.

Scenery: 6 Difficulty: 4

Support: None

Leg A-11: 8.0 miles

Total Day 1: 67.85 miles



AUTOS

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 Roseville/Warren
Kiwanis Club**

Continue on the North Country Trail for 7.7 miles to the exchange at FR 3119 (East Lake Rd).

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.

Restrooms: None at start.

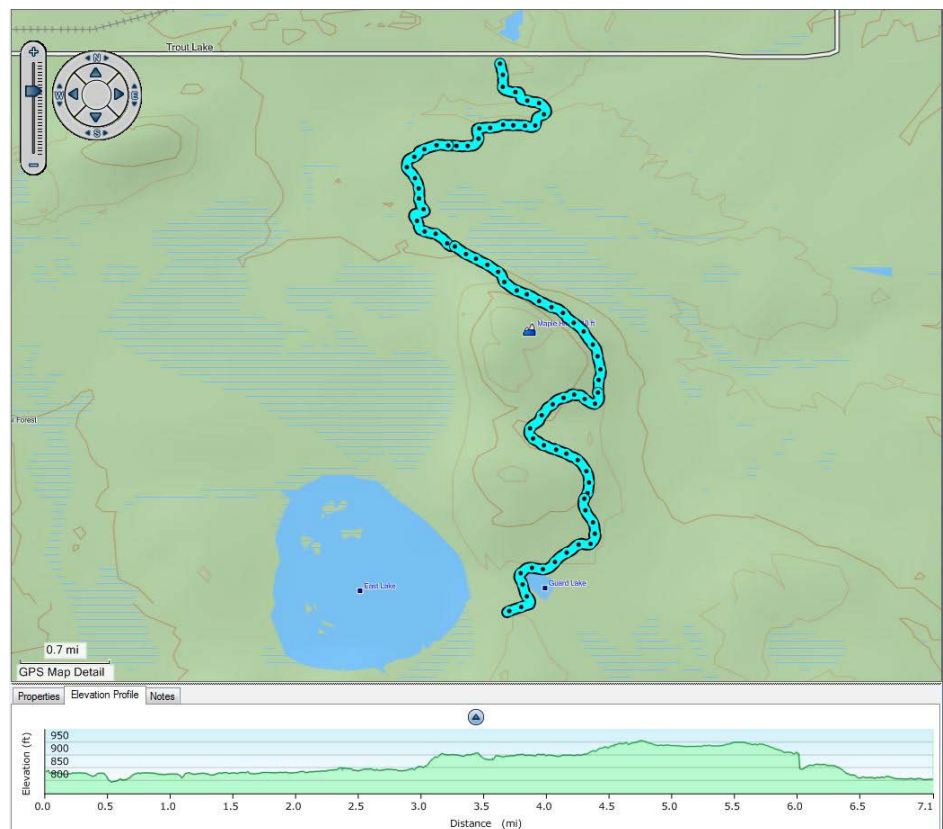
In Short: Beautiful run on the North Country Trail.

Scenery: 8-9 Difficulty: 3-4

Support: None

Leg A-12: 7.7 miles

Total Day 1: 75.55 miles



AUTOS

Turn left on H-40 for 1.3 miles to FR 3119 - East Lake Road

Turn left on FR 3119 for 4.8 miles to the exchange at the North Country Trail crossing.

Park past the exchange.

Leg A-13 “The East Lake Run” Sponsored by Whitefish Bay Corporation: Paradise Inn

Continue on the North Country Trail for 3.7 miles to the exchange at FR 3122

In Short: Beautiful run on the North Country Trail.

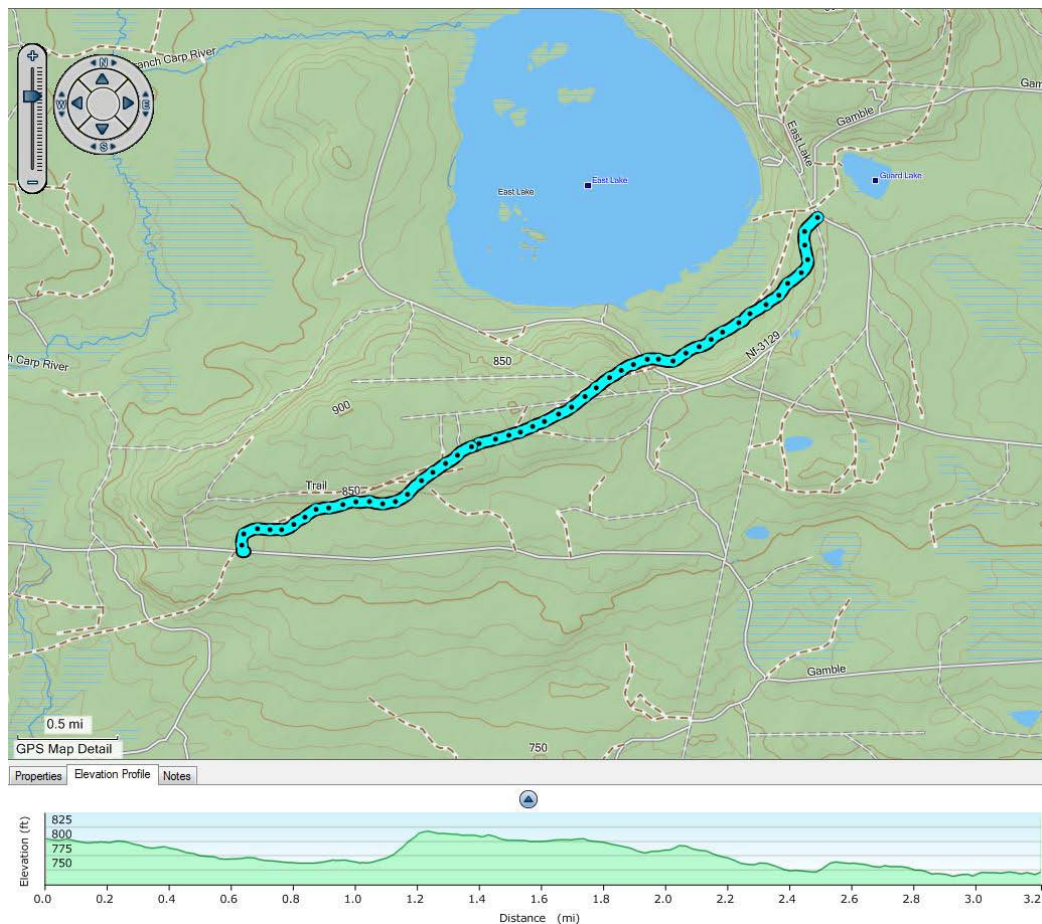
Restrooms: None

Scenery: 8 Difficulty: 6

Support: None

Leg A-13: 3.7 miles

Total Day 1: 79.25 miles



AUTOS

Continue on FR 3119 (East Lake Rd) for 1.7 miles to FR 3122 (Kenneth).

Turn right on FR 3122 for 2.0 miles to the exchange at the NCT crossing.

Leg A-14 “Kenneth Road Burner” Sponsored by Credo Hospitality LLC: DBA Star Gate Motel

Turn right on FR 3122 (Kenneth Rd) for 3.9 miles to the exchange at FR 3382.

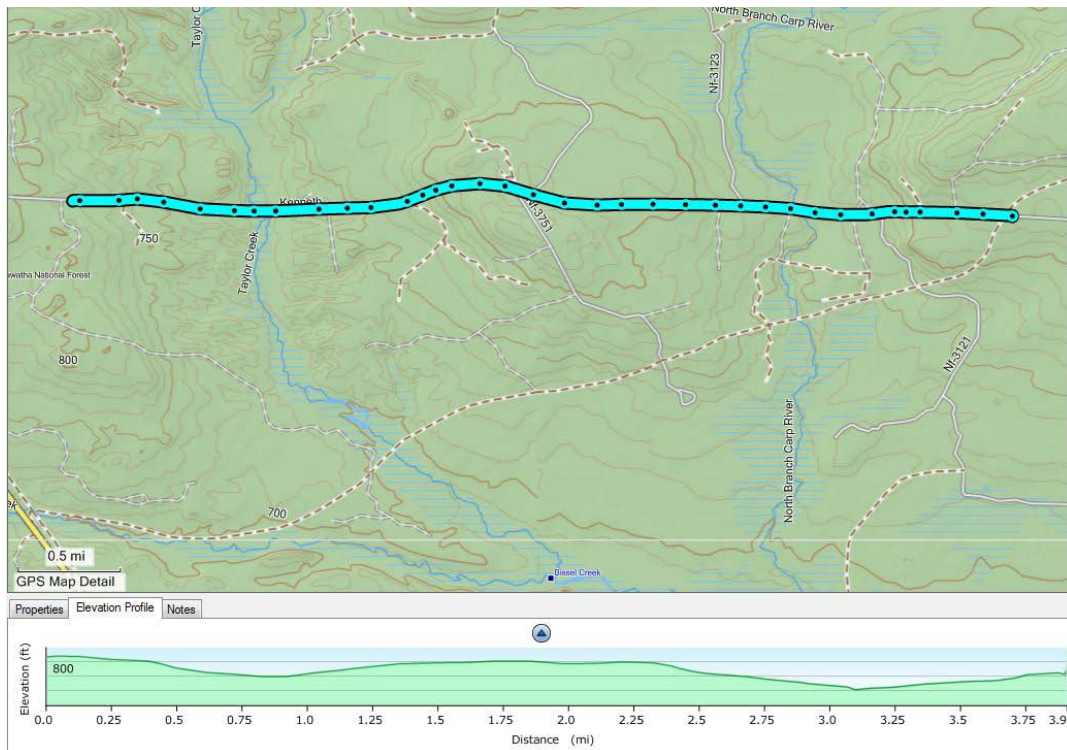
In Short: Burner Leg on FR 3122.

Restrooms: None

Scenery: 7 Difficulty: 0

Support: None

Leg A-14 3.9 miles
Total Day 1 83.15 miles



AUTOS

To get to the start of Leg A-15 Continue on the course. Park before the exchange.

Leg A-15 “City Slickers I” Sponsored by Chippewa Valley Athletic Boosters “Big red Run”

Continue on FR 3122 for 1.2 miles to the rail trail just before M-123.

At 0.45 mile go left at the Y.

Turn left on the rail trail for 5.8 miles to the exchange at Greene Rd (FR 3450).

In Short: Straight shot on the rail trail. Looks like a slight uphill grade.

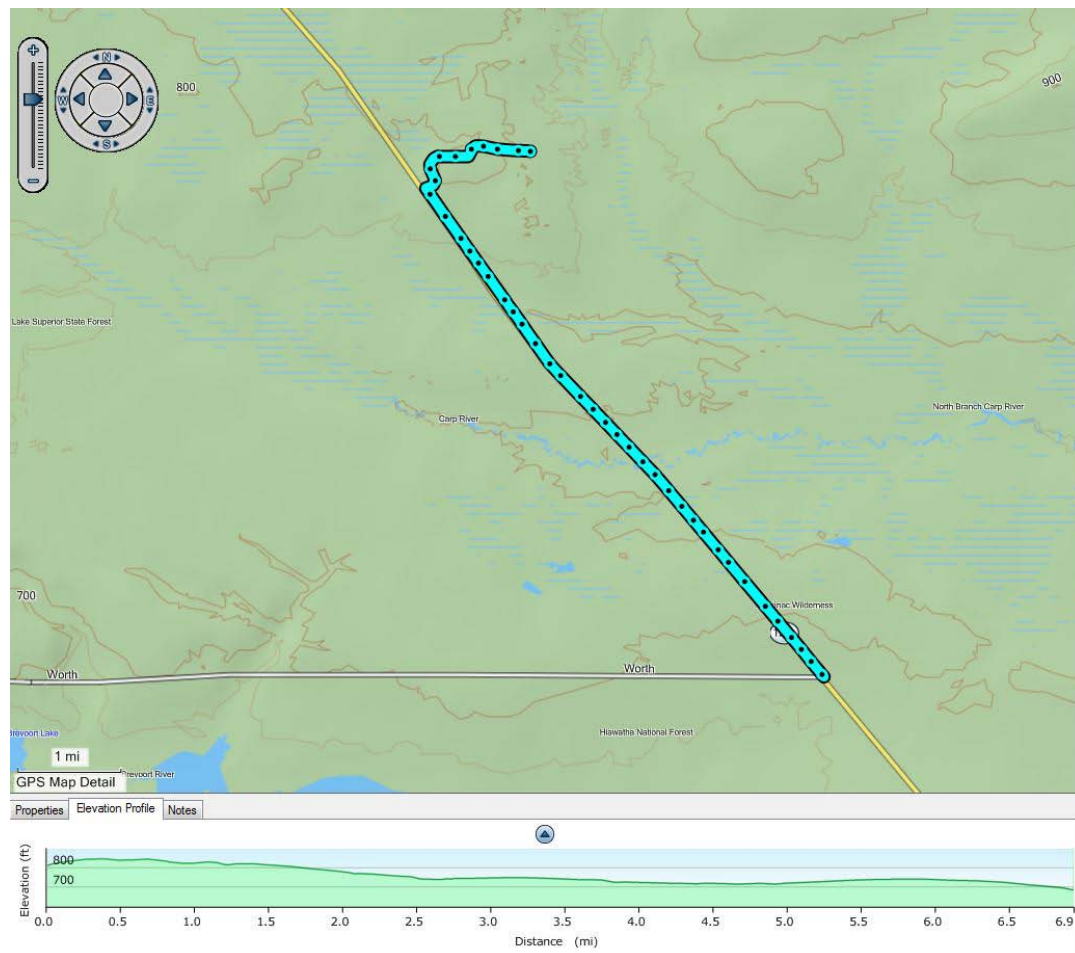
Restrooms: None

Scenery: 7 Difficulty: 1

Support: Bike

Leg A-15: 7.0 miles

Total Day 1: 90.15 miles



AUTOS

Continue on FR 3122 for 1.25 miles to M-123.

Turn left on M-123 for 5.7 miles to Green Rd.

Turn left on Green for 15 yards to the exchange at the rail trail.

Park past the exchange.

Leg A-16 “City Slickers, The Sequel” Sponsored by Stacy Kandas, Surf City, NC Don’t let the abuse reproduce. Be Free

Continue on the rail trail for 3.65 miles to the exchange at Martin Rd.
Airtouch Exchange

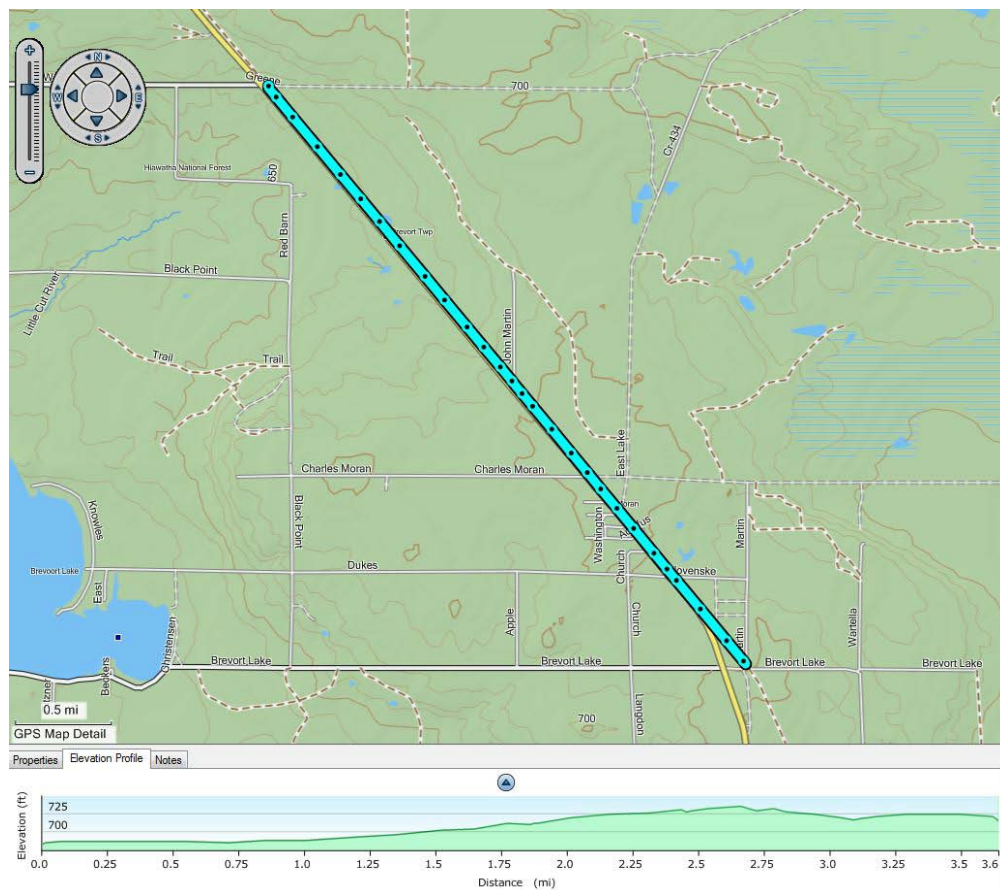
In Short: Another straight shot on the rail trail.

Restrooms: None

Scenery: 8 Difficulty: 1

Support: Bike

Leg A-16: 3.65 miles
Total Day 1: 93.8 miles



AUTOS

Continue on Green for 2.0 miles to East Lake Rd.
Turn right on East Lake Rd for 2.2 miles Charles Moran Rd.
Turn left on Charles Moran for 0.5 mile to Martin Rd.
Turn right on Martin for 0.9 mile to the exchange at the rail trail.
Park before the exchange.

HOUSES AT THIS EXCHANGE. NO GOING TO THE BATHROOM ANYWHERE NEAR HERE.

Leg A-17 “City Slickers III” Sponsored by Rob Peters. “In loving memory of Larry Eber Madison. Larry was the beloved grandfather of three different awesome multi-year GLR participants: Cheyenne (800mg) & Kenny Luzynski (Temperance Movement) and Lindsey Lalonde (800 mg).”

Continue on the rail trail for 5.1 miles to the exchange at Castle Rock Rd.

At 1.1 miles you will cross M-123

In Short: Beautiful Run with a nice stretch next to Hay Lake.

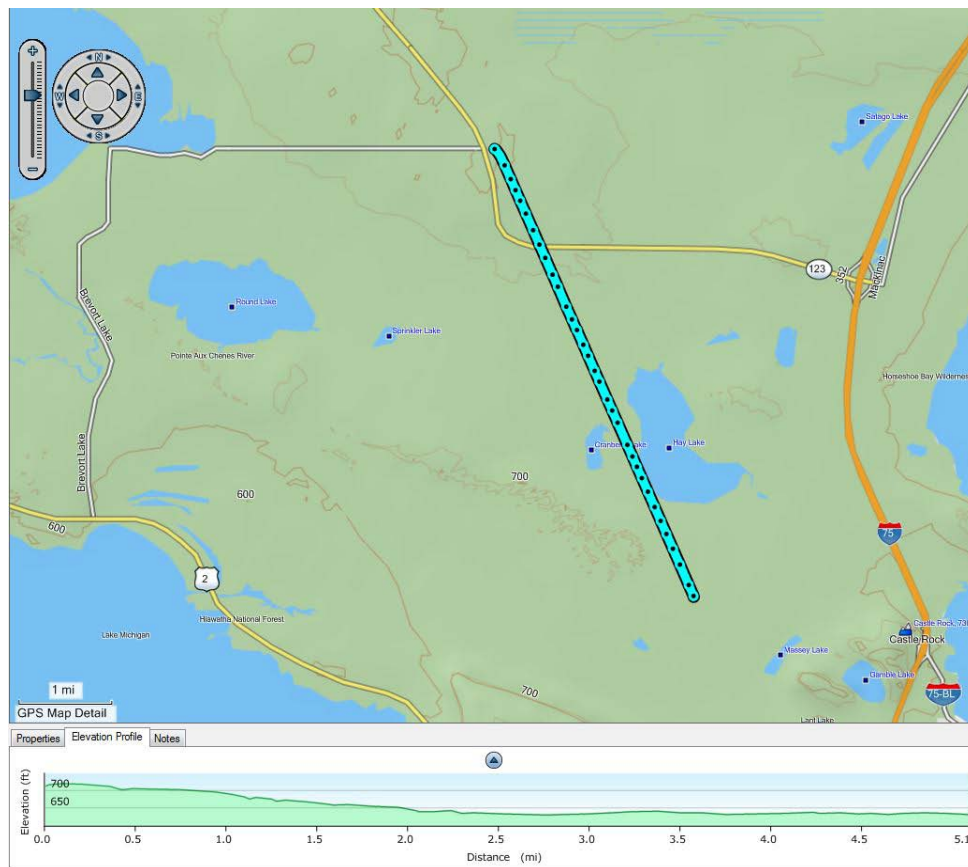
Restrooms: None

Scenery: 8 Difficulty: 1

Support: Bike

Leg A-17: 5.1 miles

Total Day 1: 98.9 miles



AUTOS

Continue on Martin to the stop sign at Brevort Lake Rd (no sign).

Turn right on Brevort Lake Rd for 100 yards to M-123.

Turn left on M-123 for 0.8 mile to Castle Rock Rd (FR 3104).

Turn right on Castle Rock Rd for 5.25 miles to the exchange at the rail trail.

Leg A-18 **“St. Ignace At Last!” Sponsored by Nasty Boys Glee Club**

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

In Short: Beautiful run on the North Country Trail.

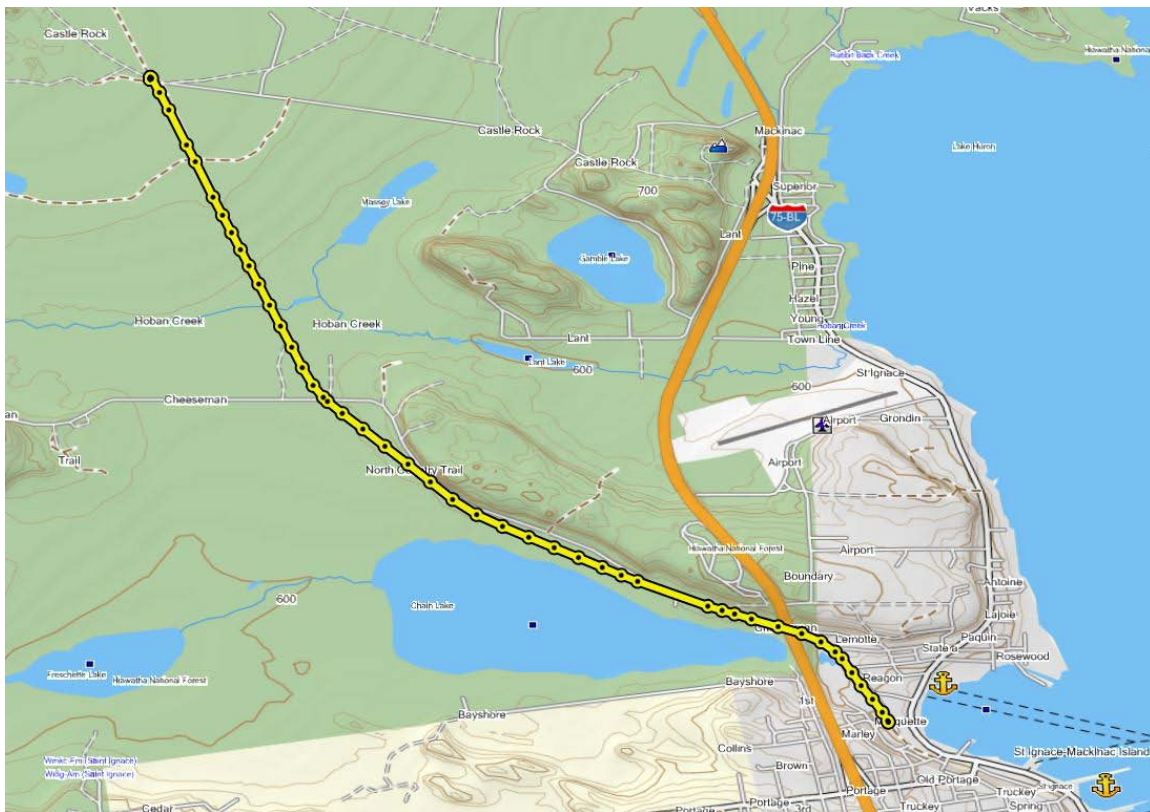
Restrooms: None

Scenery: 8 Difficulty: 6-7

Support: Bike

Leg A-18 4.0 miles

Total Day 1 102.9 miles



AUTOS

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.