

# Alpine Runners Busse Woods Routes

Goal Mileage	Turn around at:	Approx miles	1 loop, then turn around at:	Approx miles	2 loops, then turn around at:	Approx miles
3 miles	Red Trail – 6 mile marker	3 mi				
4 miles	1 <sup>st</sup> Water stop (Grove #4)	4.5 mi				
5 miles	Red trail – 5 mile marker	5 mi				
6 miles	Driveway after rest rooms	6 mi				
7 miles	Red trail – 4 mile marker	7 mi				
8 miles	2 <sup>nd</sup> Water stop (Elk Pasture)	8.5 mi				
9 miles	Red trail – 3 mile marker	9 mi				
10 miles	When woods begin again after bridge by elk	10 mi	1 loop, then turn left on black trail	10 mi		
11 miles	Red trail – 2 mile marker	11 mi	Driveway-entrance to Grove 31	11 mi		
12 miles	Fishing bridge (after parking lot)	12 mi	1 <sup>st</sup> Water stop (Grove #4)	11.9 mi		
13 miles	Red trail – 1 mile marker	13 mi	Driveway after rest rooms	13.4 mi		
14 miles	Junction for purple trail	14 mi	Red trail – 4 mile marker	14.4 mi		
15 miles	0 mile marker (3 <sup>rd</sup> water stop)	15 mi				
16 miles	Next fishing bridge	15.8 mi	2 <sup>nd</sup> Water stop (Elk Pasture)	15.9 mi		
17 miles			Sidewalk to A.H. Road (after bridge)	17 mi	2 loops, turn on black trail	17.3 mi
18 miles			Red trail – 2 mile marker	18.4 mi	Red trail – 6 mile marker	17.7 mi
19 miles			Second parking lot crosswalk	19 mi	1 <sup>st</sup> water stop (Grove #4)	19.2 mi
20 miles			Red trail – 1 mile marker	20.4 mi	Red trail – 5 mile marker	19.7 mi
21 miles			Next bathrooms after 1 mile marker	21.2 mi	Driveway after bathrooms	20.7 mi
22 miles			0 mile marker (3 <sup>rd</sup> water stop)	22.4 mi	Red trail – 4 mile marker	21.7 mi
23 miles			Next fishing bridge	23.2 mi	2 <sup>nd</sup> Water stop (Elk Pasture)	23.2 mi
24 miles					Red trail – 3 mile marker	23.7 mi