

This course is 3.43 miles and features a lot of rock-filled trails, some packed dirt, a bit of asphalt, a few reasonable uphill, and one of the scariest downhill you will ever run in race, and you have to run it twice. The course map is quite good with some interesting descriptive terms (the scary downhill is marked with the word "Screefall"). The course goes 100 meters across a field ("Weed Patch") and then uphill on a road until you take a right onto a rocky trail. I believe this is one course where you can go out either fast or slow and do fine. If you are a good rocky trail runner, you may wish to get out and get position. If not, there is plenty of time and places to pass easily after the trails. The course is basically a half a loop followed by a full loop, so you can easily see the whole course before the race and decide how you want to attack it.



Empire Open 3.43-Mile Course

- Trail Sections (dirt/rock/gravel)
- Paved Sections (road/bike path)
- First Mile
- Second Mile
- Third Mile
- Final 0.43
- Restroom
- Other Roads
- Other Bike Paths
- Other Trails