Baby Bear 10K Written Course Description

Participants will complete one lap of the 10K course.

Start/Finish (Boat Ramp) to Aid Station #1 (Skunk Hollow) – 1.5 Miles

- Start/Finish in gravel parking lot adjacent to asphalt Boat Ramp parking lot.
- Run west out of parking lot along gravel road.
- Bear left at "Y" in road 0.2 miles from Start/Finish line.
- Enter opening in cable fence next to covered picnic table, turning right onto Mt. Carbon Loop Trail.
- Follow Mt. Carbon Loop Trail west as it ducks in/out of trees, keeping Bear Creek on your left side.
- Pass several gravel parking lots, port-a-potties, a wet river crossing and a steel footbridge. (Do not take steel bridge and continue west along north side of Bear Creek.)
- Bear right at Horse Crossing sign, ascending up to gravel shoulder of asphalt park road.
- Stay on gravel shoulder as it bears left, over narrow concrete foot bridge paralleling road, reaching south side of Bear Creek and Aid Station #1.

Enjoy the babble of the Bear Creek during this beautiful introductory section of the race course as you climb gently upstream to the first aid station.

Aid Station #1 (Skunk Hollow) to Aid Station #2 (Turtle Pond) – 2.3 Miles

- Exit Aid Station #1 east through entry in split-rail fence onto hiker-only Owl Trail, keeping Bear Creek on your left side.
- Bear left at "Owl 3" post. (Do not turn right on trail leading to Visitor Center.)
- Continue east past steel bridge and exit Owl Trail through split rail fence opening, onto crusher-fine Fitness Trail.
- Follow Fitness Trail straight for 0.15 miles, past No Horses sign.
- After 0.6 miles, pass marsh on left side and turn hard left onto single-track Cottonwood Trail.
- Bear left at "Y" in trail, crossing two short, wood bridges.
- Exit trees as Cottonwood Trail turns south and away from Bear Creek and cross another short, wood bridge that leads to a "Y" in the trail, taking right trail up to wood post, and then continue straight up slight incline on single-track, away from mountains.
- Exit single-track at Pelican Point covered picnic pavilion, keeping pavilion on your right and volleyball pit on your left, and then pick up crusher-fine trail past grill and trash cans.
- Leaving picnic pavilion, turn left onto Fitness Trail, as it bends west and parallels gravel park road.
- At hairpin turn, exit Fitness Trail left onto gravel park road and continue southwest past equestrian arena for 0.06 miles to where road becomes asphalt, and immediately turn left at trail sign onto wide Cowen Trail where it shoots downhill and southwest. (Do not turn back east on Mt. Carbon Loop Trail.)
- Continue south on Cowen Trail, keeping Turkey Creek on your left and open meadow on your right.
- Turn left on concrete bike path, cross steel bridge and proceed straight for 0.12 miles to Aid Station #2, at juncture with concrete bike path and two dirt trails.

There is a lot of variety here as the race course winds through heavily wooded areas and pops in and out of open meadows. This section also has lots of twists and turns, so stay on your toes!

Aid Station #2 (Turtle Pond) to Start/Finish (Boat Ramp) – 2.3 Miles

- Go north from Aid Station #2 on double-track dirt trail, cross Cowen Trail, and take short descent to Turtle Pond.
- Keeping Turtle Pond on your left, bear right at next "Y", going away from Turtle Pond, and then bear right again after 0.23 miles as trail rejoins primary single-track on south side of Turkey Creek.
- Continue east keeping Turkey Creek on your left side, bearing right at next two trail intersections, and rejoin Mt. Carbon Loop Trail that heads east along south side of Bear Creek Lake towards Mt. Carbon. (Do not take either of two river crossings to north side of Turkey Creek; one wet and one wood bridge.)
- Nearing base of Mt. Carbon, bear right at "Y" to stay on Mt. Carbon Loop Trail and do not take Fisherman's Trail, cross dirt Cowen Trail and turn left on asphalt bike path.
- Stay on asphalt bike path for next 0.58 miles, going counter-clockwise around perimeter of Bear Creek Lake.
- Turn left onto Fisherman's Trail on northeast corner of lake, follow single-track west along north side of Bear Creek Lake, over wood bridge and Coyote Gulch before descending through Boat Ramp parking lot to Start/Finish line.

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Participants will complete one lap of the 10km course.

Start/Finish (Boat Ramp) to Skunk Hollow – 1.5 Miles

- Start/Finish in the gravel parking lot adjacent to the asphalt Boat Ramp parking lot.
- Run west out of the parking lot along the gravel road.
- Bear left at the "Y" in the road 0.2 miles from the Start/Finish line.
- Enter opening in cable fence next to covered picnic table, turning right onto the Mt. Carbon Loop Trail.
- Follow the Mt. Carbon Loop Trail west as it ducks in and out of the trees, keeping the Bear Creek on your left side.
- You will pass several gravel parking lots, port-a-potties, a wet river crossing and a steel footbridge. (Do not take the bridge and continue west along the north side of the Bear Creek.)
- Bear right at the Horse Crossing sign, ascending up to the gravel shoulder of the asphalt park road.
- Stay on the gravel shoulder as it bears left over a narrow concrete foot bridge paralleling the road, and reaches the south side of Bear Creek.

Enjoy this first section of the course and the babble of the Bear Creek as you climb gently upstream for the first 1.5 miles of the race course.

Skunk Hollow to Aid Station #1 (Pelican Point) – 1.5 Miles

- Immediately after crossing the concrete foot bridge, bear left down a short decline and go east through the entry in split-rail fence onto the hiker-only Owl Trail, keeping the Bear Creek on your left side.
- Bear left at the "Owl 3" post. (Do not turn right on the trail to the Visitor Center.)
- Continue east past bridge and exit the Owl Trail through the split rail fence opening, onto the crusher-fine Fitness Trail.
- Follow the Fitness Trail straight for 0.15 miles, past a "No Horses" sign.
- Immediately after passing a marsh on the left side of trail, turn hard left onto the singletrack Cottonwood Trail.
- Bear left at the next "Y" in trail, crossing two short, wood bridges.
- Exit the trees as the Cottonwood Trail turns south and away from the Bear Creek, and cross another short, wood bridge that leads to a "Y" in the trail.
- Bear right at the "Y" up to a wood post, and then continue straight up the slight incline, running east and away from the mountains.
- Exit the singletrack at the Pelican Point covered picnic pavilion, and the first aid station.

The beautiful canopy of trees will keep you in the shade as the race course winds through heavily wooded areas before popping out into an open meadow. This section also has lots of twists and turns, so stay on your toes!

Pelican Point to Turtle Pond – 1.0 Miles

- Leaving the picnic pavilion and aid station, run south through the parking lot, crossing the park road and picking up the dirt trail.
- Take the trail downhill for 0.10 miles, (going straight through a trail intersection halfway down), to the Turkey Creek.
- Do not cross the Turkey Creek and bear right onto the singletrack, keeping the Turkey Creek on your left side.
- At the next trail intersection, bear left and continue west on the Mt. Carbon Loop Trail as it goes uphill.
- At the top of the incline, bear left at the "Y" onto the wide Cowen Trail (staying on the south side of the asphalt park road), where it shoots back downhill to the Turkey Creek.
- Continue south on the Cowen Trail, keeping the Turkey Creek on your left side and the open meadow on your right.
- Turn left on concrete bike path, cross the steel bridge and take your first possible left turn back onto the singletrack.
- Now running north with the Turkey Creek still on your left side, bear left at the first "Y" in the trail, and follow the trail as it takes a sharp right and continues to Turtle Pond.

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This section of the course has a few sharp ups and downs to test you, but your efforts will be rewarded with some amazing views of the foothills just west of the park.

Turtle Pond to Start/Finish (Boat Ramp) – 2.2 Miles

- Arriving at the south edge of Turtle Pond, bear left at the "Y" and follow the narrow singletrack along the west side of the pond.
- At the north end of Turtle Pond, bear left at the "Y" and continue along the south side of the Turkey Creek.
- Bear left at the next trail intersection while keeping the Turkey Creek on your left side, and rejoin the Mt. Carbon Loop Trail that heads east along the south side of Bear Creek Lake towards Mt. Carbon. (Do not take either of the two river crossings to the north side of the Turkey Creek; one wet and one wood bridge.)
- Nearing the base of Mt. Carbon, bear left at the "Y" onto the singletrack Fisherman's Trail, and follow it northeast to the asphalt bike path.
- Turn left onto the asphalt bike path, going counter-clockwise around the perimeter of Bear Creek Lake.
- Turn left onto the Fisherman's Trail on the northeast corner of lake, following it west along the north side of Bear Creek Lake, over a wood bridge and Coyote Gulch before descending through the Boat Ramp parking lot back to Start/Finish line.

From Turtle Pond, take note of Mt. Carbon off to the east as you snake your way towards it. As you run along the base of Mt. Carbon onto the path around Bear Creek Lake, be thankful you don't have to make the short but steep climb that the Half & Ultra runners do. Enjoy the flat and fast perimeter of the lake as the most exposed section of the race course also provides some tremendous views of the mountains. The final half mile has some gentle ups & downs to it, capped off with a final short and speedy descent back down to the finish line!

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