

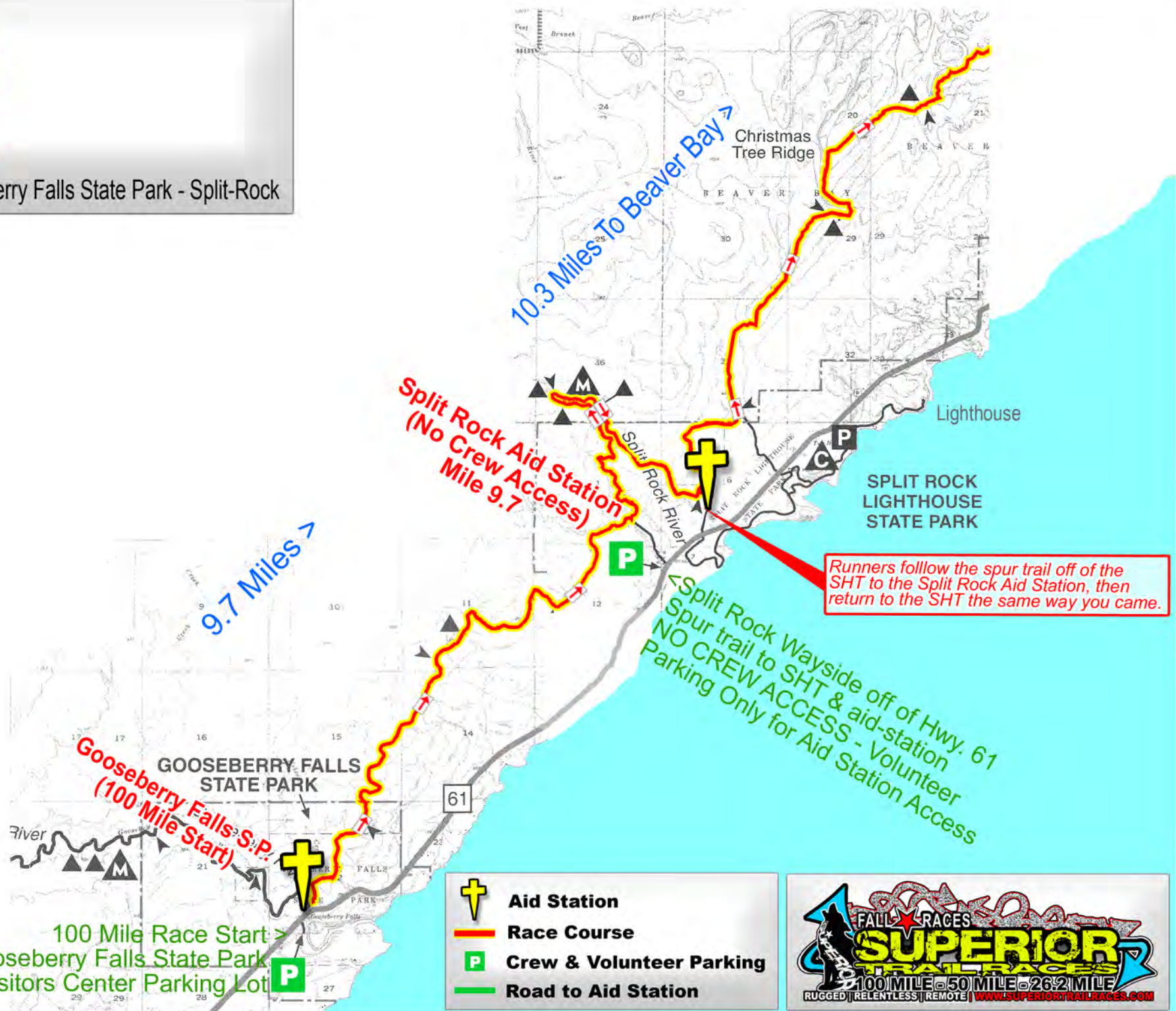


Superior 100|50|26.2  
Detailed Course Maps



**100M**

MAP 1: Gooseberry Falls State Park - Split-Rock



Split Rock Aid Station  
(No Crew Access)  
Mile 9.7

Runners follow the spur trail off of the SHT to the Split Rock Aid Station, then return to the SHT the same way you came.

Split Rock Wayside off of Hwy. 61  
Spur trail to SHT & aid-station  
NO CREW ACCESS - Volunteer  
Parking Only for Aid Station Access

Gooseberry Falls S.P.  
(100 Mile Start)

100 Mile Race Start >  
Gooseberry Falls State Park  
Park in Visitors Center Parking Lot

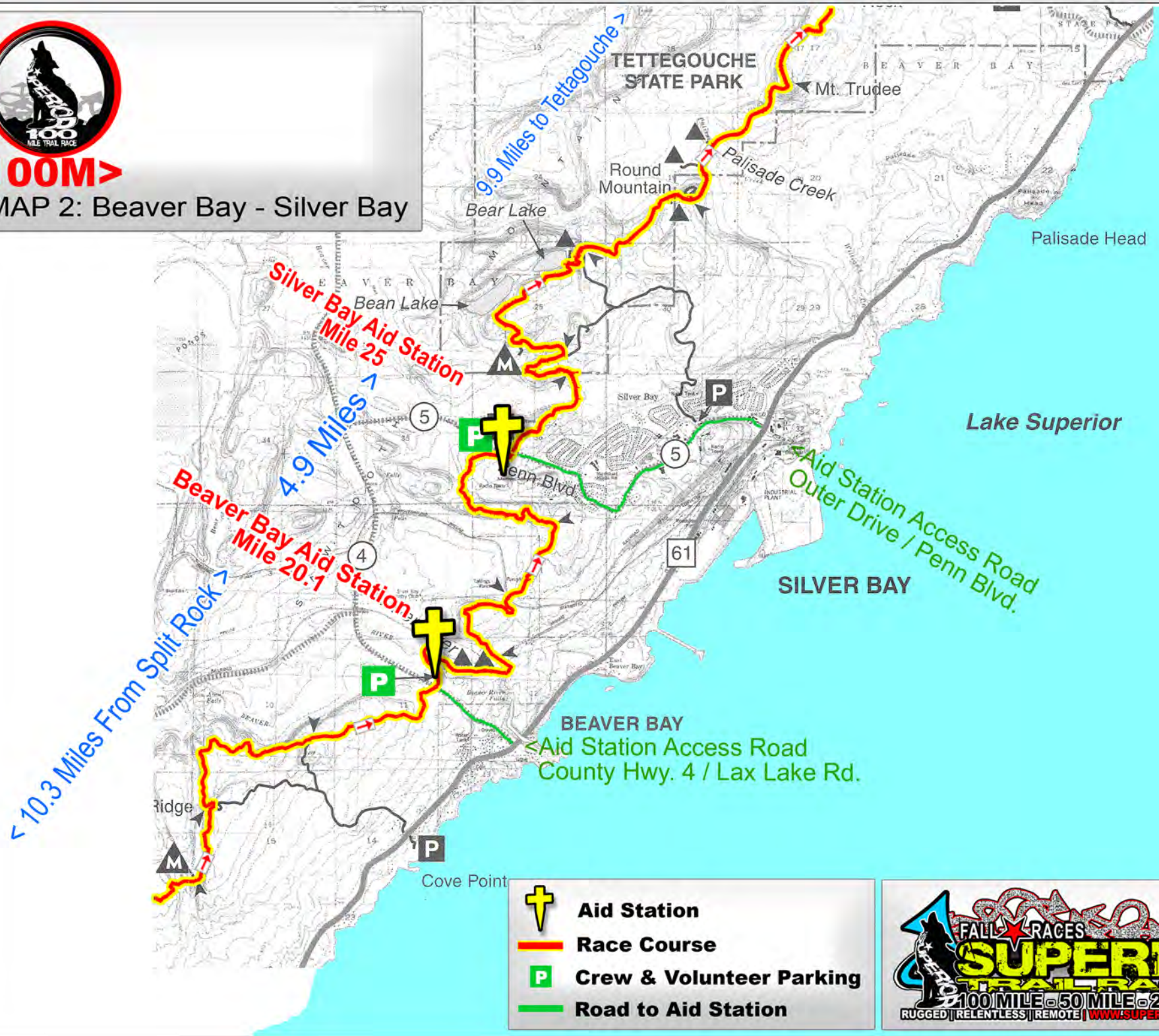
-  Aid Station
-  Race Course
-  Crew & Volunteer Parking
-  Road to Aid Station





**FALL RACES**  
**SUPERIOR**  
 TRAIL RACES  
 100 MILE • 50 MILE • 26.2 MILE  
 RUGGED | RELENTLESS | REMOTE | [WWW.SUPERIORTRAILRACES.COM](http://WWW.SUPERIORTRAILRACES.COM)



**100M**

MAP 2: Beaver Bay - Silver Bay



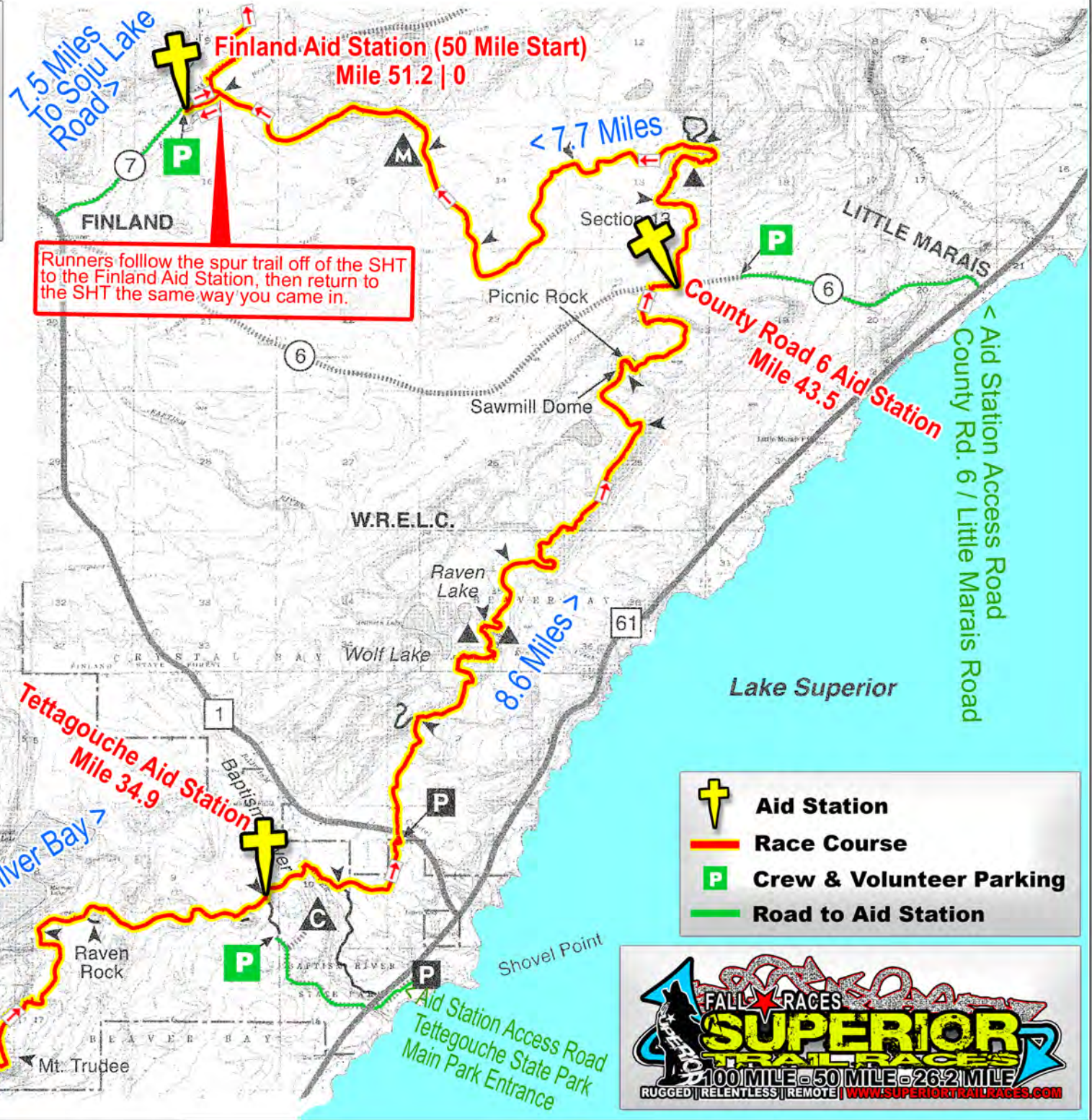
-  Aid Station
-  Race Course
-  Crew & Volunteer Parking
-  Road to Aid Station









**100M > 50M >**

MAP 3: Tettegouche - Cty. 6 - Finland



Runners follow the spur trail off of the SHT to the Finland Aid Station, then return to the SHT the same way you came in.

-  **Aid Station**
-  **Race Course**
-  **Crew & Volunteer Parking**
-  **Road to Aid Station**

**FALL RACES**

**SUPERIOR TRAIL RACES**

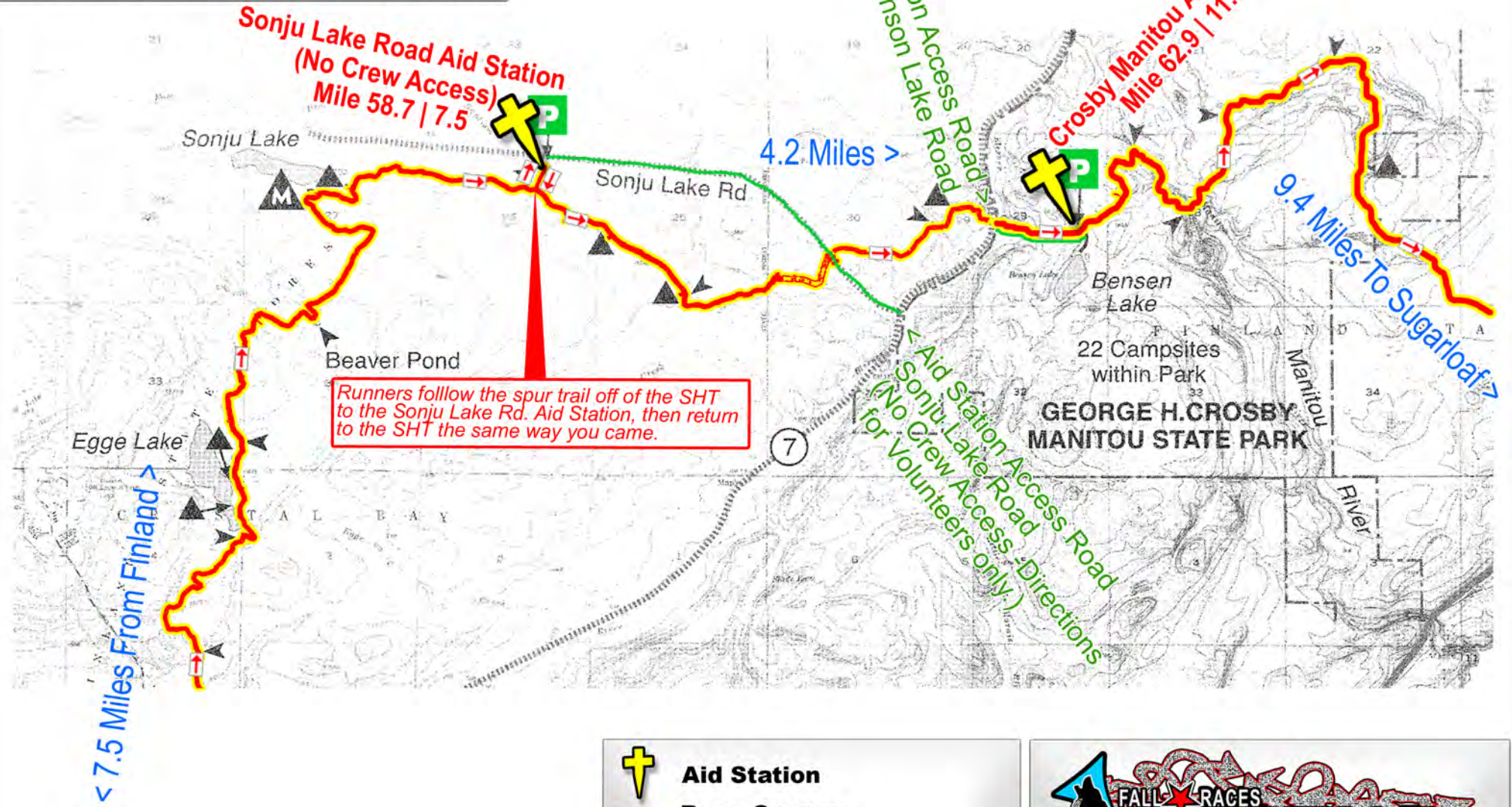
100 MILE 50 MILE 26.2 MILE

RUGGED | RELENTLESS | REMOTE | [WWW.SUPERIORTRAILRACES.COM](http://WWW.SUPERIORTRAILRACES.COM)



**100M > 50M >**

MAP 4: Sonju Lake Road - Crosby Manitou



-  **Aid Station**
-  **Race Course**
-  **Crew & Volunteer Parking**
-  **Road to Aid Station**





**100M > 50M > 26.2M >**  
 MAP 5: Sugarloaf - Cramer - Temperance



**Cramer Road Aid Station**  
 (Marathon Start)  
 Mile 77.9 | 26.7 | 0

**Temperance River Aid Station**  
 (100 Mile Crew Access Only)  
 Mile 85 | 33.8 | 7.9

**Sugarloaf Road Aid Station**  
 Mile 72.3 | 21.1

-  Aid Station
-  Race Course
-  Crew & Volunteer Parking
-  Road to Aid Station

**FALL RACES**  
**SUPERIOR TRAIL RACES**  
 100 MILE | 50 MILE | 26.2 MILE  
 RUGGED | RELENTLESS | REMOTE | [WWW.SUPERIORTRAILRACES.COM](http://WWW.SUPERIORTRAILRACES.COM)



**100M > 50M > 26.2M >**  
 MAP 6: Sawbill, Oberg, Lutsen (Finish)



**Sawbill / Britton Peak Aid Station**  
 Mile 90.7 | 39.5 | 13.6

**Oberg Mountain Aid Station**  
 Mile 96.2 | 45 | 19.1

**FINISH LINE - ALL DISTANCES**  
 Mile 103.3 | 50 | 26.2  
 Caribou Highlands / Lutsen

-  **Aid Station**
-  **Race Course**
-  **Crew & Volunteer Parking**
-  **Road to Aid Station**

**FALL RACES**  
**SUPERIOR TRAIL RACES**  
 100 MILE | 50 MILE | 26.2 MILE  
 RUGGED | RELENTLESS | REMOTE | [WWW.SUPERIORTRAILRACES.COM](http://WWW.SUPERIORTRAILRACES.COM)