



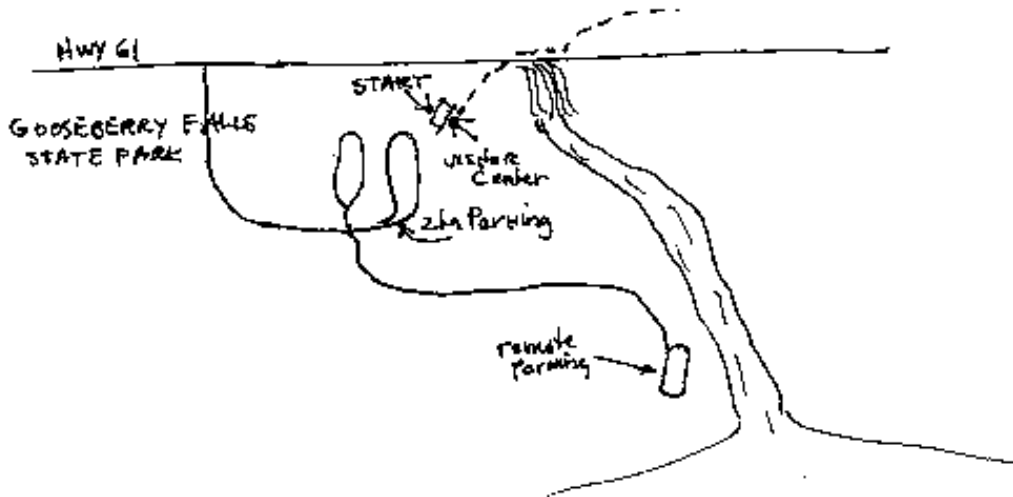
Superior 100|50|26.2
Crew Driving Directions

CREW AND VOLUNTEER DRIVING DIRECTIONS TO AID STATIONS

These are the hand-sketched directions to the Fall Superior Trail Races - race starts, aid stations and race finish. If you prefer the Google Maps version, click [HERE](#). More info can be found at fall.superiortrailrace.com

Gooseberry Falls Visitors Center (100 Mile Start) – Mile 0

- Start at Gooseberry Falls State Park Visitor Center
- 10 miles north of Two Harbors on Hwy 61
- Park in lot for the visitor center
 - 2 hour limit, no state park sticker required
 - Long term parking available in state park, state park sticker required
- Indoor restrooms available in visitor center



Split Rock – Mile 9.7

NO CREW ACCESS

Beaver Bay – Mile 20.1

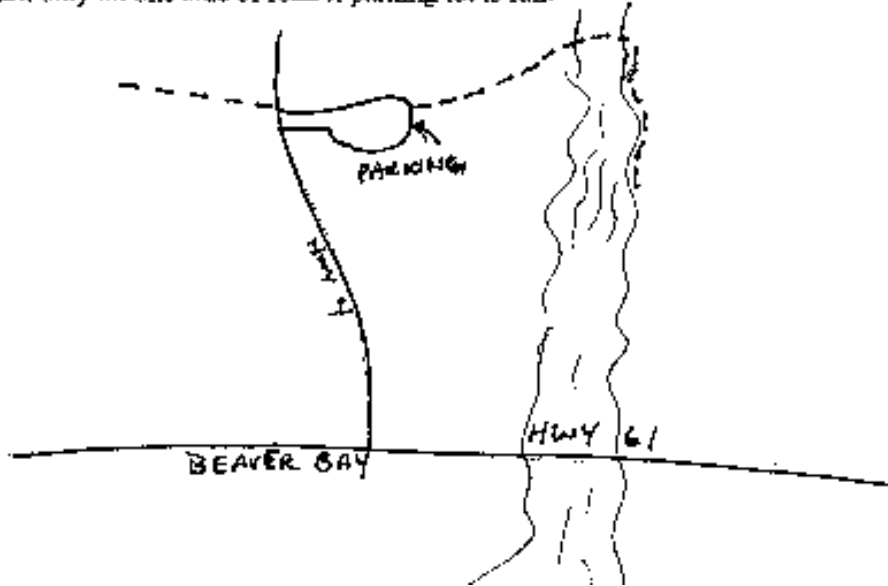
Beaver Bay Aid Station

From Split Rock turn left in Hwy 61

Drive 7.6 miles to Hwy 4 in Beaver bay.

Turn left on Hwy 4 and go 0.7 miles to aid station on right side of road.

Park only on one side of road if parking lot is full.



Silver Bay – Mile 25

Silver Bay Aid Station

Return to Hwy 61 in Beaver Bay.

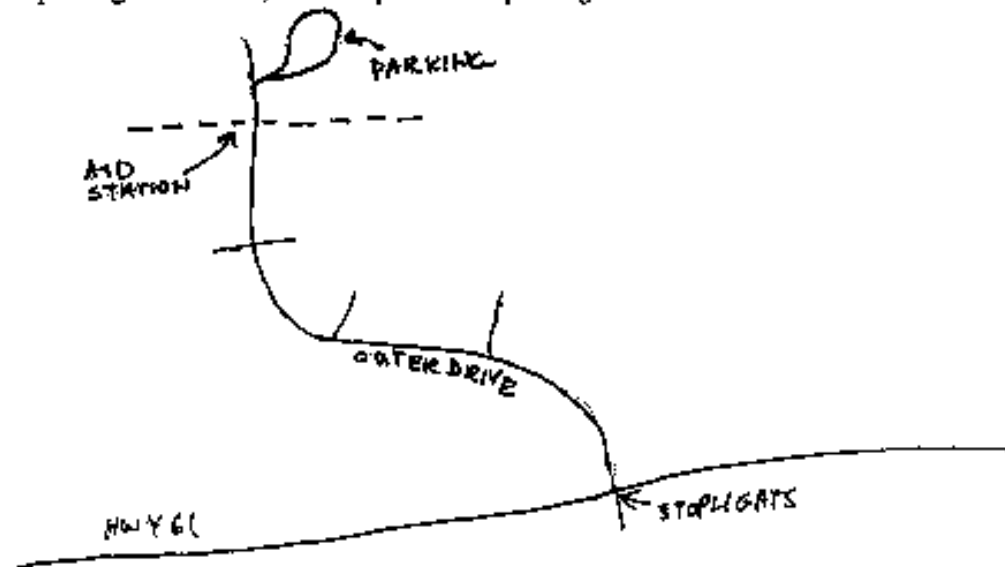
Turn left and drive 3.0 miles to stoplight.

Turn left onto Outer drive, drive through Silver bay 2.1 miles to parking lot.

Aid station will be on the left.

Parking will be beyond the aid station on the right.

NO parking on the road, all must park in the parking lot



Tettegouche – Mile 34.9

Tettegouche Aid Station (State Park Sticker is required)

Return to Hwy 61

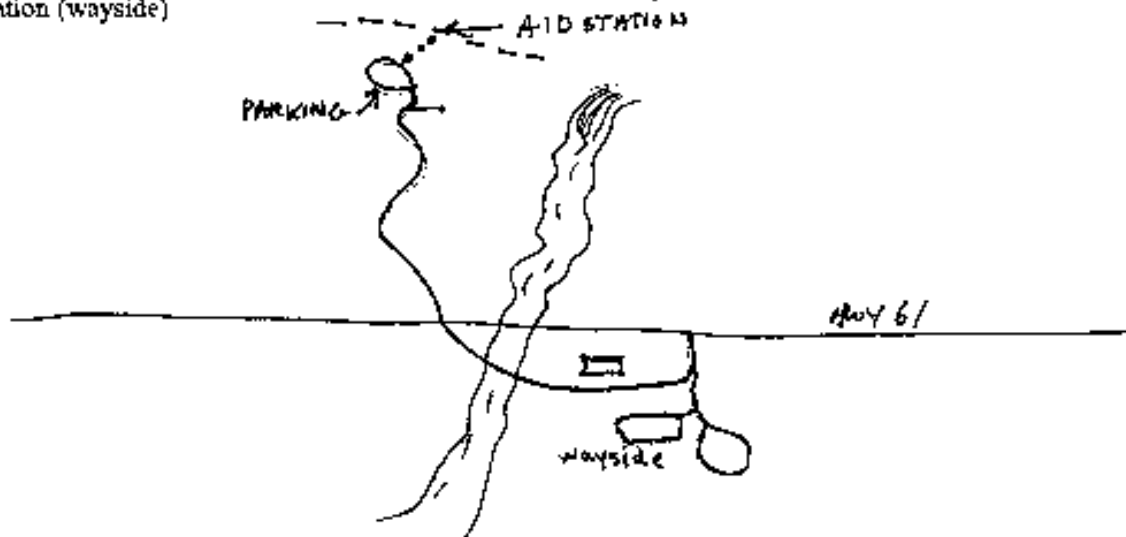
Turn left and go 4.2 miles to Tettegouche State Park

Turn right off Hwy 61 and immediately take the first right into the park (second right will take you to the wayside parking area, park here to use wayside restrooms)

Go past the ranger station and under hwy 61 to parking lot at end of road.

Aid station is 0.3 miles up the hill accessible by trail.

An outhouse is located by the parking lot and there are indoor restrooms at the ranger station (wayside)



County Road 6 – Mile 43.5

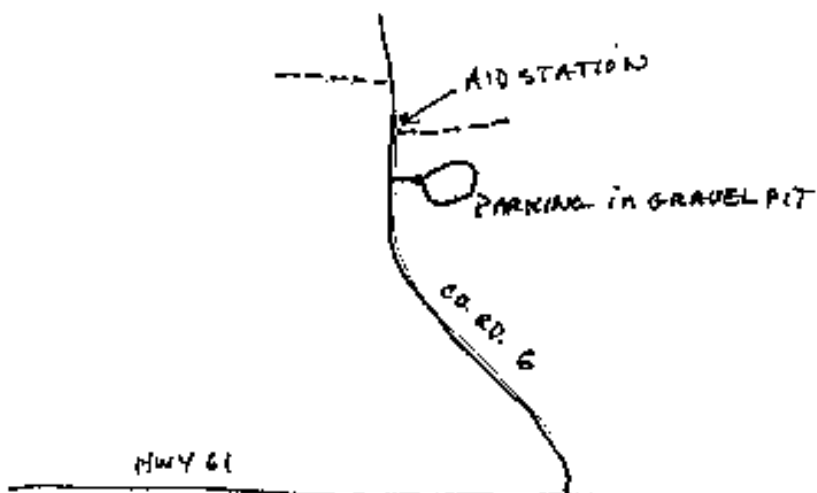
County Road 6 Aid Station

Return to Hwy 61, turn right and go 6.4 miles to Co. Rd. 6

Turn Left on Co. Rd. 6 and drive 2.0 miles to parking lot in the gravel pit.

Aid station is 0.1 mile on the road from the gravel pit.

NO parking is allowed on the road.



Finland (50 Mile Start) – Mile 51.2 | 0

Finland Aid Station

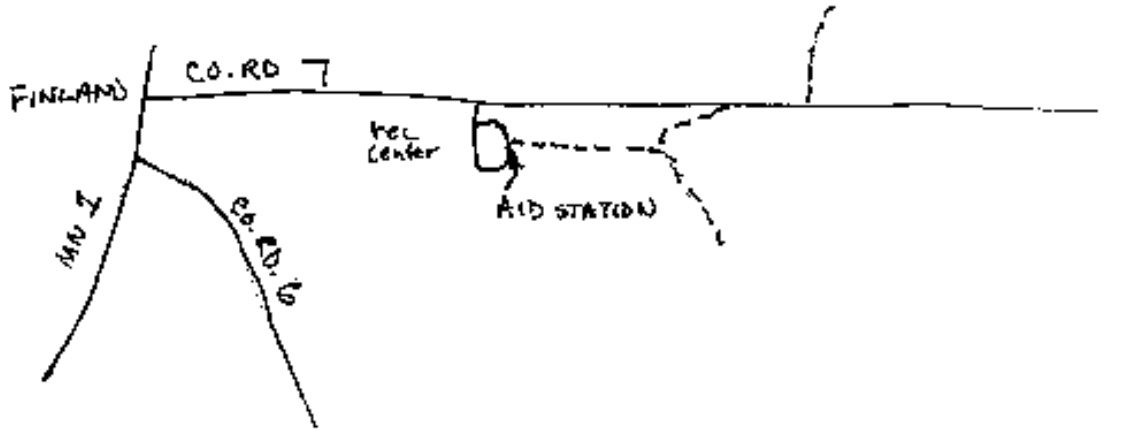
Turn right out of gravel pit on to Co. Rd. 6 and drive 4.9 miles to MN 1 at Finland.

Turn right on MN 1 and go 0.1 mile to Co. Rd. 7

Turn right on Co. Rd 7, go 1.1 mile to trailhead just past Finland Rec. Center and ball fields.

NO parking on the road.

Outhouses located next to the parking lot.



Sonju Lake Road - Mile 58.7 | 7.5

NO CREW ACCESS

Crosby Manitou – Mile 62.9 | 11.7

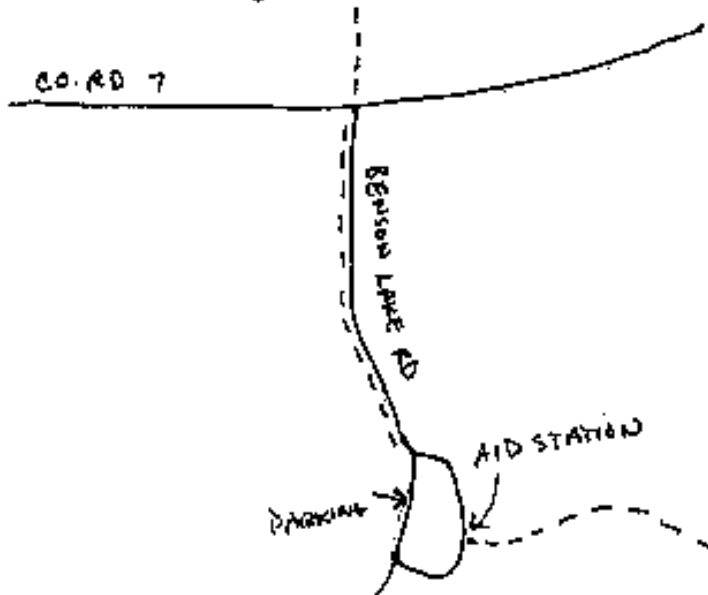
Crosby Manitou State Park Aid Station (State Park sticker required)

Leave Finland aid station by turning right on Co. Rd. 7

Drive 6.2 miles to Benson Lake Road and entrance to Crosby Manitou State Park

Turn right on Benson Lake Road and drive 0.5 mile to aid station on left (in parking lot)

Outhouse next to the trail leaving the aid station



Sugarloaf – Mile 72.3 | 21.1

Sugarloaf Aid Station

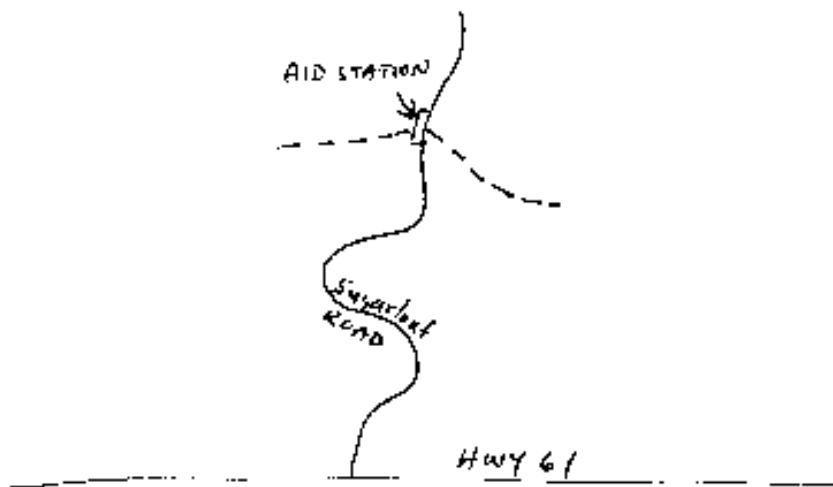
Return 0.5 mile to Co. Rd. 7

Turn right on Co. Rd. 7 and drive 4.0 miles to Co. Rd. 8

Turn right on Co. Rd. 8 and drive 5.2 miles to Sugarloaf Rd

Turn right on Sugarloaf Rd and drive 2.5 miles to aid station on right.

Park only on one side of road. Narrow road use extreme caution.



Cramer Road (Marathon Start) – 77.9 | 26.7 | 0

Cramer Road Aid Station

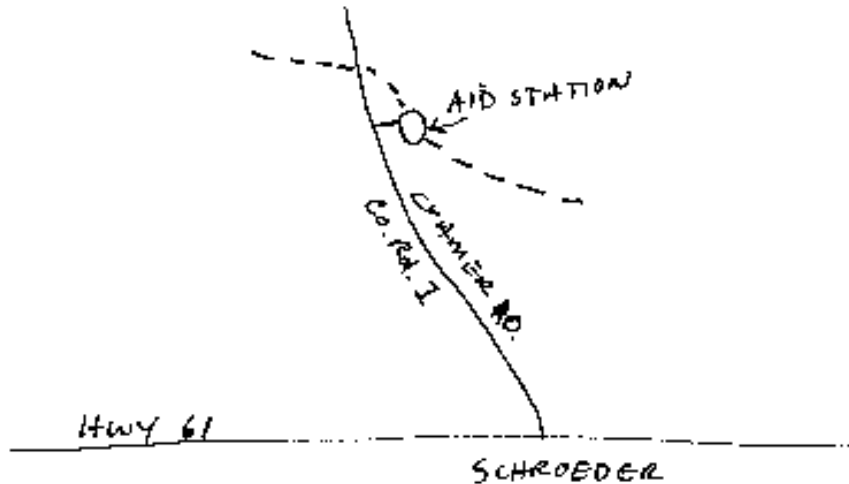
Continue straight on Sugarloaf Road 1.2 miles to Hwy 61.

Turn left on Hwy 61 and go 5.5 miles to Cramer Road. (Cook Co. 1)

Turn left on Cramer Road and drive 3.6 miles to aid station

Aid station will be on the right

There will be increased traffic on this road as well as the remaining aid stations after 8:00 AM on Saturday due to the 50 mile and marathon.



Temperance – Mile 85 | 33.8 | 7.9 (100 Mile Crew Access ONLY)

Temperance River Aid Station

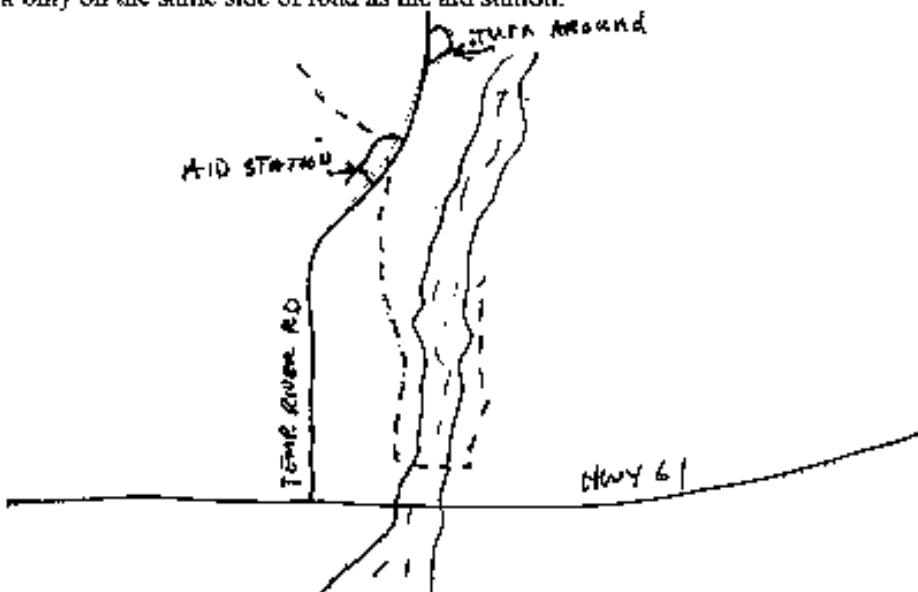
Go back 3.6 miles to Hwy 61

Turn left and go 1.2 miles to Temperance River Road.

Turn left on Temperance River Road, aid station will be at 0.9 miles.

Go past aid station 0.5 miles to a turn around area

Park only on the same side of road as the aid station.



Sawbill – Mile 90.7 | 39.5 | 13.6

Britton Peak (Sawbill) Aid Station

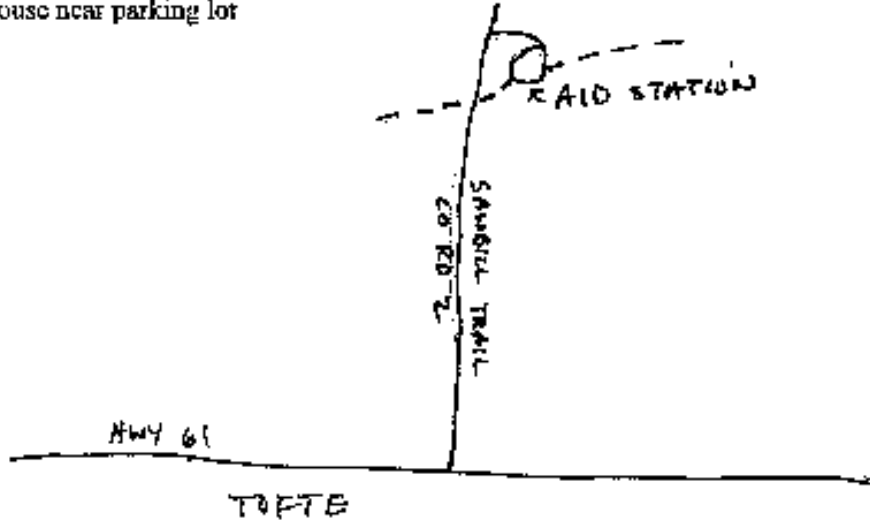
Go back 0.9 miles to Hwy 61

Turn left on 61 (note heavy traffic and poor visibility at this intersection)

Go 2.7 miles to Sawbill Trail (Cook Co. 2)

Turn left on Sawbill Trail, go 2.5 miles and turn right into parking lot.

Outhouse near parking lot



Oberg – 96.2 | 45 | 19.1

Oberg Aid Station

Go back 2.5 miles to Hwy 61

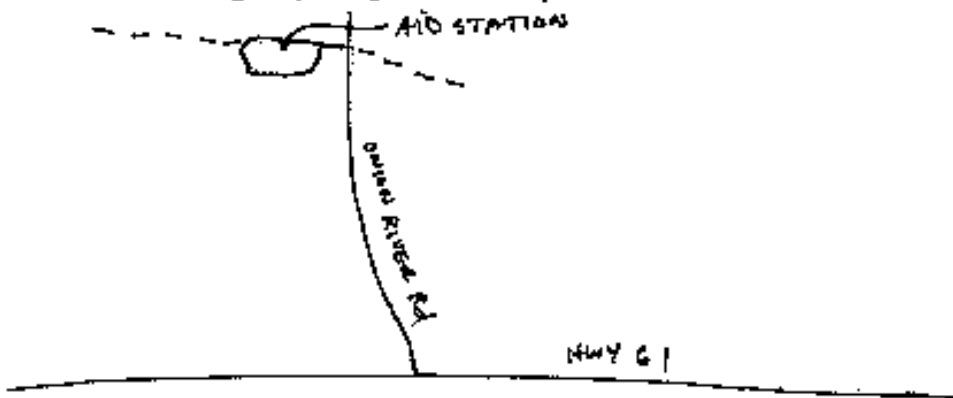
Turn left on 61 and go 4.7 miles to Onion River Rd.

Turn left on Onion River Rd and go 2.0 miles.

Aid station and parking lot is on the left.

Outhouse near the parking lot

Runners will be crossing the parking lot – use caution



Finish (Caribou Highlands / Lutsen) – 103.3 | 52.1 | 26.2

Caribou Highlands – FINISH

Go back 2.0 miles to Hwy 61

Turn left and go 2.6 miles to Lutsen Ski Area Road.

Turn left and go 2.0 miles to Caribou Highlands Lodge

