



Superior Fall Trail Race 100, 50 & 26.2 Mile Crew & Spectator Guide

All crews, pacers, family members, friends and spectators of runners that plan to visit the race aid stations / trailheads during the race are **REQUIRED** to print, review and have this document with them / in their vehicles at all times.

IMPORTANT! Failure to adhere to the instructions within this document could result in the disqualification of your runner.

ALSO, be sure to review and print resources and information from the "Race Info" and "Maps and Data" sections of our website for additional information that you may want / need in order to effectively crew for or pace your runner. We will not have or provide printed copies of any of these materials on race weekend. Cell coverage at and near most aid stations is limited.
www.superiorfalltrailrace.com



TO: Superior 100, 50 & 26.2 Mile Crews, Pacers, Friends, Families & Spectators

Welcome Everyone,

First and foremost we would like to welcome you; the crews, pacers, friends, families and spectators of the incredible runners who will be participating in this year's Superior Trail Race. We are so glad that you are able to join us in supporting your runner(s) and to contribute to, experience and enjoy one of the oldest, most historic and challenging trail races in the country!

A fun and successful event begins and ends with safety and few other aspects of the Superior Trail Race require as much attention as how runner's crews, pacers, friends, families and spectators interface with the race, the communities we visit, the remote backcountry roads you will navigate, trail crossings, parking areas, trailheads and aid stations. We have created this detailed guide to help you safely navigate the area and the event on race weekend so you can make good, sound, safe and informed decisions along the way. While we like to keep things positive and prefer to not make too many rules, the importance of this issue as outlined above requires us to communicate and place a strong emphasis on the following two points:

1.) All runner's crews, pacers, friends, families and spectators are required to have a copy of this packet on them or in their vehicle at all times - we will not be providing printouts at the race so it is your responsibility to print your own in advance and bring it with you to the race.

2.) Failure to follow any of the instructions / directives detailed in this PDF could result in the immediate disqualification of your runner, and for serious or flagrant offenses, a lifetime ban of your runner from our event. While infractions have been infrequent over the years we have penalized and disqualified runners in the past based on the actions of their pacers, crews, friends, families and spectators.

We look forward to having you all at the race, please help us make it the most fun, safe and successful race possible by reviewing and adhering to these printed instructions and directions, additional information on the website and the directives of volunteers and race officials on race weekend.

Respectfully,

John Storkamp
Race Director
Superior Trail Race
racedirector@superiortailrace.com

SUPERIOR TRAIL RACE AID STATION CHART

100 Mile	50 Mile	26.2 Mile	Aid Station Name	Next Aid	Aid Station Setup By	2018 100M CR Pace	Estimated Time Closed	Cutoff	Crew Access	Toilet	Drop Bags	100MI Pacer
0	-	-	Gooseberry (100MI Start)	8.4	-	-	-	-	Yes	Yes	Yes	No
8.4	-	-	Split Rock	10.3	Fri 8:30 AM	Fri 9:07 AM	Fri 11:15 AM	Fri 11:00 AM	No	No	No	No
18.7	-	-	Beaver Bay	4.3	Fri 10:10 AM	Fri 10:37 AM	Fri 2:35 PM	Fri 2:20 PM	Yes	Yes	Yes	No
23	-	-	Silver Bay	10.1	Fri 10:55 AM	Fri 11:28 AM	Fri 4:15 PM	Fri 4:00 PM	Yes	Yes	Yes	No
33.1	-	-	Tettegouche	9.3	Fri 12:45 PM	Fri 1:12 PM	Fri 7:55 PM	Fri 7:40 PM	No	Yes	Yes	No
42.4	-	-	County RD 6	7.6	Fri 2:30 PM	Fri 3:02 PM	Fri 10:55 PM	Fri 10:40 PM	Yes	Yes	Yes	Yes
50	0	-	Finland (50MI Start)	7.7	Fri 3:55 PM	Fri 4:28 PM	Sat 2:25 AM	Sat 2:10 AM	Yes	Yes	Yes	Yes
57.7	7.7	-	Sonju Lake Road	4.3	Fri 5:20 PM	Fri 5:50 PM	Sat 8:00 AM	No	No	Yes	Yes	Yes
62	12	-	Crosby-Manitou	9.5	Fri 6:10 PM	Fri 6:37 PM	Sat 9:25 AM	Sat 9:10 AM	Yes	Yes	Yes	Yes
71.5	21.5	-	Sugarloaf	5.5	Fri 8:10 PM	Fri 8:39 PM	Sat 12:25 PM	Sat 12:10 PM	Yes	Yes	Yes	Yes
77	27	0	Cramer RD (26.2MI Start)	6.9	Fri 9:10 PM	Fri 9:41 PM	Sat 2:00 PM	Sat 1:45 PM	Yes	Yes	Yes	Yes
83.9	33.9	8.1	Temperance	5.3	Fri 10:35 PM	Fri 11:05 PM	Sat 4:15 PM	Sat 4:00 PM	100M Only	Yes	Yes	Yes
89.2	39.2	13.4	Sawbill	5.6	Fri 11:45 PM	Sat 12:14 AM	Sat 5:55 PM	Sat 5:40 PM	Yes	Yes	Yes	Yes
94.8	44.8	19	Oberg	7.2	Sat 12:50 AM	Sat 1:20 AM	Sat 7:25 PM	Sat 7:10 PM	Yes	Yes	Yes	Yes
102	52	26.2	Caribou Highlands	Finish	Sat 2:20 AM	Sat 2:56 AM	Sat 10:30 PM	Sat 10:00 PM	Yes	Yes	Yes	Yes

100MI Start 7:50AM Friday, 50MI Start 5:15AM Saturday, 26.2MI Start 8:00AM Saturday

* Course record pace is from Neal Collick's 2018 race where he set the current course record of 18:56:02.

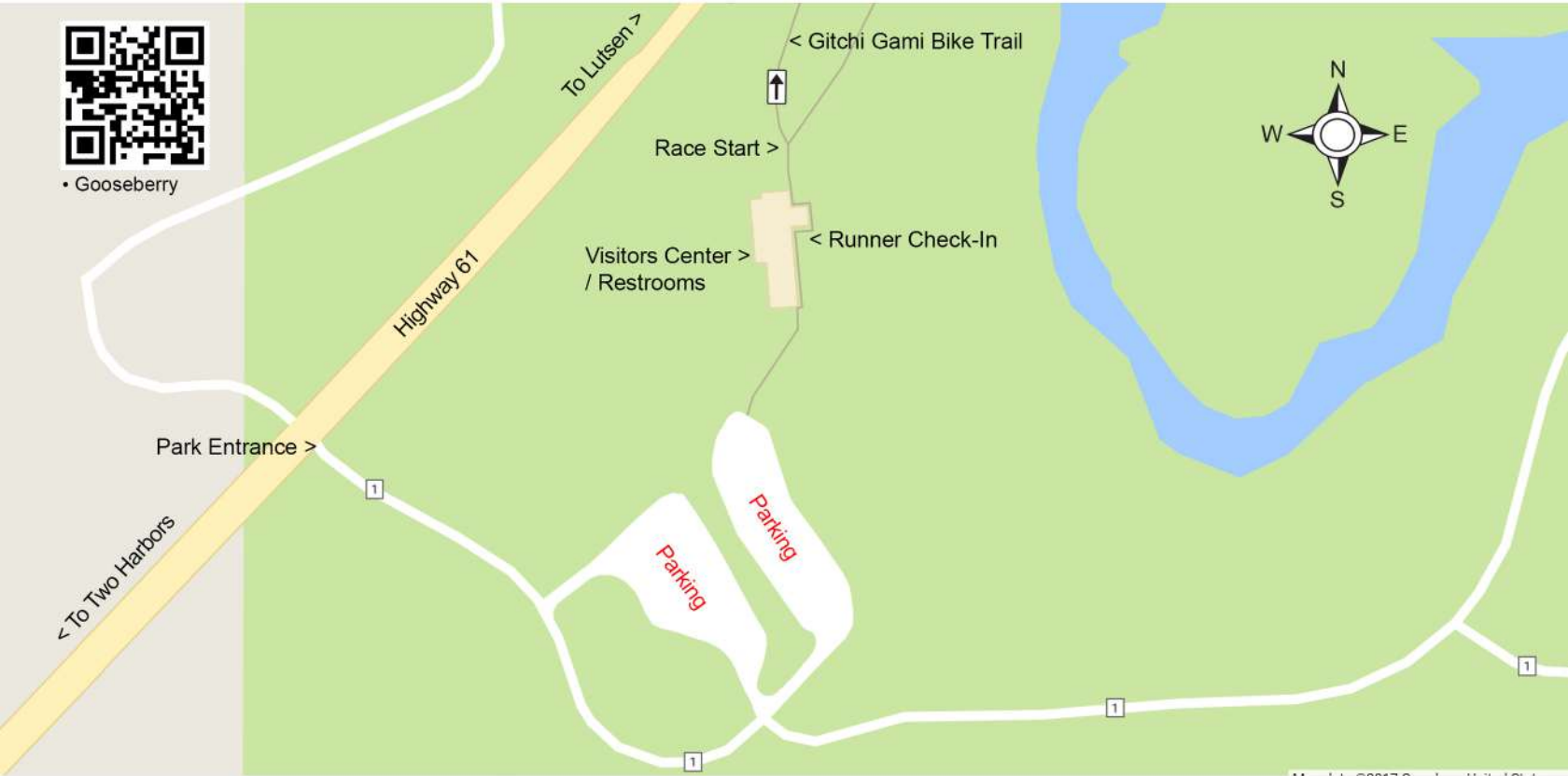
* For the 2022 race only, the start time of the 100 has been moved from 8:00AM to 7:50AM and the cutoffs at Tettegouche, County 6 & Finland have each been extended by 10 minutes.

GOOSEBERRY FALLS S.P. | MILE 0

100 Mile Race Start | 8.4MI To First Aid Station (Split-Rock / NO CREW ACCESS AT SPLIT ROCK)
Crew Access: Yes Toilets: Yes Drop Bags: Yes (Warmups to Finish) Pacers: No Cutoff: NA



• Gooseberry



IMPORTANT - Failure to adhere to these instructions could result in the disqualification of your runner.



Prohibited Activities / Do's & Dont's:

- Do not stop, unload your vehicle or drop off passengers in front of any of the aid stations
- Do not park on two sides of the road, park only on one side of the road / side of the road shown
- Do not park in front of driveways, trails, intersecting roads or directly in front of aid stations
- When walking to the aid station from your car, walk single-file as far off of the roadway as possible
- While waiting for your runner do not sit or stand in the roadway
- Keep children in hand (especially walking to and from aid stations) and dogs on leashes
- Do not speed, the Superior Hiking Trail trail crosses the roads that you will be driving on
- No RVs, campers or trailers unless RV or camper is no larger (length & width) than a full size pickup



Arriving / Parking at Gooseberry Falls State Park - 100 Mile Race Start, 8:00AM Friday:

Park in the Gooseberry Falls State Park Visitors Center parking lots as illustrated in the map above. Long term parking is not allowed / you may not leave a vehicle at Gooseberry Falls State Park.



Departing / Directions to Next Aid Station > Beaver Bay:

SPLIT ROCK IS THE FIRST AID STATION BUT THERE IS NO CREW OR SPECTATOR ACCESS SO YOU MUST GO DIRECTLY TO THE BEAVER BAY AID STATION OR BEYOND. Take Gooseberry Falls park road back to Highway 61 and go right. Drive 12 miles to Highway 4 / Lax Lake Road in Beaver Bay. Turn left on Hwy 4 and go .7 miles to aid station on right side of the road. Park on the right side of the road only (facing away from Lake Superior / Highway 61).





8.4MI From Start (Gooseberry) | 10.3MI To Next Aid Station (Beaver Bay)

Crew Access: No Toilets: No Drop Bags: No Pacers: No Cutoff: 11:00AM

NO CREW ACCESS

Crew, Pacer and Spectator Access is Prohibited. Do not visit this aid station.

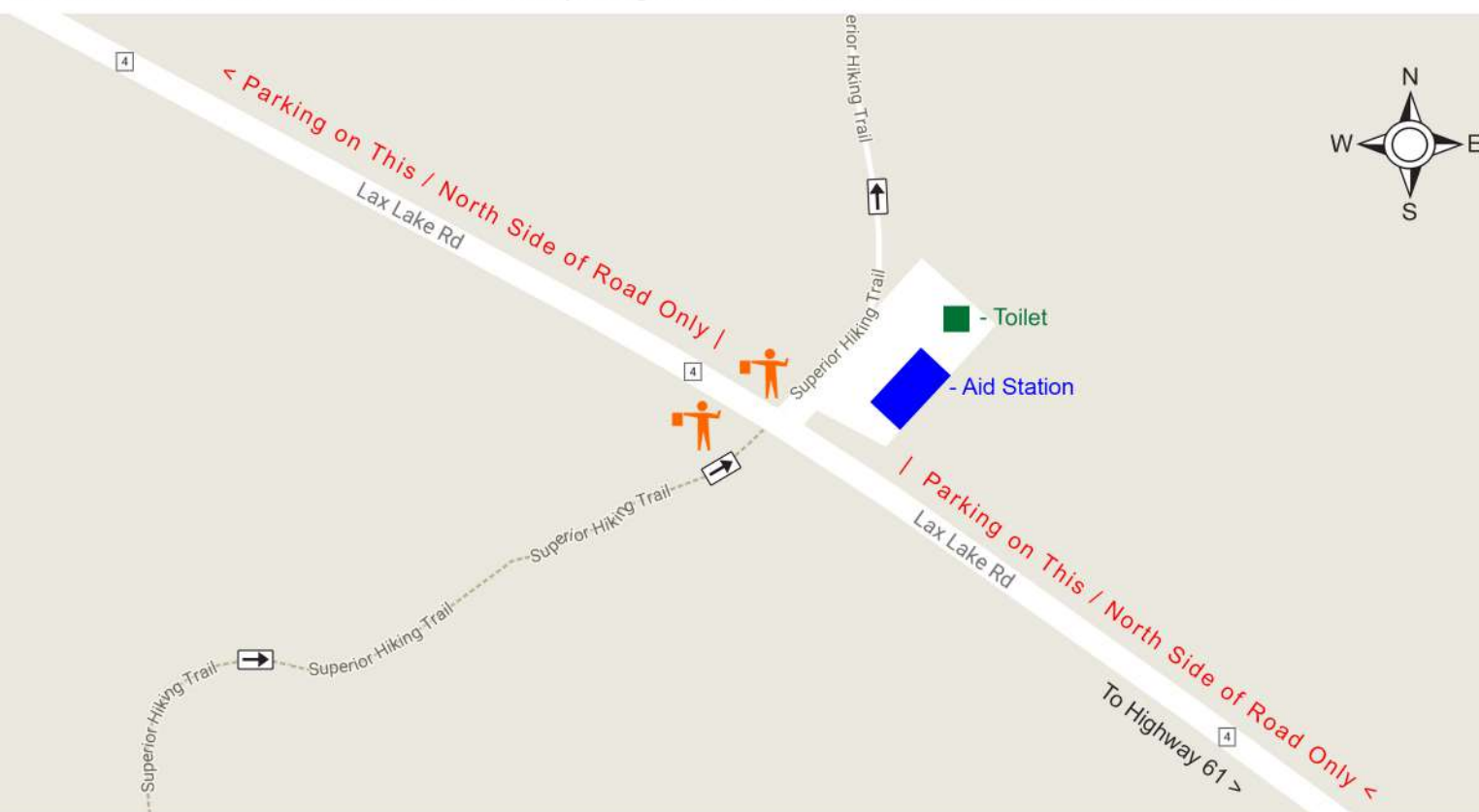


BEAVER BAY | MILE 18.7



10.3MI From Last Aid Station (Split Rock) | 4.3MI To Next Aid Station (Silver Bay)

Crew Access: Yes Toilets: Yes Drop Bags: Yes Pacers: No Cutoff: Yes Fri 2:20PM



IMPORTANT - Failure to adhere to these instructions could result in the disqualification of your runner.



Prohibited Activities / Do's & Dont's:

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- Do not park on two sides of the road, park only on one side of the road / side of the road shown
- Do not park in front of driveways, trails, intersecting roads or directly in front of aid stations
- When walking to the aid station from your car, walk single-file as far off of the roadway as possible
- While waiting for your runner do not sit or stand in the roadway
- Keep children in hand (especially walking to and from aid stations) and dogs on leashes
- Do not speed, the Superior Hiking Trail trail crosses the roads that you will be driving on
- No RVs, campers or trailers unless RV or camper is no larger (length & width) than a full size pickup



Arriving / Parking at Beaver Bay:

As you near the aid station you will see a line of cars, park behind the last car and walk to the aid station. If it looks like spaces are available ahead you may also drive up and parallel park. Walk single file to the aid station, keep children in hand and pets on leash. Do not park in front of driveways.



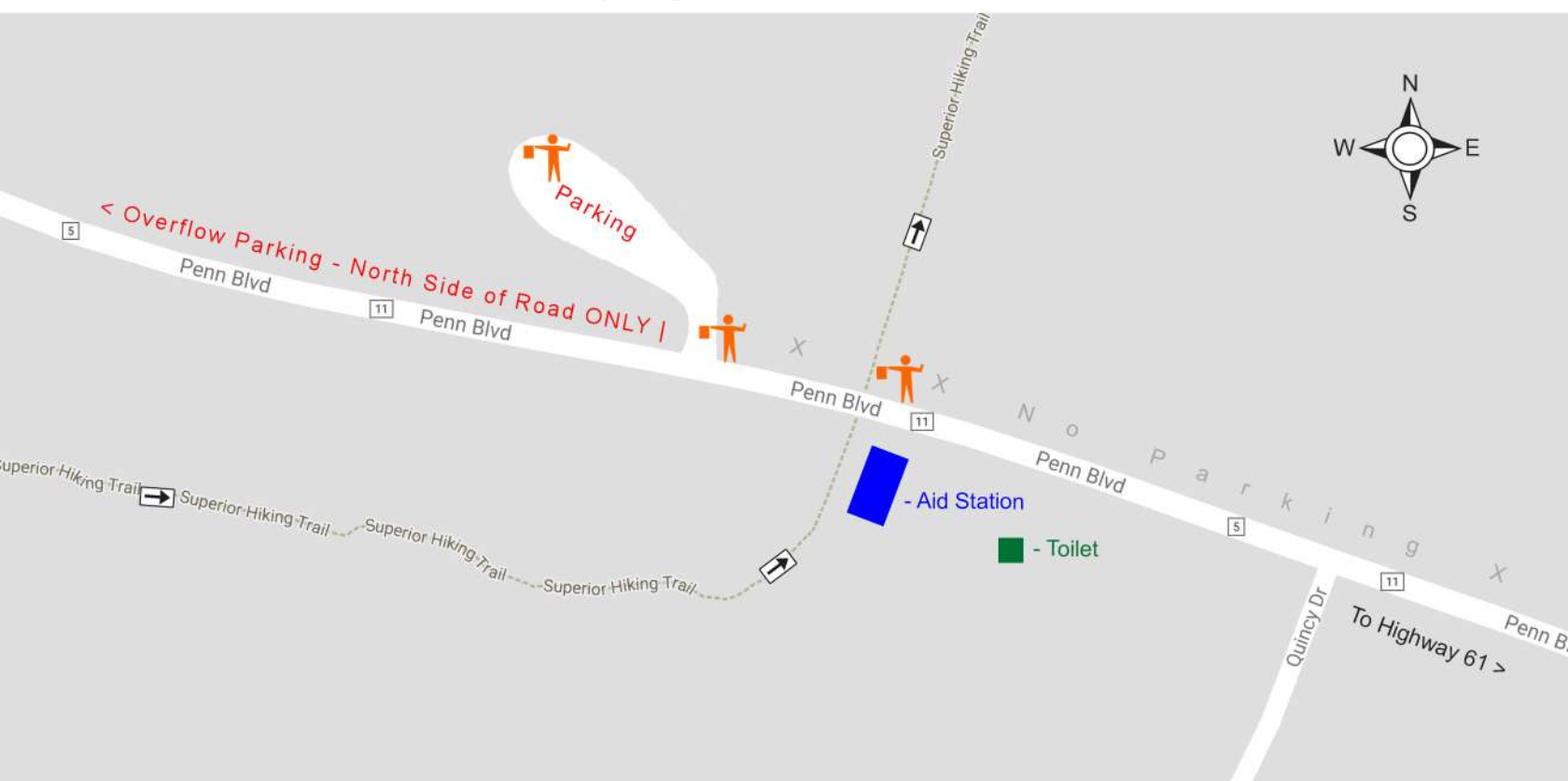
Departing / Directions to Next Aid Station > Silver Bay:

Return to Hwy 61 in Beaver Bay. Turn left on 61 & drive 3 miles to the stoplight (Lake Cty Hwy 5 / Penn Blvd) & go left. Drive through Silver Bay 2.1 miles. Aid station is on the left. Parking will be just beyond the aid station on the right. If the trail-head parking lot is full, park just past the parking lot pointed away from Highway 61 & Lake Superior. There are other routes that can be taken from Beaver Bay to Silver Bay but you should not take any other route than the route outlined here.



SILVER BAY | MILE 23

4.3MI From Last Aid Station (Beaver Bay) | 10.1MI To Next Aid Station (Tettegouche)
Crew Access: Yes Toilets: Yes Drop Bags: Yes Pacers: No Cutoff: Yes Fri 4:00PM



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Prohibited Activities / Do's & Dont's:

- Do not stop, unload your vehicle or drop off passengers in front of any of the aid stations
- Do not park on two sides of the road, park only on one side of the road / side of the road shown
- Do not park in front of driveways, trails, intersecting roads or directly in front of aid stations
- When walking to the aid station from your car, walk single-file as far off of the roadway as possible
- While waiting for your runner do not sit or stand in the roadway
- Keep children in hand (especially walking to and from aid stations) and dogs on leashes
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Arriving / Parking at Silver Bay:

Park in the trail head parking lot just to the West of the Aid Station. Once that parking lot is full, park on the shoulder on the North Side of the Penn Blvd only, just to the West of the trailhead parking lot, facing West / away from Lake Superior / Hwy 61.



Departing / Directions to Next Aid Station > County Road 6:

TETTEGOUCH IS TECHNICALLY THE NEXT AID STATION ON THE COURSE BUT THERE IS NO CREW ACCESS ALLOWED. Take Penn Blvd back to Hwy 61, turn left and go 11 miles to Co Rd 6. Turn left on Co Rd 6 and drive 2.0 miles to parking lot in the gravel pit on the right hand side of the road. Aid station is .1 miles up the road from the gravel pit on the right. No parking is allowed on the road. Walk single-file to the AS, dogs and children in-hand.





10.1MI From Last Aid Station (Silver Bay) | 9.3MI To Next Aid Station (County Road 6)
Crew Access: No Toilets: Yes Drop Bags: Yes Pacers: No Cutoff: Yes Fri 7:40PM

NO CREW ACCESS

Crew, Pacer and Spectator Access is Prohibited. Do not visit this aid station.

Crew Access: Yes Toilets: Yes Drop Bags: Yes Pacers: Yes Cutoff: Yes Fri 10:40PM



- Do not stop, unload your vehicle or drop off passengers in front of any of the aid stations
- Do not park on two sides of the road, park only on one side of the road / side of the road shown
- Do not park in front of driveways, trails, intersecting roads or directly in front of aid stations
- When walking to the aid station from your car, walk single-file as far off of the roadway as possible
- While waiting for your runner do not sit or stand in the roadway
- Keep children in hand (especially walking to and from aid stations) and dogs on leashes
- Do not speed, the Superior Hiking Trail trail crosses the roads that you will be driving on
- No RVs, campers or trailers unless RV or camper is no larger (length & width) than a full size pickup

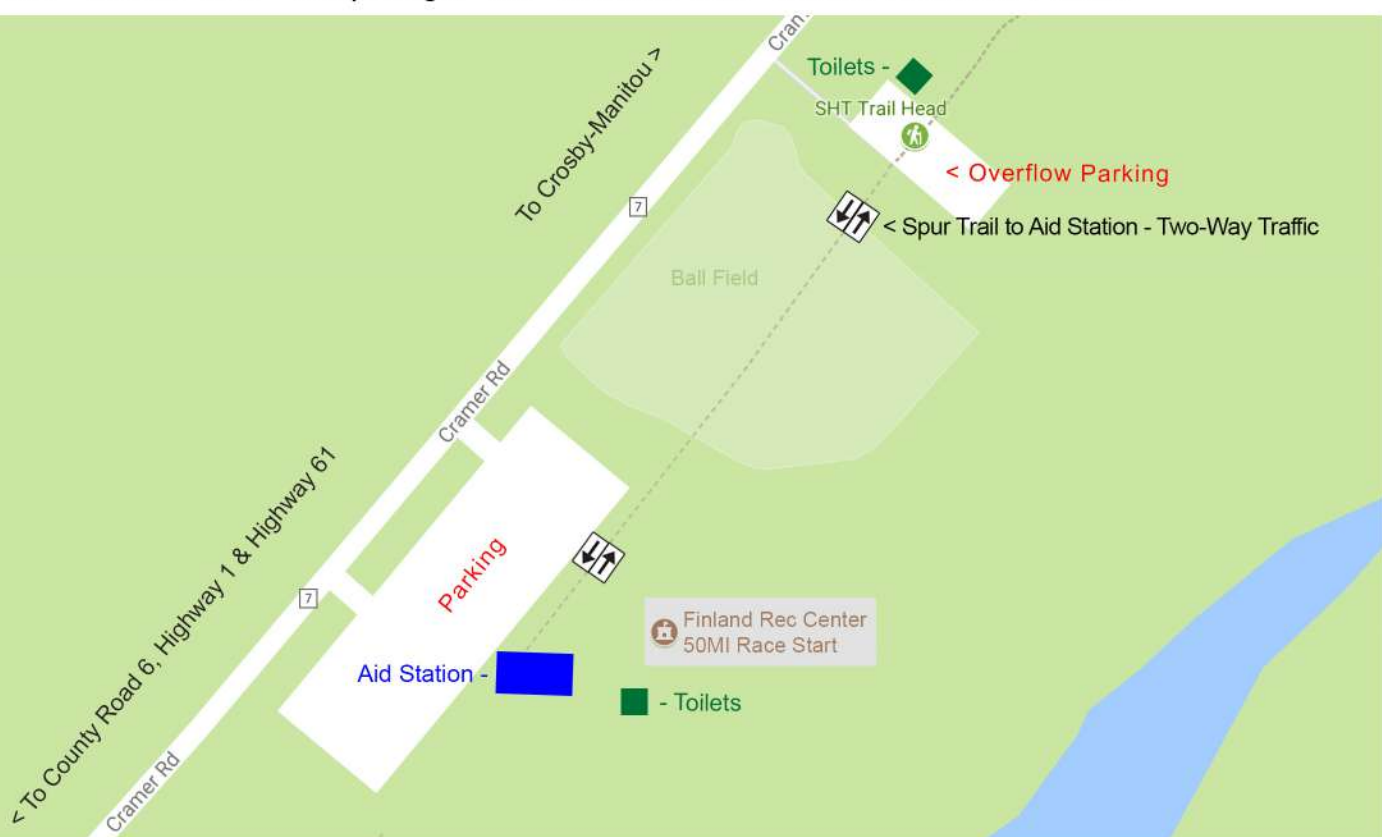
Park in the County Road 6 Gravel Pit only - there are no other options for parking at this aid station. Walk single-file to the aid station as far off the road as possible. Keep children in hand and pets on leash, County Road 6 is a busy / high speed road! All cars must be out of the parking lot by 11:00PM

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 .1 mile to Co Rd 7. Turn right on Co Rd 7 and go 1.1 miles to the Finland Rec Center. No parking on the road - park only in Rec Center Parking Lot or at the trailhead on the other side of the ball fields once the Finland Rec Center Parking Lot is full.





Crew Access: Yes Toilets: Yes Drop Bags: Yes Pacers: Yes Cutoff: Yes Sat 2:10AM



Prohibited Activities / Do's & Dont's:



Arriving / Parking at Finland Aid Station (50 Mile Race Start - 5:15AM Saturday):



Departing / Directions to Next Aid Station > Crosby-Manitou:



7.7MI From Last Aid Station (Finland) | 4.3MI To Next Aid Station (Crosby-Manitou)

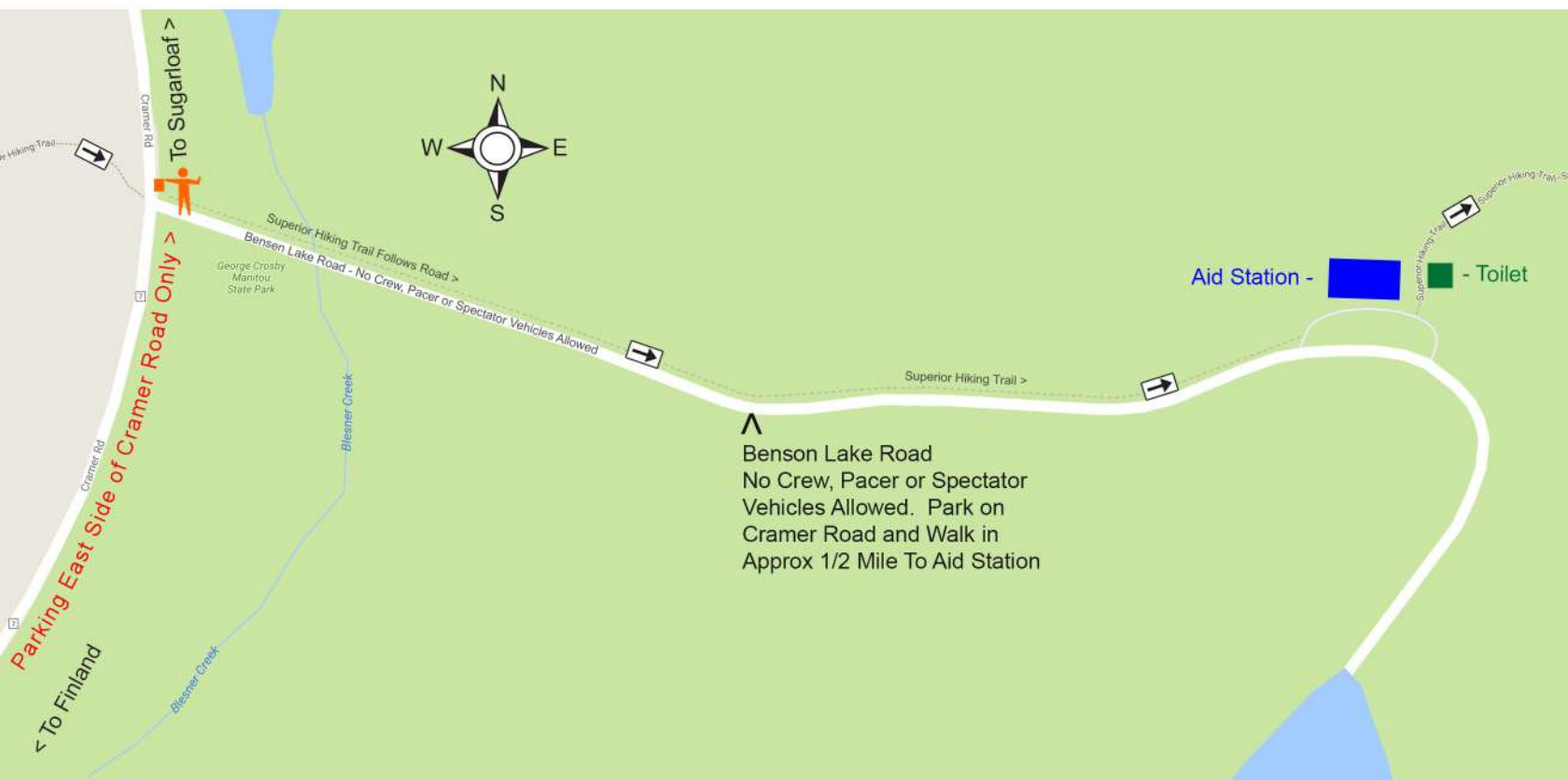
Crew Access: No Toilets: Yes Drop Bags: Yes Pacers: Yes (through only, no access) Cutoff: No

NO CREW ACCESS

Crew, Pacer and Spectator Access is Prohibited. Do not visit this aid station.

CROSBY-MANITOU | MILE 62 / 12

4.3MI From Last Aid Station (Sonju Lake Road) | 9.5MI To Next Aid Station (Sugarloaf)
Crew Access: Yes Toilets: Yes Drop Bags: Yes Pacers: Yes Cutoff: Yes Sat 9:10AM



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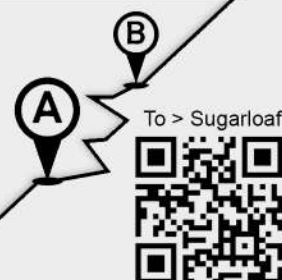
Arriving / Parking at Crosby-Manitou:

Continue on Cramer Road until you see line of cars, park behind last car. Walk on Cramer RD to Benson Lake Road / Crosby-Manitou park entrance, walk road approximately 1/2 mile to aid station. Walk single-file on Cramer Road as far off roadway as possible - people drive very fast on Cramer Road.



Departing / Directions to Next Aid Station > Sugarloaf:

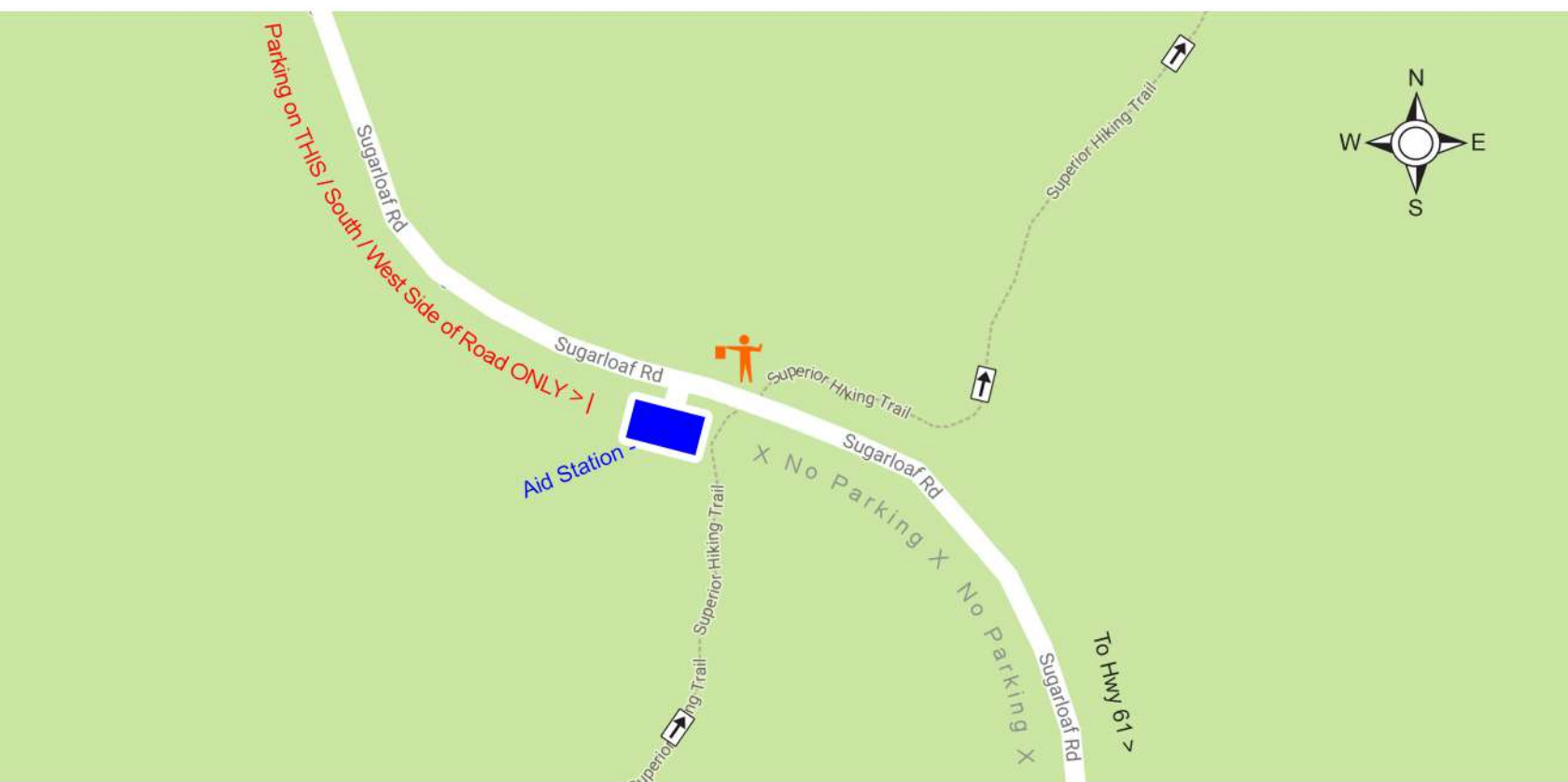
Return to Co Rd 7. Turn right on Co Rd 7 and drive 4.0 miles to Co Rd 8. Turn right on Co Rd 8 and drive 5.2 miles to Sugarloaf Rd. Turn right on Sugarloaf Rd and drive 2.5 miles to aid station on right. Park only on one side of the road. Narrow road, use extreme caution. Do not sit or stand in the road!



SUGARLOAF | MILE 71.5 / 21.5

9.5MI From Last Aid Station (Crosby-Manitou) | 5.5MI To Next Aid Station (Cramer Road)

Crew Access: Yes Toilets: Yes Drop Bags: Yes Pacers: Yes Cutoff: Yes Sat 12:10PM



IMPORTANT - Failure to adhere to these instructions could result in the disqualification of your runner.



Prohibited Activities / Do's & Dont's:

- Do not stop, unload your vehicle or drop off passengers in front of any of the aid stations
- Do not park on two sides of the road, park only on one side of the road / side of the road shown
- Do not park in front of driveways, trails, intersecting roads or directly in front of aid stations
- When walking to the aid station from your car, walk single-file as far off of the roadway as possible
- While waiting for your runner do not sit or stand in the roadway
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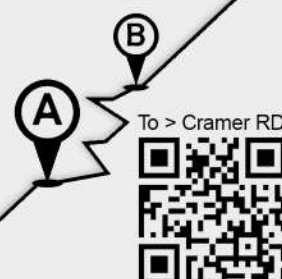
Arriving / Parking at Sugarloaf:

Continue driving on Sugarloaf road until you see line of cars on West side of road / pointed towards Highway 61 / Lake Superior. Park behind last car. Walk to aid station by continuing on Sugarloaf Road towards Highway 61 / Lake Superior.



Departing / Directions to Next Aid Station > Cramer Road:

Continue straight on Sugarloaf Rd 1.2 miles to Hwy 61. Turn left on Hwy 61 and go 5.5 miles to Cramer Rd / Cook Co 1. Turn left on Cramer Rd and drive 3.6 miles to aid station on the right. Park behind line of cars. Do not park beyond aid station. *There are other routes that can be taken from Sugarloaf Rd to Cramer Rd, but you should not take any other route than the route outlined here.



CRAMER ROAD | MILE 77 / 27 / 0



5.5MI From Last Aid Station (Sugarloaf) | 6.9MI To Next Aid Station (Temperance)

Crew Access: Yes Toilets: Yes Drop Bags: Yes Pacers: Yes Cutoff: Yes Sat 1:45PM



 **IMPORTANT** - Failure to adhere to these instructions could result in the disqualification of your runner.

Prohibited Activities / Do's & Dont's:

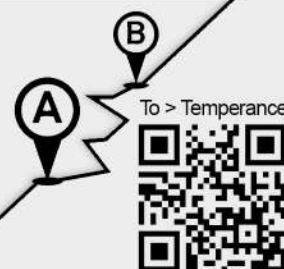
- Do not stop, unload your vehicle or drop off passengers in front of any of the aid stations
- Do not park on two sides of the road, park only on one side of the road / side of the road shown
- Do not park in front of driveways, trails, intersecting roads or directly in front of aid stations
- When walking to the aid station from your car, walk single-file as far off of the roadway as possible
- While waiting for your runner do not sit or stand in the roadway
- Keep children in hand (especially walking to and from aid stations) and dogs on leashes
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Arriving / Parking at Cramer Road Aid Station & Marathon Race Start - 8:00AM Saturday:

Continue on Cramer Road until you see line of cars and park, facing away from Highway 61 / Lake Superior, on North Side of the road only. Do not park past / West of the aid station / Cramer Road trail-head.

Departing / Directions to Next Aid Station > Temperance

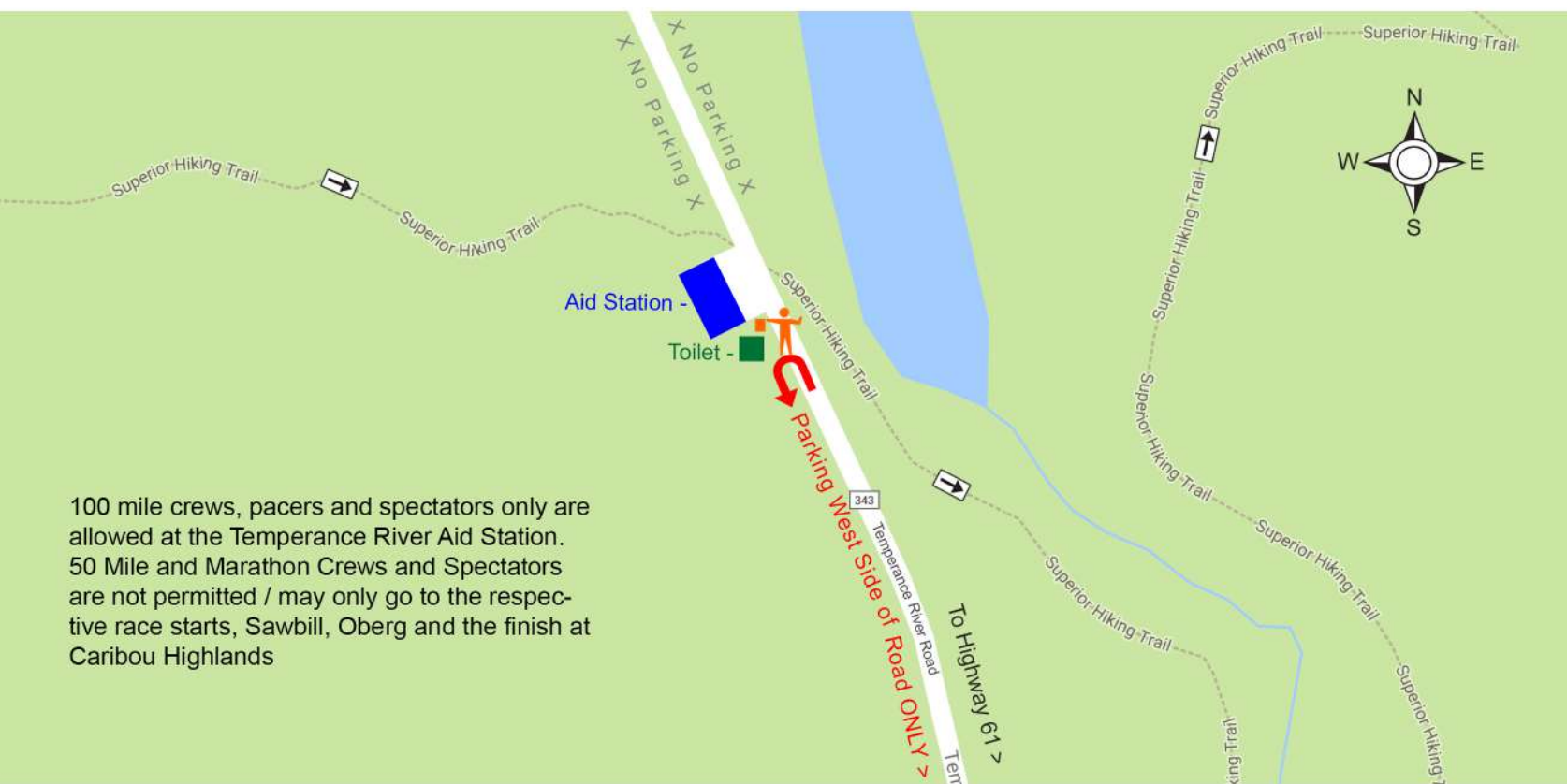
100 MILE CREWS, PACERS & SPECTATORS ONLY - NO 50 OR 26.2MI TRAFFIC ALLOWED AT TEMPERANCE. Go back 3.6 miles on Cramer Road to Hwy 61. Turn left on Hwy 61 and go 1.2 miles to Temperance River Rd. Turn left on Temperance River Rd and go .9MI to aid station - volunteer flagger will direct you to do a u-turn, drive down and park on West side of road only, pointed towards Highway 61 / Lake Superior.



📍 TEMPERANCE | MILE 83.9 / 33.9 / 8.1



6.9MI From Last Aid Station (Cramer Road) | 5.3MI To Next Aid Station (Sawbill-Britton Peak)
Crew Access: 100MI Only Toilets: Yes Drop Bags: Yes Pacers: Yes Cutoff: Yes Sat 4:00PM



100 mile crews, pacers and spectators only are allowed at the Temperance River Aid Station. 50 Mile and Marathon Crews and Spectators are not permitted / may only go to the respective race starts, Sawbill, Oberg and the finish at Caribou Highlands

⚠️ IMPORTANT - Failure to adhere to these instructions could result in the disqualification of your runner.

🚫 Prohibited Activities / Do's & Dont's:

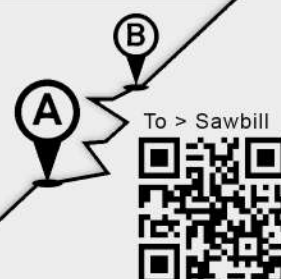
- Do not stop, unload your vehicle or drop off passengers in front of any of the aid stations
- Do not park on two sides of the road, park only on one side of the road / side of the road shown
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📍 Arriving / Parking at Temperance Aid Station:

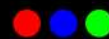
Continue on Temperance River Road until you see volunteer flagger, turn around so you are pointed towards Highway 61 / Lake Superior and park (on the West side of the road only).

📍 Departing / Directions to Next Aid Station > Sawbill:

Go back approximately .9 miles to Hwy 61. Turn left on Hwy 61 (note heavy traffic and poor visibility on this section of Highway 61). Go 2.7 miles to Sawbill Trail / Cook Co 2. Turn left on Sawbill trail and go 2.5 miles. Park behind line of cars and walk into aid station. Park on one (North / West) side of the road only facing away from Highway 61 / Lake Superior.



SAWBILL | MILE 89.2 / 39.2 / 13.4



5.3MI From Last Aid Station (Temperance River) | 5.6MI To Next Aid Station (Oberg Mountain)

Crew Access: Yes Toilets: Yes Drop Bags: Yes Pacers: Yes Cutoff: Yes Sat 5:40PM



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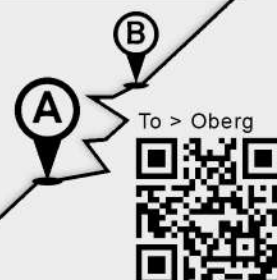
Arriving / Parking at Sawbill:

Park on the North / West side of the road only / facing away from Highway 61 / Lake Superior. Parking in the Sawbill-Britton Trailhead Parking lot is for non-race-related day users only per the USFS.



Departing / Directions to Next Aid Station > Oberg:

Go back approximately 2.5 miles to Hwy 61. Turn left on Hwy 61 and go 4.7 miles to Onion River Rd. Turn left on Onion River Rd and go 2.0 miles or until you see volunteer flagger - flagger will direct you to turn around and park on the side of Onion River Road facing Highway 61 / Lake Superior. Parking in the trailhead parking lot is for non-race-related day users only.

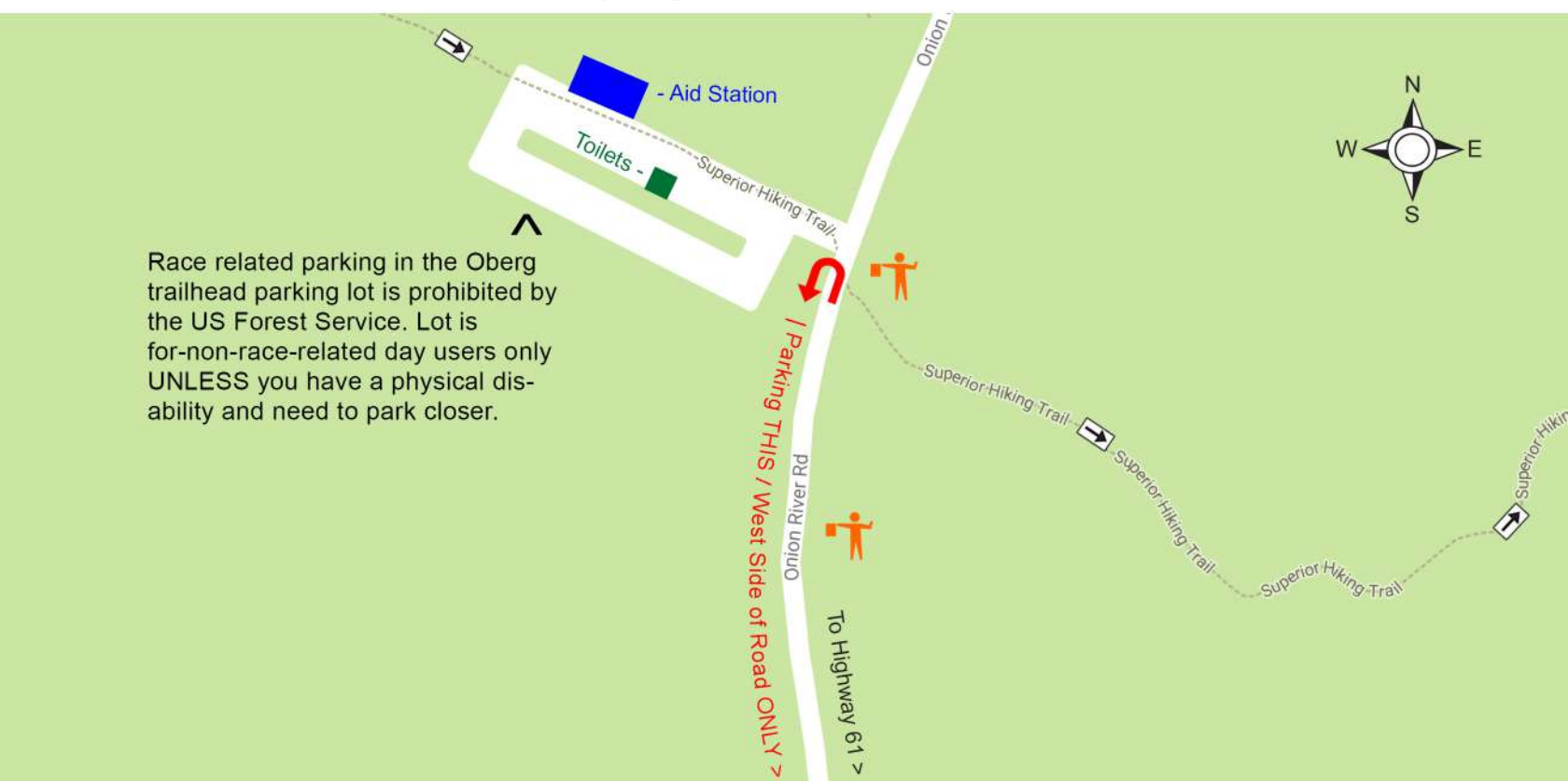


OBERG | MILE 94.8 / 44.8 / 19



5.6MI From Last Aid Station (Sawbill) | 7.2MI To Finish (Caribou Highlands)

Crew Access: Yes Toilets: Yes Drop Bags: Yes Pacers: Yes Cutoff: Yes Sat 7:10 PM



IMPORTANT - Failure to adhere to these instructions could result in the disqualification of your runner.



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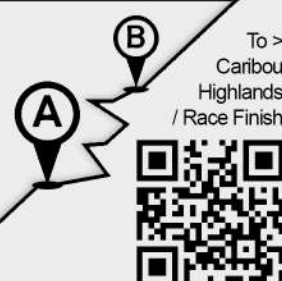
Arriving / Parking at Oberg:

Drive down Onion River Road until you see a volunteer flagger, they will ask you to turn around and you will park on the West side of Onion River Road, pointed towards the lake / Highway 61. Parking in Oberg Mountain Trailhead parking lot is for non-race-related trail-head users only per the USFS.



Departing / Directions to Finish > Caribou Highlands, Lutsen:

Go back 2.0 miles to Hwy 61. Turn left and go 2.6 miles to Ski Hill Rd. Turn left and go 2.0 miles, parking area is on the right-hand side of Ski Hill Road, across from the Caribou Highlands entrance. Walk across Ski Hill Road to Caribou Highlands - the finish line is around back (look for the party tent).





CARIBOU HIGHLANDS | MI 102 / 52 / 26.2



7.1MI From Last Aid Station (Oberg) | 100, 50 & 26.2 Mile Race Finish

Crew Access: Yes Toilets: Yes Cutoff: Yes Sat 10:00 PM



• Caribou Highlands

Caribou Highlands /
Race Finish

Race Finish >

Race Parking



IMPORTANT - Failure to adhere to these instructions could result in the disqualification of your runner.



Prohibited Activities / Do's & Dont's:

- Do not stop, unload your vehicle or drop off passengers in front of any of the aid stations
- Do not park on two sides of the road, park only on one side of the road / side of the road shown
- Do not park in front of driveways, trails, intersecting roads or directly in front of aid stations
- When walking to the aid station from your car, walk single-file as far off of the roadway as possible
- While waiting for your runner do not sit or stand in the roadway
- Keep children in hand (especially walking to and from aid stations) and dogs on leashes
- Do not speed, the Superior Hiking Trail trail crosses the roads that you will be driving on
- No RVs, campers or trailers unless RV or camper is no larger (length & width) than a full size pickup



Arriving / Parking at Caribou Highlands / Race Finish:

Continue on Ski Hill Road until you come to the entrance for Caribou Highlands - if you are staying at / have a room at Caribou Highlands lodge you may enter and park in your designated spot - if you do not have a room at Caribou Highlands take the first right directly after the Caribou Highlands entrance on Ski Hill Road into the large gravel parking lot and park. Walk across Ski Hill Road onto Caribou Highlands property, walk to the back of the lodge - the finish line is around back (look for the party tent).