

# LEG 1 - 6.0 MILES - MODERATE



Ex 1 opens: 6:00 am  
Run side: **LEFT, facing traffic**

No cell coverage

Safety equipment  
hours: 7pm to 7am

## LEG DESCRIPTION – Moderate

**Terrain** – Rolling and Scenic

**Surface** – Trail & paved, no shoulder

**LEG NOTES** – Glory Leg! Start on the shore of Applegate Lake, Trail to the road and a few miles on Upper Applegate Road.

**CAUTION** – Run facing traffic, be alert to oncoming vehicles

**Vans** – Support runners in turnouts.

**Exchange Parking** – Pretty good

### Mileage

- .08 Trail to Swayne Vista Viewpoint
- .7 Swayne Parking
- .8 Turn right onto Upper Applegate Rd
- 1.7 Bridge
- 1.8 Cattle guard
- 2.4 Whitewater Dr
- 3.2 Sanctuary One - Home for rescue animals
- 3.2 - 3.6 No support of runners in this narrow section
- 5.2 Share the road with Bikers and Runners on the Right
- 6.0 Exchange at the Jackson Campground

Ex 1 coordinates: 42°06'50.5"N 123°05'13.0"W

