

REDDING MARATHON COURSE DESCRIPTION

January 15, 2012

For your information ...

- 1) The course will be well marked with small orange landscaping flags & arrows.
- 2) Monitors will direct you at crucial points along the course.
- 3) Nine aid stations will be available & stocked with Gatorade & water.
- 4) Energy gel will be available to marathon runners at aid stations 2, 4, 6, & 8.
- 5) Mile markers will be in place throughout the course.

The Marathon & Marathon Relay will start at Shasta Dam Visitors' Center parking lot. You will have a straight shot to the Guard Shack where you will access the road across Shasta Dam. From the other side of the Dam, a paved road descends for about 1 ½ miles to the OHV staging area and a campground. You will continue on the paved Coram Road for about one quarter of a mile before veering off to your left to access the Shasta Dam Trailhead of the paved Rail Trail. You will be on this trail for the next 10 miles.

As you continue on the Rail Trail, the scenic Sacramento River will be on your left. This section is relatively flat and fast. You will come to the first aid station at 3 ¼ miles. A historic point of interest is the old 1923 railroad tunnel which you run through at mile four. The next aid station is at Matheson Mine, mile 6.4, with Gu available to marathoners. You continue downstream on the same flat trail to Keswick Boat Launch and the first marathon relay handoff. The first leg relay runner has gone 9.6 miles. Aid station #3 is also located at this spot.

You will continue traversing the Rail Trail across Spring Creek Dam, then make a sharp left onto the Rail Trail Extension. This is the part with a series of rolling hills to break up the otherwise flatness of the Rail Trail. The next aid station is located at the top of the last climb at mile 12.7, again with Gu for marathoners. After leaving aid station #4 a long downhill section awaits you as you pass by the halfway point, 13.1 miles. The Rail Trail Extension ends at the Keswick Dam Road crossing. Monitors will be there to see you safely across the county road. Beginning at this point, you will be on the South Sacramento River Trail. Take a quick look back at Keswick Dam and enjoy the river as it flows downstream from the dam. You will run by the pedestrian Ribbon Bridge and continue downstream to Middle Creek Trail. As you turn right onto the trail, aid station #5 will be available at mile 14.6. This newly paved trail has a gradual climb of about 100 feet per mile. You will run up it for a little over a mile to a turnaround, then cruise back down to the South Sacramento River Trail. Upon exiting Middle Creek Trail, more aid is available as well as Gu at just over 17 miles. You will continue running downstream to Diestelhost Bridge and aid station #7 at mile 19. As you turn left across the bridge, you will see the end of the bridge and a turnaround on the far side. There you will reverse directions and run back across the bridge and upstream, directly to the pedestrian Ribbon Bridge. The second relay handoff will also be at the bridge turnaround. Second leg runners have come 9.6 miles. The third leg runners have just over 7 miles to the finish.

Aid station #8 will be near the turn onto the Ribbon Bridge at mile 22. Gu will also be available here. After you run across the bridge, you are on the North Sacramento River Trail. You will continue on this trail all the way to finish at the Sundial Bridge. The last aid station will be just after mile 24. Upon reaching the Sundial Bridge, you will be directed across the bridge to the finish line on the far side. There medals, food, beverages and friendly volunteers await you. Congratulations on a job well done!

PROFILE: start is 1067 feet and the finish is 557 feet.

Aid Stations are as follows:	#1	2nd Coram Road access	3.25 miles
	#2	Matheson Mine	6.40 miles
	#3	Keswick Boat Ramp	9.63 miles (1st relay handoff)
	#4	Yellow Gate near Keswick	12.75 miles
	#5	Turn in on Middle Creek Trail	14.65 miles
		Turn around	15.91 miles
	#6	Exiting Middle Creek Trail	17.17 miles
	#7	South Parking Lot - River Trail	19.00 miles
		North end of Diestelhorst	19.20 miles (2nd relay handoff)
	#8	Approach to side of Ribbon Bridge	22.00 miles
	#9	Hill above approach to Carter Creek	24.08 miles

Relay legs #1 = 9.63 (round off to 9.6)

#2 = 9.56 (round off to 9.6)

#3 = 7.01 (round off to 7.0)