

## **2011 Conquer the Cove Spectator Information**

There are a number of vantage points for you to see runners throughout this race.

**Water Stops 2-7** - can be accessed from the main parking lot for recreational use of the cove at Bennett Springs.

### **Directions – From Loch Haven:**

- Leave Loch Haven Resort and take a right onto Loch Haven Road.
- This will take you to a stop sign at Route 419 (Electric Road), take a right.
- At the light take a right onto route 311.
- Take this for approximately 1.8 miles until you get to Carvins Cove Road.
- Take a right on to Carvins Cove Road.
- Take this for approx. 1.3 miles to a stop sign. Take a right to stay on Carvins Cove Rd.
- Take this approx 2.1 miles until you get to the main parking lot on the right (big gravel parking lot).

To get to the race course you will need to walk to the entrance gate of Carvins Cove Natural Reserve. Leave the gravel parking lot and take a right (opposite way than how you came in by car). You will have a 1 mile walk to the gate entering Carvins Cove.

### **Best Options:**

25k option is #1 below, then head back to Loch Haven Resort.

Marathon Option walking – See the start, option 2, hang out there for the runners as they return and then head back to the finish.

Marathon Options by bike – Option 1-6 below.

Meet runner at the gate, head to Water Stop 2/6, head to Point C, Head to point B or A, head back to WS 2/6, meet runner back at gate.

**The following are all the areas that you can meet runners along the course.**

### **From the Gate:**

- 1) Water Stop 2 & 6 – follow the dirt/gravel road to the right, uphill, for .5 miles.
  - This is where the 25k and Marathon courses split.
- 2) Water Stop 3 & 5 – follow the dirt/gravel road straight. The water stop will be 1.2 miles out on this road.
- 3) Point A – Intersection of Happy Valley Fire Road and Enchanted Forest/Little Bell (1.5 miles from gate).
- 4) Point B - Intersection of Happy Valley Fire Road and Little Bell/Schoolhouse (1.75 miles from gate).
- 5) Point C - Intersection of Happy Valley Fire Road Arrowhead (2.5 miles from gate).
- 6) To get to Water Stop 4 – continue on the dirt/gravel road another 1 mile past Point C.
  - This is the furthest point on the course from the gate.

### **From the Parking Lot:**

To get to Water Stop 7 you would need to hike up the 1.6 mile Hi-Dee-Ho Trail from where you parked. Steep trail but you will get to see the runners after they have tackled the toughest portion of the course, the 2.3 mile (25k) or 2.8 mile (Marathon) 1000ft climb.