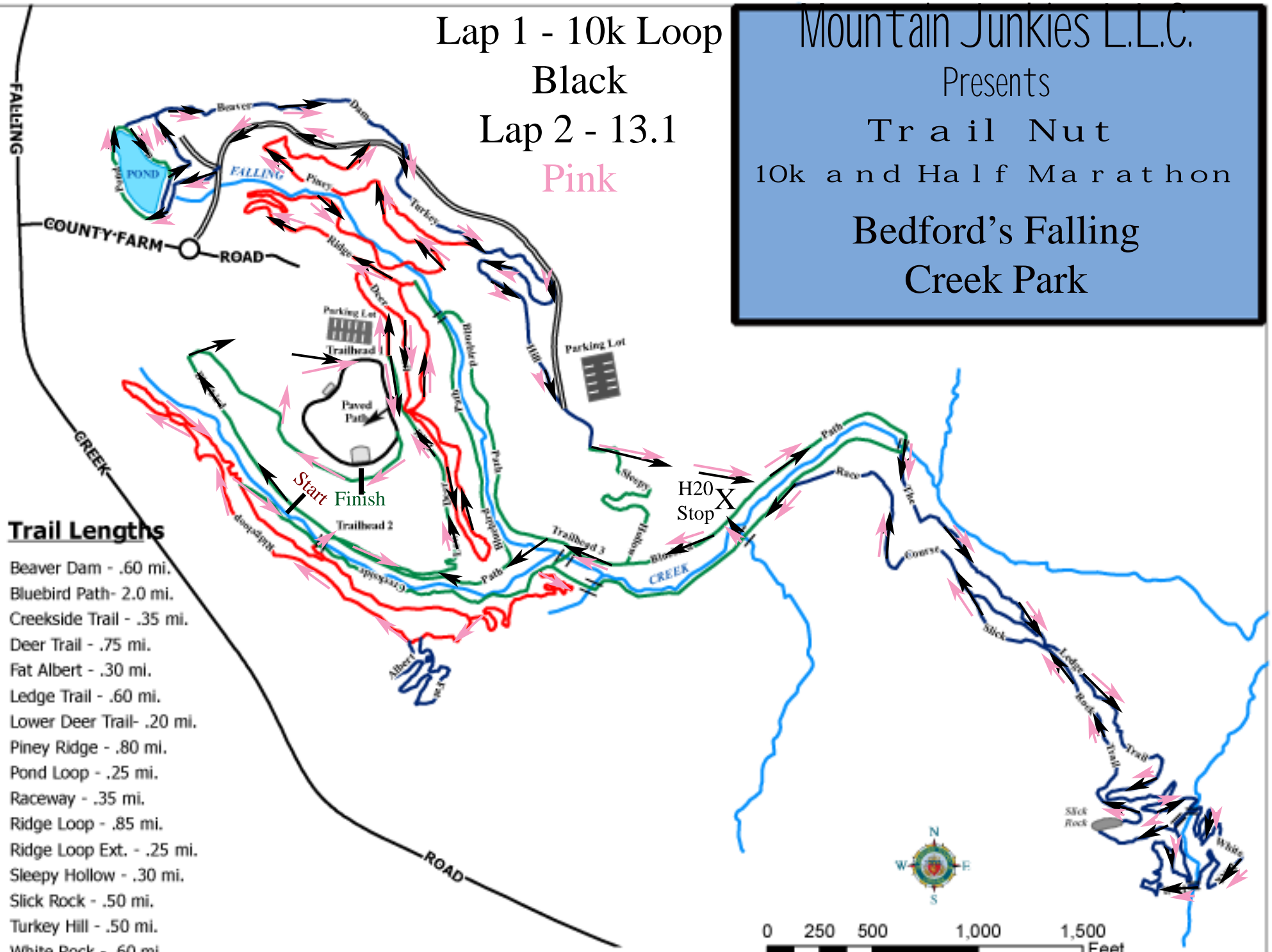


Mountain Junkies L.L.C.
 Presents
 Trail Nut
 10k and Half Marathon
 Bedford's Falling
 Creek Park

Lap 1 - 10k Loop
 Black
 Lap 2 - 13.1
 Pink



Trail Lengths

- Beaver Dam - .60 mi.
- Bluebird Path- 2.0 mi.
- Creekside Trail - .35 mi.
- Deer Trail - .75 mi.
- Fat Albert - .30 mi.
- Ledge Trail - .60 mi.
- Lower Deer Trail- .20 mi.
- Piney Ridge - .80 mi.
- Pond Loop - .25 mi.
- Raceway - .35 mi.
- Ridge Loop - .85 mi.
- Ridge Loop Ext. - .25 mi.
- Sleepy Hollow - .30 mi.
- Slick Rock - .50 mi.
- Turkey Hill - .50 mi.
- White Rock - .60 mi.

