

Patch Sprint Course Directions

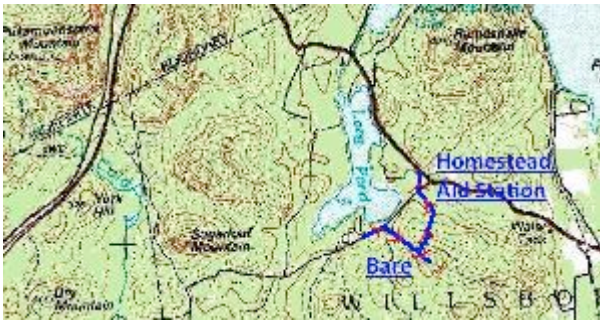
The Whole Course (~12.7 miles from start to finish)



Course Overview: The course starts at the pillars marking the entrance to Camp Pok-O-Moonshine.

- Phase 1 will take you from the start, up Bare Mtn, then down Bare to the 1812 Homestead.
- Phase 2 will take you from the 1812 Homestead to the summit of Rattlesnake.
- Phase 3 takes you from the summit of Rattlesnake, back through the 1812 Homestead, along Reber Rd. to White's Rd., and onto the summit of Sugarloaf.
- Phase 4 takes you from the summit of Sugarloaf, down the backside via bushwhack to a dirt road, to Fiegalley, through the Northway tunnel, through the swamp, and to the base of Mt. Pok-O-Moonshine.
- Phase 5 will take you on a well-marked trail from the base of Pok-O-Moonshine to the summit finish!

Phase 1: Starting Line – Bare Mtn – 1812 Homestead (~1.85 miles)



Follow the group to the trailhead that breaks off to the right about .2 miles from the start. The main trail is the best marked one. Look for arrows at confusing junctions. Follow the trail up past the bare spot at which point the trail becomes more gradual to the summit. Retrace steps back to the bare spot and take parallel (right) trail down. **DO NOT TAKE ANY RIGHT TRAILS DOWN UNTIL YOU HAVE REACHED THE BARE SPOT.** Follow orange arrows to where the trail turns into a grass road which leads to Reber Rd.. Turn right on Reber Rd. and reach the 1812 Homestead in about 200 yards.

Phase 2: 1812 Homestead – Rattlesnake Summit (~2.3 miles)



This is your first pass through the 1812 Homestead where there will be an aid station for you to refuel.

There is a new, mandated route here, starting in 2011. From the aid station, follow markers through the covered bridge, the History Trail and Beaver Road, before turning left into Long Pond Cabins, where you will follow the arrows to cross Rte. 22 at the beginning of the Rattlesnake approach trail.

Follow the best-marked approach trail. After about 1 mile in on the approach trail, the Rattlesnake trail enters on left (there is a brown sign on a tree indicating no ATV's, etc. on the trail). The trail now zig-zags steeply to the summit ridge. You will come to the first clearing with a spectacular view of Lake Champlain and a large erratic boulder on the right. Pass by this clearing and follow the 7 foot wide ridge road along the ridge keeping Lake Champlain to your right. Do not go into the woods until you come to the 3rd clearing. At the 3rd clearing you come to, follow the arrows and pink ribbons to the left into the woods to summit rock. There will be a summit timer here to mark down your split time.

Phase 3: Rattlesnake Summit – Sugarloaf Summit (~4.95 miles)



The new mandated route retraces your steps all the way back to the 1812 Homestead. From there, follow Reber Rd. for approximately 1.5 miles to White's Rd (this is a dirt road). There is a vehicle here with aid station supplies. Turn right on White's Rd., go for about .3 miles, then turn left. Cross the stream, then follow the trail / logging road, orange arrows, and slightly worn and narrower trail to the summit of Sugarloaf.

Phase 4: Sugarloaf Summit – Fiegalley – Northway Tunnel - Poko Base (~3 miles)



The descent from the summit of Sugarloaf is a Bushwack, very steep in some places. There is pink flagging about every 50 - 100 yards – be sure to follow the flagging down as it will take you directly to the dirt road behind Sugarloaf. If you get a scratch or a scar going down Sugarloaf, this is common and is called a "Scar de Perdu" – roughly translated from French as "Scar of Lost" – a reference to the once untamed and

unmarked nature of this bushwack which had caused several Patch Sprinters to get lost before flagging started in 2003.

Once at the dirt road, turn right and follow the road. Arrows and flagging will lead you in the right direction at confusing junctions. * AT TIMES YOU ARE CROSSING PRIVATE LAND, AND SOMETIMES HOSTILE LAND OWNERS. PLEASE BE GRACIOUS. When you are almost at the Northway (Rte. 87), you will enter the famous Fiegalley (named after Jason Fiegl who first scouted and created the route to the tunnel). Flags will guide you back into the woods, with the Northway on your left, and eventually to the Northway tunnel. You **MUST** use this tunnel to go under the Northway. **PARTICIPANTS MAY NOT CROSS THE ADK NORTHWAY EXCEPT BY THE TUNNEL.** Once through the tunnel, follow flagging, through the swamp (try not to get your feet too wet). Once you are through the swamp, you will reach route 9N. Turn right to get to the vehicle aid station, and go just a bit farther to reach the BASE OF MT. POK-O-MOONSHINE!

Phase 5: Base of Pok-O-Moonshine – SUMMIT! (1.2 miles)



Follow the well-marked trail 1.2 miles from the base to the summit. Celebrate on top. Congratulations!