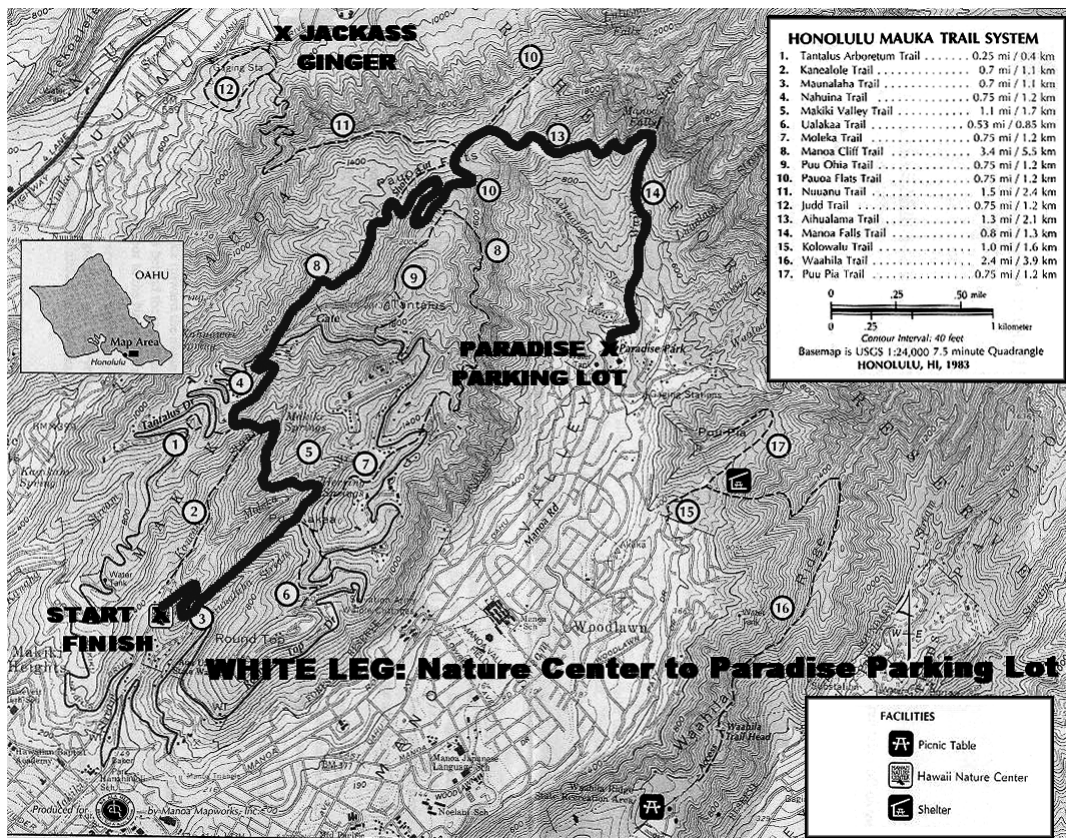


The Actual Course

There are three legs to each lap of the course. Each leg is marked with a different color surveyor tape. Because the legs overlap there will be sections where you will see two different colored ribbons. Follow the color of the leg you are on and you will get to the next aid station! White will overlap Lime, Lime will overlap Orange. Orange will overlap White. Follow the color of the leg and you will get where you are going.

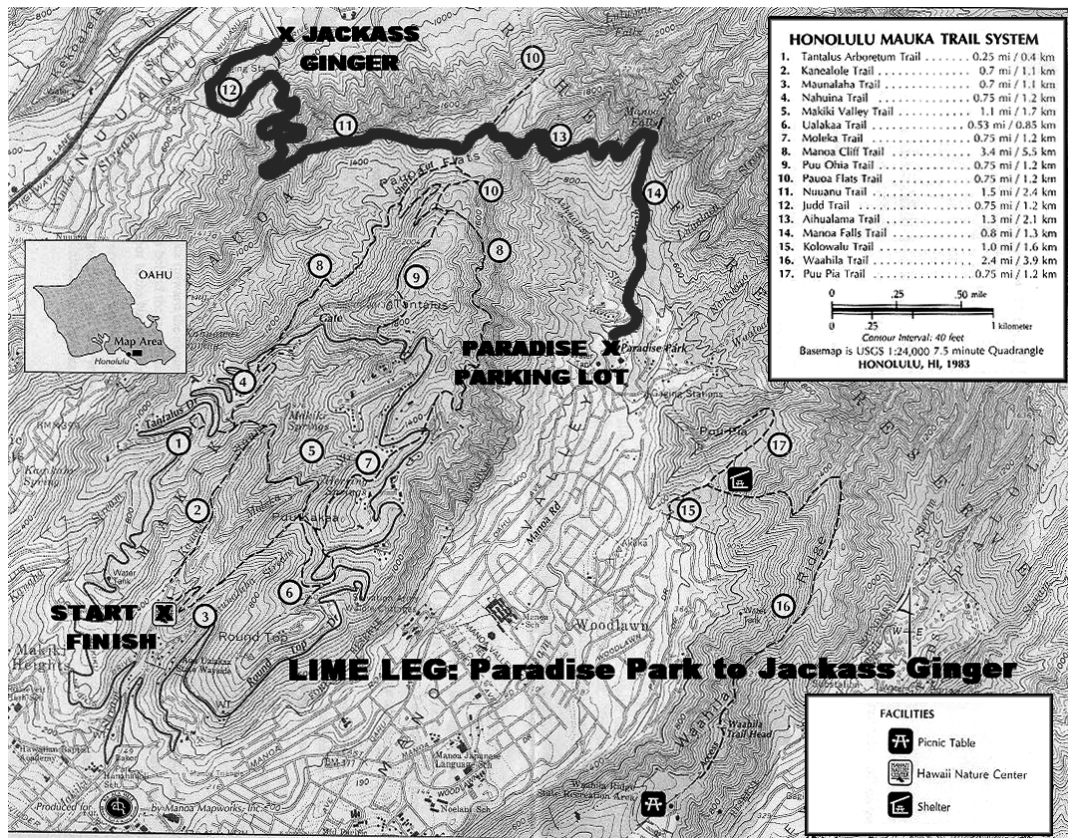
The White leg (map 1) (white surveyor tape) begins on the road just below the Nature Center gate. It takes you to the Paradise Parking lot aid station 7.3 miles away.



1. From the start turn right off the road, go by the concrete block bathrooms, cross the bridge and follow the trail up hill on Maunulaha (aka Roots and Rocks, aka Hogback) .86 miles to the 4 way intersection. (3 on map)
2. Bear left across the intersection going down hill across the Makiki Valley Trail (aka Dips) .83 miles to the intersection with Kaneohe Trail (aka Center Trail). (5 on map)
3. Cross the intersection and go uphill on Makiki Trail where it intersects with Nahuina. Continue up (Mangoes) along the switchbacks .7 miles where you will come to a guardrail along a road. (If you come out on a road about .2 miles uphill you missed a switchback at a signpost. Go back and you will see the beginning of Nahuina). (4 on map)
4. Turn right and go .11 miles on the road to the base of concrete road.

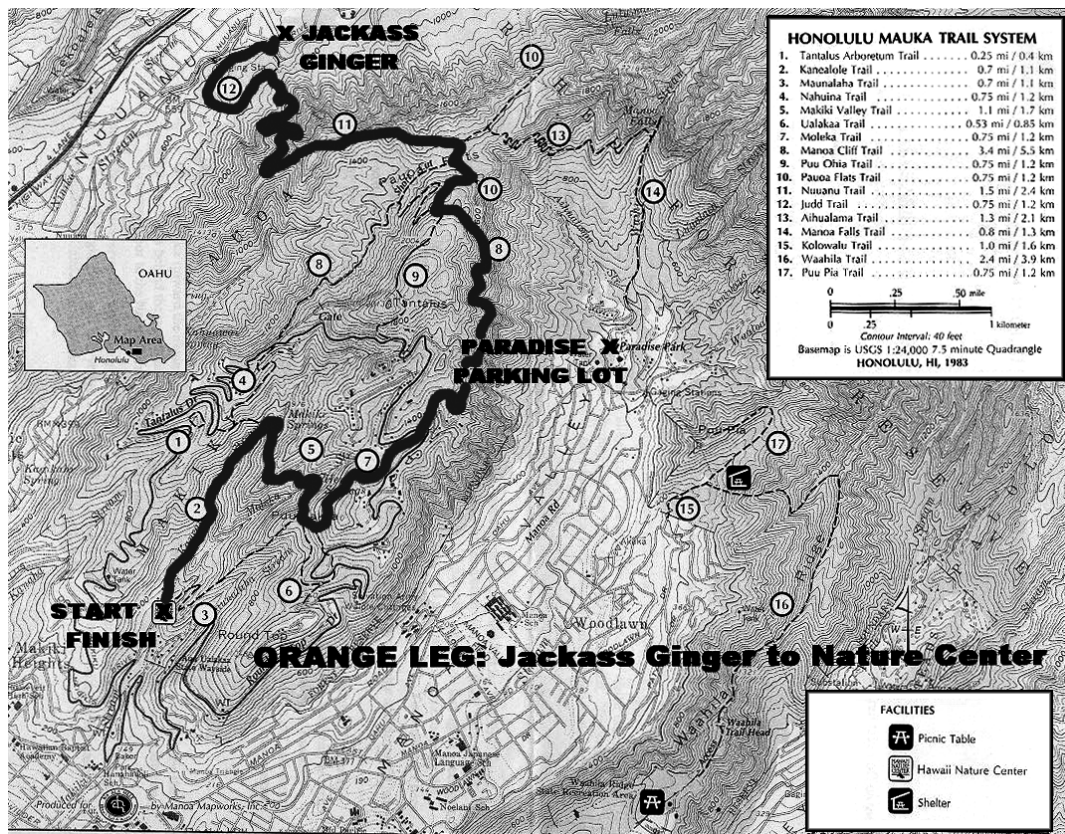
5. Go down Kalawahine (called Manoa Cliff Trail [8 on map]) 1.05 miles until you come to a hard right hand intersection with Manoa Cliff Trail. **DO NOT CONTINUE DOWN KALAWAHINE! THIS SECTION WILL BE MARKED BLUE ON RACE DAY.**
6. Cut hard right back up the Manoa Cliff Trail (aka switchbacks) for .55 miles until you come to a big map encased in trex and glass.
7. Turn left down Pauoa Flats trail for .4 mile. Continue along Pauoa Flats Trail (10 on map) where you will come to an intersection with Nuuanu Trail (11 on map) on the left. **DO NOT TURN LEFT DOWN NUUANU.**
8. Continue following the rooty section; veer right past the next intersection marker and up a slight hill to the top of Aihualama Trail (13 on map). Continue downhill for 1.6 miles. You will get to a jumble of rocks where you can hardly tell there is a trail. That is just above the Manoa Falls Trail.
9. At the Manoa Falls (14 on map) signpost turn hard right and follow the trail down hill until the trail spills out onto an asphalt road and leads you to the Paradise Parking lot aid station .93 miles away.

The Lime leg (Map 2) (Lime colored surveyor tape) takes you to the Jackass Ginger parking lot aid 5.39 miles away.



1. Leave the Paradise Parking lot the same way you came down, back to Manoa Falls, up Aihualama to the top and back down the rooty section until you come to the signpost pointing to Nuuanu Valley. This section is 2.54 miles long.
2. At the signpost go hard right on Nuuanu Trail (11 on map). You eventually will break out onto a grassy ridge and eventually come to a steep grassy downhill with crumbly (or muddy) dirt. Use extreme caution on this section. A rope may be placed at this section for runners to use on the way down / up. At the bottom of the grassy downhill there will be a hard right and you will be on the Nuuanu (cliffs) trail. This is a narrow crumbly trail with several slippery boulders near steep drop-offs. Use extreme caution. Continue on this trail until you reach the Judd Trail loop sign post. This section is 2.08 miles long.
3. At the intersection of Nuuanu trail and Judd trail (12 on map) turn left and continue on the gently rolling Judd trail. Towards the end of the Judd trail the river will be on your left. Continue on the Judd trail until the Judd trail sign, which marks the start of the trail. Turn left to make the water crossing. This section is .69 miles long.
4. Carefully go across the river and up the riverbank to the aid station. This section is less than .1 miles.

The Orange leg (map 3) (Orange color surveyor tape) begins at the Jackass Ginger aid station and takes you back to the Nature Center 7.28 miles away.



1. After leaving the Jackass Ginger aid station return to the river and carefully cross. Turn right onto the Judd trail (12 on map) continuing for .69 miles until you reach the intersection of the Judd and Nuuanu trails.
2. Make a sharp right turn onto the Nuuanu trail (11 on map). The lower portions of this trail has many switchbacks, continue on the switchbacks as you ascend. At the end of the Nuuanu trail you will make an immediate left and continue up the grassy ridge. Distance to this point is 1.36 miles. Use extreme caution on this portion of trail, as the roots get slippery.
3. Continue on the trail until you come to the Nuuanu and Pauoa Flats intersection. This section is .73 miles.
4. At the Pauoa Flats (10 on map) signpost turn right and continue to follow the rooty section of trail. **DO NOT TURN RIGHT ONTO KALAWAHINE TRAIL. THIS SECTION OF TRAIL WILL BE MARKED BLUE ON RACE DAY.** Continue on the Pauoa Flats trail for .4 miles to the intersection with the Manoa Cliffs trail. You will now be at the big map encased in Trex and Plexiglas.
5. Turn left and up onto Manoa Cliff trail (8 on map). This trail is rocky and washed out in some sections with a very narrow ledge. Use extreme caution. Near the top of the trail there is a junction with Puu Ohia **DO NOT GO UP THIS TRAIL.** Continue on the Manoa cliffs trail for 1.47 miles until you come to the road.
6. Continue straight across the road and pick up the Moleka trail (7 on map). Stay on this trail through a bamboo forest until you come to a far side Moleka trail marker .76 miles.

7. At the Moleka trail marker make a hard right hand turn onto Makiki Valley trail (5 on map). **DON'T GO LEFT.** If you reach a road you have turned left. Continue down the trail for .14 miles and come to a 4-way intersection. The intersection is where Ualakaa, Maunalaha, and Makiki Valley trail all converge.
8. Veer towards the right and continue down Makiki Valley trail. Several spots are slippery so caution is advised. The trail continues for .83 miles where it comes to an intersection with Kanealole trail right after a very small water crossing.
9. Go left down hill at Kanealole (2 on map) and return to the Nature Center. **DO NOT GO UP HILL.** Continue on Kanealole for .83 miles to the Start/Finish line. You have just completed a 20-mile segment.