

# Mt Spokane 50k and 25k Course Description

(The 50k is basically two 25k loops)

Start at Selkirk Lodge

Run down the dirt road about a 1/4 mile and turn left to Trail 120

Follow Trail 120 downhill for 2.6 miles

Turn right onto Trail 121 and go 0.7 mi

Cross Mt Spokane Park Dr

Go up Trail 110 for 1.6 mi

Turn left onto Lower Kit Carson Loop Rd

**The Burping Brook Aid Station is here at mile 5.2**

Follow Lower Kit Carson Loop for 3.8 miles

Turn Right onto Trail 130 and go up towards Day Mtn and Mt Kit Carson for 1.2 miles

Bear Right onto Trail 160 and continue towards Mt Kit Carson

Follow Trail 160 for about 0.8 mi to Upper Kit Carson Loop Rd and get on Trail 140(aka 135)

Head up Trail 140(aka 135) for 1.2 to the summit of Mt Spokane.

**The Summit Aid Station is here at mile 12.2**

From the aid station you'll follow mostly rough and steep dirt service roads through the Mt Spokane Ski Area

After dropping down from the ridge & going above the ski lodges you'll re-enter the woods on Tr 130

At a fork in the trail bear left onto trail 132 and 0.5 mile

Continue straight at the next intersection onto trail 131 and follow downhill about 0.4 mile

Cross the Mt Spokane Park Dr and run up the dirt road towards the 120 trail you started on earlier

25k continue up the dirt road to finish at Selkirk Lodge

**50k the mile 15.5 aid station is here at the 120 trailhead**

The 50k will head down the 120 trail and repeat the entire route above

When the 50k runners finish the 2nd loop they then go up the dirt road & finish at Selkirk Lodge