

Palouse 100K Course Description

Course Description and Exchange Points

Leg	Approx. Length (miles)	Total Ascent (feet)	Total Descent (feet)	Exchange: Leg Start Point
1	6.8	500	540	Summit Therapy
2	5.6	200	250	Wawawai Rd-Flat Rd
3	7.9	240	1930	Wawawai Rd-Union Flat Rd
4*	7.8	50	60	Wawawai Landing-Snake River
5*	8.7	40	40	Blyton Landing-Snake River
6	6.3	1720	40	Bottom of Steptoe Canyon Rd
7	4.1	460	290	Steptoe Canyon-Schlee Rd
8	5.6	240	160	Colton School
9	5.3	110	330	Old Johnson School
10	4.0	159	60	Busby grain elevator

* Best suited for wheelchair participants (flat & paved).

Special Course Notes

Runners to remain on the left hand side of the road at all times

All exchange points are in the same locations as past years.

LEG 1 Runners will exit Summit Therapy, cross Bishop Blvd and turn right and head down (northwest) Bishop. They will then take the bike path through the City Playfields and Spring Street Park, emerging onto Main Street and continuing up the hill to Old Wawawai Road. It is highly recommended that vehicles drive ahead and meet the runners at the first exchange. We anticipate having police escorts to assist runners crossing S. Grand Ave prior to continuing up W. Main (Gladish Hill) but runners should use extreme caution and be prepared to yield to cross traffic if necessary.

LEG 6 Vehicles must be extremely cautious on this narrow road. Please do not drive alongside your runner, pull completely off the road to allow others to pass. Allow yourselves plenty of time to get to exchange 6.

LEG 7 Runners will continue up Steptoe Canyon Road to Colton. Only solo support vehicles will be allowed on this road. Team vehicles must take the alternate route to Colton: take Schlee Road to the junction with Busch; this road enters Colton and can be followed to the highway or through town to the exchange point which is by the High School.

LEGS 6 & 7 Steptoe Grade! Runners and drivers must be especially observant on this narrow winding road. Runners keep to the left. Drivers must pull over to the side of the road to allow others to pass. Please drive carefully on these narrow gravel roads.

LEG 10 (new for 2017) Runners will enter Pullman on Johnson Road turn on to the Old Moscow Prd for an out and back before returning to the paved trail parallel to Johnson Rd then left onto Bishop Boulevard. Continue on Bishop to the finish line at Summit Therapy.

NOTE: No cell phone coverage for legs 3-7!