



Arctic Bicycle Club Anchorage to Seward 2010- Course Description

Leg 1 – Distance 14.8. Start: MP 117.8 Finish: MP 103.0

This leg begins at Chain Reaction Cycles. Be there by 8:30am. Neutral roll-out (no racing) from CRC to Rabbit Creek Road Overpass (about 1 mile). Racers will begin in an time trial interval format from the overpass. Start times will be available before the neutral roll-out.

Leg 1 finishes at the Indian Creek Rest Area. Public Restrooms are available here.

Leg 2 – Distance 11.5. Start: MP 113.0 Finish: MP 91.5

This leg is flat road with a large shoulder. Leg 2 finishes at Turnout #1, a large paved parking area on the south side of the Seward Highway, a mile before Girdwood

Leg 3 – Distance 16. Start: MP 91.5 Finish: MP 75.5

This leg is also flat with a wide shoulder and hoes past the road to Portage Glacier and around the head of Turnagin Arm (a headwind will become a tailwind before you finish). Leg 3 finishes at the paved turnout near the base of Turnagin Pass, before crossing Indian Creek.

Leg 4– Distance 7.4 Start: MP 75.5 Finish: MP 68.1

This leg is a short leg, but all uphill to the top of Turnagin Pass (about 900 feet). Leg 4 finishes at the Turnagin Pass Rest Area. Public Restrooms are available here.

Leg 5– Distance 11.8 Start: MP 68.1 Finish: MP 56.3

This leg is ideal for Clydesdales...it is almost all downhill with a wide shoulder. Leg 5 finishes right before Canyon Creek and the Hope cutoff.

Leg 6 Distance 10.5 Start: MP 56.3 Finish: MP 45.8

This leg has the most hill climbing...steeper and longer than Leg 4. Leg 6 finishes at the Summit Lake Lodge (parking available at the Lodge). Need Carbos? Pie is good here!

Leg 7– Distance 16.4 Start: MP 45.8 Finish: MP 29.4

This is another gravity fed leg...mostly downhill and frequently with a tailwind. Leg 7 finishes at the Estes Brothers Groceries and Water Wheel in Moose Pass

Leg 8 Distance 12.4 Start: MP 29.4 Finish: MP 17

This leg has rolling hills the entire distance with some rough pavement and small shoulder (there is no shoulder in many places). This legs ends at a turnoff just past the south end of Kenai Lake

Leg 9– Distance 15 Start: MP 17 Finish: Windsong Lodge

This leg has good pavement and wide shoulder. A hill at the start of the leg gives way to a steady downhill all the way to Seward. There is usually a headwind on this final portion of the race.

Approximately 2 miles before Seward turn right on Exit Glacier/ Herman Leirer Rd. The finish at the Windsong Lodge is about .5 miles from the turn.