

Zumbro Endurance Run 100MI, 50MI & 17MI Course Map / 16.7 Mile Loop

Zumbro Bottoms Management Unit

FACILITIES

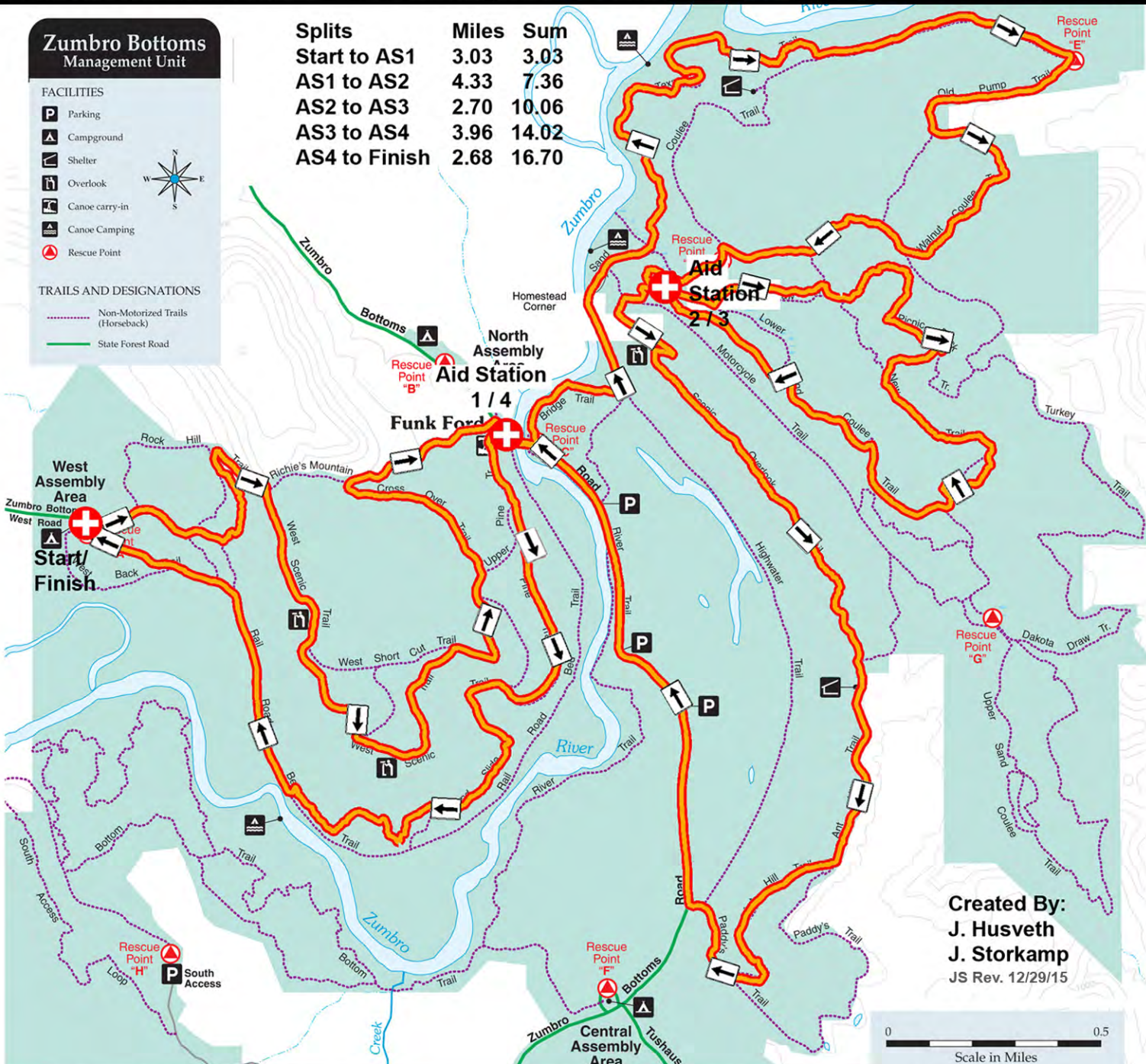
- Parking
- Campground
- Shelter
- Overlook
- Canoe carry-in
- Canoe Camping
- Rescue Point



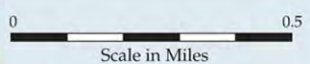
TRAILS AND DESIGNATIONS

- Non-Motorized Trails (Horseback)
- State Forest Road

Splits	Miles	Sum
Start to AS1	3.03	3.03
AS1 to AS2	4.33	7.36
AS2 to AS3	2.70	10.06
AS3 to AS4	3.96	14.02
AS4 to Finish	2.68	16.70



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100 Mile
 6 X 16.7 Mile Loops
 Elevation Gain 18,588 FT
 Elevation Loss 18,588 FT
 NET Change 37,176 FT
 29 Aid Stations

50 Mile
 3 X 16.7 Mile Loops
 Elevation Gain 9,294 FT
 Elevation Loss 9,294 FT
 NET Change 18,588 FT
 14 Aid Stations

17 Mile
 1 X 16.7 Mile Loop
 Elevation Gain 3,098 FT
 Elevation Loss 3,098 FT
 NET Change 6,196 FT
 4 Aid Stations

Zumbro Endurance Run Elevation Profile - per 16.7 Mile Loop

