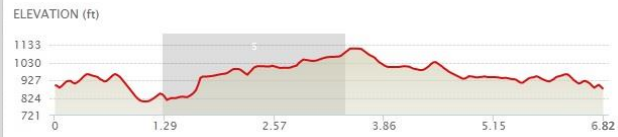


ToughMan Ohio
Salt Fork State Park
Run Course Map
13.64 mile –2 laps

DIRECTIONS: Exit the transition area and follow park roads to the Salt Fork Lodge where the Shadbush Trail begins. Continue running on the Shadbush Trail to Park Rd 5. Go left on Park Rd 5 to the Snowmobile Trail along Park Rd 1. Continue on the trail to Park Rd 3 and follow back to Park Rd 18. Go left on Park Rd 18 back to the finish.

Water, Ice, GATORADE and BOOM Energy Gel at transition exit, mile #1, #2.5, #3.5, #4.5 and #5.5.



START ELEVATION 900 FT	MAX ELEVATION 1113 FT	GAIN 433 FT	TOUGHMAN HALF OHIO
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