0.0mi	FOLLOW VALLEY WAY	1306'	Start with one hand on the kiosk at Appalachia. Set a stop watch to zero and start it running!
0.9mi	LEFT ON THE BROOKSIDE	1900'	
2.6mi	RIGHT ON WATSON PATH	3250'	Watch for this turn very closely. It comes in at a shallow angle and is easy to miss!
2.9mi	STRAIGHT ON SCAR TRAIL	3175'	Cross Valley Way and run the faint, short section of Watson Path to Scar Trail. Be careful to stay on the trail here. The treadway is faint for about 200 yards.
3.6mi	LEFT ON AIR LINE	3700'	
4.8mi	RIGHT ON GULFSIDE	5125 [,]	
→.0 (KIGHT ON GOLFSIDE	J123	
5.4mi	LEFT ON LOWE'S PATH	5490'	Toolette de Terrefferent de la Company
5.6mi	MOUNT ADAMS SUMMIT	5799'	Touch the sign. Turn off your stop watch. Snap a photo with the time on your watch showing and the Mount Adams summit sign.