

0.0mi 1306'

VALLEY WAY

0.9mi 1900'

THE BROOKSIDE

2.6mi 3250'

WATSON PATH

2.9mi 3175'

SCAR TRAIL

3.6mi 3700'

AIR LINE

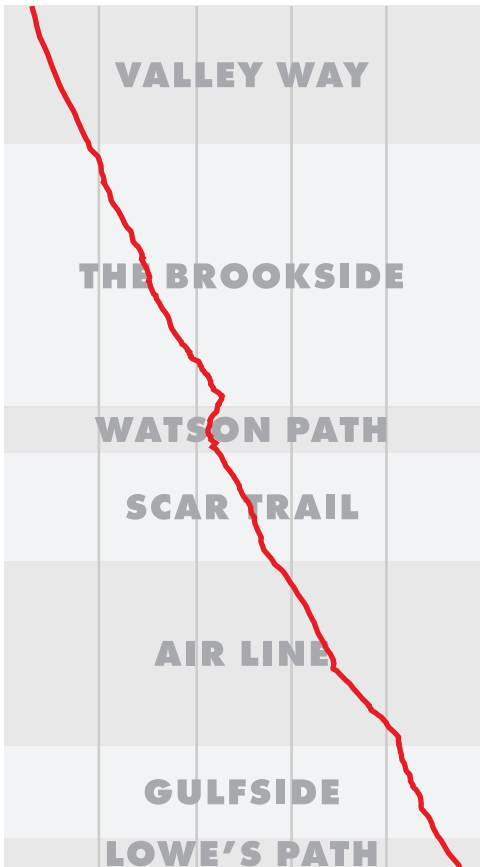
4.8mi 5125'

GULFSIDE

5.4mi 5490'

LOWE'S PATH

5.6mi 5799'



1. VALLEY WAY 0.9 MILES 12% GRADE 594 FEET

Start with one hand on the kiosk at Appalachia. Set a stop watch to zero and start it running! Run up Valley Way to the junction with Brookside. Turn left on Brookside.

2. BROOKSIDE 1.7 MILES 15% GRADE 1350 FEET

Run Brookside to Watson Path, turn right on Watson Path. Watch for this turn very closely. It comes in at a shallow angle and is easy to miss!

3. WATSON 0.3 MILES 0% GRADE -75 FEET

Run Watson Path, cross Valley Way, and run the faint, short section of Watson Path to Scar Trail. Be careful to stay on the trail here. The tread way is faint for about 200 yards. Continue straight ahead on Scar Trail.

4. SCAR 0.7 MILES 14% GRADE 525 FEET

Run Scar Trail to Air Line, turn left on Air Line.

5. AIRLINE 1.2 MILES 23% GRADE 1425 FEET

Run Air Line to Gulfside. Turn right onto Gulfside.

6. GULFSIDE 0.6 MILES 12% GRADE 365 FEET

Run Gulfside to Thunderstorm Junction. Turn left onto Lowe's Path.

7. LOWE'S PATH 0.2 MILES 29% GRADE 309 FEET

Run Lowe's Path to the summit of Adams. Touch the sign. Turn off your stop watch. Snap a photo with the time on your watch showing, and the Mount Adams summit sign.