

Spectator Guide *updated 2/6/26*

Spectators! Thank you SO much for supporting your skiers. It's really important and awesome you're out here. As a new racer, we're still learning together and building trust in the community, so I have some requests/suggestions:

- Carpooling is super great. Racer drop-offs are also helpful.
- Parking at access points is somewhat limited. If you're able to visit your skier 1-2 places, rather than every place, that would help out a lot.
- Please park in the designated areas.
- Please don't block driveways, or ski trail crossings.
- Please be considerate of neighbors or traffic coming through the area.

Let's go through each access spot:

Start/Finish: We will have parking along Cascade Beach Rd, on the north side of the road. There will be a designated drop-off spot. Please cross Hwy 61 at the designated crossing spot with high-vis volunteer support. Cars have a high speed limit on the highway, and while we will have signage, please be mindful that cars will likely not stop for you. 38 & 100K skiers will come through around 25-30km into the race here, depending on the distance.

Deer Yard: 144 Murmur Creek Rd

From Cascade River State Park: Turn left out of the park on to Highway 61 and drive 0.9 miles. Turn left at mile 101.7 on Highway 61 turn on to Cty Rd 7. Drive 1.9 miles, turn left on Cty Rd 44. Drive 0.6 miles, turn left on Cty Rd 45 (Pike Lake Road). Continue on Cty Rd 45 4.1 miles to Murmur Creek Rd (CR 45 takes a right turn (north) at this intersection). Continue west (straight) on Murmur Creek road 0.7 miles, the trailhead is on the left at #144.

There is a parking lot off to the left, and then single sided parking to the north/right side of the street. Please leave space in front of the trail - there is a family that uses this trail for transportation and may need to enter/exit via the trail. Both races will come through here about 10 km into the races.

Hall Rd crossing

Drive up Hall Road from Highway 61 for 0.4 miles. Parking lot (SW side) is near the trail crossing. One sided parking on the right (NE) side of the road please, if the lot is full. Pull over enough for cars to still move through.

Caribou Trail/Hwy 4

On Highway 61, turn on to Caribou Trail/Cook County Road 4. Drive 1.4 miles to the parking lot on the left on Homestead Road. There is a parking lot off to the right near the ski trail crossing. Careful crossing the street, but this lot will fit about 12 cars.

Cascade River State Park

You MUST have a state park vehicle permit to park in the park. Permits can be purchased online or at any open park office. A one day pass is \$7 and an annual pass is \$35. [Minnesota state parks vehicle permit](#). Please park where designated on the right side coming in, and in the parking lot at the end of the road.

CR45/Pike Lake Road

Turn left at mile 101.7 on Highway 61 turn on to Cty Rd 7. Drive 1.9 miles, turn left on Cty Rd 44. Drive 0.6 miles, turn left on Cty Rd 45 (Pike Lake Road). Travel about 1 mile to the crossing. Park on the north side of the road only. 100K skiers will pass though here 2x. From the park this is no more than a 10 minute drive.

Please park on the north side of the road only. Be mindful of neighbors.

(Bally Creek - no access)

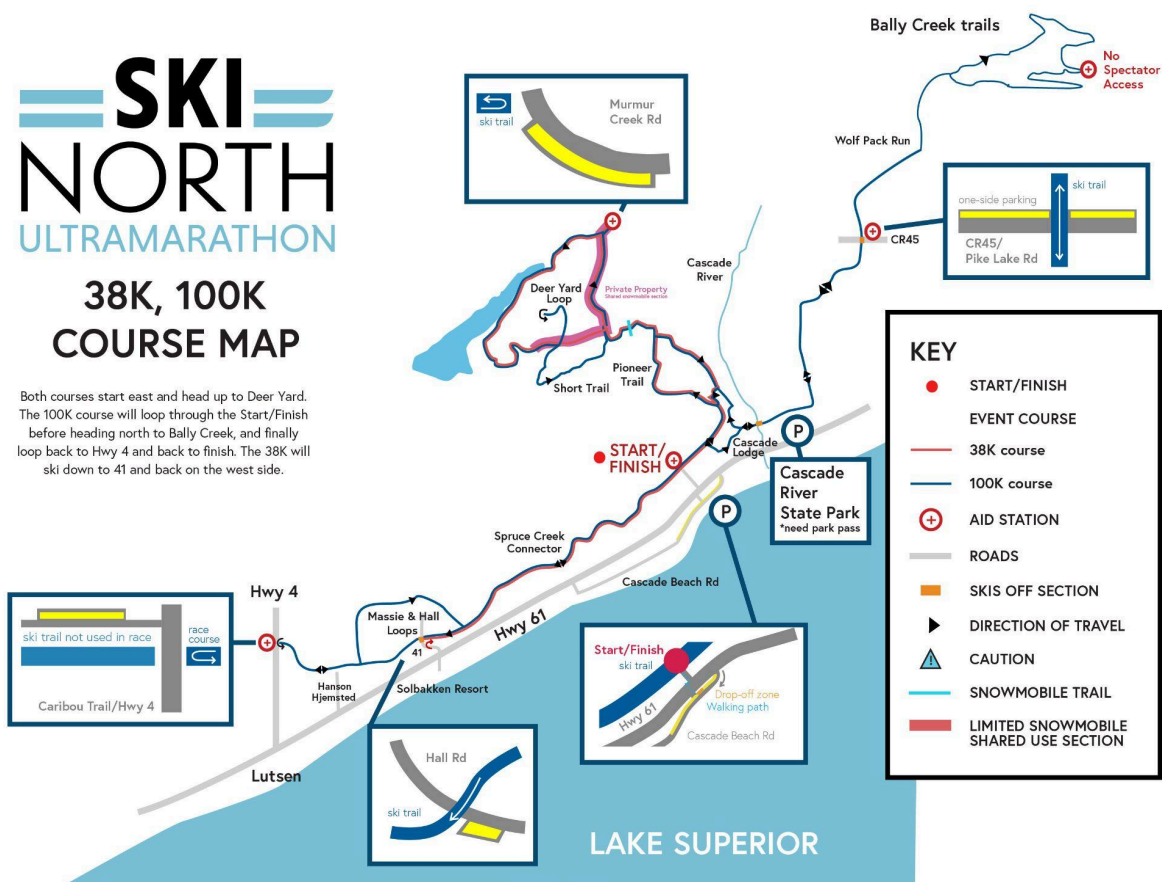
Please no spectator parking here. This is a popular day ski spot.

38K, 100K COURSE MAP

ski trail not used in race

Caribou Trail/Hwy 4

race course



AID STATION/SPECTATING TIME TABLE

100K course	min/km pace	START	Deer Yard	Deer Yard shelter	Start/ finish	CR45 (1)	Bally Creek	CR45 (2)	Start/ finish	Caribou	Finish
distance into 100k course		0	15	27	33	41	55	65	76	87	100
distance betw. aid stations			15	12	13	8	14	10	11	11	13
	3:00	7:00 AM	7:45 AM	8:21 AM	8:39 AM	9:03 AM	9:45 AM	10:15 AM	10:48 AM	11:21 AM	12:00 PM
	3:30	7:00 AM	7:52 AM	8:34 AM	8:55 AM	9:23 AM	10:12 AM	10:47 AM	11:26 AM	12:04 PM	12:50 PM
	4:00	7:00 AM	8:00 AM	8:48 AM	9:12 AM	9:44 AM	10:40 AM	11:20 AM	12:04 PM	12:48 PM	1:40 PM
	4:30	7:00 AM	8:07 AM	9:01 AM	9:28 AM	10:04 AM	11:07 AM	11:52 AM	12:42 PM	1:31 PM	2:30 PM
	5:00	7:00 AM	8:15 AM	9:15 AM	9:45 AM	10:25 AM	11:35 AM	12:25 PM	1:20 PM	2:15 PM	3:20 PM
	5:30	7:00 AM	8:22 AM	9:28 AM	10:01 AM	10:45 AM	12:02 PM	12:57 PM	1:58 PM	2:58 PM	4:10 PM
	6:00	7:00 AM	8:30 AM	9:42 AM	10:18 AM	11:06 AM	12:30 PM	1:30 PM	2:36 PM	3:42 PM	5:00 PM
	6:30	7:00 AM	8:37 AM	9:55 AM	10:34 AM	11:26 AM	12:57 PM	2:02 PM	3:14 PM	4:25 PM	5:50 PM
	7:00	7:00 AM	8:45 AM	10:09 AM	10:51 AM	11:47 AM	1:25 PM	2:35 PM	3:52 PM	5:09 PM	6:40 PM
last call pace	7:12	7:00 AM	8:48 AM	10:14 AM	10:57 AM	11:55 AM	1:36 PM	2:48 PM	4:07 PM	5:26 PM	7:00 PM
cut-offs			9:20 AM	11:00 AM	11:35	12:15	1:50	3:00	4:15	5:30	7:00 PM
Crew access		walk-in	yes	no	yes	yes	no	yes	walk-in	yes	walk-in
Drop bags		yes	no	no	yes	no	no	no	yes	no	yes
Portapotty		yes	yes	no	yes	yes	yes	yes	yes	yes	yes
38K course		START	Deer Yard	Deer Yard shelter	Start/ finish	CR45	Bally Creek	CR45	Start/ Finish	Hall Rd	Finish
distance into 38k course		0	9	19	23					30	38
distance betw. aid stations	min/km pace		9	10	4					7	8
	2:45	7:30 AM	7:54 AM	8:22 AM	8:33 AM					8:52 AM	9:14 AM
	4:00	7:30 AM	8:06 AM	8:46 AM	9:02 AM					9:30 AM	10:02 AM
	6:00	7:30 AM	8:24 AM	9:24 AM	9:48 AM					10:30 AM	11:18 AM
	8:00	7:30 AM	8:42 AM	10:02 AM	10:34 AM					11:30 AM	12:34 PM
	10:00	7:30 AM	9:00 AM	10:40 AM	11:20 AM					12:30 PM	1:50 PM
last call pace	10:16	7:30 AM	9:02 AM	10:45 AM	11:26 AM					12:38 PM	2:00 PM
cut-offs	10:15	7:30 AM	9:20 AM	11:00 AM	11:35 AM					12:45 PM	2:00PM
Crew access		walk-in	yes	no	yes					yes	walk-in
Drop bags		yes	no	no	yes					no	yes
Portapotty		yes	yes	no	yes					yes	yes

Directions to ski trail maps:

[Norpine Trails](#)

[Cascade/Norpine Trails](#)

[Bally Creek Trails](#)

[OpenSki Map](#)

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