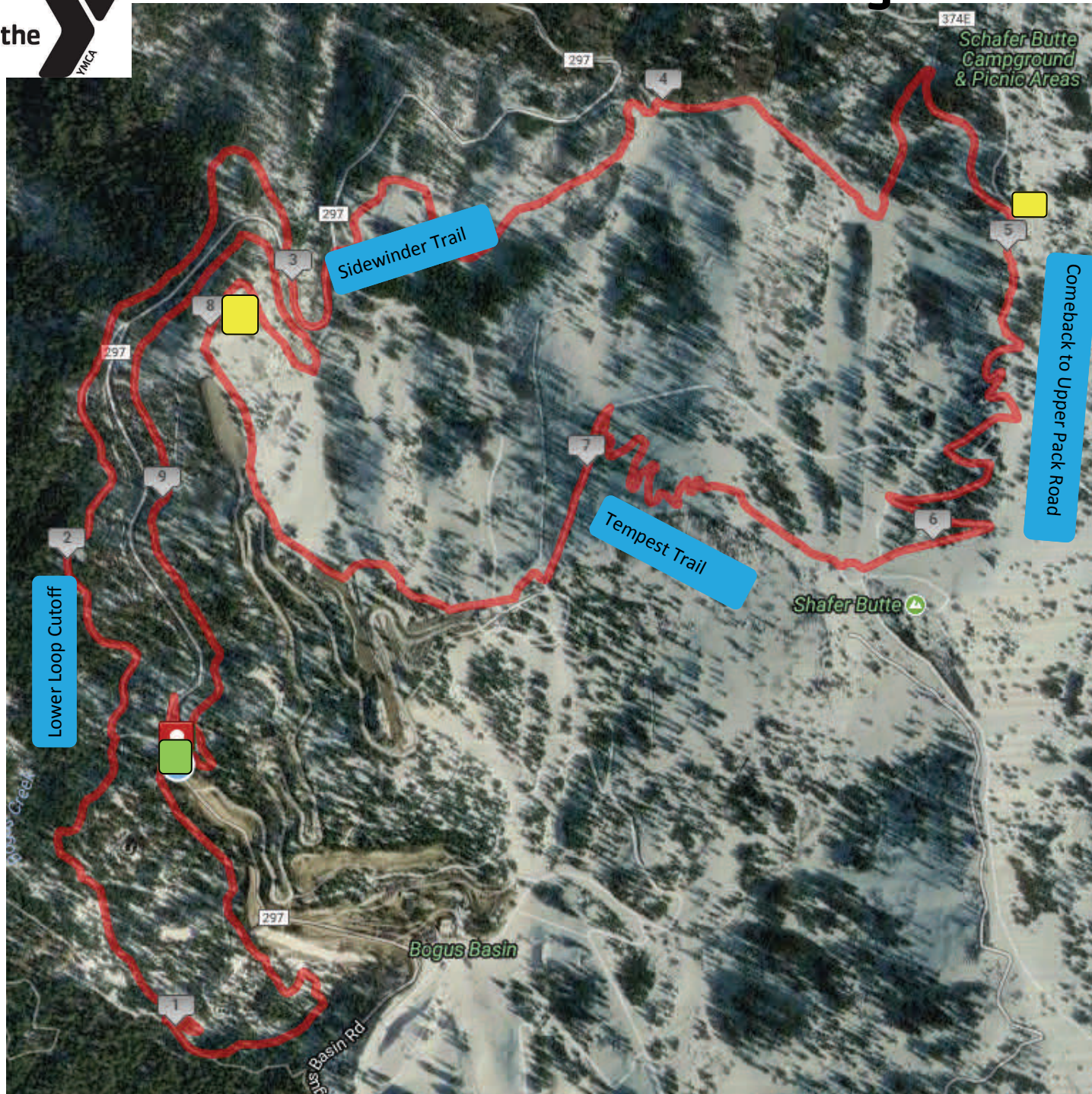




Boise Front Trail Run Long course



Long Course

10 miles

Start from Simplot Lodge, head out on the Bogus Basin Rd, cross to East Side Trail off of tubing hill, take East Side Trail, follow to Lower Loop cutoff, take Lower Loop cutoff to Red-tail Extension, enter onto Sidewinder, connect to All around the MT, Comeback Trail, Comeback to Upper Summer Pack Road to Tempest Trail to Lodge Trail, cross tennis courts at Pioneer Lodge, take Bitterroot Cut off Rd down to bottom of Chair 3, follow Sappers towards Frontier Lodge, stay on Sappers and come in behind lodge to finish Morning Star to Base area and Lodge,

 = Frontier Nordic Lodge Area Start & Finish

 =Water Stations