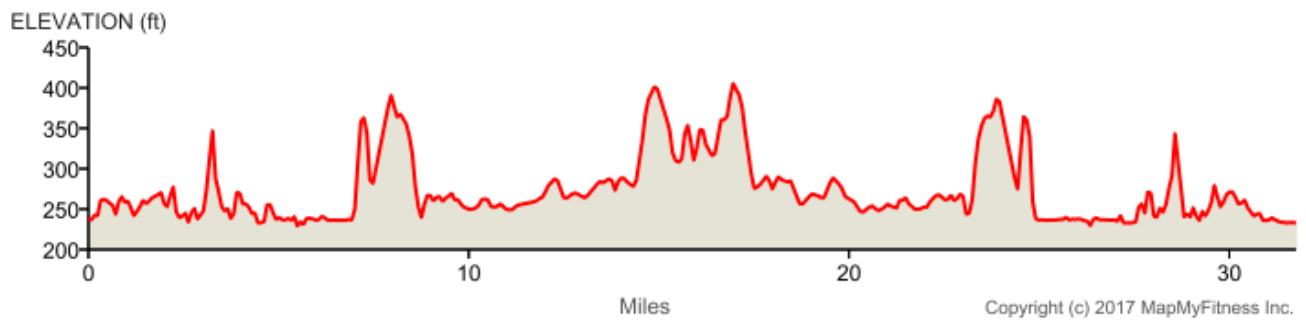
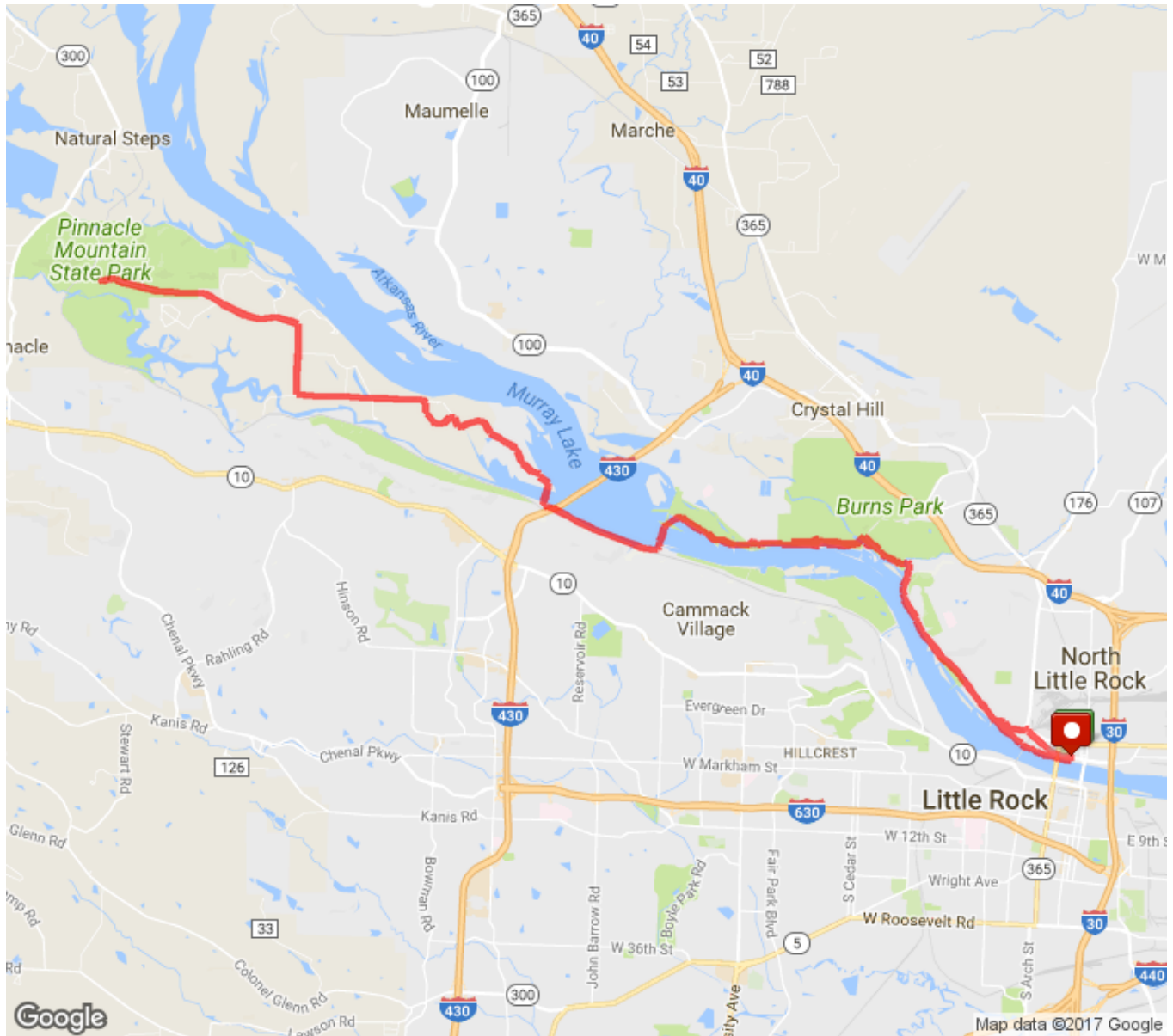


Big Dam Bridge 32 mile course

Distance: 31.76 mi

Elevation Gain: 1,297 ft

Elevation Max: 406 ft



0.00 mi	Head west on Riverfront Dr toward Willow St
0.67 mi	At the traffic circle take the 3rd exit onto W 3rd St/Rockwater Blvd Destination will be on the right
0.86 mi	Head west on W 3rd St/Rockwater Blvd toward Rockwater Ln
1.53 mi	Head northwest on River Rd toward Paul Duke Dr, Continue onto Arkansas River Trail
3.56 mi	Head northwest on Tournament Drive
4.71 mi	Turn left onto Catfish Road
5.04 mi	Turn left at Goalie Road
5.09 mi	Turn right onto Arkansas River Trail
6.92 mi	Head south on Arkansas River Trail/Big Dam Bridge
7.06 mi	Keep right to continue on Arkansas River Trail
8.57 mi	Take the pedestrian overpass
9.10 mi	Head northwest on Arkansas River Trail/Two Rivers Park Trail toward Two Rivers Park Road
10.29 mi	Turn right onto Two Rivers Park Road
10.36 mi	Head north on Two Rivers Park Road toward County Farm Rd
12.50 mi	Head west on Arkansas River Trail/County Farm Rd toward Pinnacle Valley Rd
12.56 mi	Turn right onto Arkansas River Trail/Pinnacle Valley Rd
13.41 mi	Slight left to stay on Arkansas River Trail/Pinnacle Valley Rd
15.92 mi	Head east on Arkansas River Trail/Pinnacle Valley Rd toward Pinnacle Mountain State Park
16.02 mi	Arboretum Parking area - 32 mile turnaround. Head Towards County Farm Rd
19.28 mi	Turn left onto Arkansas River Trail/County Farm Rd Destination will be on the right
20.99 mi	Slight left onto Arkansas River Trail/Two Rivers Park Road
21.36 mi	Slight right to stay on Arkansas River Trail/Two Rivers Park Road
21.54 mi	Turn left onto Arkansas River Trail/Two Rivers Park Trail
23.04 mi	Take the pedestrian overpass
23.57 mi	Head southeast on Arkansas River Trail
25.07 mi	Cross the Big Dam Bridge
25.96 mi	Head east on Arkansas River Trail toward Tournament Drive
27.83 mi	Turn right onto Tournament Drive
28.29 mi	Head east on Arkansas River Trail toward Emerald Park Trail
29.72 mi	Continue onto River Rd
31.19 mi	Turn right to stay on Arkansas River Trail
31.73 mi	Destination