

CATSKILL MOUNTAIN 100K - ELEVATION DETAILS AND SUMMARY

LEG 1 Phoenicia south toward Woodland Valley to turn around, back to Phoenicia

Uphill 300 feet; **Downhill** 300 feet

Description: gentle uphill and flat, then gentle downgrades and flat

LEG 2 Phoenicia west on Rte 28 to Shandaken area

Uphill 313 feet; **Downhill** 103 feet

Description: flat then gentle upgrades

LEG 3 Shandaken west on Rte 28 to Big Indian, south to Oliverea

Uphill 530 feet; **Downhill** 110 feet

Description: flat then rolling uphill

LEG 4 Oliverea south, up and over Winisook Hill

Uphill 1260 feet; **Downhill** 300 feet

Description: rolling uphill then monstrous uphill, steep downhill

LEG 5 Slide Mtn Trail Head area south past FrostValley

Uphill 27 feet; **Downhill** 532 feet

Description: flat and gentle downgrades

LEG 6 Frost Valley to Claryville

Uphill 40 feet; **Downhill** 350 feet

Description: flat and gently rolling

LEG 7 Claryville to Grahamsville (usually the warmest area: out in the open)

Uphill 220 feet; **Downhill** 865 feet

Description: mile gradual uphill, then mile+ steep downhill, flat and rolling down

LEG 8 Grahamsville past Sundown (usually the second warmest area)

Uphill 249 feet; **Downhill** 174 feet

Description: gently rolling then uphill, deceptively challenging for many runners

LEG 9 Sundown to before Peekamoose Notch

Uphill 558 feet; **Downhill** 38 feet

Description: challenging small uphills, then gently rolling uphill

LEG 10 Peekamoose Notch to Davis Park in West Shokan

Uphill 120 feet; **Downhill** 1040 feet

Description: mile uphill, then very steep downhill then flat

ELEVATION SUMMARY

Total elevation change: 7,409 feet

Miles: 62.13712

Uphill: 3,617 feet

Downhill: 3,792 feet

Net elevation change: -175 feet