

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 0.2 MILES 0% GRADE 50 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 0.6 MILES 16% GRADE 500 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 303 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.