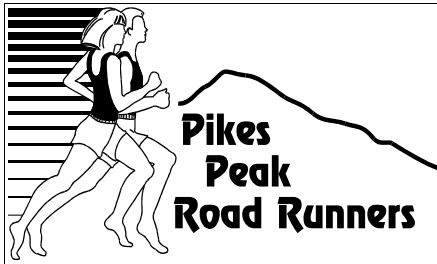


PONY EXPRESS TRAIL RUN

At Rampart Reservoir

SEPTEMBER 20, 2009
8:00am



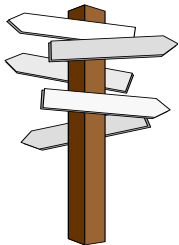
Permit issued under the auspices of the Pike National Forest.

15+ miles of rocky mountain trail, running creeks, wildlife, and Colorado's Autumn Glory. Although there will be 2 water stations, it is advisable to bring extra fluids.

RACE DAY REGISTRATION ONLY

Begins at 7:00am

Cost: Members \$6.00
Non-Members: \$10.00



Directions to Rampart Reservoir

Highway 24 west to Woodland Park. Take Baldwin Street (the road behind McDonald's in Woodland Park) and head north. Drive until there is a fork in the road, take the right-hand fork onto Loy Gulch Road. At the next intersection turn right onto Rampart Road. Drive to the Rainbow Gulch (left side of the road). The parking area will be our staging area.

The course will be on the perimeter trail of Rampart Reservoir.

No park fees will be needed, unless you plan on driving into the park.

At the request of the Forest Service parking is allowed **ONLY** on the west side of Rampart Range Road. **NO** parking will be allowed on the east side of the road.

Please share the Rainbow Gulch's parking lot with all trail users.

For safety we are asking that you not use headphones and i-pods.

Thank you.

**For More Information - contact
Patricia Lockhart— (719) 598-2953 (h)
patlockhart@worldnet.att.net**