Length = 13.73 miles

Starts at 7420 feet & finishes at 6100 feet
Ascent 2383 Descent 3814
Trails + Primitive Jeep Roads

To run from Big Mountain to Lambs Canyon (mile 39.40 to 53.13) takes 3 to 5 hours. Water, food, and electrolyte drinks are available. LAMBS IS A DROP BAG STATION. It will feel cooler for 3 miles out to Bald Mountain because there is some shade. A few miles out, the trail becomes difficult as you run on ball-bearing size loose rocks. Exposure to the sun may become severe with temperatures sometimes above 100 F. Water is portioned out 2/3 of the way through this section (Alexander Springs Aid Station, 47.44). The hot sun reflects off the light colored soil and can bake everyone in the Alexander Springs area with little shade in the descent down to Lamb's but with very brushy trails. CARRY MORE WATER THAN YOU THINK YOU WILL NEED ON SUNNY DAYS. Dehydration strikes hard. Nausea runs rampant. Wear a hat, a loose neck bandana, and keep them wet. Take a flashlight if there is any chance of finishing this section after 7pm. Crews can access Lamb's Canyon by driving east up I-80 for 2 miles past the East Canyon Recreation Area exit. Exit at the Lamb's Canyon exit. Turn left at the stop sign and go north under I-80. The checkpoint is north of the off-ramp and down a dirt road 150 yards. Park above by the off-ramp and walk down or wait for runners to come from the north. They come west up a hill, and leave the checkpoint traveling south right under the on/off ramp up Lamb's Canyon.

ELEVATION PROFILE FOR MULES EAR SECTION

Downloading and Printing Instructions