



Ammonoosuc Amble

Course Description

Profile High School, Bethlehem, NH

- **Starting Line to Mile 1**
 - Starting line is on Route 18/116 in front of Profile High School (look for the red line)
 - Proceed north going gradually uphill
 - Turn left on Old Farm Road crossing over Interstate 93
- **Mile 1 to Mile 2**
 - Proceed over a series of small upgrades and flats to the only section of dirt road
 - Watch for views of open fields
 - There is a water station just downhill from the White Mountain School
 - Cross the highest point on the course at 1,420 feet above sea level
 - Mile 2 is on the steepest downhill section of the course
- **Mile 2 to Mile 3**
 - Proceed across a flat section and up a gradual hill
 - Turn left on Gilmanton Hill Road
 - Proceed through a flat-to-downhill section
 - Watch for mountain views
- **Mile 3 to Mile 4**
 - The course continues flat and down past impressive stone walls and views
 - There is a water point beyond Mile 3
 - Turn left on Route 18/116
 - Proceed along a gently rolling segment
 - Cross the lowest point on the course at 1,087 feet above sea level
- **Mile 4 to Finish Line**
 - Watch for ditch hazard on the left just past Mile 4
 - Bear right on the road as it passes under Interstate 93
 - Proceed to the road crossing point at Mile 4.6
 - Cross the road where the Race Officials tell you to cross (no need to stop)
 - Note the blinking yellow light that marks the entrance to Profile High School
 - Turn right into the high school
 - Turn left immediately
 - Cross the Finish Line

Notes:

1. Remember: **“Runners can walk, but walkers MAY NOT run”** [or they will be reclassified]
2. Stay on the left until directed to cross the road near the finish line
3. Traffic is NOT controlled during the race
4. Don't bunch up
5. Have fun!

** See Map on reverse side **