

# **XC Summer Wednesday Adventures!**

## **Weekly Trail Runs for High School XC Teams**

**Enjoy nature, explore beautiful trails and parks, get strong, challenge yourself, and develop community among teams!**

**Wednesday June 28 - 9:00am**

### **Grand Ridge**

**Flow along rolling trails with many route options!**

Various distances available through combinations of loops and out-and-backs.

*Caution: keep your eyes and ears open for mountain bikers.*

*Carry a phone and map for navigation. [Official trail map](#) (Coach Danny will have maps to share)*

**Recommended routes:** [3-mile](#), [4-mile](#), [5-mile](#), [6-mile](#), [7-mile](#), and chaperoned-only [water tower loop](#).

[Meeting point at Issaquah-Preston Trail trailhead](#) (“East Fork” on GoogleMaps)

[Parking along on SE 79th St off exit 20 by Tiger Mountain](#) - No parking restrictions

Limited parking available at meeting point, otherwise walk from SE 79th St parking.

Run on [dx<sup>w</sup>dəwʔabš](#) (Duwamish) and [sduk<sup>w</sup>albix<sup>w</sup>](#) (Snoqualmie) land.

Grand Ridge is also known as təqa'iub in the Lushootseed language to some local tribes.

**Wednesday July 5 - 9:00am**

### **Snoqualmie Tunnel / Iron Horse (Palouse-to-Cascades) Trail**

**Adventure through 2.25 miles of utter darkness, twice!**

**Sure to be a highlight of the summer!**

Flat to gently graded crushed gravel out-and-back, very easy terrain.

5 miles minimum to reach the end of the tunnel and return, with options to extend farther.

Injured runners welcome! Bring a gravel/mountain bike with headlight and ride with us!

*Be sure to bring a **lightweight flashlight** for running in the dark.*

*Consider bringing a light jacket or long sleeve as the tunnel is fairly chilly, like a cave.*

[Parking/meeting location at Palouse-to-Cascades State Park Hyak Trailhead](#) - **Discover Pass required**

Longer drive than the others; plan accordingly. Carpooling strongly encouraged to save gas.

Run on [npəšq<sup>w</sup>áwsəx<sup>w</sup>](#) (Wenatchi) and [sduk<sup>w</sup>albix<sup>w</sup>](#) (Snoqualmie) land.

**Wednesday July 12 - 9:00am**

### **Squak Mountain / Margaret's Way**

**Challenge yourself with sustained climbs to earn great views!**

A good chunk of climbing, but still quite approachable trails for less experienced runners.

**Recommended routes:** [6.2 mile route](#) to reach Debbie's View, but just [2.5 miles](#) round trip to first

viewpoint. Option to turn around early at any point. Possibility of chaperoned-only [extended loop to summit](#).

*Carry a phone and map for navigation. [Official trail map](#) (Coach Danny will have maps to share)*

[Parking/meeting location at Margaret's Way Trailhead](#) - **Discover Pass required**

Carpooling strongly encouraged as parking is limited.

Run on [dx<sup>w</sup>dəwʔabš](#) (Duwamish) and [sduk<sup>w</sup>albix<sup>w</sup>](#) (Snoqualmie) land.

Squak Mountain is also known as dx<sup>w</sup>kayuʔalʔtx<sup>w</sup> in the Lushootseed language to some local tribes.

## Wednesday July 19 - 9:00am

### Tiger Mountain / Tradition Plateau

**Explore a variety of trails, from quite flat and easy to very rugged and steep!**

Multiple route options are available for athletes of a wide range of abilities and experience.

Recommended routes: [5-mile main route](#) for most, [3-mile easy](#), [4-mile flat](#), [7.5-mile super-challenge](#).

Carry a phone and map for navigation. [Official trail map](#) (Coach Danny will have maps to share)

[Parking/meeting location at Cableline Trailhead](#) - No parking restrictions

Run on [dxʷdəwʔabš \(Duwamish\)](#) and [sdukʷalbixʷ \(Snoqualmie\)](#) land.

Tiger Mountain is also known as c'əpaʔlt in the Lushootseed language to some local tribes.

## Wednesday July 26 - 8:00am

### Poo Poo Point - Summer Adventures Grand Finale!

**Put your fitness to the test and earn an incredible view!**

**Sure to be a highlight of the summer!**

A big climb, a big descent, and some challenging trails. Challenging [6.5-mile out-and-back](#), but achievable by all consistent summer runners. Option to turn around early, missing spectacular view from the top.

*Expect to run-hike (or hike-run) the climb. It's ok! Every trail runner hikes on steep climbs, even pros!*

*Recommended: carry a water bottle or hydration bladder. And a phone for pics! (and emergencies)*

*Caution: take it easy on the descent, keep your feet under your body, and watch your step.*

[Full Tiger Mountain trail map](#) (maps not provided)

[Parking/meeting at Issaquah High School](#) - No parking restrictions

Run on [dxʷdəwʔabš \(Duwamish\)](#) and [sdukʷalbixʷ \(Snoqualmie\)](#) land.

Tiger Mountain is also known as c'əpaʔlt in the Lushootseed language to some local tribes.

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**Carrying a phone** (navigation, safety, and pics for the socials!) **and some water** (especially if it's hot and/or muggy) is always a good idea, but especially where noted above. Athletes should definitely **carry inhalers, epinephrine**, and any other medications as needed. **Bring food** for an immediate post-run snack.

Running -- especially trail running -- always carries inherent risks for which all participants should be prepared. Coach Danny will provide some tips and instruction before each run on strategies to mitigate risks such as falls and turned ankles, but accept that **accidents and injuries are always a possibility**. Attendance is an acceptance of risk.

Teams and athletes assume **responsibility for their own transportation** to and from each run. **Carpooling** is often a great idea for the environment and parking availability (especially when Discover Passes are required for parking). However, if anybody does make the choice to carpool with others, be sure to do so legally and with acceptance of all the typical risks associated with driving and carpooling. Please **stay home if sick**.

Discover Passes required for parking at state parks are available at a cost of \$11.50 per day or \$35 for an annual pass valid for two license plates. Discover Passes can be purchased at <https://www.discoverpass.wa.gov/>

We will be a larger-than-average group creating an impact on the trails, parking, and the environment. We must adhere to leave-no-trace practices and stay on designated trails at all times. To further offset our impact, Coach Danny will be collecting completely optional and anonymous cash donations. \$1 per mile per person would go a long way. Funds raised will be donated in thirds to [The Washington Trails Association](#), who builds and maintains many of these trails along with providing other advocacy and resources; [The Issaquah Alps Trails Club](#), who conserves and protects these areas for nature and recreation; and [The Snoqualmie Tribe Ancestral Lands Movement](#), who educates for responsible recreation in nature. Donations will be collected in envelopes for preservation of anonymity. Anyone looking to make a larger tax-deductible donation can do so directly through the [WTA](#) or [IATC](#), both of which are 501(c)(3) organizations.

Questions? Contact Newport XC coach Danny Naylor at [naylord@bsd405.org](mailto:naylord@bsd405.org)