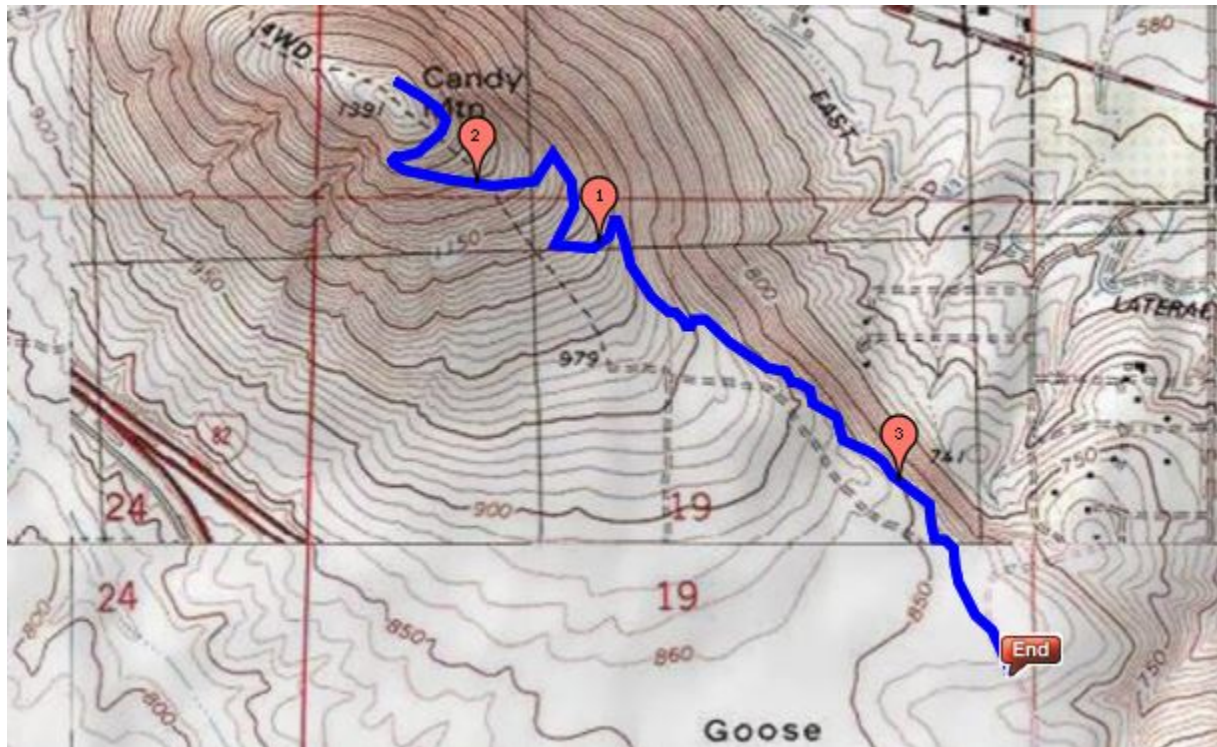


CANDY MOUNTAIN



WORKOUT – QUICK ELEVATION



MILEAGE – 3.4 MILES

PATH CONDITION – DIRT TRAIL

SKILL LEVEL – MODERATE – FAMILY, KID, AND RUNNER FRIENDLY

ELEVATION – 550 FT GAIN

SEASON – YEAR ROUND – GREAT TO GET QUICK RUNNABLE ELEVATION

POSITIVES – THE TRAIL IS WELL MAINTAINED AND PROVIDES GREAT VIEWS OF THE TRI-CITY AREA

NEGATIVES – WINDY DAYS CAN BE A CHALLENGE

CLOSEST COOKIE – ETHOS BAKERY