**Vulcan’s fury trail race**

**13.3 MILE LONG COURSE**
**FEATURING THE “DEVIL’S STAIRCASE”**
**2210 FEET OF GAIN**

**5.6 MILE SHORT COURSE**
**745 FEET GAIN**

These rugged trail races whose distance and elevation profile combine for a very challenging test even for the fittest endurance athlete. Make no mistake about it, the course travels along hiking trails with sections that must be negotiated very carefully. Run at the peak of NH foliage make sure to steal a peek or two at the highest elevations...it’ll be worth the effort.

Pawtuckaway State Park offers a variety of landscapes, with something to do and see for everyone. The park includes a large family beach on the lake. Opportunities for hiking, with trails leading to many special points of interest, including a mountaintop fire tower; an extensive marsh where beavers, deer, & great blue herons may be seen, and a geologically unique field where large boulders called glacial erratics were deposited when glacial ice melted near the end of the Ice Age.