

Opportunity to Deer Lodge (34.2 K on East Side Road)

A great long training run (or any other distance) during the cold season, especially when a cold wind blows. Although it can be run out-and-back, it's nice for avoiding biting winds and for sightseeing to arrange a ride back from your planned end point. Light traffic, and the road stays open in all but the most dire weather conditions.

Directions:

Which end of the route to start depends on wind direction, which is predominantly from the south (the Opportunity end). North winds are also common, and you should anticipate the possibility of the wind switching directions during your run.

To get to the south end of the route, go to the community of Opportunity and then drive Stewart St straight through Opportunity and cross over the I-90 overpass. Park on east side of the overpass.

To get to the north end of the route, exit I-90 at southern Deer Lodge exit and drive a few blocks into town before turning east on Maryland St. Proceed four blocks eastward to Dixon St. Park there next to the athletic field.

Description:

The course is a good simulator for the Boston Marathon. From Opportunity, there is a slight net downhill, with lots of small rolling hills over packed gravel or sandy surfaces which drain well in wet weather. You may also wish to incorporate the Warmsprings Ponds dyke system into your route for some close-up viewing of waterfowl. The last 3 km into Deer Lodge are paved.

Alternative routes: This route runs perpendicular with I-90, and there are three other Interstate exits between Opportunity and Deer Lodge, each of which makes an excellent intermediate stopping point. Running from the south, the Warmsprings exit is almost 12 km, the Galen exit is 17 km, and the Racetrack exit is 21 km.

Negatives:

Transportation needed from the finish.

You may encounter a couple barking dogs in the final 3 km's leading into DL.