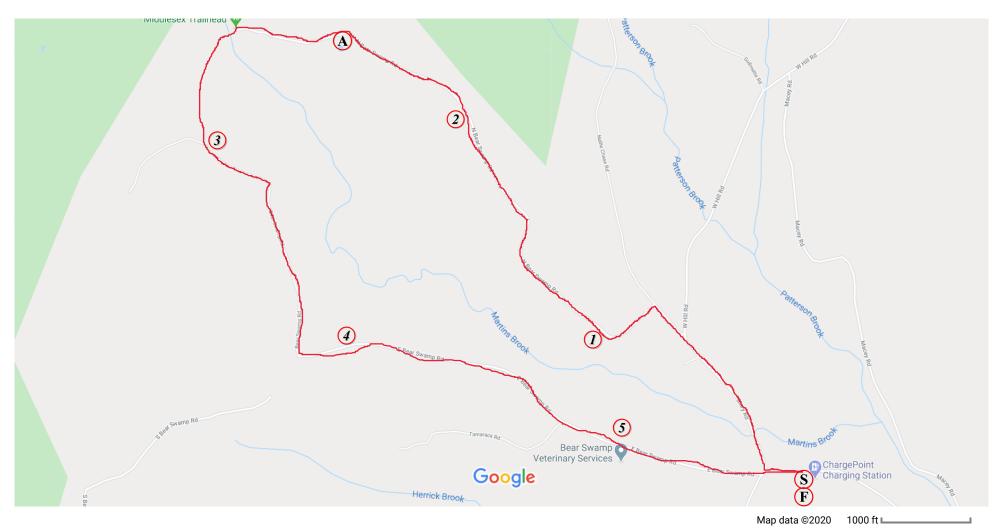


Bear Swamp Run 5.7 miles



Start/finish on Shady Rill Rd. at Rumney School. Quick right on Story Rd., becomes N. Bear Swamp. At about 2.5 miles bears left into Class 4 road, go by Hunger Mtn trailhead and then merges back onto Bear Swamp Rd. Stay left at intersections, finish down hill back onto Shady Rill Rd. 5.7 mi., 533 ft. gain