

A photograph of a group of runners on a dirt trail in a forest. The trail is covered with fallen leaves and ferns. The trees are tall and moss-covered. The runners are in the foreground and middle ground, moving away from the camera. The text is overlaid on the bottom half of the image.

Race to the top of Squak Mountain

January 28, 2024, 9 am

Join us for the Race to the Top of Squak Mountain. Be the first to have the fastest time up the mountain with bragging rights. The first half is relatively flat. The total elevation gain is 1,694 feet. Get the medal of accomplishment for conquering Squak Mountain! All registrants receive authentic T-Shirt. Male and Female winners get the Golden Squak Award. Age group winners get ribbons. There will be a water stop at the top and bottom of the mountain. The race is timed so please go between the two red cones at the top of mountain to get scored. Enjoy your journey to the top and congratulations for undertaking the Mountain Challenge of the Squak Mountain. Down the mountain is not timed. The course starts at the base of the mountain trail heading of Squak Mountain off of SE May Valley Road Issaquah, WA 98027) 3.22 miles with and elevation gain of 1,694'. There are water stops at the bottom and top of the mountain. There is plenty of parking at the base of the mountain (Start). Discover Pass is required \$30/annual or \$10/day. The race is limited to 50 participants so register early. Wear appropriate clothing because the higher elevations will be colder, especially at the end of January. The race starts promptly at 9 am. Clear and cold is the forecast. If you need assistance, please call the race director Mic at (708)668-5488. Emergencies, please call 911. The course will be swept to make sure everyone that started finishes. We will have CPR/First Aid on the mountain. Fire and Rescue have been notified of the event. East Side Fire and Rescue Station 78 is 2,000 feet from the May Valley Loop Start. Godspeed!