



Route descriptions:

1/4 dozen and 1/2 dozen walk: Turn right at start/finish gate. Proceed to water station #1, turn around. Proceed to water station #2. 1/4 dozen walkers turn around, and return to start/finish gate. 1/2 dozen walkers proceed to water station #3, turn around and follow road trail back to start/finish gate.

1/4 and 1/2 dozen run: Go straight North onto trail from start/finish gate. Follow trail to water station #2. 1/4 dozen runners turn East and return to start/finish gate on road. 1/2 dozen runners continue South to water station #3, turn around and follow road back to start/finish gate.

12 K runners: Go straight North onto trail from start/finish gate. Follow trail to water station #2. Proceed to water station #3, and water station #4. Turn around and return back to start/finish gate using SAME route, back onto TRAIL as well.

Note:

- * **WALKERS** remain on road at all times.
- * **3 and 6 K runners** only use Northern trail once at the start of the run.
- * **12 K runners** use Northern trail twice, both at the start of their run and at the finish.

Marshalls and water station volunteers will help guide you!

HAVE FUN!

12 K turnaround, doing a complete loop, including Northern trail