

SPRINT & 5K RUN COURSE

3.1 miles, elevation gain 272ft

DIRECTIONS

This is a double out-and-back course.

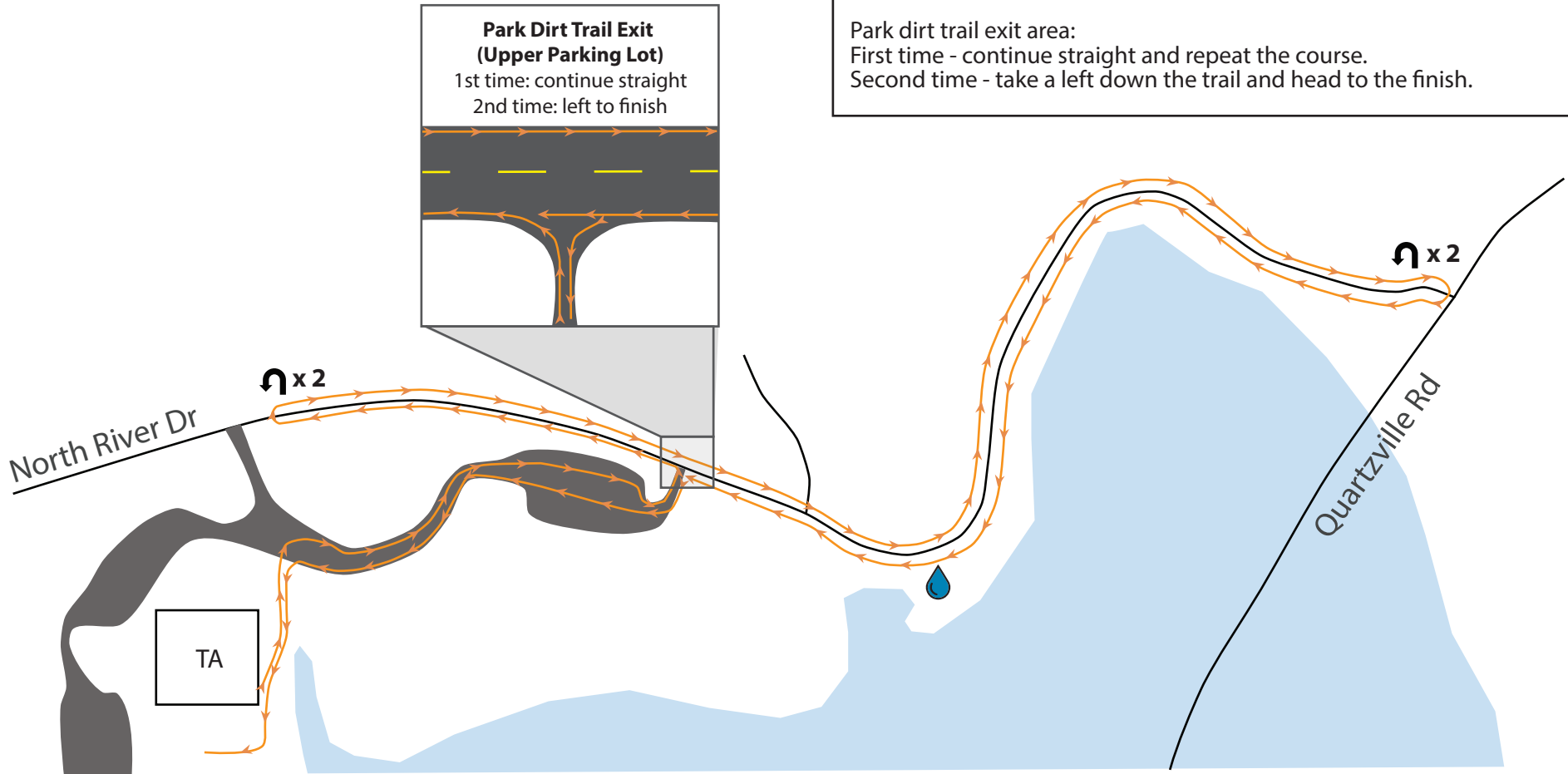
- Exit transition through the RUN OUT arch.
- Follow the chute north through the grass to the pavement and turn right. This takes you to the upper parking area where you will exit the park on the far east side of the parking lot via a dirt trail to the road.
- Turn LEFT on North River Dr.
- TURN AROUND at the park entrance.
- TURN AROUND at Quartzville Rd.

Park dirt trail exit area:

- First time - continue straight and repeat the course.
- Second time - take a left down the trail and head to the finish.

Park Dirt Trail Exit (Upper Parking Lot)

- 1st time: continue straight
- 2nd time: left to finish



Elevation (ft)

800
700
600

0.5

1

1.5

2

2.5

3

Distance (miles)