

SPRINT & 5K RUN COURSE

3.1 miles, elevation gain 260ft

TURN-BY-TURN DIRECTIONS

- 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 **RIGHT** on **North River Dr.**
- Turn **RIGHT** on **Quartzville Rd.**
- **TURN AROUND** at the second bridge.
- Head back towards the park on **Quartzville Rd.**
- Turn **LEFT** on **North River Dr.**
- Enter the park via the same dirt trail.
- Stay left in the parking lot and go down the multi-use path to the side walk. Follow the sidewalk and turn **RIGHT** to cross the bridge and into the finish chute. Time to celebrate!

