



1. Start just north of bridge near finish
2. Run north (past Bellview to Big Creek Trail)
3. Left turn on bridge for Big Creek Trail
4. Left on to Mary Carter Trail going south.
5. Take last bridge going South
6. Turn left off the bridge and run back north again.
7. Turn left onto bridge just north of Bowles ave.
8. Turn left off the bridge to run south again.
9. Run to last bridge going south.
10. Turn right this time off the bridge to run south.
11. Run to first round-about at Lee Gulch Trail.
12. Run completely around round-about and run back north again to the finish line.