

## Race Course Directions for the 10K

**Start/Finish: Merrill Park**



= Look for a volunteer



Follow the pathway towards the greenbelt (going left at the small pavilion)



Take a left onto the greenbelt



Take a right over the first bridge



Take a right at the end of the bridge and run along the river



Take a right at the end of the second bridge and stay on the main path



Run underneath the Eagle Road overpass (through the tunnel) and stay to the right on the new greenbelt path



Stay on this path PAST the first aid station run all the way to the orange turnaround cone (right at about 2 miles if you have a GPS)

Run back and grab some water at the aid station, then keep going



Run through the tunnel



Left over the small bridge



Keep going straight past the large bridge (DO NOT RUN BACK OVER IT YET)



Stay to the right when the path splits

Stop at the next aid station for some water

Keep going straight after the aid station around the loop

Run back the way you came and OVER the big bridge



Take a RIGHT onto the greenbelt

The pavement ends for a small section but keep running on the dirt and rocks but BE CAREFUL



Follow the greenbelt until it you get to the 10K turnaround cone, then run back

Stay straight on the path following the arrows

The pavement ends for a small section but keep running on the dirt and rocks but BE CAREFUL



Connect with the pavement and run until the right hand entrance on the path back into Merrill Park