

5K Run Route

(Entire route is within park with no auto traffic)

1. Runners will start on Greensward Path at Expo area
2. South on Greensward Path
3. Left at Tennis Courts (unnamed path)
4. Right on Park Dr NE
5. Right on unnamed road/path circling Active Oval (outer road)
6. Right on Park Dr NE
7. Right on Charles Allen Dr
8. Right on unnamed road/path (between Oak Hill & lake)
9. 1st Left onto unnamed road/path
10. 1st Left onto running path
11. Follow running path through Oak Hill
12. Cross over Charles Allen Dr
13. Enter running path around The Meadow
14. Cross over Park Dr NE...stay on running path
15. Left turn on running trail after Boardwalk
16. Right turn on Greensward Path to finish

Duathlon Route

(Entire route is within park with no auto traffic)

1. Runners will start on Greensward Path at Expo area
2. South on Greensward Path
3. Left on Grove Arbor Path
4. Right into Transition area
5. Bike out on unnamed path heading Northwest
6. Right onto unnamed road/path surrounding Active Oval and complete laps
7. Right turn onto Park Dr NE
8. Left turn onto unnamed road path returning to Transition
9. Run out on unnamed path heading Southeast
10. Left on Park Dr NE
11. Right on Charles Allen Dr
12. Left onto running path
13. 1st left following running path
14. Left on Park Dr NE
15. Right on Greensward Path
16. Return to Expo to Finish