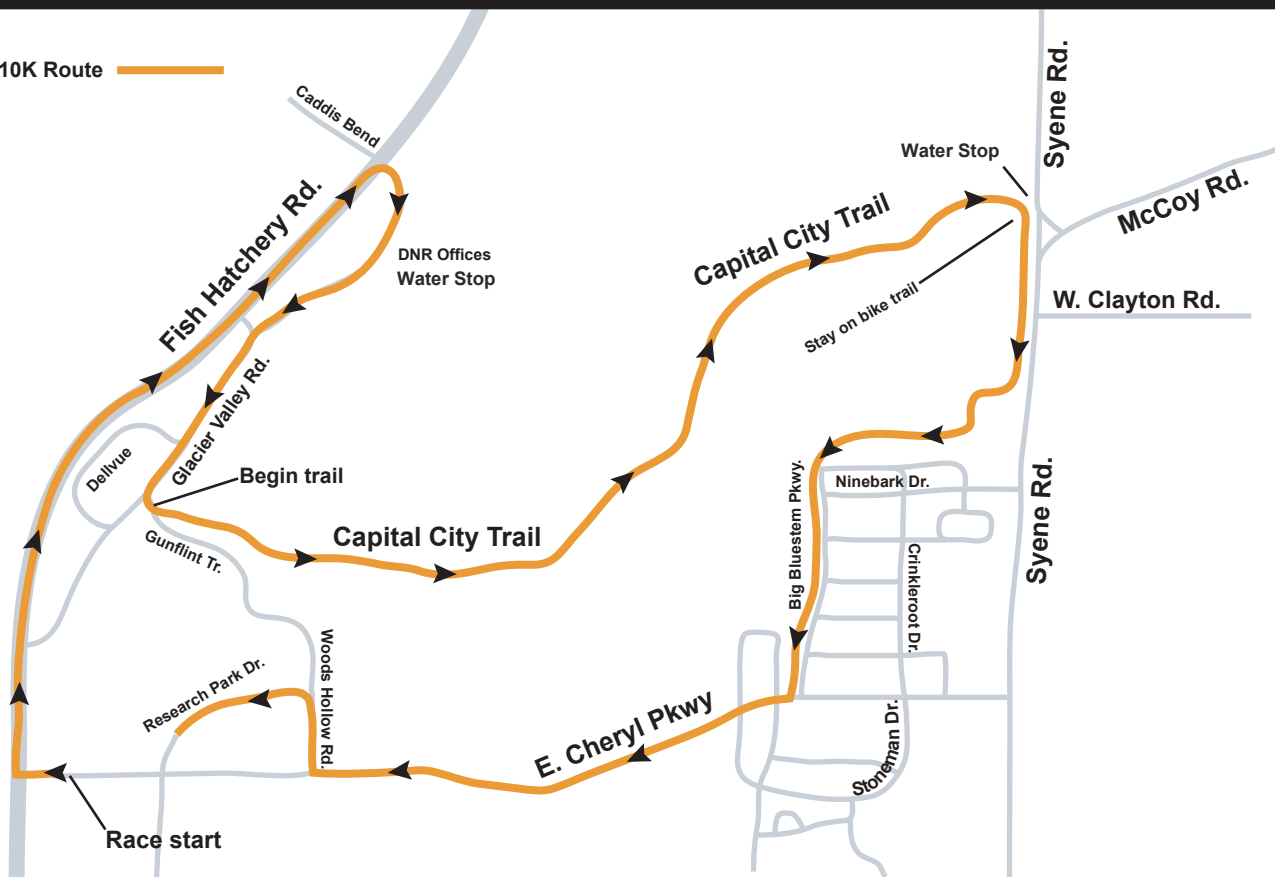


10K Route



Race start

Fish Hatchery Rd.

Glacier Valley Rd.

Capital City Trail

E. Cheryl Pkwy

Capital City Trail

Syene Rd.

Syene Rd.

McCoy Rd.

W. Clayton Rd.

Ninebark Dr.

Crinkleroot Dr.

Stoneham Dr.

Big Bluestem Pkwy.

Caddis Bend

DNR Offices
Water Stop

Water Stop

Stay on bike trail

Dellvue

Gunflint Tr.

Research Park Dr.

Woods Hollow Rd.