

TURN BY TURN DIRECTIONS

- Start: Head west out of transition and over the Grays Lake Bridge
 - Becomes Kruidenier Trail
- Turn left and go through the tunnel under Fleur Dr into Water Works Park
- Turn right after you exit the tunnel and complete a loop around the amphitheater
- Turn left just past the amphitheater and continue back through the tunnel under Fleur Dr
 - Turn right onto Kruidenier Trail
 - Turn right onto the Meredith Trail connector
 - Turn right onto Meredith Trail
 - Turn around under Fleur Dr
- Continue on Meredith Trail until the Jackson St Bridge
 - Turn around at the Jackson St Bridge
- Turn right on Meredith Trail to connect with Kruidenier Trail
 - Turn left onto Kruidenier Trail

LAP 2

- Turn left and go through the tunnel under Fleur Dr into Water Works Park
- Turn right after you exit the tunnel and complete a loop around the amphitheater
- Turn left just past the amphitheater and continue back through the tunnel under Fleur Dr
 - Turn right onto Kruidenier Trail
 - Turn right onto the Meredith Trail connector
 - Turn right onto Meredith Trail
 - Turn around under Fleur Dr
- Continue on Meredith Trail until the Jackson St Bridge
 - Turn around at the Jackson St Bridge
 - Turn right onto John R Grubb Ln
 - Turn right onto Kruidenier Trail
 - Turn left onto Des Moines Trails
 - Turn right onto Fleur Dr
 - Turn right onto Locust St
 - Turn right onto 5th St
 - Turn left onto Court Ave
 - Finish: Court Ave and 4th St

Start Elevation: 786 ft ▪ Finishing Elevation: 801 ft ▪ Gain: 299 ft

