



TURN BY TURN DIRECTIONS

- Start: Head west out of transition on the Meredith Trail
 - Continue on Meredith trail traveling under Fluer Dr
 - Make U-turn on the trail just before SW 30th St
 - Follow Meredith Trail back past transition
- Continue on Meredith Trail heading east traveling under SW 9th St.
 - Turn left onto Jackson St Bridge
- Cross the river and turn Right onto the walking path
 - Follow path passing Principal Park
 - Turn left onto Line Drive
- Turn left into the parking field heading towards the Des Moines Trails
- Turn right onto the walking path heading back to the Jackson St bridge
 - Turn left onto the Jackson St Bridge
- Cross the river and turn Right onto the Meredith Trail
- Head back towards the transition area and start lap 2.

LAP 2

- Continue west on Meredith trail traveling under Fluer Dr
 - Make U-turn on the trail just before SW 30th St
 - Follow Meredith Trail back past transition
- Continue on the Meredith Trail heading east traveling under SW 9th St.
 - Turn left onto Jackson St Bridge
- Cross the river and turn Right onto the walking path
 - Follow path passing Principal Park
 - Turn left onto Line Drive
- Turn left into the parking field heading towards the Des Moines Trails
- Turn right onto the walking path heading back to the Jackson St bridge
 - Turn left onto the Jackson St Bridge
- Cross the river and turn Right onto the Meredith Trail
- Before reaching transition turn right onto John R Grubb Ln
 - Turn right and merge onto the Kruidenier Trail
 - Turn right and cross the Grays's Station Bridge
- Follow the path and merge onto Grays Parkway heading east
 - Turn left onto SW 11th Street
 - Turn Right onto Murphy St
 - Turn Left onto SW 8th St
 - Turn right onto Mulberry St
 - Turn right onto 5th Ave
 - Turn left onto Court Ave
 - High Five the spectators
 - Throw your hands up in the air
 - Smile for your finish line photo!

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

