

Forest Park Trail Run Course Description

Direction	Course	Color	Distance (Km)		Aid Stations (Km)	
			Segment	Cumm.	Location	Next
10 Kilometer Trail Run						
	<i>Start: Lower Macleay Trailhead</i>					
Go STRAIGHT (West)	Lower Macleay Trail	Yellow	1.4	1.4		
Turn RIGHT	Wildwood Trail	Yellow	3.8	5.2		
Turn RIGHT	Wild Cherry Trail	Yellow	0.9	6.1		
Turn RIGHT	Leif Erikson Drive	Yellow	0.5	6.6		
Stay RIGHT	Aspen Avenue	Yellow	0.7	7.3		
Turn RIGHT	Aspen Trail	Yellow	0.4	7.7		
Turn LEFT	Wildwood Trail	Yellow	1.4	9.1		
Turn LEFT	Lower Macleay Trail	Yellow	1.4	10.5		
Kilometers			10.5			
Miles			6.5			

Direction	Course	Color	Distance (Km)		Aid Stations (Km)	
			Segment	Cumm.	Location	Next
20 Kilometer Trail Run						
	<i>Start: Lower Macleay Trailhead</i>					9.9
Go STRAIGHT (West)	Lower Macleay Trail	Pink	1.4	1.4		
Turn RIGHT	Wildwood Trail	Pink	8.3	9.7		
Turn LEFT	Firelane 1 Connector	Pink	0.1	9.8		
Turn LEFT	Firelane 1	Pink	0.1	9.9	Firelane 1	9.9
Turnaround	Firelane 1	Pink	0.1	10.1		
Turn RIGHT	Firelane 1 Connector	Pink	0.1	10.1		
Turn RIGHT	Wildwood Trail	Pink	8.3	18.5		
Turn LEFT	Lower Macleay Trail	Pink	1.4	19.9		
Kilometers			19.9		19.9	
Miles			12.3			

Direction	Course	Color	Distance (Km)		Aid Stations (Km)	
			Segment	Cumm.	Location	Next
50 Kilometer Trail Run						
	<i>Start: Lower Macleay Trailhead</i>					9.9
Go STRAIGHT (West)	Lower Macleay Trail	Pink	1.4	1.4		
Turn RIGHT	Wildwood Trail	Pink	8.3	9.7		
Turn LEFT	Firelane 1 Connector	Pink	0.1	9.8		
Turn LEFT	Firelane 1	Pink	0.1	9.9	Firelane 1	10.1
Turnaround	Firelane 1	Orange	0.5	10.5		
Turn LEFT	Wildwood Trail	Orange	7.7	18.2		
Turn LEFT	Saltzman Rd.	Orange	1.8	20	Saltzman	9.8
Turn RIGHT	Firelane 5	Orange	1.4	21.4		
Turn LEFT	Wildwood Trail	Orange	3	24.4		
Turn LEFT	Trillium Trail	Orange	0.4	24.8		
Turn RIGHT	Firelane 7	Orange	0.8	25.6		
Go STRAIGHT	Oil Line Rd.	Orange	0.8	26.4		
Turn RIGHT	Leif Erikson Drive	Orange	1.6	28		
Turn RIGHT	Green Tank Trail	Orange	0.4	28.4		
Go STRAIGHT	Firelane 5	Orange	1.4	29.8	Saltzman	10.1
Turn LEFT	Saltzman Rd.	Orange	1.8	31.6		
Turn RIGHT	Wildwood Trail	Orange	7.7	39.3		
Turn RIGHT	Firelane 1	Orange	0.5	39.9	Firelane 1	9.9
Turnaround	Firelane 1	Pink	0.1	40		
Turn RIGHT	Firelane 1 Connector	Pink	0.1	40.1		
Turn RIGHT	Wildwood Trail	Pink	8.3	48.4		
Turn LEFT	Lower Macleay Trail	Pink	1.4	49.8		
	Kilometers		49.8			49.8
	Miles		31			