

- Start E side of Xenia Ave N, 30 ft 6 in (9.3 m) NE of NE edge of storm grate which is approximately 3 ft (1 m) SW of "No Stopping or Standing" sign.
- Mile 1 S side of Hwy 55 Frontage Road, signpost for "Olson Mem Hwy 6600" and "Westchester Cir 6500" Do not confuse this with the signpost "Olson Mem Hwy 6400" and "Westchester Cir 6400" which appears a block farther east.
- Mile 2 N side of Laurel, sign "No Parking Here to Corner BEGIN" (partially graphic) which is approximately 220 ft (67 m) E of Jersey.
- Mile 3 E side of Xenia Ave N, 16 ft (5 m) SW of the same storm grate used as the landmark for the start.
- Finish S side of "bus parking" lot north of the school, in direct line with the three basketball hoop posts.

Large loop. Start on Xenia Ave N next to Meadowbrook Elementary School. Go north on Xenia, which becomes Turners Crossroad and then turns west to become Hwy 55 Frontage Road. Continue west to Glenwood, then SE to Jersey, S to Laurel, E to Xenia, then north. Finish in the "bus parking" lot N of Meadowbrook School.

Paths and Trails:

The course was measured on road surfaces, not bike or pedestrian trails, and runners must use the roads, with one exception: Along the north side of Laurel, the course was measured on the sidewalk which parallels the street. The race director may use either the road or the sidewalk, as long as the marked and documented start and finish points are used. The course will be a few feet longer if the road is used.

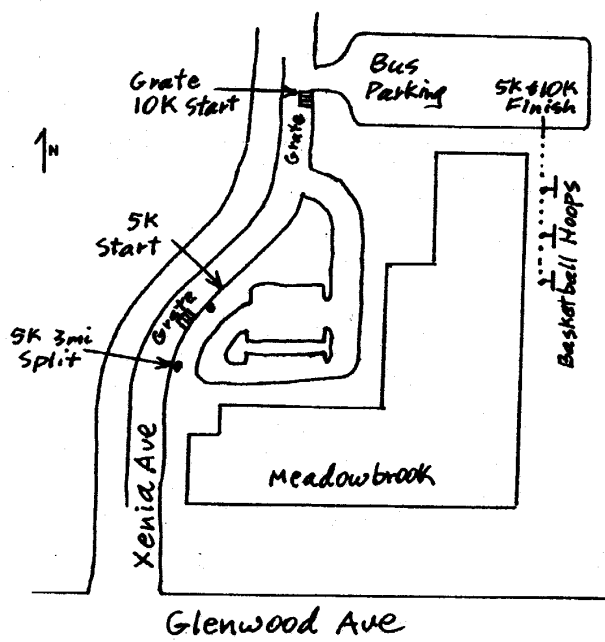
Start/Finish Detail:

All measured points are marked with yellow paint. Start and finish are lines marked "5K" and "F", while splits are 3 in dots on pavement or curb marked with one digit indicating the mile.

Map is not to scale. Road has more curves and intersections than shown. Course was measured along the shortest route that a runner could take while staying on the road or in the gutter.

No cones are required.

Measured March 24, 2004
 Don Wright
 2009 Lake Elmo Ave N
 Lake Elmo, MN 55042
 651/770-3728



RUN THE VALLEY ROUTE MAP - 5K

MM-04001-RR

