

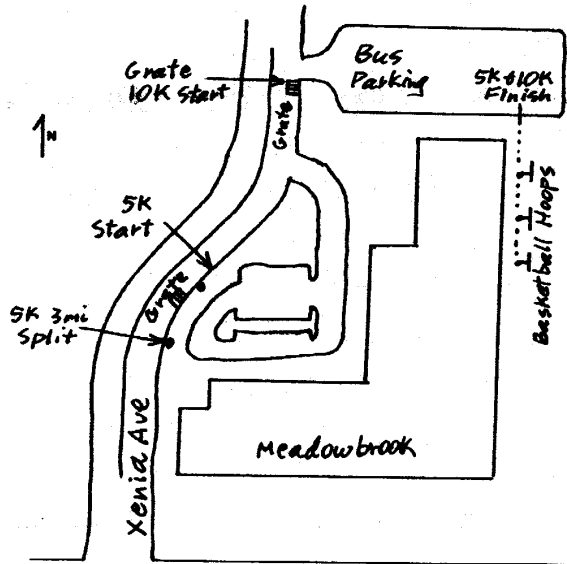
- Start E side of Xenia Ave N, N edge of storm grate by S edge of "bus parking" lot entrance.
- Mile 1 W side of Turners Crossroad, 20 ft (6 m) S of mailbox at 401 Turners Crossroad.
- Mile 2 S side of Hwy 66 Frontage Rd, 62 ft (19 m) E of fireplug which is located between 6837 & 6921.
- Mile 3 E side of Sumter 3 ft (1 m) N of mailbox at 611 Sumter.
- 5k E side of Sumter 6 ft (2 m) N of N edge of driveway at 843 Sumter.
- Mile 4 S side of Laurel 20 ft (6 m) E of RR crossing sign (graphic) which is located 170 ft (52 m) E of Jersey/Laurel signpost.
- Mile 5 S side of Turnpike 13 ft (4 m) E of brick sidewalk at 637 Turnpike Rd.
- Mile 6 E side of Xenia at N edge of driveway for Crossroads Apartments.
- 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 by entrance to Meadowbrook Elementary School bus parking lot. Going north on Xenia, turn immediately E on Lilac Dr, E & N to Woodstock, N & W & NW on Cloverleaf to Lilac, W & S & W to Turners Crossroad N, N to Hwy 55 Frontage Rd, W to Glenwood, SE to Harold, W to Ridgeway, SW to Sumter, S to 394 Frontage Rd, E to Pennsylvania, N to Laurel, E to Radisson Rd, E to Turnpike Rd, E & N & W & N to Turners Crossroad S, S to Laurel, W 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.

Start/Finish Detail:



All measured points are marked with yellow paint. Start and finish are lines marked "10K" and "F", while splits are 3 inch dots on pavement or curb marked with one digit indicating the mile. "5K" indicates the 5k split.

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
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 Lake Elmo, MN 55042
 651/770-3728

RUN THE VALLEY ROUTE MAP - 10K

MN. 04002.RR

