

Time to Fly 5k
June 26, 2004

Course:

Runners line up on Yacht Club Road near St Paul Yacht Club Gate F, run E, curving S on Levee Rd, W on Water St, across Wabasha, then W on Water St again, W (right) on Plato (using westbound lane), SW (left) on Dr Justus Ohage Blvd, past Harriet Island Park, continuing as road becomes Water St and then Lilydale Rd, turn around not far after park entrance, then left onto hike/bike trail by park entrance, back to Harriet Island Park taking right-hand (SE) trail where trail splits on the levee, then down into the park, finishing in front of Wington Pavilion.

Attention Race Director:

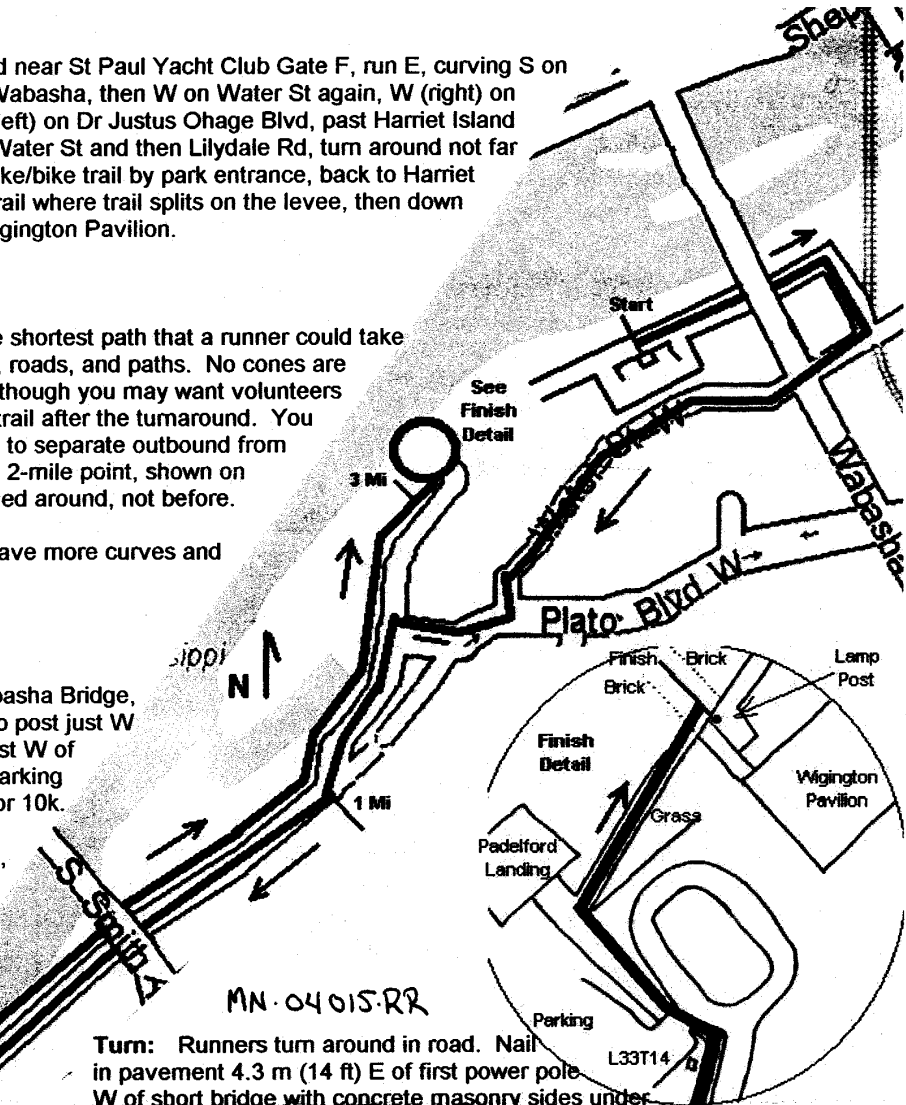
The course was measured using the shortest path that a runner could take while staying on the specified lanes, roads, and paths. No cones are needed except at the turnaround, although you may want volunteers to direct runners onto the hike/bike trail after the turnaround. You may want cones at other places just to separate outbound from inbound runners. Note also that the 2-mile point, shown on map, comes after runners have turned around, not before.

Map may not be to scale. Roads have more curves and intersections than shown.

Measured Points:

Start: Yacht Club Road W of Wabasha Bridge, 1.35 m (4 ft 5 in) E of center of lamp post just W of NSP power box M32T40, itself just W of box M32W06, both near center of parking lot. Marked with "S." Same mark for 10k.

Mile 1: Just NW of "Live Bait" shop, 2 m W of 2nd street lamp post from W end of curb along Ohage Blvd. Marked on pavement with yellow dot & "1 M." Same mark used for 10k.



Turn: Runners turn around in road. Nail in pavement 4.3 m (14 ft) E of first power pole W of short bridge with concrete masonry sides under high-tension transmission lines which cross the river. Pole carries old sign "Warning underground telephone lines in vicinity ... Ask for Zenith 2345," and has guy wire with yellow shroud which reaches the ground E of the turn mark. Marked on pavement with yellow circle around nail and "5k Turn." Put turn in center of road, run clockwise around it. 238 m (781 ft) after turning, angle left onto the hike/ bike trail across from the entrance to Lilydale Regional Park.

Mile 2: Where runners angle left onto the hike/bike trail. Marked with dot and "2 M."

Mile 3: On hike/bike trail 29 m SW of electrical box L33T14, which is near entrance to parking lot. Marked with dot and "3 M."

Finish In front of SW end of pavilion at thin form line in concrete. Lines up with lamp post with arched arm holding dangling green and burgundy lamp fixture. This post is one of several like it, but is distinguished by one extra (unused) arm quite high on the post. Form line is between 2 decorative lines made of brick. See detail. NO MARK because this is a showy plaza. Same finish for 10k.

Measured June 14, 2004, Don Wright, Lake Elmo, MN, 651/770-3728