

# CC Como Lake 5km

For more information see the web site: <http://www.usatfmm.org/racewalk/courses/comolake/>

This course is on the walking path around Como Lake in St. Paul, MN. Where there are multiple choices for walking paths, the course takes the **shortest path**. The choices are obvious in all cases, with the possible exception of around Black Bear Crossing. Here, the west side of Black Bear Crossing is used.

The course starts at the first light pole, on the lake side of the walking path, that is north of Black Bear Crossing, 1300 Lexington Pkwy N, and proceeds around the lake in a clockwise direction for almost 2 laps, ending 15' short of the first park bench south of Black Bear Crossing.

There is a PK nail driven into the walking path at the start and the finish and at each split. The nail is on the "shortest path". Distances from landmarks are noted on the map.

## Links to Maps

- Detailed Course Map
- Course Map for Poster

## Brief directions to each of the splits, in the order you encounter them in walking the lake clockwise:

- Start in the center of the path at the first light pole, on the lake side of the path, that is north of Black Bear Crossing
- 3 km on the lake side of the path, 8' less than 5 light poles before the parking lot on the NE side of the lake.
- 2 mile on the lake side of the path, 42' past the second light pole after the parking lot on the NE side of the lake.
- 1 km on the road side of the path, 24' before the third light pole along side of the retaining wall on the E side of the lake
- 4 km on the lake side of the path, 22' before the second light pole after the path leaving the middle of the S side of the lake. Not near a road.
- 1 mile on the lake side of the path, 65' after the light pole after the S parking lot. Also 45' before a big tree just on the lake side of the path.
- 2 km on the lake side of the path, 6' before the "long cut" path rejoins the course.
- 3 mile on the lake side of the path, 2' before a path leaves the course away from the lake, with 2 trees on the lake side of the path, and 1 tree on the other side. A series of park benches are just ahead.
- Finish on the parking lot side of the path, 15' before the last park bench before coming to Black Bear Crossing

Pictures of each split location are also available by clicking on the split in the list above. The foot of the model is standing on the PK nail. The pictures were taken walking clockwise around Como Lake.

GPS data, collected with a Garmin GPSMAP 60CS, is available to aid in location of the splits. Just select the format your GPS needs and download: dxf gub gpx mps txt

